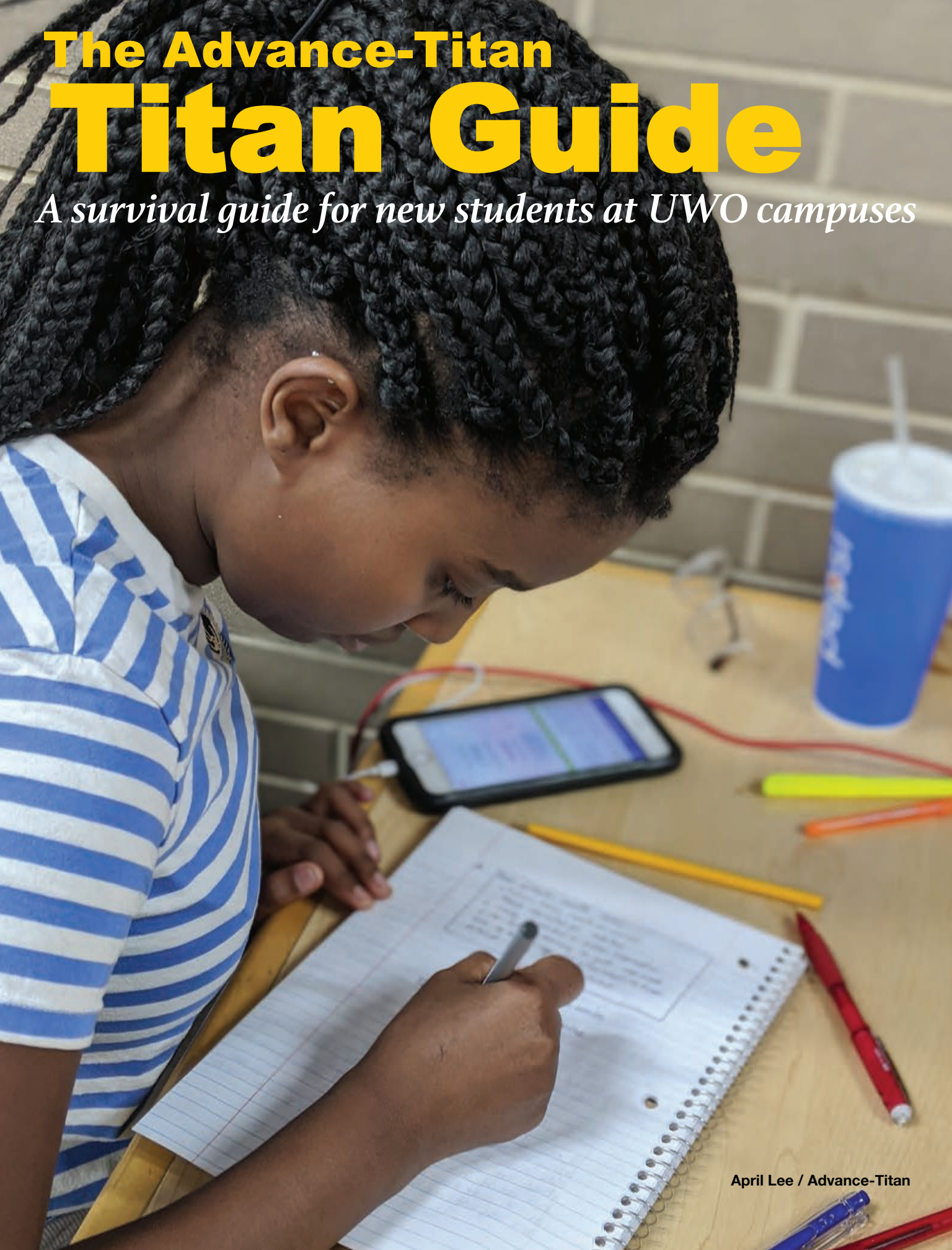


The Advance-Titan Titan Guide

A survival guide for new students at UWO campuses



ENDLESS OPPORTUNITIES

COLLEGE OF LETTERS AND SCIENCE



Which combination is right for you?

- Associate degree
- Bachelor's degree programs
- Undergraduate certificate programs
- Master's degree programs
- Graduate certificate programs

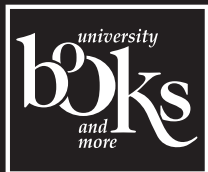
40+
MAJORS

50+
MINORS

UWO | UNIVERSITY OF WISCONSIN
OSHKOSH

OSHKOSH | FOND DU LAC | FOX CITIES

► Learn more at uwosh.edu/cols



Why Buy Your Textbooks At UNIVERSITY BOOKS & MORE?

We are the official source for all your course material needs; dollars spent at University Books & More go back to the university and help to support student organizations and campus initiatives.

- Charge your required textbooks and course materials to your student account or Titan Dollars
- We purchase and stock used books whenever possible to save students money
- Our rental program has been expanded to include many popular textbooks
- We offer a large selection of ebooks and digital course material options
- Convenient online shopping with your choice of having your materials shipped to you or available for pickup on campus
- We are also a physical bookstore! Visit our textbook department any time during our normal business hours and select your books right off the shelf
- We offer special order service with no shipping charge for special orders picked up at the bookstore

Stay Connected

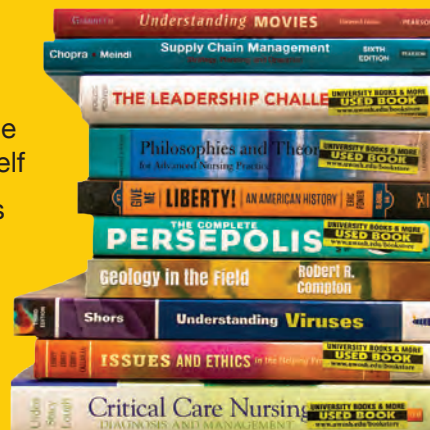


@UW0shkoshBooks

uwosh.edu/bookstore

Located in Reeve Memorial Union

Money Spent on Campus Stays on Campus



CORNER
convenience
STORE

CAMPUS LIVING MADE **SIMPLE & CONVENIENT**

**WE ACCEPT
TITAN DOLLARS,
CASH, CHECK, CREDIT
AND DEBIT**

**We stock hundreds of
items, including:**

- Energy Drinks, Soda & Milk
- Candy, Snacks & Chips
- Organic & Vegan Foods
- Frozen Pizzas & Meals
- Laundry & Cleaning Supplies
- Health & Beauty Products



Located next to the Bookstore in Reeve Memorial Union

The Advance-Titan

Phone: 920-424-3048

Email: atitan@uwosh.edu

Website: www.advancetitan.com

Office: Reeve Union, Room 19

Editor in Chief Cory Sparks
sparkc21@uwosh.edu

Managing Editor Amber Brockman
brocka24@uwosh.edu

News Editor Katie Pulvermacher
pulvek45@uwosh.edu

Arts & Entertainment Editor
Lexi Langendorf
langel29@uwosh.edu

Opinion Editor Owen Peterson
voighs33@uwosh.edu

Photo Editor April Lee
leep39@uwosh.edu

Web Editor Olivia Ozbaki
ozbako81@uwosh.edu

Social Media Manager
Sami Christiansen
chriss36@uwosh.edu

Adviser Barbara Benish
benish@uwosh.edu

Writers

Maddie Beck, Heidi Docter, Andrew Hansen, Mackenzie Seymour and Sophia Voight

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 the Oshkosh, Fox Cities or Fond du Lac campus is welcome to work for the Advance-Titan. Email atitan@uwosh.edu if you're interested in joining our team.

The Advance-Titan is published on Thursdays 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.



Table of Contents

Welcome to UW Oshkosh.....	3
Alcohol Violations are Most Reported Crimes.....	4
Picky Eaters, it's Time to Try More Food.....	7
UWO Ranked as One of the Best Online Colleges.....	8
De-Stress: How to Reduce Anxiety During Midterms and Finals.....	10
Make Memories, Not Just Social Media Posts.....	13
4 Benefits to Meditation.....	14
Tips for Living Off Campus.....	15
UWO Herbarium is 4th Largest in State.....	17
Does Listening to Music Help You Study Better?.....	19
Women's Center Not Just for Females.....	22
Webster Becomes Weekday Residence Hall.....	23
Haunted Halls?.....	24
Turning Over a New Leaf.....	26
Sage Hall Adds Decals to Prevent Window, Bird Collisions, Deaths.....	27
What Happens When You Get Caught with a Fake ID?.....	28
UWO Celebrates Sesquicentennial in 2021.....	30
What's in a Name?.....	32
Bee-utiful: New Colonies Increase Food Production on Campus.....	39



Welcome to UWO

What I learned may help you succeed

By Cory Sparks
sparkc21@uwosh.edu

Welcome to UWO! Whether you went to a small private school where your graduating class could fit into a classroom or a large public school where your graduating class is bigger than some urban county populations, the transition from high school to college can be absolutely jarring.

Even with numerous college visits, online research, class registration and a couple of days of orientation to get adapted before everyone else moves on campus, it can be difficult to understand the best ways to approach college life in what seems like a trial-and-error experience.

By reading the following tips and tricks, I hope that you'll, at the very least, feel more prepared for college life than you did before.

Utilize office hours

In each syllabus you receive for all your classes, professors will list designated office hours at the top of the document. These days and times are slots that the professor has dedicated to helping students, in a one-on-one fashion, with whatever they need as it pertains to the class.

Many students feel discouraged by this idea and hardly ever use it, but as someone paying thousands of dollars for their college education, you are entitled to getting as much value out of each class as possible.

If you are struggling in a class, never hesitate to ask your professor for extra help outside of class by using this tool. Some professors are even willing to help you out with your progress in their class outside of their office hours if those hours do not work for you. And many professors are often willing to help with non-class related issues, as well.

Seek tutoring help

If the office hours route doesn't seem to suit your wants or needs, you can always learn content from another student.

Tutors at UWO offer service in the forms of one-on-one instruction, small chemistry groups (for chemistry 101 and

102), general learning skills workshops and online sessions.

Each tutor has received a B+ or higher in the specified course, has been recommended by a professor in that discipline, has a cumulative GPA of at least 3.0 and has gone through 4.5 hours of training for his or her job.

If you are struggling in a class, don't see the act of seeking tutoring as a measurement of incompetence; see the decision of reaching out to campus resources as getting a quality experience out of your investment in being a college student.

More information regarding the student tutoring program can be found by typing in this link: uwosh.edu/car/peer-tutoring/.

Don't drink on Sunday nights

Just don't. There is nothing wrong with having some safe fun, when you're of age of course, but for your own sake, do not try this on a school night.

It is already hard enough getting up for 8 a.m. or 9:10 a.m. classes. Don't add to it.

It takes way longer than you think for alcohol to stop hindering your ability to take in information, and the last thing you want is for classes to be harder than they already are.

Get involved

With more than 180 student organizations, and the ability to start a new one at any time if you go through the correct process, there's a group for everyone to get involved.

Especially as a freshman, there are thousands of others who are in the same spot as you with knowing few to no people on campus. Joining a student organization is a phenomenal way to make friends while participating in something that you enjoy.

If you're simply looking for a way to bolster your expertise in a certain subject, there is likely a student organization for that as well.

While it always seems like a reassuring concept to look good on paper with a high GPA, there are other ways to stand out to employers by the time you graduate.

Joining the History Club as a histo-

ry major, the Oshkosh Student Nursing Association as a nursing major or even the Advance-Titan (we're always hiring) are just a couple of examples of ways to enrich your portfolio in a certain discipline.

In fact, you don't need to be a journalism major to join the A-T. We currently have journalism, Radio-TV-Film, business, IWM, biology and English majors on board, as we are always looking for people to write for news, sports, opinion and arts and entertainment, take photos, help with our website or social media, or sell ads. Just email us at atitan@uwosh.edu or visit us at Taste of Oshkosh for more information.

Make friends with random people

While it's preferred to use judgment and become friends with people who you feel fit your personality well, not everyone is going to run to you in search of acquaintanceship.

Being one of a couple thousand freshmen, it's important to remember that everyone, with a few exceptions, is operating within the same head space in that college is a new environment to them. By refusing to reach out and meet new people, you may be missing out on a lifelong friendship. Don't be afraid to put yourself out there.

By utilizing these tips, hopefully you can feel at least somewhat prepared for the culmination of lessons that you will learn throughout your college experience.



Cory Sparks is the 2021-22 Editor-in-Chief of the Advance-Titan. This is Cory's third year on the Advance-Titan staff. He is a junior who majors in Radio-TV-Film with a minor in journalism, and he is also involved with Titan TV and WRST-FM Oshkosh.

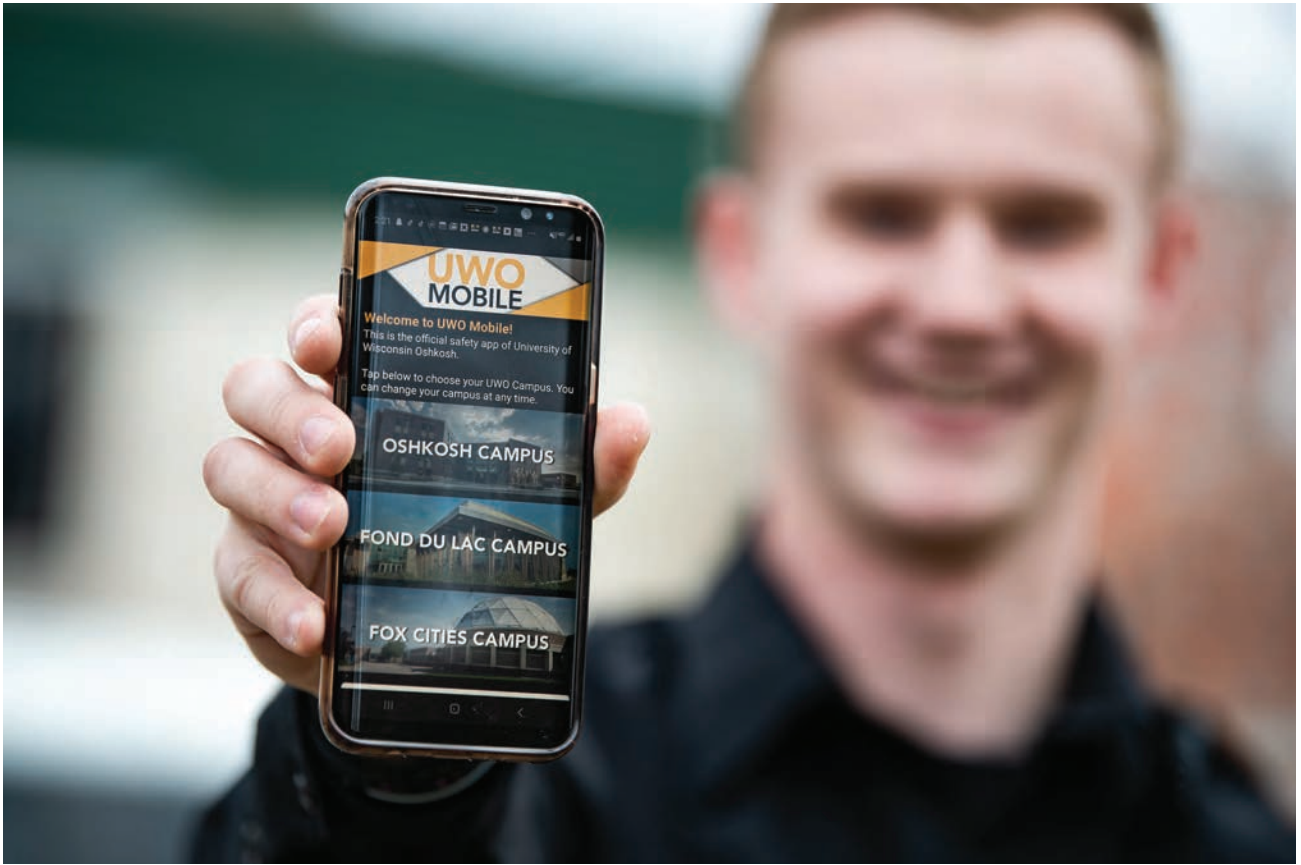


Photo: UWO Flickr

A community service officer shows off the UWO Mobile app that puts campus resources and safety tools in your hands with your smartphone.

Alcohol violations are most reported crimes

By Sophia Voight
voighs33@uwosh.edu

UW Oshkosh's 2020 annual campus security report revealed that alcohol law violations remain the most reported crime on all three UWO campuses.

Alcohol violations, which include citations and warnings for the possession, consumption and distribution of alcohol under the legal drinking age, made up over 80% of reported crime on the UWO campus in 2019, according to the 2020 Annual Security Report.

Also known as the Clery report, the report is required annually by colleges nationwide and is named after Jeanne Clery, who was raped and murdered in her Pennsylvania dorm room in 1986. At that time, standards for campus

University Police resources

Titan Alerts: Sign up for emergency notifications via email, text or the UWO app. Learn more at uwosh.edu/police/services/titan-alert/.

UWO Mobile: UW Oshkosh's mobile app for iPhones and Androids is available for all three UWO campuses. The app will allow you to receive Titan Alerts, chat in real time with the UWO police, do virtual or friend safewalks, assess shuttle options available at UWO, and more. Go to uwosh.edu/police/uwomobile/ to learn more.

Safewalk: Community Service Officers (CSOs) will escort you on and around campus at night. CSOs are trained in defensive tactics, patrol in pairs and have a direct link to the UWO Police Department. They operate Sunday-Wednesday from 5 p.m. to 2:30 a.m., and Thursday-Saturday from 7:30 p.m. to 4 a.m. To request a walk, call 920-424-1212 or use the UWO Mobile app's "Chat with UWOPD." At Oshkosh campus only.

crime reporting did not exist.

The UWO report showed that there were 619 alcohol referrals on the Oshkosh campus in 2019, a 24% increase

from 499 in 2018. The Fox Cities campus had 11 alcohol referrals, down four or 26% from 2018, while the Fond du Lac campus had two alcohol

referrals, up one or 100% from 2018.

UWO Captain of Police Chris Tarmann said it's unfortunate how much underage drinking is expected on college campuses, but it doesn't remove the importance of tackling the issue.

One thing the University Police (UP) does to address the issue is partner with the Women's Center for the Red Zone initiative by providing an increased presence in vulnerable areas on campus.

The red zone refers to the six weeks at the beginning of the fall semester when a disproportionate number of campus sexual assaults take place. Tarmann said students who consume alcohol are often vulnerable to being victims of assault, especially during the red zone, so the UP has more



April Lee / The Advance-Titan

According to the 2020 Clery report, alcohol violations remain the most reported crime on all three UW Oshkosh campuses.

strict enforcement of alcohol violations during this time.

“We know that some of those activities are going to happen regardless, so if we’re in the area then we’re also letting people who are going to prey on our vulnerable students know that we’re out there,” Tarmann said.

He said that the behaviors that come with drinking are often linked to the likelihood of sexual harassment or assault occurring.

“Our presence and our ability to reduce those under age activities actually reduces the potential for sexual assaults,” he said.

Sexual offenses remain low

The number of reported sexual offenses, including rape and fondling, on the Oshkosh campus remained low with only six reported offenses in 2019, up from three in 2018. Both the Fox Cities and Fond du Lac campuses had no reported sexual offenses in 2019.

However, Tarmann said he thinks those numbers don’t reflect the actual number of sex offenses on campus since those crimes are likely underreported.

According to a report from the Journal of American College Health, 50% of sexual

assaults on college campuses occur in August, September, October and November. Students are most at risk for sexual assault in their first or second semester of college.

Drug arrests, violations down

UWO has seen a decrease in the number of drug arrests and drug abuse violations in recent years. Drug arrests decreased by nearly 50% in the past three years on the Oshkosh campus.

According to the report, 74 arrests were made for drugs in 2017, while 40 arrests were made in 2019. Fond du Lac and Fox Cities campuses have had no drug arrests from 2017-2019.



Tarmann

shows. There were 152 drug violations on campus in 2015 and 92 in 2019, nearly a 40% decrease over five years.

Tarmann said the decrease in drug arrests and violations is because the UP has changed

how they manage drug calls in recent years.

A large number of drug arrests are for marijuana and Tarmann said the UP previously apprehended all incidents where the smell of marijuana was present or reported.

Tarmann said the UP recently chose to only address situations where the smell of marijuana is present if the people involved are causing problems.

“If you smell like marijuana but you’re not causing a problem, that’s not really something that we’re gonna address,” he said. “But if you are causing a problem and you smell like marijuana — that we address.”

Burglaries decreasing

The Clery report showed that UWO’s burglaries have decreased since 2017, when 14 were reported. Burglaries have gone down about 78% since then with three reported in 2019.

Tarmann said the decrease is likely due to the UP’s “Busted” initiative that began in 2018 as a way to give students burglary prevention tips.

Under the Busted initiative, officers check residence halls for unlocked doors and leave a flyer with tips on how to prevent burglaries if they find

rooms open and unattended. Burglaries on the Oshkosh campus decreased 14% after the initiative was implemented, according to crime statistics. Tarmann said the initiative was created after the UP found that the majority of burglaries on campus were happening inside residence halls.

“Our strategy was to have our people in residence halls walk down the hallways and if they see a door open ... and if nobody was there and the door was open, they would put a plastic card in front of the door and close it,” he said.

Tarmann said the UP has expanded the Busted initiative to other campus buildings where students will receive information cards if an officer finds their property unattended. “We figured out a way to communicate with our community members so that they can receive information on burglaries in a non-threatening way,” he said.

Tarmann said the UP’s strategy on burglaries is to share their crime data with the community to keep them informed.

“When your police officers have good relationships with people in their community then they will share information, which helps us resolve crimes faster as well,” he said.

Become a Business Titan



MAJORS

Accounting

Economics

Finance

Human Resources

Information Systems

Interactive Web Management

Management

Marketing

Supply Chain Management



Perks of Being a Business Titan

95%

Of students have paid internships

\$15.26

Average intern hourly wage

92%

Of students land a job after graduation

152

Unique employers hired interns

25+ Minors & Certificates

Actuarial Science	Entrepreneurship
Analytics	Operations Research
Global Business	Cybersecurity
Digital Marketing	Financial Management

**full list available at uwosh.edu/cob*

Sage Hall 1608 | 920-424-0297

business@uwosh.edu

uwosh.edu/cob



Only 6% of business schools worldwide are accredited by AACSB

Picky eaters, it's time to try more food

By Katie Pulvermacher
pulvek45@uwosh.edu

“Try it; it's good for you.” You've probably heard your parents tell you that countless times. But lots of people struggle with trying new foods, leading them to eat the same foods over and over.

According to The Washington Post, 26% of U.S. adults identify themselves as picky eaters. But what is considered a picky eater?

The National Center for Biotechnology Information shares that common traits of picky eaters include “eating a limited amount of food, refusing food (particularly fruits and vegetables), being unwilling to try new foods, accepting only a few types of food, preferring drinks over food and having strong food preferences.”

Sound familiar? Maybe a few people come to mind.

One of my best friends is quite a picky eater. Most of the time she sticks with plain foods. No sauce. Everything plain. Burgers, chicken nuggets, fries, rice, pizza — you name it.

An extensive list of foods she dislikes includes chocolate, cheese, beans, fish, beets, avocado, onions, mushrooms, milk, peppers, honey and spicy foods.

A combo of genetics and environment are to blame for picky eating, which most commonly develops in childhood.

Hildy S. Lipner, chief of pediatric speech pathology at Joseph M. Sanzari Children's Hospital in Hackensack, N.J., said that the children she sees with picky eating problems are usually between 18 months and 3 years old.

Already at this age, children have their eating patterns well



Katie Pulvermacher / The Advance-Titan

The Reeve Marketplace sushi was such a hit last semester that the food service brought it back again and again.

established. These patterns are deeply reflected by the way parents navigate feeding their children as toddlers between the ages of 1 and 3.

Once babies are able to start eating solid foods, incorporating a variety of foods into their diets decreases the chances of being picky. With a greater variety of foods consumed comes a balanced diet.

As much as not being picky and having a balanced diet is important, one's willingness to try new foods is also beneficial to one's cultural awareness. So as a new student to UWO, it's not only time to expand your knowledge, but it's time to expand your palate and try new foods.

For instance, last semester professional chefs came in and served some fantastic dishes at UWO. One night was “Premium Night, BBQ.”

The barbecue layout included brisket, pulled pork, chicken quarters, smoked barbecue

beans, coleslaw, potato salad and vegetarian kabobs. Chef Fritz Niebergall was in charge.

Fritz is a common name at UW Oshkosh. He is the resident dining manager and has hosted the Fritz-a-Que celebration for seven years in a row in the summer in Oshkosh.

He told me while I waited in a long line that his brisket was cooking for 14 hours, and let me tell you, it was worth the wait.

Barbecues, the way that Americans know them now as meat cooked over a grill or pit, covered in spices and basting sauce, originated in the Caribbean.

According to the book “Planet Barbecue!” written by award-winning grill expert Steven Raichlen, the word barbecue comes from the language of a Caribbean Indian tribe called the Taino. Their word for grilling on a raised wooden grate is barbacoa.

Across the world is a whole

different culture of food: Japanese sushi.

Last semester, Reeve Marketplace also brought in Mr. Pak's sushi occasionally. Once, after I finally got to the front of the line, there were eight or nine sushi rolls to choose from. Never having eaten sushi before, I let the man serving me choose any six for me to try. The sushi was served with spicy mayo, soy sauce and, of course, chopsticks.

I am not too sure what I ate, but I enjoyed it nonetheless, and it seems like other students enjoyed it as well since Mr. Pak's came back several times.

While most people think sushi originated in Japan, sushi traces its origins back to the rice fields of China. According to Roka Akor, Japan is certainly the sushi capital of the world and responsible for introducing the dish to travelers, but sushi traces its origins back to a Chinese dish called narezushi. This dish consisted of fermented rice and salted fish.

Sushi is an especially difficult dish for picky eaters to eat as it contains raw fish and multitudes of vegetables, with condiments on the side to dip in.

Pediatrician Tanya Altmann said if a picky eater isn't getting enough good nutrition because of being too selective, in individual cases, picky eating (especially extreme picky eating) can lead to both short- and long-term nutrient deficiencies and other problems.

So picky eaters, don't worry about having to try new foods you are uncomfortable with. But every once in a while, test out a new food. It will only benefit you. And you may just like it!

UWO ranked as one of the best online colleges in emergency management

By Andrew Hansen
hansea31@uwos.edu

Accredited Online Colleges (AOC) recently ranked UW Oshkosh as one of the best online Colleges in Emergency Management in the country.

“We strive to meet or exceed industry standards in preparing the future leaders of the fire and emergency response industry,” UW Oshkosh Fire and Emergency Response Management (FERM) Outreach Program Manager Cindy Brun said.

Emergency management degrees are for students who wish to pursue a career in an organization that responds to large-

scale emergencies and disasters ranging from natural disasters to domestic terrorism.

Disasters of this magnitude often require the coordination of several agencies, including medical, fire and law enforcement, so oversight of these operations is crucial to a successful emergency response.

AOC takes into consideration the number of associated programs offered as well as their variety, the courses’

student-to-faculty ratio, affordability and quality of the degree when assembling the rankings.

UWO ranked 19th out of 30 of the top accredited colleges offering the degree in the nation.

“The program has been ranked highly by numerous sources, including OnlineU.org and EndureF.net. It was also the first program of its kind to be implemented in the state of Wisconsin,” the AOC website states.



In July of 2020, the FERM program placed eighth on both OnlineU.org and EndureF.net’s “Most affordable online Fire Science bachelor’s degree” rankings.

UWO currently offers FERM degrees with an emphasis in either Fire Services Management or Emergency Management, with a projected completion of two years or less. The program aims to prepare students academically as a firefighter or EMS upon completion.

For more information on the FERM program, visit their website on the UWO Online Degree Programs page.



WELCOME TITANS!

We're glad you've chosen UW Oshkosh.

We're here to help you make it the best year yet.

UW Oshkosh Chancellor
Andy Leavitt





LEARN ABOUT FRATERNITY & SORORITY LIFE AT UW OSHKOSH

OUR SORORITIES

ΑΞΔ
Alpha Xi Delta

National Founding
April, 17 1893

UWO Founding
December 11, 1965

Philanthropic Partner
Autism Speaks

ΓΦΒ
Gamma Phi Beta

National Founding
November 11, 1874

UWO Founding
May 14, 1966

Philanthropic Partner
Building Strong Girls

ZTA
Zeta Tau Alpha

National Founding
October 15, 1898

UWO Founding
November 22, 1997

Philanthropic Partner
Breast Cancer Education & Awareness

ΣΣΣ
Sigma Sigma Sigma

National Founding
April 20, 1898

UWO Founding
April 11, 1987

Philanthropic Partner
March of Dimes

ΒΘΠ
Beta Theta Pi

National Founding
August 8, 1839

UWO Founding
December 4, 1991

Philanthropic Partner
Christine Ann Domestic Abuse Services Inc.

ΔΣΦ
Delta Sigma Phi

National Founding
December 10, 1899

UWO Founding
May 5, 1965

Philanthropic Partner
American Red Cross

ΔΧ
Delta Chi

National Founding
October 13, 1890

UWO Founding
November 13, 1969

Philanthropic Partner
The V Foundation for Cancer Research

ΣΠ
Sigma Pi

National Founding
February 16, 1897

UWO Founding
April 27, 1966

Philanthropic Partner
Amazing Day Foundation

ΩΔΦ
Omega Delta Phi

National Founding
November 25, 1987

UWO Founding
May 27, 2006

Philanthropic Partner
CASA for Children

OUR FRATERNITIES

INTERESTED IN JOINING A SORORITY OR FRATERNITY?
VISIT US AT...

Web: uwosh.edu/go/fsl Email: uwogreeklife@uwosh.edu

Facebook: UW Oshkosh Fraternity and Sorority Life

Instagram: @greek_life_uwo

UWO
UNIVERSITY OF WISCONSIN
OSHKOSH

DE-STRESS

How to reduce anxiety during midterms and finals



By Lexi Langendorf
langel29@uwosh.edu

Finals and midterms. Two words that give nightmares to students each semester. It's those times where overwhelmed students swarm the library, cry over final projects and get more caffeine than sleep.

But studying for midterms or finals doesn't have to be a week of suffering if you don't want it to be. There are ways to stay engaged in your studies and be successful on all of your exams or projects without your blood pressure skyrocketing. Some Advance-Titan staffers shared their techniques below:

Have the right study strategy

One way to improve your studying is to work with friends, or even change up your study space. If you always study in your dorm room, maybe try studying outside, at a cafe or in the library.

During the week, it's also important to have a schedule that makes time for all of the school stuff you need to get done.

Advance-Titan Opinion Editor Owen Peterson recommends using a planner or checklist to ensure that everything gets done.

"When juggling multiple important exams in the span of a week, it is easy to get flustered, and staying organized by using a planner and setting aside time to study for certain classes makes it a lot more manageable," he said. "Also, I recommend writing by hand as much as possible while studying, as it helps you recall stuff much better when actually taking the exam."

Thomas Antrim, an A-T writer, also recommends that students write out a schedule or list, as well as learn to apply course material to daily life to make it easier to recall.

"Apply the material you're learning in the class to things in your own life to make the curriculum relatable," he said. "You will be able to grasp and retain the knowledge more if you are interested in it."

A-T news writer Kylie Balk-Yaatenen said that she generally tries to look over her notes before she goes to sleep so she retains the material.

"I also read over them while I drink my coffee in the morning of the exam," she said.

Maintain healthy habits

Outside of studying, it's important to practice healthy habits both mentally and physically.



UWO Flickr

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

2020-2021 A-T Editor in Chief Carter Uslabar, who graduated in May, said that his biggest survival tip is to get proper sleep.

"Professors don't award points based on hours-of-sleep foregone," Uslabar said. "So, sleep now, study later. If you put off sleep, you'll be wasting your time studying, won't remember anything and will feel both physically and mentally like garbage. Even if you must sacrifice time spent studying for sleep, it'll be a more productive use of your time."

Incoming Editor in Chief Cory Sparks said that a healthy diet and frequent breaks are crucial for him during finals.

"Putting the right things into my body that will allow me to stay energized is something I always try to do, but I stress it even more during midterms or finals week," he said. "During last minute studying, I always remember to take a break every half an hour or so. Breaking the work down into intervals makes it less daunting."

Taking time for exercise is also key. Something as simple as running or going on a walk or bike ride can help prevent and reduce stress.

Reward yourself

A-T Copy Chief Heidi Docter, who also graduated in May, said she often uses small incentives to get her through stressful weeks.

"I have a hard time sitting down and actually doing my work, so I set small

goals to accomplish throughout the day and give myself a reward if I complete a task," she said. "For example, if I complete my research paper that's weeks overdue by tonight, I'll indulge in a bowl of Fruity Pebbles at 2 a.m. The last two weeks are arduous enough, and forcing myself to push through it without any breaks or positive reinforcement tends to wear on my mental wellbeing. Immediate positive reinforcement does wonders, no matter how small."

During the spring 2021 semester, Docter said she studied in the library and used a gift card her mom gave her for Insomnia Cookies.

"Little rewards like that make finals bearable," she said. "The effort you put into studying is reflected in what you get out."

Find what works for you

Most importantly, do what makes you feel the best, whether it's getting a coffee, taking a power nap or hitting the gym.

A-T writer Cassidy Kennedy has a specific routine during finals or midterms that helps her stay on track.

"I usually start studying a few days in advance to go over the material and then I start quizzing myself on it to make sure I feel comfortable with it," she said. "I also keep pumping the coffee during midterms or finals weeks and I always like to chew a piece of gum while I take exams because it helps with my focus and memory since studies do show gum helps during exams."



**Education Benefit
information and
Assistance**

**Student Services
Information**

**Computer Lab with
Printer**

CAC Capabilities

Lounge with Wi-Fi

Charging Station

Free Coffee & Tea Bar

**Meeting Place for
Student Veteran
Association**

Study Space

**Place to Connect
with Other Veterans**

UW OSHKOSH
FOX CITIES **OSHKOSH** **FOND DU LAC**
ROOM 1264 **DEMPSEY 130** **ROOM 237**



VETERAN RESOURCE CENTER

WWW.UWOSH.EDU/VETERANS
VETERANS@UWOSH.EDU

920-424-1804



WE WANT YOU!

JOIN THE
STUDENT
VETERAN
ASSOCIATION



All students welcome!

Connect with student veterans and friends

Participate and help plan SVA campus and community events

Email or follow our social media for more information



@UWOVeteransAssociation



@uwoshkosh_sva



sva@uwosh.edu

Make memories, not just social media posts

By Owen Peterson
petero84@uwosh.edu

People today seem to have a need to photograph everything they do, whether it's a trip across the country or simply taking a walk, and why shouldn't they?

Most people in first-world countries are equipped with cameras on their phones – increasingly good ones, too – and there is essentially unlimited space to store these photos, so society has been equipped with the perfect tool to capture life and cherish every memory.

But research over the last decade shows that this constant documentation of life is actually impairing the ability to make real memories. In fact, it would seem that the process of “making memories” is doing anything but.

The TIME magazine article, “How social media is hurting your memory,” described this memory impairment process as “externalizing” one's memory.

Written by Andrew Gregory, the article explains that, before the internet was widely available, information was stored either in someone's mind or in external storage such as books. This meant that any knowledge that one did not possess took effort to retrieve; however, this effort has been all but erased by the internet.



Because it is so easy to look up information, people see less need to store information internally. This so-called “Google effect” points to an over reliance on knowledge that one is never truly in possession of.

Some argue that this effect is not only taking place with information, but also with memories. If it is so easy to document events with photos and post them for everyone to see, what need is there to store the memories ourselves?

The danger in storing your memories externally stems from the simple yet damning idea that the act of taking a photo ensures that one will remember the moment considerably less than if they had simply observed it.

“When somebody's taking pictures because they have to post them on Facebook,” Julia Soares, a researcher at UC Santa Cruz, explains, “there's research to show that they're going to remember the event

less positively [than] if they're taking the photos really intentionally.”

This is precisely what differentiates taking pictures for social media from the job of a professional photographer. With social media, the intention is rarely to savor or value a moment, but rather to make an impression on others, which is where the value of a memory is lost.

But what about photo-taking habits in the past, like for photo books and scrapbooks? How are they any different? I'm not too sure that they are, in impact at least.

The glaring difference between these two is the volume. Whereas traditional “external memory” methods were usually reserved for special occasions, social media memories are constant, capturing even the most mundane of moments.

This is completely unsurprising, as it is well known how constant and intrusive social

media is in one's daily life, but nonetheless problematic. Knowing what was reported from the aforementioned studies, the constant “making” of memories would put one in an uncomfortable scenario: How much is one willing to risk forgetting?

Yes, that might be a bit dramatic. But this constant documentation is hampering the value that one gets from life's moments.

Looking back on these photos, one may think that they are recalling a moment, but what they are really recalling is a hollow version of the moment that was devalued the second a photo was taken.

By detaching oneself from a moment, the chances that one will actually remember the moment for all that it really was is very low. While one may hold on to the still, it can never compensate for what was lost due to distraction.

This is because a memory is not an image. It's much more. A memory is a moment, captured by all of your senses, encased in indescribable feelings, that could never be adequately represented by anything other than your own mind.

So take some photos and post them on social media. But also make the effort to make memories as a new student at UWO.

HOW WILL YOU PREPARE YOURSELF FOR A DIVERSE WORLD?

At the intersection of language and culture you'll find a world of possibilities.



FRENCH | GERMAN | JAPANESE | SPANISH

Get credit for your high school language classes by taking the placement exam.
Call Testing Services for more information at (920) 424-0073 or connect online at uwosh.edu/testing.

UWO
UNIVERSITY OF WISCONSIN
OSHKOSH

CONTACT US

Global Languages and Cultures
(920) 424-4004
uwosh.edu/glc

4 benefits to meditation

By Amber Brockman
brocka24@uwosh.edu

The practice of meditation is gaining popularity as a way to help ease symptoms of many health conditions and improve quality of life, with countless studies showing a variety of benefits.

Most people are able to cope with the demands of everyday life, but situations can arise that take a toll on the body and mind.

While you can't control what happens to you, you can learn to control your response to challenging situations so you don't add to your suffering, and one way to do that is with meditation.

Here are some benefits of practicing mindfulness and meditation as backed by scientific research.

Reduces stress

One of the most common reasons people choose to practice meditation and mindfulness is to help manage stress.

During meditation, your attention is focused on the present moment, which allows you to enter a state of relaxation that can help free your mind from the many distractions that cause stress.

Studies have shown that one of the main hormones involved in the stress response decreased significantly during meditation and remained low afterward.

Improves attention

Since a strong focus of attention is an important component of meditation, it's not surprising that many studies suggest it can enhance concentration and attention span.



Amber Brockman / Advance-Titan
Meditation can help reduce stress and improve mental health.

Scientific research has shown that meditation can reduce mind wandering and improve your ability to solve problems.

Researchers have also found that meditation helps to counter habituation, which is the tendency to stop paying attention to new information in your environment.

"Mindfulness as a mode of sustained and receptive attention promotes openness to each incoming stimulus, even if repetitive and/or aversive," according to a study published by the Public Library of Science.

Improves sleep

Research has shown that practicing meditation can increase the hormones associated with sleep regulation and can have a positive effect on autonomic activity during specific sleep states.

One study that focused on the efficacy of mindfulness meditation as a treatment for chronic insomnia found that meditation-based treatment significantly reduced the participants' total wake time in bed.

"Intense meditation practices help to achieve a harmony between body and mind," according to a study published by Frontiers in Neurology. "Meditation practices influence brain functions, induce intrinsic neural plasticity events, modulate autonomic, metabolic, endocrine and immune functions and thus mediate global regulatory changes in various behavioral states including sleep."

Improves mental health

Meditation can improve your mental health by reducing symptoms of depression and anxiety, according to research in a variety of scientific journals.

"Existing research on MBIs (mindfulness-based interventions), which includes meditation, supports the theory that cultivation of greater attention, awareness and acceptance through meditation practices is associated with lower levels of psychological distress, including decreased symptoms of depression, anxiety, worry and anger," according to a Psychology Research and Behavior Management article.

Another study, which focused on the effects of meditation on college students' experience of stress, anxiety, depression and perfectionistic thoughts, found that the subjects showed a significant decline on all variables after practicing meditation for two semesters.

Although other treatments are available, like medication and therapy, meditation doesn't have side effects and it's accessible to you anytime, anywhere.

To learn more, visit uwosh.edu/counseling/resources/mindfulness/.



STUDENT RECREATION & WELLNESS



Facilities:

- Albee Pool
- Basketball and Volleyball Courts
- Cardio and Strength Equipment
- Climbing Wall
- Golf Simulator
- Indoor Track
- Rec Plex

Programs & Services:

- Equipment Rentals
- Group Exercise
- Health Promotion
- Intramural Sports
- Outdoor Adventures
- Personal Training
- Victim/Survivor Advocacy
- Violence Prevention



@UWOSTudentRec

uwosh.edu/recreation

uwosh.edu/wellness

StudentRecreation@uwosh.edu

Tips for living off campus

The Advance-Titan
atitan@uwosh.edu

When deciding whether to live off campus, you may think of the freedom that awaits you and the possibility of saving money compared to living on campus. But before you get ahead of yourself and take the leap into more independence, there are a few other things that need to be considered.

Walking or driving to campus

Do you plan on walking or driving to campus every day for class? If you plan on walking, consider staying a half mile or less away from campus.

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

Price

Price will play a role in where you live. You need to decide how much you would like to and can afford to spend.

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

Look at what is all included in your rent, especially water, heat and electricity. These are

Things to consider



DISTANCE

Consider how you plan on getting to and from campus. Stay within a half mile of campus if walking is your main form of transportation. But also consider the distance to things like a grocery store, particularly if you don't have a car on campus.

PRICE

Keep in mind what you want to stay under per month. Prices tend to range from \$300 to \$500 per person per month, but realize that will not be your total cost. You may also have to pay for water, utilities, internet and more. So make sure you can afford the total price before you sign a lease.



LOCATION

Besides campus, you'll also want to be near other facilities such as restaurants, campus bars or grocery stores, particularly if you don't have a car on campus. You may also want to be near local attractions such as the Wiouwash Trail for hiking, running or biking, or the Fox River.

ROOMMATES

Be careful when choosing roommates, and pick those who have similar lifestyles as you do, particularly if you have to share a bedroom. If you have 8 a.m. classes most days, you won't want a roommate who stays up to 2 a.m. And if you're a neat freak, try to find roommates who are as particular as you are.



the main utilities that vary the most month to month. Also, internet service isn't cheap, and you will need that to do your homework, so include that cost, too, as you determine your total cost of living off campus.

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

Overall location

Of course, the distance to campus is a high priority, but there may be more to think about than just campus when it comes to location. In Oshkosh, there are a lot of things to do, but one of the main ones, especially once you turn 21, are the bars. While the apartments on Pearl Avenue mentioned before are a longer walk to

campus than the homes located off the east side of campus, they are a shorter walk to the campus bars. Depending on how often you plan to engage in these activities, it may change your mind when thinking of the prices of Ubers. This side is also closer to places such as Mahoney's, Jimmy John's, Big Apple Bagels and the Fox River. If these are places that you work at or would go to often, maybe the south side of campus by Wisconsin Street is more appealing to you than a location like Scott Avenue or Cherry Street.

Consider how close you are to grocery stores, too, especially if you don't have a vehicle on campus.

Overall, Oshkosh has a wide variety of places that students can live in that are near the central campus. Most off-campus housing is cheaper than dorm prices, which makes moving off campus more appealing.

Need help?

The Oshkosh Student Association has partnered with Rent College Pads, Inc. to assist students with their search for off-campus housing. A database at offcampushousing.uwosh.edu/listing provides you with tools to compare off-campus housing apartments and rooms for rent.

The platform also provides a map of the area surrounding the Oshkosh campus where students can get an overhead view of local off-campus properties, as well as filter features to help narrow down your search by pricing, bedrooms, amenities, etc.

Each listing also includes walk, bike and bus times to different locations on campus so you'll know your daily commute.



150

1871-2021

100

YEARS

150 YEARS OF EXCELLENCE AND OPPORTUNITY

Today. Tomorrow. Always a **Titan**.

University Marketing and Communications

UNIVERSITY OF WISCONSIN OSHKOSH

Department of History



Award-winning faculty

Straightforward major (36 credits) and minor (24 credits) requirements

**Major or Minor in HISTORY
and develop the skills
employers want!**

According to the National Association of Colleges & Employers:

***Critical thinking & writing skills are among the
attributes most highly valued by employers***

Check us out at uwosh.edu/history or visit us in 3612 Sage Hall

**Study the past...
prepare for your future!**





Katie Pulvermacher / The Advance-Titan

Student assistant Catriona Ellis, left, and assistant professor Laura Ladwig look at specimens in UW Oshkosh's herbarium. Top right, a close up of shining fetterbush (*Lyonia lucida*), one of about 125,000 specimens located inside the facility. Bottom right, books inside the facility.

UWO herbarium 4th largest in state

By Mackenzie Seymour
seymom53@uwosh.edu

UW Oshkosh's Neil A. Harriman Herbarium is a natural history museum that displays a wide variety of plants from all over the world.

The herbarium was founded in 1964 by Neil A. Harriman, a biology and microbiology professor at UWO from 1964 to 1998. According to the department of biology's website, the herbarium grows at a rate of 2,000 specimens per year and is the fourth largest facility in Wisconsin.

The herbarium, which is located in Room 9 of Halsey Science Center, contains around 125,000 specimens of exclusively vascular plants such as ferns, lycopods, conifers and other gymnosperms, and angiosperms or flowering plants.

Laura Ladwig, the director of the herbarium and an assistant professor of biology at UWO, said herbariums are important to the scientific community because natural history collections are valuable resources that aid research projects. Herbariums allow scientists to classify and systematically

organize large collections of plants.

"Having a physical, historic record of these organisms can help us with plant taxonomy, and helps answer questions related to ecology and evolution," Ladwig said.

The herbarium provides UWO students with an opportunity to view examples of

"Having a physical, historic record of these organisms ... helps answer questions related to ecology and evolution."

—Herbarium Director Laura Ladwig

botanical diversity from across Wisconsin and major biomes around the world. Nearly every family of vascular plant is represented within the collection.

Some native vascular plants from Wisconsin preserved in the herbarium include poke milkweed, Eastern hop-hornbeam and spotted snap-weed.

In describing the preservation process, Ladwig said that researchers begin by going out into the field to collect plants.

After collecting the whole plant, it is then pressed, dried and glued onto a special archival paper.

"Every plant receives a unique label containing its scientific name, origin and general information about the plant. Then, the specimen gets organized and cataloged into the herbarium," she said.

Ladwig said the most interesting plants preserved in the herbarium are the ones that date back to the 1800s and provide unique historical data and records.

"The oldest plants were collected around the time when the university was being established," she said. "There is something magical about holding an actual plant from that time in your hand."

Other interesting plants in the herbarium include a taxonomic group called lianas, which are woody vines that grow mainly in tropical forests. Species in the herbarium include Virginia creepers and honey-suckle.

To visit the herbarium, contact Ladwig at ladwigl@uwosh.edu or call 920-424-1002 for more information.

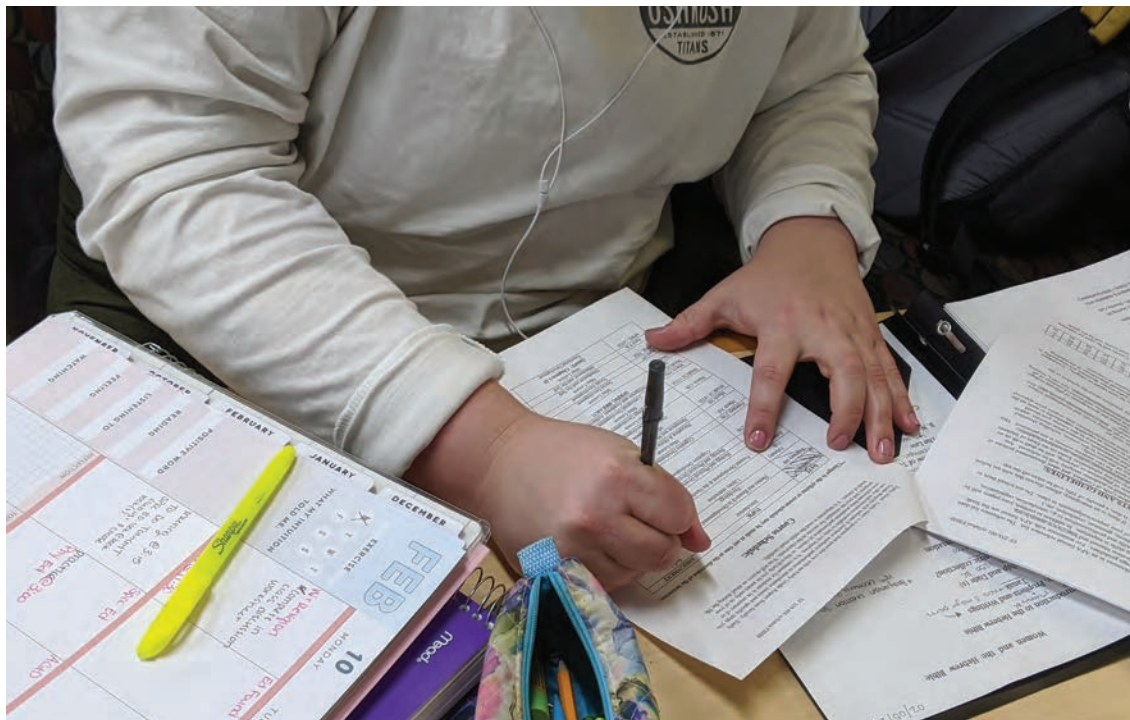
BFA / BA / BS / ART MINOR / ART HISTORY MINOR

CONSIDER ART!

ART EDUCATION K-12 Visual Arts Teacher Certification / Art Education Theory & Practice
ART HISTORY Surveys to Upper Level / Global Citizen & Global Scholar Options
GRAPHIC DESIGN Typography / Package Design / Visual Identity and Logo Design
STUDIO Art Metals / Ceramics / Drawing / Painting / Photography / Printmaking / Sculpture / Woodworking

uwosh.edu/art

For more information, contact the UW Oshkosh Art Department at artdepartment@uwosh.edu or 920-424-2222.
 ALL WORK ON THIS PAGE WAS CREATED BY STUDENTS IN OUR CLASSES. **YOUR WORK COULD BE HERE TOO.**



April Lee / The Advance-Titan

It's common to see students studying while listening to music, but research isn't clear if it improves academic performance.

Does listening to music help you study better?

The Advance-Titan
atitan@uwosh.edu

On college campuses nationwide, it's common to see students walking around with earbuds or headphones on. Even more common to see is students with earbuds or headphones in during midterms or finals week while doing their homework, thinking it will help them focus.

But does it?

Several studies have shown the positive and negative effects of listening to music and compared it to college students' academic performance.

In "Music Listening and Mental Health: Variations on Internalizing Psychopathology," Dave Miranda of McGill University and cohorts stated that "music is an everyday behavior that can be associated with different levels of mental health, including optimal well-being."

Music, according to the study, usually brings out

positive emotions such as happiness and provides "developmental resources" such as emotion regulation.

"Social and Emotional Function of Music Listening: Reasons for Listening to Music" by Elif Tekin Gurgun further emphasized that listening to music was for enjoyment and improving emotional moods.

Gurgun also found in this study that it is common for college students to listen to the same types of music as their peers.

"Universities provide a safer environment where individuals feel more freedom than in other levels of education," Gurgun's study stated. "Because this is the time that young people become an adult, it can be theorized that the preferences made during this period would be more permanent."

Gurgun then concluded that "individuals listen to music

not only to relax, but also to feel energized and become more active."

Additionally, the researchers said that emotions are the biggest reason why music is listened to, and that the power of music became a tool to "activate, change, empower and alleviate emotions."

In "The Impact of Listening to Music on Cognitive Performance," Arelle Dolegui found that listening to music is commonplace among students to "counter the effects of stress or anxiety while completing difficult academic tasks."

However, this study concluded that participants who listened to no music at all performed better academically than those who did.

Furthermore, the results of this study showed that a preferred type of music while studying may act as a distraction, as one's attention may be drawn to the lyrics, emotions or memories that the song or

genre holds.

The study also found that sedative music helped students succeed more than preferred or upbeat music, though it is not the ultimate choice over studying in silence.

Music can be used for overall emotional well-being, but for studying it should be put to the side to encourage higher academic performance, according to some studies.

However, Dolegui found that "overall background noise, such as TV, music and chatter could improve performance in complex cognitive tasks for extroverts," but may significantly affect the performance of introverted students.

Dolegui concluded "students should strive to study and learn in an environment such as the library or a private study room that is as quiet as possible, especially when the material requires higher cognitive processing."

UW OSHKOSH DEPARTMENT OF JOURNALISM

FIND A CAREER YOU'LL LOVE

97% of our May grads had internships or professional experiences

88% of our recent grads are employed in the field

Multimedia Journalism

Public Relations

Advertising

www.uwosh.edu/journalism

Visit us in Sage 3003 or online to explore our vibrant community, exciting careers and award-winning student organizations.

The Advance-Titan

Society of Professional Journalists (SPJ)

Ad Club

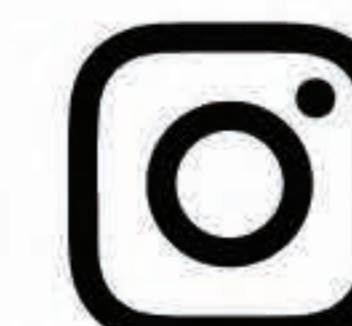
Photo Club

Public Relations Student Society of America

UWO
OSHKOSH
JOURNALISM



/uwoshjournalism



/uwosh_journalism



/uwoshjournalism



Women's Center not just for females

By Heidi Docter
docteh72@uwosh.edu

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

The Women's Center opened its doors in 2004 to address concerns from the UW System Status of Women report. The UW System Initiative on the Status of Women was created to evaluate the status of women on UW campuses and to establish an organization to improve the status of those women.

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

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



resources for women and gender minorities.

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

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

Individuals of all genders are welcome to join in the discussion of gender equity, and one way the Women's Center strives to include men and masculine-identifying

students in their work is through Masculinity Mondays. During Masculinity Mondays, students "talk about masculinity and how to promote healthy masculinity as a way to reach gender equity," she said.

Another event hosted by the Women's Center and Reeve Memorial Union is the annual Titan LeadHERship Conference, which addresses the gap in leadership and empowers women to pursue leadership positions in their area of interest. A photo exhibit is part of the LeadHERship conference because it gives insight into the women around campus who people may not see all the time.

The Women's Center also provides plenty of resources to students in their office. Some of these resources include a computer lab, a craft corner, a lactation room, two all-gender bathrooms with changing tables, free menstrual hygiene products, free safer sex supplies, beverages and information about other community and campus resources. Students can also check out Women's Center resources, such as games or the PlayStation 4.

Mark & Susie's
piggly wiggly®

LOCALLY OWNED & OPERATED

OSHKOSH'S FULL SERVICE FAMILY GROCERY STORE

GO TITANS!!!

OPEN EVERYDAY AT 6AM

**525 EAST MURDOCK AVE. OSHKOSH 54901
920-236-7801**



Webster becomes weekday residence hall

By Katie Pulvermacher
pulvek45@uwosh.edu

UW Oshkosh has a new option for student housing this school year, as Webster Hall has become a weekday residence hall for those who do not want to stay on campus over the weekends.

“With a new initiative, we are unsure of its popularity,” Director of Residence Life Robert Babcock said. “We wanted to take one of our small halls to gauge interest for the first year to not interfere with the use of a larger building.”

There are no statistics recording how many students choose to go home on weekends, but it is visibly noticeable walking around campus, seeing fewer students in campus buildings over weekends.



Katie Pulvermacher / Advance-Titan

Webster Hall is now a weekday-only residence, becoming the first in the UW System to try this new housing option.

This initiative was started by the Department of Residence Life at UWO; no other UW school has this housing option

available.

“[The popularity] is difficult to forecast at this moment,” Babcock said. “We are trying

this initiative ... and evaluating annually.”

By choosing this housing option, students receive a discount on their housing cost of \$325 a semester and \$650 an academic year.

This cut in price means that the hall is open during the week (Sunday noon - Friday 8 p.m.) and closed on the weekend (Friday 8 p.m. - Sunday noon).

Juniors and seniors have the advantage of taking up this opportunity as well. They have the flexibility to purchase this space as a single, and the room is assigned at the single rate minus the above-mentioned discount.

All students must still have a meal plan, and they will need to choose from the existing meal plans offered.

The University Studies Program (USP) is UW Oshkosh's general education program.

In your Quest classes you will:



**QUEST
1**

Get to know campus and resources available to you through small classes with other first-year students.



**QUEST
2**

Begin your career exploration by meeting alumni and career professionals who will help you explore your future.



**QUEST
3**

Engage with the community and contribute to the over 140,000 student hours already completed on community projects.



University Studies Program
General Education, done better.

Learn more: uwosh.edu/usp



Advance-Titan photo illustration

Haunted halls?

By Mattie Beck
beckm88@uwosh.edu

Uninvited residents were rumored to be lurking throughout Horizon Village, a residence hall on the UW Oshkosh campus, as stories of ghosts and spirits spread around campus last spring.

About 11 years old, Horizon is one of the newer buildings on campus. But evidently, this doesn't mean it can't be haunted.

In fact, during the spring 2021 semester, then-sophomore Alyssa Hagen and her roommates experienced what they believed to be a ghostly presence haunting their suite and those around them.

"I live on the fifth floor; no one is above us, and it sounds like someone is running on the roof," Hagen said. "There's a lot of weird banging that happens too."

While it is normal to hear lots of noises with students going in and out of rooms, hearing unusual noises from the roof at the top floor is certainly strange.

Even though these occurrences can be easily chalked up to nothing more than common noises, Hagen said happenings cannot be explained by logic alone.

"One night we heard our neighbors

screaming and running out; turns out they had heard banging and banged back," Hagen said. "Their laundry basket and desk chair moved immediately after they did so."

All these strange events led Hagen to do some research to try to find an explanation for what was going on. Instead, she found some very disturbing information.

"One girl died from a heart attack in the dorm before Horizon Village," Hagen said. "Three girls were buried underneath the dorms that used to be here before Horizon was built."

It is true that Sarah Jaburek, a 20-year-old student at UWO, was found dead in Nelson Hall in 2003 as a result of heart complications. However, it is unknown whether or not the second part of Hagen's statement is true.

Ginny Gross of the Oshkosh Public Museum said that while there was not a graveyard directly under Horizon, there was one close enough nearby to warrant a possible haunting.

"The cemetery on the corner of Wisconsin and Algoma was called Locust Grove Cemetery," Gross said. For reference, that intersection is located about a block away

from Horizon.

"As the city grew, and then became incorporated in 1853, the cemetery location was good real estate for other uses," she said.

The land where the cemetery stood was sold, and bodies were soon moved to a new cemetery, which is the present day Riverside Cemetery, Gross said. While bodies were moved, it is unknown how they were moved or who moved them, she added. However, a few bodies were left behind and discovered later.

"We know from newspaper accounts in the late 1800s that at least two bodies were not moved, as remains were found when the sewers were being dug on Elmwood Avenue," Gross said.

Another Horizon resident from the other side of the building said she experienced the same paranormal activity.

During the spring 2021 semester, then-sophomore Hannah Gilbert, said: "One day, I was alone in the dorm, and I went to put something in the living room. I saw a female on my couch, sitting with her legs crossed. Her hair was sort of see-through."

This wasn't the only time Gilbert and

her roommates said they encountered a spirit.

"Another night, I looked down the hallway and saw a dark, tall figure standing at the end," Gilbert said. "My roommate Allyson saw me freak out and started crying because she had fear."

The girls also experienced doors slamming, sinks turning on and off and door handles turning back and forth at early hours in the morning.

This is not the first time rumors of hauntings in residence halls have circulated around campus.

In fact, a Tumblr account called "uwoghosts" features reports dating back to 2018 regarding the paranormal activity occurring in Evans Hall.

On Feb. 25, 2018 at 12:35 a.m., UWO student Ethan reported on Tumblr: "We heard a noise which sounded like a chair being dragged across the floor in Room 420 so we ran

up to check it out. There was nobody upstairs, and there was nobody in the bathroom. We left and headed back down the stairs.

"Down the first half of the stairs, we heard a bang, as though something had been dropped. We ran right back on up, but again, found nothing."

Jocelyn Hart, a UWO alumna, also discussed her experience with a dark presence in Fletcher Hall in an earlier Advance-Titan article from 2015.

Hart and her freshman roommate said that after learning that no one had stayed in their room for seven years prior to them, they started hearing noises in the night and could feel a physical presence around them.

"When we started recording at night, 3 a.m. is when you could hear pencils moving on our desks and the plastic from our groceries rustling," Hart



said. "There was even a clip of the sound of nails being dragged across our desk."

It wasn't long before the two roommates decided that they needed to take action.

"Eventually, it got to a point where we didn't feel safe in our room because we caught a clip of the spirit watching us while we slept," Hart said. "It was sitting at my roommate's desk and, unlike a normal shadow that goes away when the lights turn on, it slowly

disappeared as if it was dissolving."

After moving out of her freshman dorm with her roommate, Hart said, "I 100% believe there are presences on campus. My community adviser freshman year was telling us how I'm not the only one who has claimed to have experiences on campus and that she had heard things herself when the dorms are empty over breaks."

Though these students' claims and encounters from both past and present perspectives cannot directly prove there are ghosts haunting the dorms of Horizon, it leads one to wonder if something supernatural may be lurking throughout the building.

The residence halls may or may not be haunted, but these stories will definitely put you on edge the next time you find yourself alone in the dark halls of Horizon during the night.

**YOUR ORIGINAL SOURCE FOR
UNIQUE CLOTHES & JEWELRY,
WORLD GIFTS AND
THE SMOKE SHOP SINCE 1969!**

**INCENSE-OILS-BUDDHAS-CBD
POSTERS-STICKERS-FLAGS
CLOTHING-JEWELRY-TAPESTRIES
SMOKE SHOP-WORLD GIFTS
AND SO MUCH MORE!**

FREE Satori T-shirt with a purchase of \$50!

SATORI IMPORTS

**411 N Main St Downtown Oshkosh WI
MON-SAT: 11-6 SUN: 12-5
satorioshkosh.com @satoriimports**

Only 4 blocks from campus!

Camera Casino

**Your COMPLETE camera store,
just a short walk downtown from campus.**

We can help with ALL of your camera needs

- ~ Lens Rentals
- ~ Studio Equipment
- ~ Camera Accessories
- ~ Media Cards and Batteries
- ~ Film & Darkroom Gear (student discount!)
- ~ Monopods and Tripods
- ~ Video and Mic Accessories
- ~ Studio Rental Space
- ~ Wall of Camera Bags
- ~ Cameras and Lenses (Canon, Nikon, Sony, Sigma and Tamron)

Printing Services:

- Canvas Prints
- Photo Restorations
- Cell Phone Printing
- Photo Gifts
- Photo Posters
- Metal Prints

Digital prints in 10 minutes!

**15 % off all digital printing with valid UWO student/staff ID
(not valid with other ongoing promos)**

And as always...HAIL TITANS!

**439 N. Main St., Oshkosh 920-233-2424
www.cameracasino.com**



Turning over a new leaf. And another.

And a couple thousand
more.

By Mackenzie Seymour
seymom53@uwosh.edu

If you walk through the dining room area as you enter or exit Reeve Memorial Union, you've probably seen it. But have you wondered what it is?

The Reeve Union dining room contains a futuristic-like garden that could lead to a more sustainable and environmentally friendly way of growing produce on campus.

The "Tower Gardens" was installed in a room located next to Clash Burger by UWO Assistant Dining Director Brian Warzynski in July 2019.

"The purpose was to grow fresh produce on campus," Warzynski said. "We have mul-

tipale types of lettuce, basil and parsley growing."

The gardens include nine Flex Farms and three Tower Gardens, which are advanced agricultural systems that stand vertically. Each Flex Farm can hold up to 288 plants, while the Tower Gardens hold 28 plants.

With the use of vertical agricultural technology, UWO dining services is able to produce 200 pounds of lettuce and 15 pounds of herbs per month.

"In a normal year, that is about 50% of the need for grains and greens," Warzynski said.

The herbs are used at Blackhawk Commons and in the basil mayo at Titan Underground.

According to Fork Farm,

the company that designed Flex Farms, these agricultural systems are made of recyclable plastics and use an advanced form of hydroponics. Hydroponics is the practice of growing plants without using soil.

"Instead, you add nutrients directly into the water supply. Liquid nutrients enable the plants to spend less time extracting food from the soil and more time growing great big delicious leaves and fruit," according to Fork Farms.

Flex Farms and Tower Gardens provide a sustainable and environmentally friendly way of producing large amounts of fresh produce.

Flex Farms produce 20 pounds of vegetables per 28-

day plant cycle, while reducing food transportation costs, consuming 97% less water, and using less space than traditional gardening and agricultural practices.

"Environmental benefits include less carbon footprint from the travel of lettuce that would normally come from Arizona, and energy efficiency by only using 50 gallons of water a week and utilizing LED bulbs," Warzynski said.

In the future, Warzynski said he believes that the garden has the potential to expand through the addition of three more Flex Farms and by growing microgreens, which are younger vegetables that contain a high abundance of nutrients.

OSNA and MIN are UWO's local chapters of the National Student Nurses' Association

& American Association of Men In Nursing. Both are two nursing organizations on campus that host meetings alternating every other Wednesday from 5-6 PM.

These organizations are governed by both students and faculty members in the College of Nursing.

OSNA
Oshkosh Student Nurses' Association

AAMN
Advancing Men In Nursing

They offer opportunities to hear healthcare professionals speak,

host community service events, and help students complete

volunteer hours, and mentorship for students applying to the College of Nursing.

For more information contact OSNA@uwosh.edu

Sage Hall adds decals to prevent window, bird collisions, deaths

By Mackenzie Seymour
seymom53@uwosh.edu

UW Oshkosh's Sage Hall has a slightly different look this fall, after workers installed decals on its windows during the summer to prevent bird-window collisions.

UWO's Wildlife Conservation Club (WCC) introduced the project idea in fall 2020 after a research team collecting data on bird-window collision deaths on campus discovered birds struck windows most frequently at Sage Hall compared to other buildings.

"Approximately 1 billion birds die annually in North America as a result of collisions with windows. Recent research by a team of multidisciplinary researchers, student interns and community volunteers documented that this is indeed a problem at the University of Wisconsin Oshkosh," WCC's proposal stated.

Misty McPhee, a UWO environmental studies professor and WCC faculty adviser, said bird-window collisions occur because windows reflect surrounding habitat, which indicates to the bird that there is more sky or trees to fly to.

Collisions also occur more frequently on buildings with high window area coverage. Although Sage Hall's window area has not been calculated, it is believed that this is the reason collisions occur there most frequently.

In spring 2019, the research

team discovered 22 bird-window collision deaths across campus, 10 of which were at Sage Hall. Another 14 bird deaths were found at Sage later that fall. The higher frequency of deaths at Sage compared to other buildings prompted WCC to propose the idea of buying window decals.

WCC applied to the Green Fund through UWO's Sustainability Institute.

The club received approximately \$11,000 for the project, which included the window

decals, installation and signage that explains the purpose of bird-window decals.

"The desired outcome for this project is to reduce the number of bird deaths from window collisions on campus and to educate the UWO community about bird strikes and the purpose of the window treatments," McPhee said.

The decals were installed mid-summer before the fall migration. A repeating dot pattern covers the 46 windows of Sage Hall's entrance, covering about 155,000 square inches total.

"As the university strives to be more sustainable, we should remember that sustainability includes the non-human communities that share our campus," McPhee said. "This project will affect current and future students by increasing the abundance and diversity of bird species visiting campus."



EQUIPPED. CONFIDENT. CONNECTED.

Career & Professional Development

STUDENT SUCCESS CENTER SUITE 125 | UWOSH.EDU/CAREER

1.) HANDSHAKE



Check out Handshake, complete your profile and the Career Interest Profile. Find campus jobs, internships, part-time/full-time jobs and apply! Search events to develop career ready skills. This is one resource you want to know!

2.) INDUSTRY ADVISING

Students will receive detailed advice that will help them articulate their interests, explore professional and academic options, and understand the application processes & trends for industry specific opportunities.



3.) CAREER FAIRS & EVENTS



Career fairs are held each semester so you can connect with employers seeking students for internships/jobs. Fairs are open to ALL MAJORS and ALL SCHOOL YEARS. Professional development events are held each semester to prepare you for the world of work!

4.) RESUME FEEDBACK

Having a resume that showcases your strengths and experience is necessary! Drop-in appointments are available! Check out VMock to get quick feedback on your resume.



5.) FIRST DESTINATION OUTCOMES



Do you wonder what kind of salary you can expect upon graduation? Wonder where UWO grads go after college? Career & Professional Development will share this information with you!

CONNECT WITH US ON SOCIAL MEDIA

@UWOSHKOSHCPCD



CAREER & PROFESSIONAL
DEVELOPMENT



Carter Uslabar / The Advance-Titan

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

What happens when you get caught with a fake ID?

By Amber Brockman
brocka24@uwosh.edu

Although it's illegal, 19% of people younger than 21 report drinking alcohol and 11% report binge drinking in the last 30 days, according to the Centers for Disease Control and Prevention.

In fact, according to the 2019 National Survey on Drug Use and Health, consumption among those under 21 increases with age, with almost 36% of 18 to 20 year olds reporting they drink alcohol.

Many aren't surprised by those statistics. Tom Taggart, owner of Molly McGuire's bar, 539 Campus

Place, said his bar sees anywhere between 10 to 30 fake IDs in a night.

"Usually when they're from out of state, that's the first dead giveaway."

-Tom Taggart, bar owner

"A lot of them we know are mail order," Taggart said. "It even gets down to as crazy as the bouncers will know the person on the ID and

know it's not the person using it."

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

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

"This is one reason trained gatekeepers are critical to the ID checking process," the Center for Alcohol Policy website states. "Human gatekeepers can not only see and feel security features, but they can observe and assess behavioral

nuances often associated with the use of a fake ID.”

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

“Now you can go online and it’ll tell you in two seconds what a proper ID for that state should look like,” Taggart said. “Usually when they’re from out of state, that’s the first dead giveaway.”

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

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

Underage drinking statistics

- About four out of five college students drink alcohol at least occasionally. About half of college students who drink also binge drink.
- In 2019, 7 million people ages 12 to 20 reported that they drank alcohol beyond “just a few sips” in the past month.
- In 2019, 4.2 million young people reported binge drinking at least once in the past month.
- Excessive drinking contributes to more than 3,500 deaths among people below the age of 21 in the U.S. each year.

Sources: National Institute on Alcohol Abuse and Alcoholism, National Council on Alcoholism and Drug Dependence, Inc. and Centers for Disease Control and Prevention

Molly McGuire’s also has signs posted in the bar warning against the use of fake IDs.

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

Steph Rammer, a bartender at Kelly’s Bar, 219 Wisconsin St., said the bar typically sees at least 15 fake IDs on weekend nights.

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

we do.”

Kate Mann, Oshkosh Police Department public information officer, said people using a fake ID could be issued citations or be charged with a crime, depending on the circumstances of the incident and how the identification was used.

“If they present it to the police and they state that is their information and it is the wrong name, age, etc., they could be charged with obstructing, a state charge or citation for \$295,” Mann said. “They could possibly receive a citation for Carry Card Not Legally Issued for \$421, Knowingly Carries False ID Card for \$421 or Misrepresent Age for Entry/Service for \$484.”

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

“Everybody else has to wait; you have to wait, too,” he said.



Have a great year!

*From the
Office of the Provost*



UWO celebrates sesquicentennial in 2021

By The Advance-Titan
atitan@uwosh.edu

UW Oshkosh started as the Oshkosh Normal School when it opened in 1871 with eight faculty members and 43 enrolled students for the first day of classes.

It's grown *a bit* since then. Today, UWO has hundreds of employees who teach and support about 10,000 students. Students can choose from nearly 200 majors, minors and emphases, and take part in one (or many) of the more than 180 student clubs and organizations on a campus that has grown to 184.5 acres.

In 2021, UWO plans to share its 150-year story of excellence and innovative higher education it provides for students and the state.

Lynn Kleman, UWO's Sesquicentennial Committee chair and interim associate vice chancellor for development, said upcoming special sesquicentennial activities includes an audio walking tour, a Humans of UW Oshkosh project, a community picnic to mark the official first-day anniversary, a UWO 150th fundraising campaign and a

black-tie Black and Gold Ball.

Kleman said the sesquicentennial spirit will be infused into everything from move-in for students, commencement ceremonies in the fall, as well as the Golden Titan Reunion and Homecoming.

The schedule includes:

September

On Sept. 12, the University will host one of the centerpieces of the sesquicentennial celebration: the 150th anniversary community picnic. That date wasn't chosen out of convenience—it's the 150th anniversary of the first day of classes at the Oshkosh Normal School.

The day's festivities will begin at 11 a.m. and run until 3 p.m. The picnic will include refreshments, children's activities, live music and much more, all showcasing the entire UW Oshkosh campus.

People can also take part in a stop-by-stop audio tour of campus spaces on Sept. 12 called SoundMarkers. Signs will alert visitors to use their smart phones to hear a short recording detailing the history of the building they are standing in. A website with all the recordings will be available for individuals who are unable to experience the tour in person.

Sept. 12 also will mark the inaugural Giving Day, an



UWO Archives

The Oshkosh Normal School, shortly after its construction.

opportunity for alumni, family and friends of UW Oshkosh to support the 150 fund. A donation to the Give 150 campaign will go to three key areas: student academic, research and professional pursuits; University efforts in the areas of sustainability, social justice and economic security; and campus environment and student experience. UW Oshkosh hopes

to reach its goal of receiving \$150,000 on Giving Day.

In addition, UWO will host the Golden Titan Reunion during the University's Sesquicentennial celebration Sept. 11-12. The classes of 1970 and 1971 will be honored as they celebrate the 50th anniversary of their graduation, as well as all Golden Titans who have already reached this significant

Titan Central
is your
**ONE-STOP
SHOP**
on campus!

Stop by, call/email or
visit our website:

First Floor of Reeve Union
(920) 424-1234
titancentral@uwosh.edu
uwosh.edu/reeve/services/titan-central

SERVICES INCLUDE:



Campus
Information Desk



Buy stamps
and ship via USPS



Passport Photos



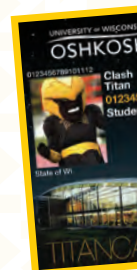
Lost and Found



ID Card
Center
(TitanCard)

Titan Dollars is an on-campus tender used for purchases like food, health and beauty, vending, school supplies, apparel, event tickets and more!

Add Titan Dollars to your account at Titan Central or online at uwosh.edu/reeve/titancard/deposit



milestone.

The reunion weekend will include a special historical presentation, class dinner and program, campus tour, luncheon and all Golden Titans will be recognized during the official Sesquicentennial Picnic Celebration.

Lastly, Grace Lim, a lecturer and founder of the Humans of Oshkosh project, has been working to produce a commemorative book called Humans of UW Oshkosh. The 200-page book is packed with first-person recollections of faculty, staff, students, administrators and alumni about their time at UWO. An event featuring photos and stories will be showcased in Dempsey Hall on Sept. 12, aligning with the official anniversary and picnic.

October

On Oct. 23, UWO will celebrate the 100th anniversary of Homecoming. The festivities will begin with the Titan Tailgate in Reeve Memorial Union complete with refreshments, entertainment and a look back at how UWO Homecomings have been celebrated throughout the years. Tom-



UWO Archives

A woman in a classroom at the Oshkosh Normal School around 1913.

my Titan may even make an appearance along with Clash!

The Advance-Titan offices, located in Room 19 of Reeve Memorial Union, will also be open during the Titan Tailgate, allowing alumni, students and others to stop by, look at old papers, reminisce and more as the school newspaper celebrates 127

years of operation. The paper that is now known as The Advance-Titan began in 1894 as The Normal Advance, and was started by the school's faculty in order to get news out to the entire student body and staff in a timely manner.

Then, at 1:30 p.m., students, staff, alumni and the general public can cheer on the Titans as they take on UW-Eau Claire at Titan Stadium.

In addition, the Humans of UW Oshkosh display will be relocated to the Steinhilber Gallery in Reeve Memorial Union and on display throughout the month of October.

November

The Black and Gold Scholarship Ball returns to UWO on Nov. 13. The black-tie affair is an opportunity to support scholarships for students

featuring cocktails, dinner and live music and dancing. The inaugural ball was held in 2019 and the 2020 edition was canceled due to the pandemic.

More events and activities will be added throughout 2021, Kleman said. For the latest schedule of activities, go to uwosh.edu/150/.

IN A HURRY? SKIP THE LINE

GRUBHUB LETS YOU ORDER FOOD ON THE GO WITHOUT WAITING IN LINE

1. DOWNLOAD THE APP
2. ORDER ON YOUR PHONE

3. PICK UP YOUR ORDER

4. DROP RECEIPT OFF AT
TITAN CENTRAL TO WIN!



SETUP TO USE ON CAMPUS

UWOSH.EDU/REEVE/DINING/GRUBHUB



APPLIED ETHICS CERTIFICATE

About

The UW Oshkosh philosophy department has created a new 12-credit certificate program designed for easy completion by students in any major.

Adding the Applied Ethics Certificate allows you to demonstrate to future employers that you have the ability to reason analytically, critically and creatively about ethical issues that may arise in the workplace and in life.

Hiring managers are seeking employees with these abilities.

Requirements

Required: One ethics class and one independent study course with a reflective essay.

Electives: Student must choose three elective ethics courses. See list below.

More Information

Visit uwosh.edu/philosophy or contact Dr. Robert Wagoner at wagonerr@uwosh.edu.

Required:

PHIL 105/106 Ethics and PHIL 485 Applied Ethics Certificate Capstone (a pass/fail, independent study course in which you will be given the opportunity to reflect on what you have learned in your other Applied Ethics courses).

Electives Courses (choose three):

PHIL 205/206 Ethical Issues in a Diverse Society; PHIL 220 Business and Ethics; PHIL 230 Environmental Ethics; PHIL 231 Biomedical Ethics; PHIL 335 Philosophy of Sex; PHIL 350 Computing Ethics

What's in a name?

By The Advance-Titan
atitan@uwosh.edu

"What's in a name? that which we call a rose. By any other name would smell as sweet."

William Shakespeare made that line famous in "Romeo and Juliet." But have you ever wondered about the names of buildings on the UW Oshkosh campus? Who were those people, and what role did they play in the university's history to have a building named after them?

As UWO celebrates 150 years as an institution in 2021, here's a look at who the residence halls are named after or the story behind how they were named:



Cora "Barbara" Donner

Donner Hall

Donner Hall is named after Dr. Cora "Barbara" Donner, history professor at the Oshkosh State Teachers College (OSTC) from 1926-1956. The residence hall opened in 1962 and in 1970, became the first co-ed dorm on campus.

Donner was born in 1891 and raised in a large farming family in rural Green County, Wisconsin and earned her Ph.D. from the University of Chicago.

As an instructor, and later chair of the History Department, Donner was known as a dynamic lecturer. In addition to teaching classes, she regularly spoke on history and contemporary events for local clubs. Of particular interest to these groups was Donner's extended study trip to London and Nazi Germany. On campus, in addition to her official duties, Donner is credited for helping the college secure its first student center, Reeve Memorial Union.

In 1956, Donner retired from the Wisconsin State College Oshkosh after 30 years of service. In 1974, she died at the age of 82. Humbled by the dormitory that bore her name, Donner left in her will a sum of \$1,000 "for the purchase of good magazines for the women residing in Donner Hall."

Evans Hall

Evans Hall is named after Maysel E. Evans, a speech and theater instructor at Oshkosh from 1929-1963. She was raised in Bangor, Wisconsin and attended the La Crosse Normal School, University of Wisconsin and Northwestern University.

Evans Hall was built as a women's dormitory in 1965; today it serves as a co-ed first year residence hall.

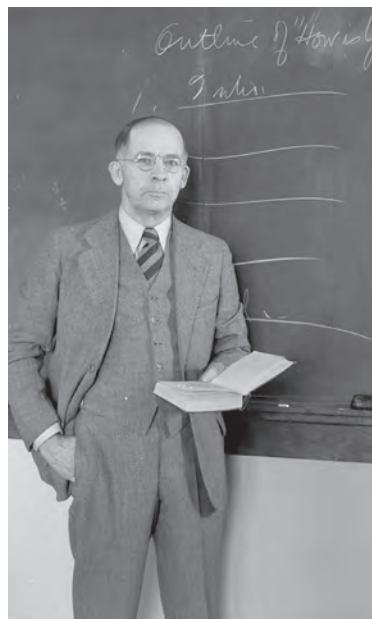


Maysel Evans

Fletcher Hall

Fletcher Hall is named after Walter H. Fletcher, who taught mathematics, English, Latin and general science at the Oshkosh Normal School. Fletcher Hall was built in 1964 as a 520-room men's dorm, was renovated in 2016-17, and today is used as a co-ed hall.

Fletcher was born August 8, 1877, in Rumney, New Hampshire, and earned his bachelor's and master's degrees from Dartmouth College. He first worked in grade schools in Vermont and New Hampshire before moving to Oshkosh to the teachers college where he taught for 26 years.



Walter F. Fletcher

His greatest contribution to campus was in his leadership of the *Advance* newspaper. When Fletcher arrived at Oshkosh Normal, the *Advance* was a quarterly publication created as part of a journalism class. Under Fletcher's tutelage, the *Advance* became an award-winning weekly extracurricular paper with high standards of writing, reporting and graphic design. Today the newspaper is known as the *Advance-Titan*.

Fletcher retired in 1944 and died in 1955.

Gruenhagen Hall

Richard Gruenhagen is the namesake of Gruenhagen Conference Center and South Gruenhagen Hall, the later which houses students on floors 4-10 with offices on the lower floors.

Gruenhagen was an industrial arts instructor at the Oshkosh Normal School, which later become the Oshkosh State Teachers College and eventually UW Oshkosh. He joined the Normal School faculty at a crucial time, as the school



Richard Gruenhagen

was beginning a training program that prepared teachers for careers in the growing field of industrial education. While at UWO, he taught classes in advanced furniture construction and design, elementary and advanced cabinet making, general woodworking and maintenance of shop equipment.

He retired in 1947 and died on March 5, 1967, just one week after the dedication of the building that bears his name.

Horizon Village

On Nov. 15, 2010, UW Oshkosh broke ground on a new suite-style residence hall, the first new residence hall facility on the UW Oshkosh campus since 1967.

The five-story, 340-bed residence hall, opened in 2012. Its name, Horizon Village, was chosen by a group of students and student leaders, who followed the UWO "Facility Naming Procedure." The group also consulted with alumni and former residents of Nelson, Breese and Clemans halls, which were torn down to make room for Horizon. The name was chosen since Horizon captures the newness of both the building and the thinking that informed the design.

It meets LEED standards and features eco-friendly elements, including a green roof, trash enclosure and more.

Environmental Studies Major/Minor

Titans are changing the world!

Green careers are among the fastest-growing areas of the job market. Students graduate from the ES Program with the necessary tools and connections needed for future careers. Join the expanding Titan community actively working toward a better world!

What Students Say:

Gabbie Genz '21:

"The ES professors that you interact with every day truly care about the subjects they are teaching and want their students to use their classes to make an impact in the world."

Steve Freund '21:

"The Environmental Studies program engages students with a liberal arts approach and a wide range of concepts relevant to the world today, while still letting you choose a specific area of concentration. As someone who loves the natural world and loves learning about many different topics, this was the perfect program."

Erin Thompson '21:

"I love the ES program because all the classes are so relevant to our current world. I have been able to develop the knowledge and tools to face complex issues from a sustainable perspective."



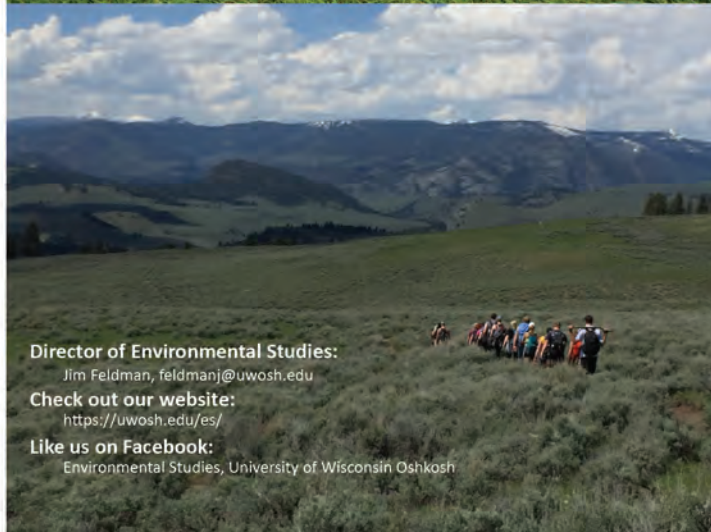
Louise Scott

Scott Hall

With its two towers and shared interconnecting ground floor and basement, Scott Hall is named after Louise Scott, who taught history and Latin in the junior high school program of the campus training school.

The hall was built in 1967 as a co-ed dormitory to house more than 1,200 students. Due to its location along the busy Algonquin Boulevard and on the edge of campus, its residents had a front-row seat to some of the campus's most rowdy events, from anti-Vietnam protests of the early 1970s to drinking-age protests in 1989.

Scott was born in the southeast Iowa community of New London in 1895 and earned her master's degree from the University of Iowa. In 1928, she came to the Oshkosh State Teachers College.



Director of Environmental Studies:

Jim Feldman, feldmanj@uwosh.edu

Check out our website:

<https://uwosh.edu/es/>

Like us on Facebook:

Environmental Studies, University of Wisconsin Oshkosh

At Oshkosh, Scott developed a reputation as one of the state's leading teachers of history. Her pupils formed the "Sawdust City" chapter of junior historians and worked to actively collect and preserve city history. In 1957, Scott was named an outstanding history teacher. She retired in 1962.

Stewart Hall



Mary Stewart

Stewart Hall is named after Mary Stewart, who was born in Michigan in 1890 and earned her degrees from the University of Chicago. In 1926, she accepted a teaching position at the Oshkosh State Normal School in the rural education program. Shortly after, she became director of the program, helping to prepare students for teaching in the often combined-grade and small classrooms of rural communities.

Stewart Hall was completed in 1965 as a women's dormitory, was renovated in 1992 to an apartment-like complex, and today is a co-ed hall for upper classmen known as Stewart Community.

Taylor Hall

Taylor Hall is named after Hilda Taylor who taught at the Oshkosh State Teachers College for 16 years from 1928-1944. She was born in 1883 in Iowa and earned her Ph.D. at the University of Chicago. Taylor previously taught at universities and at high schools in North Dakota. Looking to make a larger impact, she took the position of English department head at Oshkosh.

She served as adviser to the Quiver yearbook, the Kappa Gamma and Delta Pi societies, the Inter-Society Council and the Student Council.

After her death in 1944, the Quiver included a moving memorial to Taylor. A more permanent tribute to her was created in 1963 when the University named its newest dormitory in her honor. Taylor's teaching and service was recognized again in 2005 when Taylor Hall was renovated.

Webster Hall

Webster Hall is named in memory of Emily Webster, who worked as a school teacher in Winneconne until 1871 when she decided to attend the newly founded Oshkosh Normal School to improve her teaching skills. Graduating in 1875, Webster was a member of the first graduating class and school administrators were so impressed with her that they immediately offered her a position as an instructor in mathematics and Latin.

Her career at Oshkosh spanned 52.5 years. She had a reputation



Emily Webster

as a stern instructor with a passion for those who gave their best effort. She would say, "If girls would spend as much time decorating the inside of their heads as they do the outside, they would be better off."

Webster was also editor of *The Normal Advance* (known today as the *Advance-Titan*), which was founded in 1894. She died in 1933.

The hall bearing her name was completed in 1957. Originally, a women's dormitory, it was converted into a co-ed hall in 1999.

Source: University Archives

Strengthen Lives and the Environment. Become a social worker.

The UWO Department of Social Work offers bachelor's and master's degrees. Become a social worker and help meet basic and complex needs of communities and individuals, as well as enhance overall well-being.

Some of the social challenges you could address include:

- Poverty and Inequality
- Mental Health
- Family and Child Welfare
- Sustainability



"The BSW program prepared me to be a critical thinker at my field placement and in my current job. I want to extend my incredible gratitude to all the professors who showed me the ropes..."

- Nikki Seignarack, Class of 2019

"The UWO social work program helped me discover my passion for community level social work, a career that gives me pride and purpose."

- Sarah Jaschob, MSW & Prevention Project Coordinator at the Fox Cities Sexual Assault Crisis Center



Learn more about becoming a social worker at uwosh.edu/socialwork/

- 🍎 **HOW** do I know when locations are open?
- 🍎 **CAN** I see the menu before I go?
- 🍎 **WHERE** can I use my meal plan?
- 🍎 **WHAT** is the deadline to change my meal plan?
- 🍎 **CAN** I buy a meal plan if I live off-campus?

Answers to these questions and more can all be found at uwosh.edu/reeve/dining



university dining
university of wisconsin oshkosh

For more information about meal plans, email dining@uwosh.edu

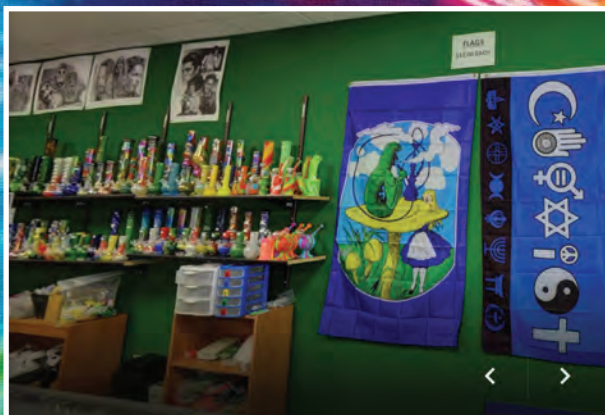
For more information about food, locations or to leave a comment, email food@uwosh.edu

To connect with our on-campus dietitian about allergens or dietary restrictions, email diningdietitian@uwosh.edu

Marley's Smoke Shop

545 High Ave., Oshkosh

Open 10 a.m. – 9 p.m. Monday-Saturday, 11 a.m. – 8 p.m. Sunday



Offering a huge selection of disposable vape pens, smoke and vaping products & accessories, CBD products & more.



SOCIAL JUSTICE MINOR

Develop a secondary field of knowledge and expertise that will enable you to critically examine the values that constitute social justice in theory and practice, understand the principles of effective social activism, and formulate and evaluate policies that seek to address issues such as racism, violence, literacy, human rights, gender equity, gender expression, poverty, hunger and conservation of the environment.

Contact Courtney Bauder to find out more about the Social Justice Minor at bauderc@uwosh.edu. An advising appointment can help you find out more about the minor, the classes and opportunities to help others.

CONTACT US

Address: Sage Hall
Room 3455
835 High Ave

Email: bauderc@uwosh.edu

Phone: 920-424-0964

Tips to help you get along better with your roomie

By Neal Hogden

hogden39@uwosh.edu

College is a big adjustment with lots of little changes in lifestyle, schedule and responsibility wrapped into one experience. One of the biggest changes is going from living with your parents to living in a dorm room with a roommate.

Moving day is stressful, and if you're meeting your roommate for the first time, it can be a little awkward. At this point, you're probably telling yourself that you and your roommate are going to be best friends. But what if that doesn't happen?

My roommate and I butted heads my second year at UW Oshkosh. Right off the bat, we didn't communicate well. If I had a chance to do it over again, I would make more of an effort to get along and be open with him about what is and isn't OK.

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

Here are some tips to help you maximize your dorm experience with a roommate.

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

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

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

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

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

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

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

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

OSHKOSH STUDENT ASSOCIATION

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

Want to see changes be made around campus?

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

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

WHO ARE WE?

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

THE EXECUTIVE

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

THE SENATE

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

THE ASSEMBLY

The Assembly is comprised of representatives from all of the 150+ OSA/University recognized student organizations and clubs.

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



OSHKOSH STUDENT
ASSOCIATION

Reeve Memorial Union, Rm. 208C
uwosh.edu/reeve
(920) 424-3202

Join The Advance-Titan

INDEPENDENT STUDENT NEWSPAPER OF THE UW OSHKOSH CAMPUSES

Win awards for your work



The Advance-Titan staff won 22 awards plus earned third place in General Excellence at the 2021 Wisconsin Newspaper Association Foundation's Collegiate Better Newspaper Contest.

Gain skills to help you land a job



Have fun, make friends and eat cake!



**Open to all majors, all years
on all UWO campuses**

- The Advance-Titan is looking for:
- Writers for News, Sports, Opinion and Arts & Entertainment
 - Copy Editors
 - Graphic Designers & Cartoonists
 - Photographers
 - Multimedia and Social Media
 - Ad Sales Reps and Others

**Email atitan@uwosh.edu for more info
or visit us at Taste of Oshkosh**



WHAT'S YOUR WARRIOR?
GOARMY.COM/ROTC



START YOUR CAREER A STEP AHEAD.

Begin your journey as a U.S. Army officer, and set off on a path to the top. Officers get leadership opportunities right away, all while enjoying benefits like competitive pay and a clear path to advancement. Join forces with us, and take on anything.

FOR MORE INFORMATION PLEASE CALL 920-424-3417

Bee-utiful: *New colonies increase food production*

By Mackenzie Seymour
seymom53@uwosh.edu

UW Oshkosh installed its very own honeybee colonies last spring, in part to increase local food production and address declining bee populations.

The project was piloted by Mariah Parkin, a UWO biology student. She applied for a grant through the Risk Management and Grounds department last fall, and the grant was approved in early December.

The bee colonies are located behind the Student Recreation and Wellness Center.

Two colonies from Indian Summer Honey Farms, a company located in both Wisconsin and Florida, dedicated to cultivating naturally disease-resistant bee species, were installed on May 1. Approximately 10,000 bees live in each starter colony.



Photo: UWO Flickr

“We have wonderful grounds and a very diverse plant population that would be benefited by having extra pollinators around, and the fact that it will be here on campus meant that I could hopefully get other interest-

ed people involved as well,” Parkin said.

Shannon Davis-Foust, a senior lecturer for biology and environmental studies and faculty adviser to the Sustainable Beekeeping Club, hosted a class

last April to discuss the sudden decline in pollinator populations across the United States and the importance of installing bee colonies on campus. Her talk was part of UWO’s annual Free School Program.

“We’re said to be going through an insect apocalypse, and a lot of this has to do with the way that we are doing agriculture today,” she said. “We are spraying more pesticides than ever.”

The United States has been using commercial pesticides since the 1930s. Since then, insecticides, such as neonicotinoids, have been severely affecting bee populations.

“There is a newer insecticide out there called a neonicotinoid. It is a neurotoxin, so it kills insects directly by impairing the nervous system,” Davis-Foust said.

Past & Present Future



UWO
UNIVERSITY OF WISCONSIN
OSHKOSH

UW Oshkosh Theatre Season 2021-2022

- A Moon for the Misbegotten
- A Bear in Winter
- Silent Sky
- She Kills Monsters
- 23rd Annual Student Playwriting Contest

Season tickets on sale Aug. 6
Individual tickets on sale Sept. 1
uwosh.edu/theatre

Beekeeping Club not your thing?

Don't worry ... there is a club or organization for you! UW Oshkosh has more than 180 student organizations on all three campuses, and the ability to start a new one at any time.

There are clubs that are philanthropic in nature, and ones that will help you get more out of your major or minor. There are clubs to let you explore new subjects, or help you gain necessary skills. And there are clubs and organizations just meant for fun.

To learn more, go to <https://uwosh.presence.io/>.

Other pesticides, such as Roundup, have also been known to impact bee navigation skills, foraging behavior and larvae development.

"Roundup affects the digestive system, specifically the microbiota. It prevents bees from digesting food correctly, so it's going to weaken the bees," Davis-Foust said. "It's also known to affect the immune and reproductive system."

Davis-Foust said the new bee colonies on campus are an important step toward helping

the declining bee population.

"Honeybees are the most efficient species of all the pollinator insects, so they will help plant propagation and food production all around the campus area," Davis-Foust said. "They will serve to educate the community about the value of bees and the causes of their decline."

Other ways to help the bee population include planting bee-friendly native plants, which is what UWO has been doing since summer 2002, find-



Photo: UWO Flickr

ing green alternatives for pest control, buying local raw honey and buying local organic food because chemicals are not used during the production process.

Along with the installation of bee colonies, a new Sustainable Beekeeping Club has been created for UW students to join. Club activities will include educating the public on bee

populations and chemical-free beekeeping, maintaining bee colonies and harvesting honey. Club members will also design signage for the colonies and apply for UWO to be a certified Bee Campus.

For more information about the colonies or the Sustainable Beekeeping Club, contact Parkin at parkim77@uwosh.edu.





EMPOWERING IMAGINATION FOR LIFE

Start your sociology journey today!

When you join the Sociology program at UW Oshkosh, you are opening the doors to a career filled with wonder, excitement and lifelong learning. Sociology majors, minors and certificate seekers learn about themselves and how to analyze the world around them through a different lens, and go on to be leaders in many professions.

Learn more at <https://uwosh.edu/sociology/>

What our students are saying:

"This major has allowed me to expand my perspective on social issues and examine them through lenses I did not think were imaginable. Being able to see the bigger picture allows you to question the structural forces that are present."

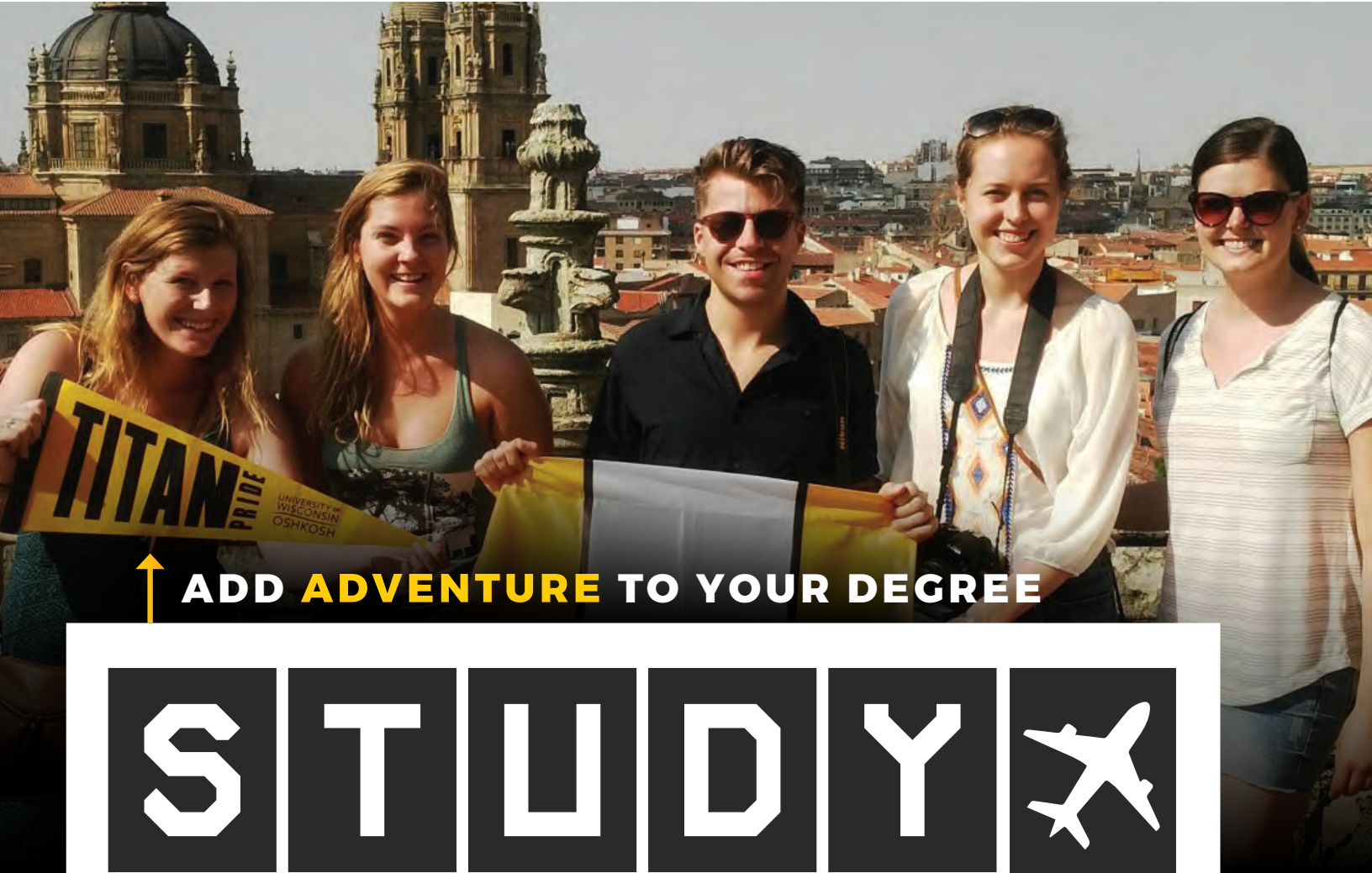
-Kyle Gretz, Class of '21

Double major in criminal justice pursuing law enforcement career

"I chose sociology as my major because I wanted to be able to actively make change within my community..."

-Alyssa Wastradowski, Class of '21

Starting grad school for Sustainable Peace Building



↑ **ADD ADVENTURE TO YOUR DEGREE**

STUDY ABROAD

Study abroad with the Office of International education! Short term, semester, and year long programs available.

Learn more ▶ uwosh.edu/oie

Hours

Monday-Friday
7:45 a.m.-4:30 p.m.

Location

Oshkosh Campus
Dempsey Hall, Room 202



OFFICE OF INTERNATIONAL EDUCATION | OIE@UWOSH.EDU | (920) 424-0775



Play an instrument or sing? Join an ensemble.

MUSIC ENSEMBLES

BAND | ORCHESTRA | CHOIR | JAZZ



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

UWOSH.EDU/MUSIC