

The Advance-Titan

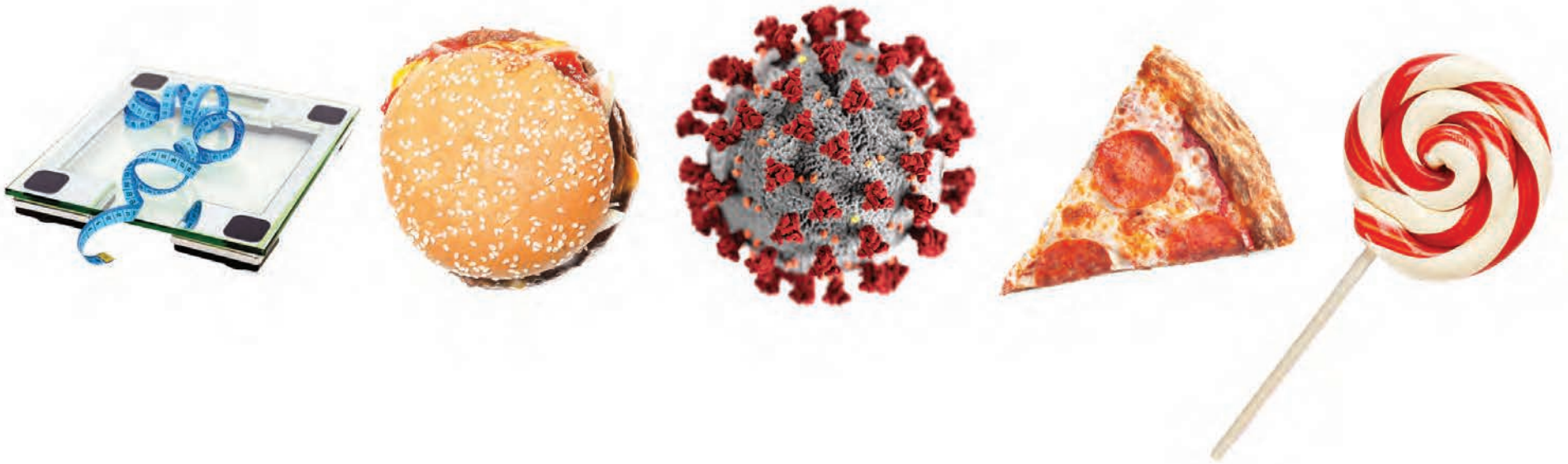
INDEPENDENT STUDENT NEWSPAPER OF THE UNIVERSITY OF WISCONSIN OSHKOSH CAMPUSES

VOL. 128, No. 12

Nov. 19, 2020

ADVANCETITAN.COM

The quarantine 15



New study shows quarantine weight trends

By Lexi Wojcik-Kretchmer
wojcil76@uwosh.edu

A new RunRepeat survey found that 35% of United States citizens gained weight since the start of the pandemic.

The pandemic and quarantine has had many effects, but the months of staying in, bored eating chips and freshly baked banana bread with gyms closed has caught up to many.

The Fitness Research Director at RunRepeat, Nick Rizzo, did a study surveying more than 19,000 people about their weight during the COVID-19 pandemic.

Rizzo found that 35% admitted to gaining weight, and 71% of those gained more than five pounds.

“At the beginning of the pandemic, especially when the weather wasn’t great, I would just lay in bed all day because I hated doing home workouts,” UW Oshkosh senior Courtney Stubbe said. “I was also constantly snacking, and being that I’m over 21, I used alcohol to deal with the depression and stress of COVID, which made me gain even more weight.”

A junior who prefers to remain anonymous said that they gained weight because “What else was I going to do besides eat? Quarantine was basically just eating and then waiting to eat again.”

UWO junior Keegan Lafferty said he gained weight because he got caught up in bored eating and “binge watching TV shows, which makes [him] snack more

than normal”; his favorite COVID snacks were paninis and potstickers.

40.52% of individuals who gained weight during the pandemic were from the U.S.

UWO senior Vicky Schubert said that she “picked up the hobby of baking because it’s something fun to do at home or indoors,” but now she always has sweets around.

Schubert is not alone. When COVID first hit, everyone was posting about their best banana bread recipes or chocolate chip cookies, which tend to be higher in calories and are more addicting.

Contrary to the U.S., 40.54% of United Kingdom citizens surveyed lost weight.

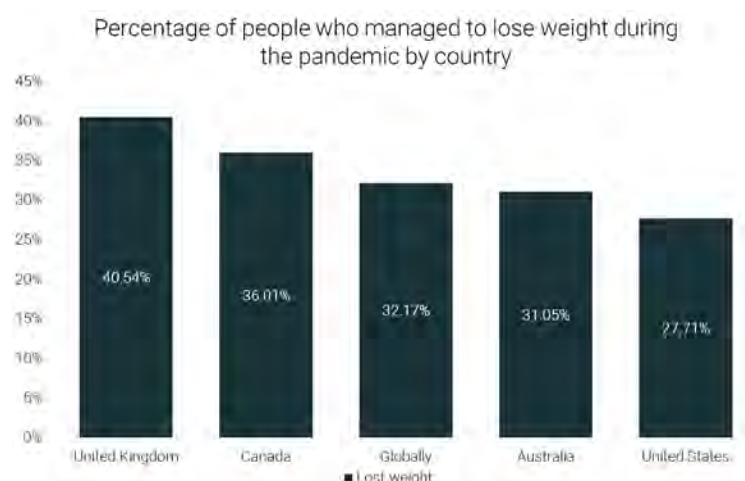
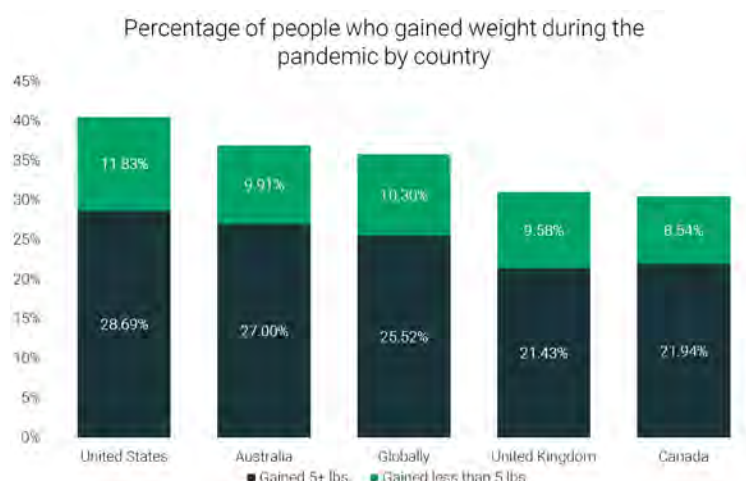
However, some U.S. citizens were able to get on this trend

like Kat Aasen, a UWO senior, who “realized very quickly that frozen pizzas, chips and cookies just wasn’t going to cut it every day,” so she “started substituting for healthier options that were still yummy,” like her favorite: cut up apples and peanut butter.

Aasen said she also pushed herself to get out of bed and take her dogs for a walk or go rollerblading, which made her feel a lot better and more active.

Since the pandemic started, Stubbe has also started to deal with the depression and anxiety from COVID and build some healthy habits.

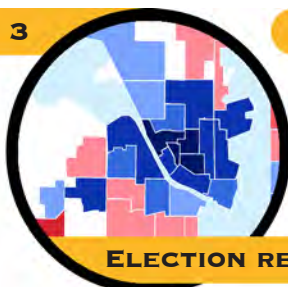
Unfortunately for college freshmen, they now have the quarantine 15 and freshman 15 to worry about.



Graphics courtesy of RunRepeat

Graphs reveal differences in weight gain and weight loss by country during the pandemic. The 35% of Americans surveyed reported having gained weight since the start of the pandemic. Meanwhile across the pond, over 40% of people surveyed in the UK lost weight.

PAGE 3



ELECTION RESULTS

PAGE 4



OASD SWITCHES

PAGE 5



INTRAMURALS

PAGE 7



THANKSGIVING GRATITUDE

Advance-Titan

Phone: 920-424-3048
Email: atitan@uwosh.edu
Website:
www.advancetitan.com

Editor in Chief Carter Uslabar
uslab78@uwosh.edu

Ad Manager Collin Tuchalski
tuchac30@uwosh.edu
262-391-8452

Managing Editor Joseph Schulz
schulj78@uwosh.edu

News Editor Amber Brockman
brocka24@uwosh.edu

Asst. News Editor Sophia Voight
voighs33@uwosh.edu

Sports Editor Cory Sparks
sparkc21@uwosh.edu

Opinion Editor Owen Peterson
petero84@uwosh.edu

Copy Desk Chief Kaitlyn Scoville
scovik21@uwosh.edu

Graphic Designer Amanda Hollander
hollaa43@uwosh.edu

Photo Editor April Lee
leep39@uwosh.edu

Web Editor Grant Hunter
hunteg39@uwosh.edu

Asst. Web Editor Olivia Ozbaki
ozbako81@uwosh.edu

Copy Desk Editors
Heidi Docter, Kira Moericke,
Lexi Wojcik-Kretchmer, Jake Zajkowski

Faculty Adviser Barb Benish
benish@uwosh.edu

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 solely responsible for content and editorial policy. Any UW Oshkosh student from all three campuses is welcome to work on the newspaper staff.

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.

Latest Awards
First Place Best of Show Newspaper, Associated Collegiate Press (ACP), 2020
Third Place Best of Show Website, ACP, 2020
Fifth Place Best of Show Special Edition, ACP, 2020

OSA, Leavitt clarify testing info

By Carter Uslabar
uslab78@uwosh.edu



OSHKOSH STUDENT ASSOCIATION

The UW Oshkosh Student Association (OSA) met virtually to discuss upcoming events, Thanksgiving travel recommendations for students, testing requirements upon returning to campus and UWO’s food pantry, The Cabinet.

An email sent by UWO Chancellor Andrew Leavitt echoed many of these topics. In his email, Leavitt asked students to avoid traveling at all, if circumstances permit.

“Traveling and getting together in small groups, particularly with people you have not been with in a while, are common ways COVID-19 is spreading through our communities,” Leavitt wrote.

COVID-19 cases have skyrocketed in recent months, with the Fox Cities area having been marked by the New York Times as one of the fastest-growing COVID hotspots in the country earlier in October.

Despite students and people across the country looking forward to Thanksgiving as an opportunity to reunite with their families, the relentless intensity of the pandemic

has complicated travel and ruined plans.

The clear concern is that students traveling will not only spread COVID to their families, potentially endangering their relatives, but also will cause a surge on campus as students return.

In October, Leavitt told The Advance-Titan that administrators knew there would be a spike in cases as students moved in during the fall.

“You can’t bring in this many people and not have [a surge in cases],” Leavitt said.

If students stay on campus, a significant resurgence of COVID on campus might be mitigated.

“Thanksgiving is a time of family, and nothing has disrupted ‘family’ more than COVID-19 in the last nine months,” Leavitt wrote in his

How COVID-19 will change Thanksgiving 2020

By Lexi Langendorf
langel29@uwosh.edu

With COVID-19 cases continuously rising in the U.S., Americans will be forced to make fundamental changes to their usual traditions this Thanksgiving.

This year, the Centers for Disease Control and Prevention is recommending smaller, shorter outdoor gatherings with physical distancing wherever possible.

These guidelines, along with statewide mandates, make it increasingly difficult to enjoy traditions that are exclusive to the holiday season.

Abby Kielich, a sophomore at UW-River Falls, said that Thanksgiving break will be very different for her this year.

“Normally, my family would go to my grandma’s house in Chicago and the whole family would get together,” Kielich said. “But now we’re just doing it by ourselves, because we don’t want to risk the rest of the family’s health. Especially since they live in Chicago and that’s a hotspot right now.”

In fact, in an effort to encourage and accommodate smaller gatherings this Thanksgiving, stores are increasing orders of smaller turkeys that are under 16 pounds.

“I don’t think we’ll have a big meal with a turkey and everything,” Kielich said. “I think my mom will just make a regular dinner.”

In addition, Black Friday, a staple event of Thanksgiving break that would normally take place Nov. 27, will undergo changes.

This year, many stores will be open on Black Friday. However, health officials recommend that customers instead take advantage of curbside pickup and online ordering to lower their risk as they complete their holiday shopping.

But according to a LendingTree survey, one in four Americans had already finished their holiday shopping by the first week of October.

Bryk Duren, a junior at UW-Milwaukee, said that all of his Christmas shopping would now be done online as a result of the pandemic.

email on Tuesday. “But the actions we take today will help preserve our families and help us move toward a time where we can be together again.”

For students who choose to remain on campus or in rental houses in Oshkosh, the university has arranged a to-go option for students in lieu of a traditional, at-home Thanksgiving meal.

According to Leavitt’s email, the meal will be available for pickup 1 to 3 p.m. on Thanksgiving Day, Nov. 26, at Blackhawk Commons. It will include turkey, ham, potatoes, sweet potatoes, green bean casserole, stuffing, salad, rolls and pies.

The meal is available for all UWO students regardless of whether or not they have a meal plan. Students are encouraged to RSVP for the Thanksgiving meal by filling out the form sent by University Dining via email on Nov. 13, or by one of the two links included in Leavitt’s email.

Leavitt’s email also clarified information on testing before and after Thanksgiving break. The university is asking all residence hall

students to take a test prior to leaving campus.

Upon return, the university is asking residence hall students to schedule two tests, 48 hours apart, within the week of returning to campus, and for off-campus students to schedule one test the same week.

Leavitt’s email clarified students may attend in-person classes on Monday, Nov. 30. Previous communications had indicated students must test negative twice, 48 hours apart, before attending in-person classes.

In preparation for Thanksgiving break, The Cabinet will be providing Thanksgiving care packages to students in addition to their weekly allotment of foodstuffs. Students can pick these up any time prior to Thanksgiving break.

The Cabinet will operate during its normal hours of operation on Monday and Tuesday of the week of Nov. 22 before closing its doors for Thanksgiving break.

Students can pick up food in person at The Cabinet in Reeve, or make online requests via the OSA website.

Ethan Deon, a sophomore at UW-Stout, said that he is disappointed in his school’s plan to remain online for the rest of the semester following Thanksgiving break.

“To be one of the eight schools that are all online irritates me,” Deon said. “I pay thousands of dollars to go to class, use resources and go to college. I feel as though the universities are robbing us because we still pay the same price for less helpful, more confusing work.”

Many other college students share similar emotions, according to a recent survey released by the Charles Koch Foundation and College Pulse, where 90% of respondents said that they believe they should pay less for online courses as they are less effective than in-person education.

UW Oshkosh will continue classes on Nov. 30. However, students who travel for Thanksgiving break must test negative for COVID-19 before they leave and upon their return.

In addition, an email from Chancellor Andrew Leavitt asked stu-

dents to carefully manage their plans. “The best way to keep ourselves safe is to keep our gatherings limited to those in our households and avoid travel,” he said.

“Traveling and getting together in small groups, particularly with people you have not been with in a while, are common ways COVID-19 is spreading through our communities,” Leavitt said. “If you can stay on campus or in town, please consider staying.”

UWO will also host a Thanksgiving meal for those who stay on campus. This traditional Thanksgiving meal will be to-go and available for pickup 1 p.m. to 3 p.m. on Thanksgiving Day, Nov. 26, at Blackhawk Commons. It will include turkey, ham, potatoes, sweet potatoes, green bean casserole, stuffing, salad, rolls and pies.

“Thanksgiving is a time of family, and nothing has disrupted family more than COVID-19 in the last nine months,” Leavitt said. “But the actions we take today will help preserve our families and help us move toward a time where we can be together again.”

How to stay safe this Thanksgiving

According to the CDC, you can decrease your risk of contracting COVID-19 at gatherings by paying attention to:

- The size of the gathering – the smaller the better. Physical distancing matters
- The location of the gathering – host a gathering outside if possible
- The duration of the gathering – the shorter, the better. Risk level increases at 15 minutes or more
- Spending time only with people who practice safety measures
- Community spread – avoid attending gatherings if there is a high level of community spread in your home community or the community where other attendees are from

Do not attend in-person gatherings if you or anyone in your household:

- Has been diagnosed in the past 14 days with COVID-19
- Has symptoms of COVID-19
- Is waiting for a COVID-19 test result
- May have been exposed to someone with COVID-19 in the last 14 days
- Is in a high-risk category for developing severe illness from COVID-19

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Attending large indoor gatherings with people from outside of your household
- Using alcohol or drugs that may alter judgment and make it more difficult to practice COVID-19 safety measures

How did Oshkosh vote in the election?

By Sophia Voight
voighs33@uwosh.edu

Over 32,000 Oshkosh residents voted in the general election this year, deciding their president, congressional representative, state senator and numerous local officials.

While Republicans won almost every race on the ballot, Oshkosh constituents voted Democratic on all contested races apart from one.

A majority of Oshkosh voting wards leaned heavily blue in the presidential race, giving Joe Biden more than a 10% winning advantage in a number of districts.

Biden defeated President Donald Trump in Oshkosh by over 2,700 votes, opposed to Winnebago County, where Trump won around 53% of the total votes.

Few Oshkosh wards leaned heavily in favor of Trump in this general election; in most wards, Trump only flipped the district by little over 1% of the vote.

Oshkosh’s most populated voting districts located around the university leaned heavily toward Biden, giving him an over 20% winning margin in four districts.

The rural, urban divide between Oshkosh’s vote and the rest of the county’s is matched on the local and state elections as well.

This year saw a sweep of incumbent victories for all state and local positions on the ballot.

Republican candidates won all but one race on the Oshkosh ballot, continuing their red wave from the last general election.

But while Republicans won the elections, Oshkosh voters elected

all Democrats in every red/blue race on the ballot.

Republican incumbent Glenn Grothman won reelection this year, and is now going into this fourth term as House representative for Wisconsin’s 6th congressional district.

Grothman has served as the area’s congressional representative since 2014.

While Grothman won the election, former state senator Democrat Jessica King beat out the incumbent by more than 3,000 votes in Oshkosh.

King won over 55% of the Oshkosh vote, sealing in Oshkosh’s Democratic preference for the 2020 general election.

State senator Dan Feyen won his second term for Wisconsin’s 18th district, beating out UWO alumnus Aaron Wojciechowski in the popular vote.

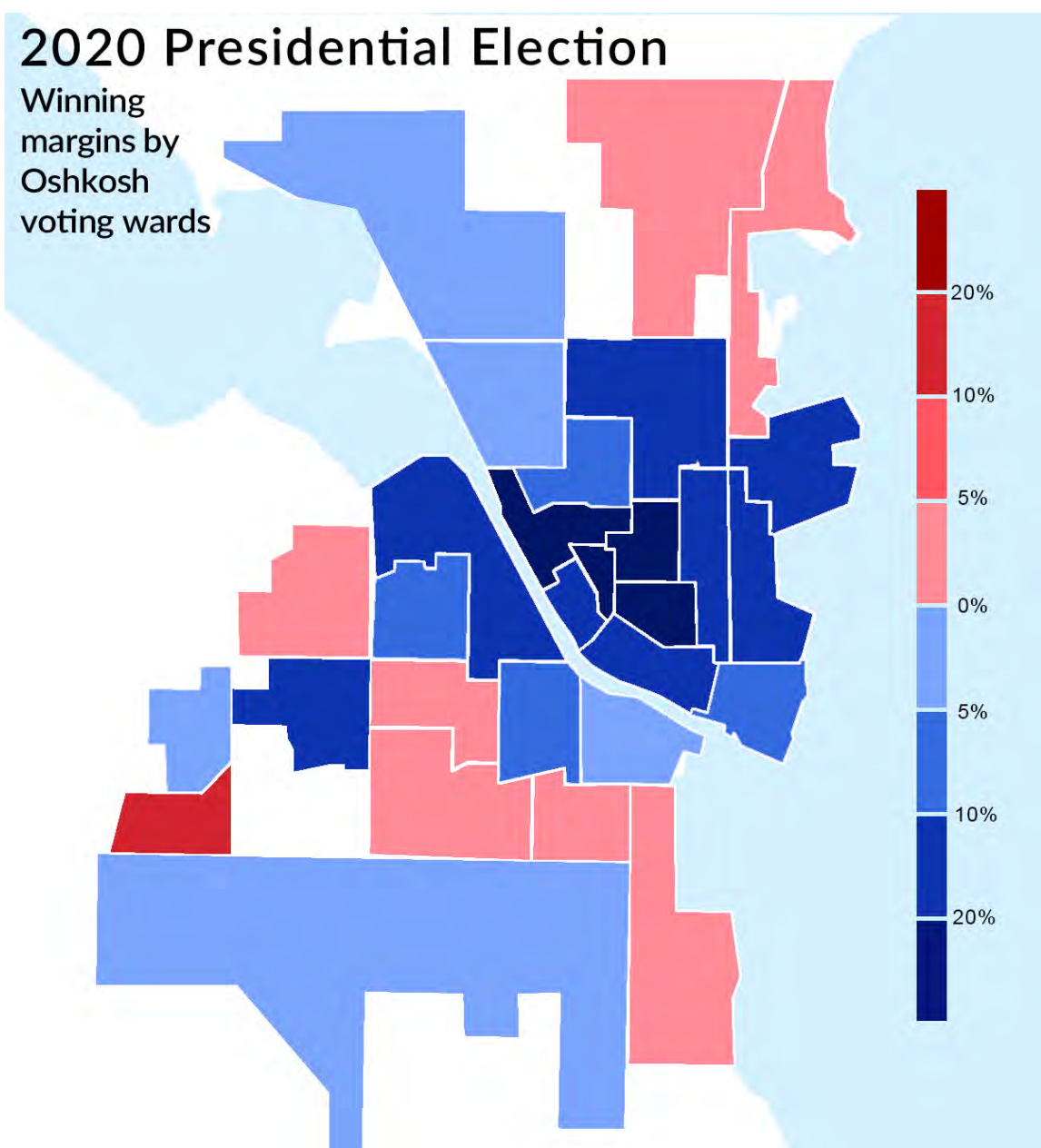
However, Feyen didn’t beat the democratic candidate in our city. Wojciechowski managed to top Feyen by a narrow margin of just over 600 votes in the city of Oshkosh.

Democratic incumbent Gordon Hintz won his eighth consecutive term as state assembly representative this year.

Hintz has served as the representative for the 54th district of the state legislature since 2006.

Hintz managed to overcome political newcomer, Republican Don Herman, with around 54% of the votes.

The 54th assembly district covers the boundaries of the city of Oshkosh, which coupled with Hintz’s incumbent status, is likely the reason he’s the only blue winner from the ballot given Os-



Graphic by Sophia Voight

Over 30,000 people in Oshkosh voted in the presidential election. The map represents Oshkosh voting patterns in the 2020 presidential election by voting wards. Darker sections represent a wider margin of victory in each ward for either Donald Trump (R) or Joe Biden (D).

hosh’s voting trends this year.

Winnebago County district attorney, Republican Christian Gossett, ran unopposed this year, winning his fourth consecutive term.

County clerk Susan Ertmer also ran uncontested this year. Ertmer has served as county clerk since 1998 and also served as deputy county clerk for 15 years prior.

Republican Mary Krueger won her sixth reelection as county treasurer this year and has served the position for the past 20 years.

The register of deeds was the only Republican win in a contested race this year. Republican in-

cumbent Natalie Strohmeyer beat political newcomer, Independent Seth Reid.

Strohmeyer received just over 55% of the Oshkosh vote, but won by a larger margin on the county level, getting 62% of all votes.

Horizon Village to offer mixed-gendered housing



Horizon Village will offer open-gendered housing for their four-bedroom suites starting next year.

By Cory Sparks
sparkc21@uwosh.edu

At UW Oshkosh, there are mixed-gender dorms, and even mixed-gender halls. However, there has never been an instance where an entire residence hall has allowed students of different genders to room together. That is, until now.

On Nov. 10, the UWO Department of Residence Life sent out a mass email announcing that Horizon Village’s four-bedroom suites will be open-gendered for the 2021-2022 academic year. The email specified that four-bedroom suites are the only ones that will be open-gendered next year, making two-bedroom suites an exclusion for the time being.

“[The main motivation was] to allow students to live in whatever groupings they felt most comfortable with,” Director of Residence Life Robert Babcock said.

This decision gives students a greater amount of options for on-campus living now that gender is no longer considered a barrier for those who are considering spending the \$6,980 that it costs for a four-bedroom suite, according to the “Room Rates” tab on the UW Oshkosh website.

This reform in housing requirements received a positive response from students.

“I think it’s good,” UWO sophomore Anamay Del Real said. “It gives students an opportunity to be able to room with their closest friends while still being on campus.”

Some students have been waiting to see this change happen for a while and they even believe that it could be a step toward more dorms allowing co-ed rooming in the near future in an attempt to allow more friendships to be made.

“Students have been wanting a situation like this for a while now, and the school is trying it. One year to test it out would be a good idea and then the school can go from there,” UWO sophomore Carter Knutson said. “[It also] helps students make more friends [when they live] this way by having a mixed group in one facility.”

UWO is not the first school to allow people of different genders to be roommates on campus. Among nearby schools that are offering mixed-gendered suites are UW-Madison (2013), UW-La Crosse (2013) and UW-Whitewater, according to campuspride.org.

“Other UW system schools were surveyed about what they offer in their on-campus apartments and/or suites,” Babcock said. “At least six other sibling institutions offered something similar to what we’re now offering, and there were no negative reports.”

Students have confidence that many other students may exercise the option to stay on campus due to this new implementation, but it is a little late for some students who have already signed leases for off-campus properties.

“This change didn’t impact my decision this year because we figured out housing before Horizon announced its co-ed housing,” Del Real said. “If Horizon would have had mixed-gendered housing sooner, I would have considered living on campus, which obviously is more money for the school.”

Students also insist that the sense of maturity that comes with living off-campus may not be resolved by the on-campus rooming changes.

“Knowing this information about the school making this possible now hasn’t changed my decision,” Knutson said. “Students want to have that experience of living in a house still or an apartment. It’s all about the experience.”

This change will be a new experience for UWO, and Babcock is ready for all of the feedback that will come with it.

“Any new decision and/or policy always comes with a learning curve, but I generally think students will like the flexibility of choosing whom they can live with.”



Joseph Schulz / Advance-Titan

COVID-19 impacts local businesses

By Joseph Schulz
schulj78@uwosh.edu

Local businesses have been impacted by the COVID-19 pandemic, which has created financial hardship for the Oshkosh Outlet Mall, Rock and Country USA, small businesses and workers.

Jason White is the CEO of the Greater Oshkosh Economic Development Corp., a nonprofit organization that promotes business in Oshkosh.

White recently sat down for an interview with The Advance-Titan regarding the impact of COVID-19 on local businesses.

Here’s the discussion:

Q: In general, how are businesses doing right now? Obviously, it’s a mixed bag. I’ve heard manufacturing is doing pretty well, but other industries are struggling.

A: For manufacturers, while they have had their challenges, we have a shifting economy because the lockdowns obviously stopped a lot of spending on nonessential items, or at least reduced consumer spending. People were still spending money on medical care, food, toiletries, things like that: things they needed. We have a lot of paper product manufacturing, business or food manufacturing, or packaging of grocery stores. Places like that have probably had record years because some of those businesses were making staple products that everybody needs. And some of them weren’t making essential items, so maybe those types of businesses were down. But they also had the partnerships and the capacity to build new things like medical shields

that you see people wearing as alternative masks. Even though those businesses struggled early on, I think by and large they have a positive outlook six months in.

Q: Besides manufacturing, how has the service industry managed the pandemic?

A: Retail, service and hospitality are the segments that are probably struggling the most, but it’s a mixed bag. Look at chiropractors, for example. They’re very upfront and in your personal space, but my wife goes to a chiropractor regularly. I think that’s also because she feels safe there.

When you look at retail, I think big-box retail has done well, but Main Street retail has really struggled. That’s because Walmart was seen as essential early on, but your local Main Street business was not. Those are smaller businesses that don’t necessarily have the cash flow that a big-box retailer might.

We’ve seen a lot of that, but we’ve also seen some success. The SBA [Small Business Administration] came through [Oshkosh] and we visited a little shop, Adventure Games, that relocated from Oregon Street to Main Street and they’ve done well through online sales. So I think you do have some examples of success like that.

Q: Before the pandemic, retail and hospitality was Oshkosh’s bread and butter, especially with events like Country USA, Rock USA and EAA AirVenture Oshkosh. With Rock and Country USA going under and EAA’s future looking uncertain, what does the future of “Event City’s” economy look like with the future of so many events un-

certain?

A: The CVB [Convention and Visitors Bureau] is working on a “Love Oshkosh” campaign in recognition that none of our businesses will truly be back until we reduce [COVID-19] cases and mitigate the spread, to give people confidence to go traveling again. In the meantime, there is a pivot going on. I think EAA not having an event in 2020 was probably a smart idea, not to bring 600,000 people to Oshkosh. But at the same time, the question remains: What does that mean for 2021?

I think there’s possibilities for Rock and Country USA to come back, maybe not in the same capacity, but at least come back because that was a profitable event. I do think there will be an AirVenture event next year, but what will that look like? We may have to limit the number of vendors or number of people until we get our cases down.

I think to build confidence, the state should articulate what the distribution plan is for the vaccine. In the meantime, we have divided government that can’t agree on a solution to balance the interests of businesses and the safety of the citizens. So I think as long as that division remains, not just at the state government but also at the federal government level, it’s going to hold us back from being able to deal with the pandemic quickly to keep people safe, raise confidence and improve business conditions.

Q: Could you elaborate on how the pandemic and the economy are really the same issue and not two separate issues?

A: For businesses, it’s a double

edged sword because you can say, “Keep this open because they’re struggling, they really need those customers.” Whether they’re forced to close or not, the market — or coronavirus cases — will keep their business down dramatically. That’s the Catch-22; there’s really no other way around that.

As soon as there’s a business exposure, or a case, they’re shut down. Or if their employees are sick, they’ve established a reputation that it is an unsafe place, so that’s where the Catch-22 is.

Q: Even before COVID, there were some issues with the local economy and a lot of those have persisted. We had a labor shortage, and more specifically, a shortage of highly skilled workers in manufacturing. Have those issues persisted?

A: I think we’re in the same place we were in March. There’s a lot of entry level and skilled labor jobs out there, and right now, seasonal jobs. There’s a lot of places looking for workers. We’re aware of some labor barriers and we’re always trying to reduce those barriers. Transportation is one for some. We have our Winnebago County Catch-a-Ride program, which tries to help that.

But the hope is that for many of these folks, who maybe are no longer working or are unable to work in retail, hospitality and restaurants, can find either a new opportunity with one of these sectors that is hiring or they can be maybe trained into a new career, but that’s difficult. We really have to try to understand the psychological toll this takes on people, going from one situation one day to a completely different one the next.

OASD to continue virtual learning

By Lexi Wojcik-Kretchmer
wojcil76@uwosh.edu

The Oshkosh Area School District (OASD) reversed its plan to return to in-person instruction after Thanksgiving break following a surge of COVID-19 cases in the community.

On Nov. 3, the OASD decided to get a step closer to in-person by moving to Model 3: Hybrid Learn-

ing.

This was supposed to go into effect on Nov. 12, but only six days after the decision was made, it was reversed and extended virtual learning until January.

A letter written by Superintendent Vickie Cartwright said the reverse decision was made because of “The significant increase in the daily rate of COVID-19 cases, along with multiple daily

record-setting positive cases in Wisconsin since Nov. 3” as well as “A shift in trends, including our county’s positivity rate, our local community’s burden rate and data specific to OASD students and staff.”

Cartwright also justified the decision by writing about the “impact of expected holiday travel on the spread of COVID-19. Feedback related to the importance of

consistency in learning models and schedules, and the impact both have on student learning and overall well-being.”

The situation is always changing, and as of now, the school district will keep monitoring cases and trying to do their best for their school.

Their website, oshkosh.k12.wi.us, has updates every few days.

The true cost of our food

By Andrew Hansen
hansea31@uwosh.edu

What brand you choose to buy isn’t just a choice of what’s tasty, as our food choices today shape the world we will live in tomorrow.

Melissa Weyland, regional pool manager of farmer-owned Organic Valley, hosted a virtual presentation titled “The True Cost of Our Food” last week Wednesday, which discussed the impact of everyday dinner decisions.

The presentation aimed to educate students about where their food comes from, its dietary value, its environmental footprint and its overall impact on health, community, tradition and pleasure.

Weyland, who spent 12 years in the food and agriculture industry, covered topics such as food labeling, marketing, regulations and the varying methods used to produce the foods with special emphasis on organic foods.

“What brand you choose to buy isn’t just a choice of what’s tasty,” she said. “It’s a vote of whether or not you support the means by which that product was created.”

The presentation noted that brand-name products use cheaper, calorie-heavy additives as a substitute for farm-fresh ingredients, she noted.

For example, margarine often sold as a butter substitute, merely contains milk in addition to a long list of other ingredients, Weyland said.

“Brands like ‘I can’t believe it’s not butter!’ are made from refined vegetable oil, water, flavoring and coloring,” Weyland said. “When you buy Organic Valley butter, you’re getting pasteurized milk and salt.”

In addition, Weyland stressed the importance of buying local food to support farmers, citing a quote from food system analyst Ken Meter that stated: “If each U.S. resident bought \$5 of food directly from some farm each week, farmers would earn \$83 billion.”

According to an IBM poll cited in Weyland’s presentation, 81% of respondents worldwide belong to one of two shopper groups prioritizing different values.

The first group is value-based consumers, who represent 41% of respondents and want convenience and products that simplify their lives, Weyland explained. The second group is purpose-based consumers, who represent 40% of respondents and seek products and services aligned with their personal values.

Of the two groups, Weyland said she falls into the latter category of purpose-based consumers.

“I believe in spending more on the things I believe in,” Weyland said. “Around 40% of consumers look for products and brands that align with their lifestyle and with health and wellness benefits. These consumers will pay a premium for these products.”

To learn more about Organic Valley or organic food options in Wisconsin, visit farmers.coop.

Sports



Intramural sports continue with precautions

Sophomore Ben Gehrman shoots a jump shot in the intramural “horse” basketball tournament on Nov. 13 at 7 p.m. The event was held at the MAC gym in the SWRC with masks being required and basketballs being provided.

By Cory Sparks
sparkc21@uwosh.edu

When the coronavirus rapidly spread across the country until it was classified as a pandemic, all of the spring sports athletes simultaneously had to face the bleak reality that their seasons were done until further notice.

Fall athletes in the Wisconsin Intercollegiate Athletic Conference learned on July 27 that their seasons would either be postponed or canceled entirely.

However, one group of people that can be easily overlooked are the intramural athletes who stay active without facing other schools in Division III competitions.

For intramural coordinators, March 2020 was a chaotic month. Not only did coordinators have to think about rescheduling games and deciding how students would be able to safely gather again to try to finish their seasons, but they also had to face the fact that many students would likely request a refund.

“I was first trying to figure out how we could finish our spring leagues if we were able to come back,” Rec Plex Coordinator Patrick Marcoe said. “Could we reschedule games? Where would they be played? How long would we be away from campus? Once it became clear that we would not be returning for the rest of spring, it was figuring out how we would award champ T-shirts, provide any refunds if applicable and support our intramural staff.”

Once it became apparent that the coronavirus would not fade before the beginning of UW Oshkosh’s fall semester, it became

a matter of how fall intramurals would be adjusted in a precautionous fashion to prevent the pandemic from worsening.

“During the summer, it was trying to figure out if we could even have intramurals in the fall, how we could support our student staff and what we could do to keep the campus engaged and active,” Marcoe said.

Despite the fact that the virus caught the entire Rec Plex staff off guard, there is a general consensus that they handled the transition extremely well.

“It was a big adjustment transitioning to safely playing intramurals due to COVID,” Intramural Program Assistant Natalie Pawlak said. “Given the circumstances, I think it was a fairly smooth transition; our staff has been absolutely wonderful and understanding with the constantly changing environment.”

In order to maintain a healthy and courteous environment, the Rec Plex staff has made it a priority to enforce the on-campus guidelines of having a mask on, maintaining one’s social distance and staying six feet apart whenever possible.

This persistence has helped the transition, and it is one of the reasons that intramural sports are even being played at the moment.

“Some of the precautions we are taking are that masks are required at all times by staff and participants, even outdoors, there are no more than 10 people allowed in an area at a time,” Pawlak said. This has meant no spectators, [and] we disinfect equipment after games and as much as possible during breaks in a game.”

Another one of the adjustments

made by the Rec Plex staff is the overall reduction in intramural offerings. This ensures a smaller amount of gatherings, and the hope is that this will decrease the overall spread of the virus.

“[Intramural] offerings have been reduced compared to pre-covid. The types of activities we can run limits what we traditionally do,” Marcoe said. “Facility space was also in question as Albee Gym was earmarked for the COVID testing site. Traditionally, we [used] to play many intramurals there.”

Despite there being a decreased quantity of events, there is still a huge variety that students can participate in. Even the pioneering stages of preparation for this fall contained various activities for everyone to do.

“After getting approval for our intramural plan, we offered a few leagues, tournaments and play-and-report events,” Marcoe said. “Those include a bag toss tournament, golf simulator league, goalie wars [with] soccer, [a] punt, pass and kick contest, a 2’s volleyball league and others.”

This variety of activities have been successful enough to draw a favorable turnout in comparison to the results that were happening before the coronavirus outbreak.

“Although we are limited in the number of people who can participate in events offered, I think a lot of the sports that we are offering have seen high signups,” Pawlak said.

Even though there have been high turnouts across the board, there has been a very definitive favorite sport that many students have still been participating in through the refined intramural

program.

“I think our volleyball league has been one of the most successful sports we have run this semester,” Pawlak said. “It is one of the only sports that is being offered that is not a singles league, so I think that is where the appeal is coming from. Although it is only two people, I think it helps to get people active and gives them a chance to leave their house or dorm.”

With intramurals rolling with the many punches that this growing pandemic has delivered, the staff is readily prepared for any more adjustments that must be made in order to keep its participants and staff workers safe.

“Like the rest of campus, our protocols are ever-evolving,” Marcoe said.



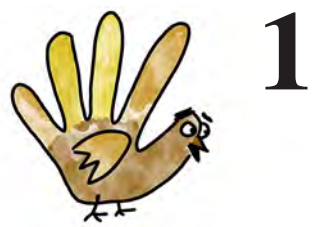
The golf simulator league, table tennis singles and 2’s volleyball league are all in the middle of their seasons, and the 3-point shootout will be the next intramural activity on Nov. 20.

Arts & Entertainment

Surviving as a vegetarian on Thanksgiving Day

By Amber Brockman
brocka24@uwosh.edu

Thanksgiving is almost here. For most people, that means family reunions, stuffing your face and spreading cheer. But for vegetarians, this time of the year is especially draining. This will be my ninth year celebrating Thanksgiving as a vegetarian, but I can guarantee my family will still ask why I'm not eating the turkey despite the number of times I told them that I don't eat meat. Many people have expectations about what is eaten on Thanksgiving and breaking those traditions can spark questions, criticism and sometimes even anger. With that being said, here are some tips for surviving Thanksgiving as a vegetarian.



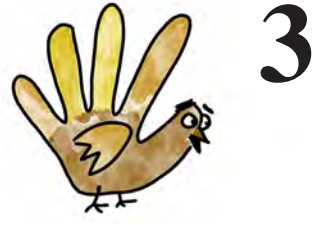
Ask what's in the food before you eat it

Not all food that looks vegetarian, is vegetarian. Most stuffing is made with chicken broth and gravy is literally meat juice. Saying that chicken broth and gravy is vegetarian-friendly would be like saying orange juice is not made with oranges. Don't just ask if something is vegetarian, specifically ask what ingredients were used because people who eat meat don't typically think about what is actually considered meat.



Bring your own food

Depending on what your family typically makes for Thanksgiving, it might be a good idea to bring food you know you can eat. Before I thought to bring my own food, my plate would be half mashed potatoes and half green bean casserole. This was totally fine with me since those are my favorite holiday foods, but my relatives weren't too happy when there wasn't enough left for them. Bottom line: If you think you'll have to take more than your fair share of sides to feel full, bring food with you.



Don't mention that you're vegetarian unless people ask

Trust me — people will notice



“Like hell you’re not eating any Turkey!”

if you refuse turkey on Thanksgiving, and they will ask about it! If you tell people that you're vegetarian unprompted, you will likely bring even more attention to yourself and risk falling into that “vegetarians never shut up about being vegetarian” stereotype. And who knows, maybe they won't even notice and you can enjoy the holiday without confrontation.



Know who you're talking to

Over the years, I've learned that my family won't take “I care more about animals than eating meat” as a reasonable excuse. If you're talking to hunters or people who refuse to acknowledge where meat comes from, it's a good idea to avoid the animal activist aspect of vegetarianism. “I just want to be more healthy,” can also put you on thin ice since that response typically sparks an argument about protein and iron. I've learned that the most efficient way to drop the conversation is to say, “I just don't like how it tastes.”



Keep your cool

I don't know why, but a lot of

meat eaters are insistent on making vegetarians uncomfortable. Whether it's little side comments about how “you probably eat a lot of kale,” or over-exaggerated pleasure while gnawing the meat from the bone, they are only trying to get on your nerves. Be the bigger person and don't get offended, or at least don't let them know that you're offended.



Remember it's a dinner, not a debate

Not everyone will understand why you chose to be vegetarian, but it's important to know when to change the subject. I can't tell you how many times I've wasted my breath in an argument about eating meat and the negative impacts it has on health and the environment, only for it to go in one ear and out the other while they continue to lecture about protein and how the animals “are going to be killed anyways so why not just eat it?” No matter how insensitive a person is about the subject, it's easier to avoid debating altogether and leave it at, “It's my choice.”

Songs of the years

Do you ever wonder why musicians so frequently title songs with years? What's up with that? Does the song reference a year? An event within that year? Or maybe it's just a way to make the title sound extra cool? Maybe the musicians are creatively spent after making the music, and any random assortment of digits is all they can muster for a title. It probably isn't important, but at any rate, here are six songs with years in their titles.

The first two tracks, from La Femme and The Submarines, feature relaxed psych-rock styles to make your head bob. The songs by Pomme and Hamilton Leithauser are both quiet, mellow tracks befitting early mornings or casual drives around town. Murder By Death and The Mountain Goats both provide fresh southwestern-folk-rock sounds, rounding out this week's vibrant and diverse soundscape. Happy listening

It's Time to Wake up 2023

La Femme
Psycho Tropical Berlin
2013

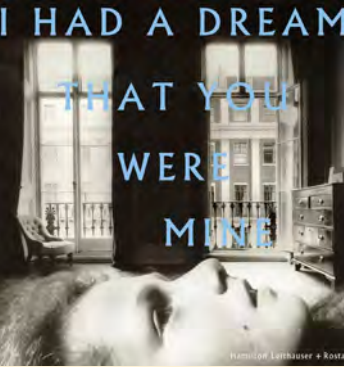


1940

The Submarines
Honeysuckle Weeks
2008

1959

Hamilton Leithauser,
Rostam
I Had a Dream That
You Were Mine
2016



1996

Pomme
les failles cachées
2020

Spring Break 1899

Murder By Death
Red of Tooth
and Claw
2008



Passaic 1975

The Mountain Goats
In League with Dragons
2019

Being grateful for missing Thanksgiving

By Owen Peterson
petero84@uwosh.edu

As it has with so many other things, COVID is going to change the holiday season and how it is celebrated.

With families canceling their usual Thanksgiving celebrations, many will have to wait even longer to see their extended family and older relatives.

Especially with the university encouraging students to stay on campus over the break in a recent email, it seems likely that many will miss out on a traditional Thanksgiving experience.

This will come as a blow to many, as this time of year is supposed to be a fun time with family.

That being said, though, I would be wrong in saying that there are not some upsides to missing out on Thanksgiving this year.

To look on the bright side, here are some reasons to be grateful for missing Thanksgiving this year.

To start off, the food is easily the most overrated part of Thanksgiving.

I, for one, see no reason to mourn the loss of a plate full of turkey, stuffing and jellied cranberry sauce.

Stuffing is just soggy bread with seasoning, turkey is chicken that has been left out in the sun for hours on end and I'm not convinced that jellied cranberry sauce is something that is meant to be consumed.

While Thanksgiving food

is not horrible per se, it is an incredibly subpar selection of dining options to represent an entire holiday.

In addition to the generally subpar course selections, it seems that Thanksgiving also offers some extremely unappealing dishes in general.

Green bean casserole, corn pudding, sweet potato casserole and for some reason that creepy-looking canned cranberry sauce should probably not be served on any occasion.

I mean, seriously, when 46% of Americans agree that cranberry sauce is "disgusting" (The Harris Poll), that just says it all.

Second, who is going to miss the absolute brigade of overbearing relatives that accompany every Thanksgiving dinner?

While it is always nice to see family, this can also be the most stressful aspect of the holiday.

For students especially, being constantly asked what grade you are in and receiving endless reminders of how much you have "supposedly" grown up can be draining at best.

And when your relatives are not busy interrogating you about your love life, they are probably off having a heated, beer-fueled debate over how those "damn liberals" are ruining the country.

Also, even though Black Friday is not technically part of Thanksgiving, they are virtually connected at this point.

While the sales are nice, I'm certainly not going to miss the insanity that is Black Friday



shopping and the strange obsession some people have with it.

Showcasing the chaos is the fact that since 2006, there have been 11 deaths and 108 injuries as a result of Black Friday shopping (The Hustle).

While it may be naive of me to think that a pandemic would stop middle-aged white women from literally trampling each other outside of a Target to get a 10% discount, one can dream.

More than anything, what makes the whole Black Friday thing weird is how much it seemingly contradicts what Thanksgiving is supposed to stand for.

The preaching of giving thanks and being grateful juxtaposed with the gluttony of the holiday, in terms of food consumption and exuberant consumerism, is really quite some-

thing. As a last point, I'm not going to miss the confusion over what exactly is being celebrated.

While most other holidays have relatively simplistic origins, Thanksgiving is anything but that.

To my understanding, Thanksgiving was originally the celebration between settlers and the natives who helped them survive the winter by giving them food in 1621, but then a few years later was used as a celebration for killing hundreds of natives.

After that, Thanksgiving was not widely celebrated until the 1860s when Abraham Lincoln set an official date for the holiday, partially in an effort to unite the nation during the Civil War. Then, in 1939, Franklin D. Roosevelt changed the date of Thanksgiving so it was clos-

er to the holiday season to help business.

On top of all of this, traditions such as a parade, eating turkey, the president pardoning a turkey, running a marathon dressed as a turkey and, naturally, Detroit Lions football have just kind of been tacked on over time, making the slightly befuddling celebration that is known today.

On top of that, it just feels like Thanksgiving is trying to be an all-around unappealing holiday because of the color scheme that resembles varying shades of mud.

All jokes aside, even though it might not make the most sense this year, remember to be grateful for your loved ones while protecting them by staying away.

Letter to the Editor

Thank you, McGraw-Hill Connect

By Dakota Bayer
bayerd70@uwosh.edu

You would be hard-pressed to find a student who claims they learn more from doing practice problems in the back of a textbook rather than working from McGraw-Hill Connect or other online class services.

I've noticed this throughout the four semesters of math I've taken using Pearson's MyLab-Plus and Cengage's WebAssign. This semester, I've found McGraw-Hill Connect also helpful in a financial accounting class. Although these required class services may seem of concern to only students at Oshkosh, it should concern anyone who cares about the advancements in knowledge.

My experience with these services has shown me the benefits of video lectures, answering in a digital format and the extensive study resources. Taking the time to understand these programs will allow you to take full advantage of them and maximize your learning potential.

Not only do these services allow us to forgo the physi-

cal textbook altogether (if we choose), but learning the material in a digital format has been extremely beneficial. The video lectures are cleanly produced and edited to make learning the new information a much smoother process than before. Of course, you can rewind too if something didn't make sense.

Hearing another human, other than the professor, explain the information has proved invaluable. When something isn't explained quite understandably in class, these videos have been my savior.

Similarly, providing answers in a digital format has also proven useful. It allows you to check your work and get immediate feedback if you took the wrong steps. No more having to wait for office hours or the next class period to get feedback. I'd like to think I'm patient enough to wait for office hours for feedback, but the reality is that I want help ASAP to get the task done.

The digital format doesn't necessarily take away the interaction with an instructor either. I have emailed my questions to the professor and have always

gotten timely responses.

In McGraw-Hill Connect, there is even a feature to "Ask My Instructor" in which the professor gets a message from the student requesting help and the professor can then access the students online workbook to see where they might've gone wrong.

Many students would probably object that these online class services are not user-friendly enough when entering answers. On the one hand, I agree with the students that these programs aren't going to be entirely intuitive; after all, it's a change from writing on paper. But on the other hand, I still insist that these programs are learnable from reading the instructions clearly.

Taking five minutes to read the electronic graphing instructions to answer an algebra question properly is worth more than the frustrations of using up your three chances to get the question right. There hasn't been a time yet I've been unable to learn the program even with reading instructions carefully.

Additionally, the naysayers often take for granted that these online class services have extensive studying resources. Extra homework problems, practice quizzes, practice tests — you name it, and these programs likely have it. McGraw-Hill Connect can even tailor its practice problems to your needs based on which questions you previously have

gotten wrong. Surely, we are getting a better educational experience for it.

You can't argue that these online class services have made you a worse student. Between the vital video lectures, digital answer assistance and other studying supplies, these programs are superior to traditional learning environments. They have been met with troubles, mostly the user-friendliness, but once you learn the program well enough, you are ready to learn more efficiently than ever before.

Rather than rejecting this new way of learning, embrace it. You will be much happier you did.

Letter Guidelines

The Advance-Titan welcomes and reads all letters. Timely, well-written, provocative opinions on topics of interest at UW Oshkosh are given first preference.

All letters are subject to editing; not all letters can be published. Letters exceeding 300 words may be edited at the discretion of the Advance-Titan staff. Name, position, address and daytime phone number are required, although only name and email will be published along with the article.

The Advance-Titan does not publish anonymous or open letters and letters printed elsewhere.

If your letter is chosen for publication, we may attempt to contact you for verification via email or phone. To submit your letter, email atitan@uwosh.edu.

‘Antebellum’ is ambitious but misguided

By Nolan Fullington
fullin38@uwosh.edu

“Antebellum” is the directorial debut of dynamic duo, Gerard Bush and Christopher Renz, who wrote the script — to which Blumhouse Productions had so much faith in that these two were given an \$11 million budget to execute their vision.

Veronica Henley (Janelle Monáe) finds herself trapped in a horrifying reality of being a slave in the antebellum South and must overcome a mind-bending mystery.

It’s so rare in this climate of filmmaking as a business that someone writes a script, pitches it then gets millions of dollars to make their film. So I applaud the filmmakers for having their vision come to life.

However, one can tell that this film was not helmed by an experienced storyteller(s) because this does have the potential of being the next “Get Out,” and I believe Blumhouse



thought that as well. The result is this slab of clunky sequences that work fine on their own at times, but don’t mesh into a cohesive, efficient narrative.

The first act is brilliantly shot for a directorial debut. It starts with this extended one-take that is impressive, but what’s missing from all this polish is a lack of trajectory. There is this

glamour present for the entire film that feels to be outweighing the thriller elements that this film is supposed to have.

There is talk of escaping this plantation for the entire first act, but it all feels so hollow. The characters especially are quite one-dimensional, the caucasion characters intentionally so — to which was done to such a comical extent that every single one of the caucasion characters is constantly screaming and frothing at the mouth that it became taxing. There is even one chance to actually develop a three-dimensional character, but he instantly starts screaming out of nowhere.

I was so uninvested and bored a third of the way in, but I didn’t totally dislike the film. But suddenly, we cut to something that was literally a completely different film and genre. I thought the disc skipped. It was possibly one of the most abrupt changes in pace I’ve seen in a while, in a bad way because it was so off-putting.

You obviously figure out what’s happening fairly quickly, but then this second act has the exact same problem the first had, nothing happens. This is a film that has so much going on, but at the same time, nothing happens in the entire film.

Then the entire second act is catch-up, and that “catch-up” is so meandering and verbose. It is a completely different film. There were just so many “what?” moments throughout the film. The final act is definitely the most thrilling and exciting part of the film because something is finally happening, but at that point, you just don’t care anymore.

I believe the overwhelming negative response to this film has nothing to do with politics or racial discussion, but rather down to expectations. Blumhouse is primarily known for horror, and “Antebellum” is barely a drama; there aren’t any horror elements other than the horrific idea of slavery, which the filmmakers themselves

tried to turn into a horror element in itself, I think.

The intention is confusing as to what is supposed to be the horror elements in this “horror” film. As for a thriller, this doesn’t come close to the word “thrilling.”

What this film needs is something more internal for this main character, Veronica, because nobody feels three-dimensional here. Perhaps a stronger emotional anchor establishes much earlier on so that the audience can grasp onto her character, which would then make the slower bits more investing and the ending satisfying.

This film is ambitious and, unlike most Blumhouse films, this doesn’t feel like a cash-in seeing that these filmmakers wrote this script and were passionate enough about it to go to Blumhouse. So the intention is pure, but the lack of experience in their storytelling abilities — especially something this complex — definitely shows.

Twitter Fleets dumb, stupid

By Carter Uslabar
uslabe78@uwosh.edu

On Tuesday, Twitter made the internet worse. This is impressive on a certain level, considering Twitter’s usual platforming of Nazis, conspiracy theorists and a certain politician I’ll abstain from naming (despite Nazi and conspiracy theories essentially describing him).

Yes, Twitter introduced Fleets, much to the dismay of social media managers still reeling from Instagram’s recent update. Fleets, which are a story feature, make Twitter the latest social media platform to jump on the story bandwagon. I have no reservations about calling it a bandwagon; even LinkedIn beat them to the chase.

If you’re not a regular Twitter user, you won’t be impacted by this of course, but it’s symptomatic of the ever-changing social media landscape. Each platform, to put it simply, wants to be everything.

This is a sharp diversion from the simplicity of the early-to-mid 2010’s, when each platform had a distinct purpose and focus. Twitter was text, Instagram was photos and Facebook was a mix of both, yet still averted devolving into an unwieldy mess.

Today’s world of social media is largely unrecognizable compared to then. Twitter is Snapchat, Instagram is a mall, Snapchat is like a kid lost at the mall and Facebook is the pit-of-despair parking lot outside that mall where parents patiently wait to pick up their bratty children.

But to return to the subject of this piece, Fleets seem to be a bizarre addition to Twitter’s interface. The ostensible reasoning behind Fleets is that it will decrease users’ anxiety over maintaining a curated presence on their profiles. Fleets seek to allow users to post more casually.

Not only does this seem to per-

petuate the toxically manicured imagery of the normal feed, but it’s also a non-answer to a non-issue. Twitter says that Fleets help more people to post, but it’s unclear what exactly was preventing them from sending out a regular tweet in the first place.

While Fleets will reduce the bloat in a standard Twitter feed, which might be good because they won’t be likeable or retweetable, this will likely perpetuate another issue. Twitter and Facebook are well known for being echo chambers serving up whatever opinions their users want ad nauseum. Retweets and likes showing up in your feed are also perhaps one of the best ways to find new people to follow and avoid being exposed to just a single viewpoint.

But the worst feature of Fleets is probably going to be its continued perpetuance of the groupthink mentality that is characteristic of modernity.

I suspect Fleets will allow far-right extremists to become more radicalized and to post more objectionable content with impunity or while flying under the proverbial radar. Of course, Fleets will not be immune to responsibility, as they can be screenshotted and uploaded to databases such as the Wayback Machine, but many will go unnoticed and disappear after influencing pliable followers.

Of course, Twitter’s driving and unstated secondary objective behind Fleets is that it will increase user engagement, time spent (or wasted, depending on how you frame it) on the platform and provide more access to an audience for advertisers.

While social media isn’t inherently bad, any narrative about them existing to build community and enhance relationships is nothing more than a veil of optimism, and Twitter’s Fleets are the most transparent of all.



BUY TICKETS NOW!

2020-2021 Season:
Love, Guilt and Other Family Values
uwosh.edu/theatre/productions