

# The Advance-Titan

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## Students cope with eating disorders, anxiety

By Katie Pulvermacher  
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### Dealing with an eating disorder

“To me, an eating disorder looks like self-loathing no matter what you put in your body, whether it was healthy to eat or not,” 22-year-old Nicole said.

Nicole said she has dealt with an eating disorder for 12 years since she was about 10. It is a constant battle with her mind because as much as she feels the need to eat something, her mind will say no.

“It wasn’t like one or two [family] members [who commented on my weight], it was closer to like 15 to 20 people who continuously made nasty comments and remarks,” Nicole said. “I have now cut off contact with all of the family members who made me feel like this and am trying to surround myself with positive people.”

To try to overcome her eating disorder, she said she tries to reach out to friends and family members who will listen and talk. Nicole was hospitalized a few years ago because of how severe her eating disorder got.

“As someone who is 5’7” I actually ended up weighing less than 100 pounds, and it was really bad,” she said. “I also have therapy sessions twice a week to try and come to some kind of understanding.”

Nicole wants to let anyone who is struggling or fighting an eating disorder know that they are not alone.

“There are so many other people who have gone through the same thing,” she said. “If you reach out to a trusted friend or family member, you might inspire them to talk about their issues, and then others can get help as well.”

### Dealing with anxiety and stress

“Everyone deals with stress, but when you have anxiety it can sometimes be hard to focus on anything but what is stressing you out,” 21-year-old Clara said. “I know that I don’t always handle it the best, but some of the things I try to remind myself is that I am capable and I can do it, because anxiety wants to tell [me] that [I] can’t.”

Clara said she has dealt with stress and anxiety since she was very young. She would get scared performing in front of people. It



Katie Pulvermacher / Advance-Titan

The National Eating Disorders Association (NEDA) estimated 30 million Americans will encounter an eating disorder at some point in their lives.

got worse in middle school when school got more intense and body image became prevalent.

“I didn’t want to admit I had a problem with anxiety until I was a junior in college,” Clara said. “Mental health is incredibly important because it affects how we think, feel and act.”

To deal with anxiety, she journals and takes medication.

“The medication helps because it makes the anxiety and stress less overwhelming,” Clara said. “I found that journaling has really helped me because I hated talking to people because I don’t like to feel like a burden. When I journal I can let out all my thoughts and feelings without judgment.”

Clara wants anyone dealing with severe stress and anxiety to know that they shouldn’t be afraid to reach out for help.

“It seems scary [to ask for help], but once you do it’s like a huge weight is taken off your shoulders and you get the validation that you’re not just crazy,” she said.

### Dealing with depression

“For me, having depression looks like isolation and feeling like I have no hope,” 19-year-old

Lily said. “I tend to have the feeling that nobody cares about me, and that I am a burden to the people in my life.”

Lily said she has dealt with depression since high school, but it has gotten serious only recently.

“Dealing with depression is pretty difficult, at least for me,” she said. “The main way I deal with it is isolation. I tend to separate myself from my friends. I start to shut people out when it gets really bad.”

To deal with depression, Lily has recently started taking medication and seeing a therapist to work through what she is feeling. She wants to let anyone dealing with depression know that there are people out there to help.

“I struggled for a while with realizing that people are able to help me, but when it got serious I did realize that it is OK to get help,” Lily said. “People are out there that care about you, and want you to be OK.”

### Eating disorders affect people of all ages

National Eating Disorders Awareness Week (NEDAwareness Week) is an annual campaign to “educate the public about the

realities of eating disorders and to provide hope, support and visibility to individuals and families affected by eating disorders,” according to National Eating Disorders Association (NEDA). NEDAawareness Week 2022 took place Feb. 21-27.

NEDA surveys estimate 20 million women and 10 million men in America will have an eating disorder at some point in their lives. This affects people of all different ages, sexual orientations, races, ethnicities, religions, body shapes, weights and more.

Eating disorders develop in many different ways, according to NEDA. Eating disorders cover a wide range of disorders including anorexia nervosa, avoidant restrictive food intake disorder, binge eating disorder, bulimia nervosa, diabulimia, orthorexia and compulsive exercise.

According to the National Institute of Mental Health, anorexia nervosa has an extremely high mortality rate compared with other mental disorders.

Janet Lydecker, director of child eating and weight initiatives for Yale’s Program for Obesity, Weight and Eating Research, said her team expected eating disor-

ders would become a huge problem through the pandemic as children stayed home from school.

“[Children are] stressed and lonely, and they have access to food, so we do see more binge-eating,” Lydecker said. “And then they gain weight and are desperate to lose it, so we see more restrictive eating.”

Lydecker said seeking professional help within the first three years of the eating disorder developing will increase the chances of successfully treating it.

According to Milwaukee Neighborhood News Service, some Milwaukee health leaders have seen a surge in eating disorders that link to obstacles created by the pandemic.

“Things are getting better on the in-patient side, but like most mental health issues, there aren’t enough resources out there,” said Dr. Keisha Adams of the Children’s Hospital of Wisconsin.

When it comes to students at UW Oshkosh or any other campus, having resources such as counseling and access to food on campus is important to promote good mental health.

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The Advance-Titan is committed to correcting errors of fact that appear in print or online. Messages regarding errors can be emailed to atitan@uwosh.edu.

# That’s what your face looks like? UWO changes its mask restrictions

By Katie Pulvermacher  
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Smiles. Lots and lots of smiles. That’s what was visible on the UW Oshkosh campus on Tuesday. For the first time in almost two years, UW Oshkosh allowed students, staff, faculty and visitors to not wear masks on campus, except in classrooms and labs, COVID-19 testing and vaccination centers and the student health center.

Masks have been required on the UWO campus since the fall 2020 semester. But it was on March 11, 2020 that the World Health Organization declared COVID-19 a global pandemic, causing universities and schools around the United States to close or go to a virtual format. It was the first declared pandemic since 2009 with the H1N1 influenza.

With the lifting of requirements, students said they are excited for their time on campus.

“We were not conditioned to be isolated and masked,” Oshkosh Student Organization President Jacob Fischer said. “I am extremely excited that the mask mandate will be lifted throughout most of campus. This is monumental for the sake of UWO students’ mental health.”

Some students have not had a semester on campus without mask requirements since starting college.

“I’m ready to get back to normal,” sophomore Marissa Guyette said. “I’m excited to not have to wear a mask to events around cam-



Katie Pulvermacher / Advance-Titan

UW Oshkosh, as of March 1, is no longer requiring students, staff and visitors to wear masks on most locations across campus. Many students are excited by this news.

pus for the first time.”

As excited as students are for this change, some are hesitant.

“I’m just concerned that people will completely forget that COVID is still a thing and people are going to become less aware of the fact that people can still get sick,” said a student who is immuno-compromised and wishes to remain anonymous. “I am also concerned that people are going to become more reckless and less caring of other people.”

Some people have compromised immune systems, and being exposed to any sickness, not just

COVID-19, could be very hard to deal with. The removal of masks makes this a harder environment to stay safe in.

Despite the difference in opinions, UWO is pushing for a safe environment and urging people to continue wearing masks if that is what makes them feel safest.

“As we continue to lift mask requirements, you are encouraged to continue wearing a mask, particularly if you have individual health concerns or concerns for vulnerable family members, co-workers and friends,” UWO Police Chief Kurt Leibold said in an email sent

on Feb. 28. “Please respect the decisions your peers and colleagues will make.”

Testing for symptomatic students and staff, as well as vaccinations, remain available by appointment at Albee Hall. For those who get their booster vaccine between March 7 and 18, Vax Forward is having giveaways for various items including apparel, hats, water bottles, layards, socks, sandals and more.

According to UWO’s COVID-19 dashboard, the seven-day aggregate positive test rate is 1.4% as of March 1 with nine active cases on the Oshkosh campus.

## OSA preps for elections and more

By Cory Sparks  
sparkc21@uwosh.edu



The Oshkosh Student Association (OSA) prepared for elections and discussed increased segregated fees while awaiting results from a survey regarding when to hold fall break.

On Monday, the OSA Assembly approved naming Student Allocations Committee member Rebecca Ashauer for presidential appointment in the upcoming term. Current OSA President Jacob Fischer sponsored her in this appointment.

Fischer said the preparation process for such high positions as the OSA president or vice president has to do with narrowing down one’s message and establishing a connection with the student body.

He emphasized the importance of being able to communicate with UW Oshkosh students since the goal of such positions is to improve the college experience for as many as possible.

“The preparation process for OSA president and vice president candidates is a process of narrowing down your message, earning trust and respect from fellow classmates and listening to what students have to say,” Fischer said. “OSA is the voice of the student body. Talking and listening to students is the best way to prepare yourself for the role.”

Segregated fees will rise by a rate of up to \$0.17 per student to

support new OSA initiatives going forward. A major portion of the initiatives is the transformation of the OSA officer manager’s role into a program adviser of student leadership and development. The idea to use segregated fees to support such a transformation, among other initiatives, was approved by a 9-1 vote.

Following the vote in favor of an increase in segregated fees, the OSA Assembly honored current Office Manager Tyler Klaver. The Assembly commended Klaver for allowing UWO students to have a voice, pursuing a perfect student government, creating a warm office environment and being an overall generous person to work with.

“The OSA segregated fee idea was generated through OSA as an examination of ways to enhance the student experience and grow leadership development opportunities within student involvement and specifically OSA,” he said.

Additionally, a survey was sent out to students regarding the possibility of a fall break in the 2023-24 school year.

The original survey did not have an option indicating to remain without a fall break. Fischer said a new survey was sent out that included that option.

“I am interested to see the results,” he said.

## Depression: Resources at UWO are available

From Page 1

With the high expenses of schooling, having extra money for food is tough. The Cabinet (Food Pantry), located in Titan Underground, makes food accessible.

“Students shouldn’t have to choose between a meal and their education,” Director of The Cabinet Kaitlyn Henry said. “There are many resources around the Oshkosh area to help combat food insecurity, but having an on-campus food pantry helps provide food to students that may not have a car or don’t know where to look for help to get food.”

The Cabinet opened in February 2020, but shortly after opening, it had to close due to COVID-19. After reopening and there being significantly fewer students on campus between fall 2020 and summer 2021, only 217 students used the resources. As more students are returning to campus, The Cabinet has been used approximately 375 times this school year between September 2021 and February 2022.

All currently enrolled UWO students can use The Cabinet once per week, either in person or using the online ordering system, which is available on the OSA website or on the UWO Mobile app. Spring semester hours are 10 a.m.-4 p.m. Monday through Thursday.

“The Cabinet can also be used by students who feel as though they don’t necessarily have food insecurity and just want to get some free food for the week,” Henry said.

OSA is hosting a food and hygiene drive through March 4. There will be donation boxes all around campus throughout the week. To donate, visit the Oshkosh Student Association website.

Oshkosh Student Organization President Jacob Fischer said one of the reasons he ran for president was the topic of mental health. Alongside the Oshkosh Student Association (OSA), Fischer has been able to promote mental health.

“It was unfortunate to see the negative impact that some COVID policies had on student’s mental health,” Fischer said. “I believe that my role, and the role of OSA at large, is all about mental health, in that our main duty is to ensure the wellbeing of UWO students.”

According to the BBC, mental health is a difficult conversation to have. OSA encourages students to take part in these conversations and has participated in a panel focused on combating food insecurity on college campuses and supporting an after hours mental health emergency service on campus called ProtoCall.

“I would love to see a UWO campus where every student can get the help they need, and are not afraid to get it,” Fischer said. “The problem with this is there is no one-size-fits-all approach. OSA has decided to approach the topic by providing as many resources as we can, so that students can pick and choose what works best for them.”



# Sports

## Calendar



## Scoreboard

**Friday, Feb. 25**  
**Baseball**  
UW Oshkosh - 7  
Birmingham-Southern College - 14

**Saturday, Feb. 26**  
**Track and Field**  
Women - 3/8, 97  
Men - 1/8, 172  
**Wrestling**  
6/18, 92.5  
**Gymnastics**  
UW Oshkosh - 188.8  
Gustavus Adolphus College - 182.4  
**Men’s Basketball**  
UW Oshkosh - 75  
UW-Platteville - 73  
**Baseball**  
UW Oshkosh - 4  
Adrian College - 10  
**Softball**  
UW Oshkosh - 0  
College of Saint Benedict - 1  
UW Oshkosh - 5  
Gustavus Adolphus College - 2

**Sunday, Feb. 27**  
**Baseball**  
UW Oshkosh - 11  
Dominican University - 7  
**Softball**  
UW Oshkosh - 5  
Hamline University - 2  
UW Oshkosh - 3  
Bethany Lutheran College - 1

## Upcoming Events

**Friday, March 4**  
**Track and Field**  
at Wartburg College 1:30 p.m.  
**Baseball**  
at Millikin University 4:00 p.m.  
**Women’s Basketball**  
Wisconsin Lutheran College at Simpson College 5:30 p.m.  
**Men’s Basketball**  
Blackburn College 7:15 p.m.

**Saturday, March 5**  
**Track and Field**  
NCAA Final Qualifier  
Ripon College and Wartburg College 10 a.m.  
**Gymnastics**  
WIAC championship at UW-Whitewater 4 p.m.  
**Baseball**  
Coe College at Millikin University 12 p.m.  
**Softball**  
Lawrence University 9 a.m.  
Concordia University Wisconsin 11 a.m.

**Sunday, March 6**  
**Baseball**  
Coe College at Millikin University  
**Softball**  
UW-Superior 12 p.m.  
College of St. Scholastica 4 p.m.



Jacob Link / Advance-Titan

The team poses by their WIAC championship banner. UWO won both regular and post-season WIAC titles for the first time since 2002.

# Titans take WIAC title

By Jacob Link  
linkj13@uwosh.edu

The UW Oshkosh men’s basketball team defeated UW-Platteville 75-73 on Saturday to claim the Wisconsin Intercollegiate Athletic Conference (WIAC) Tournament title at the Kolf Sports Center behind Levi Borchert’s league-leading 14th double-double.

Borchert had 18 points, 12 rebounds and two blocks as the Titans, ranked third in the nation by d3hoops.com, grinded out the win against the fifth-ranked Pioneers.

“It’s awesome to win in the regular season last week; to win the tournament this week, those are two things our guys are going to remember for a long time,” Head Coach Matt Lewis said. “Last week we cut down nets by ourselves once we got home from Whitewater. Tonight, we got to do it with all our family and friends. It was a special night.”

Both Lewis and Borchert commented on the electricity of the crowd at Kolf. “It was an awesome atmosphere here tonight,” Lewis said. “Thursday night was really good against Whitewater, but tonight it got to a higher level. Platteville traveled very well, bringing their cheer and stunt team and the band. That was one of the more exciting environments I’ve seen inside of Kolf, which is a really cool thing.”

“It’s awesome, I mean to have this atmosphere after a pandemic year,” Borchert added. “Not really having any fans [last year] and then making it to the conference championship after we won the regular season title [this year] is awesome.”

UWP jumped out to an early 11-4 lead, but UWO went on a 16-4 scoring run to take the lead with under nine minutes to go in the first half. The run featured a combined 13 points between Borchert and guard Eddie Muench, who finished the game with 16 points for the Titans. UWO Increased the lead to 39-29 at the end of the first period.

At one point, Oshkosh led by 13 with under 10 minutes to play, but the Pioneers stormed back behind guard Quentin Shields’s 18 points in the second half. Platteville, the defending WIAC tournament champions, pulled to 65-63 with three minutes remaining. UWO could not seem to put the final dagger into the Pioneers, who kept the game close at 72-68 with 32 seconds to go.

Borchert then fouled out of the game after the referees determined he had committed a flagrant offense.

“Our guys were just really, really tough and composed,” said Lewis. “There was a lot of odd things there. I thought the officials did a good job; there was just some weird things, situations, where we were trying to figure out what was going on. I just thought the guys, no matter what occurred, stayed composed and found a way to get it done.”

Three seconds later, UWP cut the lead to two points with a Shields layup. After two Hunter Plamann freethrows put the Titans back up by two, Platteville responded once again. With 18 seconds to go, Shields dribbled down the court and nailed a three, making the score 74-73 UWO. Muench was fouled, but he could only convert on one of his free-throws to make the lead two for Oshkosh with nine seconds to go. Shields grabbed the inbounds pass, dribbled the length of the court, and threw up a shot at the buzzer that hit the side of the rim securing the title for UWO.

“We got the last stop; I mean it came down to that possession,” Lewis said. “We forced a tough shot and got a rebound, so I’m just really excited that our guys continued to fight until the end.”

“We have a lot of good guys and we have been in a lot of close games this year,” Borchert said. “You don’t go through many blow-out wins in the WIAC, so I think just having those close games under our belt helped us [win].”

Guard Eric Peterson added 15 points and three rebounds for Oshkosh, who shot 46.6% (27-58) from the field and 27.8% (5-18) from three. Plamann scored nine points, grabbed five rebounds and dished out a team-best four assists in the game.

Borchert said that the Titans’ physicality and making the Pioneers feel uncomfortable was the biggest factor in the win. “When we gave up [scoring] stretches, we felt that we weren’t making them feel uncomfortable [enough] and we were letting them dictate the game. When we were the ones dictating the game, we had that drive to beat [Platteville],” Borchert said.

On the other side, Shields finished the game with 21 points, two rebounds and three assists. Forward Kyle Tuma scored a game-high 23 points and grabbed

15 boards for the Pioneers, who shot 44.4% (27-58) from the floor and 29.2% (7-24) from three-point land.

After the game, Lewis spoke about how the Pioneers were able to get back into the contest. “They are a good team. They’re well coached and they have some veteran player’s. Tuma had a great game, I just think that they were not going to give up. They’re a team that wants to win just as much as we do, so credit to them for battling back.”

With the win, Oshkosh clinched its fifth WIAC Tournament title, with the Titans winning their second in the past three seasons. UWO won both the regular and postseason crowns for only the second time in their history, the other coming in 2002. The Titans also secured the WIAC’s automatic bid in the NCAA Division III men’s basketball tournament.

“The WIAC is probably the toughest conference in the country,” Borchert said. “There are a few really good leagues, and this is one of them, so winning it has been a must for us.”

To reach the championship game, UWO took care of UW-Whitewater 86-77 as Plamann, Borchert and Muench combined for 66 points in last Thursday’s win at the Kolf Sports Center.

Plamann led all players with a season-high 26 points, and a career-best eight assists. Borchert had his 13th double-double on the year, scoring 22 points and grabbing 11 rebounds. Muench added 18 points for the Titans on 6-7 shooting.

Oshkosh took an early 10-9 lead over the Warhawks and never looked back. UWO went on to shoot 5-12 from three in the first period to build up a 42-33 lead by halftime. After the break, UWW brought the game to within one, but Oshkosh was able to increase their lead to 52-41 with 15 minutes to go. Whitewater Head Coach Pat Miller received a technical foul for arguing with the officials with under four to play and the Titans held a nine point lead. Miller continued to complain about the officiating, and even went to UWO Athletic Director Darryl Sims during the game to discuss the referees. Oshkosh led by at least six points in the final two minutes to close out the game with a 86-77 win.

The Titans shot 56% (28-50) from the floor, 46.7% (7-15) from deep and out rebounded UWW

32-24. UWO continued their domination in the paint, outscoring the Warhawks in that area 40-30.

The NCAA released the D-III tournament bracket on Monday which has UWO taking on Blackburn College (Ill.) in the first round. The Titans are the highest seed in their section of the bracket and will host three games this week. D-III tournament does not seed teams with a number, but Oshkosh was the number one overall team in the NCAA D-III top 16 reveal. All games will be played at the Kolf Sports Center.

“I think it’s huge not having to get on the road,” Borchert said. “We would have still been the same team, but playing in front of our home fans and not having to travel is really big for us.”

Case Western Reserve University will take on the University of Dubuque at 4:45 p.m. on Friday. CWRU made the tournament as one of the 20 at-large bids and comes into the contest with an 18-6 record. Graduate student Mitch Prendergast leads the Spartans with 17.6 points per game. CWRU finished second in the University Athletic Association behind Carnegie Mellon University.

Dubuque finished with a 21-6 record and qualified for the tournament by winning the American Rivers Conference tournament, defeating Buena Vista University 71-52. Senior Peter Ragen leads Dubuque, also known as the Spartans, by scoring 16.3 points and grabbing 5.7 rebounds per game. Dubuque won the ARC regular season title and have won seven straight.

Blackburn College advanced to the D-III tournament after winning the St. Louis Intercollegiate Athletic Conference tournament by defeating Webster 76-56. The Beavers own a 11-17 record and have a three-game winning streak. Blackburn was only 1-10 at the start of the new year but was able to finish the season winning 10 of their last 16 games. Senior Chanz Aldridge leads Webster by scoring 16.5 points per game.

UWO, who is technically a defending champion due to the tournament being canceled in 2020 and 2021, will take on Blackburn at 7:15 p.m. Friday. The winners of the two first-round matchups will play at 7:15 p.m. on Saturday for the chance at a Sweet 16 appearance.



By Jacob Link  
linkj13@uwosh.edu

Jennings takes over for former head coach Pat Cerroni, who announced his retirement in November, and becomes the 23rd head coach in the 126-year history of the UWO football program. The Titans



Jennings, who said he would be calling the plays next season, went on to talk about his excitement about joining the Titan community. “[With] the university and all of its elite academic offerings, the fertile

With Jennings at the helm of the offense, UWW averaged 40.9 points per game last season. He also mentored two Warhawk quarterbacks who were voted WIAC Offensive Player of the Year: Max Meylor (2021) and Cole Wilber (2018). Jennings coached 10 D-III

Jennings played college football at Illinois College, where he was the starting quarterback from 2004-07. He earned his bachelor's degree in psychology and exercise science in 2007 from Illinois College. Jennings went on to receive a master's degree in psychology from Walden University in 2009.

"I am finally to the destination, the University of Wisconsin-Oshkosh," Jennings said. "The bar here has been set extremely high. I so appreciate the faith that [Sims has] in moving this elite program forward."

"I began the pursuit of this job

**By Cory Sparks**  
**sparkc21@uwosh.edu**

Grant has qualified for nationals in the 60-meter dash, and he is

"The heartbreak we as have en-

"My mentality as I prepared for my events was to obviously do my best and try to win," Grant said.

UWO will travel to Wartburg

"We know we have a chance to win a national title, and we [will do] whatever it takes to achieve that," Grant said.

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# Arts & Entertainment



Courtesy of Shelby Edwards

Peter Shaw, played by Jordan Whitrock, and Henrietta Leavitt, played by Ali Basham, share a special moment after Peter finally worked up the courage to talk to her.

## ‘Silent Sky’ makes its shining debut

By Kylie Balk-Yaatenen  
balkyb22@uwosh

The UW Oshkosh theater department will be putting on their first play of the season tonight, titled “Silent Sky”.

The play is based on the real-life story of Henrietta Swan Leavitt, who worked as a “computer” in the 19th century at Harvard College Observatory. Many women were hired as these “computers” to take care of and analyze the observatory’s

photographs, but they were not allowed to look through the telescope.

The play is written by Lauren Gunderson and it follows Henrietta, who is hired by Harvard and who, as a woman in the 1800’s, must try to keep her ideas to herself. Henrietta quietly pursues her own revolutionary theories as family ties, society and love pull her in different directions.

Jordan Whitrock, who plays Peter Shaw, a male astronomer, said that he really enjoys the play

because it is a good mix of drama and comedy.

Whitrock said the show has the ability to touch on many social and economic problems for women in the 19th century.

“There is also a cast of loveable characters as well as funny and romantic relationships that are formed.”

He said that he enjoys the funny, awkward relationship between his character Peter and Henrietta.

“My favorite part of the play

is when my character Peter Shaw tries to work up enough courage to just talk to Henrietta Leavitt,” Whitrock said.

Merlaine Angwall, the director, said that she thinks that people should see the play because of how important Henrietta’s story is.

“You will learn something about a woman who lived in Wisconsin and created the foundation for mapping the universe,” Angwall said.

Whitrock said that he believes

that this is a show that you won’t want to miss because there is something in it for everybody.

“The show has a loving playful feel and keeps flowing,” he said. “It has the magical ability to allow one to get away from the stressful outside world for just a little bit.”

Tickets for the show are available at the box office or online. They cost \$5 for UWO staff and students, \$11 for UWO alumni and for senior citizens and \$14 for general admission.

### Silent Sky

by Lauren Gunderson  
Directed by Merlaine Angwall

March 3, 4, 5, 11, 12 at 7:30 p.m.  
March 13 at 2 p.m.

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1010 ALGOMA BLVD, OSHKOSH, WI 54901  
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# Titan TV bolsters job portfolios

By Cory Sparks  
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The UW Oshkosh campus television station, Titan TV, covers a variety of campus events and offers opportunities for students who have an interest in student media.

Titan TV covers home games for campus sports, holds a live news show on Fridays at 4 p.m. and currently has a show called “Crappy College Cooking” which airs new episodes on Fridays at 4:30 p.m.

News and show sets are shot on the first floor of UWO’s Theatre Arts Center, while sports feeds are shot on location.

Whether somebody wants to shoot camera, edit recorded material, be on-air talent, direct, produce, create graphics, promote or do any other imaginable role typically performed on or off set, Titan TV has those spots available for the coming semester.

Sports Director Eric Krueger is somebody who got hands-on experience with manning cameras for UWO men’s and women’s basketball games last year. After getting comfortable with handling equipment that professional teams use, Krueger said he felt equipped to apply for the position he currently holds as sports director.

“My first experience with Titan TV was during the spring 2021 semester when I decided to run camera for the men’s and women’s basketball games,” Krueger said. “Because of the experience during that season, I decided to apply for the sports director position and was lucky enough to be chosen for the job. Here we are nearly a year later, and I have loved every minute of it.”

News Director Brady Bierman said the station is an opportunity for students to run all operations while working as a team. He also said that the access to industry-standard equipment makes the experience valuable for those wanting to work in the media production field.

“Titan TV is a student-run and student-produced TV station, meaning that students are



Cory Sparks / Advance-Titan

Brady Meyer and Chandler Brindley prepare for the 4 p.m. news show that airs every Friday. They cover campus and national news, as well as campus sports and Division I sports.

in charge and are responsible for creating shows and meeting deadlines,” Bierman said. “We have access to industry-standard technology that many major news and media outlets use, so we can learn the equipment before we enter the job market.”

Promotions Director Bailey Laird said he has already received some recognition for his work with Titan TV. Laird said the station serves as a place where creative thinkers can have their ideas materialize into a full-blown production.

“I have already won some awards for my promo in my time as promotions director for Titan TV,” Laird said. “It is great for us up-and-coming storytellers.”

Along with there being numerous producer positions available for upcoming shows, the positions of station manager, programming director, promotions director, news director and sports director

are all available in the upcoming fall semester.

While spots on Titan TV’s executive board can help load one’s resume, Krueger said the hands-on experience one gets when working on set is just as important.

“As nice as a position on the Titan TV Executive Board looks on a resume, the best thing about the job is the experience that you get while working on the crew,” he said. “Whether you are directing, working in master control, running camera or working either play-by-play or color, the experience is amazing.”

Bierman said one of the main reasons he got involved with Titan TV, and one of the reasons he has stayed, is the welcoming nature of those already involved. He then fell in love with the grind of cranking out content with other motivated individuals.

“I first joined Titan TV because I was drawn in by the friendly

atmosphere and the amazing students and staff that are a part of the station,” he said. “I then fell in love with the technology and creativity in the station and found my passion for creating and producing content.”

Laird said he has learned how to successfully add Titan TV to the juggling act of his college career, and in the process, has learned what it means to be a team player.

Beyond technical skills specific to his position as the station’s program director, Laird said he has learned about something that is crucial in all job markets: accountability.

“I think the three major things that have helped me feel more prepared in this job market are patience, balance and accountability,” he said. “Being held accountable and holding your teammates and peers accountable is super important to a healthy and productive environment in any field. [It’s

especially important] in a massive network of creatives.”

Krueger, who is graduating in December 2022, said he feels much more confident about heading into the job market after his experience with Titan TV.

“The experience that comes with working on crews and working in a team setting to get broadcasts done is something that makes me more prepared to go into the job market,” Krueger said. “I am very happy that I will be able to look back and draw from the experience that I got here.”

For those who are on the fence about joining Titan TV, Bierman said the requirements are more related to one’s mentality than anything else.

“Titan TV is full of opportunities for all students who are eager to learn,” Bierman said.

# Allen Priebe gallery premieres new exhibit

By Mattie Beck  
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“Girls Just Want to Have Fun,” featuring artwork from SPOOKY BOOBS, offers viewers a new look at women and societal values.

SPOOKY BOOBS is made up of three artists: Amy Cannestra, J Myszk Lewis, and Maggie Snyder who banded together to make collaborative exhibitions.

“Girls Just Want to Have Fun” is focused on women, their actions and how they are influenced by societal values such as sexism.

The exhibit features many interactive 3D pieces meant to draw in and create more meaning for the audience.

The interactive pieces in this exhibit include existing games with a spin to demonstrate the point of the exhibit.

“Some of these games satirize popular views of women in our culture, while others promote more self-assured ways of dealing



Courtesy of SPOOKY BOOBS

“Girls Just Want to Have Fun” provokes thoughts on misogyny through twists on popular games.

with people socially,” SPOOKY BOOBS said.

Along with the use of interactive games, the artists also use young education tools as an interactive piece to raise awareness.

“This exhibition also includes a parody of primary educational tools that have been reimaged to

raise awareness about how early in life we internalize sexist ideas,” SPOOKY BOOBS said.

The exhibition is made up mainly of these interactive pieces and is meant to make the point of the exhibition easier to understand.

“Although the games included in the exhibition are not actually

meant to be played, they imply interactivity ... [and] allows them to offer feminist content in an approachable format,” SPOOKY BOOBS said.

The overall point of the exhibit with these interactive pieces is to address issues women deal with in society.

“Overall, our work visually addresses issues of sexism and misogyny and critiques patriarchal systems that perpetuate sexism in the world,” SPOOKY BOOBS said.

SPOOKY BOOBS hopes their exhibit helps give people a better understanding of how women have been affected by these issues in society.

“We would like to raise awareness around how women’s lives are policed both by others through misogynistic language ... [and] create opportunities to overcome this type of oppression,” SPOOKY BOOBS said.

The theme of this exhibit is not exclusive to this showcase, but continues throughout other exhibits by the artists.

Learn more about their work at [spookyboobs.art](http://spookyboobs.art).

The exhibit runs through March 17 at the Allen Priebe Gallery located in the Arts and Communication Center on campus.



# Has tipping culture gone too far?

By Kelly Hueckman  
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After years of it being ingrained into American minds to tip their servers, many people are starting to question the ethics behind servers relying on tips to support themselves.

In a viral video, TikTok user Justice Russell (@realistic.recovery) claimed that tipping culture has “gone too far” after being asked by an employee how much she’d like to tip while in a local drive through.

Russell said she felt “uncomfortable” with the encounter and that she didn’t want to feel obligated to tip a service worker who had done very little service in a short period of time.

With over 31,100 comments as of publication, it’s clear that this video has resonated with many others and has sparked a wave of discussion over how far is too far when it comes to tipping.

TikTok users shared their own experiences of being shocked by being asked for a tip, including being asked at self-checkout stations or clothing stores.

Although tipping at a restaurant, bar or salon has been the norm for decades, the practice has worked its way into environments where customers do not receive a significant amount of service in addition to the purchased product.

While most Americans agree it is courteous to tip a service worker, many find themselves in an awkward situation when they are asked to do so, especially when they weren’t initially intending to.

As a service worker myself, I know that anywhere from 50-80% of my total income comes from tips, but asking a customer for a tip is tacky and creates an uncomfortable atmosphere for



Kelly Hueckman / Advance-Titan

both myself and the customer.

Interestingly, America is one of the few countries that has normalized tipping in the service industry, leaving many to wonder why it is abnormal or even frowned upon in other countries.

Countries like Japan, India and Italy have nearly no tipping culture, but instead have higher prices and wages for employees.

In Wisconsin, tipped employees can legally be paid only \$2.33 per hour if, when combined with tips, their hourly wage amounts to a minimum of \$7.25.

Even then, income for these employees is highly unpredictable. Furthermore, the idea of always tipping shifts the responsibility of paying an employee from the employer onto the customer.

Customers should be able to enjoy their purchased product with adequate service without the pressure to choose an additional amount to their bill so their server can support themselves.

Similarly, customers should not have to suffer the effects of servers changing their service quality based on which financial class a

customer appears to be part of.

By relying less on tips, servers would also be relieved of the constant pressure they feel to allow demeaning and disrespectful behavior from customers that take advantage of the tipping system.

I have experienced first-hand the awkward and dehumanizing position of enduring sexist, inappropriate and flat-out rude comments from customers who know I will not retaliate out of fear of ruining the establishment’s image and losing a portion of my income.

For many servers, far too many of these experiences have escalated into dangerous situations, some of which could have been avoided if servers did not feel the pressure to rely on their tips to live.

Instead, servers should be expected to do their job well while employers are legally required to pay their employees livable wages.

However, this is not yet the case in all states in the United States. Until then, tip your servers!

## Letters to the Editor

### Crappy College Living      An argument for election engagement: Students needed at local-level polls

By Limiko Thao  
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Living off campus with friends sounds like the best thing. What no one wants to tell you is how crappy the houses are. In no way am I saying all properties are horrible and have terrible service, but I can only speak from my experience. Students want to live off campus but within walking distance, but the housing units are so old and crappy. With every little thing being “newly renovated,” the housing is still just the bare minimum. The service that comes with the properties is not even good. Take Discovery Properties for example. “Discovery Properties mishandles bats”(multimedia editor, Oct. 20, 2021) highlights the complaints and pleas from the tenants for Discovery Properties to exterminate the bats, but no one bothered to assist the students. Not once but twice there was a bat sight-

ing. Discovery Properties never came to aid the tenants who were living there and they had to capture the bats themselves. On top of bad service, students have to pay so much money for their housing and for school plus other expenses outside of those areas. With stress from being a full time student and working at least 20 hours a week just to be able to pay for expenses, students should not have to worry about the poor level of service in the properties they live with. Universities were made to give you a better life, but what UW students have to deal with to get to graduation is not good. Property owners that serve the community of Oshkosh students have got to step it up. To make this situation easier, it’s time for students to start voting for representatives who can actually make a change in the Oshkosh community for the students’ well-being and safety.

By Devin Heinz  
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On Feb. 9, 2022, local author and Outagamie County Executive Tom Nelson visited UW Oshkosh in Sage Hall 1214, where he discussed his book, “One Day Stronger: How One Union Local Saved a Mill and Changed an Industry.” He not only shed light on how much it was a community effort to save the local Appleton Coated mill, but he also illuminated the importance of university students being engaged in their local elections. The spring elections frequently have the lowest turnout of all elections in the United States. This is despite the fact that some of the most impactful decisions that affect our day-to-day lives are decided by individuals elected in the spring. This spring, for example, the Winnebago County Board of

Supervisors will see unprecedented turnover due to retirements, leaving several vacant positions, and a local school board election will have a major impact on student instruction..

Nelson said he began to take interest in student government after he started college.

“I got engaged in student government quite quickly,” he said. He ran for the Carleton Student Association Senate at Carleton College. “I won on my first go around, and it was really exciting. I was very involved, very engaged [and] took on a couple of issues. That’s kind of where things began.”

Nelson has been involved in elections both as a candidate and as a volunteer. He said that the results of local elections affect the community on a larger scale than federal elections. Issues pertaining to education, road construction, local services

and much more are addressed at a local level. “Where those decisions are made is not in Washington [D.C] or Madison, they are made at the local level. ... So, if you want a say in how that money is being spent in your community, which I think matters to everyone, then you should seek local office, because that is how you can make a difference.”

As a UW Oshkosh civic influencer, I agree with Nelson. It is important for students to pay attention to and vote in their local elections. I look forward to seeing everyone at the polls on April 5.

Editor’s Note: While most students living in residence halls on the UW Oshkosh campus will be able to vote in Reeve Memorial Union, to confirm your voting poll or learn about what’s on the ballot, go to vote411.org/.





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