

The Advance-Titan

INDEPENDENT STUDENT NEWSPAPER OF THE UNIVERSITY OF WISCONSIN OSHKOSH CAMPUSES

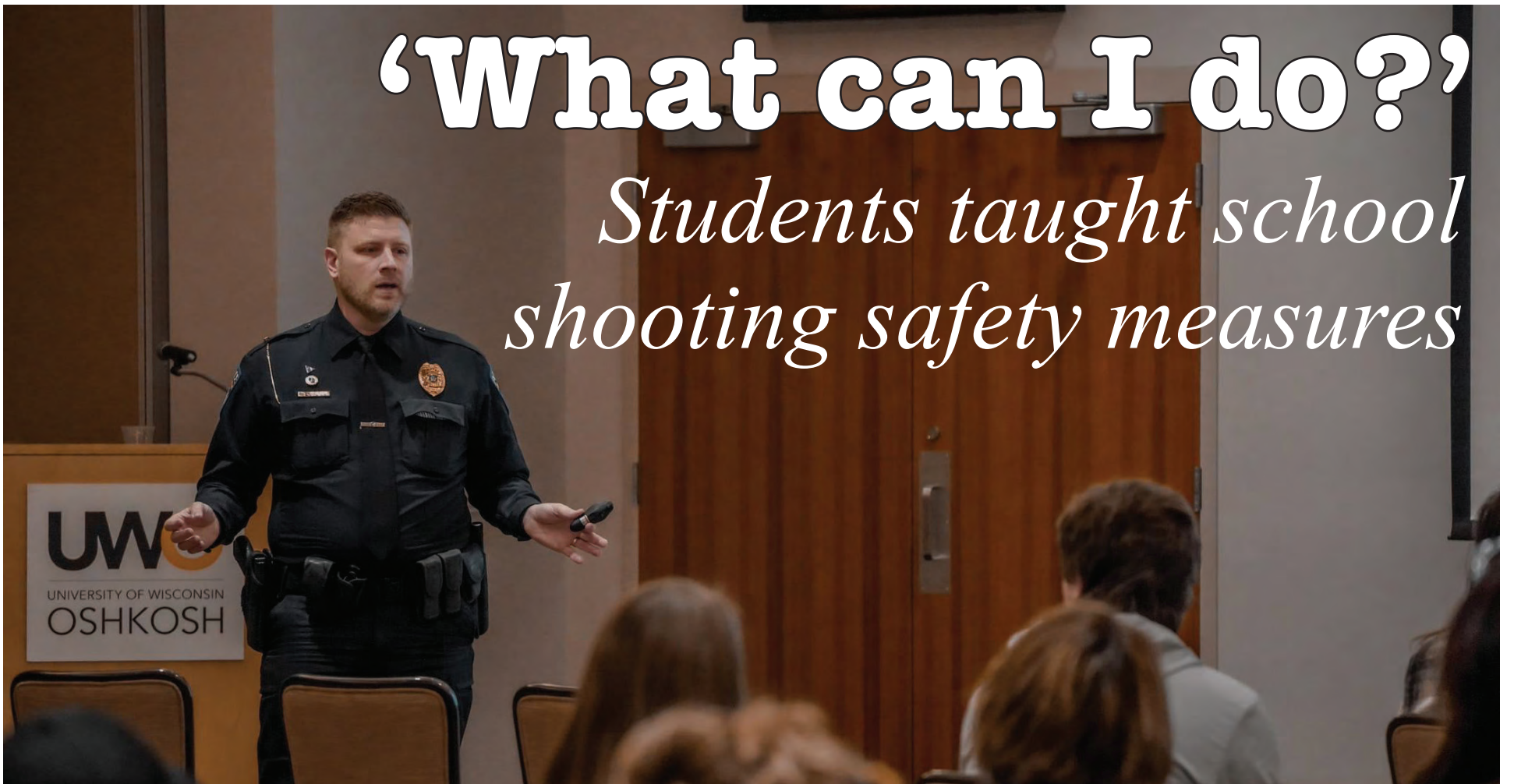
VOL. 133, No. 8

APRIL 6, 2023

ADVANCETITAN.COM

‘What can I do?’

Students taught school shooting safety measures



Willem Flaughner / Advance-Titan

Above: Chief of the UWO police department Chris Tarmann presents to UWO students on what to do in the event of a school shooting. Below: Associate professor Joseph Peterson explains the road map to potential violence. Tarmann and Peterson hope to make campus more proactive in the event of a threat.

By Anya Kelley
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By February 2023, there had been 52 mass shootings in America this year; six of those were school shootings.

On Feb. 13, a gunman open fired on the Michigan State University campus killing three and critically injuring five others.

In the wake of the active shooting at MSU, UW Oshkosh Chancellor Andrew Leavitt released a statement to the UWO community.

“There is no greater responsibility I have than for the safety of our students, faculty, staff members and university guests,” Leavitt wrote. “Know that we have built and supported a multilayered public safety

system at UWO that provides each of us with education and tools so that we may look out for ourselves and one another.”

Chief of the UWO police department Chris Tarmann and associate professor Joseph Peterson have been working together to put on “Active Threat Preparedness” training sessions for about nine years.

The sessions aim to arm students, staff and faculty with the knowledge to prevent possible threats from evolving into active shooter events.

And, in the worst case scenario, they will help students know how to best act in a way that will lead to their survival if a shooting does occur.

These training sessions are open

and welcoming to everyone, regardless of where they stand politically.

“I try not to get involved in the politics of it,” Peterson said. “What we’re trying to do on campus is focus just on safety, because you’re not going to get anybody convinced to do anything if you are in politics.”

Peterson was a graduate student teaching at Northern Illinois University when a gunman entered and opened fire into the lecture hall.

The shooting left five students dead and 21 injured. Peterson was among the injured.

“If someone were to find themselves in that position, I don’t want that to be the first time they’ve thought about ‘what do I do?’” Peterson said.

Peterson and Tarmann want to help make the campus community less reactive and more proactive in the event of an active threat.

“We want people to think about ‘what would I do in this situation?’ and kind of roleplay a few things in their mind,” Peterson said. “What we can’t do is sit down and tell somebody here’s exactly what you need to do because there’s the unknown.”

The goal is to make people more aware of their surroundings. Peterson recommends always taking a simple survey of the room you’re in to map out where the exits are.

“That’s the kind of stuff we want people to start doing because that can make the difference between life and death,” Peterson said.

Tarmann wants to make it clear that UWO is not afraid to step into a threatening situation to evaluate what they can do to improve the safety of life on campus.

“We step into (a threat) and figure out how to grow our people. What if something like that were to happen here?” Tarmann said. “Do we have the right relationships? Are we talking to the right people?”



When doing this kind of evaluation, Tarmann often asks himself if they have participated in the right kind of training.

“I think we should be leading in this area so I asked to go to some (active threat) training,” Tarmann said. “My whole intent was to bring it back here and figure out how to grow a program that (gives) our community members better preparation, but also gives our cops the skills necessary to respond and manage these situations properly.”

After hours of training and group workshops, Tarmann believes the UWOPD has a good foundational understanding of how to respond to active threats.

As the police chief, Tarmann thinks about the prospect of an active threat situation often.

“I think about it probably more frequently than most people do,” Tarmann said. “Not because maybe the reason that people would think ... even when I was captain, I thought about it enough because I was so involved in it.”

Tarmann said that thinking about prospective threat events is part of his responsibility as the police chief.

“It’s my responsibility as chief person in charge of safety to be thinking about these things at a pretty regular interval so that I (don’t become) complacent,” Tarmann said. “Because that’s where that mindset of ‘it’s not going to happen here’ comes in.”

Tarmann and Peterson mutually agree that the goal of this training is prevention over anything else.

“It’s prevention 100%,” Tarmann said. “Real police work happens when you’re not called for service.”

In a country where news is seemingly flooded with mass shootings every week, it’s common to feel anxiety about an active threat situation.

“Keep in mind, there are millions of ways bad things can happen,” Peterson said. “Try to keep things in some kind of perspective.”

Peterson emphasizes that at the end of the day, the best advice he has is to stay aware of your surroundings and where you are in proximity to other people.

“Remember that even if somebody’s trying to hurt you, your own actions can get you out of that,” Peterson said.

RUN | HIDE | FIGHT

- 1.) Leave your belongings.
- 2.) Quickly leave the area of danger.
- 3.) Alert others to the threat.
- 4.) Stay aware of your surroundings.
- 5.) Dial 911 — even if you can’t talk.

TIPS FOR SURVIVAL:

- Do your best to stay out of shooter’s view.
- Obstacles often stop the shooter; put whatever you can in front of the door.
- Use whatever is around you; don’t worry about property damage.
- You are protected if you harm the shooter.
- For injuries: apply pressure first, then warmth.

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

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

ChatGPT redefines teaching at UWO

By Josh Lehner
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More than 25% of K-12 teachers have caught their students cheating via ChatGPT, a recent study.com survey found. A third of the teachers surveyed believe ChatGPT should be banned in all schools.

ChatGPT has exploded in popularity since its release in November, especially among students, who have utilized its ability to scour billions of data points and produce a coherent, “human-like” answer.

The artificial intelligence (AI) is built on the GPT-3 interface, which utilizes 175 billion data points. Its 4-year-old predecessor, GPT-2, uses a mere 1.5 billion data points. But even with this massive step up in capability, OpenAI — ChatGPT’s parent company — is already developing the GPT-4 interface.

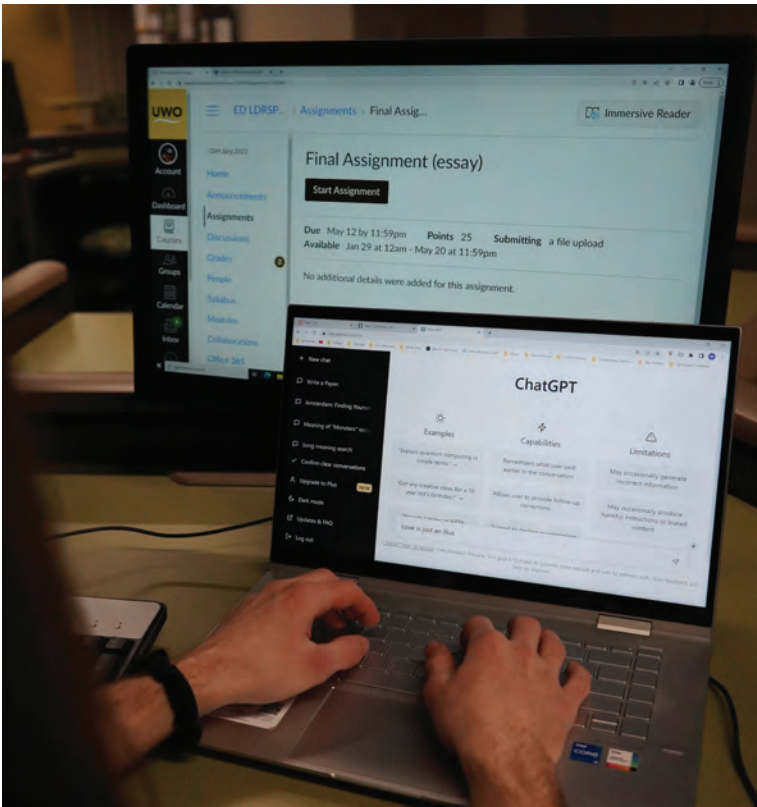
ChatGPT has sparked conversations among educators across the country, including at UW Oshkosh, with many professors and faculty considering how ChatGPT can be effectively utilized in classrooms and the plagiarism issues it has created.

Many of those involved in this discussion said they were caught off guard when ChatGPT was released.

“My initial reaction to this overall issue and new technology was existential shock,” one English teacher said. “I felt like this threatened the core of what I value as an educator and human — good writing encompasses so many of the best parts of being human.”

But the teacher said they accepted this technology, though it has forced them to ask questions about classical teaching methods.

“This offers me an opportunity to reevaluate why we value writing, what good writing entails and why we even continue to use the essay as a common academic assessment,” the teacher said. “I am not doing [students] any favors by blocking this technology — this is around to stay. It is exciting,



Willem Flaughter / Advance-Titan

A student uses ChatGPT to write their online assignment. Though it’s able to quickly summarize and explain complex topics, ChatGPT can be used to cheat on assignments. Some classrooms across the country have outright banned the chatbot.

thrilling and terrifying (in the truest sense of the word). Whatever it is, it is here.”

One of the primary concerns regarding ChatGPT is cheating, specifically plagiarism. The AI was able to pass law school exams, though the bot was near the bottom of the class in most subjects, earning a C+ overall grade.

A Wharton School of the University of Pennsylvania business professor subjected ChatGPT to a series of business management questions. One of his comments to ChatGPT’s answer was “Wow! Not only is the answer correct, but it is also superbly explained.”

Although the AI’s vast collection of data has simplified cheating, UWO instructional designer Sarah Bradway said that ChatGPT can be a useful tool in classrooms by acting as a supplementary resource.

“The argument regarding plagiarism is fair, and I’m sure some students will use AI in a way that isn’t exactly honest,” she said. “However, that has always been

the case. It’s going to be a lifesaver for students with learning differences and those that might need some extra explanation of a concept.”

Bradway said that she’s not aware of any policies relating to the AI that would apply to the entire UWO campus. But, she said she’s encouraging instructors to devise class policies and expectations for its use.

“The protocols surrounding this type of technology are quickly and constantly evolving,” she said. “There are AI-detectors that have been released that are pretty accurate. Turnitin actually released an AI-detector today that seems to work well. If an instructor chooses to use one of these, I again encourage them to relay that information to students.”

The benefits of the chatbot outweigh the cons for many other professors, too. UWO Department of Information Systems professor Don Heath said that ChatGPT has caused him to rethink the way he approaches teaching.

“In the past, in coding classes, I would focus a good bit on teaching students to write code to answer the ‘how,’” he said. “I have shifted my focus toward the ‘why’ — the critical thinking needed to specify the shape of a solution and the specific techniques which should be used in reaching it.”

Heath said that, in some of his programming classes, he uses ChatGPT to help generate code, though it still has to be manually edited and optimized.

But the use cases for ChatGPT extend beyond the classroom. Instructional Program Manager John Bellotti used the example of his son who has dysgraphia — a neurological disorder that hinders writing ability. Bellotti said that his son can benefit from ChatGPT’s ability to generate human-like writing.

“[My son] has great ideas, he can talk through them and get them on paper through some alternate form like speech to text,” he said. “ChatGPT can help him construct those thoughts into a cohesive paper ... so that the rest of us can understand his brilliance and listen to his story. Technology like this is only going to help him and others excel in a world that is not very kind to autistic people.”

Though ChatGPT has been criticized for limiting creativity, Bellotti said that it could have the opposite effect. If ChatGPT takes the burden off the parts of the brain needed to write, he suggested that those parts could instead be used to think critically about ideas.

“I understand all the arguments against ChatGPT, but I strongly suggest we consider all the benefits something like ChatGPT can provide to those that want to or ... need to use something like ChatGPT so they can display to the world their intelligence, explain it to the rest of us in a manner we can all understand while using their skills and expertise to concentrate on something that they are really, really good at rather than what they’re not so good at, which might be writing,” he said.

drawing district lines and voting issues.

“As citizens of Wisconsin, we would hope that cases would be decided on the basis of law and not political ideologies,” Thomas said. “In many instances the court will be clear and unanimous in its resultings. From the perspective of a court scholar, the reality is that judges see things differently. Political science research shows what some people intuitively believe: conservative judges tend to vote conservatively, and liberal judges tend to vote liberally.”

Protasiewicz elected to Supreme Court

By Linda Bachmann and Kim Kristin Loschen



Janet Protasiewicz

Wisconsin tipped the Supreme Court into a liberal direction — for the first time in over a decade — in Tuesday’s election. Liberal Janet Protasiewicz was declared the winner over conservative Daniel Kelly for the state’s highest court.

With over 95% of the votes in, Protasiewicz received 1,020,442 votes, or 55.5% of the total votes cast, while Kelly received 817,790,085 votes, or 44.5%.

Winnebago County voters also favored Protasiewicz, who received 26,237 votes, or about 54% of the votes cast, to Kelly’s 22,246 votes, or 46%.

Protasiewicz’s win could potentially have an impact on upcoming rulings, especially on female reproductive rights. Last year, the U.S. Supreme Court overturned *Roe v. Wade*, giving states the

opportunity to decide about abortions on their own.

Jerry Thomas, a UW Oshkosh associate professor of political science who studies law and courts, said he expects the Wisconsin Supreme Court to eventually rule on the state of abortion law. With Protasiewicz on the court, it is also possible that a strict ban of abortions dating back to the 19th century might be overturned. Instead, abortions might again be permissible previability as stated in a 1985 law, Thomas said.

According to Thomas, the outcome of the election could potentially affect other issues such as



Photos / Willem Flaughter and Advance-Titan staff

Kim Kristin Loschen, left, and Linda Bachmann are visiting UW Oshkosh through the RIAS Berlin exchange program. Middle left: Bachmann and Loschen participate in a journalism class. Middle right: On election night, the two toured the Appleton Post Crescent office meeting with UWO journalism alumna Sophia Voight. Bottom: Bachmann and Loschen enjoyed the beauty of Door County’s Cave Point County Park despite winds up to 40 mph.

Exchange program benefits all

By Kelly Hueckman
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Not unexpectedly, Germans and Americans have many differences when it comes to their day-to-day lives.

While most United States highways cap out with a speed limit of 70 mph, Germany generally has no speed limit on the autobahn, with some driving 100 mph or faster.

In Germany, most restaurants stick to serving fancy-cut steaks and vegetable-based dishes. Meanwhile, sandwiches and burgers dominate U.S. menus with loads of deep-fried sides and sugar-filled desserts.

Furthermore, that hefty American hospital bill even after insurance is nearly unheard of in the German healthcare system. Americans would probably also be surprised to find out that a glass of water at a restaurant isn’t free — and neither are public restrooms.

However, despite all of the differences, there is some common ground; both Germans and Americans are glued to their smartphones, binge-watch “The Last of Us” and, most relevant to Wisconsinites, agree that cheese curds are a delicacy.

Last week, two German journalism students visited UW Oshkosh as part of the Radio in American Sector (RIAS) Berlin exchange program. This will be the second



consecutive year UWO is hosting RIAS exchange students.

“I’m so thankful that I had the opportunity to learn about journalism in the U.S. and about the work ethic people here have,” said Linda Bachmann, a journalism student from Leipzig.

The RIAS Berlin Commission program has funded exchanges of broadcast journalists between the United States and Germany since 1993.

The goal of the program is to carry on the spirit of the Cold War-era radio station, “Radio in the American Sector,” which relayed Western news and music to former Communist East Germany.

The exchange is meant to encourage better communication and understanding between German and American journalists. The program recently opened up the exchange to student journalists.

Bachmann said that since traveling to the U.S., she’s been able

to explore a number of American news outlets.

“It was great to get insight into many networks like NBC, Bloomberg or Vice,” she said. “To sum it up, I learned a lot about how journalists work and U.S. culture.”

Kim Kristin Loschen, who is traveling with Bachmann as part of the exchange, said she was surprised by American culture after her visit to New York City last week.

“I am amazed at the ambition that workers show here,” Loschen said. “Many are very focused on their work. That is remarkable. At the same time, I find it frightening how many people are broken by the city and what stories are hidden behind the fates.”

During their first week in the United States, Bachmann and Loschen met and interviewed former RIAS Berlin Commission honorary chair and New Jersey Gov. Phil Murphy.



They also visited the World Trade Center memorial, Trump Tower, Rockefeller Center and the headquarters of national news outlets before traveling to the Midwest to learn more about different political regions of the country.

After arriving in Oshkosh, Bachmann and Loschen met with State Rep. Lori Palmeri, toured the EAA Aviation Museum and Oshkosh Public Museum and visited Door County. They also sat in on UWO journalism, radio/TV/film and political science classes, where they noted UWO classes were more interactive and hands-on than what they were used to.

Amy Woyth, a German journalism student who visited UWO as part of the RIAS program in 2022, said experiencing Midwestern life taught her about different aspects of the U.S.

“Spending time in Oshkosh ... was a possibility to gain an insight into what life in the States is actually like, far off from tourist attractions in large cities,” she said. “It was really valuable to experience the country from so many different perspectives.”

Although Woyth said she no longer works in journalism, she still benefits from her time in the States.

“It had a considerable impact on my personal life,” she said. “It strengthened my fascination for and with the States and motivated me to come back one day and learn more.”

Bachmann said RIAS was a great opportunity to learn about American journalism and its relationship with media consumers, especially in radio.

“I’ve been in the U.S. before and was impressed by U.S. radio shows and how many people still

tune in,” she said. “When I realized that there is a chance to learn about how those shows are produced and how radio journalists work here, I had to take it.”

PBS Wisconsin television journalist Joel Waldinger, who participated in the RIAS exchange in 2005, said the program allowed him to learn about and create a documentary about an underground Nazi resistance leader, Mildred Fish-Harnack, an alumna from UW-Madison.

“The PBS Wisconsin documentary Wisconsin’s Nazi Resistance: The Mildred Fish-Harnack story became the story of a lifetime for me as a journalist,” Waldinger said. “I would have never discovered her amazing, gut-wrenching story if it hadn’t been for RIAS.”

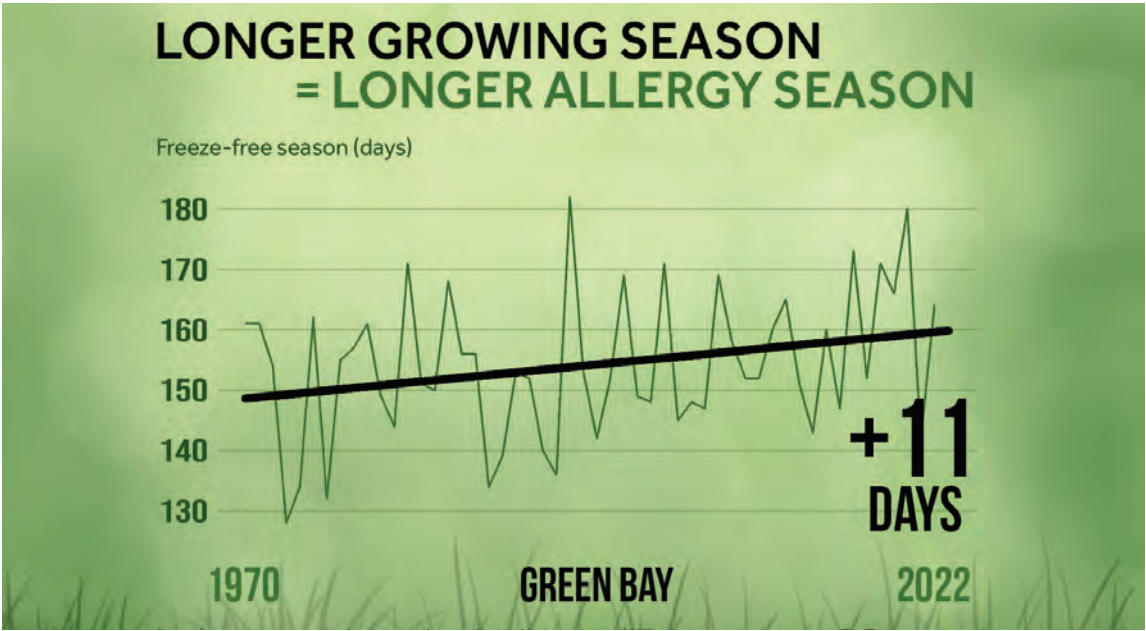
Waldinger said participating in the exchange heavily impacted his professional career and personal understanding of the relationship between the United States and Germany.

“It changed who I am as a journalist,” he said. “There are so many things that bind our countries together and especially for Wisconsin with its strong German heritage. It’s always helpful as a journalist to see how others do your job, how they view America and to discover areas where more work is needed.”

Loschen said she encourages other student and professional journalists to apply for the RIAS Berlin exchange program to learn about different cultures and learn new professional skills.

“I would definitely advise others to apply for the program,” she said. “The RIAS program is a great chance to broaden your own skills and personal horizons.”





SEASONAL AIRBORNE ALLERGENS

Carried by wind
Cause allergic reactions
Can trigger asthma

POLLEN
Tiny grains released by plants
Peaks in the freeze-free season

MOLD
Grows on soil and dead plants
Releases tiny spores year-round

Source: Climate Central

Left: Growing season has lengthened by 11 days in Green Bay since 1970, resulting in a longer allergy season. Right: Pollen and mold, which are carried by the wind, can cause allergic reactions and trigger asthma. As climate change brings an earlier and longer growing season for plants, people with allergies are suffering more throughout the year.

Climate change lengthens allergy season

By Alexis Schaefer
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A recent study found that the freeze-free season is lengthening across the United States, which is bad news for those who suffer from seasonal allergies.

The freeze-free/growing season is the time between the last freeze of spring (a temperature below 32 degrees Fahrenheit) and the first freeze of fall. During this time, plants can grow and reproduce, which involves the production of pollen, a common allergen.

In a study by Climate Central, a nonprofit news organization that analyzes and reports on climate science, researchers analyzed the length of freeze-free seasons in 203 cities across the country from 1970 to the present.

The researchers determined that the freeze-free season lengthened in 85% of the cities studied, with an average increase of 15 additional growing days.

This is undoubtedly due to climate change and greenhouse gas emissions, which are causing the warming of the globe, shifts in seasonal patterns and increased

carbon dioxide in the atmosphere.

The lengthening of the growing season is an unwelcome trend for the millions of Americans who will have to deal with the bothersome and debilitating symptoms of seasonal allergies each year.

According to the American College of Allergy, Asthma and Immunology, seasonal allergies and non-seasonal allergies such as dust or pet dander develop when the body’s immune system misclassifies something harmless in the environment as a threat and mounts an immune response.

This immune response can be felt through symptoms such as a runny nose, itchy eyes, sneezing and more, which often have a negative effect on the daily lives of allergy sufferers.

Seasonal allergies are quite common, with the Centers for Disease Control and Prevention reporting that more than 25% of Americans had a seasonal allergy in 2021.

Anita Gheller-Rigoni, an allergist-immunologist at Aurora Medical Center in Oshkosh, says that these millions of al-

lergy sufferers will soon start to notice their symptoms reemerge this spring as the temperature increases.

“This time of the year usually isn’t as bad, but ... when the snow starts melting, that’s when more people will start coming in with their seasonal allergy symptoms,” Gheller-Rigoni said.

Plant growth is sensitive to temperature changes, so those with seasonal allergies may notice their symptoms arise on warmer days when more pollen is being produced, especially in spring when the temperature changes drastically from day to day.

“When there’s fluctuation in temperature, like right now when it gets warm and then cold and then warm and then cold, that will affect people,” Gheller-Rigoni said.

Of course, this also means that the lengthening of the freeze-free season, which comes with an earlier start to spring, is bringing more of these warm, high-pollen days earlier than usual.

Ragweed, a common perpetrator of seasonal allergies both across the country and locally,

is just one example of how the changing climate is affecting plants and their releases of pollen.

“Ragweed, which would always pollinate the second week of August, now starts pollinating around the last week of July/first week of August,” Gheller-Rigoni said. “That doesn’t seem like a big deal; it’s one to two weeks. But that’s kind of a big deal because when the plants start to pollinate is usually pretty predictable, and ragweed is usually very predictable.”

But not all is doom and gloom. While this trend will certainly be a nuisance for allergy sufferers across the country, there are still many ways for them to manage their bothersome symptoms.

Gheller-Rigoni identifies three main categories of strategies that can be used to treat and prevent allergic symptoms: environmental, medicinal and long-term immune system changes.

The first way is through environmental changes, which people can do by making shifts to their environment and their behavior.

“Don’t hang clothing outside, keep your central air on and

stay inside when it’s peak pollen times,” Gheller-Rigoni said, although she noted that she never recommends avoiding the outdoors as the only allergy treatment when other treatments are available.

The next and most common method for addressing seasonal allergies is using medicines that reduce the symptoms of pollen exposure.

“There’s a lot of over-the-counter medications that can be used very safely, like nasal sprays, antihistamines and eye drops,” Gheller-Rigoni said. “All three of these work if taken regularly. It’s better if you have a pollen allergy to take medication daily throughout the season, not to take it when symptoms are really bad.”

Finally, a more long-term solution is an allergy shot, which is available for most allergies including pollen.

“These (shots) involve getting tested for what you’re allergic to and then getting the allergy shot for those things; that’s more of a permanent fix, so it changes your immune system,” Gheller-Rigoni said.

Making the most of digital payments

By Candice Wagener

As money becomes increasingly digital, peer-to-peer (P2P) payments — think Venmo, Zelle and PayPal — are in demand. These services are convenient as long as you are smart about how you use them.

Let’s take a closer look at how you can make P2P work for you.

Benefits of P2P

No more nagging friends to pay you back when you foot the lunch bill or cover the cost of a group gift. With P2P, you can send a direct request for your money.

Additional benefits:

- You don’t have to carry cash.
- You can make transactions from your phone.
- It’s simple, even for the tech-averse; all you need is an email or U.S. mobile number.

Things to consider before initiating a P2P payment:

- Some providers charge fees — 2% or 3% to process payments drawn from a credit or debit card, for example — for other payment methods. Know the terms up front so you’re not surprised.
- Most payments are transferred quickly, but there can be a one-to-three-day wait.

If you’re depending on that money to pay your bills, you may want to rethink how you receive that money.

- Only send and receive money from people you know and trust.
- When sending money, check and double-check your contact info before you tap “send.” The option to dispute P2P payments is often limited. If you make a mistake, you might not get that money back.

Keep P2P Balances Low

If you use P2P frequently — or preload money in apps like Starbucks or Crumbl — you might be tempted to keep larger account balances, so you’re covered anytime you need to make a purchase. Give careful thought to how high you load your account.

With the exception of Zelle,

where money is sent directly from a user’s bank account to a user’s bank account (and thus protected through your respective financial institutions), keep these factors in mind when using other P2P platforms:

- Your money in P2P accounts is not insured. Although it’s rare something would happen, if it does, your money may be gone permanently. Your money in a financial institution is federally insured up to \$250,000. (breathes a sigh of relief.)
- You can’t earn interest with your P2P account. Interest is free money. Know where your money earns interest? In an account at a financial institution.
- You could forget where you’re carrying balances. If you haven’t used a payment app in a while or use

multiple apps, it’s possible you’ve forgotten a chunk of change somewhere. Move it to a savings account or money market and make that money grow.

Did you know UW Credit Union offers a P2P service with Zelle? Money can be sent between members and non-members. It’s fast, safe and free to send money to people you know and trust. (A U.S. checking or savings account is required to use Zelle.)

UW Credit Union believes in empowering individuals to control their finances through ongoing learning. Whether it’s your first bank account or your fifth, we’re Here for Every You.

Candice Wagener is senior content writer for the UW Credit Union.

Sports



Scoreboard

Saturday, April 1
Track and Field
UWO- No team scores

Sunday, April 2
Baseball
Game 1:
UWO - 9
UW-Whitewater - 8
Game 2:
UWO - 4
UW-Whitewater - 17

Monday, April 3
Baseball
Game 1:
UWO - 4
UW-Whitewater - 5
Game 2:
UWO - 6
UW-Whitewater - 5

Upcoming Events

Friday, April 7
Baseball
Games 1&2: vs. at UW-Eau Claire
at 12 p.m. and 3 p.m.
Softball
Games 1&2: vs. at UW-La Crosse
at 2 p.m. and 4 p.m.
Track and Field
at UW-La Crosse Ashton May Invi-
tational at 11 a.m.

Saturday, April 8
Baseball
Games 1&2: vs. at UW-Eau Claire
at 12 p.m. and 3 p.m.

Wednesday, April 12
Softball
Games 1&2: vs. at Marian Universi-
ty at 4 p.m. and 6 p.m.

A-Trivia

Where did the UWO
baseball team finish in the
WIAC last season?

Answer: Third, with a record of
16-7

A-Trivia

Where is the UWO softball
team ranked nationally?

Answer: The Titans are ranked
22nd nationally.

By the numbers

-The UWO softball team
currently leads the nation with
a 0.84 ERA per game through
March 28.

-The last time the Titan
baseball team won at least two
regular season games against
UW-Whitewater was in 2018.

UWO baseball splits Whitewater series

By Jacob Link
linkj13@uwosh.edu

The UW Oshkosh baseball team split its doubleheader against UW-Whitewater April 3, falling 5-4 to the Warhawks in the first game but winning the second game 6-5 at Miller Stadium in Whitewater.

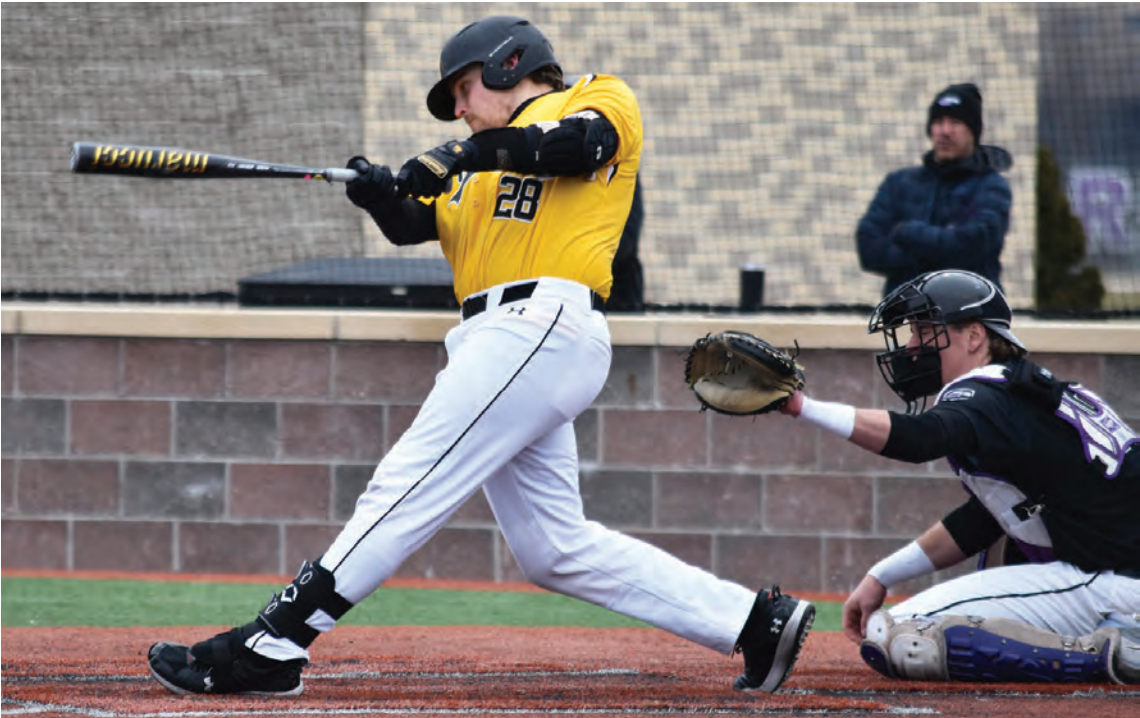
With the win, UWO is tied for third place in the Wisconsin Intercollegiate Athletic Conference standings while UWW dropped to second place.

In the first game, Oshkosh (11-5, 2-2 WIAC) pitcher Logan King picked up his second loss of the season, allowing one run on three hits in 1.1 innings on the mound. LJ Waco started the game for the Titans, allowing four runs on six hits while striking out nine batters in 7.2 innings. In the contest, four Titans recorded at least two hits, and both teams finished the game with nine hits apiece.

UWO took the lead in the first inning when Nicholas Shiu hit an RBI single to give the Titans a 1-0 advantage. Oshkosh held the lead until the top of the eighth inning, when UWW’s Sam Vomhof hit a grand slam to put the Warhawks (11-4, 4-2 WIAC) in front by three runs. Oshkosh tied the game with a home run from Matt Scherrman, but in the top of the ninth inning, UWW’s Bennett Frazer hit an RBI single to put the Warhawks back in front 5-4, securing Whitewater’s 11th win of the year.

In the second game, King recorded the win for the Titans, pitching 2.2 innings of relief and allowing one earned run on three hits. Cameron Mulvihill started the game for Oshkosh, going 6.1 innings and allowing three runs on five hits. Offensively, Jake Andersen went 3-for-4 with two doubles, a single and an RBI to lead all UWO batters. Sherrman and Zach Taylor each had two hits in the contest as Oshkosh outthit UWW 11-8.

Whitewater jumped out to a 2-0 lead after Jacob DeMeyer reached first base on a throwing error by Scherrman, allowing two runs to score. Oshkosh responded with a five run fourth inning behind a two-run home run from Mason Kirchberg and a triple from Jake Surane to take a 5-2 lead.



Courtesy of UWO Athletics

UWO’s Jake Andersen hits the ball against UW-Whitewater April 3 at Miller Stadium.

The Warhawks cut the deficit to two runs in the sixth inning when a failed pickoff attempt from Mulvihill scored Donovan Brandl. UWW tied the game at five runs in the eighth inning following another error from Scherrman and a triple from Frazer. In the bottom half of the inning, Oshkosh retook the lead after Andersen drove in a run with a single to right field and UWO hung on to tie the season series with the Warhawks at two games apiece.

UWO was scheduled to play the Milwaukee School of Engineering (10-4) at noon April 4 in Glendale, but the game was postponed due to poor weather conditions.

UWO split its opening WIAC doubleheader against Whitewater, defeating the Warhawks 9-8 in the first game but falling in the second game 17-4 at Miller Stadium April 2.

The Titans won their first game of the WIAC season in dramatic fashion, hitting a walk-off home run to win the game after entering the bottom of the ninth inning trailing 8-7.

Trey Tennessen picked up his first win of the season, pitching the final three frames and giving up no runs on two hits. Connor Brinkman started on the mound for the Titans, going four innings and allowing six runs on eight hits while striking out three batters.

Aaron Huibregtse pitched two innings of relief, giving up two runs on five hits.

UWO hit three homers in the game, with Shiu, Kirchberg and Chase Marsh all going deep in the contest. Marsh led all batters in the contest, going 3-for-4 with a homer, two singles, an RBI and two runs scored. First baseman Taylor went 2-for-3, hitting a double and finishing with two RBIs. Both Scherrman and Andersen had two singles each as the Titans ended the game with 13 hits and nine RBIs.

In the bottom of the fifth inning, Marsh hit a homer to left center field and Taylor hit an RBI double as UWO narrowed the Whitewater lead to 6-3. UWW scored its final two runs of the contest in the sixth inning following an RBI single from Vomhof and an RBI double from Matt Korman.

The Titans scored two runs in the seventh inning after an RBI single from Taylor and a fielder’s choice from Shiu. UWO cut the lead to 8-7 in the next frame after the Warhawks walked in a run and Oshkosh’s Brenden Max drove in a run after he hit into a double play.

UWO needed just two batters in the bottom of the ninth inning to complete the comeback against Whitewater. Shiu and Kirchberg hit back-to-back home runs to

give Oshkosh its 10th win of the season.

In the second game of the doubleheader, UWW had 20 hits en route to a 17-4 win in seven innings.

UWO’s Matt Sorrells recorded his first loss of the season, going four innings and giving up eight runs on 12 hits. Oshkosh used three relief pitchers in the game, with Parker Thompson giving up two runs in 0.2 innings, Jordan Skenandore giving up seven runs in 1.2 innings and Hoyt Keller allowing no runs in 0.2 innings pitched. Offensively, the Titans were led by Surane, who went 2-for-4 with a pair of singles and a run scored.

The doubleheader was originally scheduled to be played April 1 in Oshkosh but was played as a neutral site game in Whitewater due to poor weather conditions.

UWO will take on UW-Eau Claire April 7 in a doubleheader starting at noon at Bollinger Fields.

WIAC Standings

UW-La Crosse	-----	7-1
UW-Whitewater	-----	4-2
UW-Oshkosh	-----	2-2
UW-Stevens Point	----	2-2
UW-Platteville	-----	2-6
UW-Stout	-----	1-3
UW-Eau Claire	-----	0-2

UWO softball team sweeps Green Knights

By Mattie Beck
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The UW Oshkosh softball team swept St. Norbert College this past weekend, winning both games of the doubleheader on March 29.

In the first game, the Green Knights started out with two runs in the bottom of the first inning.

The Titans caught up early in the second inning, with Sydney Rau singling to third base, advancing Haylie Wittman to second, Ana Iliopoulos to third and scoring Zoe Malone.

Abby Garceau reached on a fielder’s choice to shortstop later in the inning, scoring Iliopoulos and tying the game at two apiece.

The next run for the Titans was

scored in the top of the fourth, when Hannah Ritter singled up the middle, scoring Brianna Davis and earning the team their third run of the game.

The Titans held the Green Knights to two runs and continued scoring in the top of the fifth inning. Morgan Rau tripled to left center and scored on a sacrifice fly from Iliopolous. Later in the inning, Sydney Rau singled, scoring Wittman and giving UWO the 5-2 lead.

Neither team scored the rest of the way and the Titans won the first game against the Green Knights.

The second game of the doubleheader was a shutout for the Titans, who won 8-0.

No scoring happened until the



Courtesy of UWO Athletics

Oshkosh’s Maddie Fink pitches against St. Norbert March 29.

top of the third, when Garceau reached first on a fielding error, advancing Rau to second and scoring Cali Divito.

Ritter singled to left field, advancing Wittman to second and Garceau to third.

Turn to Softball / Page 6

Sports

UWO track and field begin outdoor season

By Evan Stapleton
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The UW Oshkosh men’s and women’s track and field teams started their outdoor season competing at the unscored UW-Platteville Pioneer Opener and the Washington University in St. Louis Distance Carnival April 1.

At the both meets, several UWO athletes put on impressive performances, with seven top-three finishes, three of which were first place.

Junior Eli Tranel claimed the top spot in the pole vault in the Pioneer Open with a mark of 4.75 meters. Sophomore Zach Zirgibel came in second, vaulting 4.60 meters.

Tranel said he emphasizes the importance of easing back into competition after attending conference or national meets.

“Knocking off the rust and getting used to casual meetups after attending a conference or national meet can take some time,” he said. “It’s important to take a shorter approach and ease your body back into things like these.”

Tranel said that by easing back into vaulting, he’s able to get creative during the start of the season.

“When attending conferences and national meets, it’s important to stick to a routine and not experiment with new things,” he said. “However, with early meets, you can try out new strategies and techniques and use them to experiment a bit. This can help improve performance and achieve better results. Just stay focused and not get too distracted by the new ideas you’re trying out.”

Tranel said in the next following meets he hopes to keep improving his numbers as the season progresses.



Courtesy of UWO Athletics

UWO’s Brenna Masloroff throws shot put in the UW-Platteville Pioneer Opener April 1. Masloroff took third in shot put in the meet.

“I’m currently working with 15’6” poles, but I’m aiming to progress to using 16-foot poles,” he said. “From a bar standpoint, clearing 17 feet is a great number, and I’m eager to achieve that goal.”

Meanwhile, sophomore Nick Vey finished third in the 800-meter run with a time of 2:00.30.

Men’s throwers had strong performances at the UWP Pioneer Opener in all three throwing events.

Senior Tay’Jion Johnson finished second in the shot put with a cast of 14.49 meters. Isaiah Isom and Kieran Maude followed in fourth and sixth place, respectively, with throws of 14.30 and 13.97 meters.

Johnson and freshman Cameron Bendixen finished in the top 20 for the hammer throw, while Maude, Isom, and freshman Steven Wauer finished in the top 20 for the discus throw.

On the women’s side, Brenna

Masloroff led the Titans, finishing first in the hammer throw with a 47.12-meter throw, placing fourth in the discus throw, with a 36.11-meter toss, and third in the shot put with a 12.91-meter throw.

At the St. Louis Distance Carnival, senior runner Steven Potter had an excellent performance, winning the 1,500-meter race with a time of 3:49.36.

Sophomore Cyna Madigan finished second in the 800-meter run

with a time of 2:12.48, followed by senior Libby Geisness in sixth place with a time of 2:17.25.

Junior Ryan Potter and sophomore Dwight Hosni finished fourth and fifth in the 800-meter run with times of 1:54.82 and 2:00.52, respectively.

The UWO track and field teams will continue their season April 7 at the UW-La Crosse Veterans Memorial Field Sports Complex.

Softball: UWO takes down St. Norbert

From Page 5

With bases loaded, Sophie Wery tripled to right center, scoring Garceau, Wittman and Ritter.

Following that, Iliopoulos singled to right center scoring Wery and UWO ended the top of the third with a 5-0 score.



Abby Garceau

In the top of the fourth, Garceau walked, followed by Wittman tripling to right center scoring Garceau and putting the score at 6-0 UWO. The Titans

saw two runs from Caitlin Williams and Morgan Rau in the top of the fifth and went on to win the game 8-0.

Sydney Nemetz won her fifth game of the season, pitching five innings and allowing just one hit while striking out 10 batters.

The Titans were scheduled to play last Tuesday against Ripon College, but the game was postponed due to bad weather.

UWO will take on UW-La Crosse April 7 in Oshkosh’s opening doubleheader of the Wisconsin Intercollegiate Athletic Conference season starting at 2 p.m. at the UW-La Crosse softball complex.

Overall records in WIAC

UW Oshkosh	-----	19-1
UW-Whitewater	----	10-2
UW-Stevens Point	---	12-4
UW-Platteville	-----	14-6
UW-La Crosse	-----	14-7
UW-River Falls	-----	12-8
UW-Eau Claire	-----	9-9
UW-Stout	-----	6-15

Views From the Bench *Opinion*

By Jacob Link
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This week in sports saw the beginning of a potential dynasty with the University of Connecticut men’s basketball team winning the Division I men’s basketball tournament over San Diego State. It also saw the end of an era in the broadcast world, with longtime play-by-play man Jim Nantz calling his last basketball game of his 43-year television career. In the men’s college basketball world, this season may have been one of the greatest ever.

This college basketball season was all about unpredictability. On the men’s side, the preseason Associated Press poll had the University of North Carolina sitting at No. 1 in the nation, but by the end of the year, the six-time national champions couldn’t even make it into the NCAA tournament. On the flip side, UConn wasn’t even in the AP’s top 25 and was predicted to finish third in the Big East.

In October, Sports Illustrated wrote of the Huskies, “Adama Sanogo is expected to improve

on his 2022 all-Big East first-team year and has the opportunity to be among the conference’s best again this season. With renewed depth and health, the Huskies will be set up to compete with the goal of being a force come March.”

The Huskies ended their season 15-2 in their final 17 games to claim their fifth national championship. Sanogo averaged 17.2 points per game and 7.7 rebounds a game this season en route to being named 2023 NCAA Final Most Outstanding Player.

Apparently, more people should have listened to Sports Illustrated when filling out their brackets since only 2.08% of brackets correctly picked UConn to win, according to the NCAA. A quick shoutout to those who spent over six hours studying just to have their bracket busted on the first day.

March Madness gave us some of the most memorable moments in basketball history this year, with 13th seed Furman University hitting a crazy buzzer-beater against third seed Univeristy of Virginia to send the Cavaliers

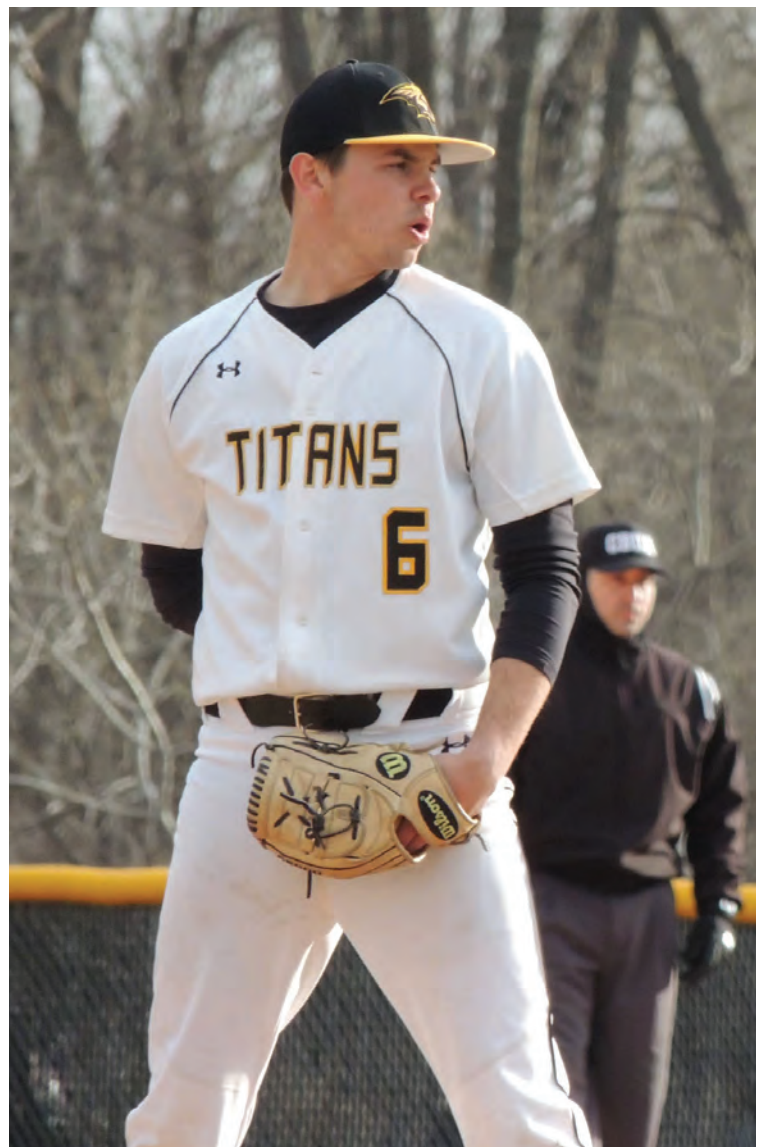
packing exactly five years to the date when they lost to 16th seed Univeristy of Maryland, Baltimore County.

And speaking of 16 seeds beating number one seeds, this season’s NCAA tournament gave us one of the greatest upsets of all time when Fairleigh Dickinson University took down Purdue University. These were just a few of the crazy games in college basketball this season, showing why March truly is a month of madness.

Finally, this season was the final one for Nantz, one of the most legendary broadcasters of all time. He provided some of the most memorable calls in NCAA history, such as Kris Jenkins’ buzzer-beating game winner in the 2016 National Championship game to put Villanova University ahead of North Carolina. Nantz will be missed among the broadcasting community and he will never be replaced on the mic.

This year, college basketball was full of twists and turns, which is why it may have been the greatest season of all time.

Sports



Courtesy of Trey Tennessen and Connor Giusti

Left: Trey Tennessen prepares to pitch. Tennessen has an average of six strikeouts per nine innings. Right: Connor Giusti takes a swing against Ripon College. This season, Giusti is batting 0.328.

Baseball seniors look to leave legacy

By Nolan Swenson
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America’s favorite pastime has returned, and heading the Titan baseball team are two seniors who are potentially playing for UW Oshkosh for the last time: Trey Tennessen and Connor Giusti.

Tennessen said he began playing baseball as a child and showed early signs of being a strong pitcher. Once he was noticed by coaches, he became more interested in the sport.

“I remember playing at an indoor facility when I was 7 or 8 and my parents signed me up,” he said. “I got thrown on a free agent team, and a coach noticed my pitching. After that practice, my coach had me pitching from there out. My parents then signed me up for a summer trip. After that, the love grew and grew.”

“I did pitching lessons with Josh Richie and Tom Lechnir, who was the old UWO baseball coach,” he said. “He was here when they won the championship. As I got older, I played football and baseball, and I loved both of the games. I went to an awesome sports school at Kimberly High School ... it taught me a lot of lessons.”

Tennessen said that through connections with travel teams, his coach put in a word with UWO coach Kevin Tomasiewicz. After that, he toured the campus and said it was a good fit for him.

“I fell in love with the coaches, campus and facilities and I committed to my senior year,” he said.

He said that the team culture allowed for a smooth transition,

and he hopes to allow new freshmen that chance.

“When you come into a new culture, it’s easy to sit back and let it happen,” he said. “So I watched the seniors and got a good feel, and those seniors made a huge impact on how I treat the freshmen now. I’m the senior and I’m going to show the freshmen how it’s done so they can do the same.”

After the first two weekends of play in 2020, COVID-19 hit, making the season a strange experience. Tennessen said that the entire team faced difficulties, but he still thinks about the seniors of that year.

“It was a huge roadblock,” he said. “It was hard for our coaches that year because I couldn’t imagine recruiting and getting the team together was a pain in the butt. You could tell how much it hit home for the seniors that year. Sometimes I take getting up at 6 a.m. (for practice) for granted.”

He said that during his time on the team, he’s created relationships that will last for life.

“The one thing that will stick with me is the relationships I’ve made,” he said. “These are guys I’ll invite to my wedding. You truly find your best friends in college. One of the weekends we traveled, our coach couldn’t reschedule, so an Illinois guy (who was on the team) offered for us to stay at his home and we had dinner with his family. The little stuff will stick with me. In a month and a half, I’m going to leave and won’t see these guys like I do now.”

Tennessen said that he’s already passed on the knowledge to

freshmen about the importance of their actions and their full participation on the team.

“I tell the freshmen to compete every chance they get,” he said. “(I tell them) ‘This is the last chance to compete in your life. When you lay your head down at night you need to say it’s the best you could have done. Everytime you walk on the field or lace up your cleats you know it’s your last.’”

Giusti said he began playing as far back as he can remember and that it has been an experience that brought him closer with his father.

“Growing up with travel teams and kids leagues, [my dad] coached me whenever he could,” he said. “He coached at our rival high school so that was fun. It was always fun in high school being able to play him. I played third base and he was the third base coach 10 feet away from me.”

Guisiti said that during high school, he began to get serious about pursuing baseball. He visited different schools and found UWO to be very welcoming.

“My sophomore year I got serious,” he said. “I stopped playing basketball to focus on baseball, and that’s when I started to grind. Senior year after going to different schools, Oshkosh reached out and I had friends who were already here. The school seemed fantastic and it seemed warm and welcoming.”

He said that the transition from high school to college was difficult, especially with making baseball a top priority. Despite the difficulty, he said that being part of a high level team was a fun experience.

“Getting into freshman year was a transition,” he said. “But it stinked our first year because we only played six games, and had 5 a.m. practices. You fall in love with the grind and it’s a different experience, but it’s so fun being with a good team and having everyone buy in.”

Sophomore year was a turning point for Giusti, as he began to pick up responsibilities that he’s trying to instill in the next class of players now.

“Sophomore year I started to get the hang of things,” he said. “Our coach was awesome with getting us going and letting us know that we had to step up. Once you get the hang of everything, you teach the younger guys and you get them as comfortable as you are. It’s a big part of being a senior for sure.”

Giusti said that he’s excited for this year and the opportunity to use everyone’s skills to succeed.

“This year ... has been (about) having a team buy in,” he said. “We’ve always been close, but this year is different. We all feel good and have high hopes that this could be a good year. (We’re) sticking to the grind and taking it one game at a time.”

Despite the distance, Giusti said that his dad makes whatever efforts he can to support him as an athlete and doing so has been a big help.

“He does whatever he can to watch livestreams and he schedules his games around our schedule,” he said. “Hearing his insight throughout my entire life, seeing things I never see and getting his experience and tips, all the advice he has given me has put me in a very good transition.”

Looking beyond UWO, Tennessen said that he hopes to live in the Kimberly or Appleton area, work as a physical education teacher and coach either baseball or football. He said that he loves being around kids and instilling values that make them better people. He said that the biggest factor in this was Jack Breese, a P.E. teacher and football coach during his time in high school.

Tennessen said that he hopes that freshmen continue the legacy that he left to them and others had left to him, and hopes that he can instill legacy wherever he goes.

“When I was a freshman I sat back and learned. I want these freshmen to leave the same impact that other seniors did on me,” he said. “Keep that legacy and continue the tradition. I learned about life, school, my job, my relationships, and I want the next kids to follow in my footsteps to do that as well.”

Giusti said that he’s considering returning to the Chicagoland area and using his marketing and sales degree after he graduates. He’s unsure if he will return to UWO for another year if he attempts to further his education, but he has started to look into pharmaceutical sales and talked to marketing companies.

He said that the team is in good hands and that the culture will continue to be strong with the next class of players.

“The team culture has never been better,” he said. “I think overall, the future of UWO baseball is in really good hands, especially with the new field. Titan baseball will be (as) successful moving forward as they have been in the past.”

Arts & Entertainment



Photos courtesy of Victor Kielman

01 Vintage has been open for about seven months in downtown Oshkosh and has brought vintage lovers from around the area to the store to shop for clothing.

01 Vintage thrives downtown

**By Mattie Beck
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01 Vintage opened downtown Oshkosh in late August, and since then has received lots of business from the Oshkosh community and beyond.

Victor Kielman, owner of the store, is pleased with the high amount of business he sees every day.

“Business is absolutely phenomenal,” he said. “I’ve been loving every second of it. Probably every day we have a new face come in

the store and it’s the best feeling ever.”

Kielman has learned a lot from the business, mainly what customers want.

“I’d say the most important [thing] I’ve learned is what my customers love to buy,” Kielman said. “I always keep my eye out for items that are super popular and in high demand.”

While running the business, there are a lot of highs and lows, with the highs being customer satisfaction.

“The main high that comes to

my mind right away is seeing how happy people get when they buy an item they’ve been looking for or have been wanting,” Kielman said.

“Not only that, but seeing customers actually wear the items they’ve bought from my shop is such a surreal feeling and it’ll never go away,” he said.

As for the lows, Kielman said they happen when business is slow.

“Really, the only lows I can think of was how absolutely slow the months of January and February were,” he said. “Statistically speaking those are the

slowest months for business in general, right after Christmas time and whatnot.”

Kielman spent time throughout these months updating the store in different ways, starting with decorating.

“I just actually finished redoing the entire back room,” he said. “We’re always adding more decor around the walls and everywhere in the store.”

Along with decor, there have been new additions for clothes to the store as well.

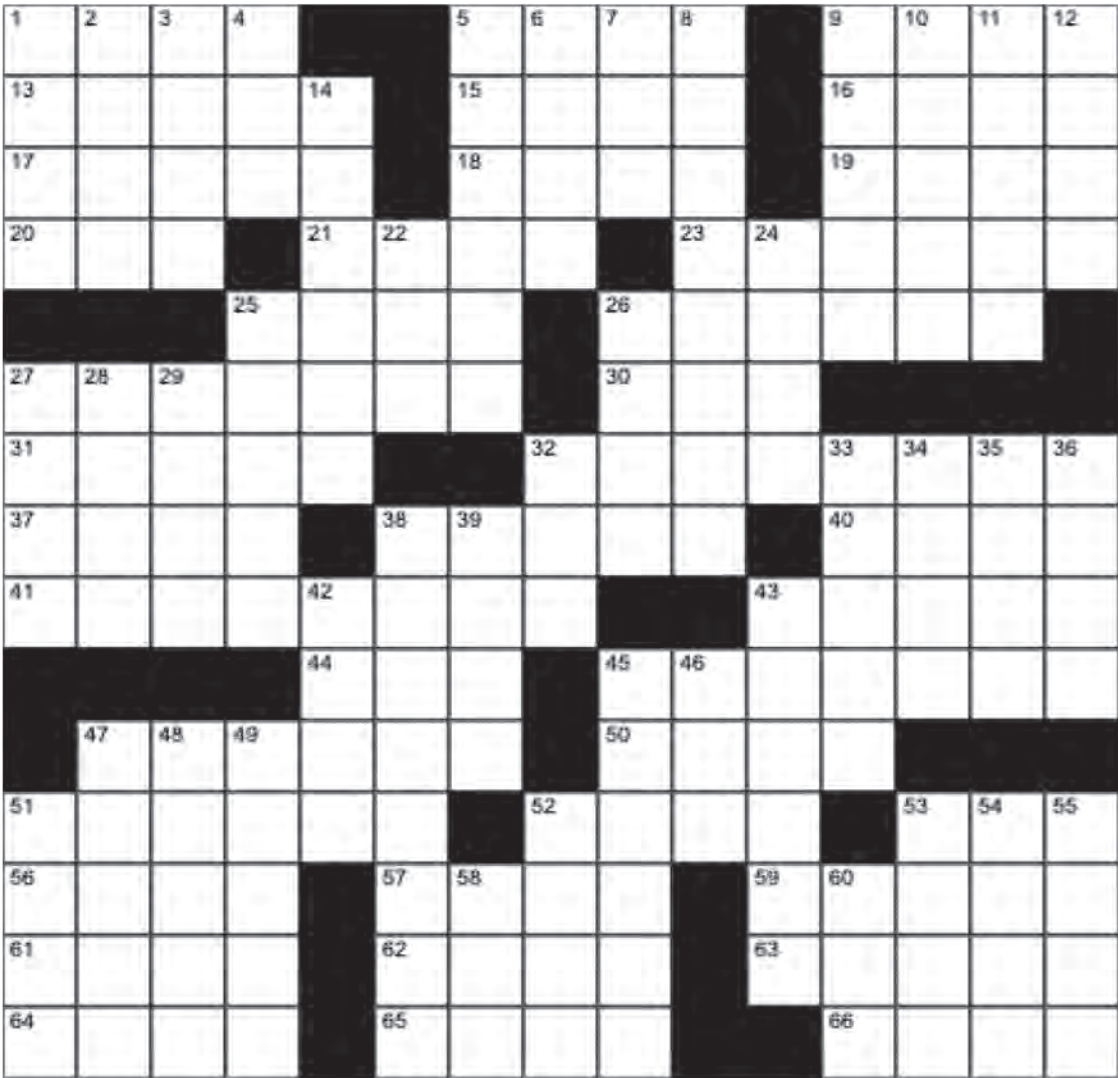
“We even added an entire new

double rack to hang more clothes,” he said.

Looking ahead, Kielman doesn’t have any concrete plans for the store in the future.

“I don’t know too many future plans as of right now, I’m still just honestly taking every day one day at a time and continuously trying to improve the store in any ways I can,” he said.

Kielman invites shoppers to come shop at 01 Vintage located at 415 N. Main St. in downtown Oshkosh for all of their vintage clothing needs.



- Across**

 - 1-Dark purple
 - 5-First man
 - 9-Royal Indian
 - 13-Fish covering
 - 15-Utah lily
 - 16-Son of Aphrodite
 - 17-Goo-covered
 - 18-Boris Godunov, for one
 - 19-Inter ____
 - 20-Convert into leather
 - 21-Sewing case
 - 23-Take into custody
 - 25-Token taker
 - 26-Lacking skill
 - 27-Jock
 - 30-Frozen Wasser
 - 31-Pay for
 - 32-Ingoing
 - 37- Go sour
 - 38-Towering
 - 40-On the main
 - 41-Young bird
 - 43-Maker of Pong
 - 44-Compass pt.
 - 45-An individual without wealth
 - 47-Defeats
 - 50- Woe is me!
 - 51- “Fiddler on the
- Down**

 - 1-home
 - 3-First son of Adam and Eve
 - 4-Shade tree
 - 5- Sagacious
 - 6- He played Ricky
 - 7-Turkish title
 - 8- Ethics
 - 9-Give guns again
 - 10-City on the Rhone
 - 11-Clamorous
 - 12-The wolf ____ the door
 - 14-Place for a lace
 - 22-Little one
 - 24-Subterfuge
- 25-Slope
 - 26-1/100 of a monetary unit
 - 27- Env. notation
 - 28-Faithful
 - 29-Towel word
 - 32-Alphabetical trio
 - 33-Gives a 9.8, say
 - 34-This ____ outrage!
 - 35-Roman emperor
 - 36-Canter, for example
 - 38-Languid
 - 39-Till bills
 - 42-In case
 - 43- Celtic paradise
 - 45-Hindquarter
 - 46-Entirely
 - 47-Large marine mammal
 - 48-Alternative
 - 49-Not hesitant
 - 51-Switchblade
 - 52-Scottish refusals
 - 53-Writer Wiesel
 - 54-As it happens
 - 55-Ooze
 - 58-Transcript fig.
 - 60-Little guy



"American Idiot"
Green Day
(2004)



"Bat Out of Hell"
Meat Loaf
(1977)



"Ever After"
Marianas Trench
(2011)



"The Black Parade"
My Chemical Romance
(2004)

Mattie Beck / Advance-Titan

Record review: Best rock opera albums

By Kelly Hueckman
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Telling a story through a single song is a challenge in itself; telling a story through an entire album requires a whole new level of creativity and skill. Some artists have pushed their limits to create stories that can stand alone or as part of a bigger picture: a rock opera album.

“Ever After” - Marianas Trench
The third studio album from pop-rock band Marianas Trench, “Ever After” follows the story of a fictionalized version of lead singer Josh Ramsay as he ventures through a fantasy kingdom called Toyland. There, he fights for justice, a literal stolen heart and a way home.

The record blends pop and rock with theatrical elements of tempo changes, orchestral instruments and harmonies paired with Ramsay’s solid falsetto. The record explores feelings of loss, betrayal and uncertainty

juxtaposed with dance and electro-pop beats. Ramsey’s ability to take listeners through a series of genres and emotions in a single song is shown in the album’s opening title track. This album is perfect for anyone who loves fantasy and/or a truly creative genre-bending experience.

Standout tracks:

- “Ever After”
- “Fallout”
- “Haven’t Had Enough”

“American Idiot” - Green Day
Described by major media outlets as “forgettable” and “a mess,” the Grammy-winning rock album “American Idiot” tells the story of anti-hero Jesus of Suburbia, a characterization of lower-middle-class suburban American teenagers. Themes of rage, angst and nihilism are sure to remind you of your adolescence.

Released three years after 9/11 and one year after the be-

ginning of the Iraq War, “American Idiot” commented heavily on the political landscape and the presidency of George W. Bush in the early 2000s. This critique is especially notable on hit tracks “American Idiot” and “Holiday.”

Frontman Billie Joe Armstrong’s rage drives the album to highlight socioeconomic issues of classism, substance abuse and homophobia, topics that were particularly taboo at the time of release.

If you’re into albums that make you want either to overthrow the government or stare at the ceiling with no in-between (or if you’re a fan of Tre Cool’s fast and furious drumming), this album is for you.

Standout tracks:

- “Holiday”
- “Jesus of Suburbia”
- “Give Me Novacaine”

“The Black Parade” - My Chemical Romance
Perhaps the most dismal al-

bum on this list, My Chemical Romance’s third album “The Black Parade” dives into the life of a dying cancer patient, descriptively named “The Patient.”

The album explores The Patient’s reflection of his life through core memories and relationships.

One of these memories is reminisced in graphic detail through “Welcome to the Black Parade,” a rally cry comparing The Patient attending a parade with his father to The Patient’s journey to death.

The record is haunting, raw and absolutely explosive. “The Black Parade” is arguably one of the most defining albums of third-wave emo with a driving punk edge, making it a must-listen for any rock fan.

Standout tracks:

- “Famous Last Words”
- “Welcome to the Black Parade”
- “Dead!”

“Bat out of Hell” - Meat Loaf
Not only was “Bat out of Hell” inspired by the musical “Neverland,” it also inspired its own musical, “Bat out of Hell: The Musical.”

Meat Loaf’s debut 1977 album depicts a futuristic retelling of the classic tale of Peter Pan in soaring guitar solos and sky-high vocals.

Thanks to his Broadway experience, including a performance in “The Rocky Horror Picture Show” (1975), Meat Loaf seamlessly wove in dramatic elements of theater into his mainstream album.

If your typical ‘70s hair bands are getting a little too bland, treat yourself with “Bat out of Hell” and maybe a karaoke duet of the famous “Paradise by the Dashboard Light.”

Standout tracks:

- “All Revved Up with No Place to Go”
- “Paradise by the Dashboard Light”
- “For Crying Out Loud”

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Pulvermacher
with any questions :)

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JOIN US IN REEVE 19 ON WEDNESDAYS AT 5:15 P.M. FOR THE STORY PITCH MEETING

*Journalism major not required
*Office is located in the basement of Reeve through TUG

Opinion

Make counseling casual again

Mending your mental health shouldn't be scary

By Aubrie Selsmeyer
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According to Forbes Magazine, “47% of Americans believe seeking therapy is a sign of weakness.” Yet, “despite this trend, 88% said they’ve experienced at least one of the symptoms that professionals use to assess depression.”

When did seeking a way to mend your mental health become a sign of weakness?

Nearly half of Americans expressed that therapy exposes fragility, yet these same Americans also admitted to experiencing symptoms of depression in their day-to-day lives.

The subconscious narrative surrounding therapy involves stale rooms and nosy old men writing down your business on a notepad.

But, just as we as a society have evolved, so have the methods of therapy. Nowadays, you don’t even need to attend sessions in person.

Here at UW Oshkosh, we have many outlets for students to be able to seek help at zero cost.

Going to therapy isn’t a symbol of weakness – it’s an initiative towards a healthier mind. You spend a lot of time inside your own mind, so it’s important that this is a space you enjoy.

Now more than ever before the demand for mental health advocacy is crucial. Young people are struggling to combat these issues on their own, yet refuse to seek help.

According to Mayo Clinic, “44% of college students reported having symptoms of depression and anxiety.”

Reese Druckenmiller, clinical social worker in Psychiatry & Psychology in Albert Lea, Minnesota, explained that students who are encouraged to give 100% maximum effort in every aspect of their life are only being set up to burn out their bodies and their minds.

“As a therapist, I have concern for adolescents who believe they should be a top athlete in three sports, get straight As and successfully work a part-time job,” Druckenmiller said. “Teaching children to give 100% at all times in all areas of life is unrealistic.”

With 44% of college students



Aubrie Selsmeyer / Advance-Titan

According to Mayo Clinic, “44% of college students reported having symptoms of depression and anxiety.” The Just Breathe room is located in the Student Success Center. Students can rent 30-minute sessions to decompress with music, lighting and aromatherapy.

admitting to struggling with mental health issues, 75% of these students are reluctant to seek help.

It’s time to break the stereotypes of therapy. There is an abundance of ways students are able to seek help without fear of judgment.

Not only does UWO offer in-person counseling appointments, but also the same services through a screen. The screen adds a safety wall between both parties and can help calm any nerves that may stem from face-to-face interaction.

UWO student Isaiah Gonzalez shared his personal experience with the Counseling Center and gave advice to students who may be struggling to overcome the fear of reaching out for help.

“I consider myself to be a very

deep thinker and this can sometimes lead to anxiety,” Gonzalez said. “Being able to get it off my chest and talk to someone that will listen has helped me a lot.”

Gonzalez was originally recommended to see a therapist by his mom, who assured him that counseling can aid people with problems no matter how big or small.

“I have been utilizing the UWO Counseling Center since August of 2022 – so for about eight months now,” Gonzalez said. “I considered counseling for about a year before that, but I told myself that I didn’t need it and my issues weren’t big enough.”

He advises students who may fear reaching out for help to prioritize their mental health and take the chance. Counseling is nothing to be afraid of, and it only

gets easier. No one should have to walk around with the weight of the world on their shoulders.

“I originally went to counseling to improve myself and my relationships, but I’ve found that counseling has also helped me organize my thoughts and put things into perspective,” Gonzalez said. “The thing I found the most difficult about counseling was starting. Once you start it gets easier and easier.”

Along with in-person and online counseling opportunities, the Counseling Center also offers rooms that students can utilize when they need a zen place to gather their thoughts.

The Just Breathe room in the Counseling Center does not require talking to anyone and can be scheduled in 30-minute sessions. Students are able to control the

lighting of the room, burn their favorite essential oils, and listen to music in the comfort of an oversized bean bag. What better way to take a step back from the stress of life?

The UWO Counseling Center is located in the Student Success Center, suite 240. To contact or fill out a counseling request/referral form visit the Counseling Center’s website.

Therapy is not a testament to one’s weakness; welcome to the 21st century. It’s completely normal for people to have big emotions and no space to store them.

Without our emotions, therapists wouldn’t be in business.

They are here to listen; you just have to be willing to talk. Take the chance and remember that it only gets easier.

The Gripeline

This week’s UWO Yik Yaks

- “To think I walked all the way to campus with my backpack open and no one said anything.”
- “Wait... Trump got arrested?”
- “Only at UWO would there be construction noises at 2 a.m.”
- “Greek life is 100% a cult.”
- “Pub crawl weather better be this good.”
- “If you’re going to play loud music for your darty, at least play good music.”
- “Starbucks lady put whole milk in my latte, I’m fighting demons right now.”
- “Y’all don’t understand how badly I wanna be your friend when you’re having a good time hanging out in the front yard.”
- “What a bad day to be a beer.”

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.

Reproductive rights neglected

Walgreens must follow through on their word

By Anya Kelley
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In the wake of the overturning of *Roe v. Wade*, the Food and Drug Administration finalized a certificate that allows retail pharmacies to sell mifepristone and misoprostol: a drug duo used to terminate pregnancy within 70 days of gestation.

The decision to allow retail pharmacies to sell abortion pills hasn't been left without controversy.

According to Politico, Republican state attorneys have been writing letters to Walgreens, threatening legal action if the company begins distributing the pills.

Walgreens then put out a statement saying that they would not distribute the pills in some states, several of which abortion remains legal in, "acting out of an abundance of caution."

After Walgreens' statement went live, California Gov. Gavin Newsom (D) posted a tweet saying, "California won't be doing business with @walgreens – or any company that cowers to the extremists and puts women's lives at risk. We're done."

There hasn't been much of an update since that statement. However, Newsom said California's relationship with Walgreens is under review.

Since this news has blown up, Walgreens has revised their public statement about sales of abortion pills.

"We want to be very clear about what our position has always been: Walgreens plans to dispense mifepristone in any jurisdiction where it is legally permissible to do so," Walgreens Newsroom said on March 6. "Providing legally approved medications to patients is what pharmacies do, and is rooted in our commitment to the communities in which we operate."

The thing is, they aren't following through on their word.

According to NBC News, Walgreens said they would not sell the pills in Alaska, Florida, Iowa and Montana. Abortion remains completely legal in all four states.

“Providing legally approved medications to patients is what pharmacies do, and is rooted in our commitment to the communities in which we operate.”

- Walgreens Newsroom

This information was published on March 3, three days before Walgreens updated their original statement.

They may have decided to change where they will provide abortion pills, but there haven't been any updates recently.



Michael Buckner / Advance-Titan

Universities are doing their part in offering affordable emergency contraceptive pills for female students as Walgreens fails to live up to their word. Boston University is offering emergency contraceptive pills for \$7.25 in comparison to a \$50 Plan B from Walgreens.

According to the Walgreens FAQs, there were 102 million myWalgreens members as of August 31, 2022. Walgreens is the second largest pharmacy in the U.S. after CVS.

Walgreens is in a unique position right now because of how much power they hold over U.S. citizens.

They have a responsibility to provide care to their patients and that includes reproductive care.

Right now, unsafe abortions are a leading cause of maternal deaths. These are completely preventable deaths.

Walgreens is currently bending to the will of the conservative lawmakers and acting in the interests of the company rather than the people they serve.

This is an act of cowardice and a clear show of weakness. They have the opportunity to save the lives of innocent women, but they are choosing to save face instead.

The women of America aren't giving up yet. There is still a fight to protect reproductive rights going on right now, even if Walgreens doesn't want to play along.


In an attempt to expand access, college campuses have begun installing vending machines filled with emergency contraception pills, like Plan B, so students have an affordable and discrete way to access reproductive care.

Aiza Saeed and Christian Zidoumba helped lead the effort after feeling concern for the women of George Washington University.

Davidson College, Boston University, Northeastern University and the University of Washington in Seattle all have

machines on campuses around the U.S.

Since it seems we can't trust our neighborhood pharmacies



Gavin Newsom @GavinN... · 3/6/23

California won't be doing business with @walgreens -- or any company that cowers to the extremists and puts women's lives at risk.

We're done.

Gavin Newsom via Twitter

successfully installed emergency contraception vending machines on their campuses.

In fact, at Boston University the emergency contraceptives are available for just \$7.25 in comparison to Plan B at Walgreens that costs \$50.

Emergency Contraception for Every Campus (EC4EC) is an advocacy project that was started by the American Society for Emergency Contraception (ASEC). They are the leading group installing the vending

to advocate for our reproductive rights, we must lean on groups like EC4EC to help keep the women of America safe.

Walgreens has made up its mind on our bodies, along with all of the red states in this country. We must keep advocating for our autonomy; we don't need them to be strong.

Stand in unity with your sisters, keep up the good fight and in the wise words of Carol Hanisch, "The personal is political." Stay strong.

Conscious Consumerism: A cog in America’s not-so-green machine

By Kelly Hueckman
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In his essay “The Ecological Crisis as a Crisis of Character,” writer and environmental activist Wendel Berry discusses the concept of responsible consumerism. Because he is also a farmer, Berry does this mostly through the lens of buying local produce and other foods.

However, his concept of making purchases that are environmentally conscious remains the same across a number of products. Berry explained that people should not give full responsibility to fix environmental issues to a small number of powerful people, but instead take it upon themselves to make positive changes.

Berry urges his readers to adjust their lifestyle choices, particularly when it comes to how they acquire products. Berry said: “If a consumer begins to think and act in consideration of his responsibilities, then he vastly increases his capacities as a person. And he begins to be effective in a different way — a way that is smaller perhaps, and certainly less dramatic, but sounder, and able sooner or later to assume the force of example.”

While Berry makes the claim that solving environmental issues must include individuals changing their day-to-day behavior to be more sustainable, corporate behavior (especially in large corporations) makes this a challenging task for consumers.

One corporate practice that especially makes responsible consumption difficult is known as “greenwashing.” Greenwashing is a term describing organizations making false claims about their environmental impact.

Since the movement of environmental awareness began in the 1960s, companies have begun to share their environmental impact and efforts with consumers, which appeals to consumers concerned with sustainability.

This green marketing has become especially popular in the past decade and a half, with companies boasting their recycled material, lower carbon emissions and sustainable sourcing. Between 2009 and 2010,

there was a 73% increase in “greener product offerings,” according to researchers Szerena Szabo and Jane Webster.

Researchers in the same field, Magali Delmas and Vanessa Cuerel Burbano, identify two types of greenwashing in their peer-reviewed journal, “The Drivers of Greenwashing.”

The first type, firm-level greenwashing, misleads consumers about the organization’s sustainability efforts to make the company seem more “green” than it actually is.

The second type, known as product-level sustainability, misleads consumers of the product’s environmental impact. Both are equally misleading and detrimental to the environment, as consumers support these brands thinking they are making a positive impact when, in reality, they are doing the opposite.

A campaign from General Electric, “ecomagination” is one example of firm-level greenwashing. The campaign promoted the company’s environmentally-friendly practices while actively fighting against clean air policies.

One example of product-level sustainability is cleaning product company PerfectData Corporation’s “ozone friendly” aerosol cleaner with “no ozone-depleting CFCs” containing ozone-depleting chemicals.

Some common signs of greenwashing are companies claiming their products are “natural,” “clean” or any other loose term used to market a product as green — even if they aren’t.

But how are corporations able to do this? Well, in the United States, there are very few regulations in place to limit greenwashing, especially when compared to other countries.

For example, in 2008, the Canadian Standards Association and the Canadian Competition Bureau required organizations to be able to back up environmental claims. The same act advised organizations to avoid vague buzzwords like “clean,” “green,” or “eco-friendly” when advertising their products and/or practices.

American federal standards, however, are quite different.



Kelly Hueckman / Advance-Titan

Individuals must change their behaviors to be more sustainable to be responsible consumers.

Currently, any company’s greenwashing practices are only federally regulated under Section 5 of the Federal Trade Commission (FTC) Act, which prohibits “unfair or deceptive acts or practices” in a commercial setting.

If charged with a violation, organizations could face a fine of up to \$10,000 or up to a year in jail. However, Delmas and Burbano cite that there were 37 charges between 1990 and 2000, zero charges between 2000 and 2009, and five in 2009.

With charges of violation of Section 5 of the FTC Act so few and far between, it begs the question of whether this regulation truly monitors and manages greenwashing behavior.

While regulation of greenwashing is low, the effect of it can certainly be significant, especially among younger generations.

In one of Szabo’s studies in “Perceived Greenwashing: The Effects of Green Marketing on Environmental and Product Perceptions,” it was noted that people in Gen Z are twice as likely to be influenced by

advertising. The study also noted that they, along with millennials, are the generations most likely to make online purchases.

Because Gen Z and millennials make up the largest portion of social media users and spend more time than other generations on social media, the emphasis that organizations place on presence on platforms like Tiktok, Instagram and Twitter makes younger people more at risk to witness greenwashing in effect.

However, this doesn’t necessarily mean that Gen Z and millennials are always the most susceptible to greenwashing, despite how much more easily influenced they are. Certified B Corporations, which must be explicit about their environmental impacts in order to keep their certifications, have learned this.

According to Szabo and Webster’s study, there is an increased awareness of sustainability in consumers. Participants in the study noted that sustainability awareness is found in younger generations like millennials and Gen Z more so than older generations.

Some also stated that one driving factor in many corporations’ decision to become a Certified B Corporation is to appeal to younger potential hires, who they say are more likely to consider a company’s conduct before accepting a position.

It looks like young people may not be as naive as previously thought.

Positive environmental change needs to start at individuals’ day-to-day practices. With how much stuff people buy, making responsible consumption decisions can make a significant difference, but this can also be a difficult task.

Consumers are tasked with discerning between true green marketing and deceiving green marketing while greenwashing companies profit off of environmental awareness.

With a demand for environmental transparency, younger generations have the power to demand tighter federal regulations to limit false green marketing and, finally, put the much needed pressure on companies to ditch the greenwashing.

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Check your Thursday newsletter!

- How to sign up for The A-T’s weekly newsletter:**
1. Go to <https://advancetitan.com/>
 2. Look for “Subscribe to our newsletter” on the right-hand column
 3. Type in your email and click SUBSCRIBE

Calendar of Events

Titan Nights with HOPE and The Drag Show

April 6

8:30 p.m. - 11:59 p.m.

Reeve Union

Drag Show

7:00 p.m. - 10:00 p.m.

Reeve Union 227 (Ballroom)

OSA Assembly

April 10

4:00 p.m. - 5:00 p.m.

Reeve Union Theater, Reeve 307

Tie Blankets

April 11

6:00 p.m. - 8:00 p.m.

Titan Underground