

The Advance-Titan

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In freakin' person



Live commencement slated for spring

By Kelly Hueckman & Lexi Langendorf
hueckk24@uwosh.edu,
langel29@uwosh.edu

UW Oshkosh will hold in-person graduation this May, but details of what that will look like have yet to be decided.

With the spring semester already halfway gone, UWO students, staff and family have been raising questions regarding the ceremony.

Due to the COVID-19 pandemic, the last two commencement ceremonies for spring 2020 and fall 2020 had been completely virtual events.

In an email sent to students and staff at UWO on March 12, Leavitt said the Spring 2021 graduation ceremony will take place in person on May 15 at the Kolf Sports Center. His announcement came after UW-Green Bay stated that they would also be holding their commencement ceremony

in person, albeit with several restrictions.

Students, especially seniors, seem to be happy about the announcement.

"I'm hoping that they will be able to figure out a safe way for me to physically walk across some sort of stage," said senior Megan Sullivan.

Though she understands why the last two commencement ceremonies were virtual, Sullivan still wants to be able to celebrate all of the work she has put in throughout the years in a more traditional manner.

"I would love for my parents to attend and see me walk across the stage," she said.

That should be possible if the coronavirus rates stay low. In the

past week, UWO's COVID-19 positivity rate is averaging 0.4%, with eight active cases on all three campuses.

Leavitt expressed excitement in his announcement, but he continued to encourage community members to be responsible in keeping COVID-19 cases down.

"Meanwhile, don't let your guard down," Leavitt said in his announcement.

Safety of the community is the No. 1 priority, so Leavitt said students should continue to practice social

distancing and take preventative action against COVID-19. Students eligible for the vaccine can also sign up for the vaccinations through the Student Health Services.

"We may be back in Kolf, but it won't be exactly like traditional commencements. Safety is our biggest priority."

- UWO Chancellor Leavitt

Details of restrictions for the UWO graduation ceremony had not been released by press deadline. However, announcements regarding masking, capacity and distancing are projected to be released in the upcoming week, said Peggy Breister, University Marketing and Communications executive director.

UWO will also return to in-person classes in fall.

"We have a great plan, great faculty, great students and a great community," Chancellor Andrew Leavitt said during a March 8 Town Hall. "As we leave COVID behind, I really believe the better days are in front of us."

John Koker, UWO provost and vice chancellor, said if students need any sort of accommodation for the return to class structure, they should contact his office.

"We're trying to go back to in-person so we can give students the best learning experience possible," Koker said.

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

Editor in Chief Carter Uslabar
uslabe78@uwosh.edu

Ad Manager Jon Woodall
woodaj30@uwosh.edu
414-519-6639

Distribution Manager
Chris Gajdos
gajdoc89@uwosh.edu

Managing Editor
Cory Sparks
sparkc21@uwosh.edu

News Editor
Amber Brockman
brocka24@uwosh.edu

Assistant News Editor
Sophia Voight
voighs33@uwosh.edu

Sports Editor Cory Sparks
sparkc21@uwosh.edu

Opinion Editor Owen Peterson
petero84@uwosh.edu

Arts & Entertainment Editor
Lexi Langendorf
langel29@uwosh.edu

Copy Desk Chief
Heidi Docter
docteh72@uwosh.edu

Graphic Designer
Amanda Hollander
hollaa43@uwosh.edu

Photo Editor April Lee
leep39@uwosh.edu

Web Editor Olivia Ozbaki
ozbako81@uwosh.edu

Social Media Manager
Grant Hunter
hunteg39@uwosh.edu

Copy Desk Editors:
Kira Moericke, Aaron Beecher

Staff Writers: Mackenzie Seymour, Andrew Hansen, Jonathon Samp, Cassidy Kennedy, Katie Pulvermacher, Megan LaFond, Mattie Beck, Kylie Balk-Yaatenen, Tom Antrim, Jalen Dixon

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 soley 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.

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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.

COVID-19 vaccine history

By Mackenzie Seymour
seymom53@uwosh.edu

In 1796, English physician Edward Jenner first demonstrated the concept of a vaccine when he inoculated a 13-year-old boy with the vaccinia virus, or cowpox. The young boy eventually became immune to smallpox, and in 1798 the smallpox vaccine was officially developed. Smallpox was globally eradicated in 1980.

Jenner’s discovery of immunization for a virus with a devastating death toll led to thousands of scientists experimenting with other deadly viruses and bacteria to create more vaccines throughout the next few centuries.

According to the Centers for Disease Control and Prevention, immunization is important for protection against viruses and certain bacterial infections. Traditional vaccines provide an opportunity for the body to be exposed to an inactivated form of a foreign agent that causes an immune reaction.

“A vaccine stimulates your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get the disease first,” the CDC website said.

The body builds up immunity through the development of antibodies that will later be used to fight against the same disease if the body is exposed to it again.

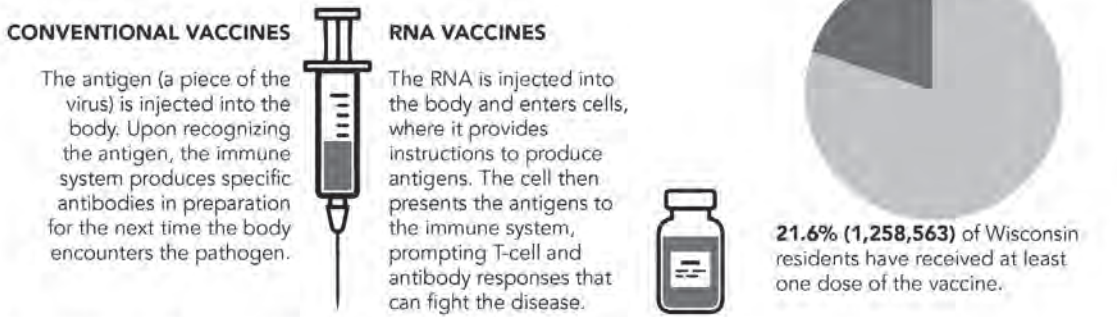
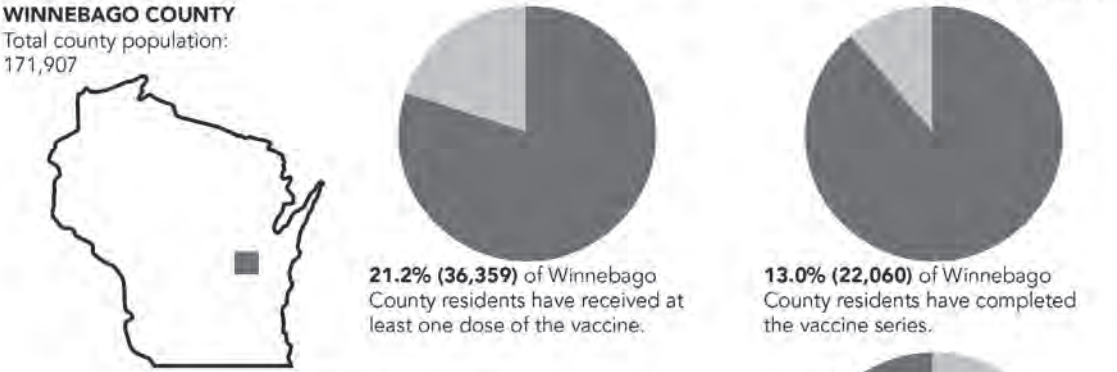
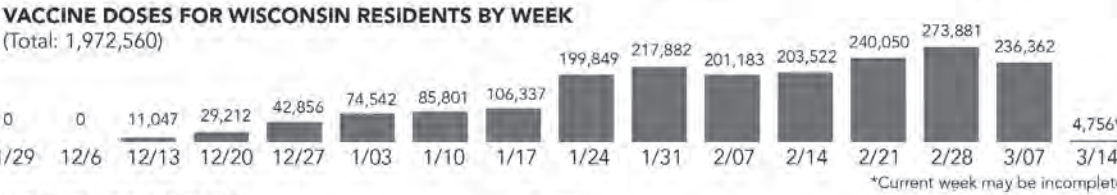
The COVID-19 vaccine, however, is different compared to traditional vaccines. This vaccine uses mRNA, which is a molecule derived from RNA that contains information needed to build proteins for the cell.

Specifically, the vaccine contains mRNA from SARS-CoV-2 that provides instructions for building a spike protein.

“Once displayed on the cell surface, the protein or antigen causes the immune system to begin producing antibodies and activating T-cells to fight off what it thinks is an infection,” the CDC website said.

COVID-19 Vaccine Summary

(As of March 15, 2021)



Sources: Wisconsin Department of Health Services and Centers for Disease Control and Prevention

Graphic by Amanda Hollander

As for the production of traditional vaccines, the process can take anywhere from 10 to 15 years due to the amount of research and regulation required for it to be approved for public use.

Vaccines typically require several years of research and development, three phases of trials with human participants and final approval by the CDC and FDA.

The Pfizer, Moderna and Johnson & Johnson vaccine production and approval took less than one year. Multiple factors contributed to this quick timeline.

Scientists have been investigating the potential use of mRNA in vaccines for the past several decades. mRNA vaccines have been tested for the flu, Zika, rabies and cytomegalovirus, but none have been approved for the public. With the readily available knowledge of past experiments, vaccine development was made easier for COVID-19.

The biological mechanisms of mRNA technology itself is another reason why the vaccine was developed and approved quickly.

“mRNA vaccines have several benefits compared to other types of vaccines including use of a non-in-

fectious element, shorter manufacturing times and potential for targeting of multiple diseases,” the CDC website said. “mRNA vaccines can be developed in a laboratory using a DNA template and readily available materials.”

Other reasons for the fast approval of the three vaccines include substantial funding from the U.S. government and private donors. The FDA also implemented Emergency Use Authorization on Dec. 11, 2020, for Pfizer and Moderna vaccines and on Feb. 27, 2021, for the Johnson & Johnson vaccine.

UWO leaders discuss interim change

By Lexi Langendorf
langel29@uwosh.edu

In-person classes, interim changes and fall 2021 move-in plans were highlights of discussion during the UW Oshkosh town hall held on March 8.

“We have a great plan, great faculty, great students and a great community,” Chancellor Andrew Leavitt said. “As we leave COVID behind, I really believe the better days are in front of us.”

UWO students, parents and faculty gathered virtually this month to get their questions for the university answered, the most frequently asked questions being those regarding the transition to in-person classes in the fall.

John Koker, UWO provost and vice chancellor, announced that the university plans to return to an in-person format in the fall, but if students need any sort of accommodation, they should contact his office.

“We’re trying to go back to in-person so we can give students the best learning experience possi-

ble,” Koker said.

Interim Change

During the meeting, Koker also discussed university plans regarding the three-week interims held between fall and spring semesters, which allow students to take courses that don’t fit into their 14-week schedules and stay on track for graduation.

“Beginning with the fall 2021 semester, UWO’s three-week interims will be removed from the fall and spring semesters and become separate terms,” Koker said.

He said that during recent interim sessions, students often took three to four credits and applied those credits to achieve full-time status for the semester rather than using them for their intended purpose.

“We were somehow preventing students from being more ambitious,” Koker said.

Separating the interims, which will be renamed J-Term and May-Term, from the regular semester would mean that to be considered full-time, undergraduate students

must take at least 12 credits in the 14-week semester.

“My plan is that we encourage students to take their 12, 13, 14, hopefully 15 credits during their semesters and if they want to use the J-Term to accelerate graduation, they can use it that way,” Koker said.

Alex Hummel, assistant to the chancellor, added that a lot of the interim changes were driven by the fact that the financial model for J-Term is unsustainable.

“There are a lot of costs associated with offering J-Term,” Hummel said. “But just to be clear, they’re not going away, they’re just changing structure and financial design.”

Mirco-wave goodbye to your dorm appliances

Robert Babcock, director of residence life, announced that incoming freshmen will be able to select a dorm for the fall 2021 semester around the third week of June, however, the provided microwaves and refrigerators in residence halls will be discontinued.

“In the past, we had supplied as part of our university offerings fridges and microwaves in every room,” Babcock said. “And we were happy to do that.”

Babcock added that unfortunately, UWO was one of the only UW colleges to do that and it wasn’t cost effective to continue with the program.

“We are working on a public sale in August where students and families will be able to purchase those appliances,” Babcock said.

Additionally, Babcock addressed fall move-in, saying that while the plan is not certain yet, there will likely be a five-day move-in process like there was last year.

“One thing we discovered last year is that we only moved in over two days pre-COVID, and this year we did it over five,” Babcock said. “Doing the five-day move in, while a little more taxing on some staff, was a lot easier on custodial staff and police.”

Babcock said that more information will be communicated over the summer.

Titan LeadHERship conference moves online

By Mattie Beck
beckm88@uwosh.edu

With COVID-19 still present, many previously in-person activities were forced to move online, and while many struggled, one program has still found a way to thrive in the virtual atmosphere.

The Titan LeadHERship program, run through the UW Oshkosh Women’s Center, moved their annual conference to a virtual course for students to take through Canvas Learning.

UWO senior Courtney Stubbe is an intern for the Women’s Center and is coordinating this year’s virtual program.

“This program wasn’t usually online, it was always in person at a conference,” Stubbe said, “Setting up a Canvas page for the first time, I definitely got more respect for professors.”

Normally, the LeadHERship conference runs on one Saturday in March, where all of the material is covered that day for those who attend, but due to pandemic restrictions it moved completely

online.

Even with the challenge of moving online, the conference is still offering learning opportunities, which Stubbe said she appreciated.

The program’s main goal is to help participants gain a deeper understanding of women empowerment and leadership for themselves and other women-identifying people in their lives.

It provides many opportunities to learn what it looks like to be empowered, and allows for discussion posts to learn about how other people gain empowerment.

There are many elements of the program, from discussion posts that allow people to talk about how they feel about the issues discussed in the online events to videos that help participants gain a further understanding of each program.

Stubbe said her favorite aspect of the program was watching people gain an understanding of women empowerment and connecting with one another.

“I’ve gotten a few emails that



Courtesy of UWO Flickr

UWO moved its Titan LeadHERship conference online amid COVID-19 restrictions.

have said ‘I felt so empowered after this event,’” Stubbe said, “I think that’s one of the biggest things, seeing what they get out of it.”

This is exactly the goal of the program: to make individuals feel empowered and transfer what they have learned into their daily lives. The program, while online, is

still thriving and empowering others through leaders like Stubbe who created fun discussion posts, activities and videos.

Women’s Center discusses Black women’s mental health

By Sophia Voight
voighs33@uwosh.edu

Having grown up witnessing Black people’s mental health not being taken seriously, Kadihja Kelly decided to get into counseling to help people of color who have suffered racial trauma and mental health issues.

“What drove me to really want to be in this field was that I grew up in Detroit, born and raised, and I noticed a lot of time in my community, people that looked like me never had access to this type of counseling,” she said.

Kelly runs Stars Counseling, an individual and group mental health consultation in Appleton that uses Critical Race Theory to support the unique needs and concerns of people of color.

Kelly spoke at a virtual event sponsored by the UW Oshkosh Women’s Center on March 12 on the importance of mental health for Black girls and women.

Kelly said the experiences of Black Americans vary tremendously, but they have shared experiences that define their mental health.

“Part of this shared experience

is facing racism, discrimination and inequality that can significantly play a role in a person’s mental health,” she said.

Kelly said being perceived and treated as inferior because of the color of your skin can be detrimental to one’s mental health.

Her practice focuses specifically on Black women’s mental health because she feels that they are the most neglected community within mental health counseling.

She wanted to be able to provide mental health counseling to people who looked like her because white mental health providers have racial biases and lack cultural competencies to support Black women.

“Black people have historically been negatively affected by prejudice and discrimination in the healthcare system, and unfortunately because of this people still have these negative experiences when they attempt to seek [mental health] treatment,” she said.

According to Kelly, Black women often report mental illness symptoms that are linked to their experiences with rac-

ism, but they are glossed over because mental health providers don’t acknowledge racial trauma to be a mental health issue.

Kelly said it is important for Black women to have mental health providers that look like them and that can understand their experiences.

Kelly’s practice helps Black women recognize how the racial injustices they face in everyday life can have a negative impact on their mental health.

One way she does this is by addressing how being in predominantly white spaces can create mental health issues for Black people as they feel excluded and have to code switch, or culturally adjust to their white environment, Kelly said.

This includes Oshkosh and the Fox Valley, where white people make up over 50% of the population.

“Being in a predominantly white environment can lead a Black girl and woman into seclusion and having feelings of wanting to isolate,” she said.

Kelly said Black families also often experience generational trauma from surviving years of

racist experiences.

But because Black women are often raised to be strong against the racism they experience in everyday life, the mental health issues that can occur from these experiences often don’t get addressed, Kelly said.

“I think about my grandmother telling me all the hard times she had and how she survived through it all, and so to me she was a very strong Black woman and so I had to emulate that,” she said.

Kelly said when she would go to her grandmother about her experiences with racism growing up, her grandmother would tell her to acknowledge that racism has always existed and that she just needs to be strong.

“That set the tone for what I needed to do, which meant that none of my mental health was being taken care of because I had to be the strong Black woman,” she said.

She said there is often a stigma that Black families don’t need counseling because of their strong community.

But Kelly said all of her clients have experienced racial trauma,

so Black women’s mental health needs to be taken more seriously.

Kelly said Black women who constantly face racially demeaning and hostile environments can experience racial battle fatigue.

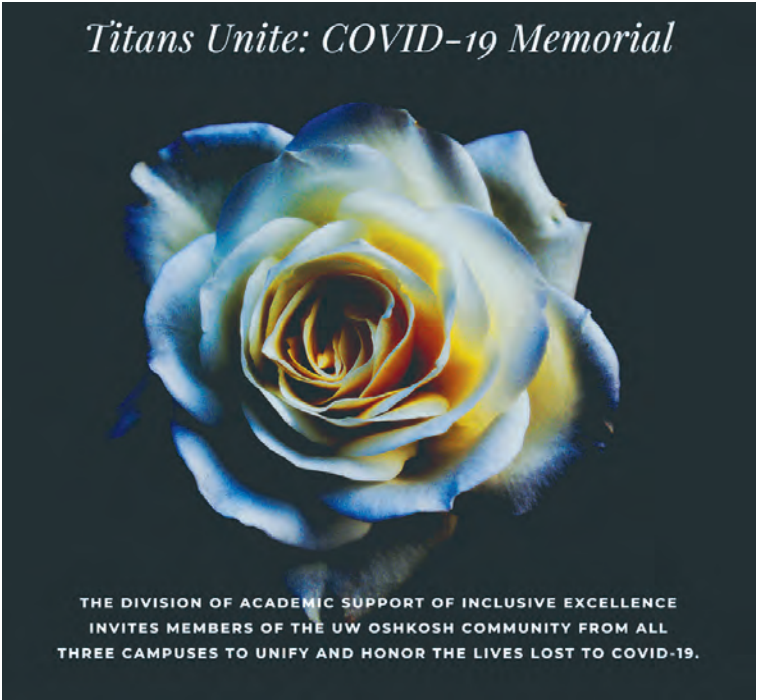
Racial battle fatigue is a race-related stress response to consistent racist environments and individuals that resembles post-traumatic stress disorder, Kelly said.

This can happen through persistent experiences of racial microaggressions or constantly having to explain racism to white people.

“To have to be the one that literally has to explain their pain for folks to actually see them as a human being — that takes a lot of energy,” she said.

Kelly provides individual counseling as well as peer support groups that explore the specific needs of women and girls of color and considers the intersection of race and gender.

You can find more information about Kelly’s work and Stars Counseling at her website starcounseling.com.



Courtesy of the Division of Academic Support of Inclusive Excellence

COVID-19 Memorial honors the dead

By Katie Pulvermacher
pulvek45@uwosh.edu

The Division of Academic Support of Inclusive Excellence (ASIE) is inviting members of the Oshkosh community to commemorate their loved ones that they have lost due to COVID-19 in a “COVID-19 Memorial,” which will later be displayed in the Reeve Memorial Union second-floor gallery between April and May of 2021.

“The goal of this memorial is to collect stories from the UW Oshkosh community from all three campuses on the loss of their loved ones,” UWO Senior Amanda Martinez said. “Personally, I want community members to know we understand they are hurting and

that this is a space they are able to share their grief with others who are grieving as well.”

Hitting the one year mark of the pandemic in the U.S., and to honor those who have passed, ASIE invites the community to share their loved ones’ stories by filling out the link sent to student and staff emails.

Martinez is a member of this project and her main role is to create the posters that are submitted by UWO community members through the form sent out on behalf of ASIE. These posters will not only be posted on the second floor of Reeve, but also on social media through the ASIE Facebook page and on the ASIE website, at the consent of the community member.

The Winnebago County of Wisconsin Health Department has shared that there have been 182 confirmed deaths in the county, while the Wisconsin Department of Health Services shows the total number of deaths in Wisconsin is 6,539, as of Tuesday evening.

“Although this memorial may be difficult for community members to process because of the lives that have been lost, I hope the memorial is able to bring the community together and help begin the healing process,” Martinez said. “I hope this memorial further encourages people to continue to follow the health measures put in place to prevent further tragedy from the COVID-19 pandemic.”



The Greater Oshkosh EDC is proposing a new business assistance program to attract and retain businesses in the City of Oshkosh.

EDC proposes new program

By Andrew Hansen
hansea31@uwosh.edu

The Greater Oshkosh Economic Development Corporation (EDC) is proposing a new business assistance program that will help attract and retain high-impact business in the City of Oshkosh.

The EDC is a nonprofit corporation that helps businesses grow and expand as well as troubleshoot growth issues in the community.

According to the city’s newsletter, the forgivable loan program would be funded by the city’s Revolving Loan Fund and matched by donation on a one-to-one ratio by Greater Oshkosh

EDC’s private funds.

The Oshkosh revolving loan fund is a gap financing tool intended to promote job creation and local economic development through low interest rates for businesses that provide job growth through expansion and/or relocation projects.

The EDC CEO and President Jason White says the program requires a list of criteria to be met in order for businesses to qualify.

“It has to be a \$2.5 million minimum capital investment,” White said. “It also has to involve the creation of a minimum of 20 jobs at an average wage that exceeds the average wage of the community.”

Additional criteria include

prospective businesses possessing multiple locations across the country, including Oshkosh, and evidence that the company has plans to expand in the near future.

If passed, White said the program will assist with economic growth in Oshkosh.

“You know when it comes to economic development every deal is different,” White said. “The bottom line is we want to make sure that we do everything we can to keep our businesses, especially our longtime, mature, growing base of businesses we have in our community.”

After a company is approved for the loan, Greater Oshkosh EDC will do routine follow-ups to ensure the business maintains

performance standards. For a company involved in the program that fails to meet these performance standards after accepting the loan, the loan has to be repaid.

White says the program is specifically geared toward keeping businesses in Oshkosh.

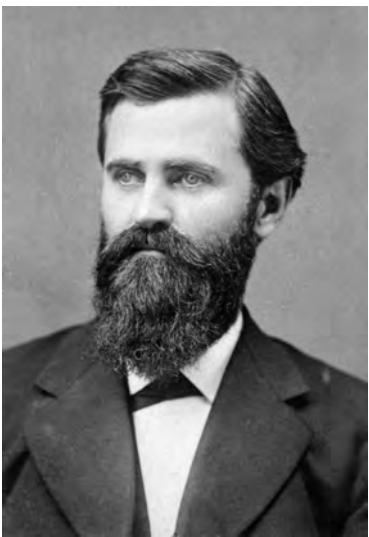
“It’s very difficult for businesses to find grants,” White said. “We want our companies, and we cannot afford to have our companies be poached or leave and move to other communities that are more aggressive.”

Pending approval by the city’s Long Range Finance Committee, a recommendation on the program will be sent to the city council.

This week in UWO history

March 18, 1890 — The daily morning scripture reading and prayer sessions led by President Albee came to a halt. The Wisconsin Supreme Court ruled in the Edgerton Bible Case that religious instruction in the state’s public schools is unconstitutional.

March 19, 1963 — The Smothers Brothers – Tom and Dick – performed a two-hour show at Albee Hall to a “large and appreciative crowd.” The duo was known for pop and folk songs intermixed with satire.



UWO Archives

George Albee

Accounts from the time reported that “applause from every delegation present left no doubt but that Oshkosh would receive first place.” The victory earned

Kuehnl the right to represent Wisconsin in Interstate Oratorical Contest in Cedar Falls, Iowa on May 1, where he would finish third from a pool of contestants from Illinois, Indiana, Iowa and Kansas.

March 21, 1982 — The Harlem Globetrotters defeated the hapless Washington Generals 66-57 before more than 3,000 fans at Kolf Sports Center.

March 22, 1916 — Fire destroyed the old Normal school building. The entire building, including the Normal’s great library, was lost. Many works of art, fine prints and a collection of 240 Wisconsin birds, which were mounted, were engulfed by the fire. Science teacher Harry Fling, along with other faculty and staff, ran in and out of the

building trying to save anything they could. They escaped death by jumping from the upper windows of the library. Unfortunately, the blankets spread out to catch him ripped on impact, sending Fling head-first into a pile of books below. Fling dislocated his shoulder and was the only injured person. The total loss was \$160,000.

March 24, 1924 — Dr. A. E. Winship, a widely known educator and Journal of Education editor, spoke. Winship said teachers’ training schools were embarking on a new path. According to Winship, the new challenge was to teach students what was not already known about the world around them. The educator believed that it was no longer sufficient for students to merely recite from textbooks.

Oshkosh Fire Department rating upgraded

By Andrew Hansen
hansea31@uwosh.edu

The Oshkosh Fire Department’s ranking on the Public Protection Classification (PPC) program was recently upgraded from a rating of 2 to 1, which could result in noticeable decreases in property insurance rates for homeowners and businesses in the city.

According to the fire department’s Public Information Officer John Holland the ISO considers a lot of criteria when determining a department’s rating.

The PPC was created by the Insurance Service Office (ISO) and is used to help insurance companies determine city premiums. The ISO collects information on fire-protection efforts throughout communities in the United States.

“It’s basically like an audit, and we get different points for different things,” Holland said. “They check on our emergency communications systems, which is our 911 center. Obviously they check the fire department.”

Other factors the ISO takes into account include the extent and quality of training provided to personnel, community water supply and community risk reduction through services such as fire safety education. The ISO then assigns a ranking from one to 10, with class one representing excellent property fire protection and class 10 indicating that the area’s fire-suppression does not meet ISO’s minimum requirements.

Holland also said that it is through a collective effort that the department received this ranking.

“It is the 911 center, it is our public works, as well as us. But it’s working together as a community that we have come out on top,” Holland said.

Additionally, PPC is used in setting benchmarks for planning, budgeting and justifying fire-protection improvements.

About 388 departments nationwide received a class one ranking, with eight departments in Wisconsin receiving this rating.

Holland explained that there were many aspects that built toward this award.

“We have done more training than we’ve ever done before. We actually have the proper training equipment, and we have a new training tower in the city of Oshkosh and we are always working on our prevention efforts,” Holland said. “We have also come up with a new falls prevention program; falls are huge in the city of Oshkosh.”

Holland said that of the nearly 9,000 calls the department responds to every year, about 1,000 are for citizens falling.

Holland also noted the pride that comes with the new classification.

“We’re very proud of this, being one of the best departments in the nation,” Holland said. “And it is because of the people here, the people we work with and the people of Oshkosh.”

The rating will take effect starting June 1.

Do UW System students know where Oshkosh is?

Maybe not, seeing that two of the eight got it right. It's in Winnebago County.



Winnebago County

Adam, UW-Madison

Samantha, UW Oshkosh



Calumet County

Nathan, UW-Madison

Paige, UW Oshkosh



Fond du Lac County

Braeden, UW-Platteville

Lauren, UW Oshkosh



Outagamie County

Nate, UW-Madison

Abbie, UW Oshkosh

Girl Scout Cookies reign supreme

By Katie Pulvermacher
pulvek45@uwosh.edu

It is a 50 degree Saturday in March and it is time to pick up a few groceries from the local grocery store. It's simple enough, or so you would think, to only get what you need and not buy a load of junk food. As you are walking to the entrance, you stop dead in your tracks and see the bright table and sign displaying the Girl Scout Cookies you all of a sudden desperately need. How could you possibly say no to a little girl selling cookies?

I was a Girl Scout kindergarten through fifth grade until all three of our group leaders quit and left us without any adults wanting to be in charge of 15 elementary school girls with high energy.

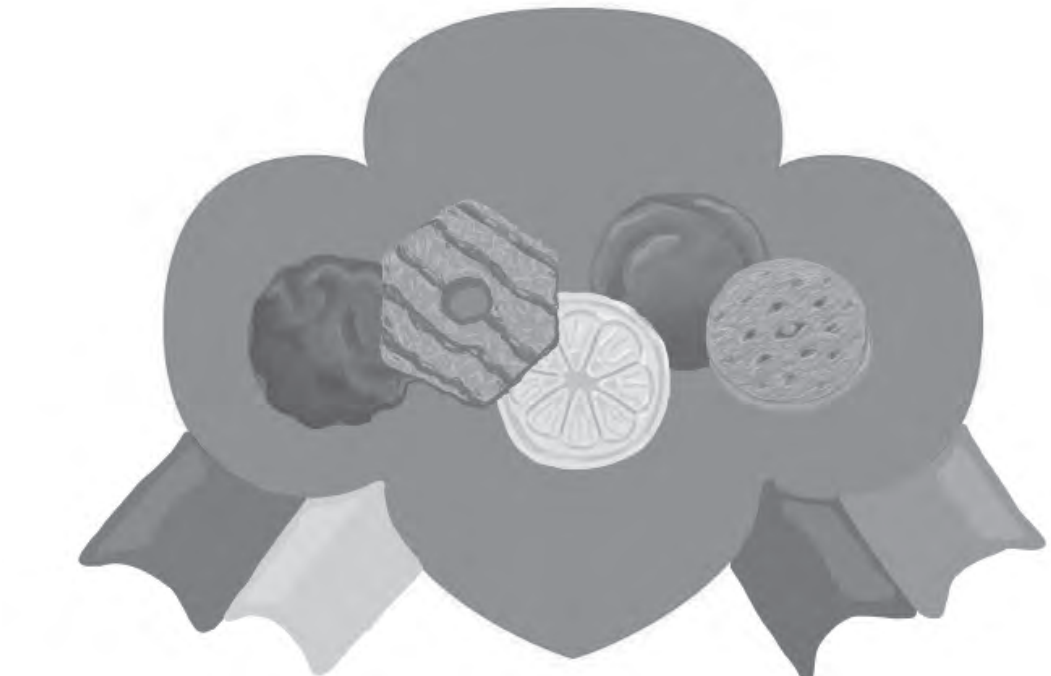
Girl Scouts certainly taught me many valuable lessons, such as helping out my community, serving others, leading a loving life and many more. I still have our pledge memorized that we said every month at our meetings after school.

And you better believe I was out walking door-to-door in my neighborhood trying my best to sell as many cookies as I could to win prizes back in the day.

The iconic cookies are sold January through April, but are most commonly seen sold in March and April when the weather is nicer. More than 200 million boxes of Girl Scout cookies are produced and purchased each year, according to Wide Open Eats.

When I was a Girl Scout, cookies cost \$3.50 per box, but now they have been raised to a whopping \$5. This is over a 40% increase in price.

According to The Cold Wire,



Graphic by Katie Pulvermacher

Girl Scout Cookies, which are available from January to April, are sold by the hundreds of millions every year. Some of the popular flavors are: Thin Mints, Caramel deLites and Peanut Butter Patties.

the cookies are made by outside companies that are hired by the Girl Scouts. The two commercial bakers licensed by Girl Scouts to produce cookies are ABC Bakers and Little Brownie Bakers.

Almost all of Wisconsin besides a little part of the Southeast has their cookies produced by ABC Bakers. Not only do the names differ between the two producers, but there is a difference in sizes of cookies, designs of cookies, as well as different cookies and tastes all together.

ABC Bakers is known for these cookies: Thin Mints, Caramel deLites, Peanut Butter Patties, Peanut Butter Sandwiches, Thanks-a-Lot, Shortbread, Lemonades and S'mores.

Little Brownie Bakers is known for these cookies: Thin Mints, Samoas, Tagalongs, Do-si-dos, Trefoils, Savannah

Smiles and a few other less common cookies.

Since these cookies have been around for so many years (in 2017, they hit their 100-year anniversary), anyone can easily find knock-off recipes online. The issue with this is that people do not want to take the time to bake them, so that contributes to greater sales. It is a convenience factor of being able to purchase them already made.

On the other hand, there are dupes of Girl Scout cookies at nearly any grocery store. Walmart's "Great Value" brand sells Fudge Mint cookies, which are like Thin Mints; Caramel Coconut & Fudge, which are like Caramel deLites; and Fudge Covered Peanut Butter, which are like Peanut Butter Patties. The flavors are identical in my opinion.

Aldi's brand "Benton's" also

has extremely similar cookies nearly identical to Caramel deLites and Peanut Butter Patties. Both these and the "Great Value" brand are only a small fraction of the cost of actual Girl Scout cookies and they are available year-round.

Try out those cookies and see if they compare. If they do not live up to your standards, go back to purchasing the name brand. The money Girl Scout troops earn from selling cookies are used for individual projects and projects around communities. No money is going to waste.

Whether Girl Scouts continue to raise their prices or not, one thing is certain: Americans love the cookies and will continue to purchase them. Let the debates continue on which cookie reigns supreme.

No pleasures are truly 'guilty'

By Owen Peterson
petero84@uwosh.edu

Reality TV, rom-coms, playing games on your phone and scrolling through Zillow; all of these activities are often deemed "guilty pleasures," but what reason is there to feel guilty about doing them?

First of all, the term "guilty pleasure" is commonly used as a way of describing an activity that you enjoy doing, but feel is embarrassing or shameful in some way. And in a broader sense, certain activities are labeled as "guilty pleasures" when they are seen as a bad use of time.

This notion that time spent on "guilty pleasures" is time being wasted is far from the whole story, though. In fact, there is research to show that these "guilty pleasures" are not only beneficial, but they are nothing to be ashamed of.

Leisure activities, so often labeled "guilty pleasures" because of the fact that they are seen as less valuable uses of time than pursuing work or school related goals, are actually extremely important in both bolstering happiness and, somewhat ironically,

productivity.

On one hand, leisure activities, in whatever form (so long as they are harmless), are helpful because they give your brain a rest.

While it may seem theoretically ideal to spend as much time as you can afford on activities like studying, getting ahead on homework or picking up shifts to make more money, it is integral to give your brain a rest, as this will actually yield the best results.

"While we all believe we should spend our leisure time in uplifting pursuits that sharpen our minds and widen our understanding, your brain needs rest, just like every other organ." Minda Zetlin, writer for inc.com, said in an article on guilty pleasures.

In addition to this, having a negative attitude toward your leisure activities (i.e. deeming them "guilty pleasures") is detrimental because it deprives you of happiness, which is directly linked to being productive (Oxford study, 2019).

As obvious as it may sound, one of the purposes of an activity, like watching Netflix, is to gain enjoyment, so convincing

yourself that you are wasting your time by doing such a thing will clearly make the experience less enjoyable, and therefore less beneficial.

The other important thing to understand here is that no harmless "guilty pleasure" is inherently bad (on the contrary, in fact), but thinking that it is a "guilty pleasure" will actually cause it to be detrimental.

This phenomenon was described by Dr. Robin Nabi in an interview with the New York Times.

"Feeling guilty about or disparaging activities we enjoy can diminish the benefits they offer us. But shedding self-imposed embarrassment about our interests can be empowering," she said.

Even though certain activities, such as watching "The Bachelor," are more prone to be looked down on as a "guilty pleasure," there is not actually anything significantly more negative about them.

Whatever you choose to spend your leisure time doing, there is no reason to feel bad about it, and, in fact, not feeling bad about it is exactly what makes it

a good use of time.

All that being said, it is easy to see why a concept like "guilty pleasures" can be harmful for many, college students in particular.

Between classes, jobs and the totally-not-daunting prospect of determining how the rest of your life will look, it can feel like any second not spent on advancing one of these goals is a moment that has been wasted, but this is not the case.

Not all leisure time is created equal, so having the right mindset when it comes to giving your mind a rest is essential for being happy and productive.

For example, framing an hour spent in between classes watching Netflix as time that you should have spent being "productive" versus framing it as giving your brain a rest and enjoying yourself can make a world of difference in your productivity and happiness.

It can be easy to get caught up in all the work of college, so making sure that you give yourself proper breaks is essential and forgetting the "guilty pleasure" schema is certainly part of that.

Sports

Wrestling gets third at WIAC final



Courtesy of the UWO wrestling team Twitter

Before competing at the WIAC conference finals, UWO had gone 2-2 in four dual meets. Their two wins were against UWP (23-15) and UWSP (36-7), and their two losses were against UWL (34-6) and UWEC (26-14).

By Cory Sparks
sparkc21@uwosh.edu

The UW Oshkosh wrestling team finished in third place with 115.5 points at the Wisconsin Intercollegiate Athletic Conference (WIAC) meet on Feb. 28. UW-La Crosse came in first with 168 points, and UW-Eau Claire followed with 141.5 points. Behind UWO was UW-Stevens Point with 101 points and UW-Platteville with 77.5 points. Sophomore Beau Yineman was the highlight of UWO’s performance, as he won the 197-pound conference bracket against UWL’s Kalyn Jahn by major decision with a score of 16-3.

The coaching staff was extremely pleased with Yineman’s performance, as they believe he took a big step in the right direction this season.

“Beau has competed at a high intensity all year in and out of competition. He has taken his performance to another level this year,” head coach Efrain Ayala said. Yineman said he felt that the

competition in his weight division was strong, but that if he followed through on what he had practiced, he’d be able to come out on top. “I think the competition in my weight class was good,” Yineman said. “I had a few guys that were ranked or honorable mention, but I knew I wrestled them well before the tournament, so I just had to execute.” The team believes that they performed well considering the circumstances and competition restrictions presented by the pandemic. Including the WIAC tournament, UWO only had five meets all year. “As a whole, we performed very well given the lack of competitions we had this year. There is room for improvement as we start thinking of next year,” Ayala said. This gave the team a minimal amount of time to go up against other schools before the conference tournament rolled around. There are also many underclassmen (Luc Valdez, Brandon Lenczner and Guyon Cyprian to name a few) competing in scoring matches.

Those who did compete took this into consideration when evaluating their performance, and said they felt a general sense of pride in representing the school at the conference tournament. “The team did well considering that most of us are still pretty young,” Cyprian said. “It was an honor to represent UWO in conference [competition].” Yineman was proud to represent his team, and he was also glad to see his hard work pay off, considering that there were times where it looked like there wouldn’t even be a season this year. Yineman was also pleased to see an improvement from finishing in second place in the conference for his weight division last year. “It feels good to come back from my freshmen year taking second to first,” Yineman said. “I also feel grateful for the opportunity to wrestle with how everything has been with COVID not knowing if we were going to have a chance to wrestle a season or not.” Looking into next year, the majority of the team will be returning

to competition. The coaching staff believes that there’s a lot to be optimistic about going into the next season. “We are returning a large amount of the team next year, so I am very excited. We will be very strong,” Ayala said. The wrestlers feel that despite making some strides in this shortened season, they have some work to get done before getting back on the mat against other teams next year. “I improved on being confident in my attacks this year,” Cyprian said. “I will be working on my foot work in order to get my attack to be quicker.” The team believes that as the younger wrestlers grow into their role during another year of preparation, they’ll be in a position to place even higher in the conference. “I believe we will place higher in the conference with some hard work in the off-season,” Yineman said. “I’m excited to see our improvement, [and I] can’t wait for next year.”

Track to begin outdoor season

By Jalen Dixon
dixonj58@uwosh.edu

The UW Oshkosh Titan’s track team is getting ready to transition into their outdoor season after multiple indoor meets. The Titans have long awaited their chance to compete in outdoor events and are excited to be getting the chance to do that again. The team isn’t worried about the transition from indoor to outdoor, and they know what they want to accomplish. “The transition won’t be that hard. It’s definitely something to be considered because of the pandemic we are in, but the team and I are always ready for the next stage in the season,” 400 runner Amitai Wheat said. The Titans just finished an in-

door meet on March 6 against UW-Whitewater in which the final scores were not kept. The Titans next meet is March 27 at Carroll University in an open meet. The Titans are ready to compete whether it’s indoor or outdoor as they are grateful that they get a chance to have a season. “What I am most proud of with my team is how we came over the unknowing aspect of the track season,” Wheat said. “Earlier this indoor season we didn’t even believe we would have a season but yet we still continued to grind and work as if nationals were the next day.” Dedication and effort have been a few things that the Titans track team has been able to take pride in this season, and they want to continue to take that with them into the outdoor portion of the season.

Every team has its strengths and its weaknesses, but the Titans believe their biggest strength is being an actual team. “My team’s biggest strength this year would be our bond we have with each other,” Wheat said. “Even though COVID has made things extremely difficult, we still managed to create a relationship and use it to help us win meets. We strive to be the loudest and most energetic team at every meet.” For a sport that is composed of so many different players and full of different events, it is a major key to success to keep everyone on the same page and ready to go always. You can catch the Titans on March 27 at Carroll University for their open meet against many other schools.



Katie Pulvermacher / Advance-Titan The UWO men’s track and field team finished the indoor season third in the nation, and the women’s team finished fourth in the nation (according to the U.S. Track and Field and Cross Country Association).

Gymnastics starts season with win

By Jonathon Samp
sampj98@uwosh.edu

The UW Oshkosh gymnastics team won their first home competition of the season last Thursday by a score of 188.825-175.150 against the Eau Claire Blugolds. The defending Wisconsin Intercollegiate Athletic Conference (WIAC) champions managed to outscore the Blugolds in four events, scoring 46.50 on the uneven bars, 46.025 on the vault, 45.725 in the floor exercise and 45.575 on the balance beam. Trinity Sawyer, a junior on the team, feels relatively satisfied with the team’s performance so far this season.

“I feel really good about my team’s performance against Eau Claire,” Sawyer said. “We have had some injuries preventing us from being all that can be but with that said the girls that went out and competed did well. Of course there are little things we can fix to add to our scores but overall, a good job.”

Sawyer placed first in the vault with a score of 9.67, but she continues to push herself to do more. “When it comes to my individual performance, I’m always my biggest judge, but I put everything I had into the two events I did, and they went well,” Sawyer said. “All I can try to do is clean up and execute small things to earn a higher score for my team.” Injuries have impacted the Titans in this short season, which has forced some of the underclassmen on the team to step up and take on a larger role for the team.

That is what freshman Emily Buffington did. Buffington won the uneven parallel bars with a score of 9.500 and placed second in the floor exercise behind teammate Olivia Keller’s 9.475. Buffington is working on refining her skills so she can better benefit the team. “This season I am just trying to work on cleaning up my skills and having more confidence with my training, but also giving more back to the team where they need me,” Buffington said.

Buffington is a young leader who will play an even bigger role in future years for the Titans’ gymnastics team. The Titans take on Winona State University this Thursday, March 18 at home. Coach Lauren Karnitz has confidence in her team, and confidence is something that she is trying to instill in her younger athletes as the team prepares for Warriors to come to town. “I think we continue to prepare the way we have been and work on the confidence of our freshmen which will be key for us,” Karnitz said. “We need the newcomers to act like veterans now, and I think they’re up to the task.” This will be the team’s last meet until they take on the UW-Whitewater Warhawks on April 3, which will be the last meet of the season.

Arts & Entertainment

UWO students’ spring break plans

By Cassidy Kennedy
kennec21@uwosh.edu

UWO students will celebrate spring break this upcoming week, despite the fact that other universities have already canceled the break in an effort to slow the spread of COVID-19.

According to research from the College Crisis Initiative at Davidson College, about 60% of colleges nationwide have canceled their usual spring break.

In Wisconsin, UW-Madison, UW-Eau Claire, UW-La Crosse and UW-River Falls have announced plans to cancel or shift their spring break due to concerns of spreading COVID-19, according to the Wisconsin Public Radio.

Luckily for its students, UWO decided not to cancel spring break.

“There are no restrictions for students returning from spring break such as quarantine, but they will have to continue the required testing,” said University Police Chief of Police Kurt Leibold, who is also chair of the Emergency Operations Committee for COVID-19 on campus.

On March 15, none of the 217 students and employees who were tested for COVID-19 tested positive, according to the Titans Return website.

Since testing began at UWO on Sept. 2, 2020, just 1,238 out of 43,715 tests, or 2.8%, were positive.

Last year, UWO canceled spring break as the nation closed down and communities tried to keep the virus under control by slowing the spread.

This year, however, UWO students have a variety of plans for how they will spend their week off



Cecilia Nichols / Advance-Titan
UWO student Gwen Nichols kayaking with her friend Haley Cheney in Corpus Christi, Texas during spring break 2019 before COVID-19.

while still staying safe.

Junior Jada Berg said that she is going home to Green Bay for spring break to see family and friends while working her hometown job at a nursing home.

Sophomore Justin Lee said he will be traveling to Deerfield Beach, Florida with his family to visit his grandparents because it’s been a long time since he’s seen them.

“I’m so excited for spring break and getting to see my grandparents now since they got the COVID-19

vaccines,” Lee said. “And to escape from the cold Wisconsin weather.”

Sophomore Tatianna Xiong said she and her boyfriend will go to Chicago the first weekend of spring break, and then later in the week she will go on another trip with her family to Missouri.

“I am happy that I am able to go on two different trips during spring break and spend time with my boyfriend and family,” Xiong said.

Junior Mike Buckner said he

will be working over spring break at the UW Oshkosh Convenience Store and is hoping to make some good money and pick up more hours.

Sophomore Jazmyne Kopitzke, a nursing student, said she still has classes and clinicals over spring break but is hoping to hang out with some friends from her hometown.

Sophomore Maddy Horstman said she is excited to go home and see her sisters and two pets this weekend.

“I haven’t seen my dog Thunder and cat Lightning in forever, so it will be fun to go home to them and just relax,” Horstman said.

The Centers for Disease Control and Prevention recommends that Americans delay travel and stay home this spring break so as not to cause a spike in COVID-19 cases.

However, if you do choose to travel, be sure to wear a mask, wash your hands, social distance and pack smart.

Disney’s ‘Soul’ is inspiring

By Kylie Balk-Yaatenen
balkyb22@uwosh.edu

“Soul,” directed by Pete Docter, is Disney’s most recent film as of December to be put onto their streaming platform, Disney+.

The film is about a band teacher named Joe Gardner, voiced by Jamie Foxx, who is trying to find a job where he can pursue his passion for jazz.

He feels as though his life is meaningless until he gets the news that he can play in a jazz ensemble with famous jazz musician Dorothea Williams, voiced by Angela Bassett.

Joe is so excited that he starts racing through town without watching where he’s running, resulting in him falling down a sewer hole into what they call “the great beyond.”

Joe, who is not ready to die, tries to get off of the conveyor belt leading him to the “light” and winds up falling into “the great before,” where unborn souls go to get their personality traits and “spark.”

In the great before, an unborn soul is matched with a mentor, someone who lived a remarkable

life and is meant to help their assigned souls find their sparks. A spark is what helps them get their ticket to Earth.

Joe, a seemingly unremarkable man, gets mistaken for a random psychiatrist and is paired up with an unborn soul named 22, played by Tina Fey.

He hatches a plan to help 22 find her spark so he can simply take her Earth badge and go back to his life.

Initially, 22 doesn’t want to live because she has been in the great before for thousands of years and thinks the idea of living is dumb.

22 has had millions of mentors such as Abraham Lincoln, Mother Teresa and Muhammad Ali, and yet not one of these people could help her find her spark.

There is a great moment in the movie where a character talks about being in the zone.

You know when you’re writing a paper or dancing and you feel the moment when you zone out and it’s almost as if you’re not in your body, but you’re somewhere else? The movie visually depicts this in-between state in a new and creative way.

What I find most interesting is

that being in the zone can quickly turn into a compulsive state where you can only think of one thing and eventually become a lost soul wandering about repetitively.

When 22’s soul winds up in Joe’s body and his soul enters a cat, she experiences living, and everything becomes fun to her.

There is a scene where she and Joe are sitting outside the jazz club talking and she sees a helicopter seed twirling through the sky, and 22 immediately seems as though she enjoys being alive.

“Truth is, I kind of feel like there was always something wrong with me, maybe I’m not good enough for living,” 22 says.

This is the moment where she decides she truly wants to live.

“Maybe sky-watching can be my spark, or walking, I’m really good at walking,” she said.

Joe replies, “Those really aren’t purposes 22; that’s just regular old living.”

This made me think that I really take regular old living for granted.

We get so obsessed with our purpose that we lose sight of the little things that bring us joy.

Another insightful moment of the movie is when Joe gets to

Earth and plays his jazz show very successfully, but afterwards looks disappointed.

He asks Dorothea what happens next, and she said they would come back and do it all again tomorrow.

“I’ve been waiting on this day for my entire life, I thought I’d feel different,” Joe says.

Dorothea then answers, “I heard this story about a fish. He swims up to this older fish and says, ‘I’m trying to find this thing they call the ocean.’ ‘The ocean?’ says the older fish, ‘That’s what you’re in right now.’ ‘This?’ says the young fish, ‘This is water, what I want is the ocean.’”

I think this part is extremely important because it shows that sometimes we get so involved with waiting for our life to start that we forget we have been living it.

This spoke to me as a college student, because I often think that I will be able to do things when I get a job, that all my life has meant nothing until I make it mean something.

Some of the criticisms of this movie, similar to those of Disney’s movie “The Princess and the

Frog,” are that the movie doesn’t allow for black individuals to be princesses or leads.

We take away a black character and place it into a frog or a cat, and in “Soul,” the soul of 22 enters the body of Joe.

The audience sees Joe, the body of a black man, talking with a “white” voice for a majority of the movie.

I think that is a valid criticism of the movie because it’s all about representation.

When are we going to get a movie where the main character is a POC and they aren’t spending the majority of the movie as an animal?

Nonetheless, in my personal opinion, I thoroughly enjoyed the movie and thought it was funny and insightful.

It discusses death, but the more important message is how to live again.

The main point of this movie, I think, is living.

I think we get so distracted by big-picture items such as jobs, school and family that we often forget how to live and truly enjoy the little things in life.

UWO students’ favorite quarantine snacks

By Cassidy Kennedy
kennec21@uwosh.edu

COVID-19 has put a lot of stress and time on students’ hands during quarantine, which has led many of them to develop new snacking habits over the duration of it.

When asked what their personal favorite quarantine snack was, UW Oshkosh students responded with a variety of different foods and flavors.

Junior Kelsey Nushardt said her favorite quarantine snack would have to be Skinny Pop Popcorn because she could snack on it while she was in her virtual classes and wouldn’t have to worry about leaving a mess.

“I really like Skinny Pop

Popcorn because of its name and it makes me feel healthy,” Nushardt said.

Junior Meghan Retzlaff said her favorite quarantine snack is chocolate-covered almonds with coconut.

Retzlaff said they were a good comfort-food and that she likes eating them as a late night snack before bed.

“A little chocolate a day keeps the doctor away,” Retzlaff said.

Aaron Dorsey, a senior at UWO, said his favorite quarantine snack would have to be the famous Dots Pretzels southwest flavor because they are great for a quick snack for whenever he’s watching YouTube or Netflix because they aren’t messy like normal chips.

“I eat these pretzels all the time, and they just taste so good,” Dorsey said. “I can’t stop eating them.”

Senior Joe Kotz said his favorite quarantine snack would have to be deep-fried Oreos.

“I’m not a very snacky person to be honest,” Kotz said.

Kotz said he and his roommate tried making deep-fried Oreos a few times because they were bored and stuck in their house hungry.

Sophomore Natalie Walker said her favorite quarantine snack would have to be the Little Bites chocolate chip muffins.

“I really like these as a snack because they taste so good and are bite-sized happiness,” Walker said.



Cassidy Kennedy / Advance-Titan
Junior Meghan Retzlaff’s favorite late-night quarantine snack has been chocolate-covered almonds with coconut.

‘The Slow Rush’ is a solid album

Tame Impala combines rock with indie-pop vibe

By Tom Antrim
antrit33@uwosh.edu

It has been just over a year since Kevin Parker released his fourth studio album, “The Slow Rush.”

His last album was six years ago when he released the brilliant and outstanding “Currents.”

In “The Slow Rush” album, Tame Impala incorporates similar thumping bass lines, dreamy synth sounds and groovy musical compositions that were highly praised on “Currents.”

But this time around, Tame Impala creates a more pop landscape.

There are still themes of psychedelic rock intertwined on this record, but Parker has transformed his persona into an indie pop star.

Whether it be adapting to the surge of popularity that “Currents” brought, or trying to change up the musical scenery, it works out nicely.

The tracks are catchy, atmospheric, emotional and heartfelt.

Tame Impala knows how to craft albums that convey these emotions, as they have been for 13 years now.

There are some stand-out tracks on this album, such as “Lost in Yesterday,” “One More Year,” “Borderline” and “Is It True.”

“One More Year” is a solid opener for this album, as it sets the mood for the rest of the record quite well.

The track opens with a blissful sound effect that feels like falling into a blanket of euphoria.

This sample lingers throughout the entirety of the track that creates a nice blanket of warmth and



Courtesy of Tame Impala

accompanies the other instruments well.

Parker’s ability to make sad music while making slightly upbeat instrumentals that create an atmosphere of relaxation never fails to amaze me.

A major theme of this record is the concept of time and reflecting on the past; Parker seems to be concerned with constantly running out of time.

Throughout the course of this track, Parker confesses the paranoia that consumes him regarding running out of time.

He feels trapped in a constant cycle of doing the same thing day in and day out.

“But now I worry our horizons bear nothing new. ‘Cause I get this feeling and maybe you get it too. We are on a roller coaster stuck on its loop-de-loop. ‘Cause what we did, one day on a whim, will slowly become all we do.”

“Lost in Yesterday” is one of the catchiest songs on the record.

The song starts with a warm synth that gradually incorporates zinging notes and a punching bass line.

Parker starts singing around the 16-second mark with lyrical messages revolving around the possibility of bad situations producing a positive outcome.

In the chorus on this track, the 35-year-old Australian questions, “Cause it might’ve been something, who’s to say? Does it help to get lost in yesterday?”

It seems that he is trying to tell the listener to embrace opportunities when they are granted as he reminisces on his past when Tame Impala was not playing in stadiums or gigantic arenas.

While describing when the world was simpler for him, he is also stating that the success has been rewarding and that he’s glad he took the chance.

Another standout track is “Borderline.”

The track opens with a beat that reminds me of classic 90s rap, and then Parker’s voice kicks in and the melody pulls the listener in.

Tame Impala masters the 70s- and 80s-esque that was present on previous releases, but even more so on this record.

While the verses during this album are good, the choruses make themselves heard.

During the chorus of “Borderline,” Parker is questioning if he will be surrounded by people that love him and want him around. He is yearning to be surrounded by people that will make him feel a sense of security.

This album is a way for Parker to try and reach some conclusions to questions that have been bothering him.

“The Slow Rush” is a pop record that many people can enjoy from different music backgrounds.

The songs are somewhat addicting and they will be stuck in your head for days, as they are anything but short of catchiness and emotional depth.

Tame Impala has a catalog of punchy, smooth basslines. But “Is It True” might have the best basslines on the entire record.

The song opens with bass guitar and drums, a synth is gradually added and Parker’s vocals start echoing around the 20-second mark.

The ninth track on the record is a love song about a woman who wants to take things further with Parker, but he’s afraid of his infatuation with her.

“I’m so terrified to face her, like any moment I might wake up. ‘Cause she’s the only thing I think of, I don’t know nothing, but I love her.”

The four-minute duration of this song flies by with the catchy grooves, thumping bass and brilliant placed synths.

The eleventh track on this album, “Glimmer,” is a two-minute instrumental with an occasional echo from Parker.

While the track is quite simple and nothing extremely memorable, it creates a pleasant and relaxing atmosphere.

However, it would have been nice to see Parker take the track a bit further in duration and add more pieces to the puzzle.

This track would probably be a standout song on the album if he added more texture and depth.

The synths are what bring so much pleasure to the ears, and it’s hard not to imagine overlooking a major city from a glass window at night while listening to this song.

“Glimmer” is similar to “Nangs” that was released on “Currents.” Both tracks are short in length, incorporate atmospheric synths and feature Parker singing a recurring lyric throughout the song.

While this album is solid in most aspects, there are a couple tracks that seem like they are filler tracks and do not add much flavor

or variety.

One track that immediately comes to mind is “Breathe Deeper.” The track is repetitive, and Parker sings the same lyrics for a good portion of the song.

The instrumentals are solid, and the chorus is decent, but the track does not add anything new or exciting to the album.

The track is just over six minutes when it could be shortened into two or three minutes due to the lack of depth and excitement.

The last minute or so of the track is the most enjoyable part of the song.

The bouncing synths and guitars make your brain feel like it is swirling inside your head, and the ending of the track engulfs you, so it is the only thing you can focus on.

But, besides the ending of “Breathe Deeper,” the rest of the track is actually quite boring and nothing memorable.

Overall, this album is enjoyable and Tame Impala progressed their sound with the release of “The Slow Rush.”

This album picked up right where “Currents” left off, while adding more texture and pop sensibilities.

I enjoyed this album for the most part, but I think some tracks could have been eliminated and others could have included more parts and texture.

“Currents” is arranged better, and the songs mesh better than they do on “The Slow Rush.”

However, Tame Impala’s latest release is right up there with the rest of Parker’s catalog.

Hopefully on the next record, there will be less filler tracks and Tame Impala will take their music in a new direction outside that of “Currents” and “The Slow Rush.”

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