

The Advance-Titan

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WHAT A MESS

By Katie Pulvermacher
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Goodbye, clean shoes. The construction around campus has been evident with muddy trails left on the floors of campus buildings and residence halls.

Cory Sparks / Advance-Titan

Algoma construction leads to ruined shoes

"The last thing I expected from this construction project was for it to ruin my brand new white Nike Air Force shoes," sophomore Kelly Garrett said. "Nor did I expect to spend 30 minutes trying to scrub off all the mud that covered my shoes in the bathroom."

Due to recent rainy weather, construction around campus has gotten messier than intended. People walking on campus sometimes have no choice but to go through the mud to get where they need to be.

"To get from Reeve to Taylor or the Rec without walking around the entire campus, you're going to have to walk through a ridiculous amount of mud and if you're wearing white shoes, it means you're going to completely ruin them," senior Lexi Wojcik-Kretchmer



Lexi Wojcik-Kretchmer / A-T

said. "My perfectly new, white Vans now are more of a tan color. I did my best to clean them after trudging through the mud, but was unsuccessful."

The next phase of the Algoma Boulevard Project began this

week between Wisconsin Street and Vine Avenue through campus. Wisconsin Street and West New York Avenue are closed to thru traffic.

"The work includes completing the storm, sanitary, water, tree removal and concrete paving and is expected to take 25 weeks," Chief Facilities Officer JoAnn Rife said.

High Avenue from Osceola Street to West New York Avenue is two-way traffic, likely through Oct. 28.

According to Rife, impacted campus facilities include:

- Parking Lot 18 (Scott Hall), north access restricted
- Parking Lot 37 (Lincoln Hall), south access restricted
- Algoma Boulevard and Osceola Street, bus stop closed
- Parking Lot 15 (Blackhawk

Commons), north access restricted

- Reeve Memorial Union, street parking eliminated and loading bay access restricted
- Albee Hall, street parking eliminated, bus stop closed
- Oviatt House, driveway access restricted
- Driveway between Albee Hall and Dempsey restricted
- Algoma Boulevard and Woodland Avenue, bus stop closed
- Parking Lot 4a, south access will be restricted
- Heating Plant, driveway access off Algoma Boulevard restricted
- Theatre Arts Center, driveway access restricted
- Sidewalks along this stretch of Algoma Boulevard, removed in conjunction with construction
- GO Transit Buses No. 5 and

10 will be taking different routes due to construction. The detours for these two buses are subject to change, depending on weather, schedule changes and conflicts. Contact GO Transit at (920) 232-5340 or visit the GO Transit website for specific information on the bus detours.

No construction work will take place on Friday.

According to City of Oshkosh Civil Engineer Josh Fleming, the estimated completion date for this project is Nov. 11.

Roads and parking areas will continue to be blocked off as construction continues. Stay updated with construction at uwosh.edu/facilities/facilities-planning-and-construction/algoma-boulevard-project/.

Loan repayment pause extended through August

By Anya Kelley
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Americans owe more than \$1.6 trillion in student loan debt and the average student borrower takes 20 years to pay off their student loan debt, according to EducationData.org. Add in the economic instability caused by the pandemic and one can see why UW Oshkosh students are happy that the Biden-Harris Administration decided to extend the student loan repayment pause through Aug. 31.

With this being the sixth extension since March 2020, the pause will add additional time for loan payers to achieve economic good standing. Borrowers will all receive fresh starts on repayment, thus eliminating the impact of delinquency.

Olivia Wingender, a freshman communications major living on campus, said the pandemic didn't affect her financial situation much.

"I have consistently worked throughout the pandemic because

neither of the jobs I have had these past two years have shut down due to the lockdown," she said. "My parents have also been able to still work throughout the pandemic because their jobs allowed them to work from home."

In fact, Wingender said the pandemic slightly bettered her family's financial situation because they didn't have to spend as much money on gas and other things that they would normally grab from the store. "Since they weren't leaving the house as much, they didn't have opportunities to grab unnecessary things at the store," she said.

Wingender told The Advance-Titan she was lucky enough to not need to take out a loan for this school year; however, she may need to in the future and she said she thinks the loan pause will help her family.

"I have been fortunate to receive some scholarships and funding from my grandparents that will hopefully cover most of my

schooling, but if/when I do end up taking out loans, I think the extended time for me to pay it off will be super helpful," Wingender said.

Freshman Ethan Woolf said he has been affected financially by the coronavirus pandemic.

"I was out of work for almost half a year due to the pandemic and I definitely lost some money because of that," he said. "My family also lost some money since there was less work available."

Woolf told The Advance-Titan that his mother, stepmother and father had taken out loans when they attended college.

"My step mom just got done

paying hers back," he said. "My dad had student loans as well and has mentioned how hard it was to pay them back. My mom is still paying back her loans."

Woolf said he did not need to take out loans for his first year of studies; however, he will for the rest of his college career.

“When I do get student loans, I know I’m going to be very stressed about paying them back.”

- Ethan Woolf,
UWO student

"I feel the idea behind the loan pause is good. Giving everyone a break after the pandemic and letting people's financial standings

recover should help out a lot of people who are having a tough time."

Woolf said that his mother attended graduate school at UWO and hopes that this loan pause will take some stress off her and maybe help her finish off the remaining payments.

"Since my mom is still paying hers back, the loan pause should really help her out," Woolf said. "I hope that the government will do a loan pause in the future if the economy crashes or the coronavirus starts spreading too much again."

The Biden-Harris administration has stated that they will continue assessing the financial impact of the pandemic on loan payers to ensure smooth transition back into repayment.

According to the UWO Financial Aid Office, the official Stafford Loan default rate for UWO is 6.8%. The national average is 9.7%. On average, 64% of UWO students borrow funds through the federal Stafford Loan program.

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Pub crawl citations climb

By Cory Sparks
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Property owners surrounding the UW Oshkosh campus hosted hundreds of people for the semiannual Pub Crawl over the weekend.

Pub Crawl took place on April 8-10 at houses, apartments and bars surrounding campus where students of all ages indulged in drinking alcohol in large groups. And they did indulge, if the beer cans and other bottles of liquor scattered throughout the yards were any indication.

From outdoor beer pong to mosh pits of people dancing and drinking with one another, the event includes a variety of alcohol-related activities.

According to Oshkosh Police Department Sgt. Chris Romanowicz, the city police issued 90 ordinance citations during Pub Crawl.

The 90 citations are down nearly 17% from the 105 documented in fall 2021, but up nearly 100% from the 46 citations issued in spring 2021. In 2020, there was no spring Pub Crawl due to COVID-19, so there were no citations recorded.

An anonymous — and underage — student said she has been participating in Pub Crawl since she first started attending school in Oshkosh. She said she wanted to participate in the event to socialize and make more friends in the area.

“I started going to join in on the social culture of the school to do something with my roommates, but it also sounded like a fun event to take part in,” she said.

The student said she understands the risks involved with participating in Pub Crawl, whether one is underage or not. She also said that she understands there are health repercussions involved with participating in binge drinking, a common practice during the event.

“The risks include \$300+ police fines and tickets with public intoxication and underage tickets if you are not 21 yet,” she said. “With drinking too much alcohol



Courtesy of Bailey Tomczak

Molly’s is one bar located in Oshkosh that is a popular location during Pub Crawl.

[you can hurt] your health or doing something stupid you would later regret.”

But despite understanding the fines, she said she still enjoys certain aspects of the event.

“The parts of Pub Crawl I enjoy are the social aspects of drinking in a large group, bonding with those who you are drinking with and making fun memories with friends,” she said.

While the student said she enjoys mingling with others, she also said that the drinking and stunts can be a bit extreme. She said that those performing stunts sometimes end up hurting themselves.

“The parts I don’t enjoy would be the excessive drinking and the tendency for people to injure themselves and perform dangerous stunts like jumping off roofs,” she said. “Some of the craziest things I

have seen are people jumping off roofs onto tables and people drinking a large portion of bottles of hard liquor through funnels. [I have also seen] under-age kids jumping fences and running into traffic to avoid cops, as well as people getting tickets just by half stepping onto the [road].”

A semiannual event, Pub Crawl is also held in October each year.

Education key to stop overdoses

By Josh Lehner
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More than 100,000 drug overdose deaths occurred between April 2020 and April 2021, according to the Centers for Disease Control and Prevention. The pandemic merely buried the saddening reality of this statistic, as America’s attention shifted focus to the virus.

But last Thursday, law enforcement officers, county workers and determined parents organized to realign the vision of a distracted community via the Reality of Addiction training session at UW Oshkosh. The purpose of the event was two-fold: spotlight the dangers of drug use and educate on how to help people who have overdosed.

“2020 was awful,” said Jennifer Skolaski, facilitator of the Winnebago County Overdose Fatality Review, which analyzes the individual, organizational and systemic factors that cause and exacerbate drug overdose deaths.

“The stay-at-home order didn’t help anyone [recovering from addiction]. People were forced to be isolated, limiting their social gatherings [...] Think of someone who had been in long-term recovery for 20 years, going to the same meeting every week, and then, suddenly, that meeting is closed. How do they find the help that they need?”

Skolaski said the number of overdoses has been increasing.

“In 2020, we saw 37 fatal over-



Josh Lehner / Advance-Titan

Guest presenters share statistics of drug use in Winnebago County.

doses, which is the highest number we’ve seen in Winnebago County — until 2021.” She said the 37 deaths doesn’t include non-fatal overdoses, which often lead to serious long-term problems.

Skolaski focused on the dangers of fentanyl, which is becoming one of the most fatal drugs in the country.

“Fentanyl was listed in the toxicology report for 28 of the 37 overdoses in Winnebago County,” she said.

It is also the leading cause of death for 18-to-45-year-olds.

The isolation brought about by the pandemic also played a role in the increase. Sokoloski said 95% of the deceased victims in Winnebago County died in a private location, such as their house. “This shows the isolation and lack of social connectedness the deceased felt,” she said.

Erin Rachwal and Michelle Kullmann, two mothers who lost their children to accidental overdoses, also spoke about their experiences.

“Losing my son has affected the way I conduct my therapy,” said Erin Rachwal, a therapist whose son Logan, a college student in Milwaukee, died of an accidental overdose in 2021. “You have to find something positive in something tragic, and that’s what I’m trying to do today.”

Rachwal said Logan was a kind kid.

“He had a great sense of humor and loved baseball and animals. He was the type of person who’d come home from school excited because he’d helped someone.”

But things started changing in middle school. “He began to struggle around the age of 12 or 13,” she said. “He was given painkillers after a surgery. We saw the effects

the pills were having on him, so my husband and I discussed getting him off them. As we look back and piece things together, I think that’s where it started.”

Michelle Kullmann told a similar story about her son Cade, who died in 2021 while attending a Milwaukee college.

“Cade was an amazing, shining light full of energy,” she said. “He always pored himself into other people; he was the type of kid who was always there in a heartbeat if someone needed him.”

The two mothers now share a mission.

“We want to help other people who are living this horrific nightmare,” Kullmann said.

UWO has taken measures to counter the increase in drug fatalities nationwide, not only by organizing events like addiction training, but also by installing boxes that contain naloxone, a substance that combats the potentially fatal effects of an opioid overdose.

Rachwal questioned if her son would still be alive today if someone would have known the symptoms of an overdose.

“Logan took a pill while on a call with his girlfriend. He then fell asleep and began to snore — a sign of a fentanyl overdose. She hung up the phone because she didn’t know,” she said. “If she would’ve known, she could’ve called 911. But that didn’t happen.”

Sports

Calendar



Scoreboard

Saturday, April 9

Track and Field
Men's - 4/10, 105
Women's - 5/11, 70

Baseball
UWO - 11
UW-Stout - 2
UWO - 13
UW-Stout - 4
Softball
UWO - 8
UW-Stout - 6
UWO - 5
UW-Stout - 3

Sunday, April 10

Women's Golf
5/13, 356-364 720
Baseball
UWO - 5
UW-Stout - 3
UWO - 5
UW-Stout - 12
Softball
UWO - 17
UW-River Falls - 0
UWO - 9
UW-River Falls - 1

Upcoming Events

Thursday, April 14

Track and Field
UW-Platteville Invitational 5 p.m.

Friday, April 15

Track and Field
UW-Platteville Invitational 12 p.m.
Baseball
vs Finlandia University 12 & 3 p.m.
Softball
at UW-Whitewater 2 & 4 p.m.

Saturday, April 16

Baseball
vs Finlandia University 12 & 3 p.m.

Tuesday, April 19

Baseball
vs UW-Eau Claire 1 & 3 p.m.
Softball
vs UW-La Crosse 2 & 4 p.m.

A-Trivia

What is the difference in diameter between a softball and baseball?

Answer: .8 inches



Jacob Link / Advance-Titan

Jake Andersen hits a grand slam while playing against UWS. Andersen batted 12 times over the weekend and had four hits.

Stout gets smashed over weekend

By Jacob Link
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Junior Matt Scherrman had eight RBIs in four games to lead the UW Oshkosh baseball team to a 3-1 series win against UW-Stout (14-8, 9-3), which entered Saturday as the top team in the Wisconsin Intercollegiate Athletic Conference (WIAC).

UWO (10-10, 5-5 WIAC) hit five home runs in the series over the weekend, including a Jake Andersen grand slam and two home runs from Scherrman in blustery conditions at Tiedemann Field at Alumni Stadium.

"These wins were huge, especially coming after a win last Sunday against UW-Whitewater," infielder Jackson Broom said. "After that series, we got the ball rolling and we feel good right now."

Oshkosh hit three homers in the first game of Saturday's doubleheader en route to a 11-2 win. UWO fell down 2-0 in the sixth inning, but scored 11 runs in the final three innings. Scherrman led off the sixth with a double and was brought home two batters later by Nick Shiu. Andersen then blasted his grand slam after Broom and Mickey McDowell both reached the bases in back-to-back hits. The Titans scored three runs in both the seventh and eighth innings behind a solo homer from Scherrman and a three-run shot from Zach Taylor.

Andersen said that the grand slam felt good coming off the bat.

"I was looking to put the ball in the air because the infield was in," he said. "I just wanted to get some runs in."

Andersen added that the grand slam helped boost the team to a victory.

"It's good to get the boys on top," he said. "And to put our pitcher ahead and give him a chance to pitch with runs behind him is huge."

Saturday's nightcap was a much more back-and-forth game before UWO scored nine runs in the final three innings to cruise to a 13-4 win. The Titans were down 2-1 going into the bottom of the fourth inning, but an errant throw from Stout's third baseman allowed Broom to score, tying the game at two. Eric Modaff hit a deep fly ball to left-center field that brought home two runs as UWO took the 4-2 lead. Broom would lead off the sixth inning with a solo shot that carried out of the ballpark, sparking a three-run inning. Stout fell apart in the eighth inning, as the Titans put up five runs to put the game to bed.

Broom said he got a pitch he liked, and the ball went deep.

"I was just looking for a pitch to hit, something out over the plate," he said. "I was just not trying to do too much."

In Sunday's first game of the doubleheader, UWO took an early lead and never looked back in the 5-3 win. Oshkosh went up 4-0 in the third inning after a Connor

Giusti RBI single and a Shiu fly ball that was mishandled by the right fielder, allowing two runners to score. Stout pulled to within two in the sixth inning, but Scherrman had his second sac fly of the day to put another Titans run on the board. The Blue Devils only put up one run in the ninth as UWO won their 10th game of the season.

The second game of Sunday's doubleheader saw Oshkosh commit a season-high six errors as the Titans were dominated by Stout 12-5. Taylor hit a sac fly in the first inning to give UWO an early 1-0 lead, but Stout took the 2-1 lead in the second after a Titan error allowed two runners to score. Two more errors were committed in the fourth inning by Oshkosh, allowing the Blue Devils lead to increase to 7-2. Scherrman hit a home run to left field in the sixth, but it was not enough as Stout scored five runs in the final four innings to claim their only win of the series.

Taylor said the team's approach to hitting depends on where they are in the count.

"We try to be very selective early in the count looking for a specific pitch that we know we can barrel," he said. "As we get deeper into counts we shorten up a bit and look to drive the ball to the opposite gap."

Andersen said the Titans were able to hit so well in the series because of their approach.

"We have an approach that we

all bought into and it's been working since the Whitewater series so we all kept with it," he said.

Broom said that both the batting and pitching were key to the series win.

"I thought when we did see pitches we could hit, we put some really good swings on the ball," he said. "The whole pitching staff was great because that's a really good offensive team we played, and we pitched well."

Stout entered the weekend with a 16-game WIAC win streak, dating back to last year. The Titans won the season series against the Blue Devils for the first time since 2018. UWO went into Sunday with a WIAC-best .974 fielding percentage before committing eight errors on the day.

Andersen said the three wins the Titans picked up against Stout were very important to their season.

"That's two in a row now," he said. "It's a good feeling to have a couple of wins under your belt."

Broom said that being at home for the first time this season really helped the team.

"Everybody was fired up, parents were behind us, the dugout was loud and it felt really good today," he said.

The Titans will take on Finlandia University (3-19, 0-12 WIAC) in back-to-back WIAC doubleheaders on Saturday and Sunday at Tiedemann Field at Alumni Stadium.

Softball has streak of eight after great week

By Nolan Swenson
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UW Oshkosh softball played six games this past week resulting in a win-loss of 6-0. The Titans gained traction Wednesday with a double-header against Marian University, and double-headers Saturday and Sunday against UW-Stout and UW-River Falls

The first two games resulted in a final-five mercy rule and shared a score of 10-2. This is one of many wins that has bolstered head coach Scott Breyer's confidence.

In reference to the game that occurred the day before, he said, "We had an entire week of not playing, and I was nervous about not coming in with momentum."

But it was momentum they

brought as they went into Saturday with a streak of four mercy rules.

On Saturday, the Titans faced off against UWS. The first game resulted in a score of 8-6 and the second 5-3. Although both scores were not as strong as more recent results, Stout is at the top of the Wisconsin Intercollegiate Athletic Conference (WIAC) conference. The day's wins showed the viability of this team composed of underclassmen going against an aged program.

At the end of the weekend, UWO faced UWRF in a double-header that added two more games to UWO's win streak. The first game concluded with an astounding score of 17-0, which decided the game by the third inning after the fourth inning produced no

points for either team. The second game of the day ended in a score of 9-1 which was decided by the sixth inning. This game had a slower pace, with a peak of four Titan runs in the third inning.

the team played incredibly strong this weekend, as no player stood out from the rest.

The next competitions are against UW-Whitewater on their turf. UWW is often a difficult competitor, however when comparing UWO performance to UWW against UWRF, there is a stark difference as their average score was a loss of 1.5-4.5.



Jacob Link / Advance-Titan

Hannah Ritter prepares to catch as the pitcher winds up her throw.



Courtesy of Jeremiah Hoffmann
Ava Downie prepares to swing at the Carthage College Firebird Spring Invitational at Bristol Oaks Golf Club. The team shot a total score of 720 (+144) over two rounds, finishing fifth.

UWO golf team places fifth at meet

By Cory Sparks
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The UW Oshkosh women’s golf team finished fifth in the Carthage College Firebird Spring Invitational at Bristol Oaks Golf Club on Sunday.

The team shot total scores of 364 and 356 for a total of 720 (+144).

Freshman Ava Downie shot the lowest total score of any UWO player with an 82 (+10) and 88 (+16) for a total weekend score of 170 (+26). She finished 10th overall out of 81 players.

Aurora University won the event with a team score of 666 (+90), and the team’s lowest scorer Kallie Sakamoto shot 79 (+7) and 80 (+8) for the lowest score of the weekend at 159 (+15).

After the course endured a cou-

ple days of rain, the team teed off on Saturday and Sunday where there were temperature highs of 48 and 57 degrees.

Senior Erika Priebe, who shot 85 (+13) and 89 (+17), said that while the cold and wet weather is difficult, it levels the playing field.

“It makes for more challenging conditions, but the thing with weather is that everyone has to play in the same conditions,” Priebe said.

Head coach Jeremiah Hoffmann said that while the current course conditions for the meet were not ideal, course management can go a long way when it comes to mitigating mistakes.

“Course management is really important in cold and wet conditions,” Hoffmann said. “Understanding that the ball won’t fly as far, players can’t swing as fast with

multiple layers on and wet conditions allow no roll are all factors.”

Priebe, who received the Wisconsin Intercollegiate Athletic Conference (WIAC) Scholar-Athlete award, set a specific scoring goal for both rounds, even though she had never played at Bristol Oaks before.

She also said that there can be an advantage to playing a course for the first time because there’s a lesser chance of the mind overcomplicating things by picking certain spots on the course or green to aim for.

“I had a goal for myself to shoot under 90 each day, which I was able to do,” she said. “Sometimes it’s good to just go out and play a course you haven’t seen before because you aren’t worrying about where the best spot to hit it is and what to do if you missed that spot.”

Hoffmann said he felt that the team handled playing outside for the first time this year in a competitive atmosphere very well. He said he appreciated the patience many of his golfers had.

“All of our players stayed patient and kept grinding,” he said. “Our seniors were solid, Ava Downie played two really good rounds finishing 10th and Alyssa [Dreher], Josie [Hofer] and Gwyn [Golembiewski] all improved their round two scores.”

As the months go by and Priebe wraps up her senior season, she said she’ll be focused on hitting quality shots with every club in the bag.

She also said that putting well will be a strong emphasis for her since having an efficient day on the greens can shave off strokes even when she isn’t hitting the

best shots.

“I will just be focusing on hitting consistent shots no matter what club it is,” Priebe said. “Putting is always a good area to focus on because even if you aren’t hitting great shots, your putter can bail you out and help you still shoot a good score.”

Hoffmann said that helping the younger talent grow and sending the seniors out with a positive golfing experience are his two priorities heading into the spring season.

“[We want to] develop our underclassmen and send our seniors out on a high note,” Hoffman said. “Our senior class has been awesome for our program.”

UWO’s next appearance will be at the UW-Whitewater Spring Invitational on April 22 and 23 at Riverside Golf Course.

Track and field finishes middle of the pack

By Nolan Swenson
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UW Oshkosh track and field returned to form after Saturday’s meet at UW-La Crosse for the Ashton May Invitational. The women’s team placed fifth out of 11 teams with 70 points, and the men finished fourth out of 10 with 105 points.

In the earlier indoor meets, both teams were consistently placing

in the upper echelons. However, at the beginning of the outdoor season and after the interim in between, the men’s team placed ninth, and the women’s seventh at Washington University in the St. Louis Invitational. Both teams placing within the top half could signal a return to strong team performances as opposed to the individual records that were recorded in February; the men’s team placed first in every meet throughout that

month.

The women’s team placed 5/11 with points being generated from the majority of competitions, but the long distance runners stood out as powerhouses. Notable events were the 100-meter qualifier with three athletes in the top five, Alexandria Demco’s first place in the 1500 meter and 800-meter and Riley Kindt with a 5.58-meter long jump (which is nearly 20 feet).

The men’s team placed fourth

with an impressive concentration of UWO athletes leading in the sprint events. Five of the top nine in the 100-meter raced for UWO, with Jaylen Grant, placing second with a time of 10.6. Also in the 100-meter qualifier, athletes Londyn Little and Rashaad Henderson, who placed first and third respectively. Distance running and jumping were successful, with UWO athletes placing on the better half of the spectrum if not bet-

ter. In shot-put, athlete Nick Tegmeier placed second with 15.95 meters, and his teammate Jackson Sheckler was in third with 15.45 meters.

This meet, while the team didn’t place as high as high placing as in the prior indoor season, shows a turn toward improvement after the first outdoor meet of the season.



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Kylie Balk-Yaatenen / Advance-Titan

Sim Naav/Hnav HMoob presented five different Hmong women’s perspectives on traditional clothing and how it make them feel while they wear it. Victoria Kue is a featured artist, and she shows how she wears Hmong by posing in front of Amish businesses to show the intersection between the Hmong and the Amish.

‘Hnav HMoob’ project inspires

By Kylie Balk-Yaatenen
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What do clothes mean to you? For some people they mean identity or a form of expression. However, the Hmong people have a different relationship with them. For them the traditional Hmong clothing is rich in culture and meaning.

Sim Naav/Hnav Hmoob: Claiming Meaning and Sisterhood Through HMoob Clothes is a project started by Kuab Maiv Yaj that engages in exploring what wearing Hmong clothes means. The presentation was shared via Zoom at UW Oshkosh on Thursday.

Maiv Yaj is a visual artist based in the Twin Cities, Minnesota who wanted to explore how dressing in traditional Hmong clothing would make her feel.

Her goal was to dress Hmong every day and document this through photographs. She said that it was very isolating and that she was “alone in the west.”

“It was a powerful recognition that the everyday dress of our people are dead,” she said.

According to the event’s description, the project grew in 2021 when Maiv Yaj invited Lee Xiong, Magnolia Yang Sao Yia, Tshab Her and Victoria Kue to explore this project for the Minneapolis College of Art and Design Jerome Fellowship Exhibition in Minnesota. This event is an invitation for others to critically and consciously engage with all the artists about the politics of HMoob clothes.

Xiong presented her version of “wearing Hmong” as “a love letter to her sister.” Her pieces depicted the way she felt while wearing the clothes. Her pieces showed painful

experiences in wearing Hmong.

She said that she was often made fun of for wearing Hmong clothing, and she felt like she didn’t have ownership of her body.

“Hmong clothes were not made for bodies like mine,” Xiong said.

Sao Yia is a dance artist and Ph.D. candidate in critical dance studies focused her version of wearing Hmong in the actual feeling of the clothes.

She said that she was often uncomfortable in wearing the Hmong clothing because they were hard for her to dance in. She said it was strange for her to wear Hmong clothing because when she did it felt as though she was “marked” as Hmong and written off.

She thought about the actual dressing of the clothing. She asked herself “Can I wear it however I want?”

Tshab Her is an interdisciplinary artist and wardrobe stylist. She challenged herself to wear Hmong but fused it into her everyday fashion.

She said clothing gave her a space to be seen, to be empowered and to be creative. Her goal was to bring that into this project.

“I never felt beautiful in Hmong clothes. This was a way of celebrating myself and my culture.”

Her installation was a paj ntaub, an embroidered story cloth, of her wearing the various outfits that she put together.

Victoria Kue is an interdisciplinary artist who focuses on creating objects that express her dysphoric female, Hmong-American narrative. Her take on wearing Hmong was trying to find the intersection between the Hmong and Amish.

She wore traditional Hmong clothing and took photos in front

of Amish businesses in Lancaster and Intercourse, Pennsylvania. She said that this was “not a call out, but a documentation of grief” because her mother worked for the Amish.

She said she was still uncomfortable wearing the Hmong clothing, but doing the project helped her gain confidence in it.

Pacha Her is a Hmong student at UW Oshkosh, and she said that the presentation meant a lot to her, especially Tshab Her’s presentation.

“She was able to express her highs and lows as well as the response that she was receiving from the public while she was doing the experiment,” she said.

She said that she understood what Sao Yia said about the clothing being sometimes uncomfortable and hard to put on, but the meaning of the people who dress you is what she loves about dressing Hmong.

“Often, it is your mother who helps you; the process of wearing Hmong clothes creates a valuable bond between mother and daughter that is irreplaceable,” Pacha Her said. “When I wear Hmong clothes it brings me peace and comfort knowing that every single piece of clothing and item I wear that makes up the Hmong outfit amplifies my Hmong identity.”

Pacha Her said, “these pieces are handsewn to perfection [which] makes every outfit so unique and exquisite in every way; the colors make it so bold and brave, and that is exactly what wearing Hmong clothes means to me: bold, exquisite and brave.”

She said that as she has gotten older she has grown to love and appreciate Hmong clothing, but it wasn’t always easy.



Courtesy of kouamyang.com

“When I was young, accepting my identity as a Hmong American was a struggle. I only associated myself with the ‘American’ side of me, and it obviously had nothing to do with Hmongness or Hmong clothing,” she said. “When I was forced to wear Hmong clothes, I was embarrassed and absolutely hated it, and it wasn’t until I got older and moved away from home [that] I was able to reclaim my full identity of Hmong American.”

Pacha Her said she that never truly took the time to realize what the individual pieces meant and how they defined her.

“I truly came to my senses when I realized the hands that have intentionally created each piece of Hmong clothing were the hands

that carried me, fought for me, loved me and survived a war, so I could live the life I have now,” she said. “Now, I wear the Hmong clothes with so much pride.”

She said that she could see herself incorporating Hmong clothing and modern clothing together. However, she thinks it would be hard because of how colorful the pieces are.

For more information about other Asian/Hmong heritage events happening at UW Oshkosh, check out the Hmong Student Union’s Facebook page. For more information about the presenters listed, check out Magnolia Yang Sao Yia’s website MagnoliaYangSaoYia.com



Courtesy of UWO Film Society

Film Society is a campus club that educates students on all things film production. It allows students with a passion for industry to experiment even more with film.

Film Society educates students on everything film

By Cory Sparks
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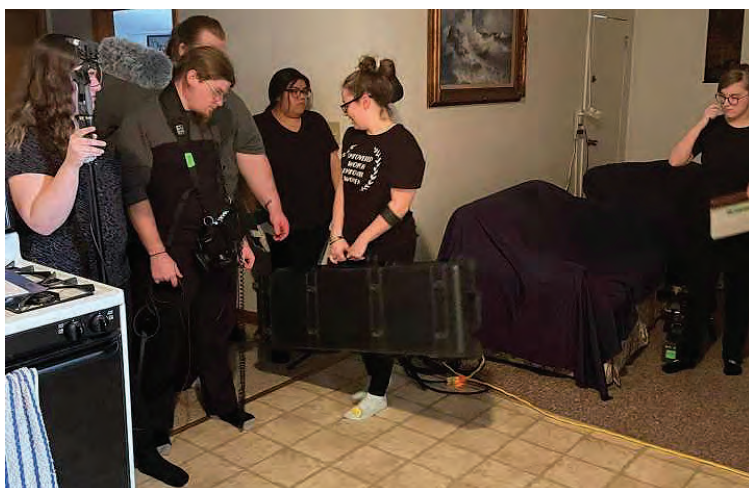
The UW Oshkosh Film Society is a campus organization that educates students on all things film production and welcomes them to a communal environment with open arms.

While classes in the radio-TV-film department can educate students on the ins and outs of the film industry, Film Society allows students with a passion for the industry to experiment even more while bouncing ideas off one another.

UWO Film Society Project Coordinator Sophia Hlavac said the main goal of the organization is to help students get comfortable with working in a filming environment while making friends in the process.

“[The purpose is] to familiarize people with the film production process and make connections with other students who are interested in the film industry,” Hlavac said.

Beth Hubbard, who teaches in



Courtesy of UWO Film Society
get comfortable with film.

Film Society's goal is to help students get comfortable with film. The RTF department, is the club adviser and brings an extensive amount of knowledge and experience in the film industry.

Hubbard received a master's degree of fine arts in film production at Chapman University. She has experience in everything from editing to sound design and received a nomination for Best International Sound Design at the Hollywood North Film Awards. Her short film, "Alex and the Firefly," received enough recog-

Hubbard also aided in adding a sound studio and a 7.1 surround sound mixing studio for students to experiment and learn with.

Hlavac said that hands-on experience with film equipment, along with other instructional and bonding activities, is all a part of the UWO Film Society experience.

“We hold equipment demos, phone film festivals, tutorials.

game nights and screenings," she said.

While the bonding activities and workshop-style experiences are enjoyable, what really gets everyone excited is the film production that students get to work on each semester, she said.

From a pitch process to post production, the organization goes through the entire film production process to get everyone experience for the real world.

“Our most exciting feature is taking on a production each semester,” Hlavac said. “We go through the entire process of filmmaking, from selecting a script from members who pitch, to selecting crew, the production phase and finally to editing.”

When it comes to qualifica-



tions for joining Film Society, students do not need a specific major, minor or certificate to get in.

Hlavac said that if anything, having students from different majors helps in broad-

ening the variety
of backgrounds
of people in-
volved.

"All majors are welcome," she said. "We

love to have a diverse background of people who can give

us new perspectives and insight. Anyone who is interested in film is encouraged to attend."

The one qualification Hlavac did mention is a passion for film.

For those worried about making mistakes or not having a ton of background knowledge before joining Film Society, Hlavac said that this is the place to experiment and push boundaries.

She emphasized that Film Society is a creative space where all thoughts and ideas are heard.

“It never hurts to try, especially here,” she said. “We make sure every voice is heard. We like to be creative and have fun.”

Hlavac also said that those in Film Society are inclusive and always have each other's back.

"We are a tight-knit and welcoming community who genuinely looks out for each other," she said.

With four weeks left in the spring semester, Hlavac said that when someone joins it doesn't matter, as there is no deadline.

"It's never too late to join," she said. "I am only a first-year student, but this club has positively impacted me so much that it feels like a second home."

Students interested in joining can attend any of the weekly meetings held Thursdays at 6:30 p.m. in Room S118 in the Arts and Communication Center.

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

Opinion

Making conscious caffeine choices

By Kelly Hueckman
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Often considered the nectar of the gods by college students, caffeinated beverages have long been associated with 8 a.m. classes and long nights spent hunched over textbooks.

Coffee, soda and energy drinks have allowed college students to reap the benefits of a moderate caffeine intake, including increase in alertness, elevation in mood and even fewer depressive symptoms.

However, a 2021 study from Mayo Clinic and Florida State University found that college students consume an average of 800 milligrams of caffeine per day, 400 milligrams over the recommended daily dose.

While it was concluded that further studies were needed to determine whether excessive caffeine intake causes high anxiety levels and depressive symptoms, a correlation was found between the two.

While I look forward to my morning Starbucks as much as the next person, it’s time to recognize the unhealthy dependency we have on caffeine.

For students looking to cut their caffeine levels for the sake of their mental health, here are some tips for the grieving process.

Keep track of your caffeine

It’s easy to underestimate just how many milligrams of caffeine you are putting into your body each day, especially with some energy drinks containing upwards of 200 milligrams per serving.

Logging your caffeine intake can help you better understand how much you’re consuming and encourage mindful decisions.

Looking at or searching online for nutrition labels is the first step to starting to cut your caffeine intake.



Advance-Titan photo

Energy drinks are common among college students looking for an energy boost, but they might have negative effects on mental health.

Decrease levels slowly

While quitting caffeine cold turkey is the fastest way to ditch a caffeine addiction, it is accompanied by some gruesome withdrawal symptoms such as headaches, trouble concentrating and high levels of irritability.

Furthermore, cutting caffeine out of a diet entirely is not realistic for most college students.

Gradually decreasing levels of caffeine can help students reach more moderate levels of caffeine consumption.

Next time you need your caffeine fix, try asking for half-caf coffee or slowly decreasing the amount of servings you consume.

Moderating caffeine intake can optimize the benefits of caffeine consumption while minimizing the negative side effects.

Find caffeine alternatives

One of the most appetizing parts of caffeinated beverages isn’t just the taste, but it’s also the boost of energy that comes with them.

For the many college students desperate for a few more hours of energy, there are other natural alternatives that can help students feel more alert.

As always, staying hydrated is key. Additionally, berries are a great source of fiber that have a connection to improved blood flow.

Along with berries, nuts are another nutrient-dense food that have shown to have positive effects on cognition, mimicking the alertness that comes with caffeine.

Give energy, get energy

We’re all a little too familiar with the afternoon slump that can cause us to crave caffeine to get us through the second half of the day.

However, instead of reaching for another cup of coffee, take a brisk walk or do a few body exercises to help fend off the cravings.

While expending energy when you feel like you’re severely lacking might seem counteractive, studies have shown that short bursts of exercise can combat fatigue.

Take a break

And not just from the caffeine.

One of the main reasons students consume excessive amounts of caffeine is to keep up with piles of school work, jobs and other responsibilities.

In an individualistic culture that revolves around constant work, it’s important for students to take a much needed break from stressful responsibilities.

With more time to relax, the desire for caffeine should decrease along with stress levels.

Letter to the Editor

We are silent killers: ‘The earth is fed up’

By Olivia Klessig
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Over the past decade, the climate change crisis has taken a major spike and humans are mostly to blame for it.

According to an article written by NASA, “human activities (primarily the burning of fossil fuels) have fundamentally increased the concentration of greenhouse gasses in Earth’s atmosphere, warming the planet.”

The burning of fossil fuels has majorly impacted living conditions on earth.

Humans are to blame for the rising temperatures, less snowfall, shrinking ice sheets, rising sea levels and extreme weather events.

For example, a violent blanket

of tornadoes caused catastrophic damage to most of western Kentucky in December 2021.

As stated in the online news article station WFPL by Ryan Van Velzer, “Determining the role of climate change in a single tornado is difficult, but climate change did play a role in the tornado system that hit Kentucky over the weekend, and extreme weather events like it will become more common as the planet warms.”

If we do not change our habits, this will likely be the reality we will start to face.

Enough is enough. The earth is fed up.

It has given us countless signs of warning, and it is starting to fight back.

Thankfully, some of the dam-

age can still be fixed, but we must act now.

At the start of the COVID - 19 pandemic, the earth started to recover when there was a decrease in the emission of fossil fuels.

Some important campus alternatives to keep our planet green are to take advantage of the OZZI containers provided in Reeve Union, recycle your plastic and choose eco-friendly products.

The United Nations has stated 10 alternative solutions to help limit the effects of climate change as well.

Some that are recommended are walking, biking, taking public transportation, switching to an electric vehicle or choosing eco-friendly products.

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.

We are the silent killers contributing to climate change, and we have to change our habits or

the earth will go out before we do.



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