

The Advance-Titan

INDEPENDENT STUDENT NEWSPAPER OF THE UNIVERSITY OF WISCONSIN OSHKOSH CAMPUSES

Vol. 135, No. 10

Nov. 7, 2024

ADVANCETITAN.COM

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Isaac Pischer / Advance-Titan

A UWO student registers to vote on Election Day at the Culver Family Welcome Center Nov. 5 after waiting in line for over two hours.

Students relieved for end of election

By Kelly Hueckman
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During an election results watch party, more than 60 UW Oshkosh students and faculty members gathered in Titan Underground for wall-to-wall return coverage as ballots were counted Nov. 5.

For many students, this was their first time participating in a presidential election. Now, they just want it to be over.

"When we proposed this idea of having a watch party, [certain students] said 'no, that's not something I can do, I'll be in bed with the covers over my head,'" Political Science Chair Tracy Slagter said.

UWO student Echo Czyznik, who voted for Harris, said she has been nervous about the election no matter the outcome.

"Either way, a good chunk of the people aren't going to be happy," she said. "I feel that there is one side who will have a bigger reaction, whether it's positive or negative, than the other side. Either way, how the election goes, I worry for the large reaction."

For students who have particularly had their hands in the election, just knowing that it's over will alleviate the stress of the past few months.

President of UWO Democrats Bella Wishnie, who also voted for Harris, had been tabling, helping students register to vote and informing them about candidates since the beginning of the fall semester. She said the end of the election season will take away some of the anxiety she's been feeling.

"Whatever the outcome is, it's just going to be a weight off of our shoulders," Wishnie said.

Vice Chair of UWO College Republicans Christian Mueller, who voted for Trump, had worked helping campaign for local Republican candidates including Tim Patterson and Anthony Phillips.

He said his involvement in the election has added a heavy workload on top of his regular responsibilities.

"It's been a lot of stress," he said. "We're all students, too, at the same time."

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Voters stay amid long lines

By Jacob Link
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UW Oshkosh students waited up to three hours in line to cast their votes in the 2024 presidential election Nov. 5 at the Culver Family Welcome Center after the line stretched almost out the door by the time polls closed at 8 p.m.

While they waited, snacks, drinks, other voters and even celebrity cameos kept student voters occupied long enough to vote for either Democratic candidate Kamala Harris or Republican candidate Donald Trump.

At one point, a member of the crowd was able to FaceTime actress Scarlett Johansson, one of Time Magazine's 100 most influential people in the world, who encouraged voters to stay in line and vote.

Alvaro Rivera, a first-time voter, said that he was in shock when he got to talk to Johansson over the phone.

"It definitely caught me off guard," Rivera said. "It was amazing to see such a famous actress at the polls in Oshkosh and getting to talk to her about the election. I'll never forget that moment as long as I live."

UWO sophomore Cooper Johnson, also a first-time voter, said that he had to wait over two hours to vote on campus.

"It was pretty chill, I got free pizza so that was nice," Johnson said. "It probably wasn't worth the wait. I mean, what are the odds it comes down to my one vote, you know? But it's still cool to say that I voted because it was the first election that I was old enough (to vote in)."

Rivera, who had to wait just under two hours in line at the Culver Family Welcome Center, said that it was really cool to be able to cast his vote for the first time.

"I liked talking to people in line and meeting new people, and I guess the only thing that kind of sucked is waiting in line," Rivera said. "But I guess I didn't really know what to expect, because I never voted before, but overall, I thought it was an interesting experience, and I plan to vote in the next election after voting this time."

Rivera said that people were handing out food and drinks to those in line.

"My buddy walked in, pulled out his backpack and started handing out Mountain Dews," Rivera

said. "They did some pretty cool things to kind of keep the crowd engaged and to keep people waiting in line instead of just walking away due to the long wait times."

Johnson said he was going to vote for Trump but flipped to Harris last minute after a random number generator decided. He didn't decide to vote until 6 p.m. Tuesday, using the election as an excuse to get out of art class early.

"I was going to vote for Trump because he's funny and shit, and I f**** with him since 2016, but my liberal friend wanted me to vote for Kamala," Johnson said. "I told her to pick number one or two, and she said two, and then the random number generator [I used] said two, so I voted for Kamala."

Rivera said that he voted for Harris because of her more liberal beliefs.

"I think that what she's representing and running for represents me and my family and the people I care about," Rivera said. "I think she is going to make improvements with the immigration process and stuff like that, she's also more for helping the middle and lower classes and to protect women's right to choose for abortion."

At press time at 3:30 a.m., the Associated Press declared Trump the winner after acquiring the 270 electoral votes necessary to assume the presidency for a second term. Trump also led in the popular vote 51.2% to 47.4%.

In the race for Wisconsin's U.S. Senate seat, Republican Eric Hoode led Democratic incumbent Tammy Baldwin 50% to 47.8%. Republican Glenn Grothman secured another term in Congress with a 62.5% to 37.5% win over Democrat John Zarbano in the race for Wisconsin's 6th Congressional District.

Democrat Kristin Alheim led Republican Anthony Phillips 51.8% to 48.2% in the race for Wisconsin State Senate District 18 while Republican Tim Paterson led Democratic incumbent Lori Palmeri 53.2% to 46.8%. According to AP, the proposed amendment to Wisconsin's constitution that would state that only U.S. citizens can vote, repealing an existing provision stating that every citizen can vote, passed 71.3% to 28.7%.

For updates on election results, check advancetitan.com or on Instagram at [theadvancetitan](https://www.instagram.com/theadvancetitan).

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About the Newspaper

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

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.edu.

Advance-Titan

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Election: Students express burnout

From Page 1

Slagter said these feelings of anxiety, stress and frustration can come from many different places, including a tumultuous past two presidential elections and the possibility that results may take longer than expected to be certified. She said these feelings are “totally normal.”

While political tensions have been high, Slagter said this isn’t necessarily a bad thing.

“Yeah, there’s a lot of anxiety about it, but at the same time, there’s just been a lot of enthusiasm,” she said.

Compared to past elections, Slagter said young voters are much more engaged than they have been historically.

“They really understand politics and they see politics as a way to get things done,” Slagter said. “It is a tool, a mechanism through which you can make positive change in the world — or prevent it, depending on what your point of view is.”

Wisconsin has seen an upward

trend of voter turnout among young people. In 2022, the state saw the highest youth voter turnout in the nation’s midterm elections.

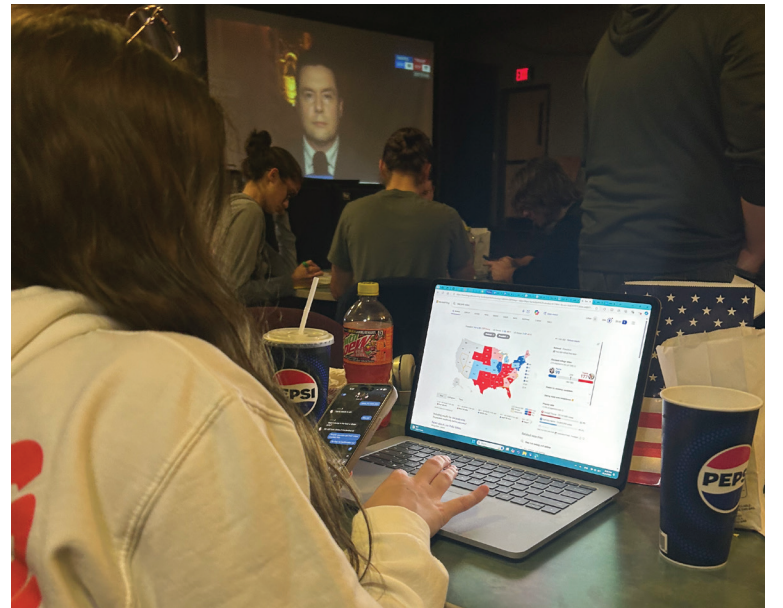
“I love working with our students now because they’re fired up about different things, on both sides of the political spectrum,” Slagter said.

However, this can pose a problem in the classroom after election results are tallied. Slagter said that after the 2016 presidential election, she saw a very clear divide in her classrooms that was difficult to navigate.

“To see one side completely morose and defeated and deflated and the other side jubilant, that was hard to manage in the classroom,” she said.

Slagter said that while she’s grateful that students are engaged, she encourages them to take care of their mental health, even if that means taking a step away from the political content for a while.

“It’s okay to not be connected to it 24/7,” she said. “Actually, we shouldn’t be connected to it 24/7.”



Kelly Hueckman / Advance-Titan

A UWO student reviews preliminary election results on campus.

Slagter said that the best way to find peace while catastrophizing is to unplug and have genuine conversations with others.

“You don’t need to be perpetually

online,” she said. “What you need to do is talk to your fellow humans and really understand the point of view that they have, even if it’s different from yours.”

Refugee resettlement will be problematic, professors say

By Nolan Swenson
and Cassidy Adams
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Thousands of Americans have been driven out of their homes and displaced across the country due to Hurricane Helene and Hurricane Milton. This problem is not exclusive to hurricanes, but a reality for people across the nation dealing with climate change. Rising oceans, increasing wildfires and extreme weather events will be a drive in future climate migration, making Wisconsin’s location and weather desirable.

Paul Van Auken is an environmental studies and sociology professor, as well as chair of the sociology department at UW Oshkosh. Auken’s research pertains to refugee resettlement, land use planning and access to public space.

As a lifelong Wisconsinite, Auken said he has always noted Wisconsin’s environment and the changes taking place within it.

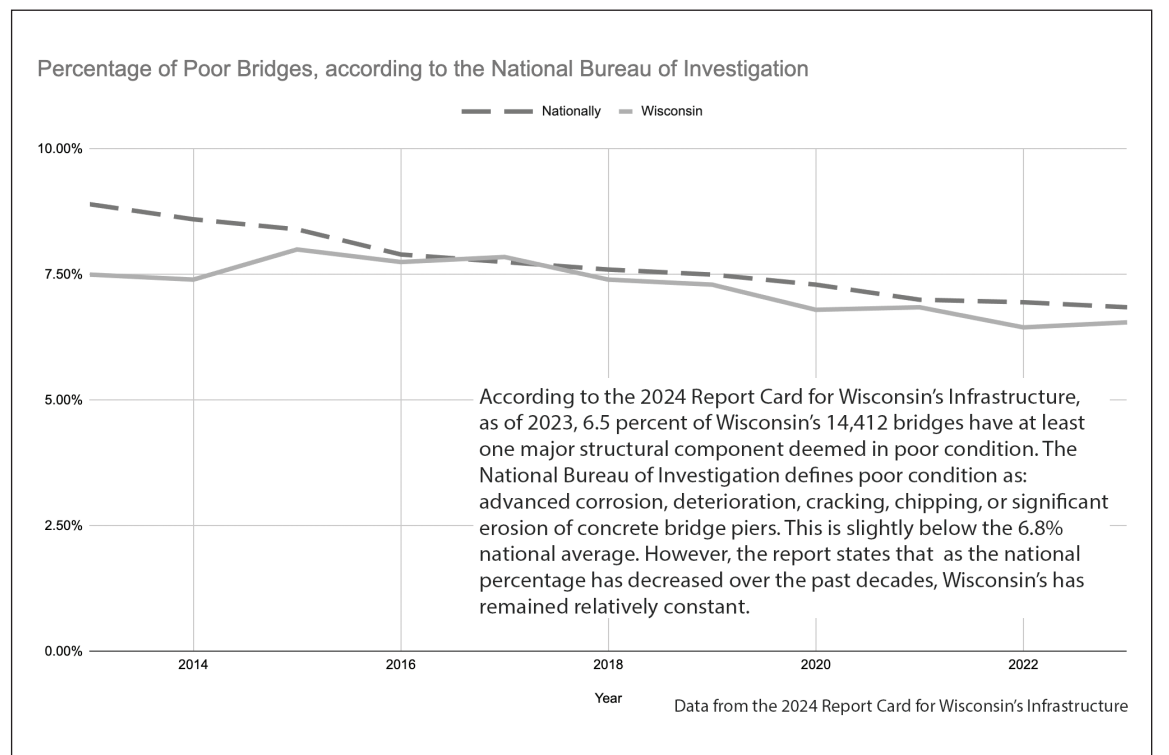
“As part of [a] field trip, [students observed] native species are moving out of Wisconsin and heading north,” he said. “Other trees not of this area are migrating north.”

This phenomenon with plants thriving further north is an aspect of climate change. Auken said that this is a consequence of “extreme weather events,” which have been predicted to be a major consequence of climate change for a long time and creates “bigger, more intense storms.”

According to the American Society of Civil Engineers (ASCE) report card, Wisconsin’s infrastructure is currently at a C-plus, scoring above the national grade of a C-minus.

Auken said that despite Wisconsin’s habitability in the face of climate change, infrastructure will be at risk in the face of an exacerbated climate and the wear and tear resulting from it.

“So far we are not seeing direct impacts of habitability yet,” He said. “The premise of Wisconsin being a destination for climate refugees is logical, as things that are happening are not on the emergen-



cy level. We are being impacted. A dam broke up in Manawa ... you combine aging infrastructure with more rain, you’re going to have problems.”

To improve Wisconsin’s score, ASCE suggested three steps: one, increase overall investment across all infrastructure systems, two, ensure infrastructure is safe, resilient, and reliable and three, monitor access and improve data collection.

Tracy Slagter is a professor and chair of the political science department with an emphasis on international politics and policies.

Slagter discussed the role of Wisconsin when it comes to climate havens, where cities take in refugees who leave their homes due to climate change repercussions and the potential burden it places on those cities.

“The Midwest being a particularly attractive ... Madison is one [climate haven], Duluth and Burlington, Vermont,” Slagter said. “There are a number of them and they’re all northern cities. These are all cities that probably don’t have the infrastructure, the housing, the wastewater management, like all of these infrastructures that you are going to need for a population that is getting larger.”

As climate change worsens, we may see more climate havens

forming in the Midwest. Unfortunately, the trend is the same where these cities and towns are not prepared for the mass amounts of people who will need to come to land-locked states to escape climate change.

Climate migration will bring a necessity for infrastructural change and climate havens, but also a large cultural adaptation. Although we are all Americans, Wisconsin culture is vastly different from Florida’s culture.

“How are these cities going to cope with the cultural difference that will come when you have people who will come and are not midwesterners,” Slagter said. “We’re an interesting bunch.”

As a country, we are well aware of the housing shortage that is occurring nationally. With people migrating to the Midwest, the competition for housing is only going to worsen.

Amber Lusvardi is a political science professor, whose research specializes in policy. She said that housing, particularly the difference in access, has a rural urban divide.

“Housing has been a significant problem of people wanting to move into growing areas in Wisconsin,” Lusvardi said. “Particularly in the Fox Cities, we see a lot of people saying not having affordable hous-

ing is a problem. We have a lot of rural areas that are not as populated ... presumably, more affordable housing and jobs available.”

Another aspect of the rural and urban living divide in habitable regions is the habitability of cities. Auken said that due to the urban heat island effect, there will be disproportionate experiences based on intersectionality within the cities.

“Cities are going to become less habitable due to urban heat island effects,” Auken said. “They already are. There is a huge difference between the outside of a city and the center of it due to concrete ... part of the problem is that people that can afford to live in affluent areas, they can just pick up and move. A lot of people who are stuck with the negative effects, which are getting worse, are likely to be low income and people of color.”

Lusvardi said that all of this will require policy adjustments in order to counter.

“The government can look at options where we can develop,” Lusvardi said. “Are there places where there’s rooms, jobs and an opportunity for investment? We think about post-World War II development in the New Deal era.”



Scoreboard

Saturday, Nov. 2

Men's Wrestling

Non Scoring

Women's Wrestling

Non Scoring

Men's Cross Country

WIAC Championship
UWO - 7th of 8, (186 points)

Women's Cross Country

WIAC Championship
UWO - 5th of 8, (94 points)

Men's Swimming

UW- Green Bay - 188
UWO - 52

Women's Swimming

UW- Green Bay - 178
UWO - 59

Football

UWO - 42
UW- Eau Claire - 31

Women's Soccer

UW-Platteville - 2
UWO - 1

Women's Volleyball

UWO - 3
University of Chicago (Ill.) - 0

Thursday, Nov. 7

Men's Cross Country

UWO - (past publication time)

Women's Cross Country

UWO - (past publication time)

Upcoming Events

Friday, Nov. 8

Men's Swimming

at UW-Whitewater
Whitewater, Wisc. at 5 p.m.

Women's Swimming

at UW-Whitewater
Whitewater, Wisc. at 5 p.m.

Women's Basketball

vs Coe College (Iowa)
Dubuque, Iowa. at 5:30 p.m.

Women's Volleyball

vs UW- River Falls at 7 p.m.

Saturday, Nov. 9

Men's Wrestling

at Lakeland University
Plymouth, Wisc. at 9 a.m.

Men's Swimming

at Lawrence University
Appleton, Wisc. at 11 a.m.

Women's Swimming

at Lawrence University
Appleton, Wisc. at 11 a.m.

Football

vs UW-Stout at 2 p.m.

Women's Basketball

at Loras College
Dubuque, Iowa. at 2:30 p.m.

Men's Basketball

at Saint John's University (Minn.)
Collegetown, Minn. at 5 p.m.

A-Trivia

What was the last season that the Titan football team won the WIAC title?

Answer: 2019, UWO finished with an 8-2 record in the regular season.



Courtesy of Steve Frommell / UWO Athletics

UWO's Trae Tetzlaff hauls in a catch versus Michigan Tech on Sept. 21. Tetzlaff broke the career touchdown reception record on Saturday.

Titans football takes down UWEC

By Nolan Andler
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The UW Oshkosh football team survived a tough battle against the UW-Eau Claire Blugolds at Carson Park on Saturday Nov. 2. The Titans, who were ranked No. 9 in the latest D3football.com top 25, beat the Blugolds 42-31.

UWO won the coin toss and elected to defer to the second half which meant the Blugolds started the game on offense. The Titans defense had the Blugold offense at third down three times on their first drive, but UWEC was able to convert all three times on the way to scoring the first touchdown of the game.

Down 7-0, the Titans were able to put up a quick response and

set up with a great field position thanks to a 63-yard kickoff return from wide receiver Londyn Little. Quarterback Brooks Blount found tight end Clayton Schwalbe open for a 29-yard reception that Schwalbe took to the UWEC three-yard-line. Those big plays set up a three-yard touchdown run from running back Justice Lovelace to tie the game.

The Titan defense held the Blugolds to a three-and-out on their next drive. Which led to the Titan offense being able to take the lead at 14-7 thanks to a 31-yard touchdown reception from wide receiver Trae Tetzlaff.

The second quarter was a back-and-forth battle between both teams. UWEC scored another touchdown on their first drive to

tie the game back up at 14-14. In the immediate drive for the Titans, a deep 35-yard completion from Kellan Mella set up a 12-yard touchdown catch from Tetzlaff for the Titans to regain the lead at 21-14. The second touchdown catch from Tetzlaff was his 28th career touchdown reception, breaking a record set by Sam Mentowski in 2017.

UWEC put together a long drive that lasted 7:03, as they were able to punch it into the endzone and tie the game back at 21-21. Again, the Titans were able to respond as they put together a drive that lasted just over one minute. Schwalbe hauled in a touchdown to give the Titans the lead back at 28-21. Only this time, the Titans held the lead for good. UWO held the Blu-

golts to a field goal to end the half at 28-24.

In the second half, Blount scored a touchdown with a 6-yard run to extend the lead to 35-24. Then Lovelace scored a touchdown in the fourth to put the game away at 42-24. The Blugolds did score a touchdown with six minutes left in the game to make it 42-31 but it was too little, too late as UWO held the Blugolds to a quick drive to end the game.

The Titans will return home to J.J. Keller Field at Titan Stadium for one final time this season as UWO will host the UW-Stout Blue Devils this Saturday, Nov. 9. Kickoff will take place at 2 p.m. at Titan Stadium.

Titans open wrestling season at Pointer Open

By Dylan Eckhart
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The UW Oshkosh men's and women's wrestling teams both competed in their first tournament of the season at the non-scoring UW-Stevens Point Pointer Open at the Skyward Fieldhouse Nov. 2.

The Pointer Open was the UWO women's wrestling team's inaugural meet after the program was announced earlier this year, and the squad tallied a third place and fifth place finish.

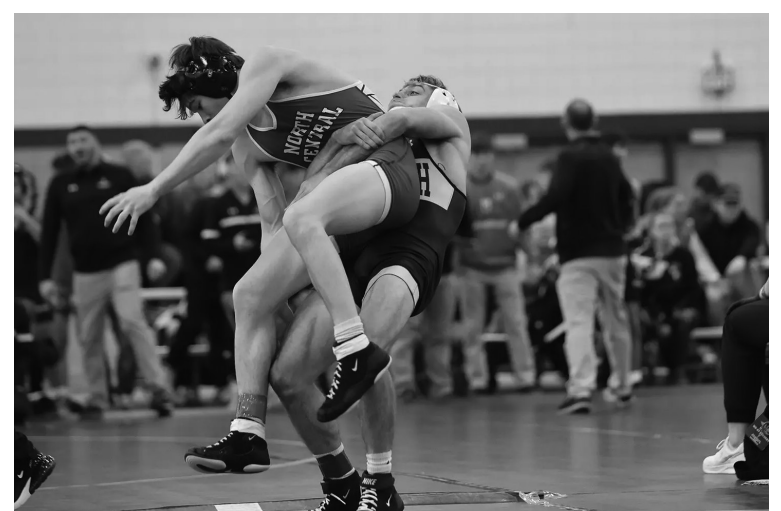
UWO's Annesley Day, a freshman from Round Rock, Texas, finished third in the 124-pound bracket after winning her first three matches, two by decision and one by technical. The most notable win for Day was a 7-6 decision over the No. 9 nationally-ranked Natalie Majier from Carthage College.

Day fell to Grand Valley State University's (Michigan) Aspen Blasko, but in the consolation bracket, she beat Margaret Gillmore of UW-Stevens Point by fall at 1:19, she also defeated Emjay Neumann, wrestling as an independent, by 12-2 technical fall to secure third place.

Also placing for the Titans was Alivia Davey, freshman from Berlin, who took fifth in the women's 207-pound bracket. Davey racked up two pins in Saturday's action posting a record of 4-2. She pinned Lakeland University's Khalia Corry in 1:53, defeated the Muskies' Francelle Williams by injury default, took down Augsburg University's Brantajia Loggins by pin at 2:33 and bested Grand Valley State's Aaliyah Grandberry by 7-2 decision.

The program's first win over an opponent came when freshman Audrey Swiderek defeated North Central College's (Illinois) Hayle Peck in an 8-4 decision at 110-pounds. After falling in her second match, Swiderek won her third match in a 10-0 technical fall, won her fourth match with a pin at 2:37 and improved to 4-1 on the day after a 12-1 technical fall before losing in the consolation championship match.

On the men's side, UWO junior Andrew Schad was the top competitor for the Titans, winning the consolation title at 133-pounds. Schad lost his first match to Ethan Spacht of North Central, then wrestled his way to the title with



Courtesy of Steve Frommell / UWO Athletics

UWO's Andrew Schad takes down an opponent during the Pointer Open at UW-Stevens Point on Nov. 2.

three consecutive wins. Schad snagged a major win 17-9 over Carlos Munoz-Flores of Aurora University), a 7-1 decision over Brayden Burmeister of Luther College (Iowa) and a 14-7 decision over Jad Alwawi of North Central. Schad faced Alex Spray of Concordia College (Minnesota) in the consolation championship, where he won the match 15-8, starting the year off 3-1.

UWO freshman Ryan Bergman tallied a 6-4 decision, an

18-2 technical fall and a 10-1 major decision on his way to the consolation championship match in the 165-pound weight class. Manchester University's (Indiana) James Bettcher won over Bergman in the title match by 16-3 major decision.

The UWO men's wrestling team will be in action Nov. 9 at Lakeland University in Plymouth, for the Muskie Scramble at the Woltzen Gymnasium at 9 a.m.

Photos by Isaac Pischer / Advance-Titan



Students gather in Titan Underground for an election watch party, anxiously awaiting the results for the new U.S. President.



(Left) Two friends pose for a photo after voting while watching the election livestream at Reeve Memorial Union.



A poll worker at the Culver Family Center hands a Titan their ballot.

TITANS VOTE



Titans of all ages gather at the Culver Family Center to cast their vote. For many, this is their first time voting in a presidential election, resulting in palpable tension and excitement in the room. To mitigate

the anxiety, students headed down to an election watch party in Reeve Memorial Union's Titan Underground for friends, food and fun while anxiously awaiting results and watching the election livestream.



Photo by Kelly Hueckman / Advance-Titan
Democrat Kristin Alfeim, who ran for State Senator District 18, talks to UW O College Democrats.



UW Oshkosh students wait in line at the Culver Family Center anxiously awaiting their turn to cast their vote, some of them casting their first vote ever.



One student explains to another what's going on with the maps as they turn red and blue at the TUG election watch party.



A voting Titan puts their completed ballot into the tabulator.

(Left) A poll worker hands out Topper's pizza to hungry students waiting in line for the polls at the Culver Family Center.



Courtesy of Steve Fromell / UWO Athletics

UWO's Kali Mau (7) and Malia Winchel (3) look on during the match versus the University of Chicago (Illinois) Maroons on Saturday, Nov. 2.

Volleyball continues winning streak

By Nolan Andler
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The UW Oshkosh women's volleyball continued their winning streak last week. Beating UW-Eau Claire and the University of Chicago (Illinois). The No. 6 nationally ranked Titans opened up the week at Sonnentag Events Center at Eau Claire and faced off against the No. 24 ranked Blugolds on Oct. 30. The Titans beat the Blugolds 3-2 with set scores of 25-15, 21-25, 27-25, 23-25 and 15-11.

Riley Kindt and Sami Perlberg led the Titans in kills with 18 and 14 respectively. Izzy Coon and Kali Mau led in assists with 28 and 24 respectively.

The first set started with both teams tied at 5-5. For a couple points, both teams did not get a lead larger than one point until UWEC held an 11-10 lead the

Titans went on a 6-0 run. Behind five combined kills from Kindt and Perlberg, the Titans took a 16-11 lead and used that gap to pull away for a 25-15 set one win.

Set two was a close battle the entire way. After UWEC started with a 3-1 lead, UWO came back and responded with a 4-2 run to take a 6-5 lead. That was the only time the Titans held the lead in this set and UWEC quickly reclaimed the lead and never relinquished it for the rest of the set. UWO never got closer than two points of the Blugold lead in the second set.

Set three was close due to both teams putting together big runs. With UWO up 5-4, the Blugolds went on a 6-1 and went to 10-6. The Titans responded immediately with a 6-0 run due to two kills from Joslyn Wolff and went to 12-10. The

Titans were able to build a 20-15 lead, however it was erased as the Blugolds were able to tie up the set at 24-24. UWO was able to get the last two points of the match due to kills from Kindt and Robyn Kirsch.

In the fourth set after a tightly contested battle, it looked like UWEC was going to pull away and win easily after building a 20-13 lead. However the Titans did not go away as UWO cut the lead down to 17-22, and went on a 6-0 run to take a 23-22 lead. UWEC was able to score the last three points, but it wasn't without the Titans making them sweat.

In the final set of the night, it started out back and forth like the other four sets. However, down 5-6, the Titans went on a 4-0 run to claim a 9-6 lead. UWO did not relinquish the lead and went on to win the set and

the match 3-2. The Titans second match of the week was on Nov. 2 when UWO traveled to Stevens Point to take on the 18th ranked University of Chicago Maroons. UWO swept the Maroons 3-0 with set scores of 25-23, 25-14, and 25-16. Perlberg led the Titans in the sweep with 16 kills, Mau and Coon led in assists with 21 and 18 respectively.

Set one was a close one, however in the set the Titans took the lead first and never relinquished the lead. UWO started the set with a 4-0 due to two kills from Kindt and Moe. The Titans were able to build that lead into an 11-6 lead, only for the Maroons to comeback and lower the lead down to 11-10. From there it was back and forth as the Maroons tied it a couple times but never took the lead as UWO won the set 25-23.

The second set started out as a battle until with an 11-9 lead, UWO went on a 6-0 run behind three kills from Lauren Grier to go up 17-9. From there the Titans were able to cruise to a 25-14 set two win. The Titans were able to use a 10-6 lead to start set three to carry them to the win. The Maroons were able to close the lead down to 13-10, but a 5-1 run from the Titans allowed UWO to pull away and win the set 25-16 and the match 3-0.

The Titans will return home on Nov. 8 to Kolf Sports Center as they will take on the UW-River Falls Falcons in the final game for the regular season at 7 p.m. If the Titans win, they will take home at least a share of the Wisconsin Intercollegiate Athletic Conference regular season title.

Titans fall in season finale against Pioneers

By Christian Cortez
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The UWO Women's soccer team fell to UW-Platteville (13-2-4, 4-0-3) 2-1 on Saturday November 2nd at J.J Keller Field at titan stadium.

The Titans and Pioneers started strong on defense with both teams playing hard. UWO goalie Emma Sauriol recorded 12 saves during the game, making her the fourth Titan ever to reach 200 career saves.

Titan's coach, Erin Coppernoll, highlights the impact that Sauriol brings to the team

"Emma has been playing exceptionally well the past 3 weeks," Coppernoll said. "She has been confident in all aspects

of her game and it shows. She made some spectacular saves down the stretch of WIAC play and her senior season."

At the 16th minute, 21st second mark, The titans scored the first point of the game with a goal from Ryley Meenk who was assisted by forward Greta Steines.

The rest of the half of the game was followed with multiple shots taken by UWP but Sauriol saved each shot before the first half ended.

In the second half, the Titans took a shot at the goal by Steines but it was saved by UWP's Goalie Madison Way. After Another save By Sauriol, the Pioneers scored, tying up the match. UWP went on the of-

fensive with two more shots at the goal but both were saved by Sauriol. After another save by Sauriol, UWO committed two fouls adding onto a total of 18 fouls.

Coppernoll knew that the Titans had to match the physicality of Platteville.

"They are much bigger than us and play a very different style and we knew we had to battle," Coppernoll said. "We were unfortunately on the losing end of those battles in the second half."

UWP won the game 2-1 after a goal from Arianna Lombardi in the second half.

The Titans finished off the season with a record of 3-13-2 (2-5 WIAC). Coppernoll said that the goal for next season is



Courtesy of Terri Cole / UWO Athletics

UWO goalie Emma Sauriol and a herd of Titan defenders help block a Pioneer shot attempt Nov. 2.

finding the confidence to play solid soccer for 90 minutes.

"Goals to improve on would be developing our confidence in going to goal, better posses-

sion and finding a way to play 90 minutes of good solid soccer consistently."

Utilize the Counseling Center

Visit the center's therapy rooms to relieve stress

By Cassidy Johnson
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It's that time of year again. Our days are getting shorter, busier and more stressful. Although some may see this as a time to hibernate, it's actually the perfect time to ask for help.

The Counseling Center, located on the second floor of the Student Success Center, is a free resource that's always there for you when you need help. With the extra stress that comes with midterms, finals and seasonal depression, now is the perfect time to get connected with the Counseling Center.

One of the best ways to get connected with and acclimated to the center is through their many wellness spaces. These spaces provide a sanctuary for whatever you feel like you need, whether that be comfort, creativity, calm or if you need a second to just breathe.

These four rooms are broken down into two categories: mindfulness spaces and self-care spaces. These rooms can be accessed by appointment and some of them require you to be connected with the center in some way. Oftentimes, that just means a completed intake appointment.

These mindfulness spaces are "all about being present and feeling your emotions and the world around you," according to Leah Folks, the associate director of the Counseling Center.

A common mistake students make around this time of year is dropping their mental health as a priority as a result of more demanding tasks and to-do's. While I understand this mindset and have enacted it myself, it is not accurate by any means.

This time of year is actually when you should be focusing on your mental health the most. For one, it's easier to focus on and succeed in your classes if you're not



Cassidy Johnson / Advance-Titan

The "Just Breathe Room" on the second floor of the Student Success Center helps students with practicing mindfulness.

preoccupied with mental health strains.

Another reason you should be taking your mental health more seriously is because it is likely in jeopardy now more than ever with the lack of sleep and Vitamin D along with all of the other added stress that comes with being a student during midterms and finals.

So, do yourself a favor and give the counseling center a visit. It'll definitely help with the seasonal depression and any other mental strains, and it may even improve your grades.

1. The "Just Breathe" Room

As of right now, there's only one mindfulness space called the "Just Breathe" room. This space is all about encouraging students to be present in the moment by

curating a cozy atmosphere fit with a giant bean bag, mood lighting and a massage chair. This room can be booked through an appointment, and you can choose if you want to explore the space guided or individually.

2. The Create Room

The other set of rooms are called "self-care spaces" and motivate students to take care of themselves in various ways.

The first of these rooms is the create room, which encourages clients to use creativity to soothe and take care of themselves. Designated for clients of the Counseling Center, this room is adorned with adult coloring books, various art supplies, tons of sensory items such as fidgets and journals that you can take home with you.

3. The Comfort Room

Next is the comfort room, a space curated to limit unnecessary stimuli and, of course, provide comfort. Designed for people with neurodivergence such as autism, ADHD and more, this room was created to create a neutral space for people who get overstimulated easily, or just for neurotypical people that are craving a sense of comfort away from home.

This is all achieved by implementing noise-cancelling headphones, warm, adjustable lighting, weighted blankets and more fidgets. This room is also designated for clients, so make sure to make that first appointment and mention this particular room if you'd like to use it.

2. The Calm Room

Last, but certainly not least, is the calm room. This is a personal favorite of mine as someone who holds stress in their body. This is because the star of the show in this room is this incredible full-body massage chair. The massage chair is remote-controlled, so you can pick what kind of massage you want, and it even connects to bluetooth so you can listen to your favorite tunes while relaxing.

While relaxing, getting a full-body massage and listening to your favorite music, you can also put some essential oils in their oil diffuser and look at the calming full-length mural of a forest on the wall.

While this time of year can be extremely stressful for students, they can help alleviate the pressure with one (or more!) of these Counseling Center resources.

Cozy Up With These Must-Read Books

By Cassidy Adams
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As the weather gets chillier and the ambiance gets cozier, what better way to pass the time than to cuddle up with an exciting new book?

Between the holiday season approaching and the need for a mindless break from studying for finals increases, reading can be an outlet for relaxation.

There are a variety of books that are catching the eye of many readers, including romance, romantasy (a mix of romance and fantasy), thrillers and more. If you are searching for a great book to cuddle up with in your free time, here are five interesting recommendations to get you through the season:

1. "Powerless" by Lauren Roberts

In a world of elites who have various powers, there is Paedyn Gray, who is just Ordinary. During the Plague, the elites gained their

powers and banished all who were rendered Ordinary. Every year, the elites engage in a competition called the Purging Trials, where several citizens are selected to compete and demonstrate their powers.

Despite being an Ordinary, Paedyn has been trained by her father to survive as an Ordinary surrounded by elites. When she mistakenly saves one of the city's princes, she finds herself utterly powerless as a competitor in the Purging Trials.

2. "Check & Mate" by Ali Hazelwood

Mallory Greenleaf is laser-focused on finding a stable job and supporting her mother and two sisters. She hadn't thought about, mentioned or played chess in nearly four years when she agreed to play one tournament for charity for her best friend.

Nolan Sawyer is the current world champion and notorious "hottie" of chess. When Nolan loses to Mallory in the charity chess

tournament, he will do anything to play her again. With the closure of one door and the opening of another chess-related door, will she continue to swear off chess forever?

3. "A Court of Thorns and Roses" [Series] by Sarah J. Maas

Entering the world of Sarah J. Maas will have you hooked into all of her books series, so be warned. Feyre Archeron has struggled to keep her family afloat in society by hunting. When she kills a wolf in the woods, a terrifying beast shows up at her door to bring her back to his world as punishment.

As she navigates her new normal in the High-Fae lands filled with romance, confusion and danger, little does she know she is getting involved in something much larger than herself. If you love an action-packed book, you are guaranteed to love this series.

4. "The Housemaid" by Freida McFadden

Any time you think you know

the ending to McFadden's thrillers, you're most likely wrong. Millie is in desperate need of a job, and when a job at the Winchester household opens up as a housemaid, it seems almost too good to be true. At first, this was her dream job, but as things continue to get weirder and weirder, she fears that there is something odd going on.

The wife, Nina Winchester, has extremely large mood shifts that never make sense. Her behavior is outright confusing to Millie. Her husband, Andrew, is the perfect husband and seems to be struggling with Nina's behavior.

As Millie continues to get deeper and deeper into the dark secrets of the Winchesters, she begins to wonder if she can make it out, or just become another one of the Winchesters' secrets?

5. "Daisy Jones & The Six" by Taylor Jenkins Reid

Set in the 1960s, Daisy Jones & The Six was an up-and-coming rock 'n' roll band that split at the

height of their popularity. Why? That's a long story that starts with Daisy Jones and The Six as two separate entities. Daisy Jones was a talented party girl who grew up going to clubs in L.A., and Billy Dunne was the lead singer of The Six who got the band a record deal with his song-writing and talent.

When a producer realizes the power and popularity that Daisy Jones and The Six would gain in a collaboration, the group began to spend lots of time together. In a story filled with passion, partying and rising success, you get a behind-the-scenes look at the end of Daisy Jones & The Six.

With these great recommendations, you'll have a hard time picking where to start. Each one of these books have a unique perspective and an exhilarating experience.

There's something here for all readers, between thrillers, romance and fantasy. There's a world of opportunities in a good book, so happy reading in this chilly season!



Cassidy Johnson / Advance-Titan
Elsewhere Coffeehouse and Market (right), Caramel Crisp & Cafe (top left), Planet Perk (bottom left) and Pilora's Cafe all have their own unique vibes, and all make great contenders for potential study spots.

Best coffee shop study spots

Your guide to downtown Oshkosh's coffee shops

By Cassidy Johnson
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Finals and midterms are upon us, and I know I am personally getting sick of my typical study spots. I've noticed that it's been harder to focus and stay motivated in my usual spots.

One thing that has really helped revitalize me in my study sessions is visiting many of the coffee shops we have in downtown Oshkosh.

There's one coffee shop in particular that has helped me to focus, so I hope this guide can help everyone find their own little study sanctuary. Specifically, I'll be looking at if the overall vibe of the place, the quality and affordability of the coffee, the Wi-Fi speed, and the amount of electrical outlets.

New Moon Cafe

First up is the place that piqued my interest in the first place: New Moon Cafe. Sitting at the corner of N. Main Street and Algoma Boulevard, the coffee shop is conveniently located and fulfills all of the criteria listed above. It has a very cozy and earthy atmosphere and is adorned with plants, cool art, relaxing indie music and lots of natural light from the large windows.

The price is also relatively reasonable for cafe prices, with my medium caramel latte with almond milk standing at about \$6.25 with tip. To be honest, though, the coffee is so good that I would still buy it even if it was \$10.

Their coffee pairs wonderfully with their variety of breakfast foods, my favorite being the delicious (and huge) egg and cheese bagel. On top of that, the cafe has a fair amount of outlets, a bathroom and relatively strong Wi-Fi connection.

Planet Perk

Next up is Planet Perk Coffee House, located at the the City Center downtown. The coffee here is a close second to New Moon's brew, especially if you don't like your coffee too sweet. The atmosphere here was very homey, warm, and cute with comfortable booths and warm lighting. In addition, it had some outlets, good Wi-Fi and good prices with students receiving a 10% discount on their order.

If you like cats, you can also check Planet Purrrk, a cat cafe on the other side of this cafe. I am unfortunately allergic to cats, but other students have gushed about it.

"I love the vibes of the cat cafe," Sydney Antczak said. "It's so cozy, and I love getting to de-stress and pet the cats while I study or do homework."

Elsewhere Coffeehouse & Market

Also sitting on N. Main Street, Elsewhere Coffeehouse and Market is another great candidate for a study spot. The vibes here are a lot less cozy and more chic with marble tables, nice couches and high ceilings — although it does still have comfortable seating.

The joint has great, big windows at the front with a variety of seating options such as nice couches, booths, bar tops and chairs along with a fair amount of outlets and access to Wi-Fi.

However, these elegant vibes call for more expensive coffee. As someone who likes sweeter coffee, I also found my latte to be much more bitter than normal. I didn't personally like it, but coffee tastes are all subjective, so I would push you try it yourself first, especially if you like the taste of coffee more than me.

Caramel Crisp & Cafe

Also located in the City Center is Caramel Crisp & Cafe. This cafe is known for its decadent cookies, caramel apples and homemade caramel — and rightfully so. I got the brownie cookie for my roommate and a caramel apple for myself, and it's safe to say they earned their title.

While their desserts are definitely their strong suit and are perfect for mid-study session pick-me-up, they also brew a mean cup of coffee with this coffee being ranked third best on my roster.

Moreover, the vibes here are by far the most homey, with festive and eclectic decor and the constant scent of caramel wafting through that makes me feel like I'm studying at my grandmother's in the best way possible.

Caramel Crisp also has a variety of seating and good Wi-Fi, but few outlets. The price is very reasonable, ringing up to about \$5.75, and the coffeehouse even has a shop and bookstore for when you need a mental break.

Pilora's Cafe

Last but not least is Pilora's Cafe, also located on N. Main Street. Pilora's is a cafe and breakfast joint, with lunch items such as burgers and sandwiches as well. The coffeehouse has a modern farmhouse vibe decorated with distressed wood, plants, rustic decor and lots of natural lighting from the many windows lining the walls.

The cafe has strong Wi-Fi, but unfortunately, there were only two outlets that I could find in the coffee shop. However, all was made up with the nice vibes and the variety of seating options such as comfy booths, tables and bar tops.

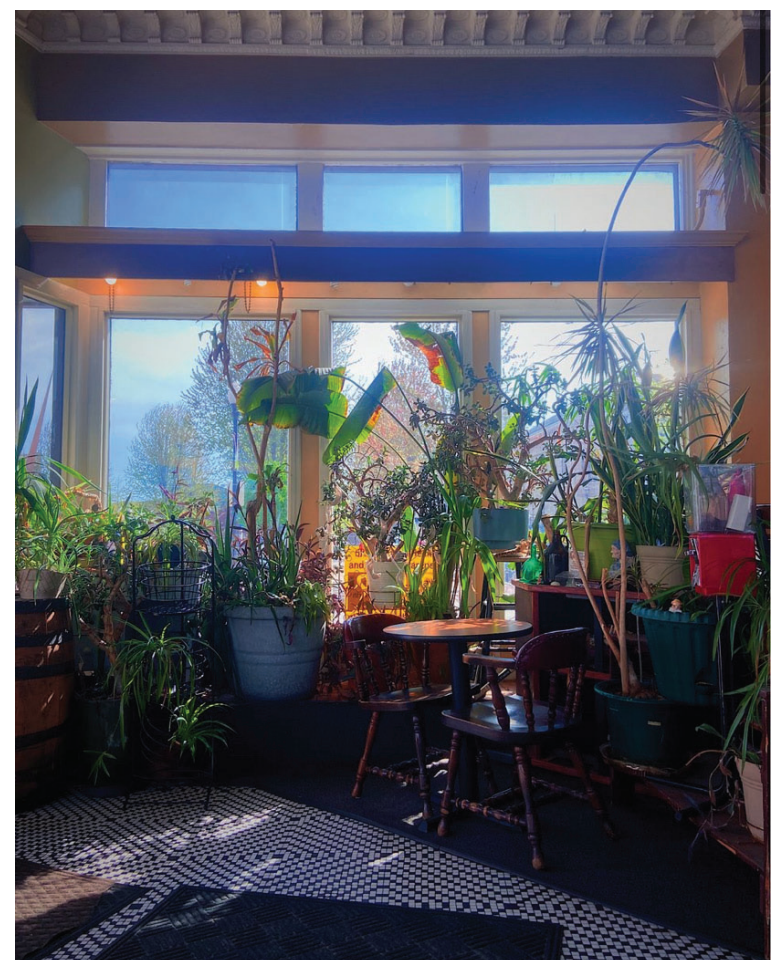
Tied with Planet Perk, the coffee was delicious, but not

overly sweet. Typically, I need a lot of syrups to bear my coffee, but this coffee was good without it, not to mention it was decently priced at around \$6 with tip. The barista was also super kind and personable and visited me at my table multiple times to see how my coffee was and to see if I needed anything else.

Beyond all of the amenities and benefits listed above, studying at coffee shops provides a comfortable, dynamic, caffeine-fueled environment perfect for students. These spaces, at least in my experience, provide enough stimulation to keep me focused without getting distracted.

Studying somewhere besides home also helps to hold myself accountable. When I go someplace like a coffeehouse to study, it limits the distractions from home and something about being in a different place puts me in a headspace where I feel obligated to get things done.

Oshkosh has a variety of cafes, one for almost every type of student. Whether you like sweet or bitter coffee, cozy or boujee vibes, whether you need sweets and eats, retail therapy or outlets and Wi-Fi, there's a coffee shop here in Oshkosh awaiting you and your rigorous study sessions.



Cassidy Johnson / Advance-Titan
New Moon Cafe has a sleuth of natural light and beautiful plants adorning the coffee shop to curate an earthy and radiant vibe.