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Courtesy of the Oshkosh Public Museum, Oshkosh, Wisconsin

An interior shot of Pueppke Brothers' Chief Oshkosh Tavern with Gottlieb A. Puppke behind the counter. The Oshkosh neighborhood tavern was located at 38 Main St. on the corner of Ceape Avenue. Gottlieb's parents immigrated from Germany in the 1860s, and he worked as a bartender before 1900, owned and operated the Imperial Sample Room and Imperial Restaurant at 72 Main and 5 Otter from 1903-1914, and co-owned the Puppke Brother's Saloon from 1916-19. Later, during prohibition, he sold soft drinks.

Are we shocked? Oshkosh bars outnumber grocery stores

By Amber Brockman
brocka24@uwosh.edu

In Oshkosh, there are more bars on Main Street than grocery stores throughout the city.

In total, there are 77 bars and 12 grocery stores in Oshkosh, according to the Yellow Pages website.

However, this imbalance extends beyond the city since bars outnumber grocery stores almost 3-to-1 statewide, according to a 2014 article from The Washington Post.

Although more bars doesn't necessarily mean more drinking, Wisconsin is notorious for both.

"One could easily conduct an internet search on '20 drunkest cities in the U.S.' and discover that 10 or 12 of them can be found in Wisconsin," UW Oshkosh Senior Lecturer Emeritus of History Thomas Rowland said. "Moreover, the top three are usually Green Bay, Appleton and Oshkosh."

This rank is often based on the amount of alcohol consumed per capita, in which Iowa comes in next and the remaining places are northern climates of the Great Plains.

"I suspect some of this is a residue of the immigration legacy, but perhaps cold winters are partly the cause," Rowland said. "And nearly all the places are college or university towns. Reach your own conclusions here."

In 2019, Wisconsin ranked third in the nation for the percentage of adults who currently drink alcohol (64.4%), behind only Washington D.C. (68.7%) and New Hampshire (64.6%), according to the Wisconsin Department of Health Services (DHS) website.

Wisconsin also ranked third for adult binge drinking (21.9%), which is defined as four or more drinks for a woman or five or more drinks for a man on a single occasion, according to the DHS.

Not only do the majority of Wisconsinites drink alcohol, when they drink, they drink more frequently and consume more alcohol than adults in other states, with an average of 2.6 drinks per occasion, according to the DHS.

"Studies show that as the perception of risk related to an activity decreases, the likelihood of adults participating in that activity increases," the DHS website states. "This relationship is demonstrated by Wisconsin adults' high rates of alcohol consumption and binge drinking, and low rates of perceived harm from drinking (37.9%)."

Wisconsinites' limited awareness about the consequences of drinking may help explain why the state came to be known as one of the drunkest places in the U.S.

One important factor in Wisconsin's drinking culture, Rowland said, is the immigrant history of the state from its founding in 1848 to around 1920.

"Massive numbers of Germans started the wave of immigration, and they came from places in Germany where the beer culture thrived," Rowland said. "They brought these skills here to Wisconsin so that early on brewer-

"By 1900, any town in Wisconsin worthy of being called a town, had breweries," Rowland said. "Oshkosh had two or three at any given time. Ripon, Berlin, Shawano, Waupaca, Fond du Lac, Wausau, Neenah-Menasha,



April Lee / Advance-Titan

The Oshkosh Food Co-Op grocery store is right off of Pearl Avenue, roughly half a mile off of campus.

ies flourished, most notably in Milwaukee."

Rowland said the 1947 novel "The Bucket Boy" describes the first decade of 20th century Milwaukee in which boys would go to saloons to fill pails with beer and peddle them to local industries and white collar offices.

"How any work got done and how there were not scores of conveyor belt accidents I will never know," Rowland said.

Breweries were not reserved to just Milwaukee though.

Appleton, etc. had their own small breweries to satisfy local thirsts."

Besides beer, the Germans introduced brandy to the state, but they weren't the only immigrants to influence the drinking culture.

"Subsequent immigrants, featuring Scandinavians and Poles, were also accustomed to drinking as well," Rowland said. "They liked their lager beer and the Scandinavians also introduced vodka into their regimen of drinking."

See **BARS** / Page 2

UWO hits 70% vaccine target

By Lexi Wojcik-Kretchmer
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UW Oshkosh extended its mask, testing and quarantine orders on Tuesday to Nov. 25, despite the fact that students reached a 70% vaccination rate last week.

In a campus-wide email, UWO Police Chief Kurt Leibold said the orders can be lifted earlier if factors such as active case counts, community spread, emergence of variants and vaccination rates get to a point where the campus will be considered a safe enough place.

Chancellor Andrew Leavitt announced on Sept. 24 that UWO students achieved a 70% vaccination rate.

"We have come a long way in a few short weeks. I am not surprised," Leavitt said. "This is just one more example of the caring, compassionate community that is UWO."

Beyond keeping the campus healthy and safe, full time, fully vaccinated students at all three UWO campuses will now be eligible to receive one of eight \$7,000 scholarships and one of 10 \$1,000 scholarships if they report their vaccination status by Oct. 31.

UWO was the fourth UW System campus to hit 70% and joined UW-La Crosse, UW-Milwaukee and UW-Madison. UW-Whitewater has since hit the 70% mark, too.

"Getting students vaccinated now is why the UW System is making this commitment," said UW System Interim President Tommy Thompson when the campaign was introduced. "We are investing for success and vaccinated students will not only keep our campuses safe and healthy, but also help us to avoid the human and capital costs associated with outbreaks we want to prevent."

UWO faculty and staff are at a 78% vaccination rate, Leibold said.

Leavitt still encourages the 22% of unvaccinated faculty and staff and the 30% of unvaccinated students to get their vaccine.

"If you haven't been vaccinated, do so today," Leavitt said. "70 percent is great, but we'd like that number to continue to climb."

There will be a free ice cream social on all three campuses Oct. 6 to celebrate reaching the milestone. In Oshkosh, ice cream will be available from 11 a.m.-1 p.m. between Reeve Memorial Union and Albee Hall. Ice cream will be available noon to 2 p.m. at the commons of the Fond du Lac campus near the Solutions Center at the Fox Cities campus.

If you haven't been vaccinated, you can head to Albee from 9 a.m. to 3 p.m. Mondays through Fridays for your free vaccine. If you are vaccinated but haven't reported it, go to the Titans Return page to do so.

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Courtesy of the Netzer family

UW Oshkosh Geography Professor Donald Netzer often took his students to a pond on his hobby farm to teach conservation tech-
niques. Some of his students referred to the farm as “Doc’s little piece of paradise.” This photo was taken in 1966.

Former professor’s farm turned into nature area

By Emma Sullivan
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A family hobby farm where a UW Oshkosh geography profes-
sor often took his students to study
conservation is now a public nature
area.

Donald Netzer, who retired from
UWO in 1980, and his wife, Ber-
nadette Brazeau Netzer, raised six
children: Donald, Henry, John,
Mary, Philip and Julia. In Oshkosh,
the family lived on a little hobby
farm north of Oshkosh.

As a huge conservationist, Don-
ald was no stranger to what he
taught his students. He brought
his students to his farm frequen-
tly, teaching about things like con-
structing a pond, spruce planting,
beekeeping and creating food plots
for deer and pheasants. His inter-
est in conservation stems from

Aldo Leopold, author of the “A
Sand County Almanac” and a key
player in the world of conservation
and wildlife ecology. The two had
a close relationship, with Leopold
even influencing Netzer’s decision
to study conservation.

The Netzers were also no strang-
er to their community. In addition
to maintaining the farm, Donald
and Bernadette were both longtime
Winnebago Conservation Club
members, helping to fundraise for
conservation projects all over the
community.

Netzer’s teaching and involve-
ment in the conservation department
did not go unnoticed. In 1961, under
President John F. Kennedy, Donald
was invited to the White House
Conference on Natural Beauty.

He was invited again under Lyn-
don B. Johnson in 1964. In 1971,
he was elected to Who’s Who in

America for his work in conserva-
tion education. He also received
the Conservation Educator of the
Year Award by the National Wild-
life Federation for “Outstanding
Contributions to the Wise Use and
Management of the Nation’s Natu-
ral Resources.”

The Netzer family farm was very
well loved, but not just by Donald
and Bernadette. Students could see
Donald’s passion for the farm and
even shared it, calling the place
“Doc’s little piece of paradise.”

His six children also have fond
memories, with his son John recall-
ing many details of the hobby farm,
including different animals, a huge
garden with fruits and vegetables
and the way each person contrib-
uted to the farm — especially his
mother.

“Mom worked tirelessly with tak-
ing care of the house and us kids and

could pickle, can, cook or sew any-
thing!” John said. “She had thou-
sands of recipes and wasn’t afraid
to ad-lib if we ran out of something.
And we sure never went hungry!”

While the family farm was sold
to the Winnebago County Park De-
partment a few years ago, the north-
west acreage was first dedicated as
a nature area in August to honor
Donald and Bernadette. The sale
stipulated that the seven acres be
protected and preserved as a natural
wildlife area in perpetuity.

The Netzer family is very grate-
ful for this new step in the farm’s
history, writing on a plaque in the
preserve, “We have many lasting
memories of long walks and sun-
sets at the farm and we hope all who
pass here enjoy them too.”

For more information on the
nature area, visit the Winnebago
County Parks Department website.

Bars: Wisconsin’s history of drinking

From Page 1

The drinking culture at the turn
of the 20th century differs from the
present as the main goal of drinking
was not to get especially drunk, al-
though it might have ended up that
way.

“Back in their native lands,
drinking was a social or cultural
custom,” Rowland said. “With lit-
tle by way of entertainment avail-
able, folks went to their pubs, tav-
erns and beer gardens to socialize
and to converse with one another
in their local communities. It was
an expression of solidarity among
working class people of the same
ethnicity.”

UWO Associate Professor of
History Gabriel Loiacono said in
some ways, drinking is less di-
visive today than it was from the
1850s-1930s, when a massive an-
ti-alcohol movement made drink-
ing into a culture-war issue.

“For reasons of women’s rights,
concerns about domestic abuse
and poverty, and religious beliefs
among some Protestant Chris-
tians, lots of Americans tried to
stop drinking and stop others from
drinking,” Loiacono said. “Some
anti-alcohol activists aimed to in-
fluence personal choices, while
others aimed to outlaw the manu-
facture and sale of alcohol.”

Loiacono said that alcohol was
seen as something that divided



Amber Brockman / Advance-Titan

Wisconsin bars outnumber grocery stores almost 3-to-1 statewide.

many immigrants from many na-
tive-born Americans.

“The stereotypes were that im-
migrants and Catholic Christians
drank, and American-born people
and Protestant Christians did not so

much,” Loiacono said.

Despite the conflicting views
over alcohol, Loiacono said that
Wisconsin was one of the last states
to ratify Prohibition and one of the
first to end it, and has had a reputa-

tion as mostly pro-alcohol for more
than a century.

“The dangers of drunk driving
were less when Wisconsinites first
became the nation’s preeminent
drinkers,” Loiacono said. “There
are lots of things in the past I would
not want to bring back, but I would
like to emulate their walking more,
driving less and not mixing alcohol
and driving.”

Rowland said that he grew up in
northern New Jersey, which only
had a small number of bars all lo-
cated on a single street downtown.

“I came to Milwaukee to attend
Marquette in 1970,” Rowland said.
“Imagine my amazement to find
countless numbers of bars within
every residential community and
usually two on every corner of an
intersection. Again these bars cat-
tered to local neighbors and had the
salutary effect of allowing their pa-
trons to stumble home drunk rather
than hop into a car to drive.”

In 2019, there were around
21,000 convictions for drunk driv-
ing and 140 people killed in al-
cohol-related crashes, according to
the Wisconsin Department of
Transportation website.

“People make fun of how many
bars there are in Wisconsin towns,
but the positive upside to this is that
people can walk home after drink-
ing instead of driving home,” Loi-
acono said.

Sports

Calendar



Scoreboard

Wednesday, Sept. 22
Women’s Tennis
Milwaukee School of Engineering (MSOE) 5
UW Oshkosh 4

Women’s Volleyball
UW Oshkosh 2
UW-La Crosse 3

Women’s Soccer
UW Oshkosh 2
North Central (Ill.) 3 (2OT)

Friday, Sept. 24
Women’s Volleyball
UW Oshkosh 3
Ripon College 0

Saturday, Sept. 25
Women’s Volleyball
UW Oshkosh 3
St. Olaf College (Minn.) 1

UW Oshkosh 3
University of Chicago (Ill.) 1

Sunday, Sept. 26
Women’s Golf
12/14, 345-345 (690)

Monday, Sept. 27
Women’s Soccer
UW Oshkosh 1
Lawrende University 1

Wednesday, Sept. 29
Women’s Tennis
UW-Stevens Point
UW Oshkosh
check UWO athletics page

Upcoming Events

Friday
Women’s Golf
UW-River Falls Invitational
1 p.m.

Women’s Cross-Country
UW-Eau Claire Invitational
4:15 p.m.

Men’s Cross-Country
UW-Eau Claire Invitational
5:15 p.m.

Women’s Volleyball
vs. UW-Eau Claire
7 p.m.

Saturday
Women’s Golf
UW-River Falls Invitational
1 p.m.

Women’s Tennis
at UW-River Falls
2 p.m.

Football
at UW-Platteville
2 p.m.

Women’s Soccer
at UW-Eau Claire
2 p.m.



Courtesy of Terri Cole

Midfielder Piper Green scoring UWO’s 1,000th goal in school history. Green has four goals and three assists on the season with a .190 shot accuracy average.

UWO soccer goes to double OT twice

By Jacob Link
linkj13@uwosh.edu

UW Oshkosh women’s soccer played in back-to-back double overtime games against North Central College (Ill.) and Lawrence University.

The Titans lost in a closely contested match against North Central College on Sept. 22 in Naperville, Illinois. North Central kicked off the scoring with a goal from Kily Egan in the 15th minute of the match, her third of the year. The Titans leveled the score in the 33rd minute with a goal by Alyssa Gunderson, her second of the year, assisted by Mackenzie Bennet.

Just before halftime, North Central took the lead once again after an unassisted goal by Sarah Andrey in the 44th minute.

In the second half, the Titans tied things up with a goal by Piper Green, her third of the season, which was unassisted. The goal by Piper Green marked

the 1,000th goal scored in UWO Women’s Soccer Program history. It took the Titans 529 matches to reach this mark.

“It felt great and was a goal that our team needed at the time,” said the freshman midfielder Green after the game. “I’m proud to be a part of the program’s history.”

The game remained scoreless until the end of regulation. It took two overtimes to break the deadlock when North Central’s Andrey scored her second goal of the season on a Kily Egan assist 96 seconds into the second overtime.

The teams combined for only three shots in both overtimes. North Central won the game 3-2 and improved to 5-3-1, while the Titans lost only their second game this season, falling to 7-2.

Goalkeeper Erin Toomey had four saves and allowed three goals on 14 shots for UWO. North Central’s goalkeeper Riley Lindsey had five saves and allowed two goals on 12 shots.

“North Central was a very good

team, so going into our first double OT game against a very good team was definitely not easy,” freshman midfielder Mackenzie Stein said after the loss.

“But playing North Central helped us understand what playing conference [teams] will look like, so now we’re prepared.”

On Monday night, UWO tied Lawrence University 1-1 after the game remained tied after two overtime periods. Green found the back of the net in back-to-back games, her fourth goal of the year, on a pass from Alayna Clark in the 11th minute. UWO remained in the lead until late in the second half when Lawrence leveled the score. Samantha Tolu scored her third goal of the year in the 80th minute, off a pass from Emma Vasconez. The score remained 1-1 until the end of regulation.

The Titans had the only shot in both overtimes with a Mallory Knight shot that hit the right post in the 97th minute. UWO went to 7-2-1 on the year as the game re-

mained tied after two overtimes.

Lawrence University was held to only two shots in the match and now have a 5-4-1 record this year. UWO goalie Emma Sauriol faced only two shots, allowing one goal on one shot.

Lawrence goalie Sarah Yochem had two saves, faced 10 shots and allowed one goal on three shots on goal. The tie was the first one in 18 matches between the two teams and snapped the Titan’s 12 game win streak in the rivalry.

“Lawrence was just an off game for us to say the least. We worked hard but couldn’t get the result after we played two full overtimes. Fortunately for us, we got out jitters before our first conference game against Eau Claire on Saturday,” said Stein after the match.

UWO will face UW-Eau Claire on Saturday, Oct. 2 at 2 p.m at Carson Field in Eau Claire for the Titans Wisconsin Intercollegiate Athletic Conference (WIAC) opener.

Titans move to No. 8 in football rankings

By Jacob Link
linkj13@uwosh.edu

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Courtesy of Patrick Flood

UWO Sophomore Hannah Stitt prepares to return the ball against the Milwaukee School of Engineering (MSOE). Stitt defeated MSOE's Brenna Sheehan 6-0, 6-2 in a narrow 5-4 UWO loss.

UWO tennis inches toward first win

By Cory Sparks
sparkc21@uwosh.edu

The UW Oshkosh women's tennis team is in search of their first win after dropping consecutive matches 5-4 against Lawrence University on Sept. 9 and 5-4 against the Milwaukee School of Engineering (MSOE) on Sept. 22.

The two recent matches were close enough to indicate the team's growth in comparison to last year, where the team went winless throughout the season.

Before the two matches, UWO lost their season opener against UW-Whitewater 9-0.

Alysa Pattee, a freshman from Waupun, said that the size of UWO's team is much smaller than her high school team. She also stated that this decreased team size helps out with team chemistry at the collegiate level.

"On my high school team I had about 20 teammates. [This] made it hard to get to know everyone individually, but on the UWO team it is much [easier]," Pattee said. "I feel I have been able to really connect with my teammates to the point of calling them my friends."

Among UWO singles winners in the 5-4 loss against Lawrence were singles competitors Michelle Spicer (6-1, 6-1), Pattee (7-6, 6-2), Hannah Stitt (6-3, 6-3) and doubles competitors Angie Carini and Hannah Stitt (8-7).

In the 5-4 loss against MSOE, UWO's single winners were Spicer (5-7, 6-2, 6-0), Jenna Nolde (3-6, 6-3, 6-2) and Hannah Stitt (6-2, 6-2).

Nolde and Spicer took home UWO's lone doubles win of the match 8-4.

For a rebuilding program, leadership is of the utmost importance. Pattee said freshman Jade Schwichow has risen to a leadership role due to her positive mindset about the sport and the team's performance as a whole. She also stated that Schwichow is consistently encouraging her teammates during matches and practices.

"Jade is the most enthusiastic person on the team. You will always hear her supporting and cheering for all players," she said. "As with match play, she also brings that excitement to practices, which is much appreciated."

Consistent with two of UWO's four wins against Lawrence being close three set matches, Pattee stated that the will to continue fighting is a prominent strength that she noticed this season. She also said that this strength can lead to wins for the team in the near future.

"Even though we have come up short by one match the last two weeks, everyone gave it their all and never gave up," Pattee said. "With this mindset, we know our team can win against our upcoming competitors."



Katie Pulvermacher / Advance-Titan

Senior Michelle Spicer currently holds a 2-4 record on the season at the UWO women's tennis singles No. 1 spot.

Despite UWO's 0-3 record on the season, Pattee said that she feels optimistic about the team's future once everybody gets enough repetitions under their belts. She also stated that those who had played singles or doubles in high school and are having to switch over are still a few practices and matches

away from adjusting to their new roles accordingly.

"Many of us only played singles in high school, so we have to switch gears and learn the techniques of doubles play," she said. "With our competitors, you can definitely tell which doubles teams have been playing together for a few years

and I know we will get there."

UWO played UW-Stevens Point in a home match on Sept. 29, and the results are on the UWO athletics page.

UWO's next match is in UW-River Falls on Oct. 2 at 2 p.m.



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UWO student auditions for ‘The Voice’

By Kylie Balk-Yaatenen
balkyb22@uwosh.edu

UW Oshkosh student Max Khang auditioned to be on The Voice last Tuesday, completing what he says has been a lifelong dream of his.

“I never had the resources to travel to another city to take part in audition rounds, and luckily this year everything was set perfectly before me,” Khang said. “At 21-years-old, I believed that it was my time to shine and to showcase my growth in my vocal abilities.”

Khang is a senior majoring in human services leadership with a minor in women’s and gender studies, as well as a certificate in LGBTQ+ studies.

In a Facebook post from five years ago, Khang wrote: “I’m going to audition for The Voice one day, and all my loved ones will be proud of me; it’s a huge step from my comfort level, but I’ll get there eventually.”

He said that the pandemic has been hard on everyone, but it was at times a blessing in disguise because it has made things

easier to do virtually.

“I just knew that this year’s audition was easily accessible to me, I didn’t have to travel and accommodate schooling, and I had the opportunity to sit in my room, my safe space, and be my true self,” he said. “I chose this year because I felt prepared and confident in my own voice and who I am as a whole testimony.”

Khang said that the audition process was much different from what people would think. He said that people don’t just go right to performing in front of the panel of judges.

“The process of auditioning is that you must pass your first audition, pass a callback, pass more auditions, before you set foot into the real taping of the show,” he said. “The process to apply for the show is quite simple by registering for an artist account and putting in all the information.

“Eventually you sign up for a virtual audition room and then the countdown to your audition starts once you press submit,” he said. “Then you wait until the day of your audition and take

part to either advance or not advance to the next stages of the process.”

Khang said that he didn’t end up making it to the next round, but he was glad he did it.

“It’s honestly so different, it’s just a virtual audition room, then you submit it and then they review it and email you a confirmation if you advance to the next round.”

Khang said that one thing he took from this opportunity is to be grateful for the experience and take that leap of faith.

“I have won the UWO Talent Show twice in a row and I believe that stepping foot onto that major stage is what’s next to help me evolve into the artist that I want to be one day,” he said “This experience is what will help me grow as an individual, as well will help share to the world that Hmong people are here and that we can reach goals attainable just like anybody else.”

Khang said that he wants to bring his queerness, confidence, vulnerability and freedom to the Hmong community and he



Courtesy of Max Khang

Max Khang is a senior human services leadership student with a passion for singing and he hopes to share that with the world.

hopes that he will also enlighten the community with his voice.

“Mental health is at the forefront of my being and existence,” he said, “and I want my voice to reshape the way that my community looks at mental health.”

He said that he wants his experience to show young, queer

Hmong children that anything is possible and that taking a leap of faith is much more powerful than rejection.

“Be patient,” Khang said. “All that is meant to be yours, will be yours.”

ZTA sponsors ‘Pink the Rink’ hockey game

By Cassidy Kennedy
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Looking for a fun Friday night event to check out? The UWO Hockey Club and Zeta Tau Alpha are hosting their annual Pink the Rink game this weekend.

The hockey game is on Oct. 1, at 7:00 p.m., at the YMCA on 20th Avenue in Oshkosh. The event is free to all students to attend.

Senior Trent Bachman, a member of the UWO Hockey Club, has been a part of the team for all four years and always

looks forward to this event and supporting breast cancer awareness.

“I can’t wait for the Pink the Rink game on Friday, it’s been a long time since we have played in front of fans and to be able to have the game with Zeta Tau Alpha there makes me even more excited.”

The fan bus for the game will start the pick up in front of Reeve Union at 6:15 p.m. and will leave at 6:45 p.m. or when filled and bring people back after the game.

The first 100 fans at the game

will receive a free shirt from the UWO Hockey Club and Zeta Tau Alpha in support of breast cancer awareness.

All profits from the hockey game will go to breast cancer education and awareness.

This game is a great way to support the clubs and greek life here on campus, as well as supporting Breast Cancer Awareness Month.

Go grab a few friends and support the Pink the Rink game with the UWO Hockey Club and Zeta Tau Alpha by showing up wearing pink and attending the event.



Courtesy of Zeta Tau Alpha

The game will be at the YMCA on Friday to show awareness for breast cancer.



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How to avoid the freshman 15

By Cory Sparks
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Some UW Oshkosh students have found a way to conquer the notorious ‘freshman 15’ by using various campus resources to their advantage

As many students leave home for the first time and, if they’re on the meal plan, have full reign when it comes to what foods they eat, the notorious ‘freshman 15’ rings in the ears of many as they try to balance school with health and wellness.

The freshman 15 refers to a college freshman gaining 15 pounds of body fat due to the freedom of being able to eat whatever they would like and the stress of school compiling on top of them.

Although the concept may appear rather daunting to some, there are some UWO students who routinely partake in physical activity to stay happy and healthy on campus.

“I always make sure to hit the gym on campus,” UWO junior Tyrus Washington said. “The most important thing is consistency.”

While the UWO Rec and Wellness Center is an option that many use to fight off the freshman 15 and seek self improvement, other students use the great outdoors to get their cardio in consistently.

“I stay active by going for a run 5-6 days a week,” UWO Junior and former cross country



April Lee / Advance-Titan

Students have many different options for healthy living on campus.

runner Jackson Antos said. “On my off days I’ll bike as an alternative. I like to average around 40 miles a week.”

While staying active and putting oneself in a caloric deficit, a state where more calories are burned than consumed, helps fend off what the body consumes, making healthy food choices also has a huge hand in avoiding weight gain.

Washington took a swing at the keto diet in his freshman year, and he connected. The keto diet is one that heavily limits the consumption of carbs and sugar.

“I try to eat a keto diet. Try is the key word. Some days, if I really want pizza or a dessert, I will have it,” he said.

Antos didn’t do the keto diet, but he did watch his food selections while still remembering to

reward himself here and there.

“I did my best to choose the better options that Blackhawk Commons had to offer without being overly strict,” he said. “[I would] still enjoy a cup of ice cream with dinner every night.”

Washington’s motivation to take on a healthy lifestyle in college, which resulted in him dropping 50 pounds in his freshman year, stems from his want to be around his family for a very long time.

“Living a longer life is my motivation. I want to see my grandkids and great-grandkids someday,” Washington said.

Antos stays motivated thanks to his constant urge to compete at requiring him to be in shape.

He mainly wants to compete in coordinated races against others despite not running for a cross country team since high school.

“My motivation to stay in shape is pure competitiveness. I love to compete in anything and everything I can,” Antos said. “[The] easiest way to compete at our age without being in an organized club of organization is by racing in organized races.”

While an increased freedom of choice with food and weight gain have a chance of going and in hand, Washington encourages students to flip the freshman 15 into a weight loss story instead.

“Don’t fear the unknown, conquer it,” he said. “Try to eat healthy when you can and the freshman 15 might mean losing 15 pounds.”



This week in UWO history

Sept. 30, 1943 — Oshkosh announces the acquisition of industrialist William E. Pollock’s former house, known since 1971 as the Pollock Alumni House. Pollock aids the college in the purchase of his former house by chipping in \$5,000. A \$2,500 grant from the Student Activity and Alumni Funds and an anonymous donor’s \$750 gift help seal the deal in purchasing the 1920 home for \$7,800, well below its assessed value.

Oct. 1, 1918 — The student enrollees of the World War I association Student Army Training Corps (SATC) are formally inducted into the program. The program allowed eligible college and normal school students to continue their studies while learning the “art of war.” Oshkosh’s gymnasium houses the SATC’s headquarters, while the unit’s drilling grounds was the southeast corner of Algoma and Woodland streets.

Oct. 2, 1991 — Robert Meeropol, the son of convicted spies Ethel and Julius Rosenberg who were later executed, speaks at Albee Hall. He said he was speaking to prove his parent’s innocence of any involvement to commit espionage regarding the building of the atomic bomb.

Oct. 3, 1982 — CBS televises a Sunday afternoon football game between the Titans and UW-Stout during the 1982 NFL strike. Oshkosh jumps out to a quick 7-0 lead in the first quarter against the fourth-ranked school in NCAA Division III. After leading 7-6 at halftime, Oshkosh eventually succumbs to Stout 23-15. Calling the game televised regionally are Tim Ryan and John Morris, announcers for the Chicago Bears.

Oct. 6, 1984 — No one is injured when lead shot from a shotgun shell is discovered in the turkey-noodle casserole served during lunch at the Elmwood Commons. The casserole is immediately removed from the serving line and a different entrée takes its place. “Obviously what happened was that someone was shooting at the farmer’s turkeys at a distance where it didn’t injure them, but penetrated into the flesh,” said Lorraine Spanbauer, general manager of the commons. “The skin heals over, and you don’t know it is there.”

Source: UWO Archives

UWO alumnus publishes children’s book

By Kelly Hueckman
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A New York Times best-selling children’s books author and UW Oshkosh alumnus says she tries to “write the book that I would have wanted to read or maybe needed to read” as a child.

She’s been successful doing just that. On Oct. 12, Pat Zietlow Miller will release her newest children’s book, “What Can You Do With a Rock?”

The story follows the creative possibilities of a simple stone, and comes after her August release of “Be Strong,” a sequel to her critically acclaimed “Be Kind.”

While “Be Kind” spent nine weeks on the New York Times bestseller list under children’s picture books, Miller’s other books have also won a multitude of awards. For instance, “Sophie’s Squash” earned the 2014 Golden Kite award and 2014 Ju-

venile Literature award.

Although Miller has certainly proven herself in the children’s book community, her love for writing could also be seen when she was a student at UWO.

Miller knew she wanted to be a newspaper reporter, but she also had a passion for literature; she graduated from Oshkosh with a double major in journalism and English.

Both of these degrees certainly treated Miller well, as she worked as a reporter for multiple newspapers in Wisconsin and as an editor for multiple insurance companies before committing full-time to working on her own books in June of this year.

“Moving from journalism and corporate communications to full-time book writing took me a bit because writing picture books isn’t a career where you can consistently expect to make a lot of money on a regular basis,” Miller said about her transition to



Courtesy of patzietlowmiller.com

Pat Zietlow Miller was a double major in journalism and English here at UWO.

writing books.

Before her first 13 books were published, Miller was still working her day job at American Family Insurance.

“Many, many writers, even the well-known ones, still work day jobs,” Miller said.

She said her time working as a reporter and editor gave her a “leg up” in the world of book writing. Miller used this time to fine tune her skills of writing on deadlines and revising her work, which would certainly come in handy while writing the 23

books she has sold.

While writing her children’s stories, Miller often looks back upon her own childhood and draws inspiration from life and family.

Miller said she is consistently creating new work while also hosting webinars and virtual writing workshops. Readers interested in Miller’s current works, webinars and workshops can keep up with updates on Miller’s Facebook page or website.

“Many, many writers, even the well-known ones, still work day jobs,

-Pat Zietlow Miller
UWO Journalism Alumnus

Online school habits to unlearn

By Owen Peterson
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After dealing with the brain-numbing purgatory touted as online “learning” for over a year, students were probably upset to learn that some effort is once again required to pass their classes.

While it is nice that campus is no longer a barren wasteland and that half of a student’s day won’t be spent staring at the Canvas interface, there are some things that will surely be missed about the way college was during the last two and a half semesters.

Aspects such as not having to leave your room, open-note exams (whether they were meant to be that way or not) and the power to make your lectures go 1.5x faster than intended all made it more bearable, but now that classes are back to normal it is time to unlearn some of the habits that may have been developed during online instruction.

The biggest change that students will have to get used to is the exams. As sad as it may be, the days of not having to break a sweat over a Canvas quiz are now gone in favor of late, caffeine-fueled nights at Polk Library.

Not only will more effort have to be put into preparing for these exams (because, unfortunately, there is no such thing as opening another tab during an in-person exam), but students will have to readapt to the stress that is inherent when being locked in a room to take a test with nothing but a



Owen Peterson / Advance-Titan

With so much time spent doing online learning, students will have picked up many habits, some better than others. Among the ones that may be missed: being able to get out of anything by blaming it on technology.

pencil, a scantron and the hope that there are no questions on those three chapters you skipped.

It’s too early to tell what impact this might have, but I wouldn’t be surprised if more than a few will be suffering from a “Quizlet hang-over” of sorts. Quizlet will remain prominent in student life, though, as it now claims to host 60 million users a month (up 10 million from the 2018 numbers) and only looks to keep growing.

Just as minds will likely be sore

from having to actually retain information again, legs will feel the same once they are forced to remember the agony that is four flights of Sage Hall stairs at 8 a.m. While, yes, there is an elevator, the point remains that even leaving bed for lectures will be a change of pace for some.

Online classes provided an opportunity for previously unthinkable levels of comfort while listening to lectures; allowing you to wear (or not wear) whatever you

wanted to, control the temperature of the room and sit in a comfortable position for once, so returning sitting on stiff chairs for hours at a time is a very unwelcome change.

I know this transition back will be hard, so I encourage you to do all you can to make morning classes as enjoyable as they can be (which isn’t a whole lot, admittedly), but please, for legal and ethical reasons, remember that pants must be worn during lectures again.

Finally, there are some smaller

features of online learning, especially regarding lectures, that I know I will personally miss.

First, I would like to hold a brief moment of silence for the “my mic isn’t working today” excuse, which truly left us too soon. Gone, but not forgotten.

The sheer amount of ways to dodge social interactions in an on-line setting was pure bliss, and not being able to avoid these situations by simply walking away from the laptop and pretending nothing was even happening will be tough.

Tragically, there is also no longer a way out of answering a question when called upon, so you better remember to actually pay attention again, which, to be fair, will probably be easier considering you can also no longer get away with scrolling through social media for the entirety of the class.

This will be especially missed when having to do group work in class, which will be a lot more draining, considering there is no option to just type in the chat instead of having to actually speak to another human like in Collaborate Ultra breakout groups. At least we can all find solace in the fact that those wretched breakout groups are now in their rightful place in the depths of hell.

In all seriousness, it feels great to be back in a learning environment that is not only more conducive to its purpose, but also so much more enjoyable, and I hope others hold a similar sentiment, especially now knowing what college is like without it.

Tips for buying food off-campus

By Cory Sparks
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As a college student who just moved off of the UW Oshkosh campus, one of the very first predicaments I faced was how on earth I was going to feed myself.

While the stereotypical college tendency of buying ramen in bulk and living off of nothing but carbs and sodium all year was a rather tempting option, I decided that shopping in a cost-effective (but healthy) fashion around Oshkosh was the route that I’d rather take.

Before I get into specifics, here is my plea: do not take my tips as the pinnacle of grocery budgeting advice. I am merely a college student who has been living off-campus for a month and wants to share what I have figured out so far.

When it comes to budgeting, let’s use the Classic Meal Plan, offered to students for on-campus meal choices, as a financial reference. The cost of a Classic Meal Plan at UW O is \$1,615 per semester or \$3,230 per year. For someone who signed a one-year lease and is attending UW O for the full year, we can divide the school year into its 28 weeks to get an average of \$115.36 spent per week.

For those staying in their apartment or house for the entirety of the year, beating the Classic Meal mark through the summer will have slightly different math. By includ-



April Lee / Advance-Titan

The Oshkosh Food Co-op, pictured above, is one of the closest groceries stores to campus; being located at the corner of Jackson Street and Pearl Avenue.

ing the Ultimate Silver summer package, which allows 100 meals for the summer and costs \$1,050, we’d be shooting to spend less than \$4,235 over the course of 52 weeks. This boils down to spending no more than \$81.44 a week.

This may seem like a daunting goal, but read these tips before ruling out your chances of out-budgeting the meal plan.

The first tip that I have is to throw the idea of food brand favorites out of the window. While Oreos or the well-known Heinz ketchup brand

may catch your eye solely due to brand recognition, you can get off-brand cookies and ketchup for a fraction of the price.

Yes, the labeling may look a little peculiar or hard to get used to, but what does that matter? If you are able to pay for the same thing at a reduced value, especially in college, who cares if the name slapped on the label is something that isn’t as well-known?

In some cases, I have seen prices nearly cut in half for items such as loaves of bread and milk when opt-

ing out of buying common brands like Wonder Bread or Dean’s.

The next tip I have is to look at the cost per ounce/pound rate on your food. At stores like Walmart, this information can typically be found on the price tag below the food item.

If you are buying something like beef, which may cost you more at the time to buy a greater quantity of, it can be easy to get discouraged.

However, if you are spending 25-50 cents less per pound, and you know you’ll end up buying more of it down the road anyway, just buy the item in bulk. As long as you know that you and your housemates will be able to consume everything before its expiration date, this strategy is a phenomenal way to save more money.

An example of me taking my own advice on this tip happened just last week when I bought 20 oatmeal packs for less than \$5.

If I were to eat oatmeal for breakfast every day, I’d only be spending roughly \$1.70 a week on a third of my meals. If oatmeal seems too boring, eggs go for as low (or lower than) \$1.09 per dozen at Walmart. If you were to eat three eggs a day, you’d be spending roughly \$2.00 on breakfast per week. This makes the weekly budgeting goals of \$115.36 per week for school year residents and \$81.44 per week for summer residents a piece of cake.

A third note of advice that I have is to plan out what you are buying before you go to the grocery store. The one time me and my roommates didn’t make at least a rough list of what we needed, we felt lost and were much more susceptible to buying snacks that we didn’t need without knowing how close we were to our weekly budget.

By having at least a few items listed on our phones before heading to the store, we have an idea of how much we can spend on snacks or other items if we feel the need to.

My last tip is to be an active consumer and find your own tricks as well. At the time that I am writing this, I have only lived in an apartment for four weeks. This means that you can definitely accumulate some of your own budgeting hacks over the next few months too.

With all of this in mind, don’t forget to live a little as well. As long as you’re budgeting your money correctly and you feel that you’re in an adequate financial state, go out with your friends and be a foodie every once in a while at some of the restaurants in downtown Oshkosh.

While keeping track of how much you spend is a helpful practice, living and dying by the numbers will set you up for an experience that is much more stressful than it’s worth.



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