

# The Advance-Titan

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## Titans win WIAC title



Courtesy of Steve Frommell / UWO Athletics

The UW Oshkosh women's volleyball team celebrates after taking home the WIAC regular season title in the 3-0 sweep of UW-River Falls Nov. 8 at the Kolf Sports Center.

By Nolan Andler  
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The UW Oshkosh women's volleyball team clinched its second straight Wisconsin Intercollegiate Athletic Conference Championship Friday night at the Kolf Sports Center after the No. 5 nationally ranked Titans beat UW-River Falls 3-0.

UWO beat the Falcons with set scores of 25-16, 25-14 and 25-23. Sami Perlberg and Riley Kindt led the Titans in the victory, recording 11 kills each. Izzy Coon led the team with 16 assists and Abby Fregien had 16 digs.

The first set started as a close battle with both teams starting the match tied at 9-9. The Titans broke it open with a 5-0 run while leading 12-11 thanks to five Falcon errors to go up 17-11. The Titans used the lead to propel themselves to a set one win.

The second set of the match was a blowout, as UWO jumped out to an 8-1 lead behind two kills from Perlberg and two service aces from Fregien. The Titans were able to get a lead as large as 10 points in the set and the lead was never smaller than seven points as UWO easily won the second set of the match.

The third set was the closest one of the match. UWRP jumped out to a 10-6 lead to start the set, but UWO was able to come back and take the lead at 17-16 thanks to two 4-0 runs from the Titans. After, it was a back-and-forth battle and the Falcons were able to reclaim the lead at 21-20. That was the last time the Falcons would hold the lead as the Titans finished the match on a 5-2 run to win the match behind kills from Perlberg and Lauren Grier. The Titans scored the final point off of an attack error from Falcon outside hitter Grace Mcdole to win

the set, match and the WIAC title.

The Titans finished ahead of both UW-Whitewater and UW-Stevens Point by one game in the final WIAC standings. In their match against UWW Sep. 18, the Titans had to come back from a 2-1 deficit to knock off the Warhawks in five sets. Then UWO traveled to Stevens Point on Oct. 26 and the Titans had to come back from a 10-2 deficit in the fifth set. Those two matches are important to note because UWO also had to respond from back-to-back losses where they were swept by UW-Platteville on Sept. 25 and Edgewood College on Oct. 2. Since those two matches, the Titans ripped off 12 wins in a row to end the regular season with a 24-4 record.

Head coach Jon Ellmann said that he knew that team would be tested this season and was proud of the response.

"We are extremely proud of

the regular season accomplishment," he said. "We've been tested in a multitude of ways this year. We knew that would be the case, and we've learned a multitude of lessons on who we need to be and how we need to play."

The team returned most of its players from last year, including fifth-year seniors Kindt and Kalli Mau. The Titans were able to defend their title from a year ago due to the contributions they got from the young players, especially from sophomores Malia Winchel and Grier, who weren't an active part of last year's team.

"It's great to see younger players on the roster step up consistently and in big moments," Ellman said. "They, and all of our younger players, really bring great positional depth, talent and fun to this roster."

Perlberg replicated her 2023 season, where she led the team

in scoring, by leading the team again in scoring this season with 355.5 total points.

The Titans head into the WIAC tournament with the No. 1 overall seed. Ellman said that he knows that even though home court will be an advantage, the Titans have to be ready for a tough fight from whoever they face in the WIAC tournament.

"The conference is tougher this year than last from top to bottom," Ellman said. "With that said, we are surely not deficient in the motivation department."

UWO hopes to avenge their loss in the conference tournament championship game to UW-Whitewater last season.

The Titans' first game in the WIAC tournament will be Nov. 14. UWO will face off against either the No. 5 seeded UW-Eau Claire Blugolds or No. 4 seeded UW-Platteville Pioneers at the Kolf Sports Center and at 7 p.m.



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## About the Newspaper

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# Alfheim looks to unify the Fox Valley

By Josh Lehner and Jacob Link  
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Having won the State Senate seat for District 18, Democrat Kristin Alfheim says that she wants to unify the people of the Fox Valley while in office after defeating Republican Anthony Phillips.

"I don't care in the end who you voted for," Alfheim said. "It is time to start thinking of things from a public perspective. I will be open to hearing, to listening and to coming up with ideas from all sides. I am someone who wants to know all the information, every side of it. If we all get together at the same table, we can work through and find the best solution that is beneficial to everyone without anyone getting kicked in the teeth. That is how negotiation works."

Alfheim, who won by just over 5,000 votes, received 53.3% of the vote on Election Day, well ahead of Phillips, who received 46.7% of the vote.

The Democratic Party was favored in District 18, according to CNAlysis, and Alfheim is the district's first Democratic senator in 12 years.

Alfheim, who currently serves on Appleton's Common Council, said she's ecstatic to get to work in District 18, which was recently redrawn to include Menasha, Neenah, most of Appleton and the northern half of Oshkosh (including the UW Oshkosh campus). She was a part of District 19 before the redraw, wherein she ran against and lost to Republican Rachael Cabral-Guevara two years ago.

Alfheim said that she thinks the new maps are valuable because it puts all of the Fox Valley together

"We have to take care of our peo-



Alfheim, left, sits and talks to a constituent during her election watch party Nov. 5 in Appleton. Alfheim won her race for State Senate seat for District 18, which includes Neenah, Menasha and parts of Appleton and Oshkosh.

ple," Alfheim said. "We also then can focus on our own communities. The struggles that we have are similar. So we can now look at some solutions for all of those communities together, as opposed to one at a time."

Alfheim owns Retirement Dynamix LLC, a small business in Appleton that helps people with retirement and mentors women who want to advance in their careers. She said that being a small business owner has taught her how to balance budgets, something that she is not afraid to do in the State Senate.

"There are no easy answers, but there are rational ways that both

sides can come to the table, maybe give a little bit, but nobody [should] get kicked in the teeth," Alfheim said. "That's what we do in business. We negotiate and come to an agreement that becomes a win-win. So that is, in my opinion, what Wisconsin wants. That's what the Fox Valley needs desperately, and that's what I want to help with."

She said some of her most important focuses from day one will center around the people of District 18.

"I think we have to start focusing on kids," Alfheim said. "We have starved our municipalities, and that has a direct impact on the taxpayers

[and] property taxes in these communities. So, people want lower taxes. People want better resources. We can use a lot, or at least a good chunk, of surplus to rebalance those programs and get the pressure off of the property owners, to improve services."

Alfheim said that taking care of communities and kids is the foundation to the district's success.

"If we don't have that, then our businesses will struggle in the long run, in terms of employee retention, [and] families being attracted to us," Alfheim said. "We must take care of the foundation of our society: [our] kids and our communities."

## Grothman to focus on government spending

By Jacob Link  
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U.S. Rep. Glenn Grothman said that he has a lot of goals for his sixth term in the House of Representatives after being chosen to represent the 6th Congressional District in Wisconsin in the General Election.

"Overall, more responsible spending, leading to less inflation," Grothman said. "[Also], closing the border and removing thousands of people who came here wrongly the last four years, reforming the welfare system that discourages work and discourages marriage and removing the diversity bureaucracy, which costs money and unfairly favors some people over others."

The 69-year-old cemented his place in Congress for two more years after defeating Democratic candidate John Zarbano by over 90,000 votes on the Election Day. Grothman received 62.1% of the vote while Zarbano received 37.9%.

During his 10 years in office, Grothman has been assigned to the House Committee on Education and the Workforce, as well as the House Committee on Oversight and Accountability. He serves as Chairman of the Subcommittee on National Security, the Border, and Foreign Affairs, and the House Budget Committee.

According to Grothman's website, his campaign was built on advocacy for "manufacturing, worker training, welfare reform, higher education reform, immigration reform and pro-life causes."

Grothman said that he wants to remind his constituents, which include students at UW Oshkosh, that his administration is there to serve the public.

"I have a great staff of seven folks in Fond du Lac that can help people with Veterans Administration, the IRS, passports and other federal government programs," Grothman said. "The federal government is already spending a lot on education, but I've talked with the outgoing Chancellor [Andrew Leavitt] about federal assistance towards expanding [UWO's] engineering program. We'll see how that works out."

Grothman said there will be a large reconciliation bill in the House dealing with all spending.

"I will be working on amendments with other conservative congressmen to hold that down," Grothman said. "I think we should end laws with regard to government contracting that affect who gets hired by businesses doing government contracting and remove requirements or remove preferences for ownership of government contractors. I [also] think we should put time limits on wel-



Courtesy of Wikimedia

Glenn Grothman sits in a U.S. Senate meeting.

fare-related programs."

Grothman said that during Donald Trump's first term as president, he had individual appointees that dealt with each congressman and Grothman expects someone will be assigned to him soon.

In 2020, Axios released Grothman had scored a 93 on their "Trump Loyalty Index," which was used as an indication of to what extent members of Congress voted in loyalty to Donald Trump during his presidency. Grothman had the highest score of any member of Congress.

Grothman said that there's not

as much animosity between Democrats and Republicans in the House than what is reported, and the two parties get along on minor bills.

"I am concerned that the irrational dislike of President Trump may cause unnecessary partisanship," Grothman said. "Among Republicans, there's less of an expectation of team play [than in previous terms]. Given that we're going to come back with a majority of between six and 12 people, they're going to have to find a way to operate as a team shortly."



## Palmeri to focus on clean water, funding education

By Jacob Link  
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Wisconsin State Assembly Rep. Lori Palmeri (D) said that she'll continue to problem solve for the people of the Fox Valley after winning reelection over Tim Paterson (R) in District 54.

"You know that I've served the city of Oshkosh and the greater Oshkosh area for the last eight years, [and] it's been an honor and a privilege to be a servant leader," Palmeri said. "I appreciate having the opportunity to solve daily problems and their issues here, not just in the city, but in the greater Oshkosh region and Fox Valley region."

Palmeri, who served two terms as an Oshkosh Common Council member before serving two terms as Oshkosh mayor from 2019-23, defeated Paterson by about 1,500 votes Nov. 5 to secure two more years in the State Assembly. Palmeri claimed 52.7% of the vote while Paterson obtained 47.3% of the vote.

While in office as a state Representative, Palmeri has helped create a Diversion, Equity and Inclusion committee, worked with city officials to create Oshkosh's response to COVID-19 and advocated to fund homelessness initiatives and mental health support programs.

In the past month, she's proposed multiple bills surrounding gun violence, including propositions to introduce an office of gun violence within the Department of Justice, a waiting period after buying a handgun and legislation to require storage of a firearm when in the presence of a minor.

Palmeri said that in the end, everyone wants the same things in life.

"We want to have a good quality of life, we want to have our kids educated, we want to have decent roads, we want to have access to health care, affordable housing and decent jobs," Palmeri said. "So I mean, those



Jacob Link / Advance-Titan

(Left) Lori Palmeri makes a phone call at the Winnebago County Democratic Party building in Oshkosh Nov. 5. (Right) Constituents sit around a TV broadcasting election updates Nov. 5 at the Winnebago County Democratic Party building.

are unifying themes for everyone. Most folks, I think, are here because it's a great place to live. It's a great place to recreate, educate and vocation, right? We're sharing all of this space together. We need to learn how we can get along with conserving our resources."

One of the biggest issues that Palmeri said that she wants to fight for is clean water.

"We have 10% of the surface water here in Winnebago County of the entire state," Palmeri said. "So, we all want to have clean water and a decent quantity. We've got to clean up our water because otherwise, none of us are going to be here."

Palmeri said that, among other things, she wants to see public education and the Universities of Wisconsin System fully funded.

"Let's get some of those bills over the finish line, and [we've] got to reverse some of the stuff that happened in the last 14 years," Palmeri said. "And with

these new maps, you know, we have a chance at it. So we've certainly got to introduce things that relate to our women's reproductive freedom. We've [also] got to build some new housing in this state. We've got to make housing affordable."

Palmeri said it is going to be different working with new constituents in District 54 after Gov. Tony Evers approved new legislative district lines that were created by Republicans at the Capitol.

"We had 7,900 new voters added to this district, and they were mostly rural north of town," Palmeri said. "With the new maps, we have more of a urban, rural mix, and 44 new miles on the north side. It's a different makeup. [District 54] used to be mostly the city of Oshkosh. Now it's kind of a combination."

Palmeri said these new maps bring in different issues that constituents would like to see solved.

"With the rural issues, you have more agricultural or non-urban things that you're dealing with than just the city sewer and city roads and things like that," Palmeri said. "[There's] more emphasis on education in our correctional facilities and mental health and things like that [in the city]. But, those are things that we're all facing as an entire state and a nation."

Even though he lost, Paterson would like to tell Palmeri to consider all of her constituents in office, not just the ones that believe the same things that she does.

"The reason why I was running is that I just don't feel that my values, my morals or my priorities are being adhered to at all," Paterson said. "We need to be considering the entire district."

Palmeri said that bringing Democrats and Republicans together in the State Assembly is all about building relationships.

"You have to consider those folks on both sides of the aisle as human beings, personally, and I think that there are people who want to work together," Palmeri said. "Certainly [I hope] we're going to see that in this next session, more people working together. I'm confident. I'm optimistic about that."

Palmeri said that the Midwest culture of helping one another will help bring the state together.

"The people on either coast refer to the Midwest as the fly-over state, but really we are the third coast," Palmeri said. "If you think about it, with the Great Lakes, we're like this kind of hidden gem, and Midwest nice is true. We, for the most part, are decent, hardworking, friendly people, and I think that Wisconsin's resources, [and] our culture of helping our neighbors, is really the kind of value that kept me here."

## ELECTION RESULTS

## HERE & THERE

### Wisconsin Senate

Tammy Baldwin 1,672,418 (49.4%)

Eric Hovde 1,643,302 (48.5%)

### State Assembly District 54

Lori Palmeri 14,003 (52.7%)

Tim Paterson 12,590 (47.3%)

### State Senate District 18

Kristen Alfheim 46,878 (53.3%)

Anthony Phillips 41,075 (46.7%)

### Presidential Election

Donald Trump  
312/270 electoral votes

Kamala Harris  
226/270 electoral votes

Graphic by Josh Lehner





## Scoreboard

### Friday, Nov. 8

**Men's Swimming**  
UW-Whitewater - 140  
UWO - 70

**Women's Swimming**  
UW-Whitewater - 122.5  
UWO - 120.5

**Women's Basketball**  
UWO - 64  
Coe College (Iowa) - 55  
**Women's Volleyball**  
UWO - 3  
UW-River Falls - 0

### Saturday, Nov. 9

**Men's Wrestling**  
at Lakeland University  
(Non Scoring)

**Men's Swimming**  
UWO - 3rd of 5, 666 points  
**Women's Swimming**  
UWO - 2nd of 5, 666 points

**Football**  
UW-Stout - 45  
UWO - 42

**Women's Basketball**  
UWO - 56  
Loras College (Iowa) - 36  
**Men's Basketball**  
SJU (Minn.) - 73  
UWO - 62

## Upcoming Events

### Thursday, Nov. 14

**Men's Wrestling**  
at UW-Eau Claire  
Eau Claire, Wisc. at 7 p.m.  
**Women's Volleyball**  
WIAC Tournament  
vs UWP/UWEC at 7 p.m.

### Friday, Nov. 15

**Women's Basketball**  
vs University of Dubuque (Iowa)  
Milwaukee, Wisc. at 5 p.m.  
**Men's Basketball**  
vs Calvin University (Mich.)  
Tiffin, Ohio. at 5 p.m.

### Saturday, Nov. 16

**Men's Basketball**  
TBA  
Tiffin, Ohio. TBA  
**Men's Wrestling**  
UW-Oshkosh Titan Duals  
11 a.m.

**Women's Wrestling**  
UW-Oshkosh Titan Duals  
11 a.m.

**Men's cross country**  
NCAADIII Regionals  
Northfield, Minn. 11 a.m.

**Women's cross country**  
NCAADIII Regionals  
Northfield, Minn. Noon

**Men's Swimming**  
vs St. Norbert College at 1 p.m.  
**Women's Swimming**  
vs St. Norbert College at 1 p.m.

**Football**  
at UW-River Falls  
River Falls, Wisc. at 1 p.m.  
**Women's Basketball**  
vs Wisconsin Lutheran College  
Milwaukee, Wisc. at 3:15 p.m.

### Wednesday Nov. 20

**Men's Basketball**  
Vs Carroll College at 7 p.m.



Issac Fischer/Advance Titan

UWO's Clayton Schwalbe looks for more yardage after completing a catch during the game versus UW-Stout at Titan Stadium on Nov. 9

## Titan football falls to UWS Blue Devils

By Nolan Andler  
andlerno63@uwosh.edu

The UW Oshkosh football team lost a heartbreaker 45-42 to the UW-Stout Blue Devils on UWO's senior day at J.J. Keller Field at Titan Stadium. The winner would continue as the Wisconsin Intercollegiate Athletic Conference automatic qualifier for the NCAA tournament heading into the final week of the regular season.

UWS won the coin toss and deferred to the second half, which meant that the Titans started on offense. UWO had good field position on their first drive due to a 38-yard return from Ethan Mathe to start the game. The Titans drove the ball down the field thanks to a 12-yard fourth down conversion from wide receiver Trae Tetzlaff, followed by a 16-yard run from quarterback Brooks Blount. The Titans were able to punch it in for their first touchdown from a 2-yard touchdown run from Justice Lovelace to

go up 7-0.

The Blue Devils got the ball on the 50-yard line to start their drive due to a penalty from defensive back Caleb Smith. UWS was able to tie the game behind two big catches from their tight end that set up a short touchdown run from Stout quarterback Adam Moen. The Titans next drive was promising as UWO drove to the UWS 45-yard line, but UWO fumbled the ball, and the Blue Devils recovered it, scoring another touchdown from running back Ben Tolkinen.

The Titans only needed one play to tie the game up at 14-14 on the ensuing drive due to a 68-yard touchdown reception from wide receiver Dan Fynaardt. UWS started the second quarter with the ball, it looked like the Titans were about to hold them on a fourth down on the Titans 31-yard line. UWS was not only able to convert, but were able to score another touchdown to take the lead at 21-14. After holding the Titans to back-to-back three-and-

outs, UWS was able to score their fourth touchdown of the game to go up 28-14 heading into half.

The start of the second half looked like UWS were going to blow out the Titans. UWS started the second half on offense and scored a touchdown to go up 35-14. The Titans on their first drive of the half responded. On third-and-8 on the UWS 22-yard line, Blount found wide receiver Cade Oiler for a 22-yard touchdown reception to make it 35-21. UWS responded with another touchdown to regain their 21-point lead at 42-21. The Titans needed a quick drive at the start of the fourth quarter to still have a chance and that is what they did. A drive that UWO had going to end the third quarter set them up with great field position to start the fourth quarter. UWO was able to punch it thanks to a touchdown from Fynaardt. The UWO defense held the UWS offense to a three-and-out. On fourth down, linebacker Dayshawn Henry got a hand on the Stout punt to block

it and the Titans recovered. UWO responded with a big 27-yard catch from tight end Clayton Schwalbe that set up a 16-yard touchdown run from Lovelace to put the deficit down to 42-35. The Titans tied the game up behind a big 29-yard touchdown reception from Tetzlaff at 42-42. UWO came up big again on special teams as on the ensuing kickoff, the Titans forced a fumble that they were able to recover. With 6:22 left in the game, the Titans had a chance to claim their first lead of the game. Unfortunately, on fourth-and-11, the Titans missed their field goal attempt and the Blue Devils had a chance to win the game. UWS was able to drive down the field and made the game winning field goal to win 45-42. UWO's season isn't over, but they need a win next week to keep their season alive. UWO travels to UW-River Falls on Saturday, Nov. 16 for the finale of the 2024 season. The game will kick off at 1 p.m. at Ramer Field.

## Titans cross country sweep at Red Hawk open

By Jacob Link  
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UW Oshkosh sophomore Allison Van Der Wegen won the Ripon Red Hawk Open Nov. 7, while both the women's and men's cross country teams claimed first place in the team events at the Tusculumbia Golf Course in Green Lake.

Wegen won the women's 6,000-meter race with a time of 24:17.3 while the Titans claimed the team title with 17 points.

UWO's Emma Boegh took second place with a time of 25:16.22 while Zoe Watson finished right behind her in third place with a time of 25:16.27. Oshkosh's Ella Galazewski claimed fourth place in 26:03.66 while Julia Strasser, UWO's final point scorer, finished eighth with a time of 26:34.13.

On the men's side, the Titans claimed the team title in the 8,000-meter race with a perfect score of 15 points and UWO was led by junior John Thill, who

claimed second place with a time of 26:40.64.

Oshkosh's Alex Arndt finished third in 27:14.48 while Aaron Nehls took fourth with a time of 27:42.17. UWO claimed nine of the top 10 finishers, including Ben O'Brien, who finished fifth in 28:24.64, and Connor Reed, who came in sixth place with a time of 28:40.13.

The men's race was won by UWO alumnus Jason Ford, who was racing as an independent and finished with a time of 26:38.36.

UWO senior Amelia Lehman, who won the women's Wisconsin Intercollegiate Athletic Conference individual championship Nov. 2 and did not race at the Ripon Red Hawk Open, said that she has been spending the last few weeks preparing for the NCAA Division III North Regional Championship on Nov. 16.

"I have been running easy on the off days and trying to stay strong on the hard days," Lehman said.



Courtesy of Steve Frommell / UWO Athletics

UWO's Allison Van Der Wegen runs at the Open at Ripon on Nov. 7.

"I am also eating the right amount of food and getting at least eight hours each night. For preparing mentally, I am replaying that [WIAC] race in my head over and over to give me confidence. I am also journaling and giving myself affirmations saying that 'I got this' and 'I am powerful and strong.'"

Lehman said that when she runs, she is constantly thinking.

"When I am racing, I repeat my mantras over and over," Lehman

said. "My mantras this time [at the WIAC meet] were 'this will be tough, but you are tougher,' 'my name is Amelia and I am fast,' 'I am the best one out here,' and 'no one can do what I can do.'"

The Titans will hit the road Nov. 16 for the NCAA Division III North Regional Championship in Northfield, Minnesota, at the Cowling Arboretum, with the men's race scheduled to begin at 11 a.m.



# Ruggerio claims first

By Dylan Eckhart  
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UW Oshkosh men's wrestler Leonardo Ruggerio claimed the only first-place finish for the Titans at the Muskie Scramble at Lakeland University in Plymouth Nov. 9.

Ruggerio, a sophomore from Rome, Italy, won the 148-lb. class after being the only Titan to win all four matches on the day. He won his first three matches by decisions of 7-4, 6-1 and 4-3, and won his final match with a pin in the final 9 seconds, defeating William Harrier of Concordia University Wisconsin

In Bracket A in the 285-lb. class-weight class, UWO's Garth Martell took second and Camden Harms claimed third place, respectively. Both wrestlers finished 2-1, with Harms winning his final match over Mason Kochersperger of Carthage College with a fall in 2:57.

Brodie Driessen placed second for the Titans in Bracket B of the 285-lb. weight class, going 3-1 with two falls. He defeated Aiden Hinchee of Harper College (Illinois) in 1:14, and Chris Gielow of Carthage College in 0:23.

Oshkosh's Logan Harel and Brody Toledo finished in third and fourth, respectively, in the 141-lb. bracket. Harel went 2-1 and defeated Gavin Enders of Harper College with a fall in 0:52, and defeated Toledo for third place.

Toledo went 1-2 and defeated Lakeland's Lucas Schanen with a fall in 1:38.

JP Culver had the next best finish for the Titans, finishing in fourth place in Bracket A of the 125-lb. weight class and going 1-2. Culver defeated Nick Needham from Ellsworth Community College in a 15-0 technical fall.

UWO's men's wrestling team will be back in action Nov. 14 when the Titans take on UW-Eau Claire, ranked No. 4 in the nation, for the Chancellor's Cup Duals on the road at 7 p.m.



Courtesy of Morgan Feltz / UWO Athletics  
UWO's Michael Metcalf-Grassman (4) dribbles past a UW-La Crosse player during the game versus the Eagles last season. Metcalf-Grassman led the team with 28 points.

# Titans fall in season opener

By Zach Bellin  
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The UW Oshkosh men's basketball team faced a tough challenge against Saint John's University (Minn.) Saturday, Nov. 9, ultimately falling 73-62.

The Titans (0-1) were able to put points on the board first, but quickly fell behind as the Johnnies (1-0) followed up the opening bucket with 13 points of their own, making the game 13-2, setting the tone for this game.

In the first half, UWO was outscored 33-30, and the second half saw a similar story, as they fell short of a comeback being out-produced 40-32. In the game, there were three lead changes.

The first occurred in the first minutes of the game and the final two in the second half as the

Titans tried to gain momentum.

Titans sophomore Michael Metcalf-Grassman led the way offensively for the Titans in his 33 minutes on the court, finishing the game with 28 points on 48% shooting from the field (10-21, 2-5 on three pointers). Metcalf-Grassman also led the squad in rebounding with 10 defensive rebounds.

UWO was held in check when it came to rebounding as the Johnnies were able to secure 45 rebounds compared to UWO's 36. St. John's grabbed 10 boards on the offensive side, which they turned into eight points compared to the Titans five offensive rebounds and four second-chance points, which proved to be pivotal in the game.

The Johnnies relied on quality production from their Senior

duo of Kooper Vaughn and Ryan Thissen, who shot a combined 43% from the field and 41% from the three point line while also only missing one free throw. Vaughn finished the game with 25 points, five rebounds, and two assists while Thissen had 21 points, four rebounds and three assists.

Oshkosh outshot St. John's with 40.4% from the field compared to the Johnnies 36%. The Titans shot 75% on free throws and the Johnnies maximized their opportunities shooting 89% on free throws.

From the three point line, both teams ultimately struggled, but St. Johns was able to find more success than UWO where they converted on 11 of their 34 shots from beyond the arch compared to Oshkosh's 4 out of 19 shots.

Additionally, turnovers proved to be another problem for the Titans. In this one as St. Johns was able to convert 20 points off the 15 turnovers they forced, compared to Oshkosh's 10 points off 11 turnovers.

Now the Titans look ahead at yet another nationally ranked opponent on their schedule as they will travel to Tiffin, Ohio Friday, Nov. 15 to face off against Calvin University (Mich.) at Seiberling Gymnasium at 6 p.m.

UWO's first Wisconsin Intercollegiate Athletic Conference matchup take place at Kolf Sports Center, Nov. 20 against Carroll University at home. This is also Faculty & Staff Appreciation Night and Junior Titans Night.

# Swim and dive place at Lawrence University

By Christian Cortez  
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The UWO men's and women's swim and dive teams had a double header on Nov. 8 and 9 against Whitewater, losing 70-140 and 120.5-122.5, and a meet at Lawrence University where UWO placed third in men's and second in women's.

In the meet against Whitewater, Francesca Schiro won two individual events and was a member of the second place 200-yard freestyle relay squad (1:58.73.) She also won the 100-yard freestyle in 53.90 seconds and helped Cadence Showalter, Kori Burnett and Rowan Sinclair to come second in the relay in 1:43.63.

Sinclair also won a pair of events with her winning the 100-yard butterfly in 1:03.10

and the 400-yard individual medley in 4:54.65. Second and third places went to Showalter in 4:57.88 and Sienna Della-Peruta in 5:00.19.

For the men's, Damen Seremet had two individual top-three finishes and one in a relay. He won the 100-yard breaststroke in 1:00.93 and the 50-yard freestyle in 22.62 seconds. Seremet with his teammates, CJ Willert, Leo Ramirez-Gutierrez and Ben Knoeck finished third in the 200-yard medley relay in 1:41.48.

At the Gene Davis Invitational, the women's team took first in four events. The Titans also had 22 top-three finishes, which got them taking second out of five other teams.

The Titans started by taking second in a 400-yard medley relay, with the team of Della-Pe-

ruta, Payton Purdy, Showalter and Elsa Piering finishing in 4:26.35.

The women's 400-yard freestyle relay team of Showalter, Sinclair, Burnett and Schiro placed first, finishing in 3:48.29.

For the diving events, Maya Indiraraj finished first in both the 3" and 1" meter dives, with scores of 378.10 and 350.9.

Following that, Gianna Migliorese and Paige Vitek finished second and third in the 1-meter, with scores of 250.7 and 250.6.

The men led off with Seremet placing first in the 100-yard breaststroke with a time of 1:01.13, and Ramirez-Gutierrez won the 200-yard freestyle at 1:50.22. They also helped their teammates Willert and Knoeck take third in the 400-yard medley relay team in 3:42.34



Courtesy of Steve Frommell / UWO Athletics  
UWO's Sienna Della Peruta competes in the backstroke event during a past meet at Albee Hall this season

For diving, Jacob Gordon took first in the 1-meter, earning a score of 364.35 while Glen Cole took second and third in the 3-meter with scores of 333.9 and 333.5

The Titans next event will be at home versus St. Norbert College on Saturday, Nov. 16th at 1 p.m.





Josh Lehner / Advance-Titan

(From left to right) Flo Withers, Sandy Kritz, Verna Butt and Clair Kentopp pose while enjoying the social life the Miravida community provides them.

# Building a caring community

By Josh Lehner  
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“The blond hair looked like a beehive atop Verna Hornburg’s head,” begins a story in the Feb. 25, 1981 issue of the Oshkosh Northwestern newspaper.

The story explains the side gig of a banking agent named Verna Butt, then Verna Hornburg, who stumbled into performing sets impersonating the TV character Florence Jean “Flo” Castleberry from the 1980s comedy series “Flo.”

“Well kiss mah grits, honey,” she says to the audience in a Southern drawl — a trademark one-liner of the character she’s impersonating.

More than 40 years later, Verna has left the world of entertainment and work altogether, residing at Miravida Living in Oshkosh, a senior living facility working to build the same sense of community that Verna and others experienced throughout their lives.

A 2023 West Health and Gallup survey found that 70% of surveyed Americans considered the idea of needing to live in a nursing home uncomfortable. Additionally, more than 40% of Americans believe that nursing homes aren’t safe.

Assisted living facilities, including nursing homes, are stigmatized in a variety of ways. One such trope considers them a place of isolation where residents rarely see their loved ones.

Another stigma suggests that these places’ residents receive an inhumane lack of attention and individual care.

While individual instances showcasing this pop up from time to time, by and large, the residents in these facilities, many of whom possess a treasure trove of rich stories, often form tightly knit communities with their fellow residents and staff.

Miravida Living is a prime example of a community trying to crack these stereotypes.

In 1963, 13 Lutheran churches amassed to establish Miravi-

da Living, then named Lutheran Homes of Oshkosh, Inc.

Over the following decades, more buildings were constructed, including senior apartments in 1972 and a condo-style residence building in 1985. A rehabilitation-focused building, named Eden Meadows, was the most recent addition, opening in 2010. But it’s the decades-older 1985 residence building, named the Carmel Residence, where Verna resides.

Walking through the main entrance, one is greeted by the feel of a newly-renovated hotel lobby: A front receptionist desk sits adjacent to a couch and a flock of chairs by a fireplace.

Stereotypical hotel-style carpeting leads guests and residents down the first floor wing of rooms, and, in the other direction is the large dining room, containing spates of square, four-person tables, a beverage station with a soda fountain and a black, upright piano.

On the second floor is Verna’s room. It was originally a two-bedroom suite, but at her request, Miravida knocked down one of the walls to expand the room.

Her room is homely, with a decorative wooden clock placed atop a hanging wall shelf. Tapestries cover her living room side tables, and on one of the tables rests a book of crossword puzzles.

Her living room features a couch, rocking chair and a TV atop a stand on the wall facing the window, where Verna has a birdfeeder. Sometimes, midway through a conversation, she’d pause to listen to a bird chirp, quickly identifying the type of bird.

Then there is Verna, who’s in her 80s, sporting a white pixie cut and perfectly straight white teeth. She needs a cane to walk but is otherwise fully self-sufficient.

Her appearance had become less important to her as she aged. Rather, she said she cares more about people.

Verna grew up on a farm in Clintonville, where her family mostly sustained themselves. They raised animals for meat, collected fresh eggs from their chickens and grew and canned a variety of fruits and vegetables.

“People just don’t know how to do that anymore,” she said.

What the family couldn’t produce themselves, such as flour and sugar, were purchased from the store, with ration books being utilized during wartime.

The same sense of community she experiences at Miravida characterized her childhood when she and her family would work together with other farmers.

“When it was time to do corn, for example, if somebody had a good corn picker, they would go to different farms and pick their corn,” she said. “So as a child — I was about 6 years old, 5 years old — it was always fun because my mom would make a big meal at noon and all the helpers — whether it was corn picking, whether it was cutting, doing straw and wheat and and grain and thrashing — they’d all come in for dinner.”

She said she loved participating with her neighbors in any way that she could.

“I was the lemonade girl,” she said. “Mom would maybe make some cookies as a treat, so I’d take them out for a break for the farmers that were working during the day. ... That’s how the farmers got their crops in — by sharing these equipment things.”

She said that one night during a powerful thunderstorm, her family received a phone call that the neighbor’s barn had caught on fire. Her family immediately jumped to action.

“We all got in the car,” she said. “We all drove down there and mom and I stayed and helped with the wives making sandwiches and stuff for the firemen. Everybody worked together and saved what they could. ... That’s what I loved about growing up on a farm: The

kind nature of your neighbor.”

Whether they were celebrating parties, graduations, anniversaries or birthdays, she said that everyone was invited.

Verna moved to Appleton to pursue a career in banking after graduating from high school, living in an apartment with four other people.

She moved to Oshkosh and found a banking job taking sales calls from car dealers.

“The car dealer would call me at the bank, and I’d have to type [a person’s information] into a teletype machine,” she said, motioning the size of the machine with her arms. “All of a sudden, an hour later, a [credit report] comes out.”

She also worked in customer service, as a teller and in a whole slew of other jobs while at the bank, eventually switching to the insurance industry, becoming one of the first female insurance agents for her company.

Verna left the insurance business to go back to banking before she retired. She moved to Miravida in 2019.

“The people around here keep you laughing,” she said. “And when you don’t feel good, they’re caring.”

Verna’s nextdoor neighbor, Clair Kentopp, has been involved with Miravida since its inception.

“I was part of the fundraising,” he said. “Our church had announced that there would be a gathering of people to hear about the possibility of a group home. I recall making house calls asking people if they would be interested in contributing to this.”

Clair grew up in Omro and would spend time during the summer at his aunt and uncle’s farm in Wautoma.

“It was all done with horses, it wasn’t the modern farmers that we know today,” he said.

After graduating from high school in 1956, he went to college in Chicago. The bigger city had an impact on him, he said, including

converting him to a Chicago Cubs baseball fan.

“When you grow up in a little town like Omro, and you go to a city like Chicago, it’s a different world,” he said.

Like Verna, he worked in banking before moving to insurance. He started his job at the bank while in Chicago but moved to Oshkosh after a couple of years.

“I was the collection manager,” he said. “I went out and chased after people that didn’t pay their debt. I was shot at twice. My family was under police protection a couple of times.”

After retirement and a stint in Ohio, Clair moved in to Miravida in 2018 with his wife.

One of the features he likes about Miravida is its underground parking.

“[It] may not seem important, but no one wants to sweep a foot of snow off their car and hope that it’ll start,” he said.

Flo Withers, a 93-year-old resident, moved to Miravida three years ago.

She grew up in Redgranite with nine siblings under conditions very different from those common nowadays.

“I grew up without running water, electricity or central heating” she said. “We had to build a wood fire in the stove and cooked with a wood kitchen stove.”

She said she appreciates the sense of community she experiences at Miravida. She said she had a note on her door asking to not receive any birthday cards.

“I got 30 of them total,” she said.

Residents at Miravida are always willing to chat, something she said she notices while solving puzzles in communal areas.

“People that are walking around will sit and talk for 15, 20 minutes,” she said.

Turn to *Care* // Page 7



# Care: *How retirees come together*

## From Page 6

“That’s one of the things that sold me [on Miravida] ... the activities.”

Another resident, Sandy Kritz, said there’s always game nights and something to do. She said that a group of ukulele players stopped by for Halloween.

“We play dominoes on Monday nights, there’s king’s corners on Friday nights, there’s sheepshead,” she said. “We’ll put the TV on in the cafeteria and bring snacks. ... [We’ll] watch the Packers games on Sundays.”

She decided to move to Miravida about two years ago after taking care of her own home became too much to ask.

Sandy said she’s been in Oshkosh her whole life and was living only a few blocks away before deciding to make the move.

“[Miravida] was the only place I really looked at, because it’s friendly,” she said. “It’s better than sitting home lonely. I love it here.”

Beyond entertainment, though, Miravida residents help each other out.

Clair emptied out a section of the garage and turned it into a workshop kitted out with his own tools.

“I spend quite a bit of my time down there, as my wife would say, making sawdust,” he said.

He said he crafts furniture for residents, including a bookshelf

for one lady and an apparatus for Verna to help keep her things organized.

Currently, he said he’s working on a table for his grandson.

“We are a community,” he said. “We do everything that anybody else does anywhere in the city. We have entertainment and comradery.”

One of the ways residents build community is through worship services, which are hosted on the Miravida campus.

Karin Dereene is the director of spiritual services and one of three chaplains. She worked in chaplaincy for decades before joining Miravida in July 2023 and received a gerontology degree in college.

“I was interested in having a good amount of time with our elders to learn to understand how they look at things at this juncture in their lives,” she said. “I always feel a lot of pull to conversations with elders, learning from them about their lives and how they’ve [dealt with] the great joys but also their challenges, and how they make meaning out of those things.”

Her role does not end after the church service. Connecting individually with the residents is also a part of her role at Miravida, she said.

“I think that sometimes people put religion into a box of a church

or a certain practice, and spiritual care really looks at how we tend to the meaning and purpose of the people we serve,” she said. “For some people that really does fall in line with having worship services, Bible studies, hymn sings and engaging in their faith traditions. For other people, it’s a lot of talking about whatever they used to do in their lives — their career, or where they lived, or spending time in nature.”

Dereene said that building a sense of community involves relationships and, as a chaplain, she is attuned to understanding the residents.

“When you come to a community like this, you leave a community in some way,” she said. “If you’re someone who likes to hike, and then you become an elder in a community someday, realizing you might be limited as to how much you can go hike or do the things you love, there might be other ways we can connect to that,” she said. “Maybe through conversation or even bringing in a speaker, or connecting with websites or movies.”

Connecting with residents is a part of being a Miravida staff member, Julie Maslowski, the director of senior living at Miravida, said. She worked in assisted living before joining Miravida in February 2023, but she said she fell in love with the environment

at Miravida.

“I liked Miravida because of the nonprofit aspect of it,” she said. “From a for-profit world to a nonprofit, it was a major shift. In for-profit, it was all about ... the numbers game, whereas at Miravida, it’s really about patient care.”

The environment allows ideas to come to fruition more easily because there’s less red tape, Maslowski said. This type of environment also fosters a strong sense of community among staff members.

“It truly is like a family,” she said. “Some of these people have been there for 30 years. They choose to stay with Miravida because the family feel of it. They feel like they have a say in it. They’re heard.”

This sense of community extends to staff members and residents, too. Maslowski said that a new Miravida resident was concerned that she would no longer be able to make her pistachio bread, which she gifts to friends and family during Christmas. Miravida helped her out.

“[The resident and Miravida staff] made 60 loaves of pistachio bread, so she could still carry out those traditions she had at home,” Maslowski said.

A different couple at Miravida were celebrating what would become their last anniversary. She said that the staff organized

a private meal with music for the couple to recognize the occasion. Maslowski said that she wants her staff to make residents the focus.

“I want to challenge [my staff] to be better than they were the day before,” she said. “Learning those little things about your residents. ... [They] have stories to tell and to get them to open up and share with you, I think that’s a compliment and an honor — to be a person that gets to hear these stories.”

Not to leave her performing days in the past, Verna said she emceed for one of the programs at Miravida, where she joked around with the crowd.

“I began by saying that, ‘maintenance here wants me to ask you when you use the bathroom, do you fold your toilet paper or do you crunch it?’” she said. “Everybody’s talking to each other like, ‘What the hell is she talking about?’ I heard later that someone said, ‘Why would maintenance want to know that?’ She believed what I said.”

Verna said that these types of events help foster a happier, more lighthearted environment for everyone.

“To stand up in front of a group of people and get them laughing — they’re forgetting about their troubles, their health — and they look at you like, ‘What’s coming next?’” she said. “It warms them up.”

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**“Whatcha Think?”***What’s your reaction to the presidential election?***Brynn Dahlke, Junior**

“I was glad I got to vote absentee through the mail, and was excited to vote for my first presidential election. I feel fine about the election, I feel like the country voted for who the country wanted and who seemed best fit.”

**Matthew Caine, Sophomore**

“I went to the election watch party in RUB, and was pleasantly surprised with the results, but I didn’t openly celebrate it out of fear of being ostracized, and also out of respect for other opinions and because that will only contribute to more division.”

**Skyler Raye, Junior**

“I feel like a lot of Trump supporters were not properly educated on what he stands for and what he actually did while he was president last time, especially in regards to the economy. Many people voted for Trump solely on his economy, and I feel like they are going to be very disappointed. Trump’s economy during his first running was simply riding on Obama’s coattails while Biden was using Trump’s economy and is being solely blamed for the problems even though he’s not the one who initiated it.”

**Taisto Oney, Senior**

“I think the next four years are going to be hell for a lot of people, but as a straight white male I won’t really be affected by that, and I have a lot of emotions and realizations to come to terms with.”



Courtesy of Business World Online

After the results were tallied on Election Day, Donald Trump was declared the projected winner of the 2024 presidential race.

# A-T reacts to election

By The Advance-Titan  
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The 2024 presidential election results are officially in, and the response has been polarizing. Many Republicans are overjoyed, celebrating by drinking and donning MAGA merch while the Democrats are mourning and plotting their move to Canada.

Here at the Advance-Titan, we have some thoughts of our own. We were all together in the A-T newsroom producing next week’s newspaper when we found out the results, which is perhaps one of the worst places to find out election results.

Production night is already stressful enough without a presidential election going on, so trying to focus on what needed to get done was incredibly difficult. One of the editors remembers thinking, “who cares about AP style when human rights are at stake?”

When the results dropped, pretty much everyone in the room was silent. It felt like an inescapable nightmare.

“You could especially see the light leaving the eyes of the women in the room,” one editor recalled. “They just wanted to go home and mourn, but there was still work to do. They still had homework and exams and classes they had to go to when it felt like the rug was pulled out from underneath them.”

For weeks we had been devouring political content, eating polls like candy. By the time Election Day rolled around, we were incredibly burnt out, and the results just seemed like a final blow to our mental state.

Our initial reaction was confusion, which then turned into sadness and fear, which then quickly matured to anger. We practically went through the five stages of grief in the course of 15 minutes.

Sobered up, our opinions are still the same, just diluted. We’re still just as confused as to how this man secured both the popular and electoral vote, especially after his many embarrassing campaign mistakes this year, and

the last election’s not-so-peaceful transfer of power.

If anything, the results just show that people in this country care more about making money than they do about helping other people. In a lot of the exit polls from Election Day, people said that the number one reason they voted for Donald Trump was because of the state of the economy.

“Apparently to most voters, the economy weighed more on them than women’s rights, extending protections to minority groups and expanding healthcare,” an editor said. “If that is the way that most people feel, then so be it, but if you voted for [Donald] Trump, there should be no complaints about the economy for the next four years and you can’t blame the Democrats on the economy for this next term now that Republicans lead in the House and Senate.”

We agreed that Kamala Harris’ campaign was flawed.

Not only did she get a fraction of the time to campaign, but her campaign had some fundamental problems as well.

In order to win some of the swing states, especially in the Midwest, she should have made more efforts to speak with farmers and more rural communities.

She was more focused on urban areas in her campaign because she knew she would most likely win those areas, rather than taking a chance to personally go out to rural communities. Instead, she sent people to rural areas on behalf of her campaign, which didn’t feel genuine to many.

Her campaign also depended too much on defaming Trump and the fact that she isn’t him, which is not only an ad hominem fallacy but also disappointing for voters who were looking for a solid plan.

In this way, the results weren’t too surprising. We had a feeling going into Election Day that we were going to see another Trump presidency.

We were more surprised by the fact that Trump won by so many

votes. We could not believe that he saw gains with Latino voters with his threats to close the border and to deport as many people as he can.

“I have a lot of Latino friends who know people who came here illegally and who voted for Harris to protect their friends and family,” said one editor. “I was surprised that more Latino voters around the country didn’t vote for Harris.”

Others on the A-T team had a different experience.

“I was trying so hard to be optimistic that I managed to back myself into a corner,” another editor said. “I was convinced Harris would win and I spent all of Election Day skipping around with a huge smile on my face. After the initial shock and horror subsided, reality set in and I questioned how I didn’t see Trump’s win coming.”

All politics and beliefs aside, if you truly love this country, then you should be horrified that people stormed the capitol building after the President declared that the election was stolen and told people to ‘fight like hell.’

These facts are undeniable. They are not political. We are disgusted by how many people witnessed these attacks and voted for the person that encouraged them and who, numerous times, falsely said that the 2020 election was stolen from him.

“It’s funny how most of Trump’s supporters hate ‘fake news’ (at an Election Day party I was asked if I produce fake news from a Trump supporter), but the person that creates misinformation and tells people what they should and shouldn’t believe is Trump.” It’s a classic example of the call coming from inside the house.

As for these next four years, the selfish part of us wants to have a sort of “told you so” moment and have everyone who voted for Trump suffer exactly what they voted for: a regressive society and a massive blow to the middle and lower classes.

However, we know this won’t benefit anyone except Trump and

his good-old-boys club. So, we sincerely hope Trump does not accomplish anything he says he will.

We also hope he isn’t able to load the Supreme Court with whoever he wants during his presidency because that has the possibility of leaving a lasting impact on the country for years beyond his presidency.

“I feel like most of his second term will be spent undoing everything that Joe Biden did (which in turn, was to undo everything that Trump did in his first term), and once we have elected a new President, they will most likely undo everything Trump has done,” one editor said. “Basically, we will have barely gotten anywhere in the 21st century.”

We hope that the world does not dive into war, and that climate change doesn’t end all of humanity. As long as the U.S. still exists and we are alive, we will take that as a win.

In the meantime, we hope Americans can take a step back from the theatrics of the recent election and truly educate themselves on political candidates and their policies. Media literacy seems to be a dying skill, and for the sake of our country, it needs to be restored.

Overall, we are equally terrified for the future of our country and the people in it. Half of the population is getting their rights taken away, and the other half is happy to trade in the rights of others to keep their pockets lined.

What’s even more terrifying is that a lot of Trump supporters claim to be Christian while simultaneously idolizing him and being greedy. Moreover, they are idolizing somebody that spews hate, and goes directly against Jesus’ teachings of love and acceptance.

Regardless, we will endure these next four years together with the sentiment that Trump cannot run after this and with a blazing hope at the end that, after four years under Trump, America will finally be ready to have a woman as president.