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Women's rugby

The women's rugby team took home a second-place trophy from UW Plateville's Mudfest tournament.

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Special Olympics returns to UWO



LYDIA SANCHEZ / ADVANCE-TITAN

TOP: The Walworth Bulldogs compete against Hopp Alumni at Kolf. **BOTTOM LEFT:** A Hopp Alumni player goes to pass the ball to his teammate. **BOTTOM RIGHT:** North Suburban players and coaches high-five in celebration of a well-played game.

by Kaitlyn Scoville

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UW Oshkosh hosted over 1,200 participants, staff and audience members on April 6 and 7 for the annual Special Olympics state basketball tournament.

Out of 220 teams from around the state, 56 were chosen to participate over the weekend.

Region 4 Fox athletic director Jody LaPlante said that the Special Olympics' push is "Inclusion Revolution": a goal of inspiring people to accept, include and value those with intellectual disabilities (ID) in all aspects of life.

"Unified sports and anything more... if we can get acceptance through the community, that's the goal," LaPlante said.

Senior director of field services Mark Wolfgram said the Special Olympics is not only about the competition, but also raising awareness for those with ID and how they are just like anybody else.

"It's the determination and the ability to use facilities out in the community, the inclusion aspect of it," Wolfgram said.

LaPlante also said the participants are just as compassionate and competitive as anybody else.

"They know about winning; they know about losing," LaPlante said. "They take it just as hard or just as fun as we do. Not many people think about that though."

Athlete Kyle Grierson from New Berlin has been participating in the Special Olympics for 10 years and said he enjoys the thought that events such as

this raise awareness to the community.

"It gets people to realize what Special Olympics actually is and what goes on," Grierson said. "It gets people to understand why it's around."

The Special Olympics Wisconsin website states the Healthy Athletes program is the largest provider of health services for those with ID.

"Healthy Athletes not only provides health services and education to Special Olympics athletes, it also trains healthcare professionals and students who gain increased knowledge of and compassion for people with intellectual disabilities," the website said.

UW Oshkosh conference coordinator Laurie

OLYMPICS, PAGE 3

UWO ranked top in the nation for CMA pass rates

by Zack Dion

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Accounting students at UW Oshkosh ranked first in the nation for first-time pass rates on the international Certified Management Accountant exam with a 95%.

The March 2019 issue of Strategic Finance used data from the Institute of Certified Management Accountants spanning from the beginning of 2016 to the end of 2017 to rank the schools with the highest pass rates on the CMA. UWO ranked top on the list for first-time pass rates with 14 new participants and 18 total candi-

dates.

The CMA prepares students for jobs in the management accounting profession. This is opposed to the Certified Public Accountant exam, which is required for many public accounting jobs. Management accountants are employed by the company for which they do accounting work while public accountants are hired as contractors for different management accounting companies.

UWO accounting professor Dr. Steve Makar said he would describe the CMA exam as a broad exam that goes beyond accounting.

"The CPA exam is a mile deep, the CMA is a mile wide," Makar said. "It's a broad, multi-discipline exam with a lot of economics, a lot of finance and accounting."

According to Gleim, a company that helps students prepare for the CMA, the exam is taken in two four-hour parts with the first having a 35% pass rate and the second having a 50% pass rate in recent years. Each part is comprised of 100 multiple-choice questions and two essay questions.

College of Business Dean Barbara Rau said she feels an enormous sense

of pride in both the students and the faculty.

"I am just so happy that their results reflect how hard I know they all work," Rau said. "Our accounting faculty are so dedicated to student learning, and the students appreciate that."

Makar developed a program in 2005 that helps students prepare for the exam by giving them the opportunity to talk to alumni who have passed the CMA. Makar said he contacts students who attend these Q&A sessions to see how passionate they are about taking the exam and of-

fers about 10 ambitious candidates a scholarship opportunity that pays for the cost of the exam (about \$800).

"I tell students when they come to the Q&A sessions, 'Okay, you're sitting here as a student, but I want you to pay it forward. Once you pass the exam, you come back and help the next students, and then it keeps going,'" Makar said.

UWO 2018 accounting graduate Ben Kleist took the exam using the scholarship offered by Dr. Makar.

"Dr. Makar really promoted [the

CMA, PAGE 3

UW-Fond du Lac Corks & Forks raises \$34,000



COURTESY OF THE UW-FOND DU LAC FOUNDATION

LEFT: The Three Handsomes perform traditional Polynesian music at the annual Corks & Forks fundraiser organized by the UW-Fond du Lac Foundation. **RIGHT:** UW Oshkosh Chancellor Andrew Leavitt speaks at the fundraiser dressed in a Hawaiian shirt and luau in order to fit the tropical island theme.

by Joseph Schulz

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The UW-Fond du Lac Foundation raised approximately \$48,000 on March 28 at its seventh Corks and Forks fundraising event, featuring creative cuisine to raise money for scholarships.

After expenses are paid, the net profit from the night is estimated at \$34,000, according to Foundation director Barbara Senn.

Senn said the Foundation is a nonprofit organization, and the money will be used to fund scholarships and to cover the Foundation's operational costs.

"As a small Foundation, we have to have a method of bringing in money to do what we do," Senn said.

Senn said the Foundation provides money for scholarships, for professional development, for faculty and staff and for research projects on the Fond du Lac campus.

"The idea behind the Foundation is that we are here primarily for providing students with scholarship dollars," Senn said.

Senn said the idea for Corks and Forks was developed eight years ago as a way for the Foundation to better cover its operational costs.

"Initially what they did

was they decided that they would have a nice sit-down dinner with wine, so the 'cork' part of it, and each year it's themed," Senn said.

This year's theme was tropical island, complete with luau music, Hawaiian shirts and traditional Polynesian cuisine.

Associate Dean of Finance and Administration for Access Campuses Bethany Rusch said the island theme was one of her favorite aspects of this year's event.

"It created a more casual vibe than previous years, and it was fun to see attendees incorporate the island flair with their tropical, flowered

attire," Rusch said.

Rusch said she is one of the three co-founders of Corks and Forks along with Laurie Krasin and Kathy Strong-Langolf.

"It is wonderful to see where the UWFDL Foundation has taken this signature event since our first year in 2013," Rusch said.

The event also featured a live auction where donors bid on items such as Paul McCartney concert tickets, a five-night fishing trip to Canada and a sports package, which includes tickets for two Brewer games and box seats at four Timber Rattlers games.

Foundation Administrative Assistant Barbara Cramer, who helped Senn plan the event, said all of the items up for auction were donated and that the auction was her favorite part of the event.

"The bidding was going kind of crazy," Cramer said. "Everyone had paddles, and they were lifting them up and down."

Rusch said the auction highlighted the generosity of the Fond du Lac community.

"The live auction bidding was exciting and very entertaining thanks to our terrific auctioneer Greg Bemis," Rusch said.

Senn said a local band

called The Three Handsomes played traditional Polynesian music at the event.

"Polynesian music is more of a bongo kind of drum and a ukulele, a little more like luau music," Senn said.

Rusch said at its core the event was about supporting students with scholarship opportunities.

"It's all about ensuring our students have access to exceptional education and the resources to reach their educational goals," Rusch said. "I always leave this event feeling so encouraged by seeing a room full of community members supporting our students and our campus."

'Moving Past Hate' and toward forgiveness

Arno Michaelis started a hate group that killed a man's father. That man became friends with Michaelis through the power of forgiveness.



LYDIA SANCHEZ / ADVANCE-TITAN

ABOVE: Arno Michaelis (left), a former white supremacist, and Pardeep Singh Kaleka, a witness of a hate crime, spoke on campus Monday. **BELOW:** Campus community members listen to the guest speakers talk about their story.

by Amber Brockman

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UW Oshkosh hosted "Moving Past Hate" on Monday, which featured a former white supremacist and a witness of a hate crime who shared their story of forgiveness that formed a unique friendship.

Authors of "The Gift of Our Wounds" Pardeep Singh Kaleka and Arno Michaelis shared their message in the Reeve ballroom.

Masood Akhtar, who founded "We Are Many - United Against Hate" a movement aimed to promote peace, said Arno and Pardeep's story is a real-life powerful Wisconsin story.

"Arno is a former white supremacist who started a hate group that killed Pardeep's dad, among others, on August 5, 2015, at the Oak Creek Sikh Temple shooting," Akhtar said. "Several months after the shooting, Arno and Pardeep met and became the best family friends and started an organization called Serve2Unite."

Michaelis decided to leave the white supremacist life because, according to him, hate is exhausting.

"It was exhausting to cut myself off from the rest of society, but what was most exhausting was when people I claimed to hate treated me with kindness," Michaelis said. "When that happened, nothing indicated how wrong I was more powerfully than that."

Kaleka said he would not be able to say the shooter's name without first forgiving him.

"My understanding does not mean me condoning," Kaleka said. "It's actually me forgiving and finding vengeance in the forgiveness that I'm giving."

To Kaleka, forgiveness is more about the forgiver than the person forgiven.

"Forgiveness and compassion is for you," Kaleka said. "It's a gift to yourself."

People often look at kindness as a weakness, but Michaelis disagrees, having learned from Kaleka.

"If someone is treating you with hostility and you reply with kindness, what kind of weakness is that?" Michaelis said. "It's actually the greatest strength you can demonstrate."

Michaelis said he looks forward to a world where everyone is kind to each other.

"I'm always trying to do the best I can to bring about a world where everyone is valued and in-

cluded," Michaelis said. "That's my personal mission statement, and that's what I want to see happen in society."

Kaleka said people need to understand the pain of others in order to relate with them.

"We've been engaging communities in empathy, and that was one of the things that's missing is we don't feel each other's pain," Kaleka said. "We judge it, we rationalize it, we do everything else but bare witness to pain."

Kaleka and Michaelis have both written books that focus on a number of concerns in society.

"They share a message of forgiveness and compassion while addressing a host of issues including violence, racism, sexism, homophobia, religious intolerance, et cetera," Akhtar said. "Their personal story resonates with a lot of people, particularly youth."

Department chair of communication studies Jennifer Considine said recent events on campus have heightened awareness and the need to talk about hateful acts.

"The hate crimes have increased in our country, and the statistics are up, and we need to be able to talk about that," Considine said. "We need to be able to talk about what we as a campus and we as individuals can do to stop acts of hate."

Considine said people often don't know how to react in situations where hate is evident.

"I think for many of us, sometimes when we witness an act of hate we initially feel frozen," Considine said. "I would like all of us to feel better prepared to act in that moment and stand up to hate."

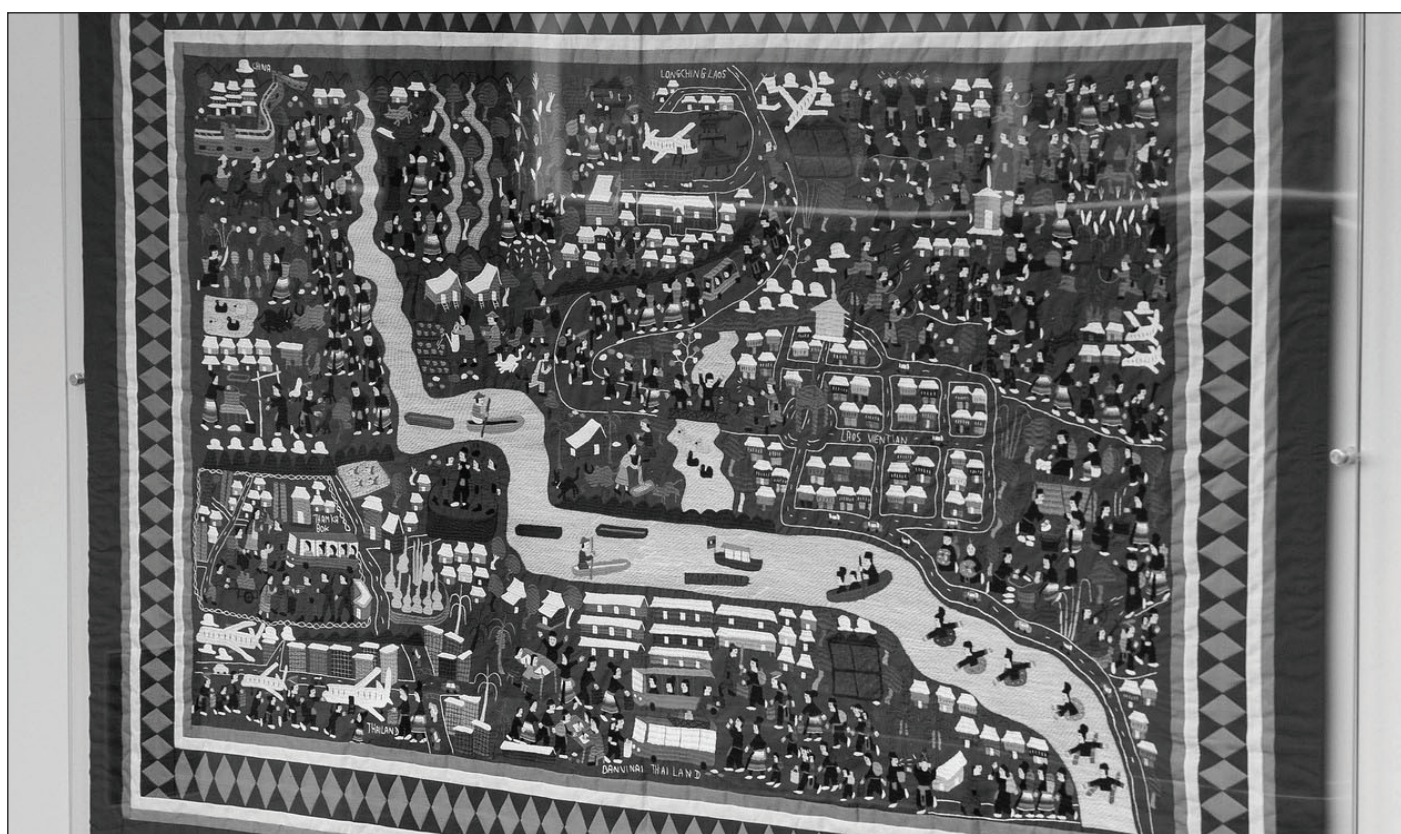
Considine said there are small steps people can take to help overcome hate.

"The first step is thinking, 'Where is my own unconscious bias that might be leading me to silence particular issues or particular groups, and how do I address that in myself?'" Considine said. "The second part of that is we need to be braver at stepping up and saying, 'That's not okay.'"

Akhtar said he believes the best way to overcome hate is to be regularly engaged with your community.

"People born in this country may or may not realize that America is the best country on the face of this Earth to practice your religion and fulfill your dream," Akhtar said. "All of us should work together to keep this country united."

Paj Ntaub kicks off Asian Heritage Month



PHOTOS COURTESY OF UW OSHKOSH FLIKR

Paj Ntaub, a Hmong story cloth, is displayed. The cloths document daily experiences and hardship.

by Jessica Bukielski

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Asian Heritage Month is in full swing at UW Oshkosh, highlighting the importance of diversity on campus and educating students about different cultures.

There are many events coming up on campus this month,

including poet Souvankham Thammavongsa on April 10 at 5 p.m., Sushi Night on April 11 at 6 p.m., Baby Steps Film and Talkback on April 22 at 5:30 p.m. and many more.

The event “Paj Ntaub: A Hmong Story Cloth,” kicked off Asian Heritage Month on April 4 at 3:30 p.m. in Reeve Union.

Assistant Director of Access and Retention MaiKhou Xiong said this event is a way to honor and celebrate different students’ cultures on campus and help educate others.

“The Hmong story cloth event is a very special event,” MaiKhou Xiong said. “Students felt that it was appropriate to have

an event to help share the story of the Hmong story cloth and why it’s so important and what kind of impact that it has on their experience as a student as well as their sense of belonging on campus.”

According to Mai Khou Xiong, story cloths — or paj ntaub in the Hmong native

language — comes from a time where people were going through a lot of hardship. The story cloth was a way for Hmong people to document their experiences and their every day life. The one specifically at UWO shows a story starting in China and going from Laos to Thailand where there were refugee camps, and then finally to the United States.

President of the Asian Student Association Alina Xiong said planning for Asian Heritage Month events went very well, and she had the ability to collaborate with other students.

“I have gained a lot of skills in collaborations, marketing and outreach,” Alina Xiong said. “Though our team always works hard to make these events happen, we find it hard to bring people to our events.”

Alina Xiong said she has different goals as a student when planning an event for Asian Heritage Month and she wants to make sure different cultures and countries are properly and accurately represented.

“Although it is important we hold and lead events during Asian Heritage Month, their education is also important, and I would never want their education to be jeopardized due to extracurricular activities,” Alina Xiong said.

Alina Xiong said Asian Heritage Month is just like any other month, but it is a month for her to become a better version of herself.

“Asian Heritage Month is like every other month, where Asian leaders continue to strive and fight injustices and where Asian students continue to persevere in higher education,” Alina Xiong said. “The only significance about it is that it gives outstanding Asian leaders and communities the spotlight they deserve.”

Member of the Hmong Student Union Doua Xiong said she likes celebrating Asian Heritage month because it honors different Asian ethnicities and cultures.

“By celebrating Asian Heritage Month, the different cultures and practices within different Asian ethnicities are recognized and honored,” Doua Xiong said. “Personally, it shows that the University does appreciate diversity and differences and it makes students like me feel proud of our own culture instead of being ashamed of being different.”

Doua Xiong said she believes that students of other ethnicities should attend events for Asian Heritage Month so that they have the ability to learn a lot about a different culture.

“Most importantly I believe Asian Heritage Month unifies relationships and connections,” Doua Xiong said. “Asian Heritage Month events aren’t just for students, staff and faculty who identify as Asian-American, it is for everyone on campus to attend.”

MaiKhou Xiong said this month is important for students to feel included on campus.

“It is being celebrated in many places across the world, and to have something like that here on this campus I think really shows the campus’ commitment to diversity and inclusion,” MaiKhou Xiong said.

Doua Xiong said the different events honoring Asian Heritage Month have given him amazing experiences.

“I am always intrigued by the practices, clothing, facts, food, talent and so much more from different Asian cultures,” Doua Xiong said.

Doua Xiong said Asian Heritage Month is important to her because it’s a month when he can educate people about his culture and feel proud to be an Asian-American.

“Asian Heritage Month is a time of the year where I can celebrate being Asian-American and also see my peers feel proud and happy,” Doua Xiong said. “It is a positive reminder of who I am and the diversity I bring into campus, the country and world.”

Dementia workshop educates campus

by Megan Behnke

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UW Oshkosh Community Education Outreach will be holding a three-part series called Dementia Touches Us All, which will address a variety of issues related to dementia, including its causes, symptoms, behaviors and more.

UWO Associate Director for the Center for Community Development, Engagement and Training Renee Rickert said the series was designed to support the growing need to help people with dementia and to allow them to thrive in our community.

“We also want those who care for and provide services to them to feel supported and comfortable in their interactions,” Rickert said.

Facilitator Trainer for the CCDET Gay Pustver said the training for the series focuses on a person-centered approach.

“Think about what this person is trying to communicate, not just that it’s weird or that you don’t understand it,” Pustver said. “This is an opportunity to get community members in to find out why they are here, what do they want to know, what kind of backgrounds do they have.”

CCDET trainer Brandi Davis said she hopes the workshops will encourage people to start regimens and go to the doctor for checkups.

“If they recognize something in themselves or their loved ones to go, ‘Maybe we do need to get a quick check-in with the doctor and see what’s going on,’” Davis said. “It could be something that’s reversible, side-effect or medication. Or

they catch it early and say, ‘What do we need to put in place to maintain a longer quality of life?’”

Rickert said the workshop series will consist of three different topics: Understanding Dementia and Alzheimer’s Disease, Relating and Responding to People with Dementia and Managing Challenging Situations in Dementia.

“The first workshop explains the definitions and different types of dementia, the 10 most common symptoms of dementia versus normal signs of aging, risk factors, treatment potential, local sources and more,” Rickert said. “The second one is an interactive workshop which will utilize hands-on activities and scenarios that explain several common behaviors and offer best practices for successful communication. The last one will review person-centered approaches in order to fulfill the needs of people with dementia.”

Pustver said the community outreach is an offshoot of what’s already been going on for years.

Pustver said they focus on recruiting and retaining employees and also train caregivers on the Caregiver Law. They focus on misconduct and how to avoid it, as well as encourage caregivers to report abuse.

“We have a whole group of us that have been training these kinds of topics,” Pustver said. “From that we decided to reach out and do a community thing and market it to everybody.”

Davis said she hopes people will understand and take away some of the fear and myths they have about Alzheimer’s and

dementia.

“And they recognize that the person is still there,” Davis said. “Yes, they have this diagnosis, and they’re still the same person in a lot of ways. Understanding that contributes to how well their quality of life is and how well you interact with them as well.”

Rickert said the workshop series will provide additional information and resources that will help those attending to better understand dementia.

“It will also provide strategies for interacting with people living with dementia,” Rickert said.

Pustver said she hopes people will learn to recognize the common behaviors and symptoms of different kinds of dementia “... and that they think about that person first and think about how it is,” Pustver said.

Davis said the elderly population is increasing so it’s better to understand Alzheimer’s and dementia so people are prepared.

“More people are living longer, and so the longer you live, the higher the chances you are going to have something like memory loss or a stroke that will result in dementia or Alzheimer’s,” Davis said. “We have to make sure we are aware and be prepared as a society to care for people because it’s going to double.”

The workshop series will take place throughout the next few months, with the next one being on May 7 and 8. To find out more about the workshops, specific times and when the workshops will be, visit www.uwosh.edu/ceo.

website said.

Special Smiles performs dental screenings to athletes to inform them on the importance of oral health.

“At the screening, dentists and hygienists identify oral problems, while athletes are provided with hygiene education and a ‘goodie bag’ with dental care items,” the website said.

Wolfgram said that having these screenings offered is great, but the other focus is the community bond that the Special Olympics provide.

“They call this home,” Wolfgram said. “They’re here because of the presence and how they’re treated. The camaraderie with the universities and the student body and everyone else who comes to see it. That connection, during the last 40 years — it’s not only critical for staff, it’s important. It’s family.”

CMA

FROM PAGE 1

CMA exam] in all of his classes; he did a really good job of letting students know it was available,” Kleist said. “It’s a good thing to put on a résumé, showing employers that you actually have some varied interests in accounting.”

Since graduating, Kleist has accepted a position as an auditor for the Milwaukee public ac-

counting firm PricewaterhouseCoopers LLP.

Rau said she encourages students to take exams like the CMA in their field of study.

“Certification and licensing exams are important for signaling students’ mastery of content in their field but also their interest and commitment to their future profession,” Rau said. “The more you know, the easier your entry into your first professional job.”

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OLYMPICS
FROM PAGE 1

Hughes said that Healthy Athletes is aimed to help the athletes make sure they are “on par” with their own physical health.

“Some of them don’t have opportunities as far as doctors, all that kind of stuff,” Hughes said. “All kinds of professionals — doctors, dentists, opticians — actually come in and do these screenings.”

Healthy Athletes provides four services at the tournament, which include Opening Eyes, Healthy Hearing, Fun Fitness and Special Smiles.

“When athletes are in their best physical health they train and compete at their highest level,” the website said.

Opening Eyes “performs vision evaluations and dispenses glasses to those athletes who are in need.” Those who did not need a prescription could get a free designer pair of sunglasses.

According to the website, Healthy Hearing conducts hearing screenings for the athletes.

“Reduced hearing can have a significant negative impact on an athlete’s ability to respond to directions in training, as well as understand other verbal information from coaches,” the website said.

Fun Fitness provides assessments of flexibility, functional strength and balance of the athletes by physical therapists and student volunteers.

“After the assessment, athletes will receive a take-home booklet personalized to them based on the results,” the

Opinion

Advance-Titan
advancetitan.com/opinion

Bethanie Gengler - Opinion Editor

Are you really who you say you are on social media?

by The Advance-Titan Staff
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The creation of Facebook in 2004 set the social media world on a fast track to becoming one of the most popular forms of entertainment today.

Social media has changed the way that we communicate and interact as a society. In fact, about 69% of Americans have a social media profile, according to Pew Research Center.

When you consider college students, Pew Research Center says that about 88% of 18- to 29-year-olds use social media.

But some students say social media posts aren't realistic.

Nursing major Christian Lopez said students exaggerate online.

"I think people try to make things seem a little more glamorous than they might be," he said.

Criminal justice major Jack Malloy said students are only concerned about followers on social media.

"They believe the more followers they have the better that looks, the more popular you look," he said.

When it comes to judging people based on social media, it appears things aren't always what they seem.

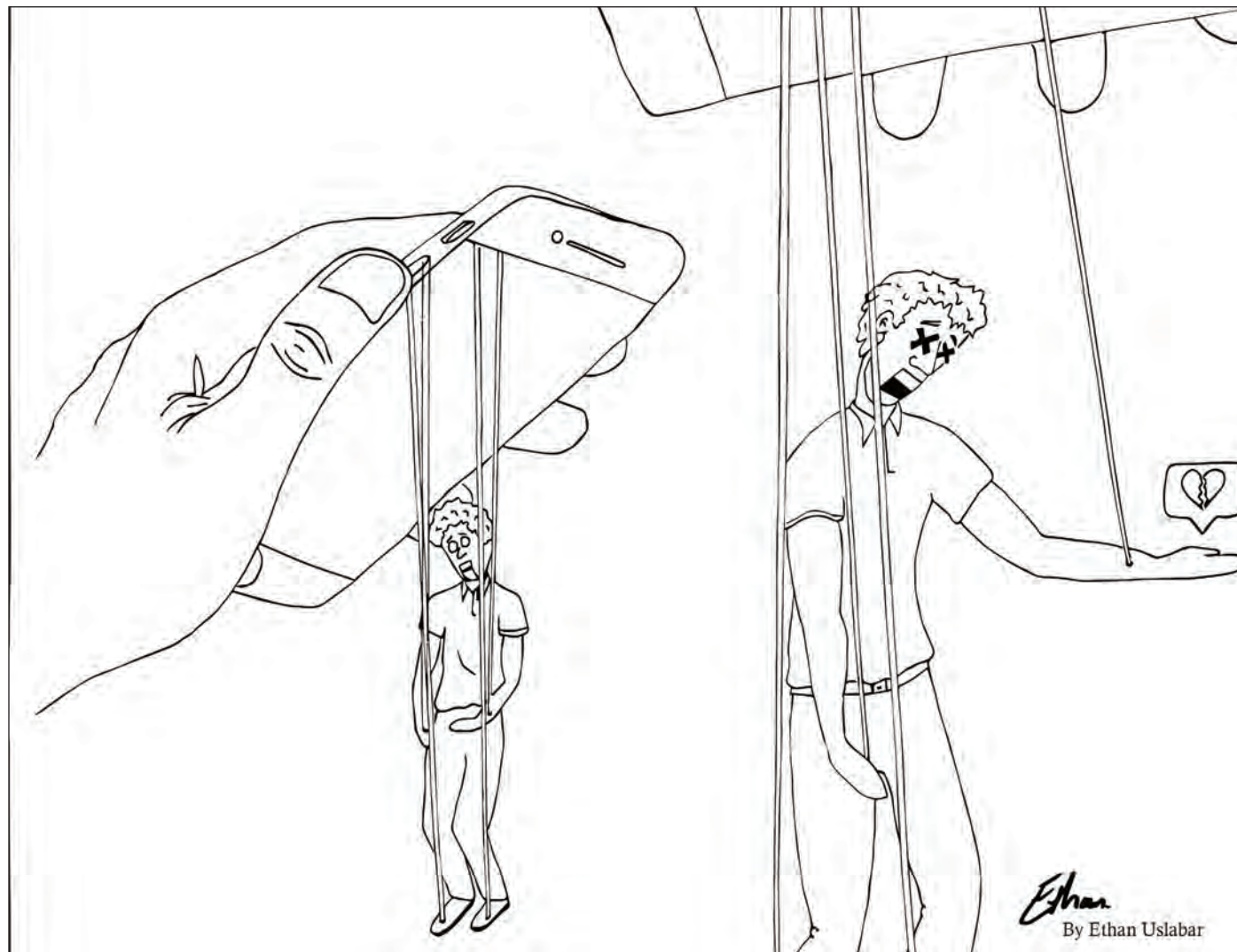
In 2019: Pictures lie

Scrolling through an average Facebook timeline or Instagram feed reveals dozens of profile pictures using Snapchat filters with puppy or mouse ears, faces with an unnatural glow or hearts hovering around them. Pictures are so obviously edited that the person might not even be recognizable in real life.

Anthropology major Paris Larson said Snapchat filters aren't always appropriate.

"There are some filters that distort features or that have other things in the background that may seem unprofessional," she said.

While some students think these filters make them look more attractive, it almost appears that social media is turning college students into narcissists. Photos are posted for likes by students who are



becoming so detached from the real world that they constantly crave attention from social media.

Students have become addicted to the little "ping" of satisfaction from the rush they get when they receive a new notification. Some students can't even wait until class is finished to check their notifications. Often, in classes where technology use is frowned upon, students leave their phones on vibrate so they can check notifications when the professor isn't looking.

Lopez said she regularly sees students checking social media in class.

"One of my good friends just had to take the Facebook app off her phone," she said. "She can't get anything done with it on there, which is a problem."

Lopez said he is one of the students who leaves his phone on vibrate during class.

"I think that social media is a bad habit," he said.

Malloy agreed. "It's definitely something

that people get attached to because they have to keep doing it," he said.

Facebook or Fakebook?

What you see on social media may not be real. Many people only make happy posts on Facebook and Instagram. The idea that college students have these amazing lives of travel and adventure and parties and love and happiness are unrealistic and unhealthy.

In 2016, the Official Journal of the Anxiety and Depression Association of America released a study that suggested that there is an association between social media use by young adults and an increase in depression. Larson said she thinks this could be the impact of seeing only picture-perfect, edited versions of people's lives on Facebook.

Students spend so much time trying to get the perfect Instagram photo that they fail to enjoy the things happening around them. They put so much effort into creating a fantasy life on social media

that they forget to create a life in the real world. Although social media may be a window into real life, it isn't real life.

A real-life example

Just last month a 26-year-old Oshkosh man shot and killed his 26-year-old girlfriend and then himself in what police called a murder-suicide.

The victim's Facebook page shows dozens of happy photos of the two, along with their son who was only nine months old at the time of the murder-suicide.

The page includes a photo of the couple with the caption: "I am so blessed to be able to create a family with this man. You've absolutely changed my life and i could not be more grateful for you."

This is a tragic example of how the lives we portray online may actually be quite different than the lives we actually lead.

Social media secrets

Hiding behind a fake internet persona also seems to be

an ongoing trend for social media users.

Fake Instagram profiles, commonly called "Finstas," are accounts that are typically anonymous where users can be their real self. Sometimes that's by posting memes, jokes, naughty or provocative things that you wouldn't want your family and coworkers to see.

"I think it's a lot more of a surface personality on your real account than on your Finstas," Lopez said. "Finstas can be more personal, stuff you don't want everybody to see."

Malloy said students typically only have their friends follow them on Finstas.

"I see more goofy things that they don't really care about," he said.

Some go so far as to use fake names on social media so they can make nasty posts and comments attacking others anonymously. According to Pew Research Center, over 50% of online harassment victims did not know who their attacker was.

Lopez said the prevalence of social media makes online harassment and cyberbullying much worse.

"With online bullying, it can be 24/7. It's not just when you go to school that you get bullied and you can go home and relax afterward," she said. "With social media you don't get that time to be away from it; you can have access to it 24/7."

Solutions

Social media has become increasingly popular because it allows users to connect and share with others. Aside from its entertainment value, it also allows people to network and meet others with shared interests. And it certainly isn't going anywhere.

Malloy said students should limit their time on social media. He suggested checking your screen time on Instagram.

"You can see how long you have been on it throughout the day and you'd be surprised," he said.

Students need to consider the downsides of social media including its impact on mental health. Remember that the lives you see portrayed online are an edited version of the lives that people actually lead.

"I think you have to realize that the stuff that people post tend to be fun things but that's not what those people are doing all the time necessarily," Malloy said. "They are only going to post the best posts."

UWO students need to be real on social media. Employers researching potential applicants on social media are not going to be impressed by candidates' puppy- or mouse-ear selfies.

Instead of spending your time taking pictures, spend your time enjoying experiences. Instead of sharing your experiences on social media, share experiences with your friends in the real world.

Lopez said students shouldn't let social media affect them.

"If you take a step back and think, everyone is going through everyday things like you are," he said. "And it's those special things that are worth sharing that you see posted on social media."

LETTER TO THE EDITOR

Dear Editor,

As I have grown up, the world has become much more reliant on technology than ever before. People of all ages have become so dependent on their phones, computers and gaming systems that it has become a social norm to be constantly scrolling your phone or playing mindless games.

While being an active college student, it has become

rare to see others doing homework or taking notes traditionally, rather than on laptops or tablets.

A big debate on our campus is whether the advancements of technology are more helpful or harmful.

Many times students are watching Netflix in class or scrolling through social media instead of taking notes or doing their work while sitting in class.

A number of academic articles have started to come out expressing how using technology in class is less effective than taking notes by hand and following along to the lecture.

Many students rely on the course material being posted online so they don't even need to attend class.

When using laptops or tablets in class, it can become a distraction to others around

you as well.

The level of distraction has become an interruption that needs to be solved.

There are many solutions that could help to decrease technology use by students on college campuses.

Many professors have started to make their classes technology-free environments, forcing students to put away their phones and other devices.

Another solution that can be helpful is the use of apps, like PocketPoints, that reward you for not using your phone on campus. It gives you different benefits of being a good student.

By putting down the technology, it creates a better-focused learning environment for all.

Katie Sepe
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All letters must be submitted by 5 p.m. on Tuesdays. Readers can submit letters via email or in person.

Email letters to our University account, atitan@uwosh.edu. This is the preferred method.

Letters can also be delivered in person to the A-T office in Reeve Memorial Union, Room 19.

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Boots, Lewis and Samuels earn top basketball awards



Ben Boots

Senior Point Guard



Matt Lewis

UW Oshkosh Men's Head Basketball Coach



Isabella Samuels

Senior Center

by Neal Hogden

hogden39@uwosh.edu

The UW Oshkosh basketball programs had a historic year on and off the court.

Men's head coach Matt Lewis took home numerous awards en route to capturing the first national title in program's 121-year history.

Last weekend, Lewis traveled to Minneapolis to accept the National Association of Basketball Coaches Division III Coach of the Year Award.

Lewis, along with college basketball standouts such as Duke standout Zion Williamson, University of Wisconsin forward Ethan Happ, Texas Tech head coach Chris Beard and many others were all honored alongside Lewis.

The Titan head coach also received the Glenn Robinson award for the best D-III college coach in the country. He is the first national champion to win the award in its nine-year history.

Currently, Lewis holds the best

winning percentage in college basketball history with a mark of .906.

Lewis' team set school records with 29 wins, 2,715 points, 961 made field goals, 2,018 field goal attempts, 1,308 rebounds, 325 made 3-pointers, 866 3-point attempts and 148 blocks.

Lewis' senior leader, guard Ben Boots, also hauled in a slew of awards which included D-III All-America First Team from the NABC and D3hoops.com, the NABC Central Region Player of the Year and WIAC

Player of the Year.

Boots also earned the Wisconsin Basketball Coaches Association's 2019 NCAA D-III Men's Public Schools Player of the Year award.

Boots led the Titans this season with 15.7 points per game, an .875 free throw percentage, 134 assists, 87 made 3-pointers and a 2.03 assist-to-turnover ratio.

Boots finished his UW Oshkosh career as the school's all-time leader with 417 assists, 272 made 3-pointers, 699 3-point attempts and 121

games played.

Senior Isabella Samuels' 2019 season earned her the NCAA D-III Public Schools Women's Player of the Year by the WBCA.

Samuels led the Titans with 9.8 points per game and 69.1% shooting from the field. Her 69.1% field goal percentage was second in WIAC history.

The forward led the Titans to a 26-4 record and a sweet sixteen appearance in the D-III women's basketball tournament.

UWO baseball stumbles to 13-10 as WIAC play begins



LYDIA SANCHEZ / THE ADVANCE-TITAN

Senior pitcher Chris Atwood reacts to his throw to the plate versus the Pointers.

by Hannah Preissner

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The UW Oshkosh baseball team opened up Wisconsin Intercollegiate Athletic Conference play, losing five out of six games as they took on UW-Whitewater and UW-Stevens Point in three separate doubleheaders.

UW-Stevens Point

Wednesday afternoon the Titans played a double header against WIAC rival UW-Stevens Point, splitting the afternoon series versus the Pointers.

In the first game, UWO ace Colan Tremel struggled, allowing six runs on six hits only striking out three and walking two hitters as the Titans fell 6-2.

Tremel didn't receive much support from the offense, as only third baseman Jonathan Selchow was the only Titan able to record a hit. Selchow went 3-3 from the plate, scoring two runs and one walk.

In the second game of the doubleheader, UWO shut out the Pointers winning 5-0.

Chris Atwood pitched a complete game, allowing six hits, striking out nine batters and not recording a single walk.

On the offensive side, Hunter Staniske, Sean Cummins, Alex Koch and Selchow recorded nine of the ten hits for the Titans.

UW-Whitewater

The Titans played four games versus the Warhawks last weekend, winning only one of four games.

The Warhawks outscored the Titans 19-5 in the first doubleheader on Saturday, leading to losses of 5-4 and 12-1 for the Titans.

Tremel took the mound in the first game, surrendering five runs to the Warhawks. Tremel set the UWO record for career innings pitched at 265.2

and passing Jordan Timm's previous program high of 264.1, established from 2001-04.

UWO rallied back in the seventh inning to even the score at four. In the bottom of the eighth the Warhawks were able to score a run to put them up 5-4, following a fielder's choice. UWO were unable to score in the ninth, losing the first conference game of the year.

In the second game, Atwood took the loss as he allowed seven runs while recording one walk and striking out one in seven innings of work against the Warhawks.

UW-Whitewater mercy-ruled UWO in eight innings, following a six run eighth inning by the Warhawks.

On Sunday the Titans split the double header losing the first game 6-4 and winning the second game 10-9.

In the first game, UWO evened the score at four in the top of seventh inning. A throwing error by shortstop Ott in the bottom half of the inning allowed a run for Warhawks, making the score 5-4. The Titans lost 6-4.

The Titans bounced back in the second game as they beat Whitewater in the second doubleheader on Sunday, winning 10-9.

Koch, Dylan Ott, and Zack Radde combined for seven of the teams' 15 hits. In addition, the trio scored six of the ten runs and five of the ten runs batted in.

"In our victory we got off to a good start by scoring three runs in the first inning," Radde said, "We also had a lot of big-time hits, which gave us the extra confidence we needed. Also great pitching all the way around, going against some tough hitters. They were a very scrappy team."

Oshkosh outhit the Warhawk team 23-21 with Radde going 9-5 at the plate with a triple, home run, two walks, three runs scored and four runs batted in.

The Titans will play back-to-back doubleheaders versus UW-La Crosse March 13 and 14 in La Crosse. First pitches are set for noon and 3 p.m.

Titan of the Week



Robert Ogbuli

Event: Sprints
 Year: Sophomore

Rex Foster Invitational

100-meter	10.93
200-meter	22.09
4x100 relay	41.34

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LYDIA SANCHEZ/ADVANCE-TITAN

LEFT: UWO junior pitcher Claire Petrus winds up for a pitch. RIGHT: Titan sophomore Carly Szada runs home off of Claire Petrus' double to left center field.

Softball goes 3-3 in double-headers

by Ally Gwidt

gwidta05@uwosh.edu

The UW Oshkosh softball team went an even 3-3 last week in double-headers versus Lakeland University, UW-La Crosse and UW-Whitewater.

Lakeland University

The Titans defeated Lakeland University in game one 4-2, but fell to the Muskies 3-2 in game two on Thursday in their home-season debut.

Lakeland University opened the contest with a lead in the first inning, but senior pitcher Bailey Smaney went on to retire 11 of 12 Muskies batters between the first and fourth frames.

UWO remained scoreless through the first four innings until driving in a four-run fifth

frame. Smaney ended up allowing just one run-in in the seventh inning.

In game two, the Muskies once again scored a run in the top of the first frame and went on to take a 3-0 lead after just three innings. The Titans held the Muskies scoreless for the final four innings, but only managed two runs-in in the sixth, coming up one run short of a tie game.

UW-La Crosse

UWO rallied for a 12-2, mercy rule win over UW-La Crosse after losing 6-3 in game one of their double-header on Saturday in their first conference games of the season.

In the opening matchup, La Crosse took an early 4-0 lead while UWO remained scoreless

in the first four innings of the contest.

Second-base junior Amanda McIlhany got the Titans on the board with a two-run homer in the fifth frame that brought the Titans within one run with two innings to go. The Eagles held UWO off while managing two more runs-in, ensuring their 6-3 victory over the Titans.

UWO rebounded in the nightcap after junior outfielder Acacia Tupa nailed a go-ahead, three-run homer in the top of the fourth inning to give the Titans a 4-2 lead heading into the fifth inning.

Tupa went 5-for-7 on the day with two doubles, three runs scored, four runs batted in, a stolen base and her first home run of the season.

In the fifth and final inning of play, the Titans posted eight

runs, including junior pitcher Claire Petrus' three-run shot of her own that finalized UWO's 12-2 victory over UWL. The Titan's 10-point victory was the first by 10 or more runs over the Eagles since a 10-0 decision during the first-ever meeting between the teams in 1982.

UW-Whitewater

UWO registered a split double-header against UW-Whitewater on Tuesday at home.

The Titans got shut out, 5-0, in the opening contest but owned the nightcap 5-4 over the Warhawks.

In game one, UWO only managed one hit on zero runs while UWL went off for five runs in the fifth and 10 hits overall.

After the Eagles took an early 2-0 lead in the second contest,

the Titans tallied one run-in in the fourth and four runs-in in the fifth, including another home run by McIlhany.

UWO remained scoreless the rest of the game while holding UWL to just two runs in the sixth, granting the Titans the final victory of the night.

First base senior Kaitlyn Krol said that it's about making the little adjustments that will set this team apart when it matters most.

"After every game we play either a win or a loss we are learning and developing," Krol said. "From losing a close game to winning on a walk off, our team has faced so much adversity and I think that is going to put us ahead this season. We are going to win those close conference games because we are making the adjustments we need

to make. It's the reason we came back for a huge win against La Crosse, and we did the same thing to Whitewater [on Tuesday], which was the first win against them in my four-year career.

Head coach Scott Beyer said it will be important for his team to maintain a steady mindset heading into the ladder of the season.

"We need to avoid adding pressure and stay calm," Beyer said. "We know we are good. It will be important for us to remember to play loose and let the game come to us. When the game speeds up, we feel the extra pressure and be ready."

The Titans will continue conference play with a double-header against UW-Stout on Saturday at 1:30 and 3:30 p.m.



COURTESY OF BADGER KINGS RUGBY COMPANY

No. 7 tackles UW-Eau Claire player as other UWO players look to pick up the ball. The Titans defeated the Blugolds 37-5.

Rugby places second at Mudfest

by Ally Gwidt

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The UW Oshkosh women's rugby team took home a second-place trophy at UW-Platteville's 15-team MudFest tournament on Saturday in its spring season opener.

The Titans split up their squad into two teams, Oshkosh Gold and Oshkosh Black, to play with two teams of seven instead of the traditional 15-person team.

Oshkosh Gold opened the tournament with three consecutive wins, including a 39-0 shutout victory over UW-Stout which advanced the team to the championship match against Platteville.

The Titans lost 25-25 against the Pioneers in the final match of the tournament, sending UWO home with its first 7's trophy of the spring season.

Oshkosh Black opened the weekend tournament

with back-to-back wins over Loyola University-Chicago Gold and UW-Eau Claire Navy. The Titans defeated Loyola University 30-0 and Eau-Claire 37-5.

Nonetheless, Oshkosh Black came up short in the championship go-ahead game against the Pioneers. The Titans were defeated by the Pioneers 22-5 in their third and final match of the weekend.

Titans head coach Cat Lewis said the team adapted well to playing 7's rather than the traditional 15's rugby style of play.

"Being our first 7's tournament of the season, I knew this was going to be a learning experience," Lewis said. "Transitioning from 15 players on each team to only seven can be a bit confusing, plus you only have seven minute halves instead of 40."

Lewis said the size of the field stays the same but the different team sizes forces the

players to adjust.

"The field is the same size so you're essentially asking players to do double the work they would do in about a fifth of the time. It's still rugby, but it has to be played very differently and sometimes switching mindsets can be a little difficult," Lewis said. "Luckily, our players adapted quickly and did a great job working as a team to cover the field and get the ball down our offensive line so we could score."

UWO senior forward Olivia Juel said the way the Titans rally together for such dominating wins is due to their team chemistry.

"We have great camaraderie," Juel said. "We are all friends with each other and truly care about each other's safety on and off the field. This makes us push a little harder to win a ruck and protect our teammate on the ground or make sure they don't go into contact without support. In the

end, we don't care how many tackles our teammate missed during the game or if they knocked the ball forward, we are all there to enjoy the game and don't get sucked into making it too serious."

UWO junior back Claire Jungers said she agreed with Juel and added that the team wants to continue its successes that drive them to play their best every day.

"Our team works very well together and we all have a solid relationship with one another," Jungers said. "I think it's just a matter of us wanting to do our best and prove that our club deserves to win conference as well as travel to nationals. The accomplishments this team has made in the past couple years are going down in history, and we just want to keep that momentum going."

The Titans are off until their next tournament in Whitewater on April 20.

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Jack Tierney - Campus Connections Editor

Gearing up for 'Game of Thrones' with a radio/television/film major

by Jack Tierney
tiernj03@uwosh.edu

The time has come for UWO students to dress like vikings, cozy up on Sunday nights and watch mayhem unfold with season eight of "Game of Thrones."

Written by the George R. R. Martin and adapted for television by David Benioff and D.B. Weiss, the show has drawn a steady audience since 2011 and has become what critics are calling the greatest television series since The Sopranos.

The Advance-Titan sat down with radio/TV/film and business major Cailynn Carlson to discuss the best ways to catch up on all 67 episodes before episode 68 airs April 14.

I blocked off all of next week to watch GoT

"If you don't catch up GOT, this last season is going to be very confusing. So the ideal way to do this would have been to start once you found out the premier date of the next season and to plan out a schedule ahead of time. But if you only have a week, you need to start ASAP! If you're starting from season 1, good luck. Each season is around 10 episodes, and the

episodes are an hour long. If you are just catching up on the past season, you should be fine. But the main thing is to plan out a schedule for a week including how many episodes you want to watch each day and planning it around your everyday life. If you're really dedicated, you will schedule Game of Thrones into your day."

I have time for one season

"If you have time for one season I would recommend watching summaries of seasons 1 through 6 and then watching full episodes of season 7. You can find video summaries of each season online. There's no one way you can get through all 7 seasons in one week unless you somehow watch one season each day. Watching season 7 will allow you to review what has happened recently and where the show left off."

I only want the best episodes

"There is something important that happens in each episode. But there are some episodes that are more well known and you must watch. Some of the most important episodes that you should look back at are season 1

episode 1 "Winter is coming", season 3 episode 9, "The Rains of Castamere." Watch episodes of "The Red Wedding." "The Children" season 5 episode 10, "Battle of the Bastards" season 6, episode 9, "The Dragon and The Wolf" season 7, episode 7, and "Hardhome" season 5 episode 9."

I'm just here for Jon Snow and Daenerys Targeryen

"The first time they are seen together is on season 7, and now season 8. But individually, every season is great with them. The main episode that you'll go crazy for is "The Dragon and The Wolf" mentioned above. The two of them in episodes together starts in season 7 episode 3. Some important episodes for Jon Snow himself are "Battle of the Bastards" listed above, "Home" Season 6, episode 2, "The Climb" season 3 episode 6, "Kissed by Fire" season 3 episode 5, and "The Watchers on the Wall" season 4, episode 9. For Daenerys Targeryen, "The Winds of Winter" season 6, episode 10, "The Bear and The Maiden Fair" season 3 episode 7, "Fire and Blood" season 1 episode 10, "And Now His Watch Is Ended" season 3 episode 4."



ILLUSTRATED FOR THE ADVANCE TITAN

Season 7 of "Game of Thrones" pulled in 32.8 million viewers on all platforms. Viewership for the show has grown each year as season 6 drew an audience of 25.7 million. "Game of Thrones" takes place in a fictional world called Westeros, which is split into 7 different kingdoms. Season 8 premieres April 14.

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Jack Tierney - Campus Connections Editor

Poetry

Lose my self-control
By Abigail Zook

i figured out why I want to kiss you. because when you kiss someone you always want to kiss them a little more, hold them a little closer, be a bit more intimate. and there, when you inch forward, is you slowly losing the self-control to say no. I find the passion and intensity of making out to be invigorating. it's the passion and intensity that I crave. to not just hear you think I'm pretty, but to feel it on my skin as your lips leave it over and over again. knowing that look you make when you want to kiss me and having you know the look I make when I want to kiss you-- that's why eye contact is so dangerous, love.

Photograph of Robert Mapplethorpe
By Constance Bougie

There is a photo of Robert Mapplethorpe at the Institute of Contemporary Arts London in 1983. He is standing in front of an upside down pentagram so that he makes up the fifth, unseen point. He is older here, 37 and clean, has a leather jacket and scarf, a thick one that could keep an artist warm in the winter. He is looking straight into the camera, but he still looks unsure—when is Richard Young with his camera expensive going to click? His hands are not pocketed, but they're not up in fighting fists, either—between those two images. His clothes fit. There's a bauble on his scarf, small and odd looking. And his eyebrows are perfectly straight; you could walk across them easy.

— *New York, originally.*

Bougie and Zook are both members of the English club. The English club is putting together a chapbook that will be sold later this month. Poems from Bougie and Zook will be in the chapbook, along with poems from other writers.

Upcoming events

April 11 - Be The Match: Registry Drive will have a table in the Reeve Union Concourse from 10 a.m. to 6 p.m. to teach students how they can help patients with blood cancers (like leukemia and lymphoma) and blood diseases (like aplastic anemia and sickle cell anemia) get a second chance at life with a simple cheek swab.

April 11 - Crafty Adventures: Bucket List Boxes hosted by Reeve Union Board from 7-10 p.m. in Titan Underground.

April 12 - Workplace Wellness Conference sponsored by UW Oshkosh Continuing Education and the Center for Community Development, Engagement and Training (CCDET) will teach you how to remain calm when anxiety overwhelms. Registration begins at 8 p.m. in the Culver Family Welcome Center and the conference runs from 9 a.m. to 1 p.m.

April 12 - Spring Pub Crawl returns. 540 people say they're going, according to the Facebook event page, and 1,200 others say they are interested in going. Pub Crawl shirts can be purchased at WisconsinRed.com.

April 17 - UW Oshkosh Human Services Leadership Department hosts its fifth annual Refugee Simulation Workshop from 2-4 p.m. at Culver Family Welcome Center. Participants will be grouped into refugee families and are led through a guided exercise of 12 to 14 stations representing the real-life dilemmas and timeline that many refugees face. The event is free.

April 17 - LGBTQ+ Ally March will celebrate the LGBTQIA+ community and recommit to what it means to be an ally to the identities in this community that differ from your own and offer a chance to thank those who are walking the walk of being an ally. The march begins at 5 p.m. in Reeve Memorial Ballroom.

Goodbye to The Puppy Palace



Nosebleeds drummer Paul St. Aubin plays at The Puppy Palace under its freshly painted backdrop. Nosebleeds are one of the original bands to play at The Puppy Palace and have their debut album *Good Boy* available on all streaming services.

by Jack Tierney

tiernj03@uwosh.edu

Picture yourself having the time of your life dancing, laughing and making new friends at a punk rock, DIY show with 50 to 100 like-minded people who all join together for the night around one idea to have fun.

That's the picture that has been painted month after month since 2017 at The Puppy Palace, a nine-bedroom house on 911 Wisconsin Ave. that doubles as a music venue hosting rock and lo-fi hip hop concerts.

The Puppy Palace is open to all students, members of the community and music lovers alike. It's a safe environment to see some of the areas' best acts like the Nosebleeds, who have a new music video on YouTube and several shows coming to the Valley this month, including at the Puppy Palace. Other bands like Bottom of the Lake, whose hard-hitting shows bring a series of guests every time and Stalgic and Horace Green, both hometown heroes who are seeing great success and whose followings are increasing with each new song they release.

The majority of the concerts are free, but some cost money for admission and range from \$5 to \$10 a show. All the money goes to out-of-state bands first and traveling bands second. But if you show up with a smiling face, a good attitude and your dancing shoes, you might just make your way in.

The head behind the Palace is UWO senior Anthony Abegglen. Abegglen is president of the Allen Priebe Art Gallery, has made several short films, has an impressive collection of illustrations, is working on a multi-piece art project for his capstone study and loves to rock.

"Before I came to Oshkosh, I had a couple goals in mind, personal goals, because I didn't want to just do school," Abegglen said. "The whole Netflix and Chill thing rings in my head, for if I have time to watch Netflix, I have time to do other things."

Abegglen was involved in the music scene in Florida before he moved to Oshkosh as a college student; he brought his knowledge of hosting shows and venues with him.

"There was a scene here, but it wasn't strong," Abegglen said. "That was mostly because there wasn't a venue to play consistently. If there is a venue to play consistently, then the bands will get really good quickly."

Abegglen said the bands Shoobie and Bottom of the Lake have been playing at The Puppy Palace since the doors opened. He spoke about how far they have come because of their exposure to playing in front of an audience once a month for two years. Abegglen said there is no comparison between playing a live set and strumming in a closed room; he said he was just happy he could provide that space and hopes someone else will find their own niche once he leaves.

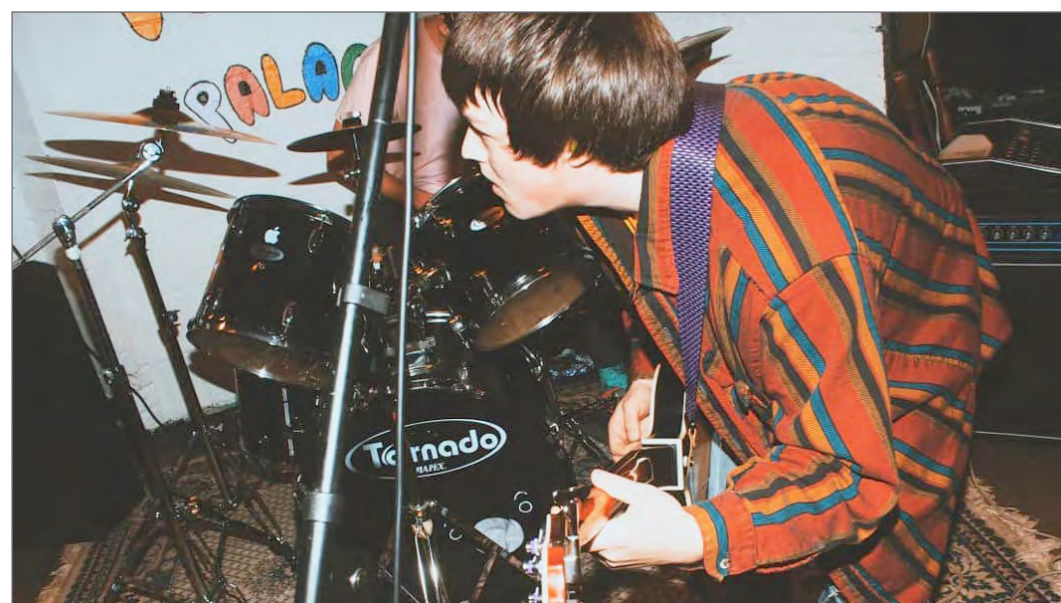
"For starters, it's just cool to have such a nice venue for playing only a block or two away from where I live," Parker Sweeney, vocalist and guitarist for Shoobie said. "Having a consistent amount of people helps too. Typically when we play shows you can expect 30, 70, 80 people to come, and it's cool to have new people come and just share the experience."

"It helps improve our live act too. It's just such a cool feeling for a local band and it just helps you keep playing. If I kept playing in Waupaca, where I'm from, I wouldn't be playing because nobody would give a shit."

The Puppy Palace has seen an evolution from a low-ceiling, unfinished basement with visible water pipes and gas lines to a painted venue with lively



Bottom of the Lake rhythm guitarist and vocalist Brett Schlidt, along with the rest of the band, has played at The Puppy Palace since the beginning and have benefited from it. Their album "I'll Keep This Safe Here" can be streamed on Spotify now along with their singles and a collaborative project "Split."



Nosebleeds Michael Lynaugh has helped lead the band from garages and bedrooms to tours and albums while playing consistently at The Puppy Palace.

yellow walls and a white backdrop with The Puppy Palace logo painted onto it. Merch tables offering bands' latest apparel and an exclusive sound person have been added to The Puppy Palace recently. Abegglen said UWO student Isaac Marquardt has played a substantial role in The Puppy Palace as a recruiter of bands from out of state like Unturned from Minnesota, Romancer from Ontario and many more. Not a single show has been shut down at The Puppy Palace. Abegglen said he knows to cut the music at 10 p.m., and he knows how to host an abundance of people responsibly.

"The shows are emotional, and I choose bands who make an impact emotionally," Abegglen said. "Because if it's not there, I don't know how you would be able to perform live. It's like playing a song you thought was fire, but you don't have an emotional connection to; so when you play it live, you don't have that connection at all. Shoobie is a good example because they have fun. People will

come because Shoobie is on the list. The people I try to attract are genuine music lovers. If you have a passion for growth and listening to new music, then that's my crowd. The misfits, they're passionate about something."

The next show is April 20 and will feature The Ivy's, Tom Danks, Shoobie, Scruffpuppie, Nosebleeds, Spencer, X the dolphin and Bray Costello. Jazz, punk and folk bands are set to play May 11 at The Puppy Palace along with a DJ set.

Abegglen called special attention to the the founder show on June 8. Abegglen said "the founder show is dedicated to everyone who has been a part of The Puppy Palace from the beginning." All people are invited to go to The Puppy Palace and enjoy the hard work of so many people from the bands to the founder who make Oshkosh underground music society a living thing and another way for "misfits" to connect.