

The Advance-Titan

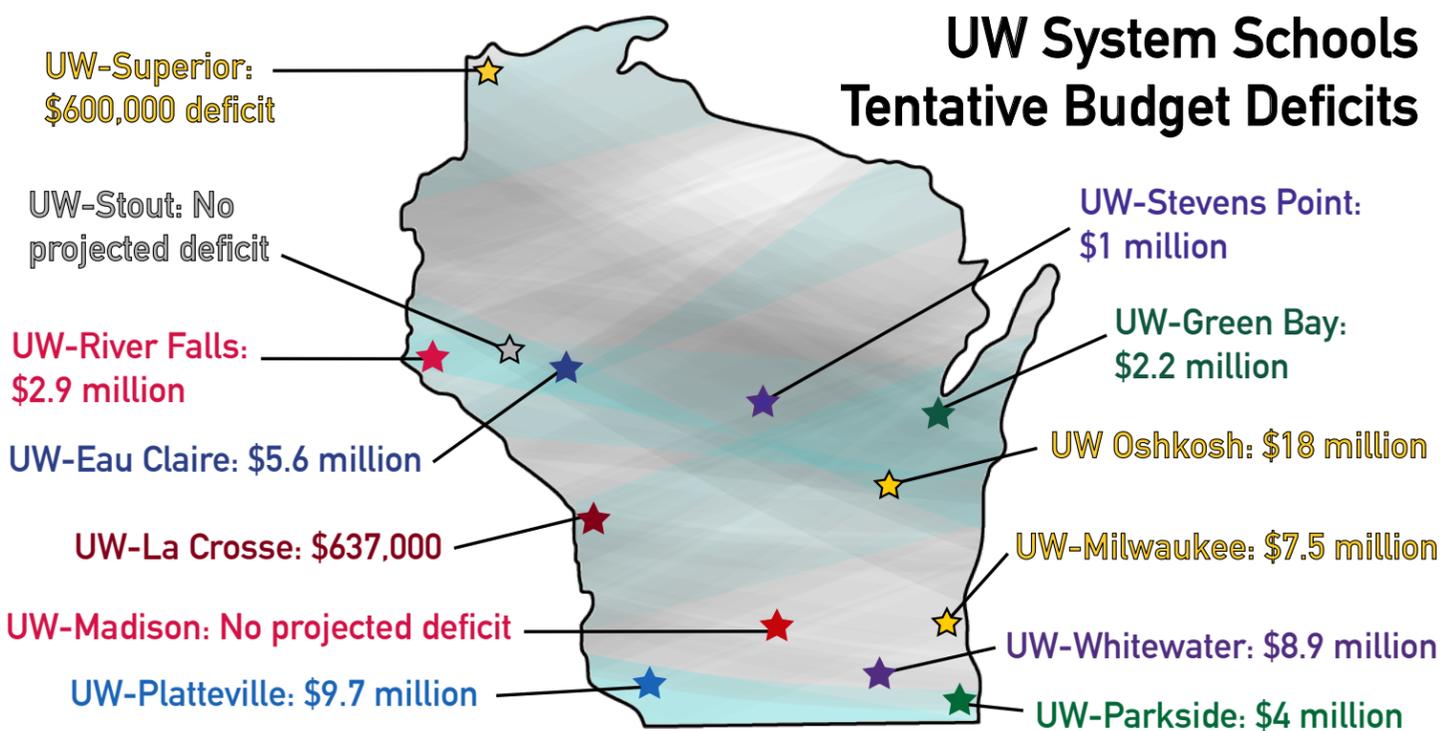
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UW System Schools Tentative Budget Deficits



Source: University websites or Board of Regents August 2023 Meeting Book | Katie Pulvermacher / Advance-Titan

Faculty Senate calls for action

By Kelly Hueckman
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The UW Oshkosh Faculty Senate voted to endorse a document of expectations for Chancellor Andrew Leavitt and Provost Edwin Martini that is circulating campus.

The vote was not on the meeting agenda, but the Faculty Senate passed a motion to elevate it to an action item at their late Tuesday afternoon meeting.

The document outlines requests from faculty in the hope of “rebuilding a basic level of trust between the Administration and UW Oshkosh and its Faculty & Staff,” including transparency about faculty working conditions and clear budgetary information.

The document also calls for upper administration to prioritize cuts to administrative positions and salaries over instructional positions.

These requests followed Leavitt’s 2023 convocation speech, which addressed the university’s plan to deal with the \$18 million budget deficit and predicted layoffs.

Some senators said they have been frustrated with the university’s inability to provide a desired work environment. They support the document’s request for more shared governance among the university.

“A lot of people feel the university is becoming unrecognizable compared to the university they agreed to work at. A lot of us don’t feel as invested or as included in shaping the future of the institution as we hoped to,” said Stewart Cole, an assistant English professor.

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How did we get here?

Professors talk about UWO’s financial situation

By Josh Lehner
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Many professors and departments at UW Oshkosh are adjusting to furloughs and an increased teaching load in the wake of the university’s \$18 million structural deficit.

One such instructor is Michael Ford, a public administration professor at UWO, who wrote an article in the Oshkosh Herald reacting to the university’s financial situation. Ford, who has been furloughed like many of his colleagues, said that this semester has been one of the most difficult in the 10 years he’s been at UWO.

“Personally, [the furloughs are] a bit of a hit to morale,” he said. “Really, a furlough is a pay cut, and it’s not attached to your performance; that’s just a tough pill to swallow.”

But the furloughs also have an effect on students, as faculty are not allowed to engage in any uni-

versity-related business, including responding to emails and messages, Ford said.

“I worry about the way we serve our students; that’s our stakeholders,” he said. “When a student needs something, oftentimes they need it right away. So, if they get you on a furlough day, that doesn’t really put the customer first.”

Additionally, many faculty like Ford communicate with external entities like businesses, governments and other universities. The inability to conduct their business on furlough days affects these relationships too, he said.

“I do work with policymakers and local governments,” he said. “And it was not fun to wake up the day after my furlough, check and see four or five different people who I really need a relationship with, who are an asset to the university, who are getting an auto reply saying that I’m not allowed to work today, sorry.”

But Alphonso Simpson, who is

the director of the African American Studies program, said that the furloughs have affected him minimally because he has more freedom to choose his schedule. Simpson is the only professor teaching on-campus within the program.

“I don’t like being told I can’t be here and check my email,” he said. “But I’ve come to embrace it as a much needed break. I got a chance to do something for myself. There are so many other worse things that could happen outside of a furlough.”

But how did the university get here? Ford said that a reliance on tuition played a large role in the financial situation, adding that an increase in options for prospective college students is partially to blame.

“There’s fewer high school students, more competition for these students both in-state and out of state and more opportunities in a strong labor market for students

who graduate high school and go directly into the workforce or who go to a tech school,” he said.

Until earlier this year, the UW system tuition rates were frozen, meaning that UWO could not raise its tuition to offset costs. Ford said that, when combined with a reliance on tuition brought on by Wisconsin policymakers, these factors culminated into a financial deficit.

“Imagine a business where you’re reliant on a certain set of customers, but you’re not allowed to charge them what you think your product’s worth,” he said. “That’s kind of the situation that higher ed has been in in Wisconsin. You put all of these things together, and it’s inevitable that you’ll hit a breaking point like this.”

Despite the university’s efforts to reduce spending via furloughs and staff cuts, Ford said that the environment in the classroom is still strong.

Turn to *Finances* / Page 2

OSA proposes replacing Assembly with town halls

By Elijah Plonsky
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The Oshkosh Student Association (OSA) Executive Board drafted a new constitution over the summer that renames the organization the Oshkosh Student Government (OSG), updates its executive positions, expands the Senate and replaces the assembly with town halls.

OSA President Ben Blaser and Vice President Jakob Rucinski said they wanted to clarify the role of student government and rebrand OSA to have government in its name to help students understand what the organization is about.

“Making our name clear that we’re the Oshkosh Student Gov-

ernment is going to get people who are interested in government to come and let people with concerns know who to reach out to,” Blaser said.

Blaser and Rucinski said recognized student organizations (RSOs) will be represented at town halls if the assembly is dissolved under the new OSG constitution.

“We want to emulate how other universities work,” Rucinski said. “Many people weren’t showing up to Assembly [meetings]; out of the 130 RSOs represented, at most we had 10 to 12 show up last semester.”

Rucinski and Blaser said assembly attendance rates have slipped considerably in the last decade,

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Courtesy of OSA

OSA President Ben Blaser proposed changes to the name of the organization, executive board and assembly.

The Advance-Titan

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About the Newspaper

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Correction Policy

The Advance-Titan is committed to correcting errors of fact that appear in print or online. Messages regarding errors can be emailed to atitan@uwosh.

Finances: Morale declines

From Page 1

"When you're actually teaching students and doing things that you have your passion and expertise for, that's where things are good," he said. "I'm optimistic that the student experience is not going to suffer."

Simpson said that the African American Studies program is as resilient as ever and the program is growing, despite falling enrollment over the past few years.

"I believe that my students' morale is a mirror reflection of mine," he said. "We are going to be fine. Make a dollar out of 15 cents."

One of Simpson's goals since starting at UWO is developing the African American Studies program into a department, which would require hiring more faculty — something that's not currently possible. But Simpson said he's undeterred, despite the hiatus on hiring.

"Students vote with their feet," he said. "In the midst of all this budgetary constraint, I'm going to stick with it and the fact that I want African American Studies to be the jewel in the crown of

UWO. I'm not going to stop until I see it happen."

Chancellor Andrew Leavitt said in an email this week that a handful of UWO employees met with representatives of human resources, finance and administration, as well as a UW System-supported consultant to create a workforce reduction recommendation.

"Leadership will soon review their proposed plan, consult with shared governance leadership and make a final determination," he said. "We expect to begin notifying impacted staff members in early October. ... We are going to lose colleagues we value and care about — both through workforce reduction and the voluntary retirement program. We will have our work cut out for us as we reassign duties and decide what we will no longer do."

While faculty are not at risk of losing their jobs in the coming months, Ford said that he empathizes with the staff who are.

"This has a toll on faculty, but faculty aren't getting laid off," he said. "It's staff and adjuncts; oftentimes, the people who are the least compensated on this cam-



Photo courtesy of the Oshkosh Northwestern
Chancellor Andrew Leavitt sits in his office in 2015, his second year at UWO.

pus are a lot of the ones who will be losing their jobs in the next month. ... People who have given so much to an institution and who believed in it, and they're losing their jobs because of budgetary realities and not because of their performance. That's just really hard."

Still, Ford said he believes that the situation presents an opportunity to restructure how the university is funded, which can come from a restructuring of how UWO

delivers education to students.

"I think [this is] a chance for us to reconsider how we deliver public education," he said. "That might include more program mergers, more differentiation of how we deliver classes — some more online — and maybe collaborations between institutions. ... I think it all speaks to this broader realization of, 'Hey, the path we've been going down has led to a point where we have the situation we're in right now.'"

Senate: Staff votes on letter

From Page 1

Assistant professor of social work Jon Hudson said the university has failed to meet his workplace expectations.

"In the past eight and a half years, there has been a single year when the university has found that it was able to meet the stipulations of what I was told the contract was," Hudson said. "That's disheartening."

While most senators expressed support of the document, some argued that the list of expectations was unfinished and needed to be revised before being endorsed.

Chemistry professor Jonathan Gutow said he thought the endorsement should be delayed a week to allow constituents time to give their own input on the document.

"I've got lots of people who just officially heard [about the document] this weekend," he said. "I



Gutow

actually support most of the things, but it's not the favored list that I have seen. I think this list needs a very careful revamp and it is extremely incomplete."

Gutow argued the list was unfinished and should include requests and expectations from facilities staff.

"There are some very key things missing on this list," he said. "I'll be blunt, there are only two groups on this campus that you absolutely have to have to keep us from not shutting down, and that's the people who are teaching and the people who keep our facilities running."

Other senators said that while

the list may be flawed, it's crucial to act as soon as possible.

"I think we have to move," environmental studies and history professor Jim Feldman said. "It's not perfect, but we can make a supplementary statement in two weeks if we need to."

Mathematics professor Jennifer Szydlak said creating a condensed list would be received better than a more exhaustive list.

"We started out and we had so many things on the list, and we thought, 'Who's going to listen to us if we list everything as being essential?'" she said. "We had a very short time to rein in on what we thought were things we didn't want to lose that support academic education."

The final decision of the Faculty Senate was an endorsement of the document with a commitment to make amendments and additions as necessary.

Prostitution ring arrests

By Katie Pulvermacher
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The Oshkosh Police Department's (OPD) Vice, Narcotics Unit, detective and patrol officers arrested 10 adult males after an undercover prostitution investigation on the North side of Oshkosh on Sept. 13.

According to the Facebook media release posted on Sept. 18, the ten males "ranging in age from 27-53 years old, were arrested for pandering. Nine of these males were from the Fox Valley area and one was from Beaver Dam. The Oshkosh Police Department works diligently to investigate crimes of this nature."

OPD didn't provide specifics about the investigation in Monday's media release.

"The Winnebago County District Attorney's Office will review each case/arrest and determine the next steps within the court system," Oshkosh Crime Prevention & Public Affairs Officer Kate Mann said.

Mann said during the undercover



Photo courtesy of Oshkosh PD

The Oshkosh Police Department cruiser waits near a park in town.

operation, all arrested individuals were compliant with officers.

In the media release, OPD said that human trafficking awareness is important.

"For a variety of reasons, it can be very hard for human trafficking victims to get out of these situations," the OPD media release said. "We partner with local non-profit organizations so that resources can be quickly provided to victims. The Oshkosh Police Department strives to reduce the number of victims by doing pro-

active investigations and being vigilant in our efforts to combat human trafficking."

OPD said that signs associated with human trafficking involving a business include: long working hours, proximity of residence to business, lack of personal belongings in the home, large amounts of cash and only male customers.

Mann said that the OPD case has no connection to UW Oshkosh.

"There is no known relation to UWO in regards to this undercover detail," Mann said.

UWO Red Zone programs

By Katie Pulvermacher
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The U.S. Department of Justice identifies the first six weeks of a university's fall semester as a period of high risk for sexual assault perpetration on college campuses.

At UWO, Red Zone programming uses this time to focus on prevention.

It's important to know that sexual assault happens at other times of the year, but these six weeks are disproportionate in the numbers of assaults that take place.

According to a 2007 Campus Sexual Assault Study, more than 50% of sexual assaults on campus occur in August, September, October and November.

UWO Police have done a lot to prevent sexual abuse on campus since the study.

"We believe that this initiative was a huge success because we increased our presence, we interacted more with our community members, we built stronger relationships with other campus departments who were also participating in Red Zone initiatives and we increased awareness for these issues in our community and with our peers," the UWO Police Department page said.

UWO has resources to help. The UWO Mobile app has features like safe walk requests, incident reporting tools, emergency alerts and more. Similar to a taxi service, UWO Go provides free rides to students.

Students can also call 920-424-1212 or stop in the lower level of Radford Hall for additional help or resources.

UW schools respond to deficits

By Nolan Swenson
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UW Oshkosh faces an \$18 million deficit, with employees forced to take up to 11 days of furlough while they await word on if they will be one of the 200 people to be laid off.

However, UWO is not the only campus to face these challenges, created in part by declining enrollment and Republican lawmakers who voted in June to cut the System's budget by \$32 million because of anger over diversity, equity and inclusion programs.

The response throughout the UW System has been varied and is leaving many with questions.

At UW-River Falls, professor of American politics and public policy Neil Kraus said it is unclear how the system has determined the amount of the deficit.

"What I'm trying to find out is how exactly the structural deficit is being measured or determined," he said. "The UW System has not been forthcoming about basic facts. How did they arrive at the figures that were published early in the summer for each campus?"

Kraus said that recent conversation regarding educational funding isn't new and that since the tuition freeze, there have been structural deficits.

"Why is this a pressing issue now?" he asked. "The UW System has admitted that campuses have had what are being called structural deficits since the tuition freeze [in 2013-14.] ... The UW System published numbers for all the campuses early in the summer, before the final state budget was determined."

He said that the announcements come at an inconvenient time when people are able to criticize the UW System without acknowledging the state surplus.

"That was a disaster for the

UW System politically," he said. "It gave miles of political space to those who wanted to implement a budget cut for the UW when the state had a historic surplus."

Kraus said that he thinks people should be interested in how deficits are determined and the motives behind revealing them.

"What I encourage people to find out is how these numbers are found," he said. "On our [UWRF] campus, we have two numbers of deficit: \$2 million and \$2.9 million. ... Essentially what was being given are bottom line numbers. We need to know how these numbers were determined and why they are being brought forward now in the light of surplus."

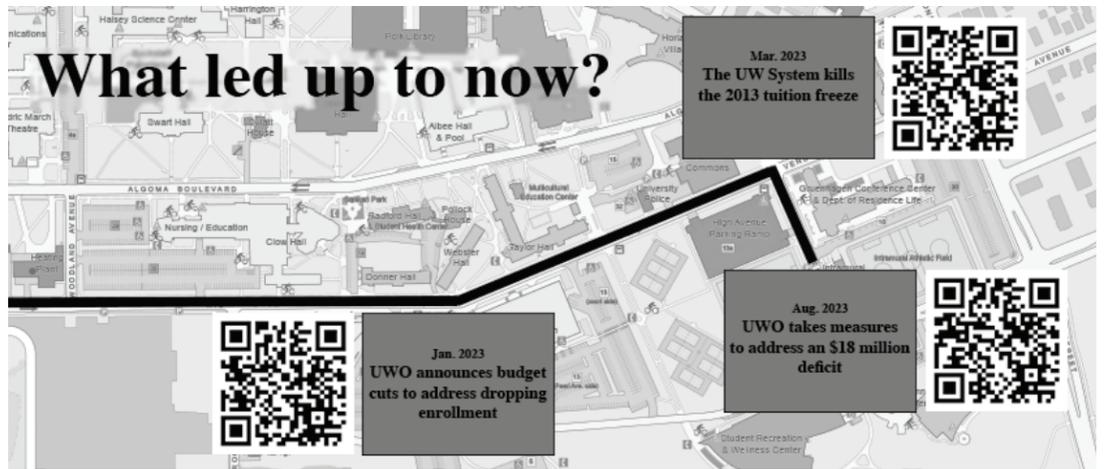
In comparison to UWO, Kraus said that no response has been set in stone at UWRF beyond a hiring freeze.

"Right now, faculty are beat down and demoralized," he said. "The Faculty Senate and others are trying to change that. Unlike UWO, nothing has been made official here other than a freeze on hiring; that has been the only response made official. We'll have to see what proposals are being offered."

He said that in the end, students will pay the price for poor budget allocations.

"Students will ultimately pay the price — fewer classes, bigger classes and less contact with faculty," he said. "Ultimately higher education is a lot more expensive than it should be."

Kraus said that in the face of these budget crises, students and faculty need to be aware of



Graphic by Josh Lehner

how money is being spent and whether it builds relationships necessary for the education process.

"Folks at Oshkosh could ask, 'Since all these faculty positions are on the table, are software purchases on the table?'" he said. "We spend an inordinate amount of money on software, but education is about relationships, which technology and software cannot provide."

Associate professor of democracy and justice studies Jon Shelton of UW-Green Bay said that he's unsure about the route UWGB administration will take; however, furloughs seem to be a likely solution.

"For now [it] is unclear how the deficit will be managed," he said. "No one from the administration is talking about furloughs or layoffs. ... I think furloughs are more likely."

A solution that UWGB plans to enact is the removal of programs, which Shelton said, in effect, will result in fewer routes

for students and reduced staff positions.

"The conversation on our campus is about the program array, the numbers of majors and minors available," he said. "What the administration has said is that over the year there will be efforts to eliminate majors and minors and to collapse majors into minors ... offering fewer academic programs to students, meaning less staffing."

He said that this has caused concern on campus and has caused fears that have expanded to the student body.

"We had an art management major that we lost before — it became a minor," he said. "That program is no longer available and it goes against the nature of a regional comprehensive campus, having a wide array of academic programs. The tenor on campus is that people are nervous and concerned about their future."

Shelton said that when regional comprehensive campuses fail to offer diverse course loads, they fail students who haven't found their niche, which liberal arts colleges typically excel at introducing to their students.

"Narrowing the curriculum reduces possibilities for students," he said. "One of the things that's magical about the university experience is that students come to

campus not knowing what to do ... when they find out about the different courses or programs offered, that exposure leads them to discover they are interested in something."

Shelton said that opportunities of wide course loads should not be exclusive to those who attend larger universities and that students who attend these regional comprehensive campuses need greater support.

"When you take away those possibilities in regional comprehensives, it says 'first year students deserve less of those opportunities than those who go to UW-Madison,'" he said. "You take away opportunities from those who need those wider options. It's tragic that the legislature has put the regional comprehensives in that position."

The UW System reported on Sept. 14 that overall enrollment increased this fall compared to the previous year for the first time since 2014.

Based on preliminary estimates based on the first day of classes, total enrollment at the UW-Madison and branch campuses grew by 540 students to a total of 161,322.

The largest percentage growth was 3.4% at UW-Whitewater, while the steepest drop was 3.5% at UW-Stout. Enrollment at Oshkosh decreased by 1.7%.

"Students will ultimately pay the price ... Ultimately, higher education is a lot more expensive than it should be."

-Neil Kraus,
UW-River Falls professor

OSA: Blaser, Rucinski emphasize inclusivity

From Page 1

and after failing to rebound last year, it was time for a change.

"We hope that more representatives will show up to town halls and we will hear more voices from them there in student government," Rucinski said.

Blaser and Rucinski said they are committed to fostering an inclusive platform under the new OSG constitution and have tasked the director of organizational relations, the position replacing the assembly speaker, with moderating town hall discussions.

"We'll have an expert give their opinion on both sides," Blaser said. "Everyone's welcome to speak. If a conversation gets overwhelmingly one-sided, the other side will be provided a chance to talk."

Sometimes experts will be brought in to discuss issues at town halls, but other times, there will be meetings without an agenda to foster open dialogue.

"Some meetings will have set topics, so if there's one of interest students can go to that, but we will also have open forum times where people can bring up what they want," Blaser said.

With the assembly dissolved, RSOs and their representatives will lose the right to vote on policies in that legislature, but Rucinski reassures skeptics that students will still be able to vote in the Senate.

"Anyone represented before in the assembly can find themselves in the Senate and represent students there; we're not taking voting power away from anyone who wants it," Rucinski said.

The new OSG constitution expands the number of Senate seats to allow for more participation there with the assembly gone.

"We wanted to add more Senate seats to allow people who were previously in the assembly to join the Senate, so we created five more positions," Rucinski said.



Courtesy of OSA

Ben Blaser (left) and Jakob Rucinski (right), the president and vice president of OSA, said that the newly-drafted constitution will help students understand what the organization is about.

Rucinski and Blaser said the feedback of RSOs can create meaningful change at town halls and that the meetings will provide a more informal and inclusive space than the assembly to bring up issues and ideas.

"Town halls [as] an inclusive platform where people can bring up their issues definitely can be a place where new policy can arise over time as feedback and suggestions come in," Rucinski said.

Students who may be uncomfortable addressing a town hall meeting can submit their feedback and recommend suggestions to the student government online.

"We have a place on the OSA website where students can click a button to report an issue, policy change, or other feedback," Blaser said.

Titans now have the opportunity to vote for the OSG or the OSA constitution until noon Sept. 25 using an e-ballot sent out to all students' UWO-affiliated emails.

"If you are at all skeptical of this new constitution, please come talk to us," Rucinski said. "We extended the vote for students to let us know what their concerns are with this new constitution."

The document that receives a majority of the vote will determine how student government is run, the way RSOs are represented and how they engage with it for years to come.

Sports

Swim begins season

By Angela Satterlee
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The UW Oshkosh swim and dive team kicked off its 2023-24 season Sept. 18. Under the leadership of head coach Christopher Culp, assistant swim coach Charles Sommer and dive coach Amy McQuillan, this year's team is stronger in numbers in both the men's and women's teams.

Women's swim and dive team increased from 10 to 21 members and the men's swim and dive team increased from 11 to 20 members.

Last year was Sommer's first full year as assistant coach and he set out on a mission to increase the number of members on each team to at least 20 to increase the team's chances at placing higher in Wisconsin Intercollegiate Athletic Conference (WIAC) championships.

Last year, the men's and women's swim and dive teams, placed fifth overall in the WIAC Championships. Diver Abbi Priestley placed first overall in the one-meter and second in the three-meter. Swimmer Francesca Schiro broke four school records, including both the 100 and 200 freestyle events twice. CJ Willert broke the 200 backstroke record, Cadence Showalter broke the records for the 200-yard individual medley and the 100 butterfly.

The swim coaches made a pact that if the teams as a whole broke five school records they would shave their heads, so the teams made that happen.

"I anticipate us moving up in conference going from fifth to third as far as the women's side and the men have a really strong chance of taking fourth," Sommer said.

When looking for recruits for the team both coaches encourage the recruits to do an overnight stay with the student-athletes to allow both the athletes and the recruits time to get to know each other.

"The student athletes really do the best recruiting," Culp said.

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Courtesy of UW O Athletics

UWO's Sami Perlberg spikes the ball over the net in a match against the University of Texas at Dallas earlier this season.

Volleyball remains unbeaten

By Nolan Andler
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The undefeated UW Oshkosh volleyball team took part in the UW-Whitewater Invitational Sept. 15-16, improving to 13-0 after defeating Transylvania University (Kentucky), the University of Northwestern (Minnesota) and a sweep over the College of Saint Benedict (Minnesota).

With nine digs against the Pioneers on Sept. 15, Amelia Hust became the newest member of UWO's 1,000 digs club. As of Sept. 16 Hust currently sits at 1,020 career digs.

UWO, ranked No. 3 in this week's American Volleyball Coaches Association (AVCA) poll swept No. 16 Transylvania with set scores of 27-25, 25-23 and 25-16 to earn its 11th straight win and its second sweep over a ranked opponent to start the season.

Freshman Sami Perlberg continued her great start to her career, leading the team with 14 kills on 32 attacks. Izzy Coon and Kalli Mau

both recorded double digit assists each, with Coon recording 23 and Mau recording 15. Hust recorded nine aces and Coon led the team with three.

In the first set, the Titans fell behind 19-15 but were able to control the damage and go on 5-1 run to tie the set at 20-20. Perlberg and Riley Dahlquist each recorded two kills in the run to tie it. After the first set, it was tied 20-20. The set remained close until UWO took advantage of two errors by the Pioneers and won the first set 27-25.

It was tied 3-3 early in the second set, but the Titans used a 9-4 run to pull away to a 12-7 lead. Transylvania was able to close the gap to 21-20 late. UWO was able to open the gap back up to a 23-20 lead thanks to two more kills from Perlberg and that cushion allowed the Titans to close out the set 25-23.

The third set was again close to start but ended up being all Oshkosh. The teams traded points at first, eventually tying up at 9-9. After that, the Titans pulled away thanks to another 9-4 run. This

time, UWO did not allow Transylvania to make it close, as the Titans closed out the match with a 25-16 set win. Robyn Kirsch hit the game winning kill.

The Titans had a tight battle against the No. 6 Eagles in their second straight game against a ranked opponent. UWO won the match 3-2, putting up set scores of 25-23, 21-25, 25-27, 25-22 and 15-8.

In the comeback win over Northwestern, UWO came back from a 2-1 set deficit to send it to the fifth set. In the final set, the Titans opened with a 10-2 run on the way to a big 3-2 win. It was an evenly matched game with the Titans holding a 64-62 advantage in total kills, along with 61-54 advantage in assists, 9-4 in aces and 82-77 in digs.

Riley Kindt led the team with 14 kills and a .281 kill percentage on 32 attempts. Perlberg also had a big part in the win with 12 kills. Coon set a career high with 32 assists and Abby Fregien notched 18 digs.

In the second game of the day, against Saint Benedict, the Titans

had an easier time, sweeping the Bennies 3-0 with set scores of 25-12, 25-19 and 25-23.

Kindt again led the team with 14 kills and a .520 kill percentage on 25 attempts. Maddy Pearson had herself a great game, recording seven kills along with Mau who registered 22 assists. Fregien paced both teams with 12 digs. UWO led in nearly every stat over the Bennies with a 42-33 advantage in kills along with a 40-32 advantage in aces, 6-2 advantage in aces and a 47-46 advantage in digs.

Coon and Kindt were named to the All-Tournament Team for their performances across the three games over the last two days. Jenna Weinfurt and Kirsten Anderson represented UW-Whitewater, Suzanne Klosterman represented Transylvania University, Mackenzie Knofczynski represented Saint Benedict, Jasmine Sells represented Washington University and Abby Glazner represented Northwestern.

The Titans faced UW-Whitewater Sept. 20, check the UWO Athletics website for results.

Titans rebound with win over ETBU

By Jacob Link
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Quarterback Kobe Berghammer threw for five passing touchdowns to lead the nationally-ranked UW Oshkosh football team past East Texas Baptist University 60-7 in Marshall, Texas, Sept. 16.

The Titans, ranked No. 22 in the nation by d3football.com, improved to 2-1 after holding the Tigers (1-2) scoreless for the final three quarters and limiting ETBU to just 135 yards of total offense.

Berghammer finished the game 21-32 with 221 passing yards, 40 rushing yards and no interceptions. UWO running back Kaio Harn was the team's leading rusher, gaining 70 yards on the ground and rushing for his first career touchdown. Harn also caught a 9-yard touchdown

pass later in the contest for his first career receiving touchdown for the Titans.

Wideout Jon Mathieu also scored his first career touchdown for the Titans, finishing the contest with three receptions for 72 yards and a touchdown reception.

Mathieu said it was an amazing moment to score his first touchdown as a Titan.

"In the moment it felt pretty surreal and I'd say it was a pretty awesome feeling," Mathieu said. "Just seeing all that work pay off in one play, it was a realization for me and it was a really awesome moment."

Fellow wide receiver Tony Steger had a two-touchdown performance against ETBU, catching four passes for 14 yards and a touchdown before rushing for two yards and adding a rushing touchdown.

Turn to *Football* / Page 6



Courtesy of Michael Sudhalter

Oshkosh's Tijs Santiago intercepts the ball on just the sixth play of the game against ETBU.

Sports



Courtesy of UWO Athletics

The UWO men's basketball team poses with Czech basketball team Sokol Prazsky after an exhibition game between the two teams over the summer in Prague.

UWO basketball tours Europe

By Jacob Link
linkj13@uwosh.edu

For some students, summer is a time to travel and gain new experiences before heading back to the grueling grind of college life.

This was true for the UW Oshkosh men's basketball team this summer, but the reigning Wisconsin Intercollegiate Athletic Conference champs continued the grind of the offseason by playing three games in three separate countries.

"We have been very fortunate to participate in two recent foreign trips at UWO – 2016 to Italy and 2019 to Spain," UWO head men's basketball coach Matt Lewis said when the trip to Europe was announced in June of last year. "Both of our previous two trips proved to be a formative experience for our team. It helped build bonds that would carry over to the locker room and court as well as years to come for our alumni."

NCAA rules state that foreign trips grant teams 10 additional practice dates leading up to their departure, something that Lewis says is an invaluable opportunity to practice together during a time in the year where Division III programs are not typically able to have athletically related contact.

The team spent 11 days in Europe, participating in scrimmages against local teams in the Czech Republic, Germany and France while discovering the ever-evolving basketball culture across the pond.

The first stop of the trip, which began May 30, brought the Titans to Prague, Czech Republic, where UWO practiced with and took on local pro-basketball team Sokol Prazsky. The Czech squad plays in the 1. Liga, the second division of Czech basketball just below the top-tier National Basketball League.

Like most European countries, the Czech Republic has a system of basketball leagues that is very

similar to the structure of soccer leagues in most parts of the world. Teams can get relegated and promoted between different leagues depending on how they finish in the final standings. In the Czech Republic for example, teams can either play in the NBL or the 1. Liga depending on how they finished the previous season. The top two teams in the 1. Liga are promoted to the NBL whereas the bottom-two teams in the NBL are relegated to the 1. Liga.

Since its first season in 1995, Sokol Prazsky has played every season in the 1. Liga, but the team has sent many players and coaches to top European clubs and the Czech national team.

UWO played hard against Sokol Prazsky in the scrimmage, but the Czechs ended up being too much for the Titans to handle in the first game of their 11-day trip.

According to senior guard Will Mahoney, one of the biggest challenges UWO faced was the difference in international rules versus NCAA rules.

"We learned quickly that not all rules are the same as they are in the U.S.," Mahoney said. "Only three people can be in on a defensive free throw rebound. Also if it's a side-out inbounds pass, you can't enter it in the back court."

Lewis said International Basketball Federation (Fédération internationale de basketball in French, commonly known as FIBA) rules aren't drastically different that the NCAA's, but it was still a big adjustment for the team.

"There is a shorter shot clock in FIBA basketball and some smaller nuances that come into play," Lewis said. "It is a very physical style of basketball in the lane and near the basket. Our team really enjoyed playing with the FIBA rules."

Despite the challenges, Mahoney said playing a basketball game in a foreign country was a really cool experience.

"The atmosphere reminded

me so much of the World Cup," he said. "Their fans were blowing horns, banging on drums and smashing the wooden bleachers to make noise. It was nothing short of loud. The style of play is very different as well. They played scrappy and chippy, but pushed the ball a lot in transition."

"The best atmosphere was at our game in Prague," Lewis said. "Many of the youth members of their club attended and brought a ton of energy to the environment."

The second location in UWO's European vacation was Berlin, Germany, where the team competed against Alba Berlin Under 19 (U19) team, a junior team of Alba Berlin that competes in the Basketball Bundesliga (BBL), the highest-tier of German basketball.

Alba Berlin was established in 1991 and also competes in the EuroLeague, a yearly tournament that features the best basketball teams in Europe (very similar to soccer's UEFA Champions League). The club is most famous for being the first German basketball team to ever beat a defending NBA champion, after the Albatrosse took down the San Antonio Spurs in 2014. The most-well known players to have played for Alba Berlin are Wendell Alexis, who was drafted by the Golden State Warriors in 1986, and Henrik Rodl, who won an NCAA championship with North Carolina University in 1993.

The Titans defeated Alba Berlin's U19 team in the second scrimmage of the trip, improving to 1-1 against their European foes.

Sophomore forward Jacob Townsend said the game in Berlin was a great confidence booster for the squad.

"We were still acclimating ourselves to the nuances and slightly different rules of European basketball, but things went smoothly, and we played comfortably," Townsend said. "The game itself was as most basketball games are; a game of runs. We jumped out to

an early lead in the first quarter, but then slowly let Alba back into the game. Towards the end, we started getting out in transition and hitting shots confidently which stretched our lead back out."

Townsend said Alba Berlin played a different style of basketball than UWO had seen before.

"Our opponents had a lot of length compared to what we are accustomed to playing, but we were able to play our own physical, gritty style successfully," Townsend said. "Rolling the ball out against some guys that could potentially be professional players in the future was a special thing to think about, especially after talking to them following the game, [they were] all super friendly."

Sophomore forward Connor Jenkins said it was unbelievable to see attractions around Berlin that he had only ever seen in textbooks.

"We had an unbelievable time exploring Berlin and seeing many memorials and historical artifacts," Jenkins said. "The history behind Berlin was very in depth. It was interesting to see for ourselves everything we had learned in history class growing up. When the team visited Terezin Concentration Camp, you could truly feel the magnitude of where you were standing, and it was an experience we will all remember for a very long time. We will never forget this trip."

The final stop of the European tour was in Paris, France, where UWO took on the Metropolitans Under 21 (U21) team, a junior team of Metropolitans 92 which competes in LNB Pro A, the highest tier of French pro basketball.

Metropolitans 92 is most well known for being the club where recent 2023 NBA Draft No. 1 pick Victor Wembanyama rose to prominence — literally. The 7'-4" center joined Metropolitans 92 in 2022 and took the French league by storm, leading the Mets to a

second-place finish in the league table. The Mets reached the Ligue Nationale de Basket (LNB) Pro A championship series, but were swept by Monaco three games to none.

Although the Mets missed out on bringing home a title to Paris, Wembanyama has become a global phenomenon after his two exhibition games in the United States against the NBA G League Ignite. Often referred to as one of the most hyped NBA prospects to ever come out of Europe, Wembanyama has greatly impacted the basketball culture in France.

In the final game of UWO's tour of Europe, the Titans led every half en route to a comfortable victory.

"We got off to a pretty slow start against the Metropolitans, and fell into a large deficit early," UWO freshman guard Reed Seckar said. "It felt as if nothing was going our way on offense. We were missing just about every shot we took, but after a timeout we began to fight back and carried a two-point lead into halftime. We pushed the lead to 10 pretty early in the second half and finished with a six-point win over a very solid team."

After UWO's performance in the three exhibition games, Lewis said the competition was great and thought the team played very well.

"All three teams were very similar to a tough WIAC opponent," Lewis said. "Two of the three opponents were very long, and we had to adjust to their length. We were excited about how we competed and learned more about ourselves as a team for next season."

For the Titans, the offseason grind never ends. Many of the players continued to work out or shoot around on campus as soon as the team returned to Oshkosh. UWO's season kicks off Nov. 8 at home against the Illinois Institute of Technology. The Titans will hope to use the experiences abroad to push them to a third-consecutive WIAC championship.

Sports

Football: UWO routs Tigers 60-7



Scoreboard

Friday, Sept. 15

Volleyball

UWO - 3
Transylvania University - 0

Saturday, Sept. 16

Volleyball

Game 1:
UWO - 3
University of Northwestern (Minn.) - 2

Game 2:

UWO - 3
College of Saint Benedict (Minn.) - 0

Football

UWO - 60
East Texas Baptist University - 7

Soccer

UWO - 1
Carthage College - 1

Tennis

UWO - 0
UW-La Crosse - 9

Sunday, Sept. 17

Women's Golf

UWO - 12/16, 338-344 — 682

Upcoming Events

Friday, Sept. 22

Volleyball

vs. Ripon College at 3 p.m. & Aurora University (Ill.) at 5 p.m. at UW-Stevens Point Invitational
Soccer
at Kalamazoo College (Mich.) at 4 p.m.

Saturday, Sept. 23

Volleyball

vs. North Central College (Ill.) at 11 a.m. at UW-Stevens Point Invitational

Tennis

vs. St. Norbert College at 11 a.m.

Soccer

at Albion College (Mich.) at 4 p.m.

Women's Golf

at UW-La Crosse Fall Invitational at 1 p.m.

Cross-Country

at UW-Platteville Gender Equity Invitational at 11 a.m.

Sunday, Sept. 24

Women's Golf

at UW-La Crosse (Iowa) Fall Invitational at 8 a.m.

Tuesday, Sept. 26

Volleyball

vs. UW-Stevens Point at 7 p.m.

Wednesday, Sept. 27

Soccer

vs. Loras College at 4 p.m.

Tennis

at Marian University at 3:30 p.m.

From Page 4

Clayton Schwalbe and Avery Kurth also finished the game with receiving touchdowns for Oshkosh.

UWO's offense accumulated 476 yards of total offense including 269 total passing yards and 207 total rushing yards. The Titans controlled the ball with authority, gaining 26 first downs, leading the time of possession by almost 10 minutes and finishing the game 10-17 on third down.

The entire starting offensive line, which did not allow a sack during the game, was named to d3football.com's Team of the Week Sept. 19 for UWO's offensive performance against ETBU.

Defensively, the Titans had a combined 75 total tackles, eight sacks, 12 tackles for loss and two interceptions. UWO held ETBU to just 12 first downs, 34 rushing yards and 101 passing yards. Sophomore linebacker Kyle Dietzen had a team-high 11 tackles to go along with three tackles for loss and a sack. Tijis Santiago and Justin Tenpas each had an interception and combined for three tackles and a sack.

Mathieu said the biggest difference between the win over ETBU and last week's loss to Wheaton College (Illinois) is that the Titans were much more physical than in previous weeks.

"We kind of focused on that during meetings during the week," he said. "We really talked about how getting prepared for this week is being the most physical team on the field and that's something we try to do every single week. I think this week we really saw that on the film afterwards, you could see the other team getting up and not wanting to line back up against us."

Tigers quarterback Cornelius Banks finished the game 10-22 for 101 passing yards, a passing touchdown and two interceptions. Banks finished the contest with eight rushing attempts for -14 yards.

Jaden Thomas was ETBU's



Morgan Feltz / Advance-Titan

UWO running back Doug Burson runs past a defender against Texas Lutheran University Sept. 2.

leading rusher, running for 23 yards on the ground on eight attempts. Trayjen Llanas-Wilcox led all Tigers receivers with two catches for 54 yards and a touchdown.

Santiago picked off Banks on ETBU's opening drive, giving the Titans the ball at the Tigers' 12-yard line. It took UWO just three plays to find the back of the endzone after Berghammer found an open Harn for a 9-yard passing touchdown. Schwalbe ran for a two-point conversion on a trick play during the extra point attempt to put Oshkosh up 8-0 early in the first quarter.

Mathieu said he thought the team started a little slow at the beginning of the game but was able to become dominant by the second half.

"I thought starting out, we might've been a little bit slow just because it might've been a long bus ride but when we kind of got in our groove, it was over for them," he said. "We were firing on all cylinders and all sides of the ball. Our defense getting picks, our offensive line going crazy with their blocking and our offense really being able to get the ball everywhere."

After a Tigers three-and-out,

UWO drove down the field in eight plays and added another touchdown to the board when Berghammer found a wide-open Mathieu for a 55-yard touchdown. The Titans elected to kick the extra point, increasing UWO's advantage to 15 points.

On their next drive, the Tigers responded with a score after Banks completed a deep pass to Llanas-Wilcox, who ran the rest of the way for a 34-yard touchdown and cut the lead to 15-7 late in the first quarter.

Neither team found the endzone again until late in the second quarter when Titans put together a 51-yard drive ending in a 2-yard passing touchdown from Berghammer to Schwalbe. Just before halftime, UWO drove down the field in 57 seconds and kicker Nolan Mobley nailed a 30-yard field goal with eight seconds to go in the half to put the Titans on top 25-7 going into the locker room.

The Titans scored on their first possession after halftime off a 20-yard rushing touchdown from Harn, capping off a six-play, 81-yard drive.

Tenpas picked off Banks on ETBU's next possession, setting up another UWO touchdown when Berghammer found Steger for a 6-yard passing touchdown.

After sacking the Tigers on fourth down, the Titans increased their lead to 46-7 after Berghammer completed a short pass to Avery Kurth, who ran into the endzone for a 7-yard touchdown.

UWO added two more rushing touchdowns, one from Steger late in the third quarter and another from backup quarterback Quentin Keene in the fourth quarter, to help the Titans cruise to a 60-7 victory.

The Titans will have a bye week before facing UW-Whitewater (ranked No. 4 in the nation by d3football.com) for Hall of Fame Day Sept. 30 at J.J. Keller Field at Titan Stadium starting at 1:05 p.m.

"We talk about the bye week not being an off week," Mathieu said. "We are using this bye week to become the best versions of ourselves. We're focusing on self-improvement so we can be the best team we possibly can be moving forward."

Swim: Titans dive into season



Courtesy of UWO Athletics

Oshkosh sophomore Abbi Priestley dives into Albee Pool in a home meet last season.

From Page 4

"The recruits will do an overnight and the team will come up to me and tell me 'oh, they are really great' or 'I don't think this is the right type of person for us,' he said.

Both coaches are looking forward to the fast-approaching new season with a brand new team.

"Nothing beats just being on the

pool deck and actually coaching," Sommer said. "That is one of the most rewarding parts of the job. I truly look forward to our first practice."

McQuillan said that she's looking forward to the upcoming season.

"I look forward to picking up where we left off as a diving group last year and watching the team

progress its skills throughout this season."

The swim and dive team hosts the Alumni Meet every year where former UWO swimmers and divers come to Albee Pool to compete in an unofficial meet. This year it is on Oct. 7. The first official swim and dive meet is Oct. 14, at UW-Eau Claire.

Roundup

Women's Soccer

The UW Oshkosh women's soccer team traveled to Art Keller Field in Kenosha on Sept. 16 to face off against Carthage College in a match ending in a 1-1 draw.

UWO's (1-3-2) best scoring chance of the first half came when a 39th minute shot by Gabriella Mattio went off the top of the woodwork.

On Amelia Price's third shot of the game she found the net and gave Carthage (2-2-2) a 1-0 lead in the 59th minute. On UWO's third shot attempt of the half Molly Jackson found the back of the net on the assists from both Alayna Clark and Mackenzie Stein, equalizing the match at 1-1 in the 73rd minute.

Women's Golf

The UW Oshkosh women's golf team traveled to Hastings, Minnesota, on Sept. 16 and Sept. 17 where they placed 12th of 16 teams in the Division III Classic, shooting 682 strokes during the two-round event.

The Titans will resume action this weekend on Sept. 23 and 24 in La Crosse.

A-Trivia

What UWO QB holds the record for most touchdown passes in a career?

Answer: Brett Kasper threw for 89 passing touchdowns from 2014-17.

Arts & Entertainment

Evenings in the Prairie concludes

By Mattie Beck
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“Evenings in the Prairie,” a free event that invited the community to come walk along trails located in different locations around the community, held its last trail event for the year.

There were three walks included in this event series, one in July at the AGM Nature Preserve, one in August at the UWO campus and the last one on Sept. 14 at the Fond du Lac campus.

The Gottfried Prairie has over 50 acres of land that feature native plants that have been restored throughout the years, and the walk is a mile and a half on the Prairie Edge Trail Loop that follows along the Gottfried Prairie and the Arboretum.

Bradley Spanbauer, the sustainability director on campus, came up with the idea for the walks.

“I wanted to do an event that showcased our wonderful prairie areas on our campuses and on a piece of property that is becoming more widely used by the UWO community,” he said.

Each walk involved looking at the environment in the area.

“At each site, we covered the history of the location and the native species found there,”



Meagan McDowell / Advance-Titan

Evenings in the Prairie featured the natural plant life of the trails they followed throughout the different events.

Spanbauer said.

At the Gottfried Prairie, they feature many native plants of Wisconsin along the different trails for people to explore.

There were about 10 to 20 people at each event, and Spanbauer enjoyed watching people enjoy the scenery as they walked along the trail.

“My favorite parts of the events were seeing folks just enjoy the beauty of the prairies, as well as being able to ask questions about plants they might in-

troduce to their own yards,” he said.

“It was fun to see people learning and taking information with them,” Spanbauer said.

Addison Rae releases debut album ‘AR’

By Cassidy Johnson
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2023 has certainly proved to be an interesting year so far for music, and may even be a defining year in the industry.

Between many beloved artists releasing new music, trying out new genres and entering new controversies, a cultural shift has begun to emerge in mainstream music.

Besides sampling old pop hits, there hasn’t really been any definitive trends this year for music. Not yet anyways, with Olivia Rodrigo’s new Paramore-esque album.

TikTok’s recent obsession with Ayesha Erotica, and the disappointment of the new Timbaland featuring Nelly Furtado and Justin Timberlake single, it’s clear that we’re craving that addicting Y2K pop/club music and in des-

perate need of a pop princess savior.

As it turns out, trendsetter and internet personality Addison Rae might be the perfect girl for the job.

Last month, the TikTok sensation dropped her first album, a self-titled EP fit with five pop bangers and a fitting “girl-next-door-gone-bad” album cover.

Considering the incredible resilience of the Y2K trend in the fashion space, it’s about time that it spread to the music industry.

Somebody just needed to do it first, and do it right it’s no surprise that a Y2K fashion pioneer would be the one to bring it to the music scene.

1. I got it bad

Rae opens her debut album perfectly with this fun and flirty track, reminiscent of Y2K pop idol Britney Spears in both musi-



Addison Rae

cal production and lyrics such as “He calls me late at night and he calls me ‘baby’ / If you knew how blessed he was you would probably hate me.”

2. 2 die 4 (feat. Charli XCX)

Pop staple Charli XCX is featured on this much anticipated song after it was leaked about a year and a half ago on TikTok

and quickly gained popularity. This is partially because of the catchiness of the song, but maybe you’ll remember the iconic misheard lyric “this pum pum / to die for”. (Side note: It’s actually “this boom boom bass to die for,” but admittedly pum pum is a lot more fun to say.)

3. Nothing On (But The Radio)

In this tantalizing retro pop tune, an unreleased song from the queen of pop herself, Lady Gaga, Addison takes her chance to show off her impressive vocals. Both the usage of “radio” and the sneakily suggestive lyrics remind me of a song I would obviously sing along to in the back of my mom’s minivan in the early 2000s.

4. it could’ve been you

Rae wraps up the album with this addicting break-up anthem,

adding layers of guitar, drums and bass for a more rock ‘n’ roll sound reminiscent of earlier Avril Lavigne. The similarities continue in her fiery lyric, “Now I don’t wanna make up, I’ll make out / with somebody new / it could’ve been you.” Besides making you want to get up and dance, this song will make you want to break up with your boyfriend instantly.

While Addison Rae may not be a seasoned musician by any means, she is somebody who knows what her audience wants and has both the talent and tact to give it to them while still staying true to herself and her brand.

That’s a feat in its own right, especially for her first album.

It will be exciting to see how she’ll influence other artists and how she will continue to grow as both an influencer and now a singer.

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Do you like writing? Are you interested in reporting, copy editing, photography or graphic art? Then you’d be the perfect candidate for **THE ADVANCE-TITAN!**

Contact Editor-In-Chief Katie
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with any questions :)

pulvek45@uwosh.edu

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

Hopping on the bandwagon

Pick your fantasy football team wisely

By **Mattie Beck**
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When the month of Sept. hits, the thing I hear most about from my boyfriend is the amount of fantasy football leagues he is in, what players are important to him, and how he is doing in said league.

The amount of times I go over to his house and find three televisions on with various football games on because “they’re important to me in fantasy” is a high amount of times.

This leads me to the question “what is so great about fantasy football?” Why are so many (predominantly) men interested in this and even investing money to join leagues?

To try and find an answer to this question, I joined a league myself, made up of my boyfriend, his friends and mine, with a five-dollar fee to join the Slay Season league.

I don’t know much about football players, but I can tell you who Joe Burrow is and that’s about it when it comes to the modern teams.

When I participated in the draft, I found it to be somewhat stressful and confusing.

What do you mean you just pick at random? What do you mean I can’t take two quarterbacks right away—aren’t they the best players? (Yes I did pick Josh Allen in the first round and Jalen Hurts in the second, so what?)

The draft continued on for an

hour, and I continued picking players (with some help from my boyfriend) mainly based on how fun their name was or if I had seen them on TikTok.

To be honest, the draft in itself was stressful, you had about two minutes to pick your player for that round of the draft, and if someone took the player you wanted it was a scramble to figure out what to do next.

The way people picked varied, with some opting to have some fun since the league wasn’t expensive to join. For example, one friend made his team “The Pretty Boys” and picked players he deemed attractive (yes Joe Burrow is his quarterback).

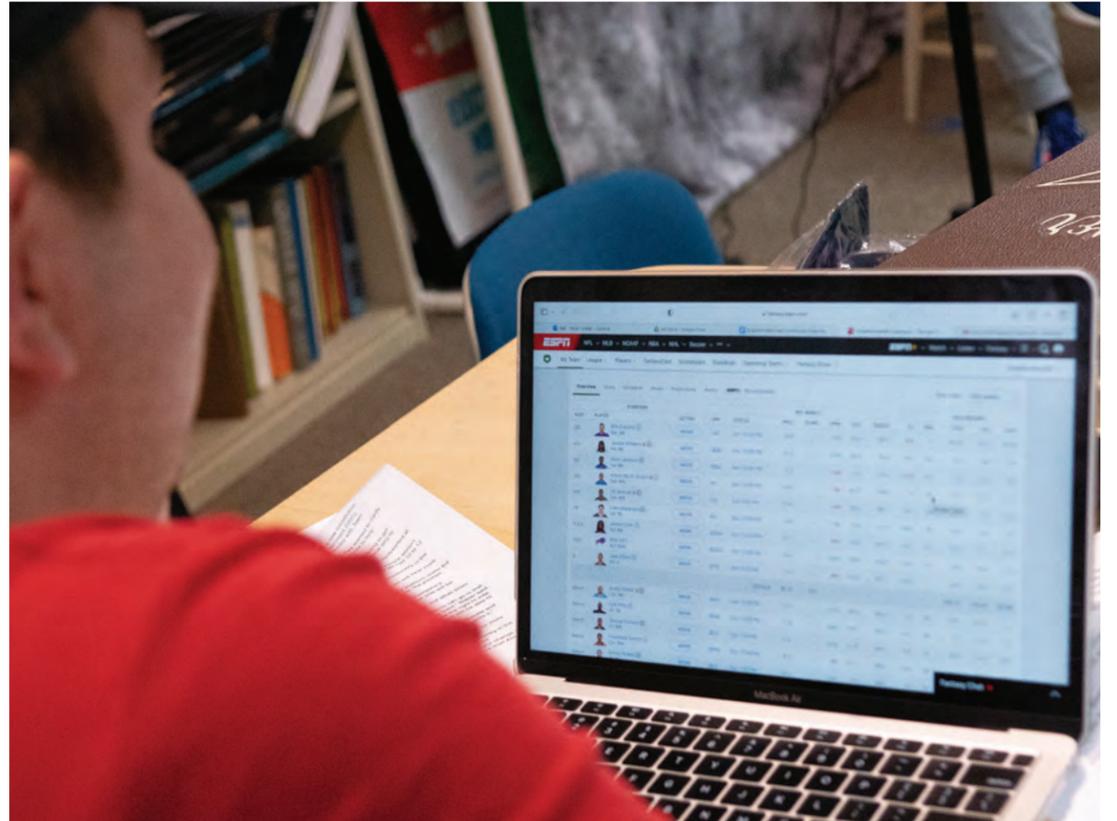
After the picks had been done, we waited for the next day and Thursday night football games to commence.

I picked my lineup for the week and got to see how many points players were projected and what my win probability was.

As the games progressed into the weekend, I’ll admit I was having some fun with the league. I saw my win probability go up and down and saw how players were doing throughout the different teams.

It all came down to Monday night, with people on the edge of their seats to see what players would give them their final points for the week’s matchup.

At the end of the last game, I had won my matchup with 100.0 points and made it through my first week of fantasy.



Meagan McDowell / Advance-Titan

The person who organizes their fantasy league team gets first pick priority in the draft. There are normally 13-14 rounds in every draft. The head of the league also sets the date and time the draft begins. Other members of the league wait patiently for their turn to roll around to pick their players.

To sum up my experience from just one week of fantasy, I’ll say I had a lot of fun with it.

I was able to pay attention to football closer and follow along with players more than I usually am (meaning I actually understood positions when watching the game).

I understand why fantasy football leagues can be a lot of fun

for people to participate in, it makes watching football more engaging and gives you a chance to root for players other than your “home team.”

You also don’t have to completely know football to participate in fantasy, anyone can create a league and have fun with picking players and deciding team names, you can even throw

a draft party to make it even more fun.

Fantasy football is a way to include everyone in the sport and partaking in watching the games, and I encourage everyone to do it next year if they get the chance.

I wish everyone luck to everyone in their fantasy leagues this year!

AT-Staff Songs of the Week

- Orange Juice by Noah Kahan (Mattie, A&E Editor)
- Don’t Delete the Kisses by Wolf Alice (Anya, News Editor)
- Funkytown by Lipps Inc. (Nolan Jr., Sports Writer)
- About by Another Michael (Katie, Editor-in-Chief)
- SkeeYee by Sexy Red (Jacob, Co-Sports Editor)
- Breezblocks by alt-J (Nolan Sr., Co-Sports Editor)
- Lost in Paris by Tom Misch, Goldlink (Aubrie, Opinion Editor)
- Tusk by Fleetwood Mac (Kelly, Managing Editor)

Do doctors actually care about us?

By **Aubrie Selsmeyer**
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Do doctors and healthcare providers actually care about our well-being... or are they just being paid to pretend?

I found myself asking this question as I sat twiddling my thumbs in a sterilized room while a doctor talked at me for a whopping total of ten minutes.

“Any questions?” she asked.

“Nope,” I replied.

Truthfully, I had questions. But, between you and me— I was too intimidated to ask.

My mom, in the corner of the room like a trainer in a boxing ring, prompted me to ask my question. I shot her a look hoping she’d come to my rescue, read my mind and ask the question for me. But she didn’t.

We both threw in the towel of defeat and my doctor walked victoriously out of the room.

So, my question remains; why are we scared to talk to our healthcare professionals? And

when they ask if we have questions, do they actually want to hear them or is it rather a force of habit?

If you’ve ever found yourself in a room with an impersonable doctor, you aren’t the first person and you won’t be the last. The conversation regarding your own personal health doesn’t feel like an open-ended one and instead you may feel like decisions are being made for you instead of with you.

So, the conversation (if you can call it that) clips on by and ten minutes later you’re charged \$150 for someone to tell you that they know what’s best for you.

Not to mention that it also feels extremely illegal to even question our healthcare providers. They have lost more accumulated hours of sleep than we will in our entire lives, grayed faster than anyone their same age and get paid an absurd amount of money to do so. Who are we to question some of the most upstanding citizens that are our healthcare providers?

A lot of times success is intimidating. Especially when we

see others more successful than ourselves. But success doesn’t mean that everything someone says, goes. As intimidating as success is, it should be viewed as an opportunity to learn from someone who has a specialty contrasting your own. It’s unfortunate that instead of using their knowledge as a tool, some doctors use it as something to hold over a patient’s head. Or so it feels sometimes.

And as much as we may dislike going to the doctor, we depend on them. We depend on their diagnosis for the well being of ourselves and our loved ones.

Many times what should be a shared decision between the clinician and the patient becomes a one-sided decision. This fear and intimidation can be described as “hostage bargaining syndrome” (HBS) according to Leonard Berry, a marketing professor from Mays Business School at Texas A&M.

Berry and his three co-authors published a piece in the Mayo Clinic Proceedings titled “When Patients and Their Families Feel Like Hostages to Health Care,”

where they further explain this phenomenon of succumbing to the pressure of healthcare providers rather than voicing our concerns.

Although HBS is more common with more life-threatening, serious cases, it does not mean that regular patients can’t experience it as well. The only way to avoid this syndrome is by clinicians “appreciating, paradoxically, how patients’ perceptions of their power as experts play a central role in the care they provide.” (PubMed).

It’s no fun to feel as though you don’t have a say in a matter that involves you, especially your health. When it comes to our health we want to be involved in every decision that goes into it. The involvement begins with the doctor. It’s crucial that patients feel they can ask questions and know what is going on.

We love all of you for taking care of us, but sometimes we also want you to listen to us.

Sincerely, an intimidated teenage girl who still brings her mom to her doctor appointments.