

The Advance-Titan

INDEPENDENT STUDENT NEWSPAPER OF THE UNIVERSITY OF WISCONSIN OSHKOSH CAMPUSES

VOL. 131, No. 7

MARCH 31, 2022

ADVANCETITAN.COM



Amy Woyth / The Advance-Titan

The Advance-Titan proposed that the University Marketing and Communications department add a statement that reporters do not have to go through them for interviews.

A-T challenges UMC interview guidelines

By Anya Kelley
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A letter to UW Oshkosh Chancellor Andrew Leavitt alleging that the university engaged in a “pattern of silencing the student press by restricting campus voices” has resulted in policy changes that will include University Marketing and Communications (UMC) encouraging staff and faculty to be responsive to The Advance-Titan and its reporting efforts.

The letter from the Foundation for Individual Rights in Education (FIRE) was sent to Leavitt after The Advance-Titan published an editorial about student press and included information on UMC requiring The Advance-Titan to schedule interviews through their office, making it difficult for student reporters to get sources to communicate in a timely manner.

The letter sparked controversy over the internet as the story gained traction. Alumni, staff members and journalists reached out to The Advance-Titan with words of encouragement and support, while others contacted Leavitt demanding changes in their procedures.

Cory Sparks, the editor-in-chief of The Advance-Titan, reached out to Leavitt and requested a meeting regarding student press freedom. The meeting was held on March 17.

“Going into the meeting, I

felt prepared and ready to make a push on the behalf of The Advance-Titan,” Sparks said. “The staff wanted a change. Many reporters felt they had to jump through various hoops to get a hold of professors [for stories]. We acknowledge that UMC is a valuable asset for helping reporters find experts in a certain field, and we wanted to do everything possible to strengthen the relationship between both parties.”

Sparks had two main concerns:

- There is an authority issue and there is a lack of connection between the UMC and the student newspaper.

- Many of The Advance-Titan staff are developing writers, and the A-T is their first introduction to journalism. UMC said the interview procedure was a loose guideline; however, many of the staff members took it as a set procedure they must follow.

“Some previous emails UMC sent to past editors were a bit unclear on how reporters were supposed to go about contacting sources for interviews,” said News Editor Katie Pulvermacher. “The emails were worded in a way that suggested reporters were not allowed to directly reach out to faculty and staff to set up interviews. This left much of the staff confused, as this was never the case in years prior.”

Pulvermacher said UMC is not a required mediator for media in-

quiries with the student newspaper, which was unclear prior to our meeting. “Miscommunication had left both parties confused,” she said.

Both parties agreed that a language change in the emails and communications was needed and UMC said they would work with the student newspaper to make that happen.

Representatives from UMC also suggested that a more open support role would help level the playing field.

Sara Steffes Hansen, the UWO journalism department chair, said: “The conversation was productive toward improving processes and increasing communication and relationship-building between UMC and The A-T staff. I appreciated the respect and openness that was expressed at the meeting.”

UMC’s procedure was put in place two years ago in the midst of the pandemic, and communication has remained minimal since.

Leavitt said he was hoping that

UMC would be a helpful channel that would give The A-T more credit with faculty, while also prompting staff to give writers a chance for an interview.

“I hope that we can provide unfettered access to not only student journalists, but all journalists,” he said. “Really, we are here to help facilitate the connections between the outside media and the university. No one’s punished for talking to the press.”

The A-T and university both wanted to repair the damaged relationship.

“Going into the meeting, my hope was we could get to the future and not rehash the past,” Leavitt said. “I acknowledge the past and the problem, but I wanted to focus on what was coming next, and Cory Sparks was on board with that. With my long history with the A-T, I’ve always found the A-T to be fair and accurate.”

Steffes Hansen said: “I went into the meeting hoping that everyone could work together toward solutions and I was pleased

to see university and The A-T leadership discuss positive and actionable steps forward. I think UWO values student media, press freedom and an informed campus community, and though these can be difficult conversations, they are worthwhile to support those values.”

Winnebago County Human Resources Adviser and Public Information Officer Ron J. Montgomery, chair of The Advance-Titan Advisory Board, attended the meeting and agreed it was productive.

“The good news is that both sides now realize what they should have [known] all along,” he said. “The paper and the administration both have the goal of informing the Titan community. We are all here for the same reason, [and] we’re all Titans.”

Montgomery said what he saw was a misunderstanding of terms, something easily remediable.

“We are lucky to have Chancellor Leavitt who is a very friendly and reasonable person,” he said.

In the end, both UMC and The Advance-Titan agreed to work together as a united front. There are talks of scheduling biweekly meetings between UMC and The Advance-Titan, and while a date has not yet been set, a second meeting between the various stakeholders will be held shortly to further discuss changes and policies.

With my long history with The A-T, I’ve always found the A-T to be fair and accurate.

- Chancellor Andrew Leavitt

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About the Newspaper
The Advance-Titan is an in-
dependent student newspaper
published on campus since 1894.
The paper is written and edited
by students at UW Oshkosh who
are soley responsible for content
and editorial policy. Any UW
Oshkosh student from all three
campuses is welcome to work on
the newspaper staff.

The Advance-Titan is published
on Thursday during the academ-
ic year.

Correction Policy:
The Advance-Titan is commit-
ted to correcting errors of fact.
Messages regarding errors can
be emailed to atitan@uwosh.edu.

UWO’s 7th annual Free School

By Mackenzie Seymour
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The 7th annual UW Oshkosh Free School will take place on April 2 from 10 a.m. to 2:40 p.m. in Sage Hall.

Free School allows students, faculty, staff and members of the community to attend free classes and informational sessions about a variety of subjects such as sustainability, health, social justice and community building.

Caroline Adams, president of the Student Environmental Action Coalition (SEAC), said the event was created by Laura Hartman, a former UWO environmental studies professor and adviser to SEAC. Since Hartman’s departure, SEAC has continued organizing and running the event every year.

“Free School brings the community together to learn,” said Eden Protheroe, treasurer of SEAC. “It is beneficial because it takes away the financial barrier of education, which stands in the way for many people. All of the teachers are volunteers from the community who want to share their knowledge.”

This year, Free School will feature classes on nature and sustainability, climate change, crafting, history, writing, resume building and interviewing skills.

Nature classes, such as “How to Not Kill Your Houseplants 101,” “Starting Indoor Plants” and “Edible Plants” will teach attendees how to take care of plants and the benefits of houseplants and landscaping with native plants.



Courtesy of UWO Flickr
Senior Lecturer Shannon Davis-Foust instructs a Free School martial arts class in 2018. Various classes are available each year.

“This class teaches students the rules to use when foraging, how to identify certain edible plants and how they can use the edible plants,” said David Langner, teacher for “Edible Plants.” “I [will] also teach them plants to be cautious of [and show them] the edible plant guides I use when I forage.”

Free School will also feature “Meet Fran, a Great Horned Owl,” where students can learn about owls and the role they play in the environment.

Other classes, such as “The Art

of Ukrainian Egg Decorating,” will demonstrate the process of making pysanky decorated eggs using melted wax and dyes and will discuss the history and customs for the design.

For younger children, “Nature Games for All Ages” will cover topics like the web of life, plant and animal identification, the importance of water quality and invasive species information.

Informational tables from campus and community-based resources will also be available for the en-

tirety of the event, such as campus safety, Planned Parenthood Advocates of Wisconsin, Reach Counseling and Winnebago Audubon.

“Free School is important because it provides an opportunity for people of all ages, backgrounds and socioeconomic levels to have access to many types of education,” Adams said. “Free School has something for everyone whether you’re a UWO student or Oshkosh community member.”

Ground rules for college housing success

By Kristi Cutts
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As a college student, you have many important decisions to make about housing. Will you live in a dormitory or an off-campus apartment? Alone or with roommates? And how will you cover expenses?

If these questions have your head spinning, you’re not alone. But approaching them thoughtfully can make your decisions easy to live with.

Choose carefully

Since many first-year students are assigned a roommate at random, do not form a connection that will persist throughout their college career. Given that, whom you choose to share your space with is perhaps one of the more important decisions you can make regarding college housing.

Trust and respect are among the most important factors you should consider, both in terms of your comfort and sense of security, and for potential impact on your finances. For instance, if you and your roommates each appear as signees on a lease, failure to pay the rent on time could negatively affect your credit score – even if you chipped in your share on time.

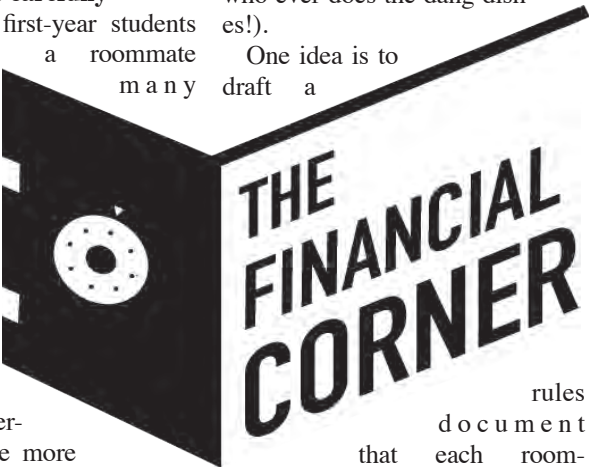
Money discussions can be uncomfortable, but it’s important

to recognize that when you sign a lease with a roommate, you’re not just agreeing to share a space – you’re entering into a formal financial agreement.

Lay some ground rules

If you choose to live with roommates, agree on house rules. Establishing a common understanding of sharing, chores, schedules, visitors, noise and food can help you avoid awkward and frustrating situations in the future (and maybe keep you from being the only one who ever does the dang dishes!).

One idea is to draft a



rules document that each roommate can sign and retain. This way, if a dispute arises, you have a card to play – reminding a rule-breaking roommate of their obligation to you.

If a document sounds too formal, a conversation before move-in can accomplish the same goals.

Mutual respect will go a long way toward ensuring a healthy shared living environment. Remember, respect is a two-way street – be mindful of how you treat your roommates, their space and their things.

Pool your resources

If you have the opportunity to connect with a roommate before move-in, reach out and discuss how you can pool your resources and share expenses.

Even first-year students can benefit from this tip, as most colleges help new roommates exchange contact information before school starts. Coordinate and avoid duplicating efforts – nobody wants to live in a room with two mini-fridges but no coffee maker!

If you have a monthly subscription to a streaming service, consider splitting the costs with a roommate, friend or relative. Every bit of money saved will help in the long run.

Establish an emergency fund

A good best practice regardless of your situation is to establish an emergency fund. Such a fund can be a safety net if an unexpected expense pops up.

An emergency fund should be separate from the checking or debit accounts you use to cover your day-to-day expenses. Consider an automatic transfer into your emergency account each month so that you have something to draw on if you need it.

If you establish an emergency fund in an account that earns compound interest, the money that you set aside could grow over time without you having to touch it. For example, if you put \$500 from a summer job into an investment account that earns a 7% return annually, that account can grow to \$700 in five years. In 20 years, that \$500 could be \$2,000 without you hav-

ing done a thing. Investing early will make growth more likely.

Traditional savings accounts are another great option for an emergency fund – but it should be noted that these accounts typically offer a much lower rate of return when compared to investment accounts. However, they’re less complicated to use and to draw on than investment accounts, so they offer some additional flexibility. You can think of a savings account a bit like a piggy bank – something you can set away something in and use whenever you need it.

If you need more money

If sharing space and expenses with a roommate still leaves you strapped for cash, don’t stress. There are steps you can take to boost your income or to manage your money better.

First, consider a part-time job. Picking up a few shifts at the coffee shop can help deliver the income you need to fit your college lifestyle. If a job isn’t in the cards, consider borrowing money from a parent or another trusted person.

Additionally, private student loans can help cover the costs of college if scholarships, grants and savings aren’t enough.

Finally, many financial institutions offer free credit consultations that can help you take stock of your situation. If you think you’d benefit from some financial coaching, reach out to a financial specialist.

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

CO leak causes detector reevaluation

By Anya Kelley
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A carbon monoxide leak at a UW-Milwaukee residence hall has caused Wisconsin state colleges to rethink whether carbon monoxide detectors should be placed in student housing.

On Feb. 28, 400 UWM students were evacuated and 17 were hospitalized after a carbon monoxide (CO) leak at Cambridge Commons residence hall reached dangerously high levels in excess of 190 parts per million (ppm), according to the Milwaukee Journal Sentinel. The Environmental Protection Agency states that average levels in homes without gas stoves vary from 0.5 to 5 ppm. In the week following the incident, detectors were installed in all of the UW-Milwaukee dorms.

CO is a colorless, odorless gas. It is found in fumes produced when fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges and furnaces is burned. CO can build up indoors when proper ventilation is not available, poisoning people and animals that breathe it in. In fact, more than 400 Americans die from unintentional CO poisoning each year with another 24,000 hospitalized.

UWM stated the leak came from a steam boiler in the dormitory’s basement. In Wisconsin, there is no law requiring CO detectors in resident halls and there were none installed in the hall at the time.

Peggy Breister, chief communications officer at UW Oshkosh, said CO detectors are also not located in residence halls at UW.

“All UW Oshkosh residence halls are heated by steam, which does not produce CO and therefore CO detectors are not required,” Breister said.

“Most UW system residential buildings are heated via steam and do not include fuel-burning appliances for heating purposes,” said Mark Pitsch, director of media relations for the UW system. “They would not be required under [current] code to have detectors unless there is a location with a fuel-burning appliance.”

Pitsch said earlier this month that chancellors at each UW campus have been told to review their dorms and ensure that they “comply with all applicable codes and expand detector usage to improve student safety beyond state and local requirements.”

Pitsch told The Advance-Titan, “The UW system has engaged chancellors - who, under Board of Regents policy, are responsible for meeting health and safety requirements - to ensure that carbon monoxide detectors are installed and utilized to protect the health and safety of our students.”

Symptoms of CO poisoning include headache, dizziness, weakness, vomiting and other flu-like symptoms. The biggest tell-tale sign you have CO poisoning is confusion.

Breathing in too much CO can cause unconsciousness and in the worst-case scenario, death.

Those who are asleep and breathing in CO are at a much higher risk of death than someone who is awake.



Courtesy of Wikimedia Commons

After a recent leak of carbon monoxide at UW-Milwaukee, some schools are thinking of putting in detectors of their own.

How to prevent CO poisoning

The CDC recommends that everyone have a battery-operated or battery back-up CO detector in their home or residence, place the detector somewhere that will easily wake them from sleep and change CO and fire detector batteries every six months - daylight savings is a great way to remember a battery change is needed.

Heating systems and chimneys should be checked yearly by service professionals to prevent leaks. Never burn charcoal indoors and make sure all gas appliances are properly ventilated.

The CDC also recommends completely replacing CO detectors every five years.



Courtesy of Alternative Break blog

TOP: Students after cleaning a room in Fairley High School. MIDDLE: Students and their adviser at the Mid-South Food Bank. BOTTOM: Students outside Multinational’s after-school program.

Alternative Break consists of acts of volunteerism

Spring break in Memphis, Tennessee

By Katie Pulvermacher
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A group of nine UW Oshkosh students traveled to Memphis, Tennessee during spring break as part of a community service trip put on by Alternative Break.

“The trip went great,” Program Adviser of Campus & Civic Engagement Nicole BellCorelli said. “Our group worked so well together and we were able to accomplish so much at the agencies that we worked with.”

Alternative Break was started in the mid 2000s by Reeve Union Student Involvement and Residence Life. The first trip was to Biloxi, Mississippi to help with hurricane damage relief.

BellCorelli said Memphis was chosen as the location of this trip due to it being drivable from Oshkosh, but also far enough away to get students out of the area to participate in service.

The group helped with multiple agencies. On Monday, they helped at Capstone Education and Multinational. At Capstone Education, they filed paperwork, assembled supply kits for teachers for fall and reorganized a supply room.

According to Alternative Break’s blog, the work of the students helped save them a lot of extra time and they would have had to ask staff to volunteer to make it

happen.

At Multinational, the group helped children in an after-school program with homework and played with them on the playground. They returned to Multinational Wednesday afternoon.

“Many in the group really enjoyed helping with the Multinational aftercare program,” BellCorelli said. “They assisted elementary school students with their homework, crafts and games. They connected well and quickly with the kids.”

On Tuesday, the group sorted and boxed food at the Mid-South Food Bank.

The first site on Wednesday was Fairley High School, where they spent two days volunteering.

“Our work at Fairley High School was also a highlight for many,” BellCorelli said. “We were there for two days, helping clean and organize classrooms.”

According to the blog, after continuous poor test scores, they switched from Shelby County Schools to the Green Dot charter school system. The school was filled with broken furniture, among other items that would need to be sorted through.

The first day, they cleared bookshelves in the library and cleaned out an old science classroom that had been filled with broken desks and other miscellaneous items.

They sorted the broken from the usable.

On the second day, they cleaned a skills room that had not been used in three years. They organized and unboxed new kitchen items for classroom use in the next school year.

The trip also included a visit to the National Civil Rights Museum, meals out and lots of games.

Specific locations for upcoming trips are not released yet. Advertising for the spring 2023 trip will start in early October.

BellCorelli said students should apply if interested in escaping Wisconsin for a week.

“Alternative Break is an excellent opportunity for students to participate in service and reflection over the course of the week,” BellCorelli said. “We work together for a week, and the variety of service and the time together allow for deeper discussions on the service experience and social justice issues.”



Sports

Calendar



Scoreboard

Sunday, March 20
Baseball
UWO - 3
MSOE - 0
UWO - 8
MSOE - 11

Monday, March 21
Softball
UWO - 6
Williams College - 3
UWO - 8
Grinnell College - 5

Tuesday, March 22
Softball
UWO - 4
Trinity College - 2
UWO - 5
vs Colby College - 1

Friday, March 25
UWO - 9
Bowdoin College - 7
UWO - 1
Tufts University - 8

Saturday, March 26
Gymnastics
1/6, 194.100

Tuesday, March 29
Baseball
UWO - 6
UW-Eau Claire - 3
UWO - 0
UW-Eau Claire - 3

Upcoming Events

Wednesday, March 30
Softball
vs Carroll University 3 & 5 p.m.

Friday, April 1
Women's Golf
at Berlin, Mascoutin Golf Club 1 p.m.

A-Trivia

What UWO Alum played in the 1982 World Series?

Answer: Jim Gantner



Tiffany Boutin/Advance-Titan

Upon arrival, the team was welcomed and celebrated by family, fans and the Bolt Band. This the fifth national trophy won by gymnastics.

UWO wins 48th national title

By Jacob Link
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The UW Oshkosh gymnastics team took home its fifth national championship with a Division III-record team score of 194.1 on Saturday at the National Collegiate Gymnastics Association (NCGA) D-III Championship in Ithaca, New York.

UWO's Emily Buffington won the uneven parallel bars event to claim her first individual NCGA title and the 13th individual title for the Titans.

"We just stuck with each other," Buffington said. "We didn't focus on any other teams; we didn't look at our phones or any of that because we were trying to stay in the moment."

Buffington scored a 9.8 for her routine on the uneven bars, tying for first place with Taylor Bushey of the City University of New York at Brockport, Winter Osborne of Springfield College (Mass.) and Kerrie Legault of UW-La Crosse. Rahdea Jarvis took fifth in the event with a score of 9.75, joining Buffington in receiving All-America honors on the bars. The Titans came in first as a team in the event, receiving a combined score of 48.5 from the judges.

Buffington said she did not expect to finish first on the uneven bars.

"I don't think it was my best routine," she said. "I worked hard all season and to hit a routine and come out first, it's awesome."

Trinity Sawyer was one of two Titan gymnasts to receive All-America honors on the floor exercise by coming in third with a score of 9.8. Her score tied the school record set in 2017 by Bailey Finin. Faith Mylin of UW-White-

water, Emmie White and Kirsten Paultre of CUNY Brockport also scored a 9.8, joining Sawyer on the podium. UWO's Emily Gilot finished eighth with a 9.7 to receive All-America honors in her final year. Kyra Figurelli of Brockport came in first with a score of 9.9. Oshkosh came in second as a team behind Brockport with a score of 48.625.

Sawyer followed up with a fifth-place finish in the vault with a score of 9.75, earning another All-America honor at the NCGA

the beam with a score of 9.875. The Titans finished first as a team with a score of 48.575.

The Titans did not have a participant for the All-Around competition. Emily North of UWW finished in first place, receiving a score of 38.6 from the judges.

The top eight finishers in each event received All-America honors at the NCGA Championship.

Both Buffington and Jarvis said it feels amazing to be national champions.

"It feels incredible, I can't even

three years to redeem ourselves," she said.

Jarvis also said it was unbelievably loud at the gymnasium in Ithaca.

"It was so loud that I couldn't hear myself think or talk," she said. "We tried to stay in our own bubble as much as we could, but it was loud and electric with all the screaming and yelling."

UWO finished atop the final standings with a score of 194.1, a D-III and school record. Brockport, the defending national champion, came in second with a score of 192.6. UWL took third place as a team with a score of 192.575. Ithaca College came in fourth with 192.325 points, UWW finished fifth with 191.975 points and Springfield College finished last with 186.7 points.

UWO previously won national championships in women's gymnastics at the 1980 Association of Intercollegiate Athletics for Women, the 1986 National Association of Intercollegiate Athletics, and the 1989 as well as 2007 NCGA Championships.

The team arrived back in Oshkosh on Monday morning to a welcome home celebration featuring the Titan pep band, Chancellor Andrew Leavitt and Athletic Director Darryl Sims. tears were shed as the newly crowned champions reunited with friends and family members. The celebrations lasted long into the afternoon, with each gymnast taking turns with the trophy.

Jarvis said she wants to thank the team for all they have done over her four years at Oshkosh.

"I would like to tell the team, thank you for making the last four years absolutely incredible, and making it the best four years of my life," she said.



Tiffany Boutin / Advance-Titan

Coach Lauren Karnitz shows off her and her team's hard work.

Championship. Mikala Bugge of UW-Stout and Kennedy O'Connor of Winona State took the top spot in the event, earning scores of 9.8 from the judges. As a team, Oshkosh finished tied for first with UWL with both teams scoring a 48.4. UWO set a program record for its team score in the event.

Olivia Keller became UWO's sixth All-American after she scored a 9.775 on the balance beam to finish tied with five other gymnasts for sixth place in the event. Sarah Knetzke of UWW came in first on

explain it," Jarvis said. "It's the best feeling in the world."

"It really is crazy," Buffington said. "I did not think that was going to happen but I'm so grateful for everything. We went into it not knowing what was going to happen and to come out how we did is just awesome."

Jarvis said it was everything she could have ever asked for in a senior year.

"We went into my freshman year having a taste of nationals and not doing our best, and I had to wait



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UWO baseball splits doubleheaders

By Jacob Link
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The UW Oshkosh baseball team split their doubleheader against Milwaukee School of Engineering (MSOE) on Sunday in Glendale, with the Titans taking the first game 3-0 but falling in the second game 11-8 in 10 innings.

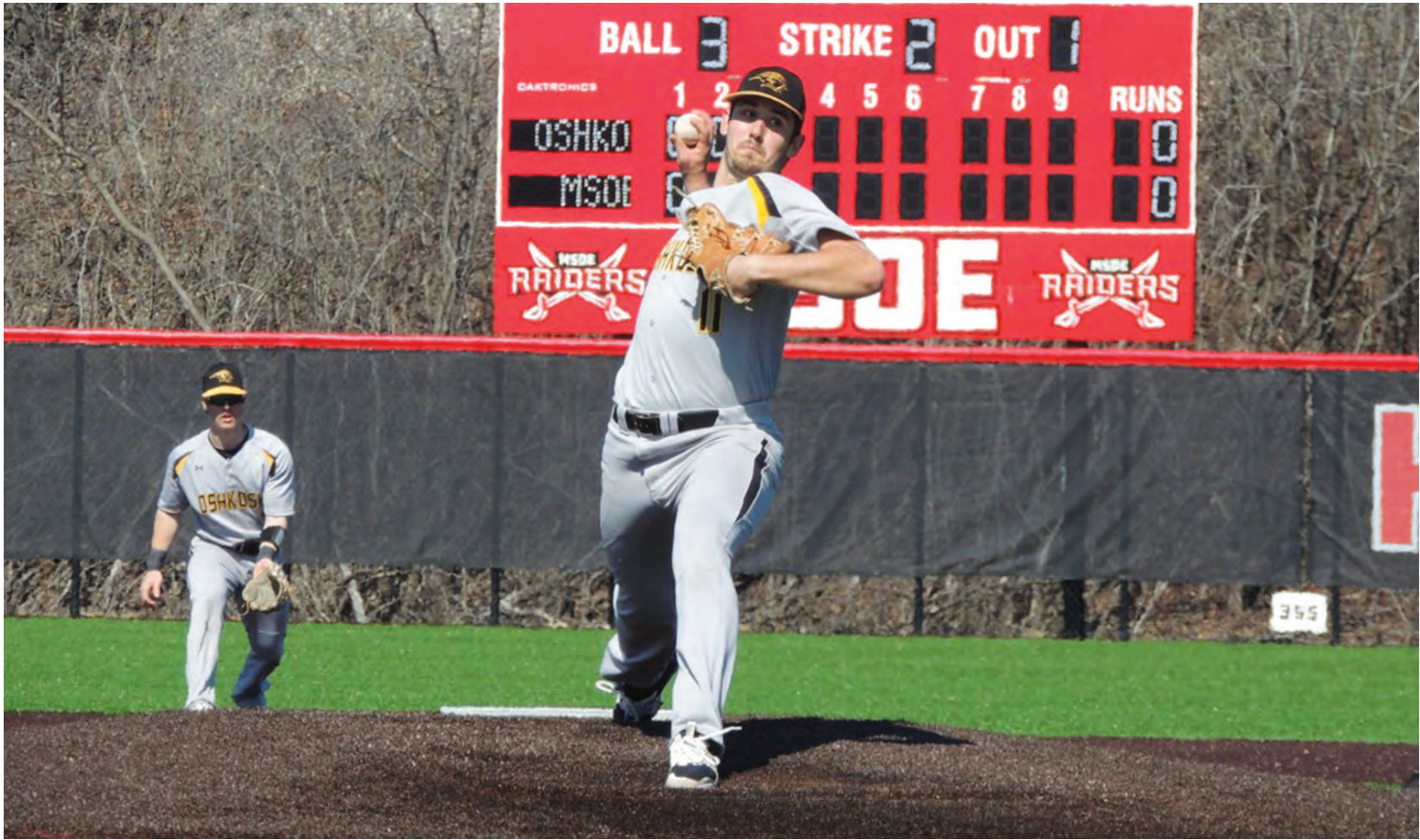
The Titans followed up by splitting a doubleheader against UW-Eau Claire on Tuesday at Capital Credit Union Park in Ashwaubenton. UWO took the first game 6-3, but was shut out 3-0 in the second game.

“We would’ve loved to have taken both from them, and we expected to do so, but in the end, we couldn’t execute,” Oshkosh first baseman Zach Taylor said. “There was a mix of emotions.”

In the first game against the Blugolds, the Titans were led by Nicholas Shiu who went 3-4 with three RBIs and scored a run in the team’s sixth win of the season. Harry Orth recorded the win for Oshkosh, going seven innings and allowing three runs on four hits.

Oshkosh could not get their offense going in the second game against Eau Claire, scoring no runs on five hits. The game remained tied 0-0 until the sixth inning where UWEC’s Andrew Murphy hit a sacrifice fly to bring in one run. UWEC added two more runs in the the seventh and eighth innings to increase the Blugold lead to 3-0. Oshkosh had the tying run at home plate in the ninth, but Mickey McDowell struck out to end the game.

The Titans pulled out the win against MSOE in the first game of the doubleheader behind a combined one-hitter from pitchers Orth and Connor Brinkman. UWO kicked off the scoring in the fifth



Courtesy of UWO Athletics

Orth struck out eight batters in UWO’s 3-0 win over MSOE in the first game of Sunday’s doubleheader. Orth, a senior, is 3-1 with a 2.93 ERA this season.

inning when Jake Anderson’s single drove in Mason Kirchberg. The game remained 1-0 Oshkosh until Shiu scored on a wild pitch in the eighth. Taylor drove in Matt Scherrman on a double to add another run to the board for the Titans in the ninth inning.

Orth recorded his second win of the season for UWO, allowing no runs on one hit and had eight strikeouts in his five innings of work.

Taylor said that the whole team played well in the first game of the doubleheader.

“We had some really good pitch-

ing throughout the game, and we were able to string together some clutch hits when we needed to,” Taylor said. “It was an overall team effort.”

In the second game, the Titans jumped out to a 1-0 lead in the second inning after Eric Modaff hit an infield sacrifice-fly that scored Shiu. The contest remained 1-0 until the sixth inning when the Titans scored five runs. Scherrman and Taylor hit back-to-back home runs to increase the lead to three runs. Shiu scored later in the inning after an errant throw by MSOE’s center

fielder. Modaff and Kirchberg then scored on wild pitches as the lead grew to 6-0 after six innings.

Oshkosh scored another run in the ninth but fell apart as MSOE rallied from seven runs down to force extra innings. Oshkosh pulled ahead in the 10th after an Andrew Deardurff RBI single, but the Titans could not hold the lead. MSOE’s Chris Barnes tied the game at eight after an RBI single. With two outs in the bottom of the 10th, Hall hit a walk-off three-run home run to send the Raiders past the Titans 11-8.

Taylor said that baseball can be unpredictable at times.

“Baseball is a funny sport where anything can happen,” Taylor said. “We had been able to shut them out for the whole game, at some point they were bound to put together some offense. We did our best to battle back but, in the end, they got hits when they needed to.”

Read the full story on advancetitan.com.

Oshkosh softball improves to 10-4 this year

By Nolan Swenson
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UW Oshkosh softball spent spring break in Florida and went 5-1 over the week against schools across the nation.

The week began against Williams College, then Grinnell College. Both games resulted in

wins, and throughout the contests a strong Oshkosh lead was maintained with a singular scoring round by the opposition. The Williams and Grinnell games ended in respective scores of 6-3 and 8-5.

Oshkosh senior Grace Stevens said how proud she was of her teammates for those games. “[We] created a good field culture be-

cause it was our first time playing out of the [Rec Plex Dome],” she said.

Their play was smart and strong, as they endured the Florida spring weather and adjusted their performance to best both teams.

The strong start on Monday was followed by two more wins on Tuesday against Trinity College

and Colby College. The Trinity College contest was originally sluggish, with both teams scoring a single run in the third inning; however, in the sixth inning, UWO pulled ahead by three. The game ended in a score of 4-2. Colby College had a strong first inning, but Oshkosh later pulled ahead by four, resulting in a 5-1 score.

These games were followed by two days off, one scheduled and the other due to rain cancellations.

Friday was a mixed batch, with UWO having a strong win, and later being delt their only loss of the week. Bowdoin College was a tit for tat exchange of runs which UWO steadily overcame until the eventual 9-7 win.

After beating Bowdoin, UWO fell to Tufts University, preventing a weekend sweep. Tufts had scored a run in all but two of their innings resulting in a near shut out of 8-1.

Pitcher Maddie Fink said the loss is because of the team being worn down.

“When you play this many games there’s fatigue, and at the end of the week you are tired, even if you love it,” she said.

Fink volunteered to pitch that game after pitching that team last year, saying how good of a competition they are.

In a reflection of the game, she acknowledged that seven of the eight runs given up were her pitches.

“It sucked to lose, but there’s no reason to dwell. We need to focus on making ourselves better through positives opposed to negatives,” she said.

Stevens said that the week was a positive one for the team.

“We’re really starting to build a culture of who we want to be. We’re young and hungry, and we’re ready to get to work,” she said.

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POSTERS--PUZZLES--BAJAS--SOCKS--WIND CHIMES--DREAMCATCHERS

Rock your exams with these crystals

By Kylie Balk-Yaatenen
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Rocks and crystals are said to have many different benefits, most of which include healing the mind, healing the body, meditation, relaxation and balancing energy or chakras; these are some benefits college students need during exam season.

According to Healthline.com, crystals are believed to have energy stored inside them. Some believe that crystals interact with the body’s energy field and can redirect or unblock “stuck” energy. It is also believed that crystals absorb energy from pressure and movement and convert it into an electronic frequency. This frequency, unique to each type of crystal, is then used with the person’s energy. As it stands right now, this practice is considered a pseudoscience.

Clear quartz

According to Energy Muse.com, this crystal is very powerful and is mostly used to aid in meditation because it helps with concentration and focus. It absorbs, stores, regulates and restores energy imbalances. The crystal can also help people to evaluate their choices which, in turn, helps them make big decisions. It helps many people focus when they manifest (speak things into existence). Clear quartz is very powerful when dealing with chakras and blocked energy.

College students can use this crystal to help them to focus on studying, and hopefully fix any



Courtesy of rawpixle.com

Crystals are said to have healing properties and help people deal with stress, anxiety and a lot more.

energy imbalances they might have. Focus and clarity will help by keeping their minds clear and allow them to center themselves. This crystal will also help if they haven’t studied and need to manifest a passing grade.

Black tourmaline

Tiny Rituals.com says that this crystal does well with grounding the person using it. It is connected with the base chakras and helps the person to be safe and present. This grounding power helps to alleviate anxiety and stress. It also can help with confidence; less anxiety means a person who can speak their mind and better clear a path for themselves.

College students are always stressed out, but especially when

faced with exams. Students can use this crystal to help them to be more connected and present during exams week. For students who are giving presentations or applying for jobs it can also allow them to be more confident and give them the power to speak more clearly.

Amethyst

Charms Of Light.com says that amethyst is associated with the third eye and crown chakras. It’s well known for its calming and peaceful properties. It’s also associated with connectivity to spirits and is said to enhance psychic abilities. It supposedly can help with mood swings, anger, fear and irritability.

This crystal might come in handy when students are sad that

the semester is ending or angry that they didn’t do well in their classes. Amethysts also supposedly help you get connected with spirits. Who knows? Maybe they can help you pass your history exam.

Green calcite

According to Feel Crystals.com, green calcite can be used to bring a sense of renewal and can also help people make positive changes to their lives. It can also help people forgive themselves and let go of things that happened in the past. It brings a general wave of health, energy and can help with buried emotions. Calcite can be found in different colors, each said to help with different things.

Students can use this crystal

when they need an energy recharge, especially before a big exam, presentation or paper that they have put off for too long. it may help students forgive themselves for not doing the assignment earlier and make more positive changes for the next semester.

Pyrite

Charms Of Light.com says that Pyrite, or fool’s gold, is used for protection. It is used to help protect the user against emotional drains, including emotionally draining people. It also helps people with their own negative thoughts, with memory and recalling.

Professors, exams and homework all have one thing in common; they are emotionally draining. Pyrite is the perfect thing to help protect you from wasting time and energy on things that maybe don’t matter. It might help you remember all that knowledge that you crammed right before the final. It is also useful at the end of the week when all your work is done and your soul needs to be strengthened, as some believe it can strengthen and protect one’s spirit and soul.

Even though there is no concrete data about these supposed benefits, the power of positive thinking, meditation and introspective thinking is proven to help people feel better. College students can definitely help themselves through stress by using crystals or just thinking positively.

UWO’s journaling club creates community

By Mattie Beck
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The UW Oshkosh Bullet Journal Club offers an opportunity for students to join and create their own bullet journals.

Bullet journaling is a mix of creating a journal, daily planner, diary and a to-do list all in one.

It’s a form of organizing that allows the owner of the journal to put everything into one place in a creative way they can construct themselves.

Jordan Williams, a senior and the event manager for the club after finding them at an event held on campus.

“I found the club during Taste of Oshkosh and I had already been bullet journaling,” Williams said. “I didn’t know other people did it too so I just joined the club for inspiration from other people.”

Club members are able to get together and gain inspiration from one another for their page designs just as Williams did.

“It’s a club where we meet virtually every two weeks on Tuesday night from 7-8 p.m.” Williams said. “We work on our bullet journals together, share what we are

working on, just talk and hang out and will talk about different ways to use a bullet journal.”

Hanging out with others and enjoying the art of bullet journaling is what Williams enjoys about being a member.

“My favorite part is just hanging out and talking with the other members,” Williams said.

Due to meeting virtually, the club is also open to members on other campuses and those who cannot attend things in person.

“Since we meet online we are able to have Fox Valley students join us too, and it’s nice being able to see them every meeting,” Williams said. “Anyone can join.”

For those interested in joining, there is no worry about having the proper supplies for the first meeting.

“If you’re interested you can come to the meetings to see if it’s something you’d be interested in and then people in the club share what they use in their bullet journals to help figure out what you might like,” Williams said.

If you’re interested in joining the club, message @uwoshkoshbujo on Instagram for information on joining meetings.



Courtesy of Jordan Williams

UWO’s bullet journal club allows students to get expressive with the design of their calendars, to-do lists and diaries.

Quit settling in the workforce

Students should get the most out of their jobs

By Kelly Hueckman
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As an increasing number of students join the workforce while taking college courses, it is important for them to consider the pros and cons of working on campus versus off campus.

Getting a part-time or full-time job allows students to not only make a quick buck, but can also provide a platform for students to get professional experience in their field.

Students should give careful thought to which positions they accept to maximize the beneficial impact of these jobs, which can sometimes mean venturing off campus.

While there are many job opportunities off campus, UW Oshkosh also offers a wide range of options for students looking for employment on-campus.

Two of the biggest advantages on-campus positions offer to students are flexible hours and the proximity to residence halls.

According to UWO Parking Services, first-year and second-year students are not guaranteed a resident parking spot because of the seniority-based system, so finding a job within walking distance is crucial.

UWO student Zach Stremer said he works as an operations manager and a building manager at Reeve Memorial Union on campus.

Although Stremer said the wages aren't as high as other jobs off campus, he appreciates his short commute and his employer's willingness to work around his class schedule.

"I can walk to work, and I don't have to worry about class conflicts, usually," Stremer said.

On the other hand, on-campus jobs don't always offer the competitive wages needed to pay for



Kelly Hueckman / Advance-Titan
UWO student Trace Wagner works on campus as an information specialist at Titan Central in Reeve Memorial Union.

high college expenses.

According to the Thurgood Marshall College Fund, 68% of college students are responsible for paying for some or all of their college tuition.

For some students, this means they need to work one or more jobs to pay for their expenses.

Busy students without a vehicle might feel pressured to narrow their view of employment opportunities to on-campus jobs that often are not related to their interests and do not pay as well as off-campus jobs.

However, students should be encouraged to consider a wider

range of employment options that offer better pay, allow professional development or both.

Michaela Branagan, a returning UWO student, said her job as a writer at the Fox Cities Magazine for the past four years has benefitted her academic experience as well as enhanced her skills.

"Just going into classes, I already know a little bit more than the average student," Branagan said.

Branagan said she took the position several years after getting her associate's degree and that the job inspired her to go

back to school to continue her writing career.

Although she has left Fox Cities Magazine, Branagan says she is grateful for her time working there.

"It gave me loads of experience, but it's just time to move onto something different and with a little more money," she said.

While Branagan said working off campus can be more fulfilling, she also said it can be difficult to manage time between work, school and a social life.

"I will sometimes go dormant and not talk to my friends for

weeks," Branagan said. "But it's all about finding balance."

However, Branagan said she encourages students to apply for jobs related to their field, even if they haven't finished their schooling.

"Having that outside experience is super important," Branagan said. "It creates well-rounded people."

Letter to the Editor

COVID-19: Not the only deadly virus in America

By Molly Bresser
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For almost two years now, the U.S. has been fighting a deadly pandemic, COVID-19.

However, the United States might be facing an even bigger problem than just the pandemic: COVID-19 misinformation.

According to the Kaiser Family Foundation, nearly 8 in 10 U.S. adults either believe or aren't sure about at least one of eight false statements about the COVID-19 pandemic or COVID-19 vaccines.

COVID-19 misinformation can be found almost anywhere,

and since you don't need to be a medical professional or reputable source to share information regarding the virus on any type of platform, it's easy to publish false information to the public.

For example, many Americans are under the wrong impression about the COVID-19 vaccine because they have heard from unreliable sources that the vaccine is ineffective or will cause them severe complications and, therefore, they will not vaccinate themselves.

However, unvaccinated individuals are actually 14 times more likely to die from COVID-19 than vaccinated in-

dividuals according to Rochelle Walensky, director of CDC, in a White House Press Briefing in November 2021.

Healthcare professionals can testify that the majority of people who are hospitalized or dying from COVID-19 are unvaccinated. Hence, misinformation is deadly.

To prevent Americans from falling ill to not just COVID-19 but also misinformation, it is crucial to make sure they are informed correctly.

To do this, the CDC needs to further inform the public how to identify sources they can trust on any information regarding

COVID-19.

With help from the CDC, Americans can hopefully put an

end to both deadly viruses that have taken over the nation.

Letter Guidelines

The Advance-Titan welcomes and reads all letters. Timely, well-written, provocative opinions on topics of interest at UW Oshkosh are given first preference.

All letters are subject to editing; not all letters can be published. Letters exceeding 300 words may be edited at the discretion of the Advance-Titan staff. Name, position, address and daytime phone number are required, although only name and email will be published along with the article.

The Advance-Titan does not publish anonymous or open letters and letters printed elsewhere.

If your letter is chosen for publication, we may attempt to contact you for verification via email or phone. To submit your letter, email atitan@uwosh.edu.



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