

THE OAKLAND POST

Oakland University's Independent Student Newspaper

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PHOTO BY NICOLE MORSFIELD

THIS WEEK

PHOTO OF THE WEEK



SCOOTIN' SOLO Just two weeks after motorized scooters are introduced on campus, they sit abandoned on sidewalks and outside buildings. The coronavirus outbreak drastically decreased the amount of activity on campus. PHOTO / NICOLE MORSFIELD

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Photo/Ashley Averill



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Photo/The Oakland Post Archives

QUOTE OF THE WEEK



"I AM SO PROUD OF OUR DEDICATED AND REMARKABLE STUDENTS, FACULTY AND STAFF WHO CONTINUE TO WORK CREATIVELY AND COLLABORATIVELY TO HELP ENSURE THAT THE UNIVERSITY CONTINUES TO FULFILL ITS VALUED ROLE IN THE COMMUNITY."

— ORA HIRSCH PESCOVITZ,
UNIVERSITY PRESIDENT

TIPS FOR STAYING HEALTHY

- WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.
- USE HAND SANITIZER THAT CONTAINS AT LEAST 60% ALCOHOL.
- AVOID TOUCHING YOUR FACE, ESPECIALLY WITH UNWASHED HANDS.
- STAY HOME WHEN YOU'RE SICK AND AVOID CONTACT WITH PEOPLE WHO ARE SICK.
- REGULARLY DISINFECT OBJECTS AND SURFACES SUCH AS DESKS, CHAIRS AND COMPUTERS.

FOR MORE INFORMATION, VISIT OAKLAND.EDU/CORONAVIRUS

LOOKING BACK

Men's basketball attends first March Madness in 2005

AUTUMN PAGE

Staff Reporter

In 2005, the Oakland University men's basketball team defeated the Alabama A&M Bulldogs 79-69 in their first ever appearance in the National College Athlete Association (NCAA) opening round game of the NCAA's March Madness, advancing them further in the tournament.

Oakland began the second half with a strong run, giving them a 54-37 lead over the Bulldogs. Alabama's Obie Trotter quickly ended that run with some 3-pointers, but the Golden Grizzlies responded with a 15-4 streak that brought a lead of 70-49.

Going into halftime, Oakland was far ahead of Alabama, but Trotter landed a 3-pointer as the buzzer went off — cutting OU's lead to 38-35.

During halftime, Head Coach Greg Kampe gave his team a motivational pep talk.

"They looked devastated by that shot," Kampe said. "I said, 'forget that.' We only need to be one point ahead when it's over, so it doesn't matter."

Kampe talked about having a positive attitude when going into the second half.

"The first five minutes were of the utmost importance, and we had to keep our crowd in the game," he continued.

The Bulldogs' head coach L. Vann Pettaway gave credit to the Golden Grizzlies performance as his team began to tire out.

"Oakland came in with a great game plan," Pettaway said. "They did what they tried to do all season. They wanted to get the ball to [Rawle] Marshall and [Cortney] Scott. You have to give them credit. They were well-coached and well-prepared for us. They knew all of our offensive sets and each defensive scheme we threw at them."

Marshall continued his play streak, leading the Golden Grizzlies with 29 points and nine rebounds. He also played the point to help counter the Bulldogs' full-court press.

"That's something coach [Kampe] has experimented with all season," Marshall said. "I was able to make things happen, but credit my teammates because they opened up the game for me."

Scott added 21 points and nine rebounds. Overall, OU won the rebounding contest 49-29. They were led by Patrick McCloskey's 11 — he was the key to OU's lead in the second half. McCloskey set the tone

after Kampe's halftime talk by scoring five points during the first five minutes.

OU won the Mid-Conference tournament, and Kampe said he thought it would be great for OU to play in the opening round game and thanked NCAA for having it.

"This is the greatest experience our kids have ever had, and don't change it," Kampe said to the NCAA. "We wanted to be in it, and it was everything we wanted. You do it for the kids, and you made 15 kids' lives tonight."

The match in Dayton, Ohio helped the Golden Grizzlies advance in the NCAA tournament. Marshall said the crowd was the team's sixth man. This would change when they faced the Tar Heels in Charlotte, North Carolina that Friday.

This win had every student, alumni and faculty member roaring with pride. Libby Baker, 2004-2005 editor-in-chief of The Oakland Post, shared the excitement as she recounted the feeling of watching her team compete in March Madness.

"The spirit was probably best seen last night at the University of Dayton Arena," Baker wrote. "Hundreds of students, faculty and faculty made the trip south to cheer on our Golden Grizzlies, and it was an ex-

perience most of us will never forget."

Since 2005, Oakland has appeared in the NCAA Division I Tournament two other times: in 2010 and 2011.



THE OAKLAND POST ARCHIVES
Rawle Marshall and Pierre Dukes fly high after their 2005 win over the Bulldogs.

KEEP UP WITH THE POST



OAKLANDPOSTONLINE.COM

Now Accepting Applications and Nominations for:

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The role of the Student Liaison to the Board of Trustees (BOT) is to serve as a non-voting resource on all student issues at public meetings of the BOT.



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- Must have at least a 2.5 GPA
- Must have earned 56 undergraduate or 18 graduate credit hours (minimum of 28 or 9 earned at OU, respectively)
- Must not hold any other major elected campus office

Apply online at:

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Applications are due by March 27, 2020

For questions, please contact the Division of Student Affairs & Diversity
120 Vandenberg Hall | 248-370-4200 | studentaffairs@oakland.edu

Commencement ceremonies postponed until August

KATIE VALLEY

Content Editor

Commencement for students graduating at the end of the winter 2020 semester has been rescheduled to the last weekend of August, per a video announcement from Oakland University President Dr. Ora Hirsch Pescovitz on Friday, March 20.

The rescheduled commencement ceremonies will take place August 27-29 at the O'rena, with further details coming by June 1. Pescovitz said she wants graduates to bring their loved ones to a ceremony that will run as normal.

"I want to applaud you for what you have done so far," Pescovitz said. "You've worked so hard to get to the point that you are today, and your education is one which is extraordinary, and we will never be able to take that from you. But, because of the times that we're living in, we have decided that we will have to postpone your commencement ceremonies, but we want to celebrate your exceptional achievements."

Graduates will be contacted by June 1 with detailed in-



PHOTO COURTESY OF OAKLAND UNIVERSITY
President Ora Hirsch Pescovitz addresses the Oakland University community in her Friday, March 20 video announcement. Information about the ceremonies, Commencement Fairs, tickets and regalia, according to a Friday, March 20 email announcement from the Commencement Office. If you have already purchased regalia, you are only able to return if it has not been opened.

The graduation ceremonies for Oakland University Wil-

liam Beaumont School of Medicine (OUWB) students are still scheduled for June 11-13, but Michelle Piskulich, senior associate provost, said the date could change depending on further developments.

Campus events have now been called off through Tuesday, May 26, according to Piskulich, although online procedures like registration will still continue as planned. More details on that will appear in a forthcoming story from The Oakland Post.

Pescovitz expressed her condolences in the video and wanted to assure students that the university is listening to their concerns about graduation.

"I know that this is a very disappointing thing for many of you, and yet we want you to know how very proud we are of your achievements and your accomplishments," Pescovitz said.

Although the commencement ceremonies have been rescheduled, students still will earn their degrees at the end of the winter semester. Graduates should continue to check their OU email addresses for further commencement ceremony updates.

University Housing closing facilities, residents forced to move out by Wednesday

TREVOR TYLE

Editor-in-Chief

University Housing has announced plans to immediately close all residence halls, apartments, Greek cottages and Frances Mocerri House until further notice. The decision is in compliance with Gov. Gretchen Whitmer's "Stay Safe, Stay Home" Executive Order (EO 2020-21), commanding all Michigan businesses to temporarily suspend non-essential in-person operations in an effort to combat the spread of the ongoing COVID-19 outbreak.

All housing residents are expected to be fully moved out of their dorms or apartments by no later than 5 p.m. Wednesday, March 25.

"Due to the executive order that was issued by Gov. Whitmer this morning, it was determined that the campus should close for non-essential personnel only, which includes residents," said Associate Dean of Students and Deputy Title IX Coordinator Jessie Hurse.

However, according to an email communication sent to residents Monday, March 23, "students who are able to demonstrate an exceptional need to stay on campus past the stated closure date may be granted permission to do so at the discretion of Oakland University."

Students who would like to stay on campus must submit an exception to stay form by 5 p.m. Tuesday, March 24. The submissions will be reviewed by a committee that will determine if each individual student meets one or more of the necessary criteria and notify them of its final decision via email.

Students who may qualify to stay on campus include international students, out-of-state students, students who do not have a home to return to, students with personal health risks and students with a Disability Support Services-approved accommodation due to physical limitation. Students who fear they will not be able to move out in the short timeframe given should also submit an exception to stay form.

The amount of time students are approved to stay will vary based on individual circumstances. Any students that stay on campus will be expected to follow the guidelines established in Whitmer's executive order.

"I'm quite sure that Housing will establish — if they haven't already — the guidelines for students who will remain," Hurse said. "I anticipate that those guidelines will be similar to what currently exists when students are allowed exceptions during a break period, [such as] Thanksgiving break or the most recent spring break we had. I anticipate that they will have those procedures in place, but ... we expect students to abide by the governor's executive order mandate."

Last week, University Housing Director Jim Zentmeyer told The Oakland Post in an exclusive interview that he did not foresee any situation in which students would be forcibly removed from campus, but that plans were in place should such circumstances arise.

"We just want to make sure all those bases are covered," he said. "We already know that, in such a situation, we would come across students who would have no home to go to, have no country to

go to, go into a situation that would be significantly distressful, to say the least ... and we have, in our contingencies, an opportunity for a request with regard to extenuating circumstances. We would review those on a case-by-case basis, and keep, as being the priority, the safety of the individual and the safety of the campus community."

Previously, it was reported that, if a resident decided to leave campus, Housing would determine the number of days the student was in possession of the key to their dorm room or apartment and prorate those charges back to the student as long as they didn't owe a balance with Student Financial Services. According to Hurse, this is still the case.

"The same rules will apply from the email that went out last week," he

said. "I don't believe that students will be charged any fees for breaking the contract. Depending on the date that you officially move, you will receive a pro-rated refund."

Checkout and room preparation guidelines have been outlined in the aforementioned email addressed to current residents.

The Oakland University Police Department will close one lane of Meadow Brook Road between West Oakland Drive and Ravine Drive from 8 a.m.-5 p.m. on Tuesday, March 24 and Wednesday, March 25 to accommodate students as they depart campus.

For additional information, contact the Housing office at (248) 370-3570 or housing@oakland.edu or call the OU Crisis Communications Hotline at (248) 556-3330, Mondays-Fridays 9 a.m.-4 p.m.



THE OAKLAND POST ARCHIVES
Oakland students currently living on campus must move out by Wednesday, March 25.

Student organization meetings canceled for remainder of semester

DEAN VAGLIA

Staff Reporter

As precautions to slow the spread of COVID-19 cause massive changes to daily life, the Oakland University Office for Student Involvement (OSI) announced in an email Tuesday, March 17 that all programs, activities and events would be canceled through Saturday, April 25.

"All student organization meetings are canceled in the Oakland Center for the remainder of the academic year (through April 25)," the OSI said in their Student Organization Communication email. "No student organization meetings can be scheduled outside the Oakland Center (i.e., classrooms)."

The OSI encourages student organizations to cancel any outstanding food orders they have with Chartwells or other vendors. The OSI also asks that student organizations cancel any OU service agreements they have and to notify Senior Director Jean Ann Miller and Assistant Director Stephanie Jurva of the canceled contracts. Miller and Jurva will help assist with any cancellations.

With the cancellations of the semester events, the Student Activities Funding Board (SAFB) is no longer taking or reviewing any allocation requests for the rest of the winter semester.

According to Student Program Board (SPB) President Chris Russell, all upcoming SPB events have been canceled. During this time, SPB is currently taking applications for next year's e-board.

"SPB is officially done for this year," Russell said. "We are still going to be working on creating transition binders as well as ushering the staff for next year, which is going to be complicated by this because we primarily did a lot of in-person advertising for those positions. We have already selected a president for the upcoming year. He is an experienced member of SPB, so hopefully he will be able to bring some veteran leadership to the organization next year and carry them through this trying time."

In a statement posted to Facebook on Friday, March 13,



ASHLEY AVERILL | DESIGN EDITOR

COVID-19 forces student organizations like the Office for Student Involvement and Student Programs Board to close down.

Oakland University Student Congress (OUSC) announced that all upcoming general body meetings will still be held via video and conference calling into the meetings. Updates on locations and the status of future meetings can be found on OUSC's social media pages. OUSC is currently taking applications for next year's e-board until Friday, April 10 at 10 p.m.

Along with the cancellation of on-campus student organization meetings, the OSI announced other on-campus cancellations. The Hillcrest fitness center, university sponsored events and facility rentals, intramural sports, club sports and group exercise classes are also canceled until April 25. The

Recreation Center and the Priority Health Fitness Court are closed until Monday, March 30, with Kresge Library closed until Tuesday, March 31. People still living on campus can use the Recreation and Athletic Outdoor Complex — playfields and track — from dawn to dusk.

The Golden Grizzlies Pantry remains open for both utilizing and donating weekdays from 9 a.m. to 5 p.m. as long as the OC remains open. People utilizing the pantry are asked to enter through the OSI office.

Due to the ongoing nature of the pandemic and the federal, state and university response to it, all cancellations and updates are subject to change.

'Never again' happens once again: Uighur Muslims are targeted

SARAH BDEIR

Contributor

In the Xinjiang province in China, Uighur Muslims are being targeted. About a million Muslims have been put into concentration camps since April 2017, contrasting the worldwide message that concentration camps will "never again" exist.

However, this crisis has not received media coverage until late 2019. According to Chris Dingwall, special instructor in the sociology and history departments at Oakland University, it's because "regimes like China that enact racist policies will go to great lengths to suppress the news and also present what they're doing as good."

What has been happening in the region is a long awaited fight. Not only are the Uighurs subjected to be put into detention centers, but the situation is dramatically worse than previously thought. According to Alan Epstein, special instructor in the political science department at OU, "there are three prongs to controlling and simulating the Uighurs in a rapid fashion."

The first step is forced assimilation and control.

"China has created detention centers rounding men and women, mainly adults, they're putting them in

detention centers, which the Chinese call vocational training centers, where they're trying to teach them job skills and especially Chinese, and getting them to undergo indoctrination where they learn to 'love the motherland,' become patriotic to China, love the Chinese communist party, embrace the Chinese language, and move away from Islam," Epstein said. "The Chinese argue these are not detention centers but vocational training centers to give people job skills, Chinese language skills so they'll be able to escape poverty and integrate better into Chinese society."

In addition to the control aspect, the Chinese have found a way to monitor every aspect of the Uighurs' lives. Epstein said, "As a way to propel this assimilation, Xinjiang and many places have been turned into a police state."

For every 500 people, they have set up a police station, checkpoints and roadblocks, security cameras everywhere (including people's homes) and facial recognition technology. All social media behavior and contacts are monitored via an app everyone must have. Through this app, an electronic profile is built for you and stored in a social credit system, where, depending on how low or high someone's score is, they are granted different privileges and job opportunities. If anyone is suspected of any Islamic practices like reading the

Quran, they are put into a detention center.

Epstein's second piece to assimilation is forcing the Uighurs to leave their farms. About 80% of China's cotton is grown in Xinjiang, and the Uighurs are being forced off their land to work in factories. If the Uighurs refuse, they are put into detention centers.

The third and final element is the use of boarding schools. The children of parents who are in detention centers or forced to move to factories are being sent to boarding schools. They are being culturally assimilated. Even parents are sometimes sending their children to these boarding schools for a good education.

The situation for the Uighur Muslims is only escalating. With persisting forced assimilation, the Uighurs are a continuously oppressed minority in Xinjiang.

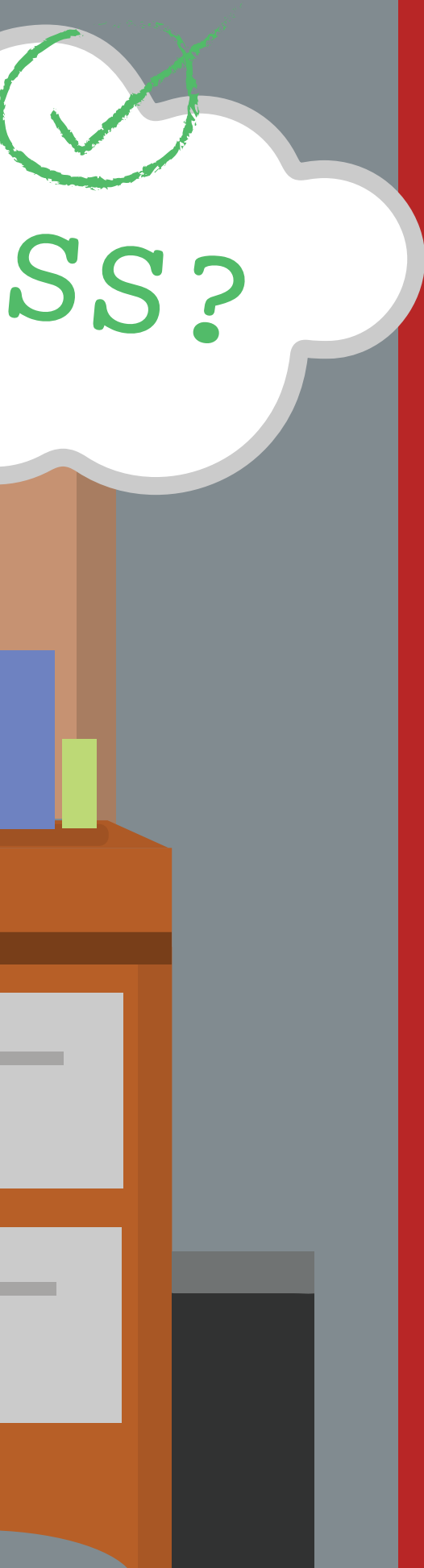
Epstein said OU students can aid in the situation by doing one thing: spreading awareness.

"There are groups across the country that have been concerned about what has been going on in Xinjiang," Epstein said. "Amnesty International has been outspoken, Human Rights Watch has been outspoken, Uighur Groups in New York have been outspoken ... Write your person in Congress to be more active to pressure the administration to speak out against this. Because, really, it's something occurring in a strong foreign country, all we have is the power of public opinion."

GO GRIZZLIES!

PA

~~FAIL?~~



Oakland University to offer satisfactory/unsatisfactory grading option for winter 2020 classes

by Trevor Tyle | graphics by Jimmy Williams | design by Erin O'Neill

Campus administrators have announced plans to offer a satisfactory/unsatisfactory (S/U) grading option for undergraduate classes this semester. The announcement is a direct response to students who have expressed concerns over grades being affected by the shift to online learning for the remainder of the semester.

Under this evaluation system, any courses for which students choose to receive a satisfactory (S) grade will not be used for calculation of their overall grade point average (GPA).

"The decision to allow this flexibility is a direct acknowledgement of this unprecedented situation," said Senior Vice President for Academic Affairs and Provost James Lentini in an email sent to faculty last week. "We expect you to continue to seek the most from your courses. Although this takes these unusual circumstances into account, you should be sure to look at the implications of receiving an S/U grade given your own situation. Our advisers are ready to assist in determining what is in your own best interest in the short- and long-term."

The resolution, which was finalized Friday, March 20, was prompted by two student-based petitions circulating online that were reviewed by the Division of Academic Affairs.

The first petition called for classes to be evaluated on a credit/no credit basis to account for many students' lack of resources and preparation to adapt to online learning.

"This solution will provide equality for all students and allow the students to maintain some sense of normalcy in their college careers," the petition read. "We understand that this virus is not in your control. We didn't choose to be in this situation. We didn't get a say in what happens, but OU administration does have the ability to guide us students in this difficult time."

A counter-petition was created, arguing that classes this semester should have an effect on students' GPAs and reward them for continuing to work hard in their coursework despite the

change in course format.

"For students to see all of their hard work not pay off would be very detrimental," the petition read, "as the decision to evaluate courses in this manner would essentially level the playing field between students performing at the top of their class and students performing at a 'C' level, or passing."

According to Senior Associate Provost Michelle Piskulich, the issue was taken to Student Congress (OUSC) as well, where it was heavily debated.

"I personally believe that the option for pass/fail should be placed in the hands of students after their grades have been calculated," said Student Body President Destinee Rule prior to the decision. "I believe giving this option prematurely will result in students — including myself — to completely 'check out' and no longer care about any of my classes."

Ultimately, administrators felt that giving students a choice would be the best solution.

"The student will have the option," Piskulich said. "We can't get much more flexible than that."

At the end of the semester, faculty will submit grades to the registrar's office as usual. Once final grades have been submitted, students will have 10 days to decide if they wish to convert courses to S/U grading.

"I would never want to undermine any of the work that faculty has put into this transition," Rule said. "However, I would like for students to be given the opportunity to select pass/fail. That way, we are holding every party accountable for the endless amount of work and effort they put into this transition."

Under this evaluation system, all letter grades of C or above will be converted to S for undergraduate students who elect to do so.

There will not be a limit on the number of courses a student can convert to S/U grading, but some courses will be exempt from the S/U evaluation system. Piskulich said additional information, including classes to which

S/U grading does not apply, will be communicated to students closer to the end of the semester.

She also acknowledged that administrators decided on an optional S/U grading system to accommodate students that would not benefit from it, such as those considering professional or graduate school. Certain disciplines, such as nursing and secondary teacher education programs (STEP), often require a letter grade above a C for admission or to meet specific program requirements.

"For some students who are wanting to go to grad school ... to have the actual grade might be more beneficial to them going in, even if it was not a perfect grade," Piskulich said. "[They should also consider] the ability to move from one level to another, particularly in the areas where we have to demonstrate that there's a core competence in order to take that next step."

Additionally, while the S/U evaluation system will alleviate some students' concerns about potentially lower grades, Piskulich said letter grades might actually be more beneficial to some students.

"If you are wanting to improve your GPA and it turns out that you did great in online classes and that wasn't your expectation, you might want to keep the GPA points because S/U won't help your GPA," she said. "It won't hurt it, it won't help it, it'll just keep it what it is."

Administration is also working diligently to ensure S/U grades will not affect students from a financial standpoint.

"We also want to make sure that students aren't hurt in terms of progress to degree by any financial aid rules," Piskulich said. "So, we're really going to ask students to talk to their adviser before they make a final decision about that."

Additional information regarding S/U grading will be released in the coming weeks to help students determine what will be most beneficial for them.

Halal Shack partners with Impossible Foods, adds plant-based options

KATELYN HILL

Staff Reporter

The Oakland Center's go-to spot for Middle Eastern and Mediterranean food just added a plant-based option for vegan and vegetarian customers.

Halal Shack is a recent addition to the Pioneer Food Court in the Oakland Center that specializes in non-traditional retail space, such as college campuses, airports and hospitals. Recently, the company partnered with Impossible Foods, which provides plant-based meat products for those who are vegan or vegetarian.

According to the Halal Shack's website, their food is inspired by New York City street food and offers Middle Eastern and Mediterranean food with an American twist. All of the food provided by the Halal Shack is Halal approved.

"Halal" is an Arabic word meaning lawful or permitted. Halal food refers to food prepared according to Islamic law stated in the Quran.

The company was started three years ago by Jamal Rasouly, who saw the need for Halal food in non-traditional spaces.

"When I went to college, I really didn't eat much on campus because there were no Halal options," he said. "I wanted to come up with a concept to try and change the landscape."

According to the company's website, Halal Shack is different from other restaurants because they focus on the "health-conscious and socially conscious eater."

"We like to have food options that are not only halal, but that have a kosher background as well as vegan and vegetarian options," Rasouly said. "That way we can have a very diverse profile of offerings."

Since founding the company, Rasouly has spread his

restaurant to college campuses across the country.

Halal Shack locations nationwide are now offering Impossible Foods' plant-based meat on their menus, which will affect the Oakland University location as well once it reopens. Currently, it is one of several campus dining locations to be temporarily closed in response to the ongoing COVID-19 pandemic.

"We met Impossible, and the partnership and the leadership there just was really great for our company," Rasouly said. "Because the taste of impossible is so similar to that of meat, it kind of fit really well to create an Impossible option using that recipe with the vegan product."

The meat Impossible Foods offers allows the end user to decide how it is used. According to Rasouly, the Halal Shack uses the meat in recipes inspired by and celebrating Afghan heritage.

"Most of our customers come to us because they like Middle Eastern food or Mediterranean food," he said. "Having an impossible option opens up that spectrum for those customers who are conscious of vegan or vegetarian diet or a healthier option going plant based."

According to Rasouly, in order to increase the diversity of the food on OU's campus, the partnership between OU and Halal Shack was formed with the help of Chartwells' Mark McCormick.

Rasouly said working with college campuses is probably his favorite part of his job.

"Working in the restaurant industry is very challenging, but working on college campuses is unbelievable," he said. "I feel like I'm still in college."

Rasouly said it is important for students to have the confidence that the food they're consuming has been through the right procedures to ensure the product stays vegan. The

Halal Shack makes sure there is no cross contamination, so students can have that confidence when they eat food from the restaurant.

"As we say, we're just trying to help everyone discover deliciousness," he said.



PHOTO COURTESY OF CAM'RON GRANT
Mariah Walkowicz and Michael McNamara at the Halal Shack.

SUMMER 2020 PAYMENT DUE DATE

The summer semester is right around the corner — start it off right and avoid any last-minute financial surprises by being proactive.

Reminder: the summer payment due date is April 15.

If your student account is not paid in full by the established due date, you may be canceled (dropped) from your classes. Consider all your financial options. An OU payment plan helps spread tuition and costs into smaller, more manageable installments and be sure to pay your installments on time. Obtaining financial aid, utilizing external sources, and/or using your own funds are other options for you. Know which charges can be paid with your financial aid (an authorization may be needed) and which charges you must pay out-of-pocket.

We are here to help. If you need help understanding payment options or how to pay for your education, please contact Student Financial Services at (248) 370-2550 or stop by North Foundation Hall, Room 120, as soon as possible.



LEARN how to avoid cancellation (drop) at oakland.edu/financialservices/payments-refunds/payments-cancellation

CETL Learning Tips: Bandwidth recovery

CHRISTINA MOORE

CETL Virtual Faculty Developer

It is fitting that a month ago, Cia Vershelden came to campus to talk about “bandwidth recovery,” the idea that when our basic needs are stressed — such as food, shelter, mental health and safety — our capacity to learn decreases. We can’t simply power through it or leave it at the door. The type of higher level learning we are here at college to do just isn’t possible when we’re hungry, scared and stressed. Some forces decrease our bandwidth more than others.

Vershelden’s book on this topic focuses on issues embedded deep in our society, such as poverty, racism and other forms of social marginalization. But when all of our classes moved suddenly and unexpectedly off campus, we all likely experienced a significant dip in our bandwidth. How are we supposed to keep going in our classes when we’re suddenly home with an old desktop while siblings are scattered and stuck elsewhere, our parents might be losing work, and all of our normal routines are upended? How are we supposed to keep going in our classes when our professors are likely experiencing the same issues, all while trying to shift to a teaching mode they may have never practiced before?

Recharge like it’s your job

With bandwidth down and no clear end in sight to this current situation, take your health and well-being more seriously than ever. Physical health, mood, sleep — it is all critical to getting through the rest of the semester. Eat an apple, get up and move (the weather’s warming up), talk to people and read fiction. Opt for well-being that will get your energy up rather than down.

In “Bandwidth Recovery,” Vershelden says some conditions can help us recover our bandwidth, especially solid connections with other people we can count on and who support us. Connect with these people, focusing especially on those who always give you a big boost.

Be a part of the solution

One proven strategy to counter-act being overwhelmed by a widespread tragedy or hardship is to find a way to help, big or small. Help fellow students in your classes, especially those you know are struggling. Play with your younger siblings who are cooped up. Clean your room.

If something is bothering you about how this situation is being dealt with at OU, in your community, or another part of your world, make that heard. Talk to Student Congress. Write to The Oakland Post (they’re here still running the paper — how awesome is that?). When OU asks your input, give it. Make sure you’re registered to vote. When Representative Elisa Slotkin came to campus last month, she guaranteed getting involved in your community will make you feel better. Put positive vibes on social media.

Give yourself a break, and press on

Even if you were absolutely stellar this semester, your productivity is probably taking a hit. Be real with yourself: acknowledge that this semester may not be your best work. Accept limitations, adjust expectations, but then set goals that will get you through this semester. It will be so much easier to just get through this semester than drop. You won’t want to pick all of this up again or start over. Make a goal for today, for tomorrow, for next week, through to the end of the semester. If you’re not sure how to do any of this, talk to your adviser. They are still ready to get you through.

Our campus may be sparser these days, but the whole community is still in this together.

Christina Moore is the virtual faculty developer at the Center for Excellence in Teaching and Learning. She’s finishing up two graduate courses that have moved online. Share what’s working well for you this semester by emailing Christina at cmamoore@oakland.edu. Find more Learning Tips at oakland.edu/teachingtips.

Empowering women in leadership: Six students to attend conference

SARAH GUDENAU

Contributor

Six Oakland University students will have the chance to attend the annual National Conference for College Women Student Leaders (NCCWSL) hosted by the American Association of University Women (AAUW) at the University of Maryland this May.

The Rochester branch of AAUW offers scholarships for six OU students to attend the conference each year. Two board members of AAUW at OU attended last year: AAUW President Maya Ford, junior, and Vice President Alisa Novelli, senior.

NCCWSL aims to empower college women, prepare them for success during and after college, and inspire them to take on active roles on their campuses. The conference consists of professional development workshops, leadership panels and lectures from keynote speakers. Presenters from a variety of industries will speak about activism, identity and diversity, and prevalent women’s policy issues. Attendees have the opportunity to network with women from around the country.

The Women of Distinction Awards are also presented at the conference each year, which honor women who have been revolutionaries in their particular fields and act as role models to other women. This year’s awardees include executive editor of Out magazine Raquel Willis, award-winning journalist Noor Tagouri and senior editor of ZORA magazine Morgan Jerkins.

At the conference last year, Novelli had the opportunity to speak to a panel of women who worked in different fields in

Washington, D.C., including a journalist and an FBI employee, which influenced her as a student leader.

“It was really neat to be able to ask them questions and see how they held their own space in a kind of dog-eat-dog, high-pressure community,” Novelli said. “I think that left the biggest impression on me.”

NCCWSL seeks to empower women not only professionally, but also personally.

“Definitely know your worth. Know who you are and what you’re capable of and don’t doubt your abilities,” Ford said, regarding the most beneficial lesson she learned from her experience at NCCWSL. “Especially as women, [others] like to belittle us and play us down in a way and what not, but I kind of just learned how to value myself more and sell myself, especially when it comes to careers. I realize that I am still capable. Although everybody else may not think that way, I know that I am still capable of everything that a man can do.”

NCCWSL targets gender equity issues both in education and the workplace. Women are gaining more representation in higher education nationally. The total fall enrollment in universities in 2019 was 56.7% female, according to the National Center for Education. The female majority trend in higher education has been persistent since 1979.

The demographics at OU reflect the national trend. According to the Office of Institutional Research and Assessment, 10,776 females and 8,237 males enrolled at OU in fall 2019, constituting a ratio of 59.3% women to 40.7% men.

Despite the student female majority at universities, the leadership gap between genders persists. Women still fall behind their male counterparts in holding leadership positions across top industries including medicine, academia, the legal profession, government and financial services.

In 2015, the Association of American Medical Colleges found that only 20 out of 125 permanent medical school deans were women. The American Council on Education reported that women made up 30 percent of presidents across all institutions of higher education as of 2016. As of 2017, the American Bar Association Market Research Department published that the legal profession consisted of 65% men to 35% women. In 2018, women made up only 20.6% of the U.S. Congress. Catalyst comprised a list of the female CEOs of the S&P 500, a group of companies in finance, health care, information technology, real estate, and more, and as of December 2019, women held only 6% of those positions.

“

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[others] like to belittle us and play us down in

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especially when it comes to careers.

MAYA FORD
OU AAUW PRESIDENT

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ACROSS

1. Mormon title
6. Sound projectors?
10. Word with beaten or by
14. Blackmore's Doone
15. Shrimp part, sometimes
16. Famous canal
17. Prepares for target practice
18. First lady of scat
19. Tiny stream
20. Suntan lotion inits.
21. Result of an interior decorator/
telemarketer union?
24. Larger-life separator
26. Sheet of ice
27. Organize, in a way
31. Sailor or comedian
35. "God ___ our side"
36. Many lipstick shades
38. Item used in curling
39. ___ Maria liqueur
40. Figurative language
42. Words with leash or whim
43. Dresses with fat
45. Remote button, perhaps
46. Of common origin
47. Ingratiate oneself
49. Accentuates
51. Luang Prabang's locale

53. Astringent substance
54. Result of a watchmaker/
pharmacist union?
59. ___ broche (cooked on a spit)
62. Landslide
63. Midwife's action
64. Seven-time batting champion
Rod
66. Disk or bachelor ending
67. Edible root
68. Spud
69. Emulates Pac-Man
70. Laurel of slapstick
71. Insolent

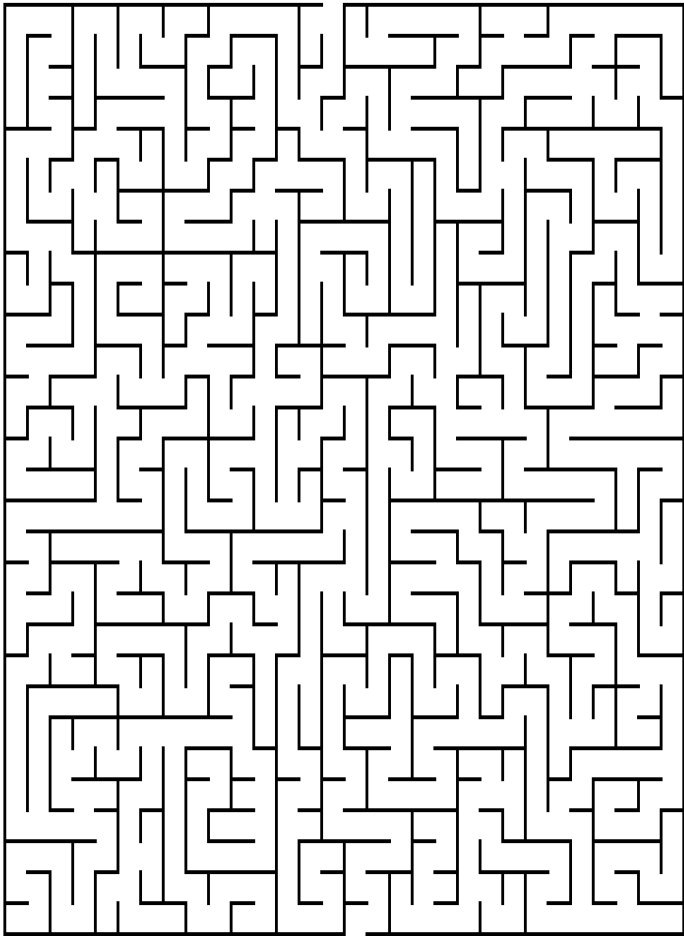
DOWN

1. These wings don't flap
2. Flying stunt
3. Result of a bartender/carpenter
union?
4. It may be bitter
5. Spanky, for one
6. Declare confidently
7. Soften, as a heart
8. Seasoned rice dish
9. Whelk and winkle
10. One part in a hundred
11. Lily Pons specialty
12. Money drawer

13. Alternative to high water
22. Render defenseless
23. Rambunctious
25. Nomadic barbarian
27. "The Odd Couple," e.g.
28. Chinese or Indian, e.g.
29. Ravens or Cardinals, e.g.
30. Peripheries
32. Result of a librarian/professor
union?
33. Orphan of stage and film
34. College officials
37. On its way, as a fax
40. Stern with a bow
41. "R" in RFD
44. Erases, as a disk
46. Sun Devils' sch.
48. Pot and rib
50. Provides a seat for
52. Sound of a wet impact
54. Corner
55. Slightest trace
56. Jeff's pal
57. Gilbert of "Roseanne"
58. Stratford-Avon link
60. Dregs
61. Off-kilter
65. Battery type

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CHOCOLATE
STRAWBERRY
MOOSE TRACKS
REESES
PECAN
FUDGE
COOKIE DOUGH
COCONUT
COTTON CANDY
NEOPOLITAN
ROCKY ROAD
GREEN TEA
BANANA



OPINION

My family's small business was forced to close due to COVID-19

LAUREN KARMO

Campus Editor

When Gov. Gretchen Whitmer announced that all bars and restaurants would be closing Monday, March 16 due to COVID-19, my heart sank, knowing my family and I would be out of a job.

For a few years now, my family has owned and operated a little breakfast and lunch cafe inside an office building just south of campus on Squirrel Road, where both my parents, my brother and I all worked nearly every day. It's the type of place where we know all the customers' names and they know ours.

I had gone into work on that Monday for a typical shift, and we were busier than I expected considering all the rumors I heard the week before of people planning to work from home. Nearly every customer had asked if we planned on closing down because of the



virus, and I happily replied, "Nope, we're here if you guys are."

Everyone was beyond grateful because they did not want to venture out for lunch time or have to spend extra on delivery. They wished us all well and good health and went back to work.

I had left for the day expecting to be back the next, but I got a text from my brother that proved otherwise.

A customer had brought down a memo from her bosses announcing that Take-A-Break Cafe will be closed indefinitely effective at 3 p.m. I was confused because we never told anyone we were closing, but it soon became clear to me what was going on.

My brother and dad made calls and wrote emails all afternoon begging to stay open, saying we would be takeout only and asking them to reconsider. They would not.

All four of us have been out of a job for over a week, with no supplemental income. My brother and I have

been trying to get my parents signed up for unemployment, but the process is difficult.

Not just my family is affected by this, but our employees and their families are as well. We have four employees who rely on the weekly check that comes from working for us, and since the closure they are also out of a job for the time being.

Since we closed, we have gone back to the cafe to sort food for friends and family or for donation, losing hundreds of dollars in product we expected to sell.

The closure of bars and restaurants, and soon after all personal care services like hair and nail salons, has affected thousands of people and their families across the country. Even if they don't have a small business like ours, waitresses, bartenders, nail techs and hair dressers are all struggling financially because of the coronavirus.

My family has savings and a good support system, so we are doing our best to stay afloat during this difficult time, but it's not easy. Not everyone is lucky enough to have the same. I am hoping that this is only temporary, not just for myself and my family, but for everyone that has been affected by this pandemic in more ways than one.

The best board games for your quarantine blues

BEN HUME

Web Editor

Your campus shut down, you're bored out of your mind, and worst of all, you're trapped inside like a responsible citizen because you're self-quarantining. If you need something to do besides look at your depressing Twitter feed or scroll through idiots going on spring break during a worldwide pandemic, try some board games. Whether you're trapped with your roommates or your family, there is a fun experience for everyone.

My recommendations will not be the terrible family destroyers of old like Monopoly and Risk, but the much more fun and engaging board games from this millennium. There are many to choose from, so here are just my favorites.

Sushi Go!

This adorable draft-style card game has been single-handedly getting my family through the quarantine with a combination of fast gameplay and simple rules. All you have to do is get the most points by collecting various sets of cards that all score in different ways.

In each of the three rounds, you start with a hand of cute little anthropomorphised sushi to select from. Everyone takes one card, places it in front of you, then passes the rest of their hand to the left. You play until all the hands are empty, simple as that.

Games take about 20 minutes, short enough to want to play more than one round, but long enough to be enjoyable. All of that, and the game is still under \$10. A real great deal, and highly recommended.



PHOTO COURTESY OF GAMEWRIGHT
Games like Sushi Go!, Pandemic and Codenames can get you through the next 3 weeks of quarantine.

Pandemic

A little on the nose, perhaps, but this co-op disease killing game is a perfect way to let out your frustration on an inanimate virus while simultaneously learning the beautiful value of teamwork. Two to four players work as specialized members of the Centers for Dis-

ease Control to stop the spread of four deadly pandemics, color coded for your viewing pleasure.

There are far more ways to lose Pandemic than there are to win: if you run out of cards that you draw every turn, you lose; if there are too many disease outbreaks, you lose; if you run out of little colored cubes for any one of your four diseases, you lose.

It sounds intimidating, but makes success all the more tasty. Cure all four diseases, and your team of doctors and scientists win. Extra credit for naming each of the four diseases fun names, because it's not as fun to defeat the black virus as it is to cure the world of Dave.

Codenames

If you haven't heard of this game, you have definitely been missing out. This team-based word guessing game has been considered by many to be a modern classic. Two teams of spies are trying to guess which of the 25 words in front of them are theirs and which are not, taking turns listening to their team leader's single word clues to tie their random words together.

Imagine watching your roommate stare in agony as they desperately attempt to give you a one-word clue that ties together Moscow and flamingo while trying to avoid a clue that includes penguin, and you will understand the popularity of this game.

While, unfortunately, only really playable with a minimum of four people, this is a must-have for anyone looking to keep boredom at bay during the lockdown.

There's no telling when things will return to normal, but even if you only manage to get a hold of one of these wonderful games I can almost guarantee your quarantine life will improve immensely.

Stay safe and have fun, kiddos.

Oakland coaches react to cancellations and limitations

MICHAEL PEARCE

Sports Editor

After the Horizon League canceled spring competition, flipping the sports world upside down, coaches and teams have been forced to adapt.

Some coaches, like men's basketball Head Coach Greg Kampe, are not competing — but they are still recruiting. Other coaches, like men's soccer Head Coach Eric Pogue, had competition cut short.

Pogue was one of the first coaches to do something in response to the COVID-19 outbreak. He canceled practices and told his players to head home. Men's soccer has typically had multiple players from other countries, so travel was a concern.

To keep soccer fans up to date with the men's soccer team, Pogue and graduate assistant Katie McAnarney are releasing a monthly newsletter to his Twitter (@CoachEricPogue). In his first coach's column, Pogue paid respect to his seniors and thanked fans.

"We do and will continue to keep you, your families and your loved ones in our thoughts and prayers," he said.

The monthly newsletter has stats, pho-

tos and stories from the season. It also features an alumni spotlight as well as events that the soccer team took part in.

For coaches like Kampe, who are still recruiting, they adapted to the social distancing rules. According to Paula Pasche of The Oakland Press, the National Collegiate Athletics Association (NCAA) has restricted all in-person recruiting until Wednesday, April 15.

"A player's creative way is showing me a video. My creative way now is trying to come up with a virtual tour of the university, a virtual tour of the arena on game day, testimonials from players," Kampe told Pasche. "It's things like that we're trying to do while they're in their homes to get them to maybe commit to us without a visit."

Track and field Head Coach Katrina Brumfield took to Twitter as well to speak on the track and field seasons ending prematurely.

"It's still hard to process what all has happened in the last 48 hours," she said. "As we all reflect on these challenging times and the decisions being made, it hurts, but I know we will be resilient and move forward stronger."



THE OAKLAND POST ARCHIVES

The Athletics Center on campus will sit much emptier than usual in the coming weeks.

Paul Rice, cross country head coach and director of track and field, also posted a tweet expressing his emotions after competition was canceled league wide.

"A final decision was made today to end our season ... before it even began," he said. "Lots of hearts breaking — but lives, health and well-being must take precedent! Please join me in honoring these athletes for their hard work and commitment."

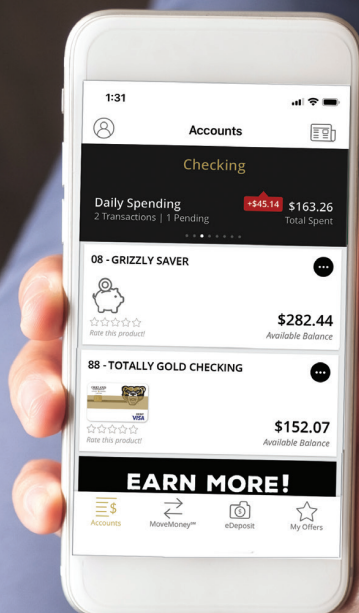
Coaches and athletes have adapted to

the new reality of competition ending and limited contact. The April 15 deadline for recruiting is subject to change, as new information is released daily, especially in Oakland County.

Oakland County was one of the first counties in Michigan to reach 100 confirmed cases. On Sunday, March 22, it was announced that the confirmed COVID-19 cases in Michigan reached over 1,000, and deaths reached nine

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