

THE OAKLAND POST

Oakland University's Independent Student Newspaper

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STAY COZY GRIZZLIES



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PHOTO ILLUSTRATION BY AUJENEE HIRSCH AND ELYSE GREGORY

THIS WEEK

PHOTO OF THE WEEK



THE OC FLOODS...AGAIN For the fourth time since the new Oakland Center expansion, there was a flood reported in the Office for Student Involvement and the Gender and Sexuality Center Tuesday, Jan. 8. The flood caused a backup in the sewage pipes causing all the bathrooms in the building to be closed throughout most of the afternoon. ELYSE GREGORY | PHOTO EDITOR

THE OAKLAND POST

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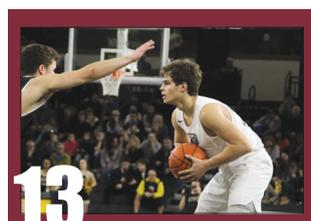
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The new Netflix thriller with Sandra Bullock is good but not groundbreaking.
Photo | IMDb



13 MBB SUFFERS A LOSS
The Golden Grizzlies lost their first Horizon League conference game.
Photo | Elyse Gregory



15 REAL NEW YEAR'S GOAL
Some friendly advice on how to actually set realistic New Year's Resolutions.
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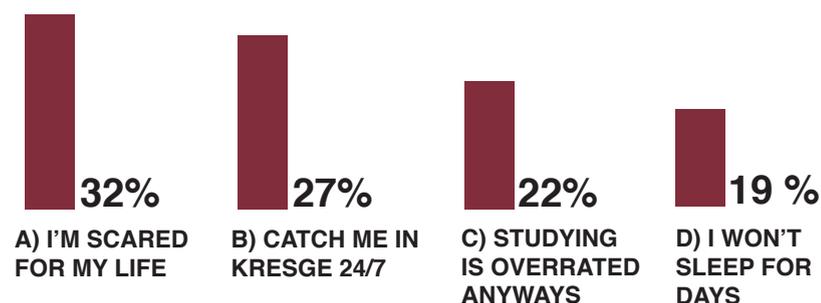
POLL OF THE WEEK

HOW DO YOU FEEL ABOUT 2019?

- A) NEW YEAR, NEW ME!
- B) IT'S GOING TO BE JUST AS BAD AS 2018
- C) COULDN'T CARE LESS

LAST ISSUE'S POLL

ARE YOU READY FOR FINALS WEEK?



LETTER FROM THE EDITOR

With change, comes progress

The staff of The Oakland Post aka the Posties would like you to know your voices have been heard loud and clear

AUJENEE HIRSCH

Editor-in-Chief

At the start of every new year, you hear everyone say they're going to change in one way or another. Some say they're going to start changing the way they eat, spend money or even the way they look, but more often than not, 90 percent of those people won't make an effort to accomplish their goals.

The good news is The Oakland Post is always good on its promises.

For some of you, this paper may seem completely foreign and brand new. Well, that's because it is.

When I took over this paper as editor-in-chief, the first thing I wanted to do was create a paper that best reflected the students of Oakland University. I conducted surveys, had numerous conversations, attended conferences and yes, trolled social media to see what the students of our community most needed, and were interested in reading. This paper is the result of that research.

I found that our paper lacked a modern, appealing look which is what most college students are looking for in their college newspaper. We lacked imagery, color and "edge," according to a few survey respons-

es. Hopefully I've brought at least 85 percent of that to you in today's issue.

Another thing I found our paper lacked was an accurate representation of the campus community.

The stories we would write reflected only a portion of Oakland University. Faculty? Check. Administration? Check. Event coverage? Check. Student representation? "Lacking/could use improvement" according to many survey responses.

It is our job as reporters to seek truth and report it, but we have failed when it comes to seeking truth and reporting about our fellow students. However, we intend to change all that and more.

We hope with the rebranding of The Oakland Post you find what we have been lacking and then some.

While it may not be perfect at first, we hope that you continue to be faithful readers and *bear* with us (sorry I had to do it haha).

Please understand that this is simply one step in the right direction. We know that you, our reader, will love this paper more than you did before.

Remember that with change, comes progress.

Sincerely,
AuJenee Hirsch



LOOKING BACK

The Y2K bug and the end of the world

At the start of the new millenium, people feared a computer virus would be a sign of the apocalypse

BRIDGET JANIS

Staff Reporter

We use electronics everyday. We make phone calls, send texts and surf the internet. However, toward the end of the last millennial, there were conspiracies and theories of a Y2K bug, also known as the Year 2000 bug, and an "expected" nuclear end of the world.

There were rumors of a computer bug that was going to create a crashing of computers that would also result in incorrect data throughout the machines. It was how computers read the dates. They would recognize the coding of "98" as 1998 but it would not be able to know that "00" means "2000" instead it would believe it means "1900." The main concerns were that misreading the date

would result in software and hardware problems.

"Everything is going to go down, we're gonna be in the dark," said Oakland University sophomore LaShawn Gainey at the time. "I'm prepared for the worst."

Students on OU's campus were aware of what Y2K was and what was suppose to happen. In a poll conducted involving 82 students, 82 percent of students believed there would be problems but only 20 percent were actually preparing for it.

"I don't know, it might be society that intensifies things to be worse," said sophomore Ann Tipe at the time, when asked what she thought would happen in the new year. "Different people might make certain things happen."

People were told to start creating survival kits and to think about taking shel-

ter. Some cities were dealing with the situations in different ways; some were just updating their computer systems and others were affording full-scale shelters.

"(You will need) propane heat, something to cook with, (food) and a good amount of drinkable water," said Doug Haliczner, then manager at Joe's Army, a hunting/camping gear store.

While some people were taking this new year a little less serious, they were humored by and laughing at all the Millennium hoopla. One satirist, Matthew Woeld, a self-proclaimed doctor of "stuffed animal psychology," claimed the only way to survive the Y2K was to use sock monkeys.

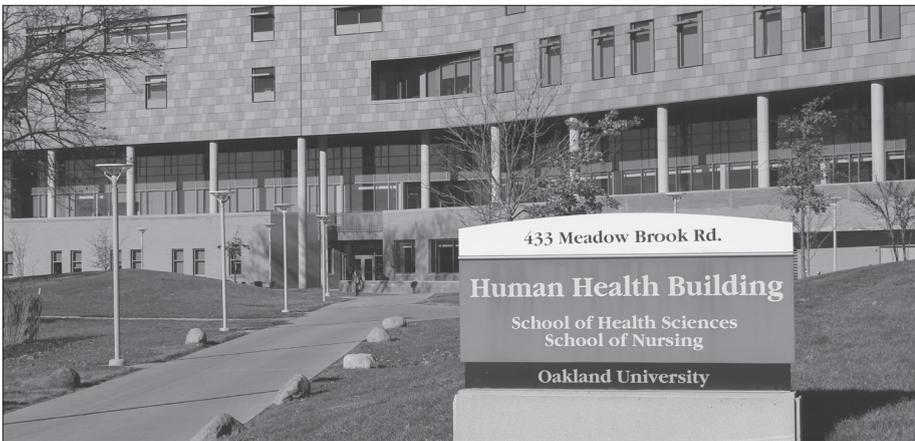
Other news outlets such as the New York Post believed the Y2K was going to have serious effects on the community. There were talks about computers

crashing and markets plummeting. In an article written by Scott Schuster, he said that "1,500 people will die in hospitals due to the computer bugs."

As the 2000s rolled in there were two campus wide power outages at Oakland University, that were coincidentally at the start of the new year and were unrelated to the Y2K bug entirely. An article written by Brent Chrismark, a reporter for The Oakland Post said, "Mechanical failure in a high-voltage switching cabinet and the subsequent repairs caused the two separate incidents."

OU hired a high-voltage specialist and his assistant to find the root of the problem that caused the power outages.

The ironic timing of this event caused multiple people to believe this was caused by the Y2K bug, but it ended up just being a rumor.



NICOLE MORSFIELD | PHOTOGRAPHER

Human Health Building houses the environmental health and safety program on campus.

Environmental health and safety program ranked highly in country

KATIE VALLEY

Campus Editor

Oakland University's environmental health and safety bachelor's degree (EHS) program was ranked one of the top 25 in the United States for 2019 by Value Colleges.

The website ranks colleges for their worth, factoring in quality, affordability and return on investment. OU's program ranked No. 13 on the list, making it one of two Michigan schools in the top 25, the other being Grand Valley State University at No. 3.

Other schools on the list are: Ohio University at No. 7, The University of Texas at Tyler at No. 6, The John Hopkins University at No. 5, Utah State University at No. 4, University of North Alabama at No. 2 and University of Houston-Clear Lake at No. 1.

OU offers its EHS degree entirely online. The Value Colleges (VC) report said the program "meets the needs of busy professionals and adult learners who require flexibility."

When ranking schools, VC used the U.S. News & World Report to determine the reputations of EHS programs, according to VC media manager Rhonda Corey. The site applied in-state costs reported to the National Center for Education Statistics (from IPEDS data), and return on investment stemmed from the alumni salaries on College Scorecard.

VC lists OU's degree cost as 2/5, meaning it boasts affordability to students. Dr. Florence J. Dallo, OU public and environmental wellness chair, said the program is special and prepares students to protect other workers.

"OU's environmental health and safety degree is a unique, affordable and high-caliber program that educates and trains students in meaningful work to promote, protect and improve the health of Americans," she said. "The EHS program at OU protects its environment by advocating for its students and faculty, so that they can learn and work in a supportive atmosphere where transparency

is key and excellence is the goal."

OU's EHS page said the bachelor's program will get students ready to "apply knowledge of mathematics and science to analyze and interpret data," "identify and evaluate environmental and workplace hazardous conditions and practices," "formulate hazard control designs, methods, procedures and programs" and "pursue graduate study in safety and health."

The VC website said occupational safety and health (OSH) engineers are "needed more than ever." Corey said the field has grown 9-10 percent because of expanding employment industries.

"OSH is key to industries like construction, energy and infrastructure, for obvious reasons, but it also has a place in areas like food production and processing, pharmaceuticals and chemical engineering," she said. "All of those industrial sectors are in constant growth and require a continual increase in the need for experts to keep workers safe and productive."

The OU program is accredited by the Accreditation Board for Engineering and Technology (ABET). Dallo said the VC ranking places the program at a place of competitiveness.

"[The ranking] means that it is visible and recognized as being able to compete with other programs in the nation," Dallo said. "It also means that current students, alumni and employers are highly satisfied with the program and would recommend it to individuals interested in this field."

Corey said OU's ranking shows that the EHS degree is valuable to students and alumni.

"Oakland University ranked in the top 15 because it finds a solid balance between a reasonable tuition cost and a strong alumni salary," she said. "That gets down to how VC measures value: a good education from a trusted institution with measurable results."

POLICE FILES

A bloody power tool incident

Officer Brett Vanderford of Oakland University Police Department (OUPD) was dispatched to the Katke-Cousins Golf Course maintenance building for a worker with a chainsaw injury on Tuesday, Oct. 23, 2018. Dispatch advised that Rochester Hills Fire Department (RHFD) had been contacted and was en route.

Upon arrival, Vanderford and RHFD made contact with the victim, who was alert and conscious. He was sitting in a golf cart with towels wrapped around his lower left leg. There was blood on his pants and the towels around his leg, along with some blood pooled in the golf cart below him.

The victim stated he received the injury when he and other golf maintenance workers were clearing brush in the wooded areas on the golf course. While clearing the brush, one of the other workers was using a chainsaw and accidentally struck him in the left calf with the power tool. The victim was put on a stretcher and loaded into the ambulance. He was then transported by RHFD to the Crittenton Hospital for further medical attention. All units were then able to clear the scene.

A nasty spill on the hill

OUPD received a call for medical assistance by a third party individual around noon on Monday, Oct. 22, 2018. The caller said she witnessed a male fall out of his wheelchair onto the pavement near Kresge Library. Officer Raashan Giles responded to the scene.

Upon arrival, the officer observed the subject identified by the caller sitting on his wheelchair with several cuts and bruises on his face and hands. He was conscious and alert with no visible signs of serious injury.

The victim said he was rolling in his chair down the hill between Kresge and Dodge Hall, at which point he tipped forward and fell to the pavement. When offered medical assistance, the victim accepted, and the officer called medical personnel to the scene. He then refused further medical transport and was released.

*Compiled by
Ben Hume, Staff Reporter*

Office of Diversity, Equity and Inclusion

IMPACTS OF STALKING: PANEL DISCUSSION

Monday, January 14th from 12-1pm
Oakland Center Gold Room A

****Lunch provided****

Featuring:

Paul Walton
Oakland County
Chief Assistant Prosecutor

Michele Parkhill Purdie
Associate Professor of Psychology
Director, Integrative Studies

Jac Ewasyshyn
Community Educator at Turning Point

Detective Collins
Oakland University Police Department

JANUARY IS NATIONAL STALKING AWARENESS MONTH
The National Center for Victims of Crime: victimsofcrime.org

1 IN 4 WOMEN AND
1 IN 13 MEN WILL BE
VICTIMS OF STALKING
IN THEIR LIFETIME

STALKING:
KNOW IT. NAME IT.
STOP IT.
JANUARY
Victimsofcrime.org/NSAM

Classifieds

63 Oakland Center
312 Meadow Brook Road
Rochester, MI 48309

Rates:
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(248) 740-0900 or apply online at <http://firstclassvalet.com/valet-parking/employment-application>

New transfer agreement with Macomb Community College

The recent arrangement between MCC and Oakland University will grant opportunity for transfer students pre-social work and health-related fields

BRIDGET JANIS

Staff Reporter

Macomb Community College and Oakland University signed new transfer articulation agreements on Tuesday, Dec. 18, 2018 that are meant to benefit pre-social work, nursing and health-related students who plan to earn their bachelor's degrees.

MCC and OU are working together to make education and graduation easier for transfer students by providing these three articulation agreements.

"Those were, for the most part, some of the easiest ones to improve on and articulate," said Matthew Zeig, OU transfer articulation coordinator. "Articulation can be a complicated process, there are a lot of people that are involved in the process."

Transfer articulation agreements allow students to have more transferable credits depending on the associate degree. This way, students do not have to retake many courses or go to school for more semesters.

"Time, effort and money: those are the three things that I always say with articulation agreements," Zeig said. "If a stu-

dent were to follow program plans perfectly, they may never run into issues, but some of these agreements that we create are meant to capture students who may have changed their mind on what they want to do."

“Transfer students always want to know how many credits will transfer usually before they officially decide where to transfer to...It helps them avoid any kind of confusion and frustration if they need to secure financial aid, and it would, hopefully, reduce college education cost and shorten their time to graduation if they are planning in advance.”

Dawn Aubry
Director of Undergraduate Admissions

The social work agreement is a three-year contract that will last through Nov. 30, 2021, and the nursing and health sciences agreement is a five-year contract

that will last through Nov. 30, 2023.

Students earning an associate degree in Arts Pre-Social Work at MCC and transferring to OU can earn 72 credits from MCC and earn the other 52 credits to complete their bachelor's degree in Social Work at OU.

"It's important because it benefits students who are aspiring to come to Oakland and want to complete a degree in social work, health sciences and nursing," said Dawn Aubry, director of Undergraduate Admissions. "The agreements facilitate efficient and seamless student transfer between both Macomb Community College and Oakland University."

Students earning an associate degree in Applied Sciences Nursing at MCC and transferring to OU can earn 63 credits at MCC with a 30-credit reward for completing the National Council Licensure Examination (NCLEX-RN), ending up with a total of 93 credits. Then, students can earn the last 32 credits at OU to receive a Bachelor of Science in Nursing.

"Transfer students always want to know how many credits will transfer usually before they officially decide where to transfer to," Aubry said. "It helps them avoid any kind of confusion and frustration if

they need to secure financial aid, and it would, hopefully, reduce college education cost and shorten their time to graduation if they are planning in advance."

Students earning an associate degree in Applied Science - Health Related at MCC and transferring to OU can earn 84 credits from MCC and continue at OU, only having to earn 40 more credits to complete a bachelor's degree in Applied Health.

"I hope the agreements will attract more students to both Macomb Community College and Oakland University," Aubry said. "And I hope that it will help us create an environment in Michigan where we have more college graduates."

Zeig reported creating a smoother transition process for students establishes a sense of trust between OU and community colleges.

"It's showing our community college partners that we care about their students, we care about the course work that they are teaching, and we respect the learning that the community college students are doing and making sure to apply it properly and use it," he said.

For more information on applying, transferring credits and transferring to OU, visit OU's transfer information page.

Mixed opinions regarding new grading system

GPA's are now computed on a four-point scale, students with a numeric grade that does not translate to a letter grade are advised to meet with an advisor

ALYSSA OCHSS

Staff Intern

The new grading system at Oakland University has been getting mixed reviews from students.

This new system uses letter grades for classes instead of the numbers of a standard GPA. Though the numbers are still used, for example the letter grade A- would be equivalent to a 3.7 GPA, it is a new change where the grade determines the GPA instead of a number grade. An example of this would be a 95 being a 3.7 or an A-

This change has left some students feeling confused, while others are content with its effect on how professors and faculty will grade their classes.

Alice Dahlka, who studies human resource management, is among those who are confused and disgruntled with the new grading system. She said it depended on her classes when it came to whether her grades were lowered or raised under the new system.

According to Dahlka, one of her biggest issues with the system is that it takes away her sense of accomplishment in her grades.

"I would rather see the number," she said. "I am prouder of a 4.0 than an A."

Dalhka also fears the new grading system would have adverse effects on students, and it would decrease their chances for better grades.

"There is a greater opportunity to round students down than to help them out," Dalhka said. "However, it is too early to notice any positives about it."

Dale Dubia, who is a senior at OU, is on the opposite side of the spectrum and thinks that the new system would be beneficial to professors when grading their assignments.

"I feel it's easier for professors because they can give simple letter grades," he said. "I can understand why it is easier than a 3.65."

Dubia said his grades have overall stayed the same since the new system was enacted. However, the system did come as a surprise to him, and he said he will be constantly checking Moodle to be sure that the grades are accurate.

Dubia reported that he likes the new system of grading and doesn't mind that it has been implemented. Although he agrees the system would be beneficial for the professors, he said he could see why other students would be upset or thrown off by it.

"Some people are too used to the grade point to go back to the letter grades," Dubia said.

It still might be too early to notice any adverse or positive effects the new grading system has on students. Some students are left to ask what will happen if their grades fall within the middle grades from the GPA system, such as a 3.8 or 3.9.

New coming students from high school may not have a problem with the new system, while older students will possibly have a harder time since they are so used to the GPA system. Therefore, the adjustment rate is dependent upon each student's college level.

More information about the grading system changes can be found on the Office of the Registrar page.

Grade	Honor Points
A	4.0
A-	3.7
B+	3.3
B	3.0
B-	2.7
C+	2.3
C	2.0
C-	1.7
D+	1.3
D	1.0
F	0.0

Photo courtesy of Oakland University
For absolute clarification, be sure to reference each syllabus as grades are susceptible to change depending on teachers.

Michael Wadsworth hired as Dean of Students

DEAN VAGLIA

Staff Reporter

From interim to official, Michael Wadsworth has found a home as Oakland University's Dean of Students.

Assuming the position on Dec. 13, Wadsworth was previously the assistant Dean of Students under Nancy Marshal. After Marshal's retirement in October, Wadsworth became the interim Dean of Students.

Vice President of Student Affairs Glenn McIntosh led a national search for a replacement, searching for a mature, skilled and knowledgeable candidate that, he said, "understands the breadth and depth of the job."

Despite searching the nation, McIntosh's prime candidate was the in-house one.

"[Wadsworth] had worked with student issues for 20 years," McIntosh said. "He understands [the OU] judicial system, has been heavily involved, he served as our deputy Title IX coordinator. Those kind of experiences

that he brought out to the table in the interview process really stood out as being a good fit for the institution."

The OU Student Congress (OUSC), with President Ryan Fox voicing his confidence in the new Dean of Students' abilities, appreciates Wadsworth's hiring.

While Fox appreciates the experience Wadsworth brings to the table, it is Wadsworth's passion for the role that struck Fox.

"Sometimes I think passion can trump experience in terms of importance," Fox said. "If somebody really wants to learn how to do the job, they'll do a good job. I think Mike does have that passion. I think the experience is a bit more heavy in that case, but I think he's dedicated to doing right by students, and I've always had a good working relationship with him, so I think that, working with him, the Student Congress will be able to get more done."

Wadsworth has worked at Albion College, Old Dominion

University and the University of Southern Mississippi. Wadsworth has a master's degree in Educational Administration from Kent State University and joined OU in 2014.

"I think students will see [Wadsworth] as a great choice because he's been very active since he's been at Oakland," McIntosh said. "He's been one of the strongest student advocates at the university, and this spans the range of students — students with disabilities, veterans, underrepresented students. He works closely with student leaders and student organizations. He's the kind of person who's going to arrive every day at 7 o'clock ... and he leaves pretty late as well. ... He loves [OU], and I think we have a very dynamic person in the role of Dean of Students now."

For Wadsworth, being Dean of Students is a dream come true.

"Once I went to graduate school for higher education, I always wanted to be a dean of students," he said. "Being



OAKLAND POST ARCHIVES

Wadsworth assumed the role as interim dean for just under a month.

able to come back and do that at my alma mater is really a dream job."

While no major changes have been made so far, increasing student involvement is a key goal for Wadsworth.

"I would like to see more opportunities for staff in the Dean of Students office to connect with students," Wadsworth said. "Rather than just in official meetings or student conduct types of things, I want to

make sure there's more opportunities for informal interaction. It's definitely an expectation of staff here in the office that we get out and get to events on campus."

Wadsworth hopes to get students involved in the academic misconduct committee, allowing more students to have a voice in hearings. He also wishes to remove the "principal's office" stigma that surrounds the Dean of Students office.

Paralegal program graduate finds success beyond OU

TAYLOR CRUMLEY

Staff Reporter

Some people finish college with a degree they love, but still feel like they could be doing more or have passions elsewhere.

Alexis Sawatzke, a recent graduate from the paralegal program at Oakland University, had these exact feelings upon finishing her bachelor's degree in business marketing in 2017.

"I very much enjoyed my degree, but at the same time, I felt like something was missing in my career path," she said. "Ever since I was a little girl and growing up, my family always told me that I should be a lawyer due to my ability to always have an argument over everything."

Sawatzke's passion for law led her to research how she could be involved with law without pursuing the typical career path of becoming an attorney. It was through her research that she discovered the paralegal position.

"Through my research, I saw that they do a lot of the same things that an attorney does," she said. "I started thinking about how that could be a fun career choice and

began researching on how to make that possible."

Her research eventually led her to OU, where the program really stood out to her.

"It was a year-long accelerated program, which I liked due to the fact that I had just went to college for four years," Sawatzke said. "I found out that their program is American Bar Association Certified, which demonstrates that their paralegal program is held to high standards. They also would assist you on getting an internship."

Jumping back into a new program made Sawatzke nervous, but once she got to OU, the nerves turned into excitement.

"The way courses are set up and the wonderful staff that is a part of this program is what truly make this a great program," she said. "The professors are so eager and willing to teach you and help each student out in the ways that best suit them."

Through her year in the paralegal program, Sawatzke learned every side of the law and found where her interests fit in.

"I have personally taken so much from this program, but if I had to choose one

[thing], it would be that the law is never black and white," Sawatzke said. "You can never take a stance on an issue until you know and can understand both sides of the story."

Sawatzke said everything she took away from the paralegal program at OU allowed her to have a career she loves waking up to every day. Her experience at OU led her to getting an internship with the Sam Bernstein Law Firm, where she was then hired full-time after graduation.

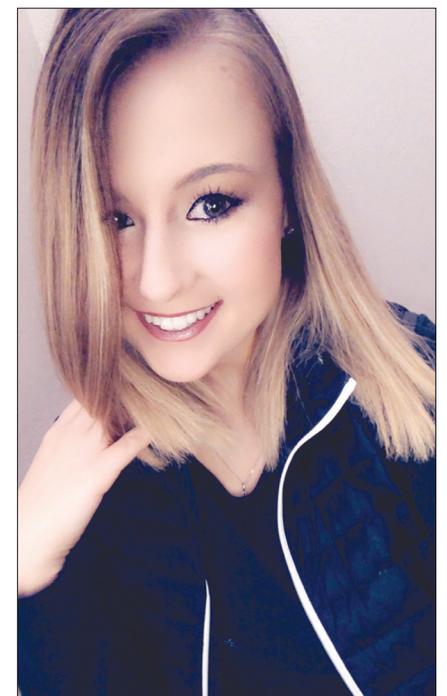
"I look back from a year ago to now and can't help but feel so accomplished and proud that I was able to make my dream come true," she said.

Looking to the future, Sawatzke sees herself remaining in the field of law for the rest of her life.

"Whether I decide to go to law school or continue to advance in my paralegal career, I am thankful to Oakland University, my professors and my current employer," Sawatzke said. "I would recommend this program to anyone who thinks they might have an interest in it."

For more information on Oakland University's paralegal program, visit

their webpage or contact the program director Barbara Lister-Tate at blister-tate@oakland.edu.



COURTESY OF ALEXIS SAWATZKE
Sawatzke found passion as a paralegal.

LIFE&ARTS



OAKLAND UNIVERSITY NEWS

Connor Darrow, left, founded his moving company two years ago as a freshman.

Herculeze Technologies is the Uber of furniture movers

LAUREL KRAUS

Managing Editor

Sharing economy services such as Uber and Airbnb may be a relatively new concept, but their application seems to be consistently gaining more ground.

Connor Darrow, a junior business administration major at Oakland University, is the founder and strategist for Herculeze Technologies, Inc.

Created in 2016, the company utilizes the sharing economy model to allow customers to get furniture movers for a competitive price.

“The name came from Hercules, the mythological character, how he’s strong and everything, and then the end of it with the ‘eze’ is for the ease of moving stuff,” Darrow said. “We decided to combine those two to make it a unique name.”

The student run company currently has around six employees from OU, Michigan State University and Bowling Green State University.

“It’s a peer-to-peer on-demand delivery marketplace,” Darrow said. “So people who need stuff moved such as a dresser or other furniture, they can get it moved by posting on the Herculeze website.”

Once posted, the customer will be connected with around 200-300 drivers in the local area. These drivers then have the opportunity to bid on the job, and the customer can choose whichever driver he or she prefers based on ratings and the price the driver is willing to do the job at.

The idea and inspiration behind Herculeze Technologies was born when Darrow’s

uncle gave him a bunch of items to sell for college funds, and the student realized he could make a higher profit when offering to deliver the items to the buyer. This is when Darrow realized there was an existing market for the need.

“There’s actually not much competition,” Darrow said. “There’s large movers who do the larger jobs and then there’s also competition for Home Depot trucks where people do it on their own, but really there’s no in-between for something like delivering a piece of furniture.”

One of the company’s current efforts over the past few months is in recruiting more drivers to the platform. It has succeeded in gaining 200-300 more over that time.

“They’re bidding on jobs [so] not all of them will get jobs, but they’re all active on the site,” Darrow said.

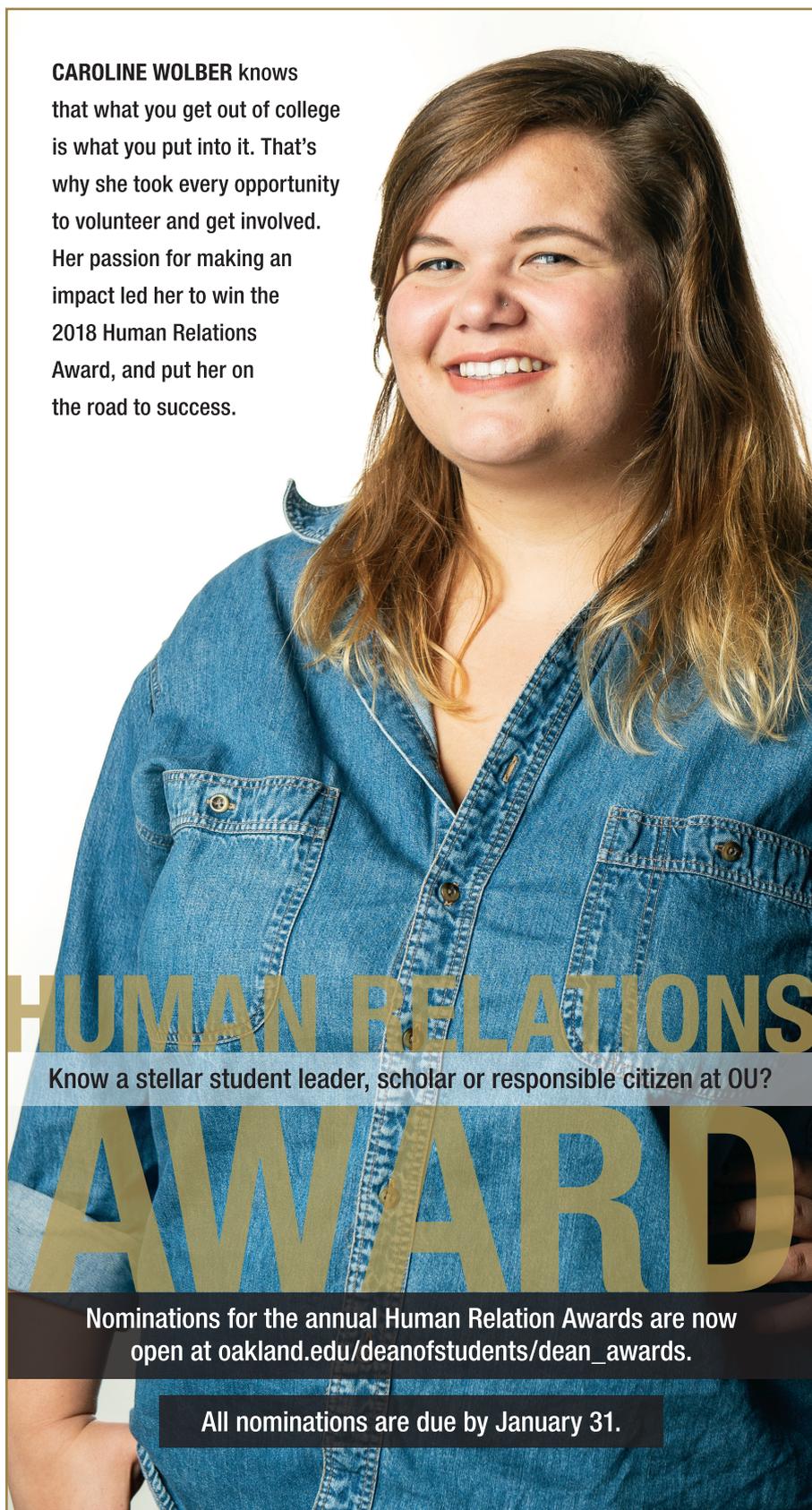
His hope and goal for the future of Herculeze Technologies, Inc. is to one day make it a billion dollar company.

“No one else has this right now, and it’s very much in demand,” Darrow said. “Once we get enough drivers then we’ll be able to expand in our market, which is the Detroit-metro area, then we can go to different markets and hopefully expand across the United States.”

Anyone interested in learning more about the company, becoming a driver or booking a delivery, can do so at herculeze.com.

“I’ve always wanted to start my own company, and it’s been great for the past couple of years to be able to start this and get it going,” Darrow said. “We’re still trying to get more off the ground here, and I think we’ve had great progress in doing so.”

CAROLINE WOLBER knows that what you get out of college is what you put into it. That’s why she took every opportunity to volunteer and get involved. Her passion for making an impact led her to win the 2018 Human Relations Award, and put her on the road to success.



HUMAN RELATIONS

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All nominations are due by January 31.

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How to Keep Your New Year's Resolutions

story by Taylor Crumley | design by Katie LaDuke | graphics by Erin O'Neill



Along with ringing in the new year with fireworks, festivities and family, comes the pressure of making and sticking to New Year's resolutions. All of us make them, but not all of us keep them.

According to Business Insider, 80 percent of resolutions made are forgotten by the time February rolls around.

The new year provides a clean slate with opportunities and possibilities of what the future holds whirling through our minds. People often tend to go big with resolutions, but in the end that is discouraging and the reason why more people fail at achieving them according to Psychology Today.

Some of the most popular resolutions include saving money, stopping procrastination, getting more sleep, being more positive and being healthier.

In order for New Year's resolutions to be achievable, experts suggest breaking them down into steps. According to the American Psychological Association, small achievements every day will lead to large rewards in the end and will also give you a little something to be happy about on your way to achieving the ultimate goal.

One of the most common resolutions is to become healthier. Shea Allor is a student at Oakland University who has a passion for fitness. She runs her own health and fitness Instagram blog, @shallorfit. Her blog has hundreds of followers who gain inspiration from the healthy meals and workout videos that she posts almost every day.

Through her fitness journey, she has acquired many tips

and hacks on how to live a healthier lifestyle. Her top tip to eating healthier is meal preparation for the week.

"College is so busy, so find some time on Sunday and get all of your meals ready to go so you don't have to take the time to cook three times a day," Allor said. "It also makes sure you eat healthy the whole week."

Allor also suggests holding yourself accountable. She said logging workouts and food consumption in a notebook or on your phone can also keep resolutions going past January and keep you motivated.

"Enjoy it," she said. "Restricting yourself or stressing out about eating healthy or getting to the gym every single day isn't a healthy way to live. Ease your way into a healthy lifestyle and stick with it, soon they'll become habits."

Another popular goal to have at the beginning of the new year is saving money, or perhaps investing. Dr. Austin Murphy, a finance professor at OU, says investing in mutual funds or stocks would be a great way to put your money to work in the new year.

"A couple of no-load index funds might be a good simple thing to consider, as well as U.S. I savings bonds if one is risk-averse," he said. "For those who like to gamble, odds are better with stock options or some penny stocks that are very carefully and intelligently analyzed."

New Year's resolutions and goals in general don't always have to be crazy and unattainable. No matter what your end goal is, small changes every day are the things that will make a big impact in the long run.



STARTS JAN. 1



**Work out
more!!!!**



**Save
money!!!!**



**Stop
procrastinating!!!!**



Bioethics experts discuss Chinese gene editing incident

Researcher bypassed ethical standards by prematurely experimenting on humans

BEN HUME

Staff Reporter

A Chinese researcher claimed that he helped make the world's first genetically altered babies through the usage of Clustered Regularly Interspaced Short Palindromic Repeats (CRISPR) technology in November 2018.

The researcher, He Jiankui of the city of Shenzhen, altered the embryos of seven couples, and the first of these edited children were just born — a set of twins. The birth of these children is thought to be the first example of genetically altered humans, and the scientific community is reeling from the discovery.

CRISPR is a relatively new technology, based on gene sequences found in some microscopic organisms. Bacteria and archaea use these gene sequences to find and remove invasive gene sequences left by viruses, and in these organisms the CRISPR sequence surgically cuts the dangerous DNA out of their own.

Researchers have been attempting

to find ways to modify this microscopic scalpel for extremely effective gene therapy in humans, but this Chinese experiment was far earlier than expected and bypassed many ethical benchmarks.

"It is not being deployed heavily, or at least not in humans," said Jason Wasserman, professor of foundational medical studies at Oakland University. "This is being undertaken in animal models before it's eventually rolled out to human trials, and that's what gets us into one of the key problems with what was done in China. That's a standard best practice."

Amy DeBaets, assistant professor of medical humanities and clinical bioethics at OU, explained the many ways that scientists normally begin trials, and how Jiankui failed to go through the necessary processes that normally protect patients and ensure ethical medical practices.

"Typically, new technologies, especially new genetic technologies, go through a long process of safety checks and animal testing...long before they're introduced to humans," DeBaets said.

"And the research in this case bypassed all of that."

Normally, even after new medical technologies go through animal testing, they still require a good deal of regulation. DeBaets explained that, even once new technologies get the all-clear after animal testing, they almost always go first to adult subjects. This way, they can give full consent to the testing being done to them. And if tests need to be done on children, even if the technology has passed previous ethical benchmarks, experimental technologies like CRISPR are only used when the child is in danger or extremely sick.

"The part that everyone agrees on ethically is that you don't start in humans," DeBaets concluded.

Even out of the context of Jiankui's experiment, the idea of genetic engineering is still very fresh and unknown to most people. Wasserman sees this cautious, sometimes scared response as the common knee-jerk response to any new technology.

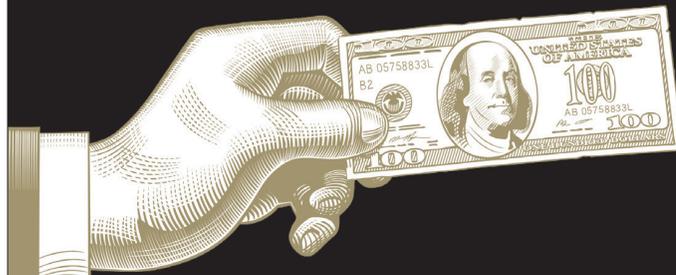
"There are reasons to be concerned, there are reasons that we need to be careful, reasons we need to act deliberately as we develop and deploy these technologies," Wasserman explained. "We've seen a lot of science fiction movies, and we allow that to confound those sorts of judgements."

But Wasserman said superhumans and science fiction are not what should be most concerning to our advancements in this field.

"Everyone thinks back to the movie 'Gattaca,' they start to worry about all these outcomes...what we really need to be concerned about is the ways that this will exacerbate inequality," he said. "We already have dramatic health inequality in our society."

As this technology continues to garner attention, Wasserman hopes less time will be spent worrying about the fantastical, science fiction outcomes, and there will be more focus on how this could drive an even deeper wedge in health inequality.

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NCUA

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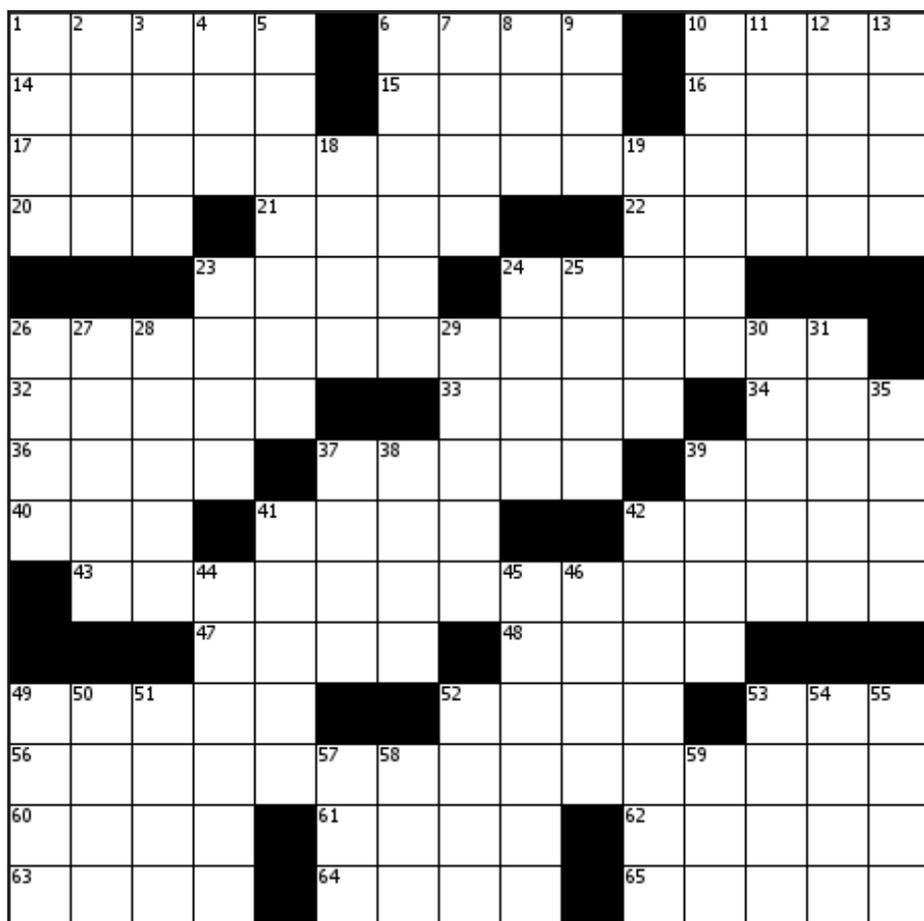
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PUZZLES



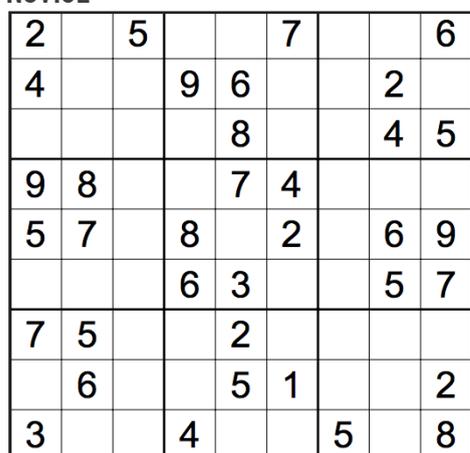
Across

1. It could be a board member?
6. Midwife's action
10. Pre-storm status
14. Unrivaled
15. Garb for Galba
16. Featured instrument of "Peter and the Wolf"
17. Philip Roth book
20. Suited to the task
21. It's what you may be happy as
22. Election Day goals
23. Top-notch
24. Capricorn, symbolically
26. Certain sale-closing words
32. Samms and Peel
33. Unwonted
34. Remain extant
36. Prison sentences
37. Great deal
39. Geneticist's studies
40. Ship's dir., perhaps
41. Rat tail?
42. Utah mountain range
43. Memorable ballad
47. Klutz's remark
48. British corps.
49. Davidic song
52. Unoriginal one
53. Call to Bo Peep
56. Caesarian delivery?
60. Raison d' ____
61. Significant stretches of time
62. Some things for one to do
63. Spray target, perhaps
64. Hardly a veteran
65. Heated conflict

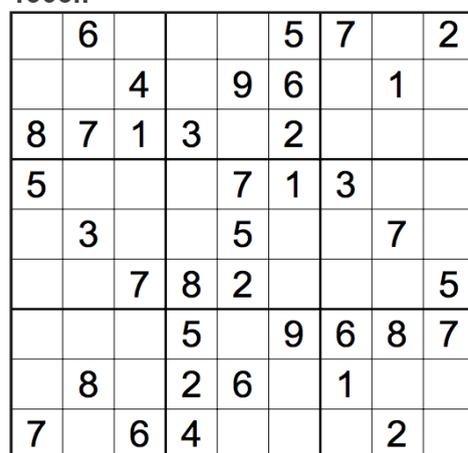
Down

1. Multigenerational story, e.g.
2. Hoofbeat sound
3. Prefix follower
4. Abolish
5. Online journals
6. Typical introduction?
7. Wrestling hold
8. In the past
9. One close to you
10. Regain consciousness
11. "Take a Chance on Me" singers
12. Barbarian
13. Base fare
18. Yin go-with
19. Application
23. Collections of miscellany
24. Black fly
25. Fairy-tale monster
26. "Sommersby" star
27. One from the Gulf of Masirah
28. Urge forward
29. More than peevd
30. Many a pram pusher
31. Sister of Terpsichore
35. Hairy one of Genesis
37. "____ this way!"
38. Bidder's option
39. Archaeological sites
41. Type of boa or serpent
42. Prepare for a change?
44. Dawdled
45. Texas city on the Rio Grande
46. Road, for Caesar
49. "What a relief!"
50. Satisfy completely
51. River through Leeds
52. Way out there
53. Martial artist's pride
54. Oodles
55. "Not only that ..."
57. Badminton need
58. On the wagon
59. Begone beginning

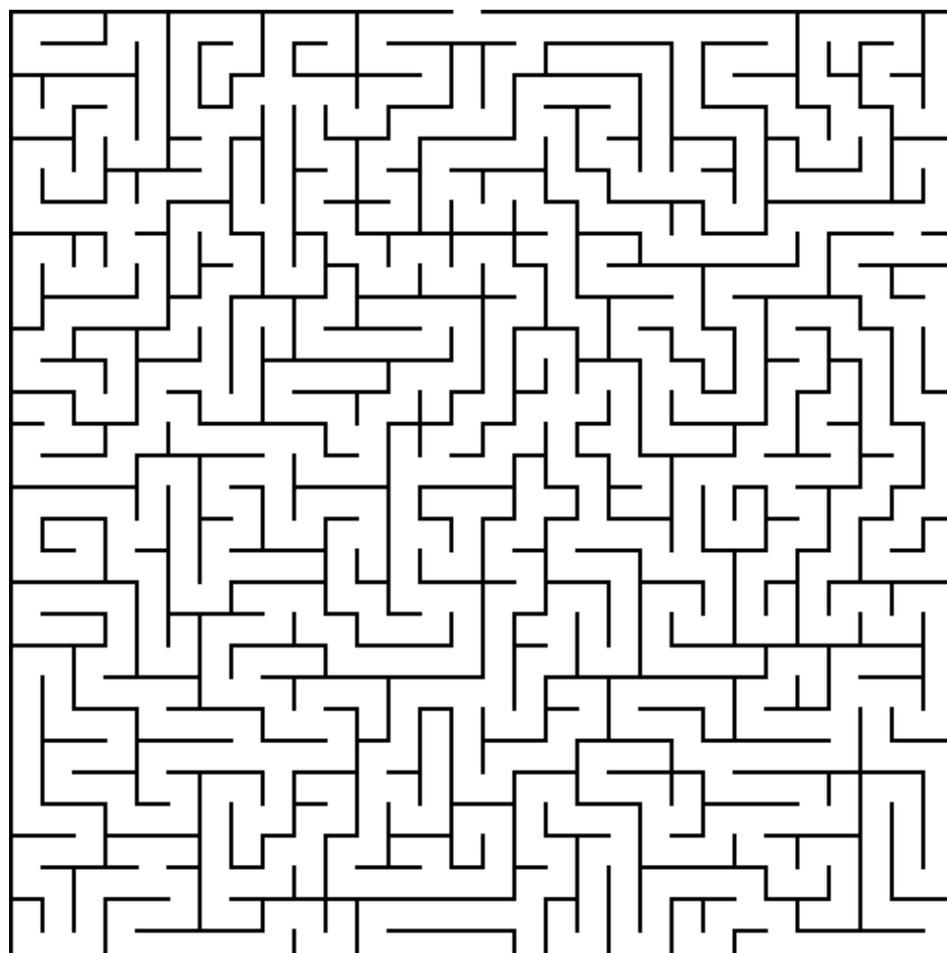
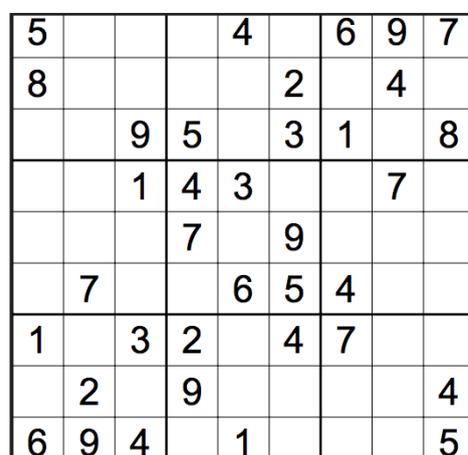
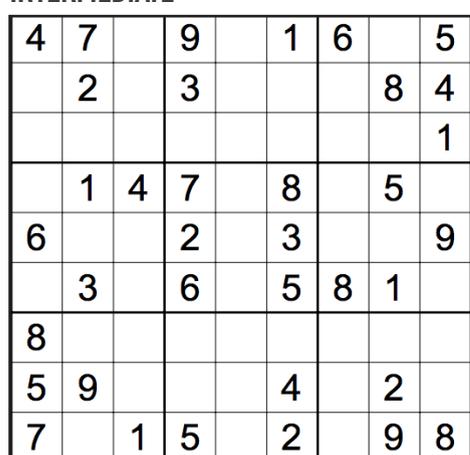
NOVICE



TOUGH



INTERMEDIATE



Walls do not work

There is evidence to prove it



BEN HUME
Staff Reporter

The government shutdown is exceptionally close to a resolution with the swearing in of the new majority Democratic House of Representatives.

Hopes of resolving the government budget, however, are still at a standstill as Republicans are digging in behind President Donald Trump over border wall funding. There are signs that the end is in sight, but border security and the complete coverage of the Mexican border are still one of Trump's biggest policy stances, and so he will likely only give up kicking and screaming.

In a world where statistics and history have any bearing on public policy, a border wall should never even exist as a concept. This government shutdown shouldn't have happened, and Trump and his Republican counterparts have a lot to answer for.

Border walls have ancient roots. Whether you think of Hadrian's Wall or the Great Wall of China, there's a good chance you can think of some kind of physical divider that a sovereign nation has built in the past in an attempt to keep enemies out or citizens in.

Every major border barrier has, in some way, failed in its purpose. Rome collapsed after barbarians invaded from the north, and the Mongols ran-

sacked ancient China and swept across the face of the Earth. Some even managed to break through the Berlin Wall.

The bottom line is that stagnant barriers do not work in deterring people from crossing them. The power of human ingenuity will always overcome whatever wall \$5 billion can buy, and the people fleeing to the southern border are driven by incredibly dangerous and powerful circumstances. Even if they are physically imposing, they require constant staffing, funding and attention. A wall will only make their dangerous trip worse, and those billions of dollars will suddenly feel insufficient.

These insufficiencies can already be felt today. Multiple news sources are reporting on border guards firing tear gas over the border into Mexico to prevent migrants from entering the country. A wall will still need to have guards like these lining the border, they will still need to be armed and paid and they will need to be brutal and ruthless if they want to be fully effective.

And even then, people will still come through because their alternative is to return to a home run by dictators we helped create, or a home where poverty is rampant and opportunities are non-existent. These people who look to our country for aid are instead met with smoke bombs.

The Republican Party, and any other person locking our country down over a 2,000-mile border, need to back off and stop this line of reasoning immediately. History and statistics tell us that these things simply do not work, and it would require resources on par with the Berlin Wall to get them to even the most effective state possible. And that is not a pretty comparison.

Instead of asking how we keep people out, we need to alter the conversation to how we help people come in. The United States prides itself on being a diverse land, and to truly embrace this mentality and help our country forward we need to look for policies that allow our country to help more people.

The government may soon be open again after far too long, but unfortunately, I don't believe this is the last we've heard of Trump's wall.

Sandra Bullock stuns in Netflix thriller 'Bird Box'

TREVOR TYLE
Life & Arts Editor

There's something about death that apparently makes a good selling point for movies. Theatergoers — and now, streaming service subscribers — have an inexplicable emotional attachment to the prospect of death in films.

Netflix evidently caught onto this and combined it with people's far more understandable love for Sandra Bullock into one of the most peculiar post-apocalyptic films I've yet to watch — "Bird Box."

Directed by Susanne Bier, the riveting-yet-messy film is based on Ferndale native Josh Malerman's novel of the same name. It follows a woman named Malorie (Bullock) and two children, dubbed Boy (Julian Edwards) and Girl (Vivien Lyra Blair), on the run from mysterious forces that are wiping out all of civilization.

It sounds simple enough, but there's a twist — seeing these supernatural entities will compel you to commit suicide, so our protagonists are forced to wear blindfolds. Essentially, Malorie and the children must make it through a river and a forest without looking or suffer the consequences.

If it seems familiar, that's because a "A Quiet Place" already did the same thing, swapping sight for sound, and did it better.

But in spite of their inevitable thematic comparisons, the two films are different enough for "Bird Box" to avoid feeling like a copycat of the former. Yet there are instances — and characters, which I'll get to in a moment — that feel too familiar for the film's own good.

Scattered throughout the film are a plethora of flashbacks to Malorie's life before. Entertaining as they are, there are a few too many flashbacks and not enough present-day sequences, hindering the viewing experience and shifting viewers' focus to a

group of characters that are mostly irrelevant to the film's conclusion.

Many of the individuals within the flashbacks are one-dimensional stock characters that could've been plucked from literally any post-apocalyptic narrative — and for whatever reason, this one includes Machine Gun Kelly. But Malorie, soft-hearted war vet Tom (Trevante Rhodes) and reserved narcissist Douglas (John Malkovich) are all thoroughly compelling, largely thanks to top-notch performances from the actors that portray them. They make even the most generic of these sequences worth watching.

That's not to say "Bird Box" is bad by any means. I actually quite enjoyed it, particularly Bullock's performance — though it shouldn't come as a surprise to anyone that she kills it, as usual. But for all the potential "Bird Box" has, it often falters when it has the opportunity to be great.

It's a whole lot of fun to watch, and from an audience perspective, it's a huge hit. From a critical perspective, "Bird Box" might not be as hard-hitting as it needed to be to have a real impact. Its final moments feel particularly underwhelming and carry far less emotional weight than they should.

But the film has clearly done something right. Being released a mere eight months after "A Quiet Place," there was a strong possibility "Bird Box" may have never stood a chance. But its cultural impact is a rarity for films not produced by Disney nowadays. It's even more refreshing to see a female-fronted film resonate with audiences the way "Bird Box" does.

Full of suspense and solid performances, "Bird Box" is a film I'd not only re-watch, but even recommend. It's no "A Quiet Place," but it's got all the qualities of a blockbuster hit, plus the added benefit of watching it from your couch.

Rating: 3/5 stars



PHOTO COURTESY OF IMDB

"Bird Box" might have many flaws, but Sandra Bullock definitely isn't one of them.

SPORTS

Oakland loses first Horizon League game vs Wright State

JONATHAN SAVICH
Staff Reporter

Oakland entered the game against the Wright State University Raiders tied for first place in the Horizon League, coming off their biggest win of the season against Northern Kentucky University and looking to move to 4-0 in the conference. Unfortunately, the game wasn't really a contest with a final score of 89-73, Wright State.

The first score of the half belonged to Xavier Hill-Mais, which was a shot from three-point land. After that the Raiders went on a 14-0 run before Oakland was able to get back on the board with a nice post move by Hill-Mais. That 14-point run by the Raiders set the tempo for the rest of the half and the game.

Throughout the rest of the half, the Golden Grizzlies weren't able to build any steam,

especially from deep, they went 3-16 (18.8 percent). Three-point shooting is typically a strong point for the Golden Grizzlies, before the game they entered the NCAA fourth in the category with a shooting percentage of 43 percent. Oakland entered the intermission down 11 on a close shot attempt at the buzzer by Karmari Newman that had barely rimmed out. The story of the game is typically ball control, and Oakland was turning the ball over too often. In the first half, they turned the ball over 11 times to the Raiders' two turnovers.

The second half didn't start any better for the Golden Grizzlies, the deficit was ballooning quickly. The lead grew to 21 points with about 13 minutes left in the game. Jaevin Cumberland started to bring the Golden Grizzlies back from the dead with four straight three balls between the 14th and 10th minutes

remaining in the game. Cumberland went for five in a row but there was a bit of heat check as he went for a fading three, but he did end up making his next three-point attempt.

A major blow occurred when Hill-Mais drew his fifth foul, disqualifying him from the game with significant time left. Hill-Mais, as the leading scorer of the team, is a key piece so it was difficult for Oakland to play without him. Head Coach Greg Kampe made the decision to leave him out there due to the bigger deficit. If the game was a 10 or eight-point difference Kampe said he may have considered sitting him for a couple of minutes, but he said it was an easy decision to roll the dice with Hill-Mais.

Oakland had cut the lead down to 10 with a score of 60-50 but from there on, things just didn't work out. Forward Bill Wampler was big for the Raiders at the



ELYSE GREGORY | PHOTO EDITOR

The Golden Grizzlies fail to build steam, losing 89-73 on Jan. 5.

end of the game with a couple of 3-pointers that really put the game out of reach for Oakland. Other than Cumberland's stellar shooting in the half, Oakland will have to look at this game as a learning experience.

"We had no energy and we didn't play well," Kampe said. "This is a game that could do more for us than any other game we've played all year and here's

why Wright State is picked to win the league they finished second last year and came back to win the conference tournament. They come in here at 1-2 [in conference play] and played for their lives."

Oakland continues their season Thursday Jan. 10 at home against University of Wisconsin-Milwaukee another in-conference team at 7 p.m.

THE SPORTING BLITZ

While students were relaxing on their winter break, the men's and women's basketball teams were busy starting league play, as they both took on two Horizon League opponents each night before 2018 came to a close.

Women's Basketball

The women kicked off Horizon League play at home against Cleveland State University on Friday, Dec. 28. The game came down to the last possession, as Teneea Heston fouled a Viking player, giving her two free throws that sealed the game. After the two free throws, the Vikings escaped Oakland with a 64-62 victory.

Three Golden Grizzlies finished in double figures. Nikita Telesford had 17 points, Taylor Jones recorded 15 and Heston had 10. Both teams struggled from three-point range, combining to shoot 6-35 from deep. However, Heston was the best three-point shooter in the game, connecting on two of four deep balls.

Oakland recorded six less turnovers

than the Vikings, and they were efficient in scoring 23 points off of Cleveland State's turnovers.

This game was back and forth the entire way, and Jones fouled out of the game with a minute to go in the fourth quarter, taking Oakland's best offensive player off the court in crunch time. Oakland's bench was strong though, recording 22 points, 18 more than CSU's bench.

On Sunday, Dec. 30 the women returned to the blacktop to take on the Youngstown State University Penguins in their second Horizon League game of the season. The Golden Grizzlies had control of the game for the first three quarters, even leading by three heading into the fourth quarter. Youngstown State took control of the game in the fourth however, outscoring the Golden Grizzlies by 17 in the third quarter and winning the game 69-55. With that loss, Oakland moved to 0-2 in the Horizon League.

Against Youngstown State, Jones led the way with 17 points, with only

Autumn Kissman reaching double figures as well, scoring 10 points.

Men's Basketball

For their first two Horizon League games, the men's team had to face opponents in their home turf. Despite being the away team, the men were able to win both games against Cleveland State and Youngstown State.

Against Cleveland State, the team was efficient on offense and was able to win the rebound, assist and turnover battles. The first half was closely contested, but it was in the second half that Oakland was able to pull away and notch a 12-point win, emerging victorious by an 89-77 score.

Jaevin Cumberland and Xavier Hill-Mais were the leaders on offense. Cumberland scored 27 and Hill-Mais scored 21. Both were active on the boards as well, grabbing seven and nine rebounds respectively. Freshman Tray Maddox was active as well, scoring a season-high 17 points and hitting two 3-pointers.

When the Golden Grizzlies traveled to Youngstown State, the game was much more close. For the majority of the game, Oakland looked to be in control. The Golden Grizzlies were up 35-29 at the half, and started off the second half strong as well. With 12 minutes to go, their lead had swelled to 12 points.

With the home crowd behind them, the Penguins were able to chip away at the lead. In a matter of minutes, the lead was reduced to just one point. The next 10 minutes were back and forth, with both teams trading the lead. With 22 seconds left, Karmari Newman hit a 3-pointer to take a two-point lead. Youngstown state had one possession to win it, but their shot was just off, and Oakland was able to leave Ohio with a perfect 2-0 in league play.

Brad Brechting was the leader offensively against the Penguins, scoring 19 points.

Compiled by Michael Pearce,
Sports Editor



RYAN PINI | PHOTOGRAPHER

Facing off with their long-time rival, the Golden Grizzlies focused on teamwork to win.

Women's basketball defeats Detroit Mercy Titans, 74-67

DEVIN BOATWRIGHT

Staff Reporter

The Golden Grizzlies women's basketball team kicked off the 2019 winter semester with a 74-67 win over long-time rival, the Detroit Mercy Titans. With a near record-breaking performance and a few career highs, the Golden Grizzlies showed they wouldn't be denied.

Taylor "TJ" Jones, a senior guard for the Golden Grizzlies, had a game that will forever be remembered in the O'rena. Taylor was Chris Paul-esque dishing and diming with a career-high 16 assists. She came one assist short of breaking the single game assist record.

"Sixteen?" Jones said. "I didn't even know I had that many, but I'm definitely proud of the way I've been playing."

Jones also was one rebound away from a triple-double, this would've been the first triple-double made by the women's basketball team in a decade. The last woman to achieve a triple-double on the Blacktop was Brittany Carnago with 14 points, 11 blocks and 10 rebounds against Centenary.

"I just played to win," Jones said. "My goal for this game was to get my team involved. I know as we go further in the conference they're going to double team and key in on me a lot, so I want to get them involved as much as possible."

Chloe Guingrich put up a stellar performance as well, with a career high in rebounds and points, 16 and 21 respectively. She was very forthcoming and selfless about her efforts explaining that it was because of her team that she was able to have such a great game.

"It's not me, it's what my teammates do to help me get open," Guingrich said. "TJ will drive, and I just have to be at the right spot so it's all about movement really."

Of course, going up against a rival is pivotal, neither side wants to lose to the other and emotions are high.

"We were very excited to play this team obviously because they're a big rival," Guingrich said. "First half we were pumped, second half we wavered a little and you could see that while we were playing. We were still excited to play however, it was a fun game to be in and we weren't going to let them win."

Jones, being the team captain, took some fault for the team's fall off in the second half.

"We had a good first half, the second half we got a little too comfortable and I think that's my fault," Jones said. "Being the captain, I feel like I bring the energy, so if I'm not into the game it throws everyone off, so I take the blame for that. But I'm proud of our team and I'm proud of Chloe for hitting her career high as well."

The Golden Grizzlies were outscored by the Titans in the fourth 31-17 fueled by a 14-2 run. However, the game plan was simple; don't foul, play defense, run the clock, and communicate. Oakland did just that and came out with a win.

Head Coach Jeff Tungate was pleased with the outcome of the game and the way his team played.

"It's great to get a win in the league, I'm proud of our kids," Tungate said. "I thought the first half was as well as we've played all year long. We shared the ball, made shots, and our defense was good. Got to give credit to Detroit however, they kept fighting back and didn't quit so that's a good lesson for us that we have to play all 40 minutes."

The Golden Grizzlies' next game is against the University of Illinois at Chicago in their hometown on Friday, Jan. 11 at 8 p.m.

Men's basketball defeats No. 1 Northern Kentucky

MICHAEL PEARCE

Sports Editor

Kicking off 2019 with a bang, the men's basketball team took down the No. 1 team in the Horizon League, Northern Kentucky (NKU), winning 76-74.

On the first day back for students, the Grizz Gang was riled up and packed full when the 12-3 Norse came into town, with both teams looking to improve to 3-0 in conference play.

A rather high scoring affair did not start that way, as both teams struggled to score for the first three minutes. Northern Kentucky's strong press defense proved troublesome for the Golden Grizzlies, and both teams only scored two points each after three minutes had passed.

In the middle of the first half, both teams began hitting every three they took. NKU guard Tyler Sharpe was electric, hitting all four 3-pointers in his first-half. Three pointers were traded back and forth, but eventually NKU was able to pull away, and they secured a 10-point halftime lead.

After the second half began it looked like more of the same, until with 12 minutes left Braden Norris drew a charging foul, and the momentum shifted.

"They ended the half with momentum, so we came out and had to punch them in the face," Norris said. "I think we did that, and it all started on the defensive end. Once we locked in on the defensive end, we started making shots offensively."

Xavier Hill-Mais had 15 points in the first half, but in the second half is when he began taking over the game. Matched up against Drew McDonald, who was named the Horizon League player of the year in the preseason, he took advantage of the defense and ended up scoring a career-high 32 points.

"Once I saw McDonald was on me, I was surprised," Hill-Mais said. "I didn't think they'd put a player of his caliber on me because of fouls. When I saw that I decided to go at him to try to get him in foul trouble."

The last 10 minutes of the game were back and forth, with both teams trading baskets and making hustle plays. Jaevin Cumberland deflected a ball right to Karmari Newman, who drained a go-ahead three to take a four-point lead with a minute to go.

NKU forward Dantez Walton had a three-point shot fall short, and Newman was able to grab the rebound, make a free throw and intentionally miss the second to clinch the victory. The O'rena exploded as the full court heave from NKU fell short.

"A win like this can show our fans, the viewers and the people watching on TV that Oakland can play," Hill-Mais said. "Pre-season a lot of guys questioned Oakland Basketball. This shows we're still one of the best Oakland teams, which is what we're trying to prove to everybody."

This win put Oakland at the top of the Horizon League, tied with Detroit Mercy at 3-0 in league play. Starting off strong with wins over top-ranked opponents is important for Head Coach Greg Kampe, because it can mean a lot for Horizon League tournament seeding.

"The way it is set up this year, we need that home court, so we have to finish in the top four," Kampe said. "The way I felt coming into this game, if we could win one of our first two games at home, we can put ourselves in position to get home court. If we win both, we could be in a position to win a championship."

The Golden Grizzlies host Wright State in their next game on Saturday, Jan. 5 at 3 p.m.

New year, new you: realistic resolutions for 2019

PATRICK SULLIVAN
Web Editor

Somehow the world didn't burst into flames and fall into the sun last year, so like it or not we all made it into 2019. With the new year comes everyone's favorite tradition of making New Year's resolutions, with the hope of somehow becoming better than what they were for their whole life up until that point.

Now I don't make New Year's resolutions because I am already the perfect human being, but I figured I would offer some advice to people looking to improve themselves over the next 12 months. Of course there are the basic "workout more" and "eat healthy" resolutions that everyone abandons 20 days after Jan. 1, but I'm here to help you set more realistic goals for your 2019.

Take care of yourself

In 2018 we saw an increase of people taking self-care and mental health days. These basically equate to waking up and deciding you don't want to do anything today, and instead end up spending the day in bed, sipping tea and posting on Twitter how you were taking the day to do a "mental cleanse."

For this year, I recommend amping self-care up another notch. Mental health days

need to become mental health weeks. Spend days in bed instead of a measly eight hours a night. Quit your job, it only stresses you out. The sky's the limit.

Drink more

Generally when people make resolutions regarding alcohol, it's always along the lines of wanting to drink less. Instead, I would recommend the reverse: drink as much as you can. Top off your cup, finish that fifth. You only have one life to live, and it's better to go out in a blaze of drunken glory rather than living to some boring old age like 83.

Don't make new friends

Listen, in 2019 you need to amp up your personal growth. I get that, but there is going to be one thing dragging down your goal of achieving the ultimate you: other people. If you spend time socializing and talking to other people, that's less time spent on improving your skill set.

Going to a party? Skip it and exercise. Seeing an old friend from high school? Blow them off and start working on those Duolingo Spanish skills. There is so much more time for improvements when you're not weighed down by the need to form human connections. The tradeoff is absolutely



ERIN O'NEILL | GRAPHIC DESIGNER

New Year's resolutions could keep you up all night and make you feel worse.

not worth it, and this year everyone should just focus, ignore each other and become a better person.

Learn to play hockey

There are so many benefits to learning how to play hockey. Fitness? Check. Learning to ice skate? Check. Getting amazing hair?

Check. You can go into 2019 body checking anyone that gets in your way.

Plus we have so many hockey pucks now we might as well put 'em to good use.

And finally, in all seriousness:

Read The Oakland Post more
Do it.

WINTER 2019 PAYMENT INFORMATION

OAKLAND
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The winter semester is here — start it off right and avoid any last-minute financial surprises by being proactive.

Reminder: the winter payment due date was December 15. If you haven't paid your account balance in full, it is past due. Please contact Student Financial Services immediately.

You can avoid class cancellation (drop) by paying your student account in full. 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.

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