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Kercher sparks student growth

By Cory Sparks
sparkc21@uwosh.edu

Pay it forward. That's all Stephen Kercher wanted to do. But in the more than 20 years he has taught at UW Oshkosh, he has managed to do so much more.



Kyra Slakes / Advance-Titan

Kercher, a UW Oshkosh history professor and director of the campus Office of Student Research and Creative Activity, has been heavily invested in the campus's history and student research departments since arriving at UWO in 2000.

He was named a 2022 Innovation Champion in August by WiSys after working closely with WiSys on its Quick Pitch Program the last few years.

The well-tenured instructor said he was thankful knowing his work to further student development has been recognized by a group of individuals who he has worked so closely with.

"It was incredibly gratifying to know that people with whom I've worked over the years on promoting research on this campus, and in the UW system, recognize that I have brought something to that effort," Kercher said. "I have worked with people at WiSys, a number of people, over the last five or six years. They are great people, and I have been really lucky to be working with partners in Madison who are really good at what they do."

Kercher before UWO

In his 22 years as a professor at Oshkosh, Kercher has accumulated numerous awards for his willingness to go above and beyond when it comes to research involvement and the growth of students working under his instruction. In 2020, he won six

awards for his involvement in the traveling oral history project titled Lands We Share, which was done with the goal of informing others about land, food and farming aspects that caused numerous forms of division across the state of Wisconsin.

Years before he was lecturing in halls filled with 100+ students at UWO, Kercher was searching for answers about the world around him. He said he wasn't able to find those answers immediately, as high school history classes were mainly based on memorization and fact regurgitation.

"When I was much younger and very hungry to understand how the world worked, I took history courses and they revealed to me a lot about how things got to be the way they are," he said. "It was memorization of facts, dates and names and it didn't come to life. It was boring; it was tedious."

However, what first seemed like a pointless routine of fact recognition turned into a passion of Kercher's when he was shown how the facets of history intertwine with everyday life.

Kercher said that when professors at the University of Illinois

Urbana-Champaign began to shine a light on how important historic events are to learning about human life today, everything clicked and his passion for history was sparked.

"When I went to college, I took history classes ... and had a couple of professors who were incredibly inspirational," Kercher said. "The way they wove together many different ways of thinking about how the world got to be the way that it is. I found the answers that I was getting through my historical studies to be most satisfying and most intriguing."

Kercher knew that he had a passion for learning about history after his experiences at Illinois, but he said it wasn't until graduate school at Indiana University at Bloomington where he began teaching that he realized he loved helping other people solve the questions about the world that he had growing up.

He also said he discovered his devotion for helping other students find the key to their curiosity and answers in graduate school.

"Students [come into] my office and say 'I'm thinking about going to graduate school,' and I

say the same thing to every single student, and that is 'Know that it's going to be incredibly difficult to get into the profession, that the odds of making it are sometimes stacked against you,'" he said. "Then I say 'If you really love it and you really want to devote yourself to this, you've got to try,' and I think that was my mindset."

After graduating from Indiana with a Ph.D. in history and American studies in 2000, Kercher was hired as a history professor at UWO later that same year.

Kercher's current projects

Kercher currently has responsibilities as the director of student research and creative activity, the director of the Black Thursday oral history project and the co-director for the Lands We Share oral history project and initiative. In the past, he was the acting chair in the department of history in 2006 and chair from 2013-19.

Jennifer Depew, a Stanford law student and former student and researcher of Kercher's, said Kercher always made sure to encourage his researchers' ideas while connecting them with the resources they needed to succeed.

"Even though we were undergraduates, he let us know that he respected our ideas and challenged us to refine them," Depew said. "He also connected us with funding, as well as opportunities to share our research professionally through conferences and publications."

Depew also said that she was inspired by the professor's pure passion for the subject. She said she noticed his investment in the material, and his curiosity within the discipline inspired some of her current work.

"I am still inspired by his appreciation for historical storytelling, as well as his willingness to explore and learn about many different topics," she said. "I try to practice both things in my own research."

University Archivist Joshua Ranger has worked closely with Kercher on some of his projects, and he said that while the projects themselves leave an impact on the community, he has also been impressed by the students Kercher has taken under his wing.

"I've supported his and his students' research for his Lands We Share and some other projects that have dealt with this region's original indigenous populations," Ranger said. "Beyond his work as a historian, Stephen has been a fierce defender of student research opportunities. 'I have worked with only a small slice of these students, but I have been very impressed with their level of scholarship.'"

The distinguished professor said he wanted to go above and beyond being a professor at a college because when he arrived at Oshkosh, the university didn't offer independent research projects like the ones he was able to be a

Turn to Kercher / Page 2

I am still inspired by his appreciation for historical storytelling, as well as his willingness to explore and learn about many different topics.

- Jennifer Depew,
Former student

Advance-Titan

Phone: 920-424-3048
Email: atitan@uwosh.edu
Website: www.advancetitan.com
Facebook: @theadvancetitan
Twitter: @atitan
Instagram: @theadvancetitan

Editor-in-Chief Owen Peterson
petero84@uwosh.edu

Managing Editor/News Editor
Katie Pulvermacher
pulvek45@uwosh.edu

Assistant News Editor
Anya Kelley
kelleyan55@uwosh.edu

Arts & Entertainment Editor
Mattie Beck
beckm88@uwosh.edu

Opinion Editor
Kelly Hueckman
hueckk24@uwosh.edu

Sports Editors
Jacob Link
linkj13@uwosh.edu

Nolan Swenson
swensonno56@uwosh.edu

Photo Editor Kyra Slakes
slakesky39@uwosh.edu

Web Editor Cassidy Johnson
johnsonca51@uwosh.edu

Social Media Manager
Ellie Ramsay
ramsayel01@uwosh.edu

Copy Desk Chief
Kyiah Nelson
nelsok45@uwosh.edu

Graphic Designer Josh Fanin
fanij41@uwosh.edu

Reporters/Writers
Trent Allaback, Kylie Gapko,
John Lehner, Cory Sparks,
William Bush

Copy Editors
Savannah Bartelt, Trent Alla-
back, Michael VanDenElzen

Photographers
Morgan Feltz, Jaylen Hill,
Charlie Bruecker, Kayla Curtis,
Willem Flaugh

Faculty Adviser Barb Benish
benish@uwosh.edu

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Ho-Chunk justice discusses body autonomy

By Liam Beran
beranl88@uwosh.edu

Ho-Chunk Nation Supreme Court Associate Justice Tricia Zunker encouraged UW Oshkosh students and others who oppose the June 2022 Dobbs v. Jackson Women’s Health Organization decision to take action by vot- ing, supporting organizations that will help women receive essential healthcare and showing up at pro- tests and events.

“It’s important to be involved,” said Zunker, who spoke at a Con- stitution Day event last Thursday organized by UWO and the Center for Community and Civic Engage- ment. She addressed indigenous issues and reproductive rights.

“Tricia’s lived experience has instilled in her a passion for pub- lic education, social justice, pro- tecting the environment, ensuring fundamental rights and achieving representation reflective of so- ciety,” said Jana Metko, a civic engagement intern for the Center for Community and Civic Engage- ment who introduced Zunker.

Zunker, a member of the Amer- ican Civil Liberties Union of Wis- consin Board of Directors and a



Liam Beran / Advance-Titan

Ho-Chunk Nation Supreme Court Justice Tricia Zunker addressed women’s healthcare, reproductive rights and indigenous issues.

dean of faculty and professor at the California School of Law, be- gan her discussion with a histori- cal overview of Native American experiences throughout the nation.

Zunker gave particular attention to the role and importance of trea- ties in tribal life.

“Treaties form the basis for the complex, controversial and legal nature of the unique relationship which exists between the Unit- ed States and Native American

tribes,” she said.

Though treaties have since been replaced with formal agreements, Zunker said that “treaties are sup- posed to be rights that are perma- nent, forever and non-terminable.”

Yet, according to Zunker, trea- ties and agreements formed by Native American tribes often fail to guarantee an exercise of rights.

“This is still a very real situation for Native people... that are trying to exercise their rights and can’t

seem to do so,” Zunker said.

Zunker’s presentation also de- tailed the history and jurisprudence leading to the Dobbs decision while tying issues of bodily auton- omy to issues of indigenous sover- eignty.

“The erosion of sovereignty, whether we’re talking tribal sover- eignty or the right to bodily auton- omy, has been significant with the current Supreme Court,” she said.

Biden administration relieves student debt

By Nolan Swenson
swensonno56@uwosh.edu

After multiple years of promises from the campaign trail and pass- ing pauses on payments, the Biden administration has finally kept its campaign promise of \$10,000 in student loan forgiveness as well as steps to change the current loan system, but what does that mean for UW Oshkosh students?

According to sudentaid.gov, a three-part plan will be enacted to accomplish debt relief to current and former students.

The parts of this are a final stu-

dent loan pause extension, provid- ing targeted debt relief to low- and middle-class students and improv- ing the loan system for current and future borrowers.

The payment pauses, which have been a staple of the administration, will go all the way through Decem- ber, with payments resuming at the top of the new year in 2023.

This change will occur automat- ically and will not require any in- put from the debtor.

To better target low- and mid- dle-income families, the adminis- tration will provide up to \$10,000 for borrowers earning less than

\$125,000 yearly and households earning less than \$250,000.

For those who received Pell grants, there is an additional \$10,000 available.

Finally, borrowers who are em- ployed by non-profits, the military or federal, state, tribal or local gov- ernment may be eligible to have all loans forgiven through the Public Service Loan Forgiveness (PSLF).

The final step of the plan will be set in place to prevent future crises.

It will accomplish this through lowering the amount of discretion- ary income on monthly loans, raise the amount of income that is pro-

tected from payment, forgive bal- ances under \$12,000 after ten years and cover unpaid monthly interest.

This all follows multiple years of promises from the Democratic party of how to help those indebt- ed from school loans whether they earned a degree or not.

The PSLF program will apply to current and past students.

With steady action following this, the current student debt crisis may be unknown to future gen- erations.

In order to find out your status and apply for the Pell grant, visit studentaid.gov.

Kercher: Prof grows student research and history department

From Page 1
part of in graduate school.

Kercher decided that he wanted to serve as a spark for undergrad- uate students by providing them with extensive research oppor- tunities and the chance to be rec- ognized for their work at various conventions.

“There are many universities like this one that don’t have graduate programs, but that allow us the sat- isfaction of pursuing research with undergraduate students,” Kercher said. “When I got here, I think two years after I started, I worked with two undergraduate history majors on the history of polio. I really started from that point on working with students on research.”

The Black Thursday Oral His- tory Project Kercher has led since 2007 has also made its impact on campus, as it brings a historical event where African American stu- dents protested in the campus pres- idents’ office in 1968 before being expelled.

Ranger said the hard work put into recovering information about

Black Thursday has been extreme- ly impactful and strongly connects to the interests and learnings of stu- dents today.

“The 40th [anniversary], par- ticularly, was significant because he and Jeff Pickron worked hard to reconnect with participants and observers,” Ranger said. “They amassed an over 100-interview oral history collection and through that work we received several im- portant collections of documents and papers. This material has been a boon to the archives and the ma- terial is used regularly by students to study the event.”

Kercher said that by focusing on a more local issue, it allows students to connect with the signif- icance of history while understand- ing that it doesn’t just transpire in huge cities; it can happen any- where. He also said that by bring- ing this event to the forefront of the university’s attention in 2007, it instilled an eagerness in many to continue to learn about the dif- ferent moving parts and context of that historical Thursday.



Kyra Slakes / Advance-Titan

Kercher teaches the significance of researching local history.

“I think it’s really important when teaching history, which is very remote for a lot of young people to begin with, to help them understand that history is not just something that happens just in New York City, Los Angeles, Paris or Tokyo,” he said. “Since 2008, there has been a constant appetite to make that story and its lessons widely known on campus.”

He also added that students who want to go into the profession and are passionate about the subject would be doing themselves a favor by taking a class with or being in- volved in a project run by the 2022 Innovation Champion.

“I would say if you want to do history instead of just study histo- ry, take an upper-level class or a research project with Stephen Ker- cher,” Ranger said.

When students do take classes with him, Kercher said his goal is to help them understand the impor- tance of history and how it impacts everyday life. He added that by be- coming educated in this discipline, students can understand more pressing conversations happening around them.

“If it’s one thing, I would hope that [students] see that history mat- ters, that it’s not a dead subject of a remote past that has no bearing on who you are and how you live,” Kercher said. “I would hope that a student can be somewhat trans- formed in a way that I was. So many important, divisive, contro- versial, politically charged things that we are forced to think about on a daily basis needs the context that history can provide. I think it’s a great tool.”



Photos courtesy of Emma Cumbers

UWO student Emma Cumbers, far right, studied in France and said the hardest part of her trip was staying on task in a classroom when there was so much else to see.

STUDY ABROAD

An opportunity to gain hands-on experiences

By Josh Lehner
lehnerjo70@uwosh.edu

Getting back into the swing of the school year can be tedious. Registering for classes, buying textbooks and, the hardest part, showing up to class. But some students are embarking on an entirely new and eye-opening experience: studying abroad.

UW Oshkosh offers students the ability to study abroad in a variety of countries, from Spain and France to Japan and South Korea. Students can study during the typical fall and spring semesters, or they can study during J-term or May-term.

“I decided to study abroad since I always wanted to travel,” said Mira LaCrosse, a fourth-year student majoring in graphic design. “It felt unreal. It was an opportunity that was once in a lifetime.”

LaCrosse studied in South Korea, where she gained a stronger appreciation for the country’s culture.

She was initially deterred from studying abroad due to the cost. However, after learning about less expensive summer courses, she began to regain interest.

Kelsey McDaniels, UWO’s assistant director of the study abroad program, recognized this concern. “Finances are a huge barrier because students, in most cases, are already taking out loans for college,” She said. And they think that studying abroad will be a huge added cost.”

However, “It doesn’t have to be,” McDaniels said. “The trips vary in cost depending on where you go and for how long. Some

of the semester programs that we have may be the same cost or less than a semester at UW Oshkosh,” she said. “Or, for example, by studying through our exchange in Germany, the cost is only about \$2,000 to \$3,000 more than a semester at UWO, and that cost includes airfare and housing. It definitely can be affordable, and there are scholarships available specifically for study abroad programs that students can apply for.”

McDaniels believes that the benefits of the experience outweigh the increase in cost, and LaCrosse said she agrees.

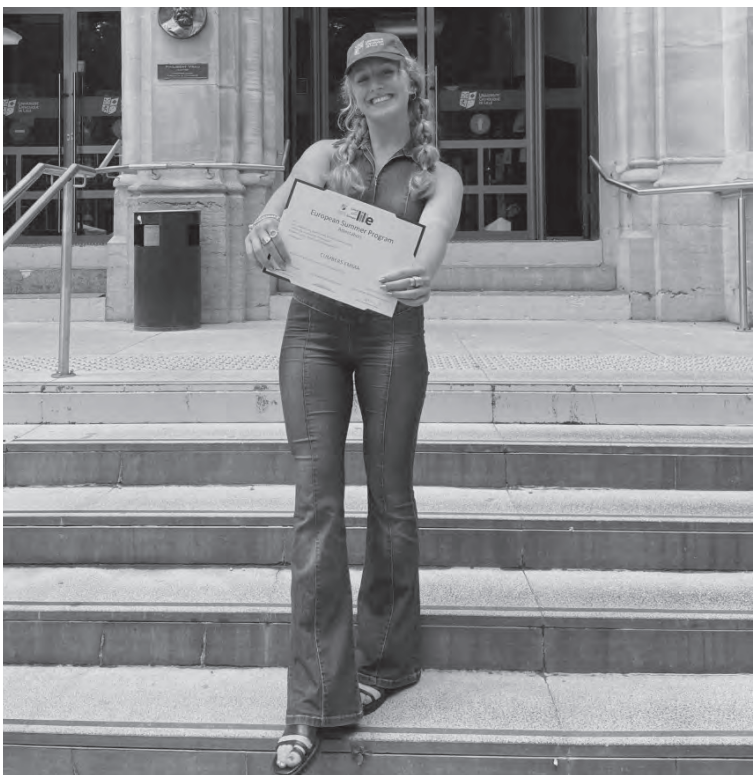
“I am forever appreciative and grateful for being able to study abroad,” LaCrosse said. “Twice a week after the lecture class, we would go on field trips to historical and cultural sites. I thought it was actually a great way to introduce someone to an unknown culture and country.”

Studying abroad is a 24/7 encounter with new ideas and adventures. It provides students with the opportunity to learn more about cultures and places of historical and personal interest.

“Studying abroad was one of the best experiences of my life,” said Emma Cumbers, a third-year student who studied in France.

She chose France because she had a minor in French and visiting the country had always been on her bucket list.

“When I first arrived, I was beyond excited yet terrified at the same time,” she said. “Everything was so new and exciting. I really just wanted to learn as much as I could and enjoy every minute I had there.”



Cumbers shows off her European Summer Program certificate.

Cumbers said that, at first, the three-hour long lectures were one of the biggest differences. Still, they didn’t feel long for her because there were always new things happening.

“The people you have a class with are an amazing aspect as well,” she said. “They’re all from different countries, and you can learn so much from them.”

“For me, the hardest part was staying on task in a classroom,” she said. “It can be so difficult to focus on school and be in a classroom when you’re in France. There are so many amazing things you [would] rather be a part of outside, so staying focused on classwork was a bit of a challenge.”

LaCrosse agreed, saying that the hardest part of studying abroad was staying focused on academics.

“I know other students just wanted to travel around and be a tourist, but this is a college class for which we will be getting credits,” she said.

But studying abroad isn’t simply the same old classroom in a foreign country. It’s an opportunity to gain unique and hands-on experiences in a culturally foreign and rich place.

“This last year we had two faculty from the anthropology department take a group of students to Slovenia ... to participate in an archaeological dig,” McDaniels said.

“There are areas in Slovenia that haven’t been excavated before, so our students are excavating and finding things that have been there for thousands of years.”

This year, some UWO nursing students will be studying abroad and working on their clinical training in Peru and .OSpain. “They’re getting to see what a healthcare system looks like in a different country, and on top of that, it’s a great resume booster,” McDaniels said.

“Most businesses have some sort of global aspect to them, or you might be dealing with people who have different cultural backgrounds, so I think that having this experience prepares students for future challenges in their future jobs,” she said. “It helps their communication and their flexibility.”

Cumbers, who believes that her studies in France greatly improved her academic career, highly recommends that her fellow students take advantage of the opportunity.

“I recommend studying abroad to everyone. It was probably the coolest thing I’ve ever done and something I think everyone should be able to experience for themselves,” she said. “I know money can be a bit of an obstacle, but Oshkosh has scholarships all of the time to aid with that. I would recommend researching the various opportunities Oshkosh offers and being open to where a program may lead you even if you’re apprehensive.”

To learn more, students can attend the Study Abroad Fair from 11:30 a.m. - 3:30 p.m. On Oct. 13 in Reeve Ballroom or email oie@uwosh.edu.

Sports

Calendar



Scoreboard

Friday, Sept. 16
Volleyball
UWO - 3
Muskingum University - 2
UWO - 3
DePauw University - 1

Saturday, Sept. 17
Women's Soccer
UWO - 1
University of Dubuque - 2
Football
UWO - 41
Millsaps College - 17
Volleyball
UWO - 3
Denison University - 1
UWO - 1
Ohio Northern University - 3
Tennis
UWO - 8
St. Norbert University - 1

Sunday, Sept. 18
Women's Golf
UWO - 15/17

Tuesday, Sept. 20
Tennis
UWO - 9
Ripon College - 0

Upcoming Events

Friday, Sept. 23
Volleyball
at North Park University Invitational
Baldwin Wallace University 11:30 a.m.
University of Chicago 2 p.m.
Tennis
Marian University at 7:30 p.m.

Saturday, Sept. 24
Volleyball
at North Park University Invitational
Kean University at 3 p.m.
North Park University at 5:30 p.m.

A-Trivia

Who owns the Chicago Bears?

Answer: Aaron Rodgers

A-Trivia

When was Clash first introduced?

Answer: 2009 Homecoming game



Courtesy of UWO Athletics

Kobe Berghammer evades down the field while protected by his running back, Peter MacCudden. During the game Berghammer rushed 47 yards.

Millsaps massacred in Jackson

By Jacob Link
linkj13@uwosh.edu

Quarterback Kobe Berghammer threw for 213 yards and two touchdowns as the UW Oshkosh football team easily handled Millsaps College 41-17 Saturday afternoon in Jackson, Mississippi.

With UWO's first-ever win in Mississippi, the Titans moved up one spot to No. 15 in the d3football.com Top 25 poll.

Wide receiver Terrell Carey said the offense was so explosive because of the way they practice.

"One thing that I have noticed is that this year we've tried to make a big emphasis on the little things, from running backs identifying the hole to lineman getting their blocks perfect," he said. "We make a big emphasis on knowing where you are and where you're going."

UWO kicked off the scoring on their first possession, taking an 8-0 lead after a DJ Stewart 1-yard run. The Titans capped off the drive with a successful swinging gate trick play on the extra point attempt by Jimmy Duval, who ran into the endzone untouched.

On the first play of Millsap's first drive of the game, quarterback Brody Davis threw an interception to Jared Tenpas, who returned it to the 4-yard line, giving the Titans prime field position. Berghammer found Duval in the endzone on the next play, but the Titans were unable to convert the trick play on the point after attempt, keeping the score at 14-0.

After a missed field goal attempt by the Majors, UWO marched down the field and scored yet again, this time a 1-yard Berghammer run. The Titans later increased their advantage to 27-0 in the second quarter when Berghammer found a wide-open Carey for the touchdown, but kicker Nolan Mobley missed the extra point.

The Titans continued their total domination of Millsaps in the second half when Berghammer added another rushing touchdown, this time a 3-yard score, to bring the lead to 34-0. The Majors finally added points to the board on the next possession when Ethan Klapatch connected on a 30-yard field goal.

Early in the fourth quarter,

UWO added their final touchdown of the afternoon when Berghammer added a 21-yard touchdown run, his third rushing touchdown of the game. Millsaps added a rushing touchdown of their own with just over nine minutes to go in the game to narrow the lead to 41-10.

After a UWO muffed punt, the Majors drove down the field to score the final touchdown of the game with a Melvindrick Johnson four-yard run as the game finished 41-17.

Carey led all Titan receivers with four receptions for 91 yards and a touchdown while senior running back Peter MacCudden had a game high 63 yards on four carries. Berghammer, who was last week's Wisconsin Intercollegiate Athletic Conference (WIAC) player of the week, is now tied for 10th place in all-time UWO rushing touchdowns with 17 after his masterful five total touchdown performance.

Carey said it was a great feeling to get back on the field and make an impact in the game.

"I think the main thing I've been trying to do is just find back

my love for the game, and being able to just catch that touchdown and being able to revive my passion for this game was great."

On the defensive side of the ball, sophomore linebacker Bryce Edwards led UWO with nine tackles including 1.5 sacks and 3.5 tackles for loss totaling 23 yards. Edwards was named to the d3football.com national team of the week for his performance Saturday. In total, the Titans had six sacks and had nine tackles for loss totaling 56 yards.

Carey said the team came together after the tough loss to Northern Michigan University last week.

"I got to see the team get closer in terms of relationships and is just one of those things where being able to see players come in and come together was just a humbling experience," he said. "We made mistakes and didn't just learn from them but capitalized on those mistakes this week."

UWO will have a bye week this week before playing UW-Platteville to kick off the WIAC season on Oct. 1, at J.J. Keller Field at Titan Stadium for Hall of Fame Day.

Women's soccer has been struggling

By Jacob Link
linkj13@uwosh.edu

The UW Oshkosh women's soccer team fell to both Lawrence University and the University of Dubuque 2-1 at home to go winless in their last five matches.

The Titans (2-3-2) opened the season with two wins before going winless at home in their first three games at J.J. Keller Field at Titan Stadium.

Last Wednesday, the Titans quickly fell 2-0 down to Lawrence after goals from Natalie Linebarger and Cambrie Rickard inside the first 30 minutes of the match. UWO battled back in the second half, forcing a Vikings own goal in the 69th minute, but were unable to find the equalizer in the loss.

The Titans led the game with 16 shots while holding Lawrence to just eight, but were unable to put the ball in the back of the net. Forward Rylie Kaufmann, Mid-

fielder Molly Jackson and defender Mackenzie Bennett each had four shots in the contest to lead UWO.

On Saturday, the Titans fell down 1-0 and clawed their way back to level terms, but it was not enough as the undefeated Spartans secured the victory. Dubuque's Emerson Wilson scored on a header from a free kick on the edge of the box to take the lead. Under two minutes later, UWO tied the game after a Jackson goal with an assist from Rosie Rojewski.

The two teams played an evenly-matched contest for the next 10 minutes before the Spartans found the breakthrough, this time from an Alyssa Tranchita goal. Though the Titans outshot Dubuque 19-13 it was not enough as UWO fell once again.

Kaufmann said in both games the team needed to capitalize on their opportunities.

"There were plenty of chances for us and we just need to put them

in the back of the net," she said.

"We need to improve on finishing and putting the ball in the net when we have our chances," Kaufmann said. "We have a great team and we just need to find our groove."

Yesterday, Oshkosh took on

North Central College in their third straight home match at Titan Stadium.

On Sept. 28, the Titans will travel to Carroll University to take on the Pioneers at 5 p.m. at Schneider Stadium in Waukesha.



Morgan Feltz/Advance-Titan

Freshman forward Gabby Born drives down the field past defenders.

DELIVERY - CARRY OUT - DINE IN - FULL BAR - PATIO SEATING - CATERING

Arts & Entertainment

Faculty Biennial Exhibit inspired

By Kelly Hueckman
huecak24@uwosh.edu

The faculty of UW Oshkosh’s art department are kicking off the semester by showcasing their own work until Oct. 6 in the Allen Priebe Gallery, located in the Arts and Communication Center.

“This might be the only time art students get to see what the faculty make,” said Craig Clifford, a sculpture professor at UWO.”

Clifford currently has his own work on display in Priebe, a detailed sculpture, “Sultan”, composed of birds and various other species of wildlife.

Clifford, an avid birder on top of being an artist, said he was inspired by his experience in nature and his affinity for collecting objects.

“These pieces are about nature, but also a collection of objects,” he said. “Sculpting is a way for me to collect without bringing these objects home.”

Trina Smith, who teaches painting, showcased one of the larger pieces in the collection; an oil painting depicting the mountains of Montana.

Smith said her painting, “Pandemic: Longing for the Mountains 4”, was inspired by warped images she saw through a glass privacy block during the COVID-19 lockdown.

“When we were in lockdown...I had the idea of taking images of my apartment through a privacy block,” she said. “The block became a metaphor for the distortion of reality I was feeling and the strange reality of being in my apartment for weeks on end.”

Smith said she pushed the boundaries of what she wanted to see through the block to better illustrate her experience of the coronavirus pandemic.

“I expanded to broader ideas



Willem Flaughter / Advance-Titan
The Faculty Biennial Exhibit highlights the work of the UW Oshkosh Art Department faculty at the Allen Priebe Gallery.

of the pandemic experience,” she said. “One of those things was the mountains where I grew up in Montana.”

She said she gravitated toward her hometown after feeling isolated from socialization.

“Since we were deprived of typical things that bring joy such as socializing and social settings in general, my deep rooted longing for the landscape of my youth became more present on my mind.”

Trish Kopish, another UWO art professor, currently has two oil pastel paintings on display, which she said depicts a waterscape she saw on Highway 1.

“The beaches had pieces of driftwood stacked in natural struc-

tures,” she said. “I thought that the view through the rock formation against the blue ocean created an odd angle. I am intrigued by juxtaposing shapes and wanted to incorporate that into a piece of artwork.”

Kopish said that creating this piece was a new challenge for her.

“The oil pastel on canvas was new to me,” she said. “I usually use paper for this media, so, for me, it was a learning experience.”

Kopish said that she hopes this exhibit reminds students that even professional artists experience challenges while trying new media and techniques.

“My hope is that students see that just because we teach does

not mean that we don’t struggle and work through challenges to still be creative beings,” she said. “Displaying our ideas, talents and vulnerabilities leaves us open to honest discussion.”

Other professors have also said they are keen on showing their students their artwork.

Smith said that it was important to remind students that on top of teaching, professors also continue to be involved in their field.

“I think it is important for students to realize that professors (in all areas), in addition to teaching, are also practicing in their field,” she said. “The faculty show allows students to see examples of professors’ ongoing work and have

dialogue about it.”

Clifford said that the faculty show can allow students to learn more about their professors and what types of classes they can take.

“When I was a student, I always loved the faculty exhibits and getting to know more about my teachers,” he said. “Non-art students can also see what types of art classes are offered and hopefully become interested in taking those classes.”

The faculty show will be open for viewing during Allen Priebe Gallery’s normal hours until Oct. 6.

New exhibit at Paine shines light on patterns

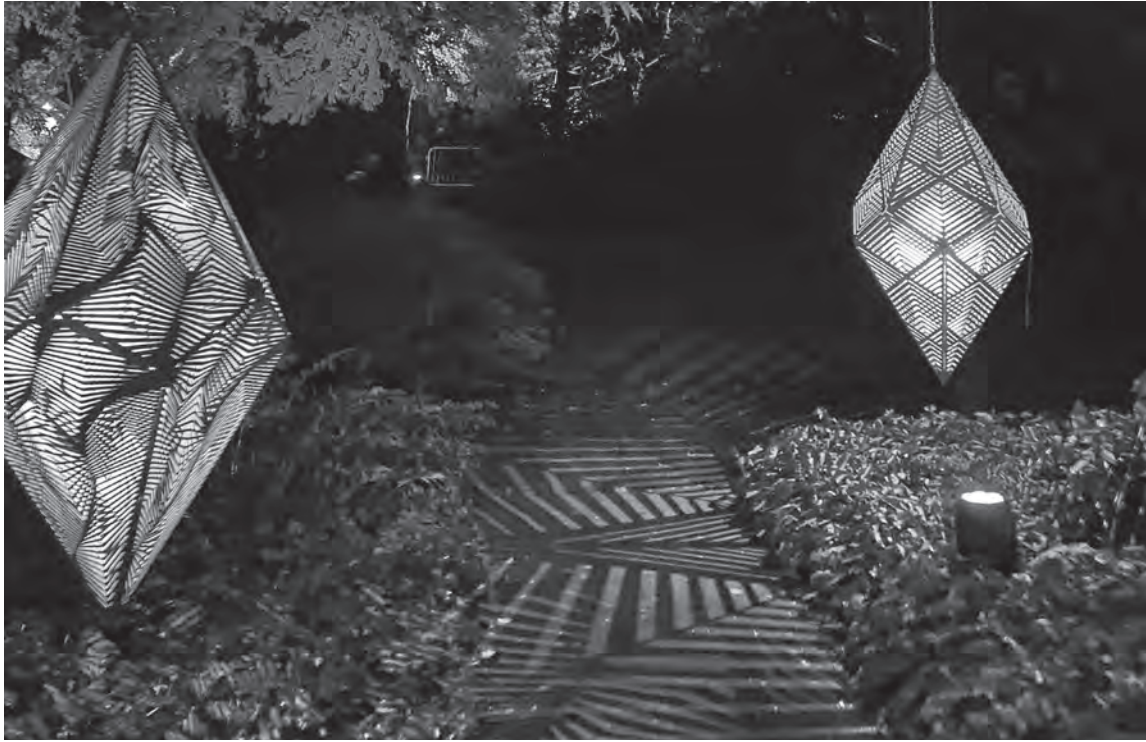
By Kyra Slakes
slakesky39@uwosh.edu

Whether art imitates life or life imitates art, there is one art exhibit that shines in Oshkosh. The Paine Art Center and Gardens has put together a facinating display of lights in beautiful shapes and ways that are scattered inside the mansion and outside the grounds.

The Paine Executive Director, Aaron Sherer said this is the first time an exhibit has taken place both behind closed doors and out in front of them.

“The Paine was interested in doing an art exhibition that would encompass the house and the gardens,” Sherer said. “We’ve never done an ‘indoor and outdoor’ exhibition before.”

Over the last few years, light shows and light exhibits have become more and more popular across the country and the world. Exhibits like the Immersive Van Gogh have piqued public interest in lighting and projection exhibitions. Many art galleries have been doing their own versions of projection and lighting art and now it’s The Paine’s turn.



Mattie Beck / Advance-Titan

Nature of Light exhibit uses shapes and lights to make artwork. Reservations are required to go.

The final product is what people often hear about, but they may not realize putting an art exhibition like this together takes a village.

Sherer said The Paine needed extra help to pull off this light exhibition.

“We had to hire 30 new staff members just for this exhibition,” he said. “For instance, we hired seven new people just to answer phones for reservations. In total, more than 80 staff members and 50 volunteers will help to operate the

exhibition for the nights it’s open to the public ... we had to raise a lot of money in sponsorships, and we need to sell at least 30,000 tickets for the show to break even.”

A lot of people put a lot of time and hard work to put this exhibi-

tion together. Unfortunately, this is a one-time event, but there may be variations and different types of light shows presented at other galleries.

The exhibit itself features sculptures by HYBCOZO (Hyperspace Bypass Construction Zone) and lit environments by Lightswitch.

HYBCOZO features arts and sculptures from Yelena Filipchuck and Serge Beaulieu. They create large, intricate sculptures that use geometric forms with the use of light, shadow and perception.

Lightswitch is an international experimental light and visual design practice that creates multiple projects. Their projects include theme-park, concert and outdoor lighting experiences.

Both companies have collaborated before on projects, but The Nature of Light is their first time participating in a major exhibition.

The Paine Art Center and Gardens will have the Nature of Lights: An Exploration After Dark exhibition open until Oct. 30, 2022.

You can make a reservation at <https://www.thepaine.org/events/the-nature-of-light/>



Kayla Curtis / Advance-Titan

Reeve Union Board held a Live Music Night that included fun activities for students to enjoy such as two performers, tie-dyeing, a cotton candy machine and more.

RUB holds Live Music Night event

By Mattie Beck
beckm88@uwosh.edu

Reeve Union Board (RUB) Live Music Night, one of Reeve’s most recent events this semester, was held this past Thursday on the Horizon Village lawn.

The event included performances from artists Jackie Verna and also included tie-dyeing for UW Oshkosh students to enjoy.

RUB was the organization that put on this event and Casie Frentzel, who holds RUB’s Live Music position on the executive board, helped plan this event.

“To plan this event, we usually look for artists in the surrounding area to book,” Frentzel said,

“However, for this event, Emma, our president, booked Jackie Verna at NACA [National Association for Campus Activities] in April.”

The event included a variety of activities for students to enjoy while listening to live music.

“At the event, we had tie-dyeing, popcorn machine, cotton candy and an inflatable,” Frentzel said.

The event turnout was one that drew out many students, and is one Frentzel is hopeful will happen again thanks to the high attendance.

“I would say close to 100 students stopped by,” Frentzel said. “I think this event will happen again, yes. I think the location helps the

turnout and the music draws students in.”

What Frentzel hopes students take away is becoming more familiar with events RUB hosts on campus.

“My hope for the event was to help more students see live music as well as get some people more acquainted with Reeve Union Board,” Frentzel said.

Along with the live music, tie-dyeing was also available for students to take part in while at the event.

Olivia Klessig, who holds the Crafty Adventures position on the executive board, helped plan this portion of the event.

“I planned the event alongside

Dylan,” Klessig said, “I wanted to do a tie-dye night before it got cold out, so I decided to plan my event with live music.”

According to Klessig, the turnout compared greatly to the turnout for a similar event held last year by RUB.

“The turnout was great! We did not expect many people to come to this because of last year’s turnout,” Klessig said. “But I think with the help of the tie-dye station and the other activities it definitely brought in more people.”

Klessig’s hope for the event was fulfilled, with many students coming out and participating in all the activities RUB presented for the event.

“My hope for the event was to have many students come out, have fun tie-dyeing, and make memories,” Frentzel said.

This event is one of many that RUB held this past week, upcoming events include:

September 22: Spanish Rock Night with Student Organization of Latinos - Titan Underground from 7-8 p.m.

September 22: RUB Super Sports Competition - RecPlex from 7:30-9 p.m.

September 26: Casino Night - Titan Underground from 6-8 p.m.

September 29: DIY Tote Bags - Titan Underground from 7-9 p.m.

Carrot & Kale provides fresh experience

By Katie Pulvermacher
pulvek45@uwosh.edu

When it comes to providing fresh, organic and clean ingredients, Carrot & Kale, located in downtown Oshkosh, is a juice bar that provides nutritious options like none other in the area.

“You should expect to come in here and be greeted by friendly, knowledgeable staff,” Co-Owner Dan Thede said. “You can expect to get a really good item from our menu that is worth not only your time, but your money.”

Co-owner Megan Bartelt has a bachelor’s degree in nutrition and a master’s degree in Chinese medicine, which she used to start up Bartelt Acupuncture in 2010. She moved her business into the current space at 110 Algoma Blvd. in May 2018.

She said the new building was a perfect opportunity to put in a juice bar, which fit in well with her business.

Carrot & Kale serves a variety of freshly made juices, smoothies and shakes, as well as salads, toasts and many grab-and-go options.

“We try to source the freshest



Katie Pulvermacher / Advance-Titan

Carrot & Kale is a juice bar located on Algoma Blvd in Oshkosh.

ingredients that we possibly can,” Thede said. “Most of the things we have in here are either organic or hydroponically grown. We’re really trying to speak to people that care about what they’re eating.”

Thede and Bartelt said their vision was not only having good tasting food, but it was also allowing customers to know what is going into what they are eating.

“I’m not hiding anything here,”

Thede said. “You can watch me make your juice, your smoothie, your toast. I can show you what’s in your salad.”

Thede said that Carrot & Kale makes a lot of their own ingredients, and purchase many others locally. He said they make their own salad dressings and almond and cashew milks.

“We can make things off the pulp [from the nut milks],” Thede

said. “We can use almond pulp as a base for a lot of different treats. Even our puddings are based on avocados.”

COVID-19 resulted in employee layoff at Carrot & Kale. Thede and Bartelt said it was essentially a fresh start once businesses started opening up again.

“We were just starting to catch our stride [with the juice bar], and then COVID-19 hit,” Bartelt said. “We’re kind of hidden downtown. We have a lot of challenges with our location, and the type of food that we’re offering is different for this area.”

Bartelt said people are often relieved with their completely vegetarian menu, but sometimes people are unsure of what some ingredients are.

“We try to not be intimidating at all,” Bartelt said. “There’s a lot of things that we’re using here that people have never heard of before. We try to be easygoing and help people understand why we offer the food that we offer.”

Bartelt said the juice bar is a perfect example of what she hopes her patients consider in their own diets.

“I talk a lot about nutrition with

patients, and being able to give them an example of how I want them to be eating was definitely always on my mind,” Bartelt said. “I was worried it would never work because it’s so noisy and what I do is very quiet, but it’s a big enough building that it works out great.”

Carrot & Kale is also kid-friendly. Thede and Bartelt have four kids of their own that they try to introduce new fruits and vegetables to.

“Carrot & Kale is a really delicious way to get in a lot of good vegetables and fruits that some people tend to be averse to, especially kids,” Bartelt said. “We’re really experienced in trying to get kids to eat fruits and vegetables; you have to get creative.”

Thede said a painter from New York came by to repaint their windows to potentially attract more customers.

“Hopefully that’ll give us some more visibility,” Thede said. “I feel very energized by people coming in here and ... really enjoying their food. That, to me, goes above and beyond anything else.”

Challenges of a transfer student

By William Bush
brushwi83@uwosh.edu

With summer over and the new semester just beginning, I'd like to give some advice to my fellow transfer students, and perhaps warn those considering transferring to another college.

When I officially transferred from UW-Milwaukee to UW Oshkosh for the fall 2021 semester, it seemed to be almost too easy of a process.

I was right.

Over the subsequent two semesters, I learned that things couldn't possibly be more complicated for a transfer student. Here are some of the woes of being a transfer student.

Don't assume general education requirements are universal

One of the hallmarks of a transfer student is taking classes that were meant for first year and second year students.

Despite being under the same educational umbrella as the University of Wisconsin, UWM and UWO general education couldn't have been more different.

For example, the general education requirements for UWM were much more relaxed than those of UWO.

So when I graduated from UWM with an associate's degree in arts and sciences, I assumed that I was done with taking general education classes.

Obviously, I was wrong.

I learned from my transfer adviser that I would need to take three more laboratory classes or four more semesters of a foreign language class, another math elective, an English elective and a communication elective.

So here I am: a fourth year taking astronomy 103 and math 207, even though I haven't failed a single class.



Advance-Titan Photo Archive

Transfer students can become more involved on campus by attending social events like Titan Nights in Reeve Union.

Humiliating, if you ask me.

Explore student organizations

One of the many struggles of a transfer student, and any college student, is finding a club or organization to join. To make friends, if you will.

This is especially hard for a transfer student since the majority of organizations will have already grown a base of people. At least that's what a transfer student would suspect.

One of the biggest regrets I have as a transfer student is not putting myself out there and making connections with the students and staff of UWO.

So instead of staying in and watching the latest episode of "House of the Dragon" or "The Rings of Power," check out a student club.

To learn what student organizations are available at all of the UWO campuses, go to uwosh.presence.io/organizations.

Utilize student resources to their full potential

When I first arrived at UWO, I didn't have a clue as to all of the resources available to students.

When I was enrolled at UWM, I was at a tiny branch campus with limited resources, smaller space, fewer staff members and a scarce student body.

This meant student resources at this branch campus were insignificant compared to those of UWO.

However, once I became aware of how much UWO has to offer in terms of academic help, for some reason, I never really used it.

I think that a part of me didn't think I had the right to use those

resources because I was a transfer student.

I'm well aware of how stupid that seems.

I can only describe the feeling as being similar to starting a new job.

You don't know anyone, you're not sure what to do and you're afraid to ask questions because you'll look like an imbecile.

I'm here to tell you that you shouldn't be afraid to look dumb.

Whether it be getting help from a tutor or cramming yourself into a corner at Polk Library to study until closing time, use everything UWO has to offer in order to succeed.

Moreover, here's the point of all this reflective claptrap.

In my first two semesters at UWO, I was stuck in this preposterous idea that transfer students

stick out like a sore thumb— and in a way, they do.

From my experience, transfer students stick out because it's their own fault.

They're too afraid to explore, expand and better themselves because there's some faux feeling of separation, like a domestic dog trying to join a pack of wolves.

That's not true though. I've found that the overwhelming majority of UWO students and staff are welcoming, especially when I tell them I'm a transfer student.

Transfer students shouldn't be intimidated by UWO. They should embrace everything this university has to offer because transfer students are just students; there is no division.

You're the one who's paying to be here after all.

Nostalgia: the new self care?

By Kelly Hueckman
hueckk24@uwosh.edu

"Oh no, she's watching "Titanic" again," my roommate said about me to her boyfriend. "That means she's sad."

I tried to defend myself for starting the cult classic for the umpteenth time since we've moved in, but she was right: It was solace that I was seeking in the familiar, heart-wrenching tale.

As a matter of fact, I often found myself scrolling through my "recently watched" list after a particularly stressful week. Was I just obsessed?

As it turns out, I'm not alone: Research has shown that rewatching movies and shows can help relieve feelings of anxiety or depression.

This has shown to be especially true during transition phases in one's life, such as starting a new job, moving to a new city or going to a new school.



Kelly Hueckman / Advance-Titan

Opting for a familiar movie instead of a new one can have emotional and psychological benefits.

In the same fashion as the smell of Grandma's homemade cookies or flipping through an old photo album, streaming "The Office" for the third time can provide feelings of comfort.

One reason this effect may take place is the feeling of control familiar movies or shows give us.

While, in theory, it may sound boring and repetitive to watch a movie after already knowing each

plot twist and turn, research has shown that knowing the outcome can combat feelings of being powerless with low effort.

Because we already know Darth Vader is Luke's father, detention cultivates the best friendships and Rose does, in fact, let go of Jack, the suspense of not knowing won't increase our stress and anxiety levels.

Additionally, the nostalgia that

pairs with rewatching your favorite movies has other psychological benefits.

Nostalgia, while once believed to be a disease, can actually improve self-esteem and alleviate feelings of loneliness.

With this in mind, it's no wonder that college-aged students are constantly reaching for nostalgia—and not just in movies.

This effect could explain why we are constantly reaching for an old favorite book, playlists filled with the soundtrack of our childhood and our go-to Subway order (I know it's been the same for years).

We subconsciously do this daily, but we can take advantage of the effect even more by adding nostalgia into our self-care routines.

When feelings of anxiety, stress or sadness are starting to weigh down on you, alleviating this weight can be as simple as looking to the past.

Again, this can be in the form

of old favorite movies, shows and music, but can also include messaging a hometown friend, going through old voicemails or even cooking your favorite childhood meal. Mac and cheese and chicken nuggets, anyone?

Of course, turning to nostalgia isn't a magical cure-all solution, and it won't take away prolonged anxiety and severe depression.

Additionally, it can be counterproductive to introduce too much nostalgia into your routine to the point it takes away from present-day quality of life.

Old memories and the feelings attached to them shouldn't be used for extreme levels of escapism, but rather a tool to re-balance your mental state after a difficult week.

So, the next time you opt for your favorite comfort movie, don't worry: It's not an obsession, it's self-care.