

The Advance-Titan

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Forced to find a new home



Courtesy of UW Oshkosh Today

Oksana Katsanivska started lecturing at UWO after having to leave her home and extended family in Ukraine due to the Russo-Ukrainian war. She said that although she enjoys working in the U.S., she only views this a “temporary measure.”

UWO a temporary solution for Ukrainian lecturer

By Anya Kelley
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Oksana Katsanivska has been living and teaching in the United States since she left her home in Iziaslav, Ukraine due to the Russo-Ukrainian war.

Katsanivska moved to Wisconsin with her husband and her two young children and has been living in Oshkosh on a work visa, teaching at UW Oshkosh. Before coming to the U.S., Katsanivska and her family had fled Ukraine to Sarina, Italy. She said she never expected she'd be moving across the world due to the conflict.

“It was a coincidence,” Katsanivska said. “We went to Sarina because my husband used to work and live here and his mom works and lives there. So,

it was the first place that came across our mind.”

“We went there and then I got a call from Jordan Karsten, asking ‘would you like to teach at UWO?’” Katsanivska said.

Karsten is an anthropology and global religion professor at UWO. Katsanivska did translation work for him while she was living in Ukraine.

“Honestly, I thought he was talking about the online courses of Ukrainian language because that was at the time when Ukrainian was becoming extremely popular in the world, like everyone was interested in the language itself,” Katsanivska said. “I was like, well maybe it's online courses. I can do that.”

Her husband questioned if she would have to move to the U.S. to teach, but she told him

it was just online and contacted Karsten to tell him yes. When Karsten contacted her a few days later, she was surprised by his response.

“He says ‘OK, we fixed it,’” Katsanivska said. “The university is going to sponsor your Visa.”

Now working at the university, Katsanivska said her days are 50/50. Some are good while others aren't.

“It depends on the day, whether we are talking about me, my husband or our kids,” Katsanivska said. “It also depends on the situation in Ukraine, on the days when the news is bad from there.”

Katsanivska and her husband left their families at home.

“My parents are still there and my sister and her husband are there. He's actually military,”

Katsanivska said. “My husband's father is in Ukraine. I'm not even talking about all the cousins, grandmoms and everyone.”

Katsanivska is now raising her two children in the U.S. Her son was only three when they left home.

“I would like to say that they love it here and they're totally, you know, happy here,” Katsanivska said. “But I'm surprised (how) strong his connections (are) to home. Every, and I'm not exaggerating here, every day before he goes to bed, he keeps asking me when we are going to go back home.”

Her son remembers his friends back home and often asks Katsanivska when he can go play with them.

He's also worried about his dog and cat who are now living

with Katsanivska's parents.

“He wants to go back to his house. He has his toys there,” Katsanivska said. “He's OK with being here because his mom, dad and his sister are with him. But he misses home.”

Katsanivska and her family will be staying in Oshkosh for the spring semester. But one day, she hopes to go home, too.

“I don't know what to tell you about the plans (for the future) because it's this situation where it doesn't depend on me,” she said.

Katsanivska enjoys teaching at UWO, but only plans to continue teaching here until the time is right to return to Ukraine.

“I (want to go home), I know my kids do, my husband does too,” Katsanivska said. “I look at this as (a) temporary measure.”

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Advance-Titan

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College as a student-veteran

By Katie Pulvermacher
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Oshkosh Student Association (OSA) President Daniel McKearn spoke on his experiences transitioning into college as a student-veteran at a Nov. 10 UW System Board of Regents meeting in Madison.

“[I’m] very appreciative of the opportunity to tell my story of transition from military life to that of a student at University of Wisconsin Oshkosh and my continued duties in the United States Marine Corps Reserves,” McKearn said. “For so long, veterans across America have done so much for our great nation, and some have paid the ultimate sacrifice.”

McKearn was featured as a panelist alongside UWO Veterans Resource Coordinator Aaron Kloss, UW-Madison Director of University Veteran Services Joe Rasmussen and United States Army Veteran and UW-Parkside student Jennifer Staton.

“Every veteran has an opportunity and a unique experience,” McKearn said.

He joined the Marine Corps right out of high school. He said the transition was difficult at first.

“It was not an easy adjustment to go from my civilian life quickly into that of military structure and discipline,” McKearn said. “It’s a lot of uncertainty, but I quickly have a sense of community in what I’m doing.”

After his training, he had a week off and decided to go to UWO.

“I quickly understood how



Courtesy of Daniel McKearn
Daniel McKearn speaks on his experience as a student-veteran and the transition into college life.

difficult it was to transition from structure and all of this discipline to a campus where ‘oh, students don’t have their shirts tucked in and they’re wearing flip flops to class. What is this?’ This is a lot different than what I’m used to,” McKearn said.

Rasmussen said student-veterans tend to enroll within weeks of separating from active duty.

“They show up to campus during a time of major life transition,” Rasmussen said. “While all students adjust to campus life, veterans are learning a new sense of self and identity. They move across the country or from overseas and have to refine study skills and

habits after years of being out of the traditional classroom setting.”

McKearn said the Veterans Resource Center (VRC) at UWO has been a huge outlet for himself and should be for others, too.

“[Shifting from the Marine Corps] was a time of immense transition where I felt unknown again in a new place, similar to when I first joined the Marine Corps in boot camp,” McKearn said. “The VRC was opened to me with welcoming arms..”

Kloss said university veteran service offices often keep student-veterans afloat and provide them the guidance they need.

“It’s important to remember

that this population is constantly changing and their needs are constantly changing,” Kloss said. “We need to be constantly evaluating what programs are working and what programs aren’t working.”

McKearn said he cannot emphasize enough how important it is for veterans to have a place on campus.

“I think something that all the veteran centers on our campuses can do is be present,” McKearn said. “I know other veterans at UW Oshkosh who were not fully aware of where the Veterans Resource Center is or what they can do. Being present and being there is very important.”

Biden’s loan relief plan paused

By Josh Lehner
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A Texas federal judge struck down the Biden administration’s student loan forgiveness program last week, causing the U.S. Department of Education to no longer accept loan applications.

U.S. District Judge Mark Pittman’s ruling is a response to a lawsuit by the Job Creators Network Foundation, which alleged that the Biden administration violated certain procedures.

Pittman’s ruling only further cripples Biden’s student loan forgiveness program, which was already stalled by a different lawsuit according to the Washington Post.

In August, President Joe Biden said that his administration would cancel up to \$10,000 in student debt for individuals making less than \$125,000; for Federal Pell Grant recipients, up to \$20,000 was available.

Over eight million loan forgiveness applications were submitted during a week-end-long beta period unveiled



Pittman

in early October.

Axios reported that the Biden administration is appealing Pittman’s ruling.

A BestColleges survey found that 54% of stu-

dents viewed loan forgiveness favorably, regardless of their loan status.

The survey also found that 47% of millennial students and 34% of Gen Z students didn’t believe that loan forgiveness did enough to solve the student debt crisis.

When asked if they felt student loan forgiveness might positively impact them, 44% of surveyed students said they agreed, 32% said they neither agreed nor disagreed and 23% said they disagreed.

In addition to softening student debt—which is about \$1.75 trillion—Erin Grisham, UW Oshkosh’s vice chancellor for student affairs, said that student loan forgiveness could play a role for borrowers

thinking of returning to school in the future.

But in response to Pittman’s ruling last week, the Education Department was forced to no longer accept loan forgiveness applications.

For borrowers who have already submitted their applications, “the [Department of Education] will hold onto their information so it can quickly process their relief once we prevail in court,” White House Press Secretary Karine Jean-

Pierre said in the Washington Post.

If student loan forgiveness resumes, UW Oshkosh’s interim Financial Aid Director Alison Casady said that her office provided informational sheets on eligibility and the steps students must take to submit an application.

The Biden administration’s appeal of Pittman’s ruling now resides with the 5th Circuit Court of Appeals.

Crime Report

An Oshkosh man was arrested after reportedly firing a handgun into the air following an altercation Friday afternoon.

The Oshkosh Police Department responded to a call from the 800 block of Wisconsin Street around 3:30 p.m. after being notified of a disturbance where a firearm was discharged.

Oshkosh police located the 51-year-old Oshkosh man standing in a nearby parking lot and took him into custody without incident.

A preliminary investigation showed the man had shot the handgun into the air following an argument. The man was arrested within four minutes of the shots being fired and later taken to Winnebago County Jail.

Nobody was injured during the incident according to Oshkosh police. Officers urge anyone with information to contact the Oshkosh Police Department at (920) 236-5700.

Sports

Calendar



Scoreboard

Saturday, Nov. 26
Men’s Basketball
UWO - 66
Illinois Wesleyan University - 47

Wednesday, Nov. 30
Men’s Basketball
UWO vs. UW-Platteville - scores available online
Women’s Basketball
UWO vs. UW-Platteville - scores available online

Upcoming Events

Thursday, Dec. 1
Wrestling
at UW-Stevens Point at 7 p.m.
Swimming and Diving
at Carthage College Classic

Friday, Dec. 2
Swimming and Diving
at Carthage College Classic

Saturday, Dec. 3
Track and Field
at Ripon College Winter Open at 10:30 a.m.
Swimming and Diving
at Carthage College Classic
Wrestling
at Milwaukee School of Engineering Invitational at 9 a.m.
Women’s Basketball
at UW-Stout at 3 p.m.
TV: WIAC Network
Men’s Basketball
UW-Stout at 5 p.m.
TV: Titan TV
Radio: 90.3 WRST-FM

A-Trivia

When was the last time UWO were cross-country national champions?

Answer: Men’s in 2002, Women’s in 1996

A-Trivia

When was the last time UWO men’s basketball won the national championship?

Answer: 2019, under current coach Matt Lewis



Courtesy of UWO Athletics

Amelia Lehman (left) and Steven Potter (right) qualified for the Division III cross-country championships after both placing 12th in the North Regional meet.

Two Titans run at nationals

By Jacob Link
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UW Oshkosh’s Amelia Lehman and Steven Potter ran in the NCAA Division III Cross Country Championships, finishing 47th and 113th respectively, at Forest Acres Golf Course in Lansing, Michigan on Nov. 19.

Potter, a senior, said running in the national meet was a big goal of his before the season began.

“Making it to nationals after never making it to the state cross country meet in high school was a cool experience,” he said.

Lehman, who qualified individually for the national meet after a 12th place finish in the North Regional meet, finished the women’s 6K race with a time of 22:49.9.

Potter, who also qualified individually for the national meet after a 12th place finish in the North Regional, finished the men’s 8k with a time of 26:10.2.

“I ran strong for the first two miles of the 5-mile race but ran into some hip pain around 5k and fell off the top 40 pack,” Potter said. “I came in 113th place which is the best I’ve done at a cross country national meet.”

Johns Hopkins University took home first place in the women’s championship with 144 points followed by the University of Chicago and Wartburg College. WIAC foes UW-La Crosse and UW Stevens point placed 17th and 31st, respectively.

On the men’s side, the Massachusetts Institute of Technology finished first with 182 points, followed by Wartburg and Genesco University.

All three WIAC schools that qualified for the meet finished in the top-25, with UW-La Crosse finishing eighth, UW-Whitewater

finishing 10th and UW-Stout finishing 23rd.

Potter, who ran on a snow-covered course in 9-degree weather, said this season was one of his best.

“I’m glad I was able to come back for another year here and help this team and prove to myself that I could get to nationals in cross-country,” he said.

“Making it as a team last year to Louisville was a really fun experience,” Potter said. “I wish we could have made it back again together, but I’m glad about how the team performed throughout the season.”

Men’s basketball begins quest for conference crown

By Jacob Link
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The UW Oshkosh men’s basketball team, fresh off a Wisconsin Intercollegiate Athletics Conference basketball championship last season, will look to compete for a fourth conference title in five years during the 2022-23 season.

The Titans, who went 23-4 last season before falling in the second round in the NCAA Tournament, were picked to finish top of the conference in the WIAC preseason poll.

UWO, who entered this year ranked third in the nation by d3hoops.com, is coming off a dominant season where they went 10-2 in the WIAC, defeating UW-Whitewater and UW-Platteville to capture the conference tournament crown.

Senior Forward Levi Borchert said the team is focused on winning the next game and not about repeating as WIAC champs.

“Obviously that’s the goal (to win the WIAC) but it’s not something that we’re worried about too much right now,” he said. “We’re just trying to win every single game and that will get us to the WIAC championship again.”

Head coach Matt Lewis will oversee the Titans for his fifth season and has led UWO to a national championship in 2019, two regular-season WIAC titles and two WIAC tournament championships

during his tenure. Lewis, the 2021-22 WIAC Coach of the Year, will have 14 returning letterwinners and will keep four of the starting five from last season.

Borchert will lead the Titans on the floor this year after being named the 2021-22 WIAC Player of the Year in a season which saw him average 18.1 points and 10.7 rebounds a game. Borchert, who was named to the preseason d3hoops.com All-American First Team, led UWO with a 61.9 field goal percentage and had 15 double-doubles last season.

“I think we have more physicality inside this year which is going to help us on the defensive end,” Borchert said. “We gave up a lot of points in the paint last year so we’ve got bigger guys in the rotation now and that’s going to help us keep points out of the paint.”

Guards Hunter Plamann and Quinn Steckbauer return for their senior season with the Titans after having career-best numbers last year. Plamann, named to the WIAC First Team last season, averaged 13.4 points and four assists per game in the 2021-22 campaign. Steckbauer was named WIAC Honorable Mention last year after producing 10.6 points per game for Oshkosh.

Coach Lewis said the team has a lot of depth and versatility this year.

“We usually play about 10 guys, but there’s easily another handful of guys that can contribute if called

upon,” he said. “Our practices are incredibly competitive because of that so we’re just trying to get better each and every day and thankfully we’ve got guys that, so far, have bought into that idea.”

The Titans kicked off the season with a 76-63 victory over Lawrence University at the Kolf Sports Center behind a 20-point, 11 rebound performance from Borchert on Nov. 8.

“I have teammates that look for me and look to get the ball inside,” Borchert said after his double-double. “I’m always looking to hunt for rebounds during the game.”

UWO fell to Calvin University 59-56 on Nov. 11 before taking down Hope College 67-56 after a 17-point game from Borchert on Nov. 12 in Michigan.

Borchert said dominating the paint has been a point of emphasis for the team since they started practicing back in October.

“We got guys more in the rotation now that are bigger and more physical compared to last year when we played a little bit more small ball so that’s been a big emphasis this year,” he said.

Both Lewis and Borchert said that defense is always a huge priority for the Titans.

“We spent the vast majority of our time discussing the defensive side of the basketball and then we try and recruit those guys to build that culture where we stress the defensive end,” Lewis said.

“We emphasize defense a lot in practice,” Borchert said. “We do a ton of defensive drills and that’s something that we try and pride ourselves on.”

Oshkosh fell to the University of Saint Joseph 60-44 in the first game of the Small College Basketball Champions Classic in Aberdeen, S.D. on Nov. 18 before winning three games in a row.

During the three-game win streak, UWO took down Nebraska Wesleyan University 63-57 in their second game in Aberdeen before defeating Edgewood College and Illinois Wesleyan University 79-52 and 66-47, respectively, at the Kolf Sports Center.

UWO took on UW-Platteville yesterday at Bo Ryan Court in Platteville. You can find the score of the game at uwoshkoshtitans.com.

Coach Lewis said the team has brought great energy to start the season.

“Obviously it’s still very early and early in the season that’s what a lot of teams are doing (bringing the energy), and the challenge is to continue to practice at a championship level each and every day,” he said. “Our guys have done a great job and now we need to continue that every day.”

The Titans, currently ranked 15th in the nation, will take on UW-Stout at home on Dec. 3 at 5:00 p.m.

Women's Basketball

Wrestling

From that point on, Oshkosh began to take a beating. For the next seven matches, the team endured losses that ranged from decisions to tech-falls to pins, with the Titans earning two of each.

Wisconsin Herd

Yesterday, Wisconsin took on the Grand Rapids Gold at the Van Andel Arena. The score of the game can be found on Wisconsin.gleague.nba.com.



Jacob Link / the Advance-Titan
Cade Millam swims in the men's 200-yard Individual Medley during UWO's 152-42 loss to St. Norbert on Nov. 19.

By Jacob Link
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“I think I’m not where I want to be right now,” Chase Millam said. “I felt like I started my races pretty fast, but I didn’t have the endurance

UWO had no divers from either team present at the dual meet against St. Norbert because they

Both the men's and women's teams will travel to Kenosha where they will take part in the Carthage College Classic starting on Thursday and finishing Saturday.

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Arts & Entertainment



Courtesy of Tony Truty
Fox Valley Vintage Fest 3 held 87 booths with 77 vendors, providing a lot of different vintage items for sale such as clothes, toys, memorabilia, and more.

Vintage Fest a groovy treat for thrifters

By **Mattie Beck**
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Fox Valley Vintage Fest 3, an event where vendors fill the convention center with vintage clothing, toys and more was a hit throughout the community.

The festival was held on Nov. 20 at the Oshkosh Convention Center. Previous Vintage Fests held in November 2021 and August 2022.

Kinni Peters, owner of Fox Den Goods and founder of the event, said she has been planning Fox Valley Vintage Fest 3 for two years.

“Fox Valley Vintage Fest 3 was planned for since our first big event in November of 2021. I try to plan the events well in advance, all six of the 2023 events are scheduled already,” Peters said.

The events include:

- Fox Valley Vintage Fest 4 - April 4
- Summer Session at Fifth Ward - June 11
- Summer Session at Fifth Ward - July 9
- Summer Session at Fifth Ward - Aug. 13
- Summer Session at Fifth Ward - Sept. 17
- Fox Valley Vintage Fest 5 - Nov. 11

A lot goes into planning Fox Valley Vintage Fest events, including venue planning, vendor selection and the setup the day of the event.

“Interested vendors fill out an application and I review them in the order they are received,” she said. “But I can only select vendors out of those who apply; we are always looking to add more home décor, vinyl, VHS, video games, toys, comics and things like that to the mix.”

87 vendors with 77 booths attended the event, Peters said.

Leading up to the event, Peters was busy working on marketing and other fun things for the event itself.

“I was posting two or three

times a day on social media to feature vendors and pump out the necessary info, in the studio working on the photo op every day, designing signage, badges and making sure we had everything we needed...” she said.

A lot of the setup happens on the day of the event due because of how close to the event vendors like Peters are allowed into the venue.

“We usually can’t get into the venue to do anything until the day of, so setup is always a bit of a crazy group effort between myself, my husband and kids, other family members, friends and even some of the vendors,” she said.

The setup day is mainly composed of getting everything ready for the vendors and attendees.

“We tape off booths and label them with vendor names. Then we set up any photo ops, merch, signage and anything else while vendors load in and set up their booths,” Peters said.

Which leads to Peter’s least favorite part of the event: the taking-down of the event.

“My least favorite part, is without question, teardown. Usually, I’m running on 2-3 hours of sleep and have been at the venue since 5 a.m. and packing everything up after a 12 hour day is excruciating,” she said.

For the first time, the event offered an “early bird” ticket, a ticket that allowed attendees to the event to have first picks on the vendors selections.

“Something about getting first dibs on all the goodies sounded really fun to me, plus a slower start to the day sounded really appealing as a vendor myself,” Peters said. “I was honestly nervous they’d be a flop, but I’m really happy we did it that way; it worked out well. Next time more early bird tickets will be available.”

Another addition to this year’s event was merchandise available at the door, which Peters

and her team made.

“After the first Fox Valley Vintage Fest. I decided I wanted to do merch for the big events,” Peters said. “When I’d completed the design for Fox Valley Vintage Fest 2, I went to work sourcing vintage blank sweaters & tees, bought some totes and started screen printing them myself.”

The process for making the merch took a lot of effort due to the design itself, Peters said.

“This time around, the design was so colorful I had to order direct to film transfers, but I pressed each piece of merch myself. Stickers were ordered from Image 360 to keep things small and local,” she said.

Peters said she was pleased with how the event went for both vendors and attendees.

“The turnout was unreal. Everyone was vibing and having a great time, shoppers and vendors alike,” she said. “At the risk of sounding cliché, the day was a movie.”

Even though the day went well, there was room for improvement, Peters said.

“Based on shopper and vendor feedback, we are scaling back to a maximum of 60 booths for the big events, making the booths larger and the walkways wider” she said.

The biggest takeaway from the day was how valued everyone who helps with the event is, Peters said.

“[The] biggest takeaway from this fall’s event is just how appreciative I am for everyone involved: the vendors, the shoppers and the community as a whole,” she said. “We are building something really special here and I’m just so grateful for the success we’ve seen and am excited about our continued growth.”

Mattie’s Mixtape Vintage Picks



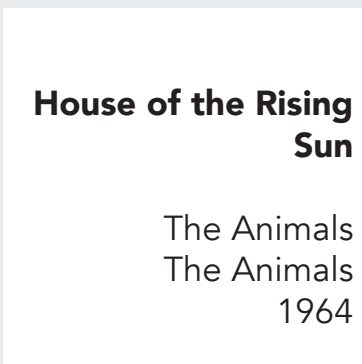
California Dreamin’

The Mamas and Papas
California Dreamin’
1965



Dreams

Fleetwood Mac
Rumours
1977



Spoiler alert: These are the best rom-coms

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Everyone is guilty of watching at least one rom-com in their lifetime, and it’s OK to admit that you enjoyed it.

And when you say that you watched it for the plot, it’s also OK to admit that “the plot” was Matthew McConaughey on a motorcycle in “How to Lose a Guy in 10 Days.”

Romantic comedies have been giving us false hope, in the best way, for years.

You aren’t alone if you had expectations of a guy confessing his love for you on New Years Eve in the way that Harry Burns did to Sally Albright.

The humorous, lighthearted plots of rom-coms keep people watching, but the characters keep people coming back.

I have no qualifications in movie critiquing, but I have watched a lot of movies — most of them being rom-coms.

Therefore, I am going to present (in order) my top five romantic comedies that I could spend the rest of my life rewatching.

1. “How to Lose a Guy in 10 Days”

This may be the mother of all romantic comedies. What begins with a two-sided bet ends in both McConaughey and Hudson’s characters falling in love.

From a love fern to Andie Anderson’s show-stopping yellow dress at the top of the staircase, this movie holds so much charm.

It’s witty and heartbreaking, which encompasses everything a rom-com should be. Just one question, is all fair in love and war?

2. “When Harry Met Sally”

The jazz music, the autumn scenery in New York City, the fashion.



Courtesy of Paramount Pictures
Kate Hudson and Matthew McConaughey co-star in the classic romantic comedy “How to Lose a Guy in 10 Days” (2003).

There is nothing that this movie didn’t nail on the head. I just want to know who dressed Billy Crystal.

Throughout the movie I realized that Harry Burns was my style inspiration. “When Harry Met Sally” attempts to answer the question “Can men and women ever truly be just friends?”

Meg Ryan as Sally Albright is so endearing, and the chemistry between the two had to have carried off screen.

Harry Burns’ New Year’s stunt will forever be a new standard.

3. “Set it Up”

“Set it Up” advanced into my top three rom-coms the very first time I watched it.

In a desperate attempt of two assistants to “set up” their bosses to lighten their workload, Glen

Powell’s character, Charlie and Zoey Deutch’s character, Harper, end up falling in love.

Powell and Deutch drunkenly sharing a pizza is something I never knew that I needed.

Pete Davidson also makes an appearance as Charlie’s gay roommate, as if this movie couldn’t get any better.

4. “27 Dresses”

Always a bridesmaid, never a bride.

Katherine Heigl’s character, Jane, has been a bridesmaid in 27 weddings. That’s 27 weddings but her own.

When her younger sister falls in love with the same guy Jane loves, Jane quickly loses interest in wedding planning.

Enter James Marsden as Kevin Doyle, famous wedding colum-

nist, who uses Jane for his latest story.

Jane and Kevin find themselves spending a lot of time together and even share a dance in a bar to the infamous song “Bennie And The Jets” (it was actually romantic).

Inevitably, they fall in love, but Kevin still has a deadline to meet.

5. “Crazy Stupid Love”

Steve Carell is seen in a different light in this movie as Cal Weaver, a married man in his 40s faced with a sudden divorce and zero love life.

Cal then meets Ryan Gosling’s flirtatious, playboy character, Jacob Palmer, who takes him by the hand and shows him the ways of dating.

This is all fun and games until Cal realizes this isn’t the lifestyle

for him — and when his daughter brings Jacob home to meet him. Spoiler: They’ve already met!

Rom-coms invoke all of the warm fuzzies watching two people fall in love.

According to People Magazine, people like rom-coms because they know that everything will work out by the end credits.

This calms our mind, letting us relax into the plot and get attached to the characters.

Normally nothing shocking happens, which means it’s acceptable to become emotionally attached to the characters.

So, as much as we have to blame these romantic comedies for raising our standards incredibly high, we will never stop adoring these cheesy love stories.

Letter to the Editor

Small business support is essential for communities

By Brianna Pflum
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Nowadays, owning a small business is a hard thing to accomplish. Small business failure is a huge problem.

As a result, many new small businesses do not make it past the opening stages. There are many reasons for this problem.

First, large corporations are taking over worldwide. Second, COVID-19 has affected many small businesses’ incomes. Finally, there are problems with small businesses’ financial planning.

All of these aspects take great tolls on small businesses and will shut them down if the business doesn’t take action against them.

If more and more people support small businesses, it will have a huge positive impact on the economy.

A problem for small businesses is the competition they face from

large corporations. It is nearly impossible for a small business to compete with a large conglomerate that has hundreds or thousands of stores all over the world.

Because these large companies have so much business, it is easier for them to lower the prices of their products. Large corporations are able to keep their costs low because of the accessibility that they have.

It is crucial to keep in mind that even though small businesses may charge more for products, it is important to help keep them open by supporting them.

It is a common theme in today’s economy for larger businesses to succeed at the expense of small businesses.

The COVID-19 pandemic came with a lot of consequences for small business owners.

There is a national shortage of workers. Everywhere you look, businesses are hiring. This is forc-

ing small businesses to shorten their normal hours or not being able to open at all.

Another problem is the shortage of goods from COVID-19. Supply chains for so many products are facing a shortage, so even if a store can get a product from a vendor, there is still a hike in the price.

Even with the pandemic effects improving, a lot of the supply chain problems have not improved.

This leaves small businesses facing the decision of raising their prices and potentially losing customers or trying to cover the difference in cost and risk going out of business.

Even before COVID-19, the success rate of small businesses was dismal. According to the Bureau of Labor Statistics, about 20% of small businesses fail in their first year and 50% fail by the fifth year.

Finally, small businesses may

also fail because they don’t have the same resources as a higher revenue company.

Most small businesses start out with a loan. If they are not selling their products there is a good chance that they will not be able to pay that money back.

To have a successful business, it is important to understand where the money is coming from, where it’s going and how to get more of it.

Another problem startups have is not having a comprehensive plan before they start operating their business.

Owners who don’t have a well-laid-out plan before opening are setting up their companies for serious challenges.

It is important to be able to have a plan for a company and be able to see problems before they occur.

These problems are all created in the developmental stages of a company.

With all of these struggles, small businesses need your help, and supporting them can benefit you too.

Small businesses add character to your neighborhood. When a business is supported, it views the community as a desirable place to grow their business.

They might even open more shops, provide more services or products, or encourage other businesses to come to the same community.

This causes more money to be placed into local city funds from the tax revenue coming from the businesses.

The tax dollars stay local as opposed to the tax revenue at a large company.

This could also lure people to the community because of the newly available job growth. Small businesses need support now more than ever.

‘Gaslighting’ isn’t just a buzzword

By Kelly Hueckman
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Chances are, you’ve heard the unique term “gaslighting” tossed around in the past few years. Similarly, chances are you probably didn’t know what it meant until recently.

Gaslighting — defined as “the act or practice of grossly misleading someone especially for one’s advantage”— was crowned the word of the year by Merriam-Webster Dictionary.

The commonly misused term saw a 1,740% increase in searches on the online dictionary this year, but the numbers aren’t the only reason it deserves the No.1 spot.

Although gaslighting has existed for ages, recognizing the manipulation tactic in practice is relatively new for most people.

For many people, the term has been thrown around so frequently in the past years that it has almost become a sort of buzzword.

Does a mere buzzword really deserve to be declared word of the year?

The word gaslighting actually does hold extreme merit; people need to educate themselves about gaslighting to ensure they are not victims of manipulation or are the manipulators.

Especially in today’s media and political climate, preparing yourself against deceit is crucial.

Last year, CNN reporter Chris Cillizza wrote a column titled “Donald Trump is gaslighting us on the January 6 riot,” in which Cillizza claimed Trump tried to reframe the darkness of Jan. 6 in a way that benefitted his reputation.

This was after Trump downplayed the Jan. 6 riot and that the people being persecuted were done so “unfairly.”

Gaslighting can happen in any type of relationship — romantic, platonic and even between political leaders or media voices and the public.

Especially in the tumultuous era of “fake news,” discerning what is real and what is not real

is already a burden on the public.

Recognizing when a well-known person or publication is trying to make their audience question their sanity for the person or publication’s benefit can ease the process of becoming media literate.

Before that column, legendary country-pop trio The Chicks released their comeback album “Gaslighter” (2020) to illustrate how gaslighting looks in different types of relationships.

A recurring theme of the album focuses specifically on how women are traditionally manipulated more often than men and that women are often accused of being overly sensitive — textbook gaslighting.

An all-female group, The Chicks are no strangers to scrutiny and hate from the public, which bullied them into silence for years.

The album explores the idea that although women’s concerns are often chalked up to being overly-sensitive, recognizing the signs of gaslighting can be empowering.

Of course, we can’t discuss the 2022 Word of the Year without mentioning the thousands of people coming forth with their medical manipulating horror stories.

Earlier this year, viral TikTok by user @lyndsijohnson prompted hundreds of people to share their medical gaslighting experiences.

Most of these include doctors belittling patients’ symptoms and dismissing them when there is a serious underlying issue.

By raising awareness of just how frequently patients are gaslit in the medical field, people are becoming more confident in speaking up about their health concerns.

Some are taking it even further by demanding written proof that a doctor refused to treat a patient or address their symptoms.

Maybe this seems a bit “let me speak to your manager”-esque, but it’s really a way to build a case for yourself.



Michael Buckner / Advance-Titan

Gaslighting is a form of psychological manipulation used to make a victim question their own reality. The term has become popularized when discussing different types of relationships.

After all, it is your health.

Gaslighting isn’t just a trendy word used by people looking to play the victim; people who reduce the word to this are likely gaslighters themselves.

While the saturation of the word

can begin to diminish its meaning over time, people need to understand the toll gaslighting can have on people’s mental health and perception of the world.

By educating themselves, people can protect themselves against

this deception and abuse.

Apparently, 2022 was just the year we’ve decided to do this — so yes, gaslighting deserved the title of Word of the Year.

Letter to the Editor

Symptoms of sleep deprivation:

- Memory issues
- Mood swings
- Weakened immune system
- Higher risk of diabetes
- Increased risk of high blood pressure
- Increased hunger and weight gain
- Difficulty concentrating
- Decrease in balance
- Slow thinking and lack of energy

Source: The Sleep Foundation

College students need more sleep

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There is a big difference between how much sleep a college student should be getting and how much they actually get.

On average, a college student gets anywhere from six to seven hours of sleep a night. Some nights might have less due to cramming for an exam or doing homework the night before it is due. This doesn’t include taking a midday nap between classes every so often.

However, a typical adult should be getting eight to nine hours of sleep a night. Of-

ten, this is hard to do with the number of tasks that we have. These include everything from schoolwork to activities to clubs and sports. This doesn’t even include hanging out with friends or just taking time for yourself.

We are expected to study six hours a week per credit for each class. That, plus doing all the homework for each class, taking time to eat, doing activities or sports, hanging out with friends or family and going to class. All of this is on top of getting a full nine hours of sleep.

Achieving all of this is impossible. It is either cutting

into your sleeping time to get the extra studying in or going to bed early and risk not being prepared for an exam. We are faced with a difficult choice and most times it ends up with us becoming sleep-deprived.

Over time this can impact your body by causing mood swings, a shortened attention span and worsened memory. Is it really worth it just to get in an extra couple of hours of studying?

Getting a good night of sleep is not only good for the body, but it is also good for the mind. Being refreshed and ready for a day of classes can go a long way.