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#### **About the Newspaper**

The Advance-Titan is an independent student newspaper published on campus since 1894. The paper is written and edited by students at UW Oshkosh who are soley responsible for content and editorial policy. Any UW Oshkosh student from the Oshkosh, Fox Cities or Fond du Lac campus is welcome to work for the Advance-Titan. Email atitan@uwosh.edu if you're interested in joining our team.

The Advance-Titan is published on Thursday during the academic year.

#### **Correction Policy**

The Advance-Titan is committed to correcting errors of fact that appear in print or online. Messages regarding errors can be emailed to atitan@uwosh. edu.





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### Closet offers free professional clothing

By Kate Sawyer sawek14@uwosh.edu

The UW Oshkosh Student Success Center recognized that students' budgets may not leave room for unexpected situations. So in response, they created the Career Closet to assist students who might not otherwise have disposable income to update their wardrobes to fit into professional settings.

Between tuition payments, rent, food and entertainment, students may be strapped for cash. This makes it difficult to come up with extra money for the unexpected, including professional clothes for last-minute internship and job interviews.

Chelsy Cegielski, a career adviser in the SSC, said that the Career Closet started in 2013 as the result of feedback they received from some of their employer sponsors who invest in the professional development of students.

"They were telling us prior to 2013 that students were prepared well with resumes, cover letters, for interviewing appropriately, but their dress was less than to be expected," Cegielski said. "So we'd hold students accountable to that and they'd say, well, 'We don't have money for that,' or 'We're poor college students,' and so we figured

there has to be a resource that is going to help students."

The Career Closet offers a variety of styles and levels of professional dress, including full suits, sport coats, business-casual attire and even scrubs.

"On average, we donate about 1,500 items each semester in donated clothes that the students are taking," Cegielski said.

Looking at the Career Closet, a small section of the SSC, you wouldn't expect this to be the case. This is a true testament to the large number of students who take advantage of the Career Closet, each taking up to four items per semester.

Cegielski said that they see 700 unique students stopping into the Career Closet in a single semester.

To those students who do not regularly take advantage of the Career Closet, Cegielski said that the benefits in the long-term are worth it.

"We work with students to have an understanding of what the professional dress wardrobe is going to be. If you take four items each semester from your freshman year to your senior year, that's quite the professional wardrobe that you would have," Cegielski said.

A common misconception that students come into the Career Closet with is that the

items are for rent, not to own.

"The items are yours to keep," Cegiel-ski said. This allows students to build the professional dress collection that Cegielski thinks is imperative.

The items come in all shapes, sizes and styles. Because of the number of different partners, there is something for everyone. Not only do companies donate to the closet, but staff and alumni, who the closet may have helped in the past, donate as well.

For those who would like to donate to the Career Closet, there are donation stations in the College of Business as well as the SSC. The SSC asks that the items donated are clean, show minimal wear and have been purchased within the last five years. Students can come to the SSC any time during their open hours to take advantage of the Career Closet resource.

Cegielski said that in terms of professional development, clothing is an important aspect, but it is just a small part of a bigger goal.

"Just like students come to our office for clothing, they should also know that they should come to our office for LinkedIn and for résumé (help)," Cegielski said. "To their clothing, to their documents, to their presence. That's all part of who they are to get a position."

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# The best and worst of university dining

### By Owen Peterson petero84@uwosh.edu

UW Oshkosh hosts a wide variety of places to eat for its students, which naturally begs the question: What are the best and worst places to eat on campus?

In an attempt to answer this question, I spent one week taking trips to all of the dining establishments on campus.

The variables I tried to consider when ranking the places to eat were quality of the food, quantity of food received, variety of options on the menu and accessibility (what meal plans it requires and where it is located).

After a week where bonus meals were lost and pounds were gained, here is my "objective" ranking of places to eat at UWO.

### Blackhawk Xpress

At the top of the list is the beloved Blackhawk Xpress. While there may be a case to be made that there is a lack of variety on the menu, it is hard to deny just how good the options on the menu actually are. Xpress is well-known for the buffalo chicken wrap, and it definitely lives up to all of the hype.

#### **Blackhawk Commons**

As the main dining establishment on campus and one that students are all too familiar with, Blackhawk Commons is not to be taken for granted. Blackhawk presents the widest variety of options to eat and its buffet style technically gives you unlimited value for your meal. My only big issue with Blackhawk is that 7 p.m. is way too early of a

closing time for the main place to eat on campus.

### **Titan Underground**

If Titan Underground didn't require a bonus meal to eat at, it would probably be my top pick on this list. Not only are all of the paninis to die for, but the options for sides, snacks and desserts are all as good. Not only is the food good, the amount of food you get in one meal at Underground is one of the best deals on campus.

#### Chilaca

Chilaca is easily the best option at Reeve Marketplace due to the variety of the menu. With options like burrito bowls, quesadillas and burritos (all with no additional charge), it's hard to go wrong.

I was initially skeptical of the fact that you do not get a side with your meal, but the entrées turned out to be filling by themselves. Chilaca usually accumulates a large line around meal times, but it is still well worth the wait.

### **Scotty's Market**

As much as I loathe the location of Scotty's Market (as someone who lives in Webster Hall), I can't deny that it is a great place to eat. You can choose between the options of Titan Point Deli, which is essentially Sub Stand but with a press, and Bravo Pizza; Scotty's provides two really solid options. Once again though, I would put this higher if it did not require bonus meals from people with all-access meal plans.

### Pizza Hut

Judging by how fast the food they put out at Pizza Hut tends to sell out,

this ranking might seem rather low. While you do get a decent amount of food for a single meal, I just don't think the food is as good as the places above it. I do enjoy getting the chicken alfredo, but I've probably had one too many experiences with unseasoned breadsticks to fully appreciate Pizza Hut.

### Clash Burger

Clash Burger finds itself near the bottom of the list due to the lack of variety and long wait times. Clash Burger isn't all bad though, as the quality of the food does win it some points back. By far the biggest redeeming element for Clash Burger has to be the sides, which can single-handedly make eating there worth it.

#### **Sub Stand**

Coming in last on the list is Sub Stand. While this by no means makes Sub Stand a bad place to eat, it isn't as exciting as a lot of the other options. The wide variety of breads to choose from is nice, but weird upcharges for things like bacon provide a strange downside. The only reason Sub Stand ranks below Titan Point Deli on this list (despite being in a much better location and being more accessible to those with all-access meal plans) is because you can only get your sub or wrap toasted, not pressed.



Owen
Peterson is
a columnist
with The Advance-Titan.

# Clash Burger outshines the former Reeve Grill

By Owen Peterson petero84@uwosh.edu

Clash Burger, the successor to Reeve Grill, opened in Reeve Memorial Union during the Spring 2020 semester. After a week of giveaways and sampling, it emerged as one of the more solid options for dining at Reeve

Not only is the food (mostly) good, but it also provides a good amount of food in return for your meal plan.

The standard meal plan order at Clash Burger provides an entrée (a three-piece chicken tender basket or a build-your-own burger), a side (fries, tater tots or a salad), a beverage and a dessert. Some of the options on the menu include the burgers, the chicken sandwiches (especially the grilled option) and funnily enough, the fries.

I've never been a huge fan of french fries, but these ones stood out as an especially solid part of the menu. They're basically what I imagine Culver's french fries would taste like if they were actually good (sorry, but Culver's fries have always been way too "potatoey" for my liking).

The only food item that I found disappointing was the chicken tenders. Even setting aside their questionable appearance, the taste itself was very subpar.

The biggest surprise I encountered while eating at Clash Burger was the quality of the bun options. As someone who has suffered through the "buns" at Blackhawk quite frequently, I can say that the buns served at Clash Burger are comparatively gourmet.

Aside from the standard brioche bun, the lettuce wrap option also proved itself to be a pleasant surprise. The only problem with the lettuce wrap is that if you get through all the meat and veggies before the wrap itself, you just end up eating a handful of soggy lettuce, which is just as uncomfortable as it sounds.

In terms of the food options that require additional pay, you can upgrade to the steakhouse burger, a beyond burger patty or a five-piece chicken tender basket. In addition to these, the standard beverage can be replaced with a 12-ounce or 16-ounce shake.

Of these upgrades, a shake of either size is definitely worth trying at least once, but I would steer clear of the five-piece tenders, as it isn't worth the additional cost.

One of the potential downsides of choosing to eat at Clash Burger is that it takes time to order and get your food. Every time that I have visited Reeve, Clash Burger has had the longest lines. This is most likely due to the fact that it is the "new" place to eat and everyone wants to try it, so I would expect the line to get shorter in time.

The time you will have to wait to actually get your food seems to depend mostly on what you order. When I ordered the chicken tenders, it took no more than two minutes, but all of my orders of burgers and chicken sandwiches have taken closer to six minutes.

Even with that wait time, Clash Burger is now one of the better dining options at Reeve due to the quality of the food, amount of food in one meal and variety of options on the menu.

Owen Peterson is an editorial columnist with The Advance-Titan.

### **OSHKOSH STUDENT ASSOCIATION**

Want to serve and represent your fellow students and communities in university matters?

Want to see changes be made around campus?

Have new ideas that could benefit your classmates and university community?

If so, then the Oshkosh Student Association (OSA) is for YOU!

### WHO ARE WE?

OSA is the student government that represents all students. We advocate for the best interests of the students at the University of Wisconsin Oshkosh. All students, regardless of their standing within the OSA, have the opportunity to serve as student representative on all of the many University Committees that exist, as well!

### THE EXECUTIVE \_\_\_\_\_

The Executive Board and its staff are in charge of implementing and managing all OSA programs and events in conjunction with other University offices and departments. Some of these programs include Student Legal Services, the campus food pantry: The Cabinet, and the UWO GO transportation program.

#### $oldsymbol{oldsymbol{\bot}}$ THE SENATE $oldsymbol{oldsymbol{\bot}}$

It is comprised of up to twenty-five (25) total Senators.
Advocacy Senators represent specific communities
around campus; Academic Senators represent specific
colleges; At-Large Senators represent the student
body as a whole in all university matters.

### \_THE ASSEMBLY\_\_\_\_

The Assembly is comprised of representatives from all of the 170+ OSA/University recognized student organizations and clubs.

If you are interested in joining the OSA or have questions, please reach out to the OSA Office!



OSHKOSH STUDENT ASSOCIATION

Reeve Memorial Union, Rm. 208C osa.uwosh.edu (920) 424-3202 Page 6 Titan Guide







Allison Russotto / Advance-Titan and UWO Flickr

The Cabinet, the Reeve Memorial Union food pantry, is open to students on all UW Oshkosh campuses to combat food insecurity.

## Cabinet aims to combat food insecurity

By Carter Uslabar uslabe78@uwosh.edu

The Cabinet, UW Oshkosh's new campus food pantry, opened in February 2020 in Reeve Memorial Union's Titan Underground. It is open to all Oshkosh campus students.

The Cabinet was created in response to research done by its director and McNair Scholar, Joy Evans.

Campus meal plans, which are required for students living on campus, can be very costly.

The most expensive meal plan is billed at \$1,850, and includes 200 meals and 300 Titan Dollars.

The most affordable meal plan sits priced just over \$1,000, including 100 meals and 100 Titan Dollars, scarcely enough to eat one meal a day in a dining facility.

"Food insecurity is, in my opinion, such an underestimated issue, and it's really a big deal," Evans said. "It's a big deal for this campus in particular."

Juliana Kahrs, UWO assistant direc-

tor of health promotion, previously told The Advance-Titan that food insecurity can have negative effects on many aspects of a person's life.

In some cases, students who suffer from food insecurity may experience side effects that are massively detrimental to students' academic performance and physical well-being, such as anxiety, depression, low amounts of physical activity and an unhealthy weight.

"I've always had a passion for making change, and I'm really glad that my research can be a part of something like this," Evans said.

UW Oshkosh Chancellor Andrew Leavitt said the importance of The Cabinet could not be overstated.

"The fact that over the last few years we could accomplish something like this is nothing short of amazing," Leavitt said. "It's very, very important that this facility exists. It's upon all of us to support this food pantry."

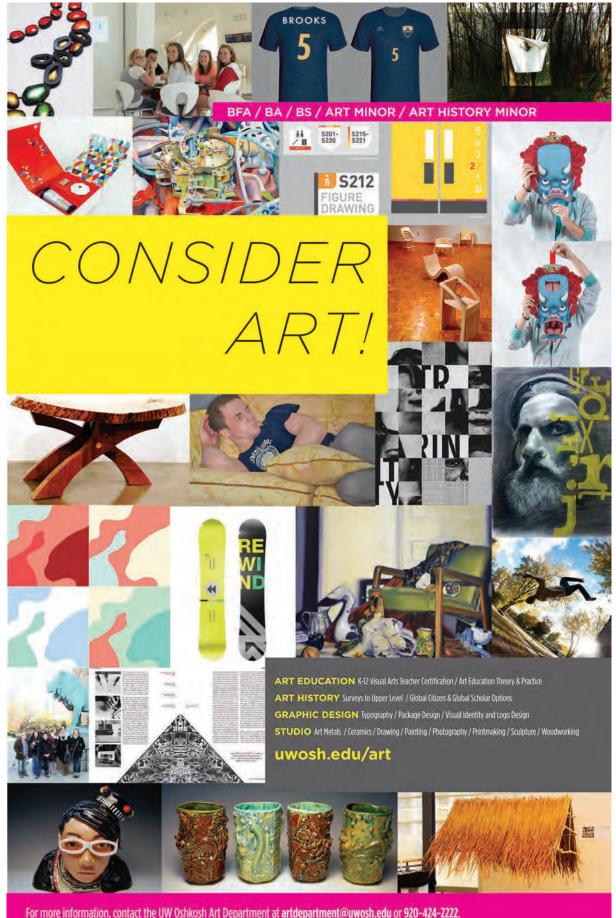
Karen Walsh, a member of the UW System Board of Regents, said: "Your generation is teaching our generation every day about the problems of the world. That you have the courage to talk about them, but to do more than to talk; to put the talk into action."

The Cabinet fills a hole in the needs of on-campus students that has likely existed for years, but simply has never been addressed.

"There were a lot of years in this country that we didn't talk about hunger on campuses," Walsh said. "It's not as though it wasn't there; it was there, just like mental health issues have always been there. It's the people your age who are encouraging us to talk about it and do something about it."

The Cabinet represents the years of hard work by students like Evans to meet the needs of the campus community.

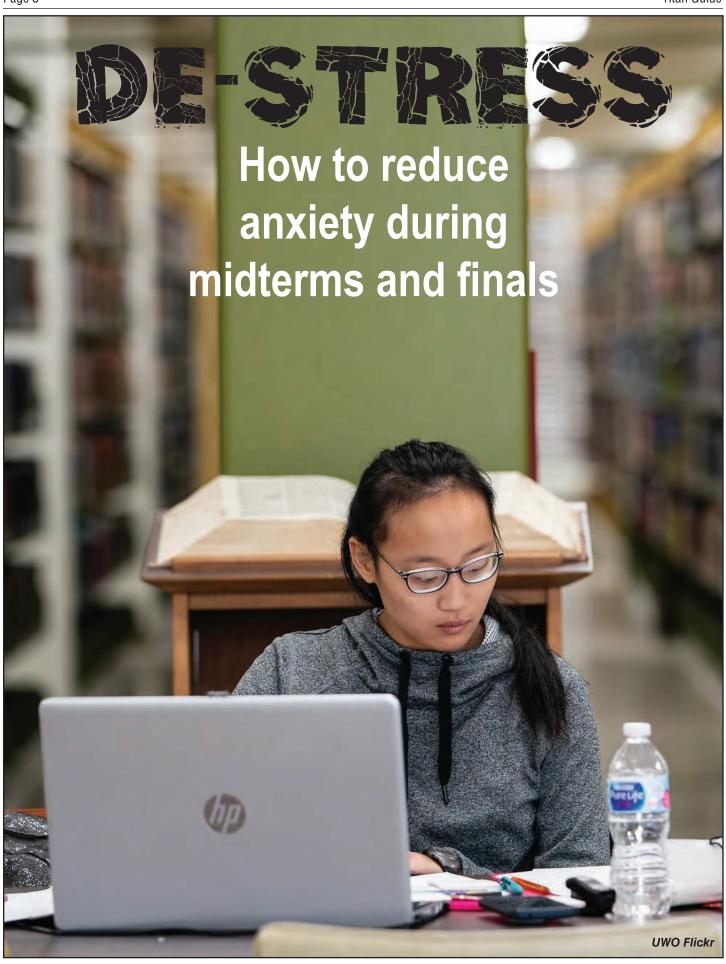
"I'm so just in awe of everything that's going on here at this university," Evans said. "I never would have thought that when I started here I'd be a part of something so grand and so impactful to this campus."

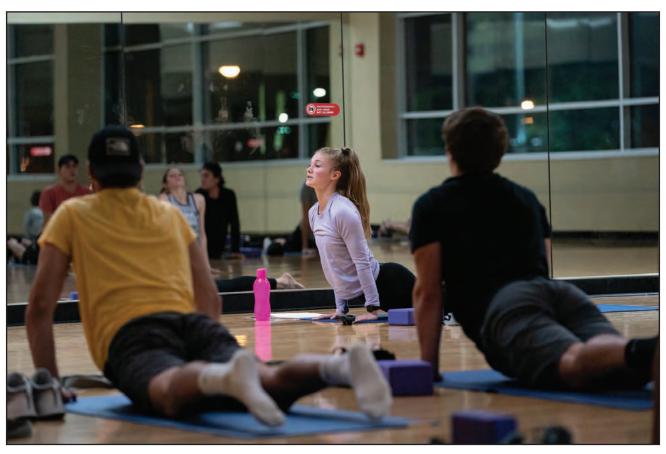


For more information, contact the UW Oshkosh Art Department at artdepartment@uwosh.edu or 920-424-2222.

ALL WORK ON THIS PAGE WAS CREATED BY STUDENTS IN OUR CLASSES. YOUR WORK COULD BE HERE TOO.

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**UWO Flickr** 

Kate Delcore leads a class in yoga positions. Exercise is one of the best ways to reduce stress and anxiety.

### By Jessicia Rosga rosgaj62@uwosh.edu

As college students, it's easy to become overwhelmed in just a matter of minutes. Going to class at sporadic hours of the day, working in between while managing other extracurricular activities can take a toll.

Although stress seems to be on high alert when midterms and finals come around, there are always potential ways to help reduce it from becoming too much.

### Take advantage of on-campus events

The events are here for a reason, and that reason is you. Campus puts on numerous events for students to de-stress, to focus on other things for a while.

A classic example is the therapy dogs that come to campus, or Leo, the Lhasa Apso therapy dog at the UW Oshkosh Counseling Center. Take advantage of this if you want to relax and pet some dogs! This event is usually huge during finals week.

### Classic exercise always helps reduce stress

Although some people may not want to go to the gym, exercise is good for you. Something as simple as going on a walk can help prevent stress. Walking, biking or running during the fall or spring can not only be a stress relief from

schoolwork, but also a way for you to do something productive outside of a building.

#### **Treat yourself**

Whether this is getting yourself lunch before your midterm or final or surrounding yourself with friends, there are places near campus that can be a short walk for a treat. Erbert and Gerberts, Mahoneys and Takiza Mexican Cuisine are good places to grab a bite to eat.

### Take breaks from studying

Studying is not an activity you should do for hours on end. Take breaks in between studying for classes. This can be an hour or 20 minutes; just take some time to walk away and decompress.

### Prioritize and plan

Although this can be difficult, plan ahead of time when you want to do certain things and stick to it. Planning a time and day to focus on certain classes or projects is a great way to reduce stress.

Thinking of what you need to get done beforehand is always helpful. Create a list if needed and cross them off as you go.

Stress is normal, but helping keep it from becoming overwhelming is necessary. Follow these tips and you'll be able to survive midterms and finals with ease. Page 10 Titan Guide



# Counseling Center gets new therapy dog

By Megan Behnke behnk48@uwosh.edu

The UW Oshkosh Counseling Center has a new therapy dog, a rescued 5-year-old Lhasa Apso named Leo.

Counseling Center Director Sandra Cox, who owns Leo, said therapy dogs have been at the center for more than eight years.

"A therapy dog in the Counseling Center is important as they provide comfort and care in a way that humans sometimes cannot do," Cox said. "People will often receive comfort more from an animal than they will from humans due to their unconditional positive regard towards others."

Cox said that since Leo's introduction to the center in January 2020, he's been adapting to his new environment.

"His love is exuberant, all 12 pounds of him," Cox said. "But he is happy to sit and give comfort and he is also happy to show you his favorite toys."

Cox said she's had her dog be the therapy dog for UWO and her last campus for over nine years now.

"The positive impact [of] having a therapy dog in the center has been so overwhelming, I want to continue to offer the experience wherever I go," Cox said. "I have always rescued my dogs and I go with my intuition of a dog that seems to also be intuitive and loving with humans."

Cox said the previous therapy dog, Annie, who died due to cancer, was at the Counseling Center for more than 5 years.

"She was my fur family and she came with me to UWO," Cox said. "Leo and Annie have both helped students through some of the most distressing moments in their lives. They are just pure sunshine that brings a smile to everyone's face, which is always positive."

Cox said students have been overwhelmingly positive about the presence of a therapy dog on campus. Leo doesn't have any set hours because he goes along with her schedule. The Counseling Center is located on the second floor of the Student Success Center and is open 7:45 a.m. – 4:30 p.m. Monday-Friday.

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Carter Uslabar / Advance-Titan

Whether students buy, borrow or steal an ID to get into the bars, they may face repercussions if they are caught.

# What happens when you get caught with a fake ID?

Amber Brockman brocka24@uwosh.edu

Although it's illegal, people younger than 21 years old drink 11% of all the alcohol consumed in the United States, according to the National Council on Alcoholism and Drug Dependence.

Owner of Molly McGuire's bar, Tom Taggart, said his bar sees anywhere between 10 to 30 fake IDs in a night.

"A lot of them we know are mail order," Taggart said. "It even gets down to as crazy as the bouncers will know the person on the ID and know it's not the person using it."

According to the Center for Alcohol Policy, fake IDs come in many forms, including borrowed or stolen real IDs, newly created fake IDs

and altered real IDs.

Borrowed and stolen real IDs are among the most common fakes used, but scanners won't catch this kind of fake, because it's a real, government-issued ID.

"This is one reason trained gatekeepers are critical to the ID checking process," the Center for Alcohol Policy website said. "Human gatekeepers can not only see and feel security features, but they can observe and assess behavioral nuances often associated with the use of a fake ID."

Taggart said they have books, an ID scanner and online resources that help them determine whether an ID is fake.

"Now you can go online and it'll tell you in

"Usually when they're from

out of state, that's the first

-Tom Taggert, bar owner

UW

dead giveaway."

two seconds what a proper ID for that state should look like," Taggart said. "Usually when they're from out of state, that's the first dead giveaway."

Taggart said if someone gets caught using a fake ID they will confiscate it and save it for the police.

"We tell them that if they want to call the po-

lice, that's fine," Taggart said. "I mean, let's face it, everybody has a cell phone, so we tell them if they want to call they can call, and a lot of them say 'OK, we're going to leave and go call them' but obviously they never do."

Molly McGuire's also

has signs posted in the bar warning against the use of fake IDs.

"When somebody walks in the door, there's a sign hanging up that says 'If you're going to use a fake ID, we will confiscate it," Taggart said. "Now [the] Tavern League supplies us with the signs and they also give advice on how to handle it."

Steph Rammer, a bartender at Kelly's Bar, said the bar typically sees at least 15 fake IDs on

weekend nights.

"When it's busy, the bouncers are IDing before people get into the bar," Rammer said. "So, we tell the bartenders and bouncers that if you see a fake ID, you're supposed to take it and that's pretty much what we do."

Kate Mann, Oshkosh Police Department public information officer, said people using a fake

ID might be issued some citations or be charged with a crime, depending on the circumstances of the incident and how the identification was used.

"If they present it to the police and they state that is their information and it is the wrong name,

age, etc., they could be charged with obstructing, a state charge or citation for \$295," Mann said. "They could possibly receive a citation for Carry Card Not Legally Issued for \$421, Knowingly Carries False ID Card for \$421 or Misrepresent Age for Entry/Service for \$484."

Taggart advises against the use of fake IDs in order to obtain alcohol.

"Everybody else has to wait; you have to wait, too," Taggart said.



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### **UWO** nursing program ranks nationally

By Hannah Scott scotth19@uwosh.edu

UW Oshkosh is a university of many accolades, but perhaps one of its finest is its nursing program.

Recently, Nursing Schools Almanac placed UWO on the list of the top

100 public nursing schools in the nation, ranking the Titans No. 54.

Over 3,000 schools were included in the study, but only 6% made it onto that list.

The College of Nursing almanac read, "Graduating its first class of 22 in 1970, the UW Oshkosh Col-

lege of Nursing has since graduated approximately 6,000 nurses. It offers students a range of undergraduate and graduate programs, including an innovative, predominantly online accelerated bachelor of science in nursing."

The almanac also takes note of UWO's exceptional exam passing rates within the program. "Each year, approximately 200 prelicensure BSN students pass the NCLEX exam at a consistently high rate of 92-97%.

UW Oshkosh's clinical nurse leader graduate program has also maintained a stellar 100% pass rate on the Commission on Nurse Certification CNL certification exam since 2009."

Besides ranking at No. 54 for top public schools, UWO ranked 19th for the Great Lakes region and fourth in

"Over 8,000 CON graduates are working in health care facilities across the nation. I believe our nursing program offers students a solid foundation upon which to build a professional career."

- Judy Westphal, Dean of CON

the state of Wisconsin.

The numbers speak for themselves, proving the success of UWO's nursing program not only in Wisconsin, but across the country.

UWO's CON website also promotes that they are the second-largest baccalaureate nursing graduates producer in the state and the largest major offered on the UWO campus. For any student who has ever walked through Clow Social Science Center, the nursing rooms look like a real

hospital with all of the equipment and technology the students are able to practice and learn with.

Dean of CON Judy Westphal said she was very pleased with the ranking and attributed the success to the dedicated nursing faculty.

"CON faculty are passionate about

preparing future nurses to meet the healthcare needs of the region, state and nation," Westphal said. "Over 8,000 CON graduates are working in health care facilities across the nation. I believe our nursing program offers students a solid foundation upon which to build a

professional career."

Alumna Alexandria Haight said she took pride in being a UWO CON student.

"The professors and instructors in our program genuinely care about our success and work exceptionally hard to prepare us for the inevitable transition from student to registered nurse," Haight said. "From my first semester in the program, I knew that I chose an extraordinary place to receive my nursing degree."



# **BUSINESS TITAN**

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**Economics** 

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Interactive Web Management

Management

Marketing

Supply Chain Management



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Contact

Average intern hourly wage

Of students land job after graduation

Accredited by the Association to Advance Collegiate Schools of Business (AACSB) - only 6% of business schools worldwide have this designation.

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# First few weeks of school are often most dangerous for new students

By Joseph Schulz schulj78@uwosh.edu

While many students use the first weeks of school to settle in, UW Oshkosh officials warn those weeks are also some of the most dangerous for students new to campus.

The first six weeks of the school year are known as the "Red Zone" because there are more sexual assaults on college campuses over that period than any other time during the year.

The Department of Justice identified the time between students' arrival on campus and Thanksgiving break as the period when a student is the most likely to be assaulted, according to the UW Oshkosh's Title IX webpage.

Over 50% of college sexual assaults happen in August, September, October and November, according to University Police. New students are most vulnerable during that time because many are still trying to learn the area, UP Capt. Chris Tarmann said.

To minimize the risk of the Red Zone, UP has an increased presence in known areas of vulnerability on and near campus each fall.

Tarmann said police use data compiled over the last few years to pinpoint areas where students have a greater likelihood of being assaulted.

"We want [campus police] to spend specific amounts of time in vulnerable areas," Tarmann said. "The goal is really to get them in a space so that people who are trying to target our vulnerable population at that time see us."

Campus police also more strictly enforce alcohol violations during the Red Zone.

"Strict enforcement doesn't mean no tolerance, it just means



we have removed a lot of the gray area for officers," Tarmann said.

Officers are encouraged to schedule a next day follow-up for any student who received an underage drinking citation. Police are also required to schedule next day follow-ups with students who became incapacitated from alcohol consumption.

The follow-ups are designed to give students a better understanding of what they did wrong and what could have been done differently, Tarmann noted.

The police department acknowledges that underage drinking happens on college campuses, but it's looking to minimize the risks of alcohol consumption.

"If it's still going to happen, then let's figure out a way that we can be in there and keep people safe as that stuff is happening," Tarmann said.

While the police have a plan in place to reduce the risk of the Red Zone, Tarmann said students have a role to play. He believes students should be active bystanders.

Counseling Center Associate Director Veronica Warren said students witnessing something dangerous or illegal have two choices: they can either be a passive bystander or an active bystander.

"Passive in the sense that they're not doing anything; they don't know what to do, and then an active bystander is someone who does take the initiative to do something," Warren said.

She added being an active bystander can be as simple as helping someone who slipped on ice.

Warren said being an active bystander isn't the solution to changing rape culture, but it's a step in the right direction.

For those who have experienced sexual assault, UWO has multiple resources on campus to help victims navigate their lives after the incident.

Campus Victim Advocate Ciara Hill provides university, medical and legal advocacy for sexual assault victims, allowing them to better understand their options after a sexual assault.

"I use personal advocacy using a trauma informed care model to help them navigate through the different systems that can be affected with sexual violence," Hill said.

Hill is a confidential source and won't disclose information to anyone without prior consent.

Another option is Sexual and Interpersonal Violence Prevention Coordinator Gabrielle Schwartz who is a confidential resource, meaning she does not have to share reports of sexual misconduct to the University Title IX Office.

"As an advocate, I work directly with students who have experienced incidences of sexual violence, interpersonal violence, harassment and stalking," Schwartz said. "I help students process their options and connect them with campus and community resources after a traumatic experience."

Schwartz said sexual violence is a community issue that impacts each and every one of us.

"Whether we know it or not, we all know a survivor," she said.



According to a spring 2018 UW Oshkosh comprehensive health and wellness assessment done once every three years, 51.3% of students assessed felt tired, dragged out or sleepy during the day three to five days per week.

# Sleep insuffiency may cause harm

### By Kaitlyn Scoville scovik21@uwosh.edu

Some college students may take sleeping for granted, but for others, getting the recommended seven to nine hours of sleep per night is difficult to achieve due to sleep insufficiency. Through the darkness, though, lies some bright, healthy and enlightening benefits to getting the proper amount of sleep.

According to a spring 2018 UW Oshkosh comprehensive health and wellness assessment done once every three years, 51.3% of students assessed felt tired, dragged out or sleepy during the day three to five days per week.

A 2020 Wolters Kluwer study finds that students may be struggling with sleep insufficiency, which is when a person does not get enough restful sleep.

"People with sleep insufficiency would be able to sleep if they had the chance," the study said. "Usually, there are things outside their control keeping them from getting restful sleep."

Juliana Kahrs, assistant director of health promotion, said that getting the proper amount of sleep most nights can have some major perks.

"Sleep helps to restore energy, fight off illness and repair your nerves," Kahrs said. "This is the time when memory and consolidation happens, so especially for students who are trying to learn and retain information for their classes, sleep is very important."

She added that sleeping helps

maintain a strong and healthy body.

"Sleep isn't just a passive activity; it is a very active process when our body is recharging and repairing nerves, muscles, all the systems that keep us running on a daily basis."

Kahrs referenced a large research study focused on the risk factors that may contribute to poor sleep among college students.

"What students reported as being their top barriers to sufficient sleep were technology, inconsistent daily schedules and substance use — including alcohol, which disrupts deep sleep, caffeine and other drugs."

The study also states that smoking or not eating enough during the evening hours can contribute to a night without much sleep.

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Not getting enough sleep as a college student can also trigger mental health disorders such as anxiety and depression.

"It can exacerbate those issues when people already have them," Kahrs said. "Getting enough sleep improves emotional regulation, mood, your ability to remember or recall information and concentrate. These are all really important things for college students."

Kahrs said that getting the proper, high-quality amount of sleep most nights lies in three fixable standards: light, noise and temperature.

"Your circadian rhythm begins in the morning hours and you want to expose yourself to as much natural light as possible," Kahrs said. "Toward the end of the day, or within several hours of resting or sleep, you want to try to mitigate a lot of that light. So it might be having blue light filters on your screens, your phone or your glasses."

When it comes to temperature, try to keep the thermostat at 65 and 67 degrees.

Kahrs also said that drowning out distracting noises can significantly improve students' sleep.

"If you can't control that kind of noise, you can create white noise or other types of restful noises that are constant so that it drowns out whatever those disruptful noises are."

She explained the importance of one's circadian rhythm, especially as a college student

"It's your body's clock," Kahrs said. "You get a lot of adrenaline and cortisol pumping [in the morning]. About five to seven hours after you wake up, there is typically a dip in the cortisol and an increase in melatonin in your body, so you're naturally more tired. For a lot of people, that's the afternoon slump feeling. That's totally natural. If you're going to take a nap in a day, that's a good time to do it."

The study lists numerous additional treatments that can help with sleep insufficiency, such as going to bed and waking up at the same time every day, having caffeinated beverages only in the morning and solving any stressful or worrisome problems before going to bed.

Avoiding alcoholic beverages in the afternoon and evening was also mentioned in the study. Relaxation therapy can also help promote restfulness and sleep.

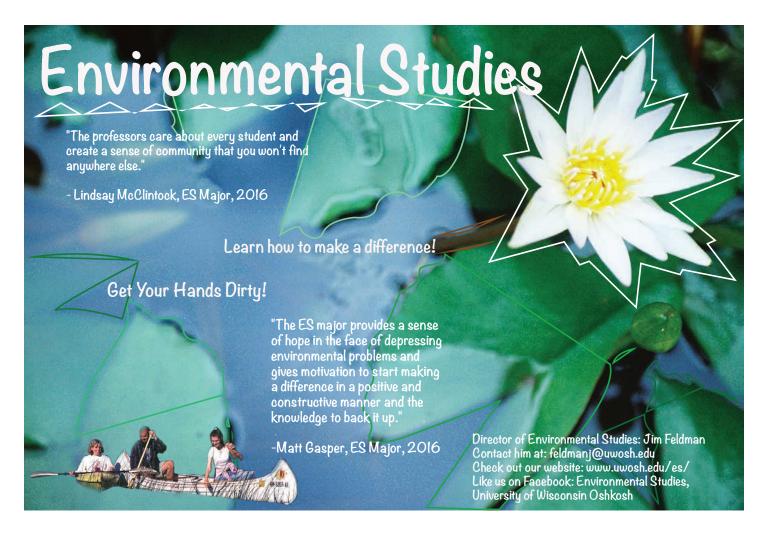
A 2020 study by Michael Bonnet and Donna Arand of Wright State University explains more in-depth the process of relaxation therapy.

"Beginning with the muscles in your face, squeeze (contract) your muscles gently for one to two seconds and then relax. Repeat several times," the study states. "Use the same technique for other muscle groups: jaw and neck, shoulders, upper arms, lower arms, fingers, chest, abdomen, buttocks, thighs, calves and feet."

Other behavioral therapy treatments for sleep insecurity include sleep hygiene education, biofeedback, stimulus control, sleep restriction, cognitive therapy, cognitive behavioral therapy, phototherapy and chronotherapy.

This fall, Kahrs plans to debut an individualized sleep education program available through Health Promotion Services. The 4-6 week program will include weekly progress meetings with a health educator.

"If you can't get more than six hours of sleep in a night, you want to make sure you're making the most of those six hours," Kahrs said.





Stop the Bleed kits are attached to automated external defibrillators around the UW Oshkosh campus.

### Aurora donates bleed kits to UWO

By Amber Brockman brocka24@uwosh.edu

Aurora Medical Center donated 30 "Stop the Bleed" kits to UW Oshkosh in February 2020 in an effort to increase safety on campus during emergency situations.

"These kits are designed to save lives when someone



Martin

suffers a traumatic injury with major blood loss," University Police Lt. Trent Martin said. "This could be from a gunshot wound, a

major laceration or amputation of an extremity or anything that causes severe bleeding that would put someone's life at risk."

The kits include a tourniquet,

a pair of scissors, gauze, quick clot, compression gauze, rubber gloves and bandaging, along with directions on how to use the materials in the kit.

Martin said in an active threat situation specifically, police are responding to stop the threat first to prevent further danger before aiding those in need, which sometimes can take several minutes.

"With these tools out around campus and available, our community has the ability to use them in the time of need without relying on law enforcement or other first responders," Martin said. "As mentioned, sometimes those first responders don't have the ability to get to those who need aid quick enough."

Martin said those who suffer major blood loss may perish in less than a few minutes.

"If our community has these kits out there and available to

them, the probability of lives being saved increases substantially." Martin said.

The kits are attached to automated external defibrillators located within buildings that have the heaviest foot traffic, as well as venues that host large events such as Reeve Memorial Union, Kolf Sports Center and the Culver Family Welcome Center.

Stop the Bleed originated after the Sandy Hook Elementary School shooting in Newtown, Connecticut in December 2012.

Surgeon and Regent of the American College of Surgeons Lenworth M. Jacobs, Jr. requested to review the victims' autopsy records, according to the Stop the Bleed website.

"Results showed that the victims died from severe bleeding," the website said. "Severe bleeding, that if controlled, could have probably kept them from going into shock until

emergency help arrived on scene."

This led trauma surgeons from ACS to form a group with other experts in emergency medical care, government and law enforcement to develop recommendations on how to improve the rate of survival for people with severe bleeding.

"The nice part about Stop the Bleed is that it can be used for any type of life threatening bleeding," Tracy Miller, Aurora Medical Center emergency preparedness coordinator, told UWO Today. "It doesn't just have to be used in active threat situations."

"These kits are just one facet of our entire safety plan," Martin said. "We want to offer as many resources as possible to prepare our community for any major traumatic incident. These kits put tools out there that will save lives if they ever needed to be used."

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## Tips & tricks: Living off campus

By Jessica Rosga rosgaj62@uwosh.edu

While deciding whether to live off campus, some of the most pertinent things that come to mind are how much freedom awaits and the possibility of cheaper living costs compared to campus. Before you get ahead of yourself and take the leap into more independence, there are a few things that need to be considered.

### Walking or driving to campus

Do you plan on walking or driving to campus every day for class? If you plan on walking, I highly recommend you consider staying a half mile or less off of campus.

During September and October, the weather will seem like a cake walk, but once that first snow happens, your motivation to make that walk will decrease. The farthest walk is from the apartments off Pearl Avenue. Here is where places such as Morgan Crossing and the Radfords are located. This walk takes about 12 minutes to the nearest academic building, Sage Hall. If you live in the homes on the east side of campus, it would take 12 minutes to walk to Sage as well, but this would be your longest walk to any of the academic buildings.

#### **Price**

Price plays just as big of a role in where you live. Besides considering the walk to campus, also consider the idea of how much you would like to spend.

Rent can cost \$500 a month per person, while some places can cost as low as \$300 a month per person. The biggest difference is usually the quality of the home or building and what is included in rent.

A helpful tip is to look at what is all included in your rent, especially water and electricity. These are the two main utilities that vary the most month to month.

If you can find a price that you want to stick to and also find most, if not all, utilities included — you hit the jackpot.

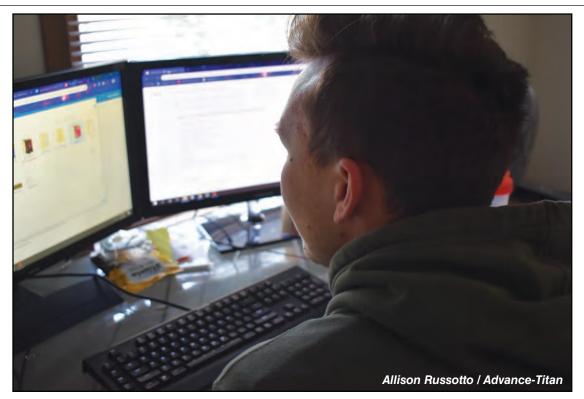
#### **Overall location**

Of course, the distance to campus is a high priority, but there may be more to think about than just campus when it comes to location. In Oshkosh, there are a lot of things to do but one of the main ones, especially once you turn 21, are the bars. While the apartments on Pearl Avenue, as mentioned before, are a longer walk to campus than the homes located off of the east side of campus, they are a shorter walk to the campus bars. Depending on how often you plan to engage in these activities, you may change your mind when adding in the price of Ubers. This side is also closer to places such as Mahoney's, Jimmy John's, Big Apple Bagels and the Fox River. If these are places that you work at or often go to, maybe the south side of campus by Wisconsin Street is more appealing to you than a location like Scott Avenue or Cherry Street.

Overall, Oshkosh has a wide variety of places that students can live in that are still near the central campus. Most of the off-campus housing is cheaper than the prices of the dorms, which makes this transfer more appealing. As long as you keep in mind the items above, you should be able to prioritize what is most important to you before deciding where to rent. And when you're ready to move, check out off-campushousing.uwosh.edu for great resources and lists of apartments near campus.



\*-not mentioned in article but keep in mind



# In the top 10

### UW Oshkosh ranks high for online teaching

By Megan Behnke behnm48@uwosh.edu

In a new ranking for best online colleges in Wisconsin, UW Oshkosh was listed as the eighth best in the state. That was good news for students last semester when UWO took all teaching online to stop the spread of the novel coronavirus.

The survey was done by SR Education Group, and Marketing Manager Oliver Li said the group is an education research publisher that has been publishing rankings of online colleges since 2009 and awarding scholarships since 2010.

"We pride ourselves on thorough research and fair assessment of all available online programs, with the hopes of helping students make educated decisions when choosing an online degree," Li said. "We seek to help driven people accomplish their education goals in a financially responsible manner."

UWO Interim Director of Advising & Recruitment Brandon Pannier said students are exploring online education options at a

greater rate because online courses tend to offer flexibility and access for students who may be juggling obligations.

"Additionally, collaborative technology has improved tremendously in the last decade," Pannier said. "So students can now gain a much more cooperative and immersive experience in an online course than they could have previously."

Li said online learning allows for increased flexibility for students, and often, lower tuition rates.

"Online degrees provide many students with the ability to continue working while earning a degree," Li said. "This makes online degrees more accessible and financially feasible."

Pannier said there are advantages for some students, but it depends on the situation when it comes to getting a degree online versus getting a degree on campus.

"For some types of students, it can be a challenge to commute to campus and take courses in a traditional classroom setting," Pannier said. "Online courses are advantageous for those students in that it allows

them to pursue their educational goals, while still addressing family and work obligations."

Li said to be considered for the group's rankings, schools need to be regionally accredited and need to offer at least one fully online degree at the bachelor's level.

"The rankings were based on an internal formula that takes into account mid-career median salary data from PayScale and manually researched tuition rates in order to recognize schools with a positive return on investment," Li said.

Pannier said he believes the reason why UWO was ranked No. 8 is because the college recognizes that students in online courses have unique sets of needs, motivations and challenges.

"We have dedicated services for these students that provide catered support to online students," Pannier said. "We ensure that students have the tools and resources necessary to be successful, such as online advising, online library research assistance, remote writing center access and many other services."

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## Women's Center not just for females

By Heidi Docter docteh72@uwosh.edu

While the UW Oshkosh Women's Center may be hidden inside the Campus Center for Equity and Diversity on Elmwood Avenue, the work they do to offer support and resources to students of all genders is a prevalent part of campus culture.

The Women's Center opened its doors in 2004 to address concerns from the UW System Status of Women report.

The UW System Initiative on the Status of Women was created to evaluate the status of women on UW campuses and to establish an organization to improve the status of those women.

Alicia Johnson, director of the Women's Center, said the goal of the center is to "work with both students and staff to address different gender equity issues on campus."

The Women's Center serves students, staff, faculty and community members through educational programs to address gender and social issues, as well as provides resources for women and gender minorities.

Notice how Johnson didn't specify just women in their goal. While it may be called the Women's Center, embedded in their philosophy is the inclusion of all genders to reach their goal of gender equity.

"One main misconception is that our work doesn't benefit men or that we don't engage men, which we do," Johnson said. "For us, we center intersectionality in everything that we do and we value engaging different perspectives."

Individuals of all genders are welcome to join in the discussion of gender equity, and one way the Women's Center strives to include men and masculine-identifying students in their work is through Masculinity Mondays. During Masculinity Mondays, students "talk about masculinity and how to promote healthy masculinity as a way to reach gender equity," Johnson said.

Another event hosted by the Women's Center and Reeve Memorial Union is the annual Titan LeadHERship Conference, which addresses the gap in leadership and empowers women to pursue leadership positions in their area of interest.

"We started by focusing on students in what's considered 'pink-collared' majors," Johnson said. "Majors like nursing and education, social work and human service, because the research shows that even though women are the majority workforce in those fields, men still hold the leadership positions."

Braini McKenzie, Titan Mentorship and LeadHERship coordinator, enjoys the photo exhibit that is part of the LeadHERship conference because it gives us insight into the women around campus that we may not see all the time.

"The photo exhibit was to highlight and uplift women-identified leaders on campus" Johnson states.

On top of the programs the Women's Center offers, they also provide plenty of resources to students in their office.

Some of these resources include a computer lab, a craft corner, a lactation room, two all-gender bathrooms with changing tables, free menstrual hygiene products, free safer sex supplies, beverages and information about other community and campus resources.

McKenzie encourages students to get involved by checking out the Women's Center resources, such as the PlayStation 4 and games they have.

Johnson wants students to know that anyone is welcome at the Women's Center who wishes to engage in judgment-free open dialogue to explore different viewpoints.

"It's our philosophy that everyone needs to be at the table in order to reach gender equity," she said.



Open to students of all majors. Contact the Music Department at (920) 424-4224 or music@uwosh.edu for more information.

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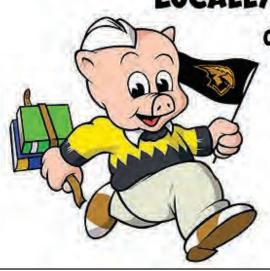
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Advance-Titan

The UW Oshkosh Environmental Research and Innovation Center serves as a research and testing center for environmental health professionals and industries.

# Sustainability Institute goal is to engage, educate

By Marissa Hart hartm39@uwosh.edu

UW Oshkosh's Sustainability Institute aims to generate new ideas and advance knowledge by engaging faculty, staff and students in scholarly and creative activities exploring applications of sustainability.

UWO Sustainability Coordinator Brad Spanbauer said the Sustainability Institute's goal is to engage stakeholders from Wisconsin and beyond to build healthy communities, inclusive economies and ecologically sound environments through inquiry, education and action.

Spanbauer said students should use reusable materials to reduce single use plastic usage. By carrying around reusable shopping bags, straws and water bottles, you're also more likely to consume healthier foods and water.

"At UW Oshkosh, we define sustainability as something that is ecologically sound, economically viable and socially just," he said. "So, we want to think about the social aspect, the economic aspect and the environmental aspect."

UWO is part of a three-county partnership between Brown, Outagamie and Winnebago counties. All of UWO's recyclables go to the Outagamie County recycling facility, where the land-fill is also located. It used to be in Winnebago County, but that landfill filled up.

Once recylables are at the Outagamie County facility, plastics and papers from campus are usually separated and organized mechanically. Those materials are then sold to private companies. For instance, many paper companies buy recycled paper to turn into facial tissues and paper towels.

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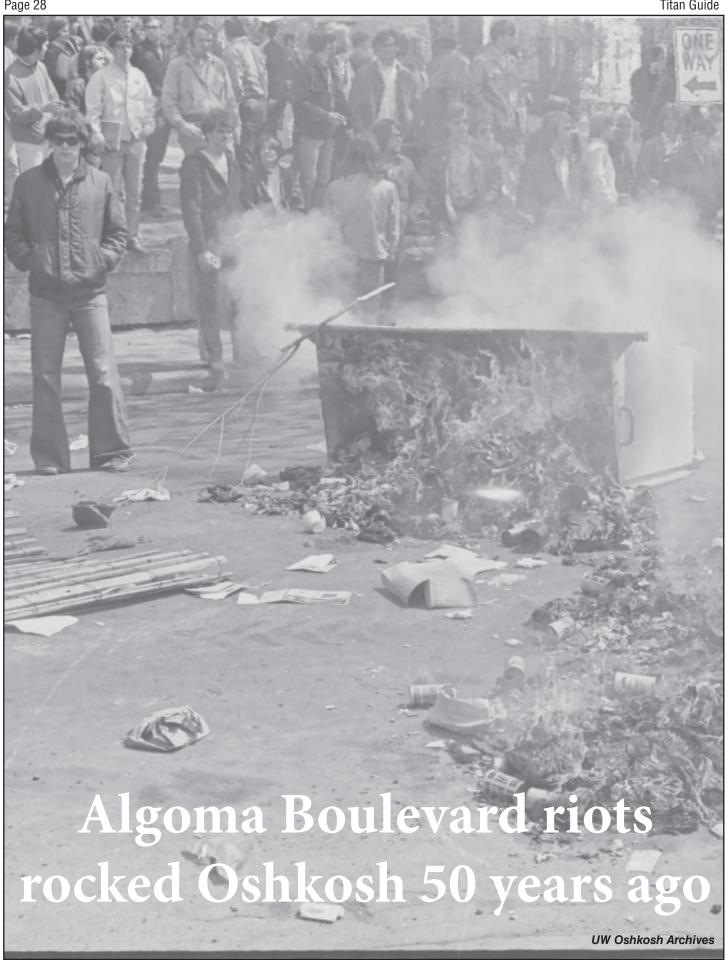
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# We are stronger together

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Fifty years ago, a growing anti-war movement erupted on what is now the UW Oshkosh campus when thousands of students rioted, blockading Algoma Boulevard, lighting tires and trash cans on fire and digging up a 30-foot section of road with pickaxes and shovels.

The incident became known as the Algoma Boulevard Riots, a cultural collision between President Richard Nixon's "moral majority" and the counterculture in Oshkosh, according to research from UWO history professor Stephen Kercher and students Jean Westerhaus and Alex Schoenbeck.

### By Joseph Schulz, schulz78@uwosh.edu

### An emerging counterculture

The 1960s had been a decade of growth on the Wisconsin State University at Oshkosh (WSU-O) campus; each year the campus saw roughly 1,000 more students than it had the year prior. The campus' continued growth became a point of contention among city residents, according to UWO Archivist Joshua Ranger.

When the city voted in 1869 to create the campus, the intention was to create a small teachers college

with a few hundred students, but the baby boom after World War II resulted in a campus of well over 10,000 students. And by the height of America's counterculture revolution, students began living off campus in the same neighborhoods as many of the city's residents.

"You've got men with long hair, hippies and girls who're not shaving or not wearing bras, living next to families; it was scandalous to all these different types of people at the time," Ranger said. "It was like the things they saw on the evening news were now in their own town."

By the late '60s, Kercher said the anti-war movement had taken hold in campuses across the United States, and WSU-O was no exception, as the campus had a dedicated group of student activists. For the young men on campus, the threat of getting drafted was always looming.

In October 1969, student organizers asked the university to cancel classes for a teach-in to educate the community about the horrors of the



# Have a great year!

From the Office of the Provost



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**UW Oshkosh Archives** 

### Hundreds of police officers kept students at bay to reopen Algoma Boulevard.

Vietnam War, the same day as the nationwide Moratorium to End the War.

When the university president refused to cancel classes on Oct. 15, students organized a panel discussion in Fletcher Hall and a two-hour assembly criticizing the war on the lawn in front of Dempsey Hall. The day was capped with a 2,000 person candlelight march to the Winnebago County Courthouse.

Kercher said the university allowed those demonstrations because it did not want to deal with the potentially negative consequences of a larger event, such as "Black Thursday" in November of the previous year, in which 94 African American students were arrested for protesting.

### A divided community

Black Thursday and the Oct. 15 anti-war demonstrations didn't go unnoticed by the larger Oshkosh community, which, in the late 1960s, was deeply divided on issues like the war in Vietnam, civil rights and feminism.

"Oshkosh, like so many cities throughout the United States, was really divided on these critical issues that really had Americans fighting against each other," Kercher said.
"We have lived in very partisan times
over the last several years, but it's
always a good reminder for us to
realize that there have been moments
like this in the past when American
society was deeply divided."

Those divisions, Ranger said, caused some residents to begin wondering "why are we, the taxpayers, supporting these kids who don't know how good they have it?" At that time, tuition was completely subsidized by taxpayers.

The draft lottery in December of 1969 and Nixon's April 1970 announcement that he was sending U.S. troops into Cambodia further frustrated WSU-O's students.

### 'The traffic problem'

Algoma Boulevard, a street that goes through the heart of campus, was — and still is — busy. When classes are in session, crowds of students will emerge at intersections, waiting for traffic to clear. But in the 1970s, Ranger said the situation was much more dangerous than it is today.

"Nowhere else in Oshkosh would you have to wait for hundreds of people to cross the road; it's kind of unusual," he said. "People were driving too fast, and there was the perception that [drivers] were trying to even hit students, or get really close to it to scare them as some sort of outlet for their frustration over what was happening to their city."

On May 1, 1970, conservatives in Oshkosh had crafted an event dubbed "Law Day, USA." The plan was to have the day serve as a testament to Nixonian ideas of law and order, promoted by local public figures and school children.

However, WSU-O students used the day to raise awareness about the Algoma Boulevard situation. Students handed out pamphlets with information about "the traffic problem," and eventually roughly 400 assembled and closed Algoma to local traffic, building barricades with logs, concrete bumpers and large garbage containers.

The incident, Kercher says, only inflamed the growing animosity between the students and city residents, who believed in Nixon's idea that "America needed law and order to put an end to the demonstrations and the

chaos that was being stirred up by spoiled rebel rousing, drug addicted, sandal-wearing hipsters."

### **Animosity boils over**

A few days later, on May 4, 1970, four Kent State University students were killed and nine were injured protesting the war in Vietnam. That night, 250 WSU-O students attended the Oshkosh Common Council meeting to ask the city to address the Algoma Boulevard issue.

The council provided the students with no guarantees that they would address the issue, which enraged them. One student was reportedly so upset that he told the council: "You've lied to us, you've beat around the bush. Well, damn it, it's too late. I'm going out into the streets and so is everybody else here."

At 11 p.m. that day, roughly 2,500 students poured onto Algoma Boulevard. They set up barricades, started tires and trash cans on fire, and even began digging up a 30-foot section of the road with pickaxes and shovels.

"What started as a public safety issue really sort of morphed into a way for students to really vent their rage at the continuing



**UW Oshkosh Archives** 

Winnebago County Highway Department vehicles were used to clear Algoma Boulevard and reopen the road to traffic.

conflict between law and order authority
— the Nixon administration — and young people," Kercher said.

The Nixon administration's extension of the Vietnam War, the draft lottery of 1969, the Kent state tragedy and the city's non-commitment to the traffic issue had

made students feel that their personal safety was being endangered by a generation of adults who didn't respect them.

Those feelings of fear, anger, disappointment, dread and animosity had finally boiled over on Algoma Boulevard. The Winnebago County police and officers

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About 4,000 antiwar protesters peacefully marched down Main Street in Oshkosh to honor the four Kent State students killed while protesting the Vietnam War.

from 15 other police agencies — all wearing riot gear — intervened and dispersed students.

The next morning, hundreds of police officers kept students at bay while plows and equipment from the Winnebago County Highway Department moved down Algoma Boulevard to reopen the road.

Some enraged students threw rocks and chunks of concrete at officers. The police made arrests for unlawful assembly and disorderly conduct. As students were being arrested, others yelled reminders about the Kent State killings.

One student reportedly yelled: "This is it....That's why we're here...the war. It was the road until yesterday. Now it's what happened at Kent State."

The next day, 15 mph speed limit signs were installed. The same day, the student body president reportedly said Algoma Boulevard was "a dead issue," and that "Cambodia" and "not the street" were the cause of the protests.

#### The Silent March

The student protesters had a strike planned for May 7. But, at a memorial service that afternoon for the Kent State students killed on May 4, WSU-O President Roger Guiles, who had expelled the 94 students for demonstrating on Black Thursday, lowered the campus flag in honor of the dead students.

In response to Guiles' gesture, student activists toned down their planned march to the downtown Selective Service office. WSU-O student Harley Christensen reportedly said: "What can we accomplish by violence? Nothing. What can we accomplish by peace and love? Everything."

Kercher said the student activists had recognized that more destructive action was a dead end, and decided to take a more peaceful course.

That night, 4,000 people, including WSU-O students, local high school students and Oshkosh residents, marched down Main Street. Four students carrying crosses with the names of the dead Kent State students led the silent march, which occurred peacefully.

That summer, on Aug. 24, 1970, four radical anti-war protesters bombed Sterling Hall on the UW-Madison campus, killing one young researcher and injuring three others, sending a chill through the anti-war movement across

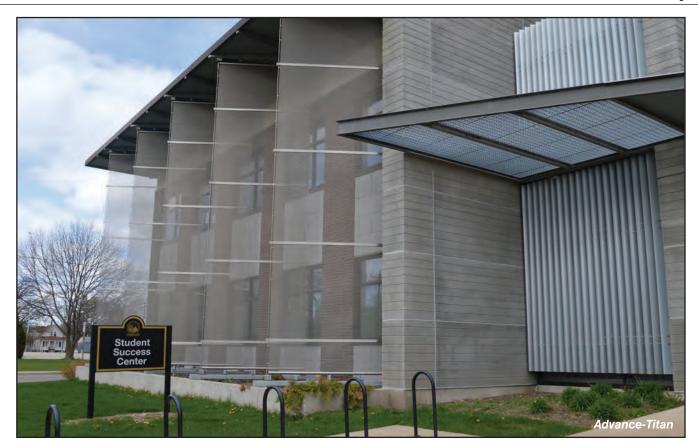
the country.

Throughout the anti-war movement, protesters were forced to grapple with the results of radical tactics. In the Sterling Hall bombing, the radicals had finally gone too far, forcing activists to wonder if extreme measures were the best way to convince law-abiding Americans to see their point of view. In Oshkosh, peaceful protest inevitably

One student reportedly yelled: "This is it....That's why we're here...the war. It was the road until yesterday. Now it's what happened at Kent State."

beat out violent riots, and the riots on Algoma Boulevard faded into history.

"The death of that young man on the UW-Madison campus sent a chill throughout the anti-war movement in Wisconsin more than in other states throughout the country," Kercher said. "Madison's not that far away [from Oshkosh] and there were a lot of people who had connections to Madison and the fallout from that bombing reverberated throughout the Oshkosh campus."



# **SWEET SUCCESS**

## Getting involved is key to doing well in college

By the Advance-Titan staff atitan@uwosh.edu

Most students want to do well at college, but sometimes get off track by all the other things occurring on campus. Achieving success at any of the UW Oshkosh campuses starts with getting involved and learning about the resources available.

On the east end of the main Oshkosh campus, just behind Polk Library and surrounded by residence halls, is the Student Success Center. Within the Student Success Center is the Counseling Center, Undergraduate Advising Resource Center, Writing Center and Career and Professional Development offices.

The International Association of Counseling Services accredited UWO's Counseling Center in 2019 for outstanding professional services. The IACS measures are considered the



Cox

highest standards available for campus counseling centers.

"There are many things that contribute, or challenge student success," Counseling Center Director Sandra Cox said, "The

Counseling Center has the unique ability to help students navigate through the personal challenges that impact their ability to succeed and be well."

The UARC's mission is to empower students to achieve academic, personal and career goals with a staff of academic advisers who serve as a resource to students.

Whether you're looking to sign up for classes, chose a major or read your STAR report, the UARC on the second floor of the Student Success Center is the place to go. The Writing Center on the first floor and to the right of the entrance at UWO's Student Success Center is for writers at any level. The staff offers to help students in one-onone sessions as they develop new ideas and explore creative solutions through collaborative learning. Across the hall from the Writing Center is the Career and Professional Development office,



Page-Stadler

UWO's provider of career information, advice and occupational guidance.

"We're a one-stop shop for finding opportunities," Director Jaime Page-Stadler said. By working with the

staff at Career and Professional De-

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Department of Journalism Join a student organization like Advertising Club, shown here visiting agency Hoffman York, to perhaps find your passion.

velopment, students will develop their communications skills, perfect their résumés and build relationships with employers through a variety of events. Career advisers are individuals who meet with students and provide personalized guidance.

But above and beyond all else, to achieve success at UWO, students need to get to know their professors and get involved on campus. Professors are more than intellects who pass on knowledge to eager students. They are human beings who want to help. They stepped into the profession of higher education because they have a desire to work with adults who want to learn.

Professors become a resource to any student who seeks graduate school, and they have a network of industry insiders who can help students land their dream internship or career position. UWO professors are also student advocates.



Thomas

"Being an advocate for students is a core part of my job," political science professor Jerry Thomas said. "Successful factuality give students opportunities to see us not as people who have perfect lives and all the answers,

but as professors who also have families, hardships, aspirations and bodies. Developing relationships where students and faculty see one another holistically is the bedrock of student advocacy."

The 350-plus student organizations on campus also give students the opportunity to pursue any interest they desire.

By getting involved in organizations, students will have the chance to take on leadership roles, develop communication skills and make new friends. To learn more about student clubs and organizations on all three UW Oshkosh campuses,

go to *uwosh.edu/* reeve/involvement/ clubs-orgs/.

Recent UWO graduate Franki Rabas received the Chancellor's Award for Excellence. She was a leader in student organizations for four years at UWO.



Rabas

"I've done a lot in my four years here at UWO and I know if it weren't for my decisions to get involved, my experiences would have been much different," Rabas said. "Every student at UWO should join at least one club or organization. You never know where you will find your passion, your place or your new family."



# **Jurassic Park got it wrong**

UWO research indicates raptors didn't hunt in packs

Turns out, you really can't believe everything you see in the movies.

A new University of Wisconsin Oshkosh analysis of raptor teeth published in the peer-reviewed journal "Palaeogeography, Palaeoclimatology, Palaeoecology" shows that Velociraptors and their kin likely did not hunt in big, coordinated packs like dogs.

The raptors (*Deinonychus antirrhopus*) with their sickle-shaped talons were made famous in the 1993 blockbuster movie "Jurassic Park," which portrayed them as highly intelligent, apex predators that worked in groups to hunt large prey.

"Raptorial dinosaurs often are shown as hunting in packs similar to wolves," said Joseph Frederickson, a vertebrate paleontologist and director of the Weis Earth Science Museum on the UWO Fox Cities campus. "The evidence for this behavior, however, is not altogether convincing. Since we can't watch these dinosaurs hunt in person, we must use indirect methods to determine their behavior in life."

Frederickson led the study in partnership with two colleagues at the University of Oklahoma and Sam Noble Museum, Michael Engel and Richard Cifell.

Though widely accepted, evidence for the pack-hunting dinosaur proposed by the late-famed Yale University paleontologist John Ostrom is relatively weak, Frederickson said.

"The problem with this idea is that living dinosaurs (birds) and their relatives (crocodilians) do not usually hunt in groups and rarely ever hunt prey larger than themselves," he explained. "Further, behavior like pack hunting does not fossilize so we can't directly test whether the animals actually worked together to hunt prey."

Recently, scientists have proposed a different model for behavior in raptors that is thought to be more like Komodo dragons or crocodiles, in which individuals may attack the same animal but cooperation is limited.

"We proposed in this study that there is a correlation between pack hunting and the diet of animals as they grow," Frederickson said.

In Komodo dragons, babies are at risk of being eaten by adults, so they take refuge in trees, where they find a wealth of food unavailable to their larger ground-dwelling parents. Animals that hunt in packs do not generally show this dietary diversity.

"If we can look at the diet of young raptors versus old raptors, we can come up with a hypothesis for whethethey hunted in groups," Frederickson said.

To do this, the scientists considered the chemistry of teeth from the raptor Deinonychus, which lived in North America during the Cretaceous Period about 115 to 108 million years ago.

"Stable isotopes of carbon and oxygen were used to get an idea of diet and water sources for these animals. We also looked

at a crocodilian and an herbivorous dinosaur from the same geologic formation," he said.

The scientists found that the Cretaceous crocodilians, like modern species, show a difference in diet between the smallest and largest teeth, indicating a distinct transition in diet as they grew.

"This is what we would expect for an animal where the parents do not provide food for their young," Frederickson said. "We also see the same pattern in the raptors, where the smallest teeth and the large teeth do not have the same average carbon isotope values, indicating they were eating different foods. This means the young were not being fed by the adults, which is why we believe Jurassic Park was wrong about raptor behavior."

Frederickson added that the method used in this study to analyze carbon in teeth could be applied to see whether other extinct creatures may have hunted in packs.

Before joining UWO in July 2019, Frederickson most recently served as an assistant professor at Southwestern Oklahoma State University.



### Student Recreation & Wellness

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\*Climbing wall

\*Golf simulator

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\*Rec Plex

\*Strength training & cardio equipment

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\*Intramural sports

\*Massage therapy

\*Outdoor adventures

\*Personal training

\*Victim/Survivor advocacy

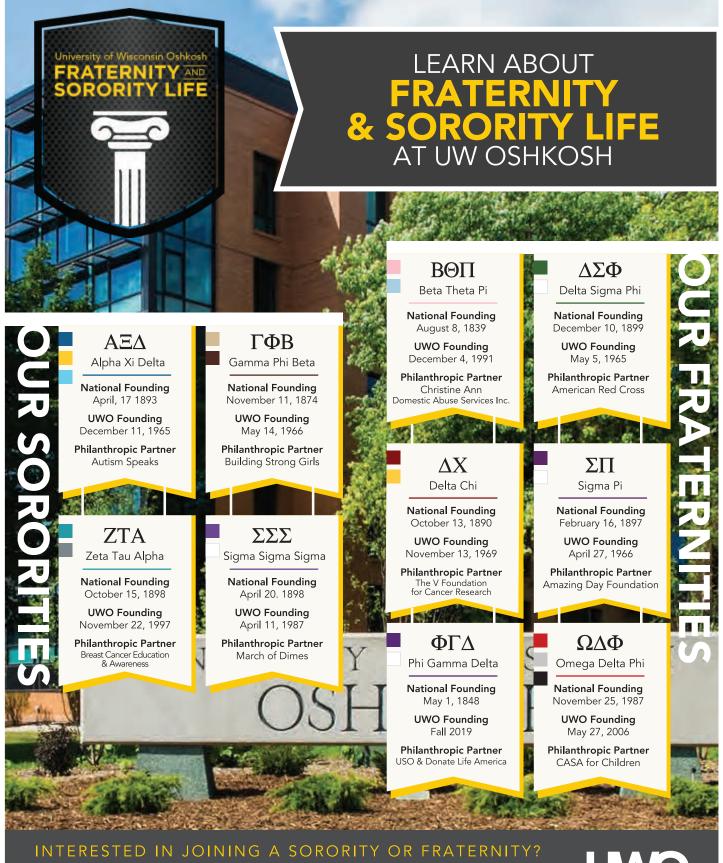
\*Violence prevention

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Advance-Titan

UW Oshkosh Chief of Police Kurt Leibold, center, answers students' questions and tells them how to stay safe during the annual fall safety walk on campus.

## Proactive, not reactive

### University Police stress student safety

By the Advance-Titan staff atitan@uwosh.edu

When it comes to keeping UW Oshkosh students safe, the University Police prospers in being proactive rather than reactive.

The UP has 15 sworn police officers and 40 to 50 community service officers, or CSOs, employed at one time, according to Chief of Police Kurt Leibold.

CSOs do daily security checks at the residence halls from 9 p.m. to 2 or 3 a.m. depending on the night of the week. They also do patrols, infrastructure checks, checks for criminal activity, Safewalks and UWO Go to ensure students receive safe transportation, especially at night.

In fact, UWO Go has exploded in popularity, providing over thou-

sands of rides to any UW Oshkosh student with a campus ID since its launch on Nov. 1, 2019.

The service is app-based and works similar to Uber or Lyft, and replaced a program called Saferide.

"Technology-wise, it's where people want to be," said University Police Capt. Chris Tarmann. "Looking back at the years when we've done Saferide, I don't think we've ever done more than 1,000 [rides] a year."

To get a ride, students must download the UWO Mobile app, select the Oshkosh campus and select UWO Go to schedule a ride. Once a ride is scheduled, community service officers pick students up and take them to their destination.

The program runs seven days a week during the school year, starting at 4 p.m. It runs until midnight

on Sundays and Mondays and until 2:30 a.m. the rest of the week.

The program isn't a bar-hopping service. Tarmann said it's designed to ensure that students are getting wherever they need to go safely. Students using UWO Go cannot get a ride from one bar to another; one of the destinations must be somewhere that is not a bar.

In addition, the UP has mandatory training sessions for its employees to increase their ability to respond to incidents on campus. These include active threat response, a two-day hands-on training that teaches officers how to react to threats instantaneously; Integrating Communications, Assessment and Tactics training, a de-escalation training with an emphasis in reducing the use of force; and Students, Staff and Faculty for

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Equality, or S.A.F.E. training, which teaches officers interview and technique skills on how to treat survivors of sexual assault or domestic violence.

The UP uses Titan Alerts that are sent directly to students' emails to report emergency situations, including crime on campus and severe weather warnings as soon as they occur. The UWO Mobile app has many safety features that connect students to the UP, including the ability to chat in real time with a dispatcher, report incidents, prepare for emergency situations from active shooters to bomb threats and engage in UP services such as Safewalk.

Leibold said UP believes in a threepronged approach: community, data driven and problem-oriented policing.

"When I talk about community policing, that means that we're connected to our community," he said. "We work with our community; we just don't enforce laws and impose what we want on our community."

Building relationships is key to their program. "We have officers and sergeants responsible for areas on this campus to build relationships so that information can flow," Leibold said. "By using data, we can examine and compare it to look for trends



UW Oshkosh Flickr Chris Tarmann, UWO captain of police, and Skylar, the department's K-9 unit.

to know where to focus our resources."

To support its ideology of being proactive, the UP has implemented several initiatives when certain crimes have spiked.

These include the busted initiative, an informative movement teaching students the threats of leaving their doors unlocked; the red zone initiative, a program partnering the University Police with the Wom-

en's Center to reduce sexual violence and underage drinking through community involvement and education; and a crosswalk safety initiative, which increases patrols at crosswalks to ensure students obey traffic laws when crossing at intersections.

"Any time a situation happens around the country, I'm reading the after-action report and we're somehow filtering that into our process here at UWO to be proactive," Tarmann said. "We're thinking about this stuff as we're preparing for events, before it even happens."

For more information about the UP's safety procedures, download the UWO Mobile app or visit www.uwosh.edu/police/. On the University Police website, you can also find their annual security and fire safety reports and the Clery Crime and Fire logs. In addition, you can report incidents online, as well as request a Safewalk.

If you're on the Fond du Lac campus, visit *uwosh.edu/fdl/campus/resources/safe-ty-security/* for more information.

For security information on the Fox Cities campus, visit *uwosh.edu/fox/campus/resources/safety-and-security/*.





UW Oshkosh Flickr

For the first time, all three UW Oshkosh campuses — Fond du Lac, Fox Cities and Oshkosh — received Tree Campus USA designations from the Arbor Day Foundation for their commitment to effective urban forest management in 2019.

### Elite status

It is believed UW Oshkosh is the first UW System school in the state with the main and all access campuses receiving such designations.

"One of UW Oshkosh's foundational elements is sustainability, and one of the ways we show our commitment to that is with our Tree Campus USA designation," said UWO Sustainability Officer Brad Spanbauer.

He added that one of the best ways to help with climate change is to plant trees. That's because trees and other plants take in carbon dioxide, which is stored in their tissues as they grow. Carbon from human combustion of fossil fuels (in the form of carbon dioxide) has been building up in the atmosphere, trapping heat, and thus,



leading to warming.

"We need to increase planting trees globally to start to absorb the excess carbon in the atmosphere," he said.

### Trees are priority

UW Oshkosh achieved the title by meeting Tree Campus USA's five standards: maintaining a tree advisory committee; maintaining a campus tree-care plan; dedicating annual expenditures for its campus tree program; holding an Arbor Day observance; and student service-learning project.

UWO's Oshkosh campus has been designated the past 10 years; Fox Cities the past eight years and Fond du Lac earned its first designation after holding an Arbor Day Celebration in 2019 that was required to be

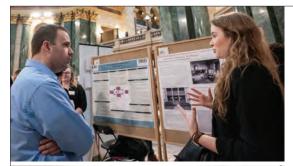
recognized as a tree campus.

"Visitors to our campuses find green spaces in addition to our academic and event buildings," Martin Rudd, assistant chancellor for access campuses, said. "We plan, with county and community partners, so that these spaces are occupied with appropriate species of trees for Northeast Wisconsin and that our trees are in good shape. Those healthy trees that make up our campuses' forests create shaded areas for relaxing, enhance air quality and provide wildlife habitats. Our campuses are proud to have received the 2019 designation of Tree Campus USA."

UW Oshkosh's three campuses are among 385 campuses across the U.S. that have earned the recognition.

Don Lambe, president of the Arbor Day Foundation, said Tree Campuses showcase how trees create a healthier environment.

"Because of University of Wisconsin Oshkosh's participation," he said, "air will be purer, water cleaner and your students and faculty will be surrounded by the shade and beauty the trees provide." Page 40 Titan Guide









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**FALL 2020** 

# WHAT TO DO IF YOU HAVE A BAD ROOMIE



By Neal Hogden hogden39@uwosh.edu

College is a big adjustment with lots of little changes in lifestyle, schedule and responsibility wrapped into one experience.

One of the biggest changes is going from living with your parents to living in a dorm room with a roommate.

Moving day is stressful, and if you're meeting your roommate for the first time, it can be a little awkward. At this point, you're probably leveling with yourself, telling yourself that you and your roommate are going to be best friends. This helps you deal with the stress that is involved with the whole transition and process of beginning college.

My roommate and I butted heads my second year at UW Oshkosh. Right off the bat, we didn't communicate very well. I didn't give him a chance.

If I had a chance to do it over again, I would make more of an effort to get along and communicate with him about what is and isn't OK.

So, what if it doesn't work out and you and your roommate

don't click?

Here are some tips and tricks to make sure you maximize your dorm experience if you are in a new roommate situation.

Initially, there is no better way to effectively get to know someone than going through a life-changing experience together. In this instance, the two of you are going through college together. In order to get the most out of your college experience, you should make a concerted effort to find things on campus like where your classes are located or the layout of the library.

If you and your roommate still aren't meshing, it is important to communicate with each other. You don't have to be best friends, but you do have to tolerate and respect each other. You both meed to be clear with what is and isn't OK with one another including partying habits, sleep schedules and more. It's important to be upfront with one another.

If things still aren't going well, there are plenty of resources that help students struggling with the transition. Your community adviser, or CA, can help facilitate communication methods or help you explore other options. CAs go through an intense application process and can be a really good resource for you.

Your residence hall directors are also a magnificent resource as they are trained to deal with issues between roommates and people who are struggling with the transition. Their office can be found near the main entrance to each residence hall.

The Counseling Center is also a good resource for students who need to talk to somebody. The Counseling Center can be reached at 920-424-2061, or you can stop by their offices on the second floor of the Student Success Center.

If you're looking to contact the housing department directly about a problem, you can email the department at housing@uwosh.edu. You can also call the housing department at 920-424-3212, or stop by their office located at 263 South Gruenhagen.

If things are beyond repair, there's no need to mess around. You can apply to switch roommates by going and talking to your residence hall director or your assistant residence hall director. This is important because college is an experience you should enjoy. A bad roommate can really stain the experience.

Take it from someone who had a poor experience with one roommate: you owe it to yourself to find yourself in college. This means finding lifelong friends, getting a degree and enjoying your living situation.



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# The Advance-Titan

INDEPENDENT STUDENT NEWSPAPER OF THE UW OSHKOSH CAMPUSES

### Take part in professional development





Staff attended the ACP/CMA National College Media Conference in Washington D.C. and met with Axios founder and UWO alumnus Jim VandeHei, and visited D.C. landmarks at night.

### Gain skills to help you quickly land a job







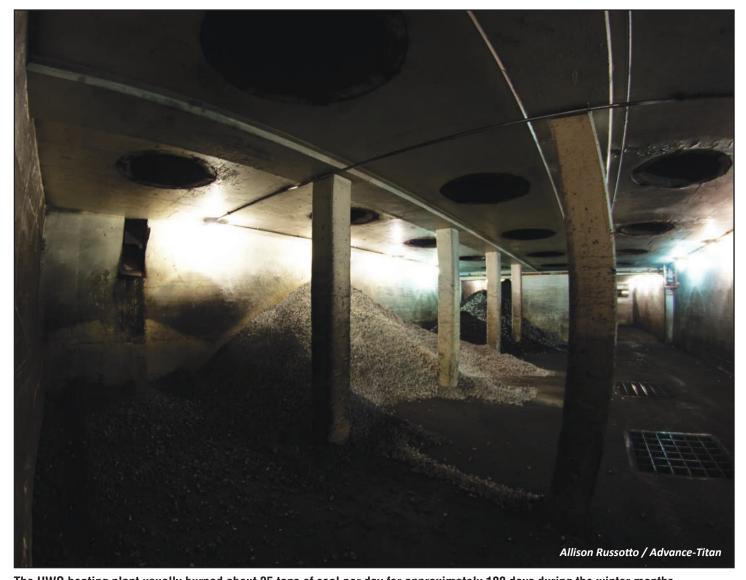
Lauren, Jack & Grace had job offers in their field before or within weeks after graduation.

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- 1st CBNC Sports Photo and Newspaper Promotion, 2019
- 2<sup>nd</sup> CBNC Public Affairs Reporting, Editorial Writing, Infographic & website, 2019
- 2<sup>nd</sup> & Honorable Mention, CBNC Advertisement, 2019
- 3<sup>rd</sup> CBNC Collegiate Journalist of the Year & Feature Photography, 2019
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The UWO heating plant usually burned about 25 tons of coal per day for approximately 100 days during the winter months.

# UW Oshkosh goes coal free

By Amber Brockman brocka24@uwosh.edu

UW Oshkosh went coal free and made the switch to natural gas after the last load of coal arrived on campus in March 2020.

"This move away from coal is important because it reduces our CO2 emissions, improves air quality and saves our facilities, heating plant and grounds staff time and money," UWO campus sustainability coordinator Brad Spanbauer said. "Additionally, all of the equipment and machinery that was needed to move coal in

the heating plant uses electricity, so we will have a lower electric bill at the heating plant."

Along with this, trucks and other gasoline-powered equipment used to move coal and residual ash to and from campus will no longer be burned, which is also better for the environment.

"Any coal remaining in the bunker will be burned before the end of the month and then the heating plant will switch to using 100% natural gas," Spanbauer said.

Central Heating/Chiller Plant Superintendent Dan Biese said the renovations will cost about \$2 million.

"The boilers already can run on natural gas, so the only renovations that will be taking place is the removal of all of the equipment and machinery that is used to move the coal from the bunker, up the elevator and into the coal scale before it is distributed to the boilers and burned," Spanbauer said.

Spanbauer said the switch to natural gas is a cleaner option from an air quality standpoint.

"Combustion of natural gas produces 50% fewer CO2 emissions, so our heating plant's contribution to climate change will decrease

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Allison Russotto / Advance-Titan
An inside view of the UW Oshkosh heating plant, which has
switched to heating with natural gas.

slightly," Spanbauer said.
"Additionally, coal is very
dirty and releases particulate
matter and toxic substances,
such as mercury, into the
atmosphere, which rains down
over the region and into our
soils and waterways."

Biese said UWO uses about 2,000 tons of coal and 90 tons of refuse-derived fuel pellets annually.

The refuse-derived pellets are made of various types of waste that are then mixed with the coal.

UWO burned about 25 tons per day for approximately 100 days during the winter months. Spanbauer said the switch to natural gas will also be more cost-effective.

"About \$400,000 is spent per year on 2,000 tons of coal for campus," Spanbauer said. "An additional 90 tons of paper pellets cost nearly \$5,000. So we will save a total of \$404,950."

Biese said working with coal in the heating plant was demanding and messy.

"I know the guys aren't sad that we're going off coal," Biese said.

Spanbauer said the state contract for using coal ended and was not renewed.

"Going coal free was not necessarily a decision we made since energy fuel is mandated by the state," Spanbauer said. "However, this definitely aligns with the interests of those who have been working toward a more sustainable future for campus."

Spanbauer said with the move away from coal, the region can look forward to improved air quality and fewer emissions.

"These shifts are important to everyone on the planet as we need to recognize the connections between our impacts on the planet and its atmosphere and our health," Spanbauer said. "Who would be against having cleaner air to breathe?"

Spanbauer said going coal free is just one sustainability effort that sets UWO apart from other campuses.

"This is a benefit to the UWO campus because it shows our dedication to sustainability, a foundational element of our institution that we have prided ourselves on for over a decade," Spanbauer said. "I hope prospective students will consider Oshkosh when they are looking at colleges and thinking about a place where they can feel comfortable knowing that we are committed to doing the right thing."

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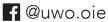
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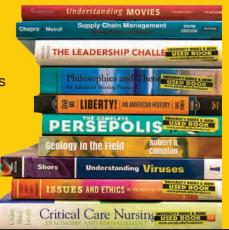
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