

The Advance-Titan

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UWO installs overdose rescue kits

By Amber Brockman
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UW Oshkosh partnered with the Winnebago County Health Department and UW-Madison's Wisconsin Voices for Recovery to install naloxone rescue kits in all residence halls on the Oshkosh campus, according to UW Oshkosh Today.

"We are putting the naloxone kits in place to help prevent overdose deaths," University Police Chief Kurt Leibold said. "Just like with AEDs, we hope we never have to use them."

UWO is one of the first colleges in Wisconsin to provide residence halls with naloxone, otherwise known as Narcan, which is a medication that quickly reverses the effects of an opioid overdose.

"The boxes contain two doses of Narcan, a respiration mask and an instruction manual," Leibold said. "All of the UWO Police Department police officers and community service officers (CSOs) have been trained to apply Narcan, and hopefully soon we will get training for community advisors, health advisors and residence hall directors."

Although there have been very few overdoses at UWO, Leibold said the university is taking this step as a preventive measure.

"UWO is in the middle of an urban area, and we cannot think that we would be insulated or immune from these types of incidents," Leibold said. "The majority of overdose deaths in Winnebago County were because of Fentanyl, and Fentanyl has been found in drugs like marijuana where you typically wouldn't see an additive like this."

According to the Wisconsin Department of Health Services, the state had 1,226 opioid overdose deaths in 2020, up about 34% from 2019. Winnebago County had an increase of 85% from 2019 with 37 confirmed overdose deaths in 2020.



New overdose prevention kits were implemented around campus. Of the 37 overdose deaths in Winnebago County in 2020, 23 were men and 14 were women.

"We are working to be very proactive to have the tools we need to deal with these situations if they happen," Leibold said. "Placed near AEDs and Stop the Bleed kits, the boxes at UWO will be stocked with naloxone in nasal spray, courtesy of Winnebago County Health, providing an additional tool to help keep the campus and surrounding community safe."

Wisconsin Voices for Recovery Director Cindy Burzinski said

this effort is important because increased accessibility to naloxone saves lives.

"This is especially important within the current landscape of increased opioid overdose fatalities," Burzinski said. "Naloxone can reverse an overdose and restore breathing, thus reviving the individual and allowing enough time for them to get to the hospital to be treated."

Burzinski said that raising awareness of this resource is a

critical piece of accessibility.

"If people don't know the resource exists, it may not be accessed," Burzinski said. "However, if it's common knowledge that these boxes are in the community and their locations are known, one can easily know where to go to get naloxone in an emergency situation."

The Nalox-ZONE program is currently offered for free, and includes installation and electronic monitoring of the box as well

as free naloxone administration training.

"We are always here if someone would like to learn more about the program or would like to have a box installed and/or receive naloxone administration training," Burzinski said. "We also accept donations to help keep the program free."

For more information about the program or to make a donation, contact naloxzone@fammed.wisc.edu.

Vaccine scholarship winners announced

By Katie Pulvermacher
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The 70 for 70 and Vax Up Titans scholarship winners were recently announced as of Nov. 16, and recipients are excited and grateful for their awards.

"This scholarship was a huge surprise to me," freshman Dylan Ruebl from Brillion said. "It has allowed me to pay off the rest of my semester and have some extra for next semester."

He recalls receiving the email about winning one of the \$7,000 scholarships through the 70 for 70 UW System program.

"When I first saw the email saying I won, I had just woken up and I jumped out of bed and started freaking out and called

my grandma right away and basically geeked out to her for over an hour," Ruebl said.

Ruebl mentioned he talked to his grandma two days before winning, saying how concerned he was about being able to pay off the rest of the semester.

"[Winning the scholarship] lifted a huge weight off my shoulders," Ruebl said.

After UW Oshkosh students reached a vaccination rate of

70%, fully vaccinated students at all three UWO campuses were eligible to receive one of eight \$7,000 scholarships. This was a UW System initiative to encourage vaccinations throughout UW campuses.

Eleven of the 12 participating schools reached 70% vaccination amongst students.

"I believe in encouraging, rather than mandating vaccines, and the scholarship incentive

was a great motivator," UW System President Tommy Thompson said.

UWO also offered scholarships and incentives of its own, including two MacBooks and University Bookstore gift cards in the spring 2021 semester as well as 10 \$1,000 scholarships which were announced at the same time as the 70 for 70 scholarship winners this month.

"I never thought in a million years that I would be one of the people chosen to receive this scholarship, so when I received the notification I was so shocked and thought it was fake at first," senior Britney Woolever from Schofield.

Woolever plans to use her Vax Up Titans scholarship towards

next semester's tuition. She commented on why she decided to get vaccinated.

"The reason for getting the vaccine was because of my grandparents," Woolever said. "Family is really important to me. I see my grandparents a lot and didn't want to get them sick."

"If you haven't been vaccinated, do so today," Chancellor Andrew Leavitt said in an email when UWO reached the 70% mark. "This is just one more example of the caring, compassionate community that is UWO."

The full list of 70 for 70 and Vax Up Titans scholarship recipients can be found on UW Oshkosh Today page.

[Winning the scholarship] lifted a huge weight off of my shoulders.

- Dylan Ruebl
UWO student

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Work for the Advance-Titan
The Advance-Titan is hiring writers and photographers. Open to all majors and students.



April Lee / Advance-Titan

Walking around campus, signs of encouragement can be found. UWO’s suicide prevention campaign is focusing on mental health.

Mental health struggles ‘debilitating’ for students

By Kate Steinhorst
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While pain may not always be visible, the signs throughout the UW Oshkosh campus clearly are.

In late October, the university introduced a new suicide prevention campaign that acknowledged the pandemic caused a lot of isolation for everyone, especially students. The campaign, titled “Beneath the Surface: Pain is not always visible,” includes signs throughout campus that remind students they are not alone, that they are enough and that being human means being imperfect.

Before COVID-19 hit, the American College Health Association ran surveyed students in 2018 and 2019 that showed, “60% of respondents felt “overwhelming” anxiety, while 40% experienced depression

so severe they had difficulty functioning.”

According to a UWO press release, Sandra Cox, the director of the UWO Counseling Center, said the national average of students being seen by campus counseling has risen from 7% to 10%. The UWO Counseling Center sees around 15% of the student population.

Cox said the university campaign focuses on mental health in multiple ways. The campaign not only uses yard signs on campus with affirming messages, but also coffee cup sleeves with information on the Counseling Center and posters in hallways that first look cheerful, but have depression under the surface.

“I walk through campus and know there are countless hidden stories of difficulty masked behind the smiling faces of our college students,” said UWO Interim Vice

Chancellor for Student Affairs and Dean of Students Art Munin.

He said many people spend an incredible amount of energy convincing the world that they are perfectly fine.

“We are so adept at this as a society, that for those of us who struggle, we look out into a sea of smiling faces daily and feel utterly alone in our struggle,” Munin said. Many do not realize the pain hidden behind many of the smiles.”

Erin Thompson, a journalism and environmental studies major at UWO, said she struggles with mental health, specifically anxiety and depression.

“As a student who is highly involved in the campus community, it can be really hard for me to tell people that I can’t make it to something, need a break, or that I can’t handle another commitment,”

Thompson said. “I often find myself making excuses so that I don’t have to tell professors or other students the real reason why I can’t attend something. Depressive episodes can last anywhere from a couple days to a month, which completely alters my motivation to do school work, attend class, or participate in extracurriculars.”

Thompson said the UWO campaign helps to destigmatize depression, and that is a good thing.

“Specifically addressing suicide is really critical right now because student mental health issues are worsened so much by the realities of the present day,” she said. “It’s important for the university to continue making accommodations for mental health issues because these struggles are debilitating.”

To learn more, visit uwosh.edu/counseling/surface/.

Debit cards vs. credit cards: Understanding the differences before making purchases

By Kristi Cutts
kcutts@uwcu.org



Paper or plastic? It’s a question you might hear in the checkout line at the grocery store, but it might also be one you ask yourself when it’s time to pay for a purchase.

The paper, of course, is cold, hard cash – but when we’re talking about plastic, we’re talking about debit or credit cards. Since not everyone knows the differences between the two, we’re dedicating this column to breaking it down so you can make the best choice the next time you pull out the plastic.

The details on debit cards

Let’s start with debit cards. Debit cards are tied to a checking account and use the funds in that account for each transaction. Each time you pay with your debit card, you’re spending the money you already have in your account. The amount of your purchase is deduct-

ed from your account, sometimes right away and sometimes a few days later, depending on how the purchase is processed.

Debit cards can also act as a sort of key to your bank account, allowing for you to make a cash withdrawal at an ATM—usually without fees if you’re using a machine within your network.

When you pay with a debit card, you’re not likely to incur any associated fees unless you spend more than you have in your account. In this case, you’re likely to incur an overdraft fee, which can range from \$0 to \$35 per occurrence.

Get clued in on credit cards

Credit cards operate a little bit differently. When you pay with a credit card, you’re not directly spending your own money. Rather, each purchase you make with a credit card is charged against your credit limit, and is covered by the credit issuer. Each month, the credit card company will tally your purchases and send you a bill for what you spent. You’ll have to pay at least a portion back each month, but it’s highly recommended to pay off your credit card balance each month to avoid paying interest.

Interest, simply put, is an additional amount the credit issuer charges you each month in exchange for delaying the repayment of your debt.

Credit cards can be a bit scary for just this reason: if you don’t stay on top of your debt, interest charges can get out of hand, meaning you can wind up paying much more than you actually spent on

purchases. Credit cards can come with fees. Some common ones include annual fees, foreign transaction fees, balance transfer fees, cash transfer fees, late payment fees or returned payment fees. But using credit cards can also be a very good thing!

When you pay your credit card bill each month, you’re building and establishing your credit, which can earn you all sorts of benefits in the long run. Having a strong credit history can prove to lenders that you’re a safe bet, and that can net you things like higher credit limits or more favorable interest rates. Plus, many credit cards offer rewards programs where you can earn points for cash back, gift cards and more.

Note: Financial Corner is a response to student requests for information on money matters. The tips are provided by Kristi Cutts, branch manager of UW Credit Union’s UW Oshkosh branch.

Sports

Calendar



Scoreboard

Friday, Nov. 19
Women's Basketball
Alma College 42
UW Oshkosh 72

Saturday, Nov. 20
Women's Basketball
St. Norbert 40
UW Oshkosh 71

Men's Basketball
Carthage 66
UW Oshkosh 81

Men's Swimming and Diving
St. Norbert 147
UW Oshkosh 48

Women's Swimming and Diving
St. Norbert 112
UW Oshkosh 117

Women's Cross Country
Individual only

Men's Cross Country
20/32, 541

Tuesday, Nov. 23
Men's Basketball
Edgewood College 49
UW Oshkosh 72

Wednesday, Dec. 1
**Scores available at uwoshkoshtitans.com*
Men's Basketball
UW-Eau Claire

Women's Basketball
at UW-Eau Claire

Upcoming Events

Thursday, Dec. 2
Swimming and Diving
at Carthage

Friday, Dec. 3
Swimming and Diving
at Carthage

Saturday, Dec. 4
Swimming and Diving
at Carthage

Women's Basketball
UW-LaCrosse at 3 p.m.

Men's Basketball
at UW-LaCrosse at 7 p.m.

Wrestling
at Milwaukee School of Engineering
at 9 a.m.



Courtesy of UWO Athletics

During Pat Cerroni's 15-season run as UW Oshkosh's head football coach, he has amassed a win percentage of 69%.

Coach Cerroni retires

109-45 record will be tough to replicate

By Jacob Link
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UW Oshkosh head football coach Pat Cerroni formally announced his retirement on Monday. The news came as a shock to the program, as the football team had already begun to prepare for next season.

Cerroni revived the Titan football team, who struggled to win games before he took over from previous head coach Phil Meyer. It took the Titans 17 seasons to win 60 games from 1990-2006. Cerroni replaced Meyer in 2007 and compiled a 109-45 record in 15 seasons as head coach of the Titans. His 109 wins are the most of the 26 coaches to lead the Titans since 1895. In the Wisconsin Intercollegiate Athletic Conference, he ranks second all-time in wins.

Freshman quarterback Bennett Peterson said: "It was very shocking to hear that Coach Cerroni was retiring from coaching. Although it was sad to see him go, I'm happy for him and wish him the best of luck in retirement. Hopefully, he can stick around and see his impact on the Titan football program for years to come."

Cerroni originally joined the coaching staff in 2000, as an assistant under Meyer. Previously, he coached at Hartland Arrowhead, Menomonee Falls high school, and Waukesha Catholic Memorial high schools. During Cerroni's four seasons at Waukesha Catholic Memorial, he helped the Crusaders to Wisconsin Independent Schools Athletic Association Division I state titles in 1993 and 1996. A veteran of the U.S. Air Force (1984-88), Cerroni earned his bachelor's degree

from Carroll University in 1992 and his master's from UWO in 2004 while he was coaching.

"Twenty-one years ago, I walked onto this campus and never realized what an impact it would make on my life," Cerroni said. "It has been a great journey. In my time all decisions that we made were based on one simple question: 'What is the best for the football program?'"

In his 15 seasons as head



Pat Cerroni

coach, Cerroni led the Titans to four WIAC championships and the school's five NCAA Division III tournament appearances. These appearances include the program's first visit to the national championship game in 2016, semifinal appearances in 2012 and 2017 and to the quarterfinal round in 2015.

"To all the players, coaches, and support staff, I loved every second!" Cerroni said. "No one can take away what we all accomplished."

Cerroni's tenure as head coach included 11 winning seasons, with a standout year in 2012 when the Titans won the WIAC Championship going 13-1. In

2015, the Titans would win the WIAC again, this time going 11-2. While Oshkosh would not win the title in 2016, they followed up with a strong 2017 season, going 12-1 and winning their 10th overall WIAC championship. UWO would earn a share of the WIAC title in 2019, as they beat UW-Whitewater in the final regular season game to go 8-3 on the year. The 2019 season would also be significant as Cerroni earned his 100th win against Eau-Claire.

“It’s never easy saying goodbye, and it’s hard to know when the best time is to walk away

-Pat Cerroni, Head UWO Football Coach

He won many personal awards as well, including WIAC Coach of the Year in 2012, 2015, 2017 and 2019. Cerroni was also selected the d3football.com West Region Coach of the Year in 2012 and 2017.

"It's never easy saying goodbye, and it's hard to know when the best time is to walk away," Cerroni said. "I feel in my heart this is the perfect opportunity and what is best. My wife and I have been discussing this for over a year and right now it feels right".

Off the field, Cerroni led the team in several community service projects, including events associated with the Oshkosh Boys & Girls Club, Oshkosh YMCA, Habitat for Humanity,

Old Glory Honor Flight, Gus Macker 3-on-3 Basketball Tournament and Feeding America. In 2015, Cerroni received the Excellence in Leadership Award for his work with Be The Match, a national marrow donor program which six of his players donated to.

UW Oshkosh Athletic Director Darryl Sims announced that assistant coaches Craig Stenbroten and Luke Venne will act as head coaches while the search for a new head coach begins. In the meantime, Cerroni has been re-assigned to another position on campus where he will serve until his official retirement on July 5, 2022.

"I want to thank the University of Wisconsin Oshkosh administration for giving me the opportunity to be the school's head football coach the past 15 years," Cerroni said. "It has been an absolute honor to work here and represent this university. I'm excited about the new challenges that lay ahead. Although I am no longer the head football coach, I will spend the rest of my time making the UW Oshkosh athletics program the best it can be."

"All of us in the UW Oshkosh community are very grateful for Pat's contributions," Sims said. "Pat has galvanized our fanbase with his accomplishments and helped our football program gain respect throughout the nation. In addition, Pat has mentored young men and led them to success on the field, in the classroom and in life, while serving as a great ambassador for our university. I know the entire Titan Nation joins me in wishing Pat the best in his retirement. He is indeed a true Titan!"

Titans ride winning streak ahead of conference

By Cory Sparks
sparkc21@uwosh.edu

The UW Oshkosh women’s basketball team won three more games in blowout fashion against Edgewood College, Alma College (Mich.) and St. Norbert College in the week leading up to Thanksgiving break.

Senior forward Nikki Arneson put up a team-high 53 points during the three-game stretch while shooting 10-for-12 from behind the three-point line.

UWO traveled to Edgewood College on Nov. 17 and took down their opponents convincingly 78-46. Arneson led the way in the scoring category with 22 points on a 7-for-9 shooting effort, and se-

nior guards Abby Kaiser and Leah Porath led the team’s rebounding effort with eight a piece.

Arneson said the recent success has been due to the team’s ability to expose favorable matchups against their opponents, and she also said that the defensive effort has made playing on offense a lot easier.

“Some main keys to some of our recent wins are that we are playing to each other’s strengths and realizing more where our mismatches are on offense,” Arneson said. “I also think our defense is really stepping up. If our defense is clicking on all cylinders, our offense tends to follow.”

UWO then traveled home for the UW Oshkosh Classic. They

opened the tournament with a 72-42 blowout over Alma College on Nov. 19. Arneson put up 29 points and shot a perfect 7-for-7 from beyond the arc to lead the Titans to the UW Oshkosh Classic finale against St. Norbert College.

The Titans made quick work of St. Norbert by beating them 71-40 in a game where they came out firing to a 27-9 lead after just one quarter.

Porath led the scoring effort with 15 points on a 6-for-10 shooting effort, and she was closely followed by sophomore guard Kennedy Osterman, who scored 14 points and shot 4-for-5 from beyond the arc.

Porath put up 40 points of her own during the three-game stretch,

and her 85% success rate from the free-throw line this season is the best of her career thus far.

Porath, who is second on the team in steals (1.3 per game) behind Abby Kaiser (2.6 per game), said the defensive intensity has greatly helped the team’s ability to set up plays on offense as opposed to rushing shots on every possession.

“We are focusing more on being disciplined,” Porath said. “Being better on the defensive end of the court is also helping us offensively. We aren’t rushing offensively as much because there isn’t as much pressure to score if we are getting stops on the other end.”

Junior forward Kendal Schramek said the team’s ability

to spread the ball around has paid off during the team’s 6-1 start to the season.

“Anyone can go off on any day; we have a lot of offensive threats,” Schramek said. “It is beneficial for us because we have a lot of returners who know how to put the ball in the basket, but we also have a lot of newcomers who can do that as well.”

Arneson, Porath, sophomore forward Kayce Vaile, senior guard Julia Silloway, junior guard Jenna Jorgenson and senior guard Brooke Freitag are all scoring at least five points per game this season.

Vaile, who is shooting 57% from beyond the arc on the season, said the team chemistry has improved throughout the year, and these blowout wins have been happening as a result.

She also said that knowing each player’s strengths has helped the team get off to such a strong start.

“We have been playing as a team and that has helped us improve game to game,” Vaile said. “As we continue to grow as a team we will just keep getting better at playing with each other and knowing each other’s strengths.”

With all Wisconsin Intercollegiate Athletic Conference (WIAC) teams other than UW-Stout (2-3) having a winning record, Arneson said she expects every team to give the Titans a hard-fought game. She also said the Titans must bring their all to be able to compete and win the conference as they have in the last three seasons.

Porath said she understands that the team will have a target on its back and needs to be prepared to go all out in every conference game. She also said that the team that gives their all and wants to win more will come out on top in these competitive conference games.

“I expect nothing but every team’s best effort. We are a team that people want to beat, and we always seem to get everyone’s best game every year,” she said. “Ultimately, it comes down to who wants it more and is willing to put in the work.”

UWO took on UW-Eau Claire (6-0) in Eau Claire Wednesday, and the results can be found on the UWO athletics page. The Titans will take on UW-La Crosse (6-2) at home on Saturday in their first home conference game of the year.

Schramek said the team’s intensity must stay at a high level throughout the season and that this team wants to leave it all on the court.

“Our energy and efficiency must continue to thrive throughout the season,” she said. “There are eight seniors that want to get the most out of the season. We are all playing with an edge. No regrets.”



Senior Nikki Arneson goes for a layup against Alma College. Due to the efforts of her and teammates UWO Women’s basketball stands at a 6-1 record. Courtesy of UWO Athletics

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Courtesy of Alex Carey

PRSSA is a pre-professional club dedicated to helping students to experience a professional working environment, and it also helps them get connected with professionals in the field.

PRSSA helps students build careers

By Mattie Beck
beckm88@uwosh.edu

There are many clubs on campus that provide great opportunities for many different majors, and the Public Relations Student Society of America (PRSSA) is mainly composed of students looking for careers in public relations or communications.

PRSSA is a pre-professional organization, which means it helps students get an idea of what a professional atmosphere in their possible careers may be like.

The club also provides an opportunity for students to network with professionals and gain experience in the field.

Sometimes there are even opportunities to go out and experience public relations at

the national level, with competitions held between PRSSA clubs across the country. The UW Oshkosh chapter annually takes part in the Bateman Case Study Competition and the National Organ Donor Awareness competition.

Assistant Professor Kristine Nicolini, the faculty adviser for PRSSA, said competitions are important to give students real-world experience.

“In both competitions, PRSSA student members develop and implement a comprehensive public relations campaign for a real client,” said Nicolini.

Along with that, she said it can provide students with content that can be useful in the future.

“These experiences provide excellent portfolio work samples and allow students to develop a viable solution to a

PRSSA has helped me grow as a young professional and has helped me find my career path.

-Justine Eron
PRSSA President

real-time strategic communication challenge,” she said.

The club on campus has been able to do well throughout these competitions, placing nationally in both competitions multiple times.

Students join the club for a multitude of reasons, whether it be the competitions or the experience, according to Nicolini.

“Students join the organization to participate in professional development events (workplace tours, guest speaker engagements, educational workshops, etc.),” she said.

Students like Justine Eron, president of the Dr. Julie Henderson chapter of PRSSA at UWO, said she joined the club because of its ability to help students get relevant internships and jobs.

“I joined PRSSA because I wanted to be part of a club that was dedicated to helping students excel in the professional world,” Eron added.

PRSSA has also helped Eron gain experience for her future career.

“PRSSA has helped me grow as a young professional and has helped me find my career path,” she said.

PRSSA is a campus club that welcomes all but does have some specific skills to aid some majors specifically.

“PRSSA is open to all majors,” Eron said, “However, PRSSA tends to mostly have students in public relations, advertising, interactive web management, communications, marketing, and multimedia journalism.”

Ruby Owl Tap Room serves up joy

By Cassidy Kennedy
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Looking for a restaurant with good craft beer and food to visit with family or friends for the holidays? Go check out the Ruby Owl Tap Room.

This restaurant offers a menu full of interesting appetizers, salads, burgers and sandwiches that pair well with your beverage of choice. Ruby Owl Tap Room is not just your average bar food.

Ruby Owl Tap Room is known for a great craft beer selection and they are consistently getting new beers for their customers to come sample.

Cam Lam, manager of the Tap Room, said Ruby Owl has a stellar craft beer lineup, awesome cocktails and amazing food options.

“Ruby Owl is a joyous place to not only be a customer at, but also an employee,” Lam said, “Everyone can be easily appeased when they walk through the doors of 421 N. Main St..

From vegetarian to meat eater, toddler to grandma and grandpa, bookworm to athlete; Ruby has many things that will satisfy your needs.”

Ruby Owl Tap Room also hosts trivia nights with prizes every Monday at 7 p.m. hosted by America’s Pub Quiz.

Ruby Owl provides weekly specials for burgers and sandwiches, as well as a Friday night fish fry.

Doug Peterson, a regular customer at Ruby Owl who frequents the restaurant at least once a week has been pleased with his experiences.

“I’m a regular at the Ruby Owl. I have not had a bad meal yet. More importantly, I have not had bad service while frequenting the restaurant.”

The Ruby Owl Tap Room, located 421 N. Main St., is open every day of the week, from 11a.m. to 10p.m.

Ruby Owl brings a hometown pub atmosphere with contemporary food and drinks to life.



Courtesy of Ruby Owl Tap Room Facebook page

Ruby Owl Tap Room has a large selection of sandwiches, beers and even fish fry on Fridays.



Kylie Balk-Yaatenen / Advance-Titan

The Exclusive Co. in downtown Oshkosh is Oshkosh’s own time capsule with media from the present and going back throughout the years in their store displays.

Oshkosh’s time capsule: The Exclusive Company

By Kylie Balk-Yaatenen
balkyb22@uwosh.edu

The Exclusive Co., located in downtown Oshkosh, creates an old-time atmosphere for music and entertainment lovers to purchase new and used records, DVDs, DJ equipment and much more.

“You don’t see many local record stores anymore, and we offer things that you can’t find at Target or Walmart,” said Isaac Lamers, the record store manager. “The store creates a vibe and it is almost like stepping into a different decade.”

According to their website, The Exclusive Co. is America’s oldest full-line independent record store. Owner James Giombetti, who died on Nov. 13, was known to many as Mr. G and for his catchphrase, “Say it with me.”

Giombetti started his career selling records out of the trunk of his car and at flea markets. He opened the first store in 1956 in West

Bend, Wisconsin. He sold records and then slowly expanded his inventory to include other things like turntables, portable audio equipment, TVs and stereo systems. After the success of the first store, Mr. G was able to expand his store and opened his second location in Oshkosh.

Today The Exclusive Co. has seven locations throughout Wisconsin: in Appleton, Green Bay, Greenfield, Oshkosh, West Bend, Janesville and Milwaukee.

The store specializes in selling pre-owned CDs, records and DVDs. They also sell DJ equipment, car and home audio equipment.

Lamers said that some of their coolest items are the turntables and records because they are hard to find on Amazon or in other stores. He also said they sell records that are limited edition that artists only put out twice a year on World Record Day.

“We carry records and vinyls

that people only find in independent record stores,” he said. “The combination of a music and audio device store makes us unique.”

Britney Woolever, a student at UW Oshkosh, said that she likes that there are so many things to find in the store.

“It’s crazy how many things they sell in one store,” she said. “It’s so fun to look at all the old DVDs that I used to have.”

She said that the atmosphere of the store is what keeps her coming back.

“It really is like a part of history or something you would see in an old 80s movie; it’s kind of magical,” she said.

Lamers said that it is really important that younger people shop local and get involved with music and art.

The store, located at 318 N. Main St., is open from 10 a.m. to 8 p.m. Monday through Saturday and 11 a.m. to 5 p.m. Sunday.



First ever Crunch Time at Polk Library

By Mattie Beck
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The end of the fall semester is fast approaching, and many students are looking for resources to help them get through this last stretch.

For some, it may be hard to study in places like their dorms, Reeve Union or classrooms throughout various buildings.

That’s why UW Oshkosh Library Director Sarah Neises came up with the idea of Crunch Time.

The first Crunch Time was held from 3-6 p.m. Tuesday in Polk Library to help students be more successful in their academic careers.

“This event was inspired by a desire to help students as they reach the end of the Fall semester,” said Neises. “I hope students see the library as a friendly place that they can come to when they need to get



Courtesy of UW Oshkosh Events

Crunch Time provides a great opportunity for students to get prepared for finals in Polk Library.

down to business.”

The main goal of Crunch Time is to create an atmosphere in Polk Library where students feel they can accomplish their goals for studying, completing research or projects and more.

Staff members from campus resources like the Writing Center were able to help with study skills, tutoring and more.

Neises said her goal was to have those staff members help students excel in their academics and look forward to finals.

“I hope that students who are struggling can connect with staff who can help them push through to the end of the semester and be successful,” she said.

Crystal Mueller, Director of the Writing Center was able to provide staff members from the center to

help with the event.

“The Writing Center was actually the originator of the events like this held in Polk,” said Mueller, “They are inspired by a tradition started in writing centers in German universities called Lange Nacht Der Aufgeschobenen Hausarbeiten.”

Mueller added that there were staff members there to aid throughout the night and that the Writing Center will continue to help with events like this in the future.

Along with having multiple staff resources there, there were also snacks and pizza for students to eat while working hard.

Neises said she hopes the event can be held again.

“We are trying to make this study event part of the campus culture, so we are willing to hold it again in an effort to help students engage with the campus and be successful,” she said.

CATASTROPHIZING

It's the end of the semester, not the world

By Owen Peterson
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“If I fail this test, I’m not going to pass this class. I’m never going to finish school, I’m never going to get a job and I’m going to be a total failure in life.”

Does this sound familiar? Even if you’ve never personally discovered the depths of this depressing rabbit hole (or expressed it in such overstated verbiage), you may know others who have.

This is catastrophizing, which is “when someone assumes the worst-case scenario or believes that things are much worse than they actually are.” According to [verywellhealth.com](https://www.verywellhealth.com), catastrophizing is a type of distorted thinking that commonly arises from anxiety and depression. These conditions make the mind more susceptible to cognitive fallacies like this one.

Catastrophizing instills a sense of hopelessness and self-pity that leads to further disappointment and underachievement in the future.

Falling prey to catastrophizing can lead to an otherwise avoidable failure in the form of a self-fulfilling prophecy, as the sense of hopelessness and self-doubt limits one’s performance and inhibits success.

The two main causes (and, twistedly, effects) of catastrophizing are anxiety and depression, as they make the mind more susceptible to cognitive fallacies such as the one of note here.

It’s no surprise that catastrophizing is commonplace among college students, a demographic that lives in a high-pressure environment and reports high levels of stress. In fact, it’s the perfect environment for something like catastrophizing to take hold.

Exemplifying this, 57.6% of college students reported feeling at least “more than average” stress levels and 87% of those aged 18-23 cited “education” as a significant source of stress in their lives in 2020 (according to the American College Health Association and the American Psychological Association polls, respectively).

Another factor that increases



April Lee / Advance-Titan

one’s chances of catastrophizing is the fear of losing something of value. When something that someone values is at risk, there is bound to be a certain level of anxiety, which risks spiraling into catastrophizing.

A perfect, timely example of this is final exams for classes. A student who values their GPA a lot may be very anxious about their final exams, leading them to catastrophize about how they are “bound to do horrible” on them and to focus on all of the negative repercussions that could occur. That, in turn, takes time away from them that could be spent studying. It puts them in a defeatist mindset that leads to a worsened performance.

This is precisely why catastrophizing should be a concern for college students; the inflated values of things like GPAs lead to a harmful, stress-laden environment that can take a severe mental toll on students.

It is well documented that the U.S. grading system has a plethora of negative influences on students, including increased anxiety, lessened creativity and risk-taking, hindered intrinsic motivation and even inhibited learning, all of which can harm a student’s mental

state.

At its core, the grading system excels at boiling a student’s worth down to a jumble of letters and numbers that could have genuine implications for their future. How nice.

This effectively communicates to a student that their job is to work for a high GPA, even if it means sacrificing opportunities that could be more beneficial (internships, freelance work, online certifications) and/or a healthy social life.

A recent New York University study found 53% of students reported neglecting their social life due to stress on at least one occasion, showing exactly the kind of effect that the system can have.

There has also been an increasing sense that having a strong portfolio and internship experience is more important than a good transcript, making the fact that colleges use GPA requirements for admissions to programs, keeping good standing in programs and general university admissions seem a tad archaic.

When students are told that their worth and success will be portrayed in an unbelievably rigid and narrow fashion, it’s inevitable that those who wish to succeed will

follow suit, making sacrifices to conform to a toxic “productivity” culture.

This pressure to be productive (in a way that services your GPA, of course) has consequences, from students increasingly relying on cheating to get better grades to students taking poor care of themselves (less sleep and poor diets) to spend more time on “meaningful things.”

In a 2019 Kessler International poll, 86% of students admitted to cheating in college. This increase in cheating perfectly sums up the fundamental flaw with a GPA, as it shows the active sacrifice of learning in order to meet an arbitrary standard.

GPAs, in a beautiful instance of irony, so often fight against creating a learning environment. It promotes extrinsic motivation, which is known to be less beneficial and fulfilling than intrinsic motivation, encouraging students to spend less time on what they’re passionate about and more time checking off boxes.

Instead of promoting learning and creativity, grades are often a method of coercion, or even a scare tactic, telling students that if they want to succeed in a learning environment, they’ll have to do

it on the university’s rigid terms, making the GPA system one that simultaneously handholds and inhibits its subjects.

Rant over; it is clear to see how students are perfectly set up to fall victim to detrimental patterns of thinking like catastrophizing that can do a lot of long-term harm to a person.

Luckily, there are plenty of methods and resources that can prevent catastrophizing. There are things that I have found successful in the past to reign myself in.

First, realize that bad things happen. A lot.

There is never anything guaranteed in life aside from the fact that it will end, so it would be silly to think that there won’t be hardships along the way. Not to mention that people overcome terrible things all the time, things much worse than failing a chemistry final.

If you start catastrophizing, it can be handy to just remember a time you failed in the past and reflect on how little impact it had on where you are right now, making your current stresses seem silly.

Second, focus on what could go right.

Simply flipping your perspective can be a deceptively simple, but effective, method to stop yourself from catastrophizing. Focusing on positive outcomes can be more conducive to learning, success and satisfaction.

Third, realize that you sound like an idiot.

I find this to be the most effective. Just think, if you expressed all this spiraling paranoia to a close one, they would probably think you sound like an idiot, and rightfully so. Catastrophizing is grounded in irrational fears hindering your ability to logically assess a situation, so chances are there is not much validity in what you are imagining when catastrophizing, so try to recognize that in the moment.

And, of course, never forget the resources that campus offers at the Counseling Center, which can be found at uwosh.edu/counseling.

Letter to the Editor

Parking Lot 39 isn’t safe for students

By Kyle Dietzen
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Parking Lot 39, over the bridge, is dangerous and an inconvenience to the students at the University of Wisconsin Oshkosh. As a student who has to park in Lot 39, I can attest to the statement. Wisconsin winters with the windchill are dangerous to stand outside in, much less

walk for 15 minutes in. Walking is a good thing, but when we have to walk in weather that is unsafe for a human to walk in it becomes dangerous and causes a problem that should be resolved.

I’m sure many people have complained about Parking Lot 39, but I’m going to provide evidence on why the University needs a plan to relocate Lot 39 or come up with a new solution.

First off, the National Weather Service came out with a chart showing how long people are able to stay outside safely based on the air temperature and wind. Their chart shows that when it’s -15 degrees outside and the wind is just 20mph, to be safe you should only be outside for 10 minutes. As I stated before, it’s a 15 minute walk to Parking Lot 39. With being a resident in

Wisconsin my entire life, I know for a fact temperatures get way below -15 degrees quite a few times throughout the winter months.

One option to resolve this problem is to build a new parking lot closer to campus that is just as big and the same cost as Parking Lot 39. Many people think that building a new parking lot will cost too much money but

just look at it as an investment. You can apply the multiplier effect, a factor on how one variable changes another variable, to estimate how much money you’re actually going to bring into the city/university. To make money, you have to spend money and to make the students safe you have to resolve the problem of Parking Lot 39.



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Ornaments may also be purchased online at oshkoshunitedway.org/ornament-series

All ornament sale proceeds will go to community programs funded through Oshkosh Area United Way.