

THE OAKLAND POST

Oakland University's Independent Student Newspaper

Volume 46 | Issue 4 | September 2, 2020

Incoming students move in and adjust to campus changes

New Grizzlies adapt to safety precautions, including an updated GrizzCard process
Page 7

August 28 thru
September 1
Move-In
Unloading ONLY
No Parking

PROVOST SEARCH

Oakland University narrows its decision for a new provost

PAGE 5

CHADWICK BOSEMAN

"Black Panther" star suddenly dies of colon cancer

PAGE 10

NBA PROTEST

Suspended games reveal lack of empathy for professional athletes

PAGE 15

THIS WEEK

PHOTO OF THE WEEK



WASH THOSE HANDS Hand sanitizing stations have emerged all across campus in an effort to prevent the virus from affecting students and staff.
PHOTO / EMILY MORRIS

THE OAKLAND POST

EDITORIAL BOARD

Michael Pearce
Editor-in-Chief
mpearce@oakland.edu
248.370.4266

Emily Morris
Managing Editor
emorris@oakland.edu
248.370.2537

EDITORS

Ben Hume Web Editor
bhume@oakland.edu

Lauren Karmo Campus Editor
laurenkarmo@oakland.edu

Liz Kovac Engagement Editor
ekovac@oakland.edu

COPY & VISUAL

Meg Speaks Design Editor
Sam Summers Design Editor

Sophie Hume Photographer
Ryan Pini Photographer
Sergio Montanez Photographer
Maggie Willard Photographer

REPORTERS

Autumn Page Staff Reporter
Lauren Reid Staff Reporter
Bridget Janis Staff Reporter
Rachel Yim Staff Reporter

DISTRIBUTION

Jaylon Johnson Distribution Director
jaylonjohnson@oakland.edu
Kimmy Guy Distribution Assistant
Meredith Atwell Distributor
Nico Bassman Distributor
Amanda Belz Distributor
Erika Beechie Distributor

ADVERTISING

Kaitlyn Woods Ads Director
ads@oaklandpostonline.com
248.370.4269
Molly Johns Ads Assistant

ADVISING

Garry Gilbert Editorial Adviser
ggilber@oakland.edu
248.370.2105
Don Ritenburgh Business Adviser
ritenbur@oakland.edu
248.370.2533



4 HACK ONCE MORE
GrizzHacks celebrates their fifth anniversary.
Photo/Rani Karana



11 PUCKER UP
"The Kissing Booth 2" released on Netflix with mixed reviews.
Photo/Netflix



16 WATER YOU DOING?
The Oakland water is the reason for financial struggles.
Photo/Michael Pearce

VOTE AND CONNECT AT:
oaklandpostonline.com

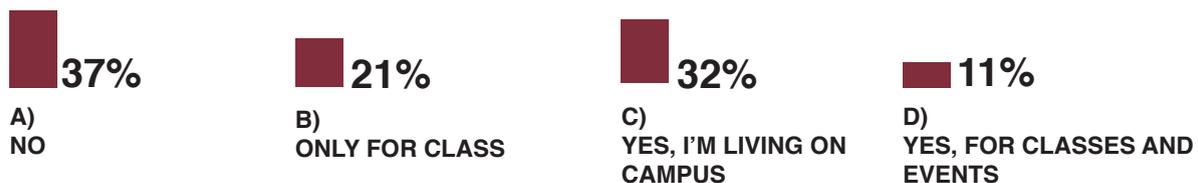
POLL OF THE WEEK

WHAT WAS CHADWICK BOSEMAN'S BEST ROLE, IN YOUR OPINION?

- A) THURGOOD MARSHALL
- B) BLACK PANTHER
- C) JACKIE ROBINSON
- D) JAMES BROWN

LAST ISSUE'S POLL

WILL YOU BE COMING BACK TO CAMPUS AT ALL THIS FALL?



Welcome to campus convocation: 2013 edition

AUTUMN PAGE
Staff Reporter

In September of 2013, Oakland University held what is now an annual convocation to welcome incoming students before the academic year started.

The convocation featured eight speakers, along with videos and a chance to join in the singing of OU's fight song.

"You [incoming students] are now a part of a community that is expanding and growing at an extraordinary level," Michael Kramer, chair of the Board of Trustees, said. "At Oakland University we have a 22:1 student to faculty ratio. You are part of a close knit educational group."

The OU Student Congress (OUSC) Vice President at the time, Jibran Ahmed, opened the ceremony, saying, "We want to make your experience unique and enjoyable so you can look back in ten years and smile."

The eight speakers spoke throughout the ceremony and welcomed the group of new additions with smiles. The speakers encouraged the freshman to take full advantage of all the opportunities at OU.

"No matter what major you choose you'll discover hands-on opportunities at Oakland," said James Lentini, the senior vice president for Academic Affairs and provost.

Following Lentini, keynote speaker Graeme Harper, dean of the Honors College, took the stage. Lentini described Harper as ambitious, worldly and fun.

Harper welcomed the students to what he called "Monsters

University." He then tossed a monster hat into the crowd of students and began to explain the analogy.

"Freshmen, you are the scariest thing on this campus," Harper said. "You've heard Hagrid of 'Harry Potter' was a giant, and you weren't afraid. You listen to Imagine Dragons and probably sing along with them."

He continued, reminding the students about the fearlessness of the university.

"Freshmen, like you, have monster ambitions and frightening potentials," Harper said. "Just like you, this university does not fear, it never has."

After each speaker, videos from graduates played. The graduates offered insights to the young freshman.

The students were encouraged to take advantages and embrace their new surroundings.

Glenn McIntosh, the interim vice president for Student Affairs and Enrollment Management, discussed with the students their options for campus assistance.

They had the option of 20 unique campus departments they could visit throughout their college career.

"Student affairs are ready to help anytime, anywhere — bring it on," McIntosh said.

Once the ceremony ended, an involvement fair was held from 4-5 p.m. in the north side of the Oakland Center. Student organizations from around campus were showcased.

"You have come to the right place to make your dreams a reality," Interim President Betty J. Youngblood said.

This fall, the convocation is all virtual because of COVID-19.

It's being held on Sept. 2 to kick off Welcome Week. Ora Hirsch Pescovitz, OU's seventh president, will deliver remarks as if it was in person, with the help of OUSC President Ethan Bradley.

Jean Ann Miller, the senior director of the Office for Student Involvement, spoke about the convocation.

"Welcome Week is Sept. 2 through Sept. 12," she said. "It starts with what's happening with new student convocation, which is going to be virtual. That is with the new students, and Dr. Pescovitz will be a part of that new student convocation."

More information about convocation and welcome week can be found on the OU website.



OAKLAND POST ARCHIVES

The Oakland Post is looking for a *LIFE & ARTS EDITOR*

Responsibilities

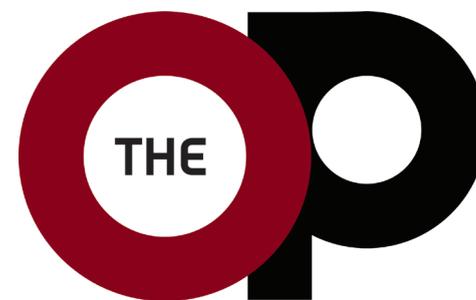
- Manage a team of writers
- Attend weekly budget meetings
- Attend weekly editor meetings
- Edit stories and be available during Monday/Tuesday production
- Produce at least one story per week

Skills necessary

- Writing experience
- Knowledge of AP Style
- Teaching/mentoring ability
- Good communication skills and punctuality
- Positive attitude and hard-working spirit

Contact

- mpearce@oakland.edu
- Send three writing samples and a resume



Letter from the Editor: The bigger picture

MICHAEL PEARCE
Editor-in-Chief



I'm incredibly grateful to be writing this letter right now.

This campus has been an important place in my life since 2017, when a (much skinnier) me stepped into college with some idea where I was going — but, at the same time no clue.

Luckily, I had the first step down. I moved into my Oak View Hall room with my best friend since eighth grade, Brendan Triola, and I set out to join the

campus newspaper. After that, I was going to go wherever these opportunities took me.

Meek little me took his time joining the paper, but once I did, I knew I was going to work here until I graduated. I'm full of excitement and joy because I get to be this newspaper's editor-in-chief (EIC).

I just want to thank my dad, casually known as Big Mike, for instilling in me the values and work ethic that I needed to achieve anything I've ever wanted. I'd be nowhere without his constant love and support.

Enough about me — let's talk about the people who really matter.

This campus has shown me nothing but opportunity since I arrived, and I intend to pay it back with quality, honest and fair journalism. There will be no shortage of news this academic year — there's a pandemic and an election to worry about — and I intend on doing my best to make sure that students, faculty and families are updated constantly.

Oakland University is a very special place, with no shortage of special, gifted people. I have gained so much from being here, and I know countless others who have as well.

However, it is not without its flaws. As big of a Golden Grizzlies fanboy as I

am, I know there are always going to be negative aspects.

That's where fairness comes in — the most important thing this newspaper can do is be the voice of the student body. The university is nothing without them, and they need representation now more than ever.

COVID-19 has been merciless in The United States. This country has been hit incredibly hard by the virus, and OU is not immune. There will be complications, there will be unpopular decisions and because of that — there will be news.

There will be news about the ever-evolving tension revolving around race and police violence as well — Oakland has a vast community of people who look different than I do, and I intend to cover them with care and honesty.

This staff is made up of a lot of hard-working, kind, caring people who care about their work, journalism and this campus. I have the utmost faith in them to deliver the content people need. I'm incredibly happy not only to be EIC, but to also have such a talented managing editor, Emily Morris, who easily could have had this job instead of me. She won't get all of the credit, but she does just as much work as I do.

As the EIC, any mistakes this staff

makes fall on my shoulders. So, that's where you come in. Tell me if I'm dropping the ball. Be nice though, I'm emotionally scarred.

My personal email is on the inside cover of the newspaper. We will make mistakes. We won't be perfect, no one is. Feel free to correct us. Let me know if there's a group or campus community that isn't being represented enough. As a journalist I strive for balance, so feel free to blow up my inbox — it's already a disaster.

Above all else, I want this newspaper to be something that makes a difference on this campus. A strong campus newspaper can improve a campus dramatically. Many campus newspapers across the country make big waves in times of crisis and affect change that is felt for years to come.

If we, as a team, can make even a ripple of change in the vast campus community, I'll consider my time as EIC a success.

My greatest wish from this job has nothing to do with how it might look on a resume. When I walk (or drive) up to the stage to receive my diploma, I want to feel like I made a difference. I want the student body to think I've done a good job representing them through our work at the newspaper.

GrizzHacks celebrates five years of hackathons

RACHEL YIM
Staff Reporter

Celebrating its fifth year at Oakland University, GrizzHacks will be returning on Friday, Sept. 18 virtually to provide students a variety of opportunities through different projects.

The hackathon is an opportunity for participants to collaborate to create hardware and software projects over a course of a weekend. Students are paired up with a team of sponsors and mentors.

Allison Broski is the lead director for GrizzHacks. According to Broski, she and her team especially had to contribute more efforts into this year's GrizzHacks because it is held virtually.

"Our team works very hard to make sure GrizzHacks is a success year after year," she said. "I think our biggest logistical challenges have been considering how to keep hackers engaged, as well as distributing prizes and swag, since leaving a virtual event is as simple as closing your laptop."

Despite the challenges, Broski and her active 15 team members didn't lose their hope for another GrizzHacks. They are hosting workshops, running events such as scavenger hunts and hacker hangouts and providing a collaborative space for students to meet new people and get to know their classmates.



PHOTO COURTESY OF RANI KARANA

This year will be the fifth GrizzHacks Hackathon

Aside from the social aspects of the hackathon, students will also have the opportunity to meet with potential employers in an intimate setting. Broski said companies believe that the individuals who attend this event are passionate about what they do, so employers from these companies engage with the student community and find potential hires for their organizations through this event.

Started in California, hackathons spread to universities and cities across the U.S. Out of a variety of inventions, the "like" button of Snapchat, Facebook and GroupMe is one of the notable inventions.

"There is no other student organization that brings together so many students, professionals and alumni at one event," Shriyash Jalukar, vice president of GrizzHacks 5, said.

The opening ceremony will be held from 7 p.m. on Friday, Sept 18th to 3 p.m. on Sunday, Sept. 20th, while the hacking itself will go from 8:30 p.m. on Friday to 8:30 a.m. on Sunday. For 36 straight hours, the participants will compete against their peers and other guests in a development challenge.

According to Broski, the team and the participants will utilize the Slack messaging system and Google Hangout sessions throughout the event.

A team of volunteers will also be helping the team address hacker questions and make sure everyone has a positive experience.

"GrizzHacks is first and foremost a learning opportunity that defies the traditional classroom experience," Broski said. "You don't have to know anything about software or hardware development to participate in GrizzHacks 5. So, whether you are a music major or a senior studying computer science, come give our event a shot. You won't regret it."

Students can register for the event at grizzhacks.com. For more questions or details, email grizzhacks@oakland.edu.

Provost search narrows down to four finalists

LAUREN KARMO

Campus Editor

The search for a new provost, following James Lentini's resignation, is reaching its last stages as the committee has selected its final four candidates. Margo DelliCarpini, Chris McCord, Renée Middleton and Britt Rios-Ellis went through multiple rounds of interviews to be considered as the president's pick for the position.

After Lentini announced his resignation at the beginning of the winter 2020 semester, the university has been getting community feedback on the search as Michelle Piskulich serves as interim provost for the time being.

The week of Aug. 17 began the last round of interviews for the finalists, which allowed for community members compiled of students, staff and faculty to ask questions and give feedback on the four.

Margo DelliCarpini

The New York native serves as the current University of Texas at San Antonio Vice Provost for Strategic Educational Partnerships and Dean of the College of Education and Human Development. DelliCarpini talked about how her own untraditional path has influenced her involvement with higher education. As someone who attended college later in life, she carries



a lot of empathy for students who need extra support and guidance in their education.

DelliCarpini still teaches a class once a year to maintain a personal connection with students, despite her administrative position.

She hopes to do the same at Oakland University.

"My number one goal would be to make Oakland University a destination campus for students," she said. "What that means is that it would be a place that students are completely attracted to coming, and once they get there, their pathway is clear, their degree plans are very clear."

She is also very committed to an intersectional understanding of diversity and equity for students, staff and faculty.

"It is imperative that we use the privilege that we have to make sure that others don't just have a seat at the table, but they have a voice at the table," she said.

Chris McCord

McCord recently served as Acting Executive Vice President and Provost at Northern Illinois University. He touched on how his experience in different higher education roles has prepared him to take on a multifaceted leadership position like the office of the provost. The mathematician by trade believes that the ability to see the university from different aspects will allow him to serve the campus community in a more well-rounded way.



With research taking the forefront of his focus, McCord recognized OU as a research institution that can expand their opportunities to more students, especially undergraduates.

"Seeing a university that clearly orients itself around those goals [of research and diversity, equity and inclusion], that tells me this is a good fit for me," he said. "This is a place whose aspirations line up with my own, and if I can help you move in this direction, I'm advancing causes that matter deeply to me."

During the shift to online learning, McCord sees an opportunity to expand the hybrid and virtual model in a post-pandemic college experience.

"We're continuing with the need for remote learning," he said. "How much of that do we need to make permanent? How much do we need to now think about hybrid courses? ... How much are we ready to offer that not just on an emergent basis to meet this current need, but as part of our instructional mix?"

Renée Middleton

The dean of the Gladys W. and David H. Patton College of Education at Ohio University places an emphasis on strong communication channels between students, faculty and higher administration. She likes OU's well-rounded educational opportunities and student base and hopes to increase opportunities for direct



student feedback while in the provost role.

When asked by student leaders, Middleton said her plan for the role is to serve the students' needs and provide a service for them.

"One of the first things I would do is to talk to student groups like yourself and hear from you," she said. "What would be of importance to you? I'm not coming in with any set agenda. I want to be responsive to what you think, what your ideas are, what would be meaningful to you."

To Middleton, OU's focus on diversity, equity and inclusion is a big draw. She likes campuses where "everyone looks different," and wants to encourage that at OU.

"As provost, I want to shape an environment that's inclusive of everybody," she said.

Britt Rios-Ellis

Hailing from Portland, Oregon, Rios-Ellis was the founding dean of the College of Health Sciences and Human Services at California State University, Monterey Bay. Bilingual in English and Spanish, Rios-Ellis has a strong background in diversity initiatives, from race related projects to LGBT-QIA+ programs. She believes her commitment to these issues will improve OU's educational and social experience.

"Equity is the lens, we don't need equality," she said. "I think when you look at historic policy errors, it's by making things equal, and not everybody needs the same thing to have the same opportunities. People need what they need to help themselves be whole. So, I like the analogy of 'what we already have is diversity, inclusive excellence are the tools we use to get there, but equity is the goal.'"

Rios-Ellis believes a hands-on experience is vital for students' education, and hopes to increase opportunities for community-based learning as she has done in her current position in California.

She also believes her level-headed leadership style will help navigate the community.

"I think you'd find me to be a very calm leader and a very responsive leader, not a reactive leader," she said.

President Ora Hirsch Pescovitz will announce the new provost in September.



iPause program helps students manage stress



MARY MITCHELL | OAKLAND POST ARCHIVES

LAUREN KARMO & AUTUMN PAGE

Campus Editor & Staff Reporter

A new mental health initiative has been at the forefront of University Recreation and Well-Being (Rec Well). Rolled out last spring, iPause — a stress management program — shows students how to be proactive about their mental health through workshops.

Students can sign up for workshops through the iPause program that will teach them about the good and bad types of stress, as well as how to manage those feelings in a positive way.

“It is really just a program focused on managing stress, through mindfulness,” said Health and Wellness Coordinator Cortney Heileman. “So throughout the workshop, there are a couple different exercises that the participants can go through, and there are just ways that students can learn how to best manage the stress while they’re in the midst of experiencing the stress, and relieve their body and their mind a little bit and kind of help them recenter and refocus. That way they can continue to move past it in a really positive way and not let the stress wear them down and really take over their life for that moment.”

These workshops will be student led so participants can learn from their peers and their experiences. According to Dr. David Schwartz, director of the Counseling Center, peer-led models are really successful in mental health exercises due to their collaborative nature and shared experiences.

Peer wellness ambassadors, paid and certified employees of Rec Well, will facilitate these workshops and guide their fellow students through meditation and learning.

“I think it’s really important for us as students to be able to reach out to other students on their level,” said Ally Manor, lead peer educator and wellness

ambassador. “Obviously the faculty and staff really care about us, and Cortney’s been really amazing about driving home that our mental health as employees is important, but I think it hits closer to home when it’s someone like me reaching out to them because I am closer to the experiences they’re going through.”

iPause began in March, the same week the campus shut down to COVID-19, stopping the workshops before they really took off. During the quarantine and for the upcoming semester these workshops have been recreated in a virtual format — both live and prerecorded.

“They’re really interactive, and it’s nice because the program takes you through a progression of understanding the basics of stress — how our bodies and our minds react to stress, the good and the bad types of stress that we might encounter in life and how we can best deal with that in our own personal way,” Heileman said. “So we dive into how every single person can find their perfect way of managing the stress that they might encounter.”

The Counseling Center and Rec Well staff saw a need for a preventative mental health program to alleviate some of the demand for treatment as numbers continued to rise.

“The program is about 45-50 minutes long, and there’s a survey that we have students take in the beginning and the end so that we can assess their learning — and to see what kind of key takeaways they’ve had from the program,” Heileman said.

If students want to sign up for a workshop, they can visit the iPause page on the Oakland website. To get involved, students can contact Heileman directly or through Handshake.

“We do have some openings right now actually. It’s something that they would just apply like any other job and then we’d go from there with a formal meeting and interview and whatnot so it’s a fairly simple process to get the ball rolling,” Heileman said.

Disability Support Services provides accommodations

LAUREN REID

Staff Reporter

Disability Support Services (DSS) continue to offer the same pre-pandemic services with the added option of virtual meetings. Individualized accommodations are available from interpreting services to extended testing time.

“Even with the shift in learning, DSS has continued to provide all of the services to students that would typically be available,” Christie Gough, DSS coordinator, said via email.

DSS is continuing to assist students with pre-existing accommodations and meeting with those who are seeking accommodations. These students can schedule an appointment with DSS, where they can receive an individualized accommodation plan based on documentation and how their disability affects their day to day.

“We will continue to provide all accommodations that are approved for each student,” DSS Director Sarah Guadalupe said via email. “Accommodations are based on a student’s individualized need which is determined through an interactive process, whereby, we meet with the student, review their medical documentation and discuss what prior accommodations may have worked for them in the past.”

As the upcoming fall semester is projected to be predominantly online and/or hybrid, Guadalupe mentioned many services and accommodations can be utilized online. For example, professors and faculty can make adjustments in Moodle to allow for extended testing time, as mentioned by Guadalupe.

Additionally, DSS has introduced a remote interpreting service.

“For students that may have vision or hearing loss and have been approved for

accommodations through our office can receive interpreting services, which are able to be provided remotely,” Guadalupe said. “We began using remote interpreting services last spring when classes moved to a remote format and had great success.”

As far as additional services, according to their website, DSS offers alternate forms of textbooks, alternative furniture, door openers, note takers, assistive technology such as visual mapping software and speech recognition systems, among others to accommodate students and help to provide a fulfilling college experience.

DSS also supports housing accommodations and assists students with food allergies and dietary needs.

As Oakland University heads into a unique and unparalleled semester, Guadalupe ensured DSS is an unwavering source of support for students.

“Our door is always open to assist [students] throughout the semester,” Guadalupe said. “We are happy to meet with students to discuss their concerns or assist them with resources. One of our most rewarding tasks is advocating for students and [helping them meet their] goals for achieving a successful and rewarding educational experience at OU.”

Guadalupe also believes communication is a key component to success.

“I would strongly encourage students to build collaborative relationships with their faculty and peers in the virtual setting,” she said. “Communication is extremely important and students should know that the faculty and staff at OU will continue to be present and available, even though a course is being offered online. We are here to support and advocate for [students].”

To schedule an appointment with DSS, visit their website, or call 248-370-4327. To take a look at offered accommodations, visit DSS student resources.



EMILY MORRIS | MANAGING EDITOR

Students virtually choose their own GrizzCard photos

EMILY MORRIS
Managing Editor

GrizzCards are taking a virtual path to get to freshmen this semester, in order to promote social distancing during orientation and move-in.

Customarily, incoming freshmen and transfer students would have an ID photo taken and receive their GrizzCard during orientation. Roughly 200 students would come through the ID card office each orientation, which renders social distancing cumbersome.

“We had a two hour block where they [incoming students] would come [to the ID card office]... the printers would be running all day long, and then that afternoon we would give them their cards,” Director of ID Card Operations Don Ritenburgh said. “It was really pretty high pressure because we had to produce 200 cards a day.”

Even so, Ritenburgh admitted to being “resistant” to

a more virtual GrizzCard assignment because in-person assignment allowed students to become more familiar with the offices in the Oakland Center and learn about “GrizzCa\$h” or the “Grizz Gold Card.”

“This year, it seemed like the only responsible way to move forward was to handle it remotely,” Ritenburgh said.

This semester, freshmen and transfer students were all sent a welcome email that invited them to take their own ID photo, which would later be approved or denied to be printed on their GrizzCard. Submitted photos must be a clear portrait and have a solid white or tan background so it resembles previous GrizzCards.

Within the ID card office, an artificial intelligence software judges each submitted photo on a scale of zero to one (0.8 and higher being deemed acceptable). Then someone goes through each photo to ensure it’s appropriate to print on an ID card.

Maggie Phelps, assistant manager of ID card operations, gave examples of several submitted photos that she denied — a filtered photo, a blurry photo, a photo of someone standing with the Grizz (not a portrait) and, even, a baby photo. Students are then notified that they need to resubmit their photo and can repeat the process.

Although not all students followed the instructions properly, Phelps assured that over half of the images she’s received have been approved.

As for students who haven’t found the right photo yet, their GrizzCard is their key into their residence hall so they’ll have to find a better background, focus their camera or choose a more recent photo.

For current students that may have misplaced their GrizzCard and need a new one, they are welcome to ask to use the virtual system.



EMILY MORRIS | MANAGING EDITOR

The ID card office is on the Oakland Center’s main level. To ensure proper social distancing, only one student is allowed in the office at a time.

However, they will still need to pay for their new GrizzCard in person.

Students are notified within 24 hours whether their photo has been approved or denied, and GrizzCard pickup now happens at the students’ convenience. The ID card office has extended hours through Friday, Sept. 4 to remain flexible for pickup — 8 a.m. to 7 p.m. After Friday, Sept. 4, hours will return to Monday-Friday 8 a.m. to 5 p.m.

Additionally, students can pick up a free OU branded facial mask — if they haven’t received one already — while obtaining their GrizzCard.

“Whenever it’s comfortable for them, they can come in and pick it up... It’s made everything faster,” Ritenburgh said. “It’s given us more flexibility, and it’s been the responsible approach.”

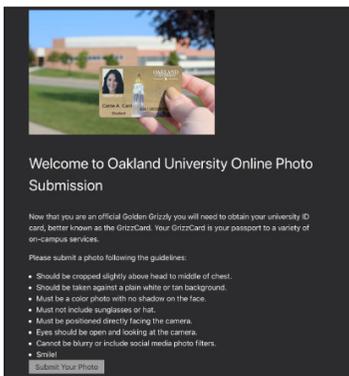


PHOTO COURTESY OF THE ID CARD OFFICE

Incoming students received a welcome notification asking them to submit their own GrizzCard photo.

\$100 FOR STUDENTS

OPEN . USE . RECEIVE .

Open your account today!
oucreditunion.org/students

NCUA

OAKLAND UNIVERSITY

Offer of \$100 valid 5/1/2020 to 10/31/2020 for new members who qualify for membership under the OU student SEG. OU Credit Union Visa Debit Card must be activated by 10/31/2020 and 10 debit card purchases must post within 30 days of card activation to qualify. The \$100 will be deposited into member's checking account within 4 to 6 weeks of the 10th purchase.

ADVERTISE WITH US!

Contact: ads@oaklandpostonline.com

Parking
Lot
1



Some graduates and their families decorated their vehicles for the commencement ceremony with balloons and writing. The drive-in screen advertises the FM station (102.9) to tune into the ceremony.

The Cabar Feidh Pipes and Drums (OU's traditional bagpipe group) plays for the graduates and their guests, while being projected onto the drive-in screen.



Oakland University staff are preparing a stage for a photo opportunity after the ceremony. Graduates were allowed to leave their vehicles for less than a minute to take a photo on the stage and receive their diploma.



Graduates gather in parking lot one for drive-in ceremony

by Emily Morris

In an Oakland University first, the 2020 graduates drove into parking lot one to celebrate — at last — on Friday, Aug. 28 and Saturday, Aug. 29. A traditional ceremony was rendered unsafe after OU was pushed to continue virtually in March, due to the COVID-19 pandemic.

Roughly an entire season has passed while graduates and their families waited for a resolution to the cancelled spring commencement ceremony. Now — just a week before the fall semester begins — graduates were given some closure.

Although rain was predicted for the majority of Friday, the showers settled enough for the ceremony to continue. According to an official OU email, the “ceremonies will take place rain or shine,” but lightning could have been a cause to cancel the ceremony without an opportunity to reschedule. Additionally, graduates, family and friends were asked to remain in the ceremony before and during the ceremony — otherwise, the event would “shut down... if too many people are out of their cars and congregating.”

Vehicles slowly swarmed to a large screen positioned near the Human Health Building — Oakland University police (OUPD) directing each family to a designated parking spot. Upon parking, the screen offered a QR code to a virtual schedule and the radio signal (102.9) with all the planned audio.

Parking passes, graduation gowns and honorary cords were distributed prior to the event from the Office of Student Involvement. Every entrance was blocked off by cones and OUPD, ensuring the parking lot was entirely reserved for the graduates and their guests.

The Cabar Feidh Pipes and Drums (OU’s traditional bagpipe group) kicked off the celebration by marching through parking lot one, concluding at the screen. Chief Commencement Officer Stephanie Lee

explained she was most “looking forward” to hearing them play.

“The one that stands out is — of OU graduation traditions — the bagpipers... and to hear the pipers will bring me some sense of closure for the 2020 class,” Lee said.

The first pre-recorded speaker on the screen was Dr. Ora Hirsch Pescovitz, Oakland University president. She led graduates in moving their tassel to signify the completion of their degrees. During this brief time, only graduates exited their car, and Pescovitz encouraged their supporters to congratulate them in a new way.

“Let’s give our new bachelors a round of applause and a few horn honks too — congratulations,” Pescovitz said.

The ceremony continued on with more prerecorded speakers that will be available to watch via OU’s website.

Then graduates were offered one more chance to exit their vehicle momentarily. Vehicles were guided in a line to a stage on the opposite side of the parking lot, where graduates had a photo opportunity and could collect their diplomas.

There are flexible plans in mind for the fall graduation ceremony as well — Lee confirmed that the format will be finalized on Oct. 1 this fall.

This was “the only option” for a commencement ceremony at this time amidst the COVID-19 pandemic, according to Lee. Although untraditional, there are still nostalgic elements in parking lot one.

“This is certainly a first for Oakland University,” Lee said. “Our main goal is to ensure that all are safe and not the spreading of COVID[-19]. Also, we wanted the students to have a nice experience at graduation in a parking lot that many drove around looking for parking spaces for years.”



My reaction to the loss of Chadwick Boseman

JEFFREY THOMAS

Contributor

I cried when Chadwick Boseman died.

It was raw. It was real. At the moment, I didn't understand why it was happening, but it happened.

Hunched over in a chair, holding a smartphone in my hands, I stared at the official death tweet until my tears started splashing off the screen.

Eventually, I put the cell phone down. I leaned back, closed my eyes and sat there until I was ready to accept some of the clarity of grief.

I'm not a big superhero fan, but a lot of my friends and family members are fans. For dozens of hours, I've endured the Disney reboot of the Marvel Universe. And I'm a cynic — in general, my thoughts on movies are a lot closer to Martin Scorsese than they are to somebody standing in line at the movie theater cosplaying their favorite Marvel character. But, as cynical as I am, it's obvious the impact those movies have had on countless people.

Frankly, with the way media is consumed nowadays, it's incredible that going to the movies is still an option. The ritual seems so archaic, but there's something magical about being in a packed theater. We've all been there — crammed into those movie theater chairs, an almost overwhelming smell of buttered popcorn in the air, shoes noticeably sticking to the floor, people in the next row over being just a little too loud and irritation slowly bubbling up. Then it happens. The film on the screen grips you — it takes you out of your world. You're sitting there covered in goosebumps.

Inside you're feeling something — those peaks in emotion stay with you.

Even with criticisms of the Disney's Marvel movies, it's undeniable that they've delivered a wealth of good moments to their audience. It's why the Marvel series has packed theaters release after release. People connected with those movies, and Boseman was the face of the most impactful film in that series.

Black Panther was an absolute cultural phenomenon.

As a viewing experience, it was unlike any blockbuster before it. The main characters were all Black. The costumes, the imagery and the plot all flipped preconceived notions about what works and doesn't work in the film industry.

Spearheaded by two fantastic lead actors — Boseman and Michael B. Jordan — the movie was an enormous critical and financial success. It opened doors and shattered glass ceilings, and that matters. All the little kids in Black Panther Halloween costumes matter. People need hope and representation. They can't realize their potential unless they believe in their ability to do so. Boseman's work as Black Panther exemplified the best of us. The leadership, the compassion, the intelligence, the determination, the commitment to love and the motivation to care and fight for others. That all matters, and it brings me back to what I felt reading that tweet.

To be honest, it's hard for me to say how much my tears had to do with losing Boseman specifically.

This year has been unimaginably awful. The fact that a week where the news cycle revolved around the atrocities in Kenosha, Wisconsin ended in the death of a Black



PHOTO COURTESY OF TADDLR.

Boseman, known for his roles of Black Panther, Jackie Robinson, James Brown and Thurgood Marshall, died on August 28th, 2020.

hero just overwhelmed me. My tears Friday night were a release of months of grief culminating from what I see happening in the world.

Sometimes it feels hopeless. When I see news about mental health and young people contemplating suicide, I don't have to ask myself why.

I'm not immune to the despair that so many people are feeling during this pandemic. As terrible as the loss of Boseman is, I found myself reassured by our collective grieving process.

Boseman dedicated his talents toward roles that would mean something to his community. He did his best so other Black people could have a chance, selflessly going to great lengths to keep a cancer diagnosis private so that his personal struggles wouldn't overshadow what his work meant to people. He was able to touch millions of lives, and that matters.

That kind of love and sacrifice endures. It should remind us that no matter how bad life may seem, we're never helpless.

Our words and our actions make a difference. The story of Boseman's life should motivate us away from cynicism and apathy. It should be heralded as an example of how people can change their world for the better.

So, yeah — I cried when Chadwick Boseman died. I was confronted with the reality of the current state of the world, and it hurt. But that pain was a reminder of where we need to go and that getting there isn't as impossible as it seems.

Boseman's life reminded me that the better world so many of us want isn't all that far away. That we can get there. That we can find a way.



PHOTO COURTESY OF SYFY WIRE

Boseman acted in several movies, including four Marvel movies, while battling cancer.

OPINION

“The Kissing Booth 2” improves upon original film

LAUREN REID

Staff Reporter

“The Kissing Booth 2” hit Netflix on July 24, encapsulating all the teen romance vibes. Weirdly enough, “The Kissing Booth” sequel felt more captivating than its predecessor.

Joey King, Jacob Elordi and Joel Courtney are back in their roles of Elle Evans, Noah Flynn and Lee Flynn respectively. Lifelong best friends, Elle and Lee, are now high school seniors and grapple with college decisions. They have always planned to attend University of California, Berkeley together, but Harvard now appeals to Elle because her boyfriend Noah, Lee’s brother, is in his first year there.

Later, Elle sees a flyer for a dance dance mania competition. She wants to enter with Lee, but after he injures himself, Elle reluctantly enlists the help of hot new student Marco (Taylor Zakhar Perez) to win a hefty cash reward that could help her father pay for Harvard.

The infamous kissing booth also returns for the annual homecoming fundraiser, leaving Elle and Lee to recruit high school hot commodities as kissers.

Meanwhile, Elle is genuinely considering applying to Harvard to be with Noah and avoiding discussing it with Lee.

She visits Noah at school, where she meets his college friends, one being the intimidatingly gorgeous Chloe (Maisie Richardson Sellers) whom Elle suspects Noah of cheating on her with when she finds one of Chloe’s earrings lying in his dorm room.

As Elle and Marco perfect their dance skills in preparation for the competition and Elle is losing trust in Noah, they grow closer. The plot unravels and secrets come out as Noah surprises Elle by showing up to the competition she participates in with Marco. Elle realizes she needs to talk with Lee as well, as their friendship has secrets and Lee has been experiencing problems in his own relationship with his girlfriend, Rachel (Meganne Young).

“The Kissing Booth 2” definitely succeeds in reeling in its target demographic. It’s fun and flirty, and the characters are (mostly) likable. What’s more is Noah doesn’t have as many random, problematic aggressive scenes as he did in the first film (like beating up his brother in the driveway) except for a few fist clenches near the end.

Of course “The Kissing Booth 2” is cheesy at times but ultimately it does its job — get all the teenage girls swooning. I probably would have loved this movie five years ago when I thought I’d casually run into the Marcos of the world and effortlessly convince them to fall in love with me. Mentally, socially and emotionally, I’ve completely left the high school fantasy world, which made this movie more painful.

Seeing your crush around

every corner and having them in every class just does not happen, and I know that now more than I did at fifteen.

Although it’s unrealistic on every level (no school allows a kissing booth, and even if they did, absolutely nobody would participate.), I still sought this movie out and sat through it. Joey King plays a great relatable, quirky teen who’s just trying to figure life out, and Molly Ringwald makes an excellent debut as a mom character — just kidding, she plays the mom of every redhead in Hollywood.

Rating: 3.25/5 stars



PHOTO COURTESY OF COMMON SENSE MEDIA

The Kissing Booth 2 released to Netflix on July 24th and the third movie is scheduled to come out in 2021.

The Oakland Post is looking for a *PHOTO EDITOR*

Responsibilities

- Manage a team of photographers
- Attend weekly budget meetings
- Attend weekly editor meetings
- Edit photos and be available during Monday/Tuesday production
- Take photos for weekly issues

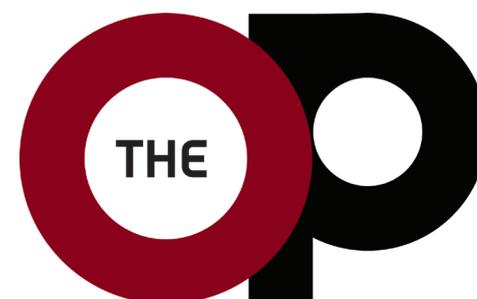
Skills necessary

- Experience with photography/photo editing
- Knowledge of AP Style and Adobe Photoshop
- Ability to teach and mentor
- Good communication skills and punctuality
- Team management

Contact

mpearce@oakland.edu

Send three writing samples and a resume



College students eat plant-based on a budget

ALEA GOODALL

Contributor

In his book, “How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease,” Michael Greger puts it like this: “The best way to minimize your exposure to industrial toxins may be to eat as low as possible on the food chain, a plant-based diet.”

It can be frustrating for a hungry student who follows a plant-based diet, in-between classes to walk into the food court and view a menu full of things you haven’t eaten in years. Chick-Fil-A, Subway, Panda Express and the list continues.

Most students who live on campus rely on campus dining to eat everyday with the use of their meal plans, and commuter students enjoy dining while on campus after classes as well. But what about the student that doesn’t eat meat and wants to maintain an environmentally healthier diet?

Oakland University’s dining halls have limited meat-alternative food options for students to choose from, which cause difficulty for many students embarking on a new journey towards making better health decisions.

According to The New York Times, the term “plant-based” has become popular within the last year, going plant-based encourages people to choose a healthier dietary lifestyle.

Many millennials and Generation Z students in particular support the idea of

choosing plant-based foods instead of unhealthy animal products.

Kaitlin McQueen, Oakland University alumna, remembers her days on campus considering a plant based diet with focusing on maintaining a healthier lifestyle.

“It was really difficult at first—figuring out how to make changes to my diet,” McQueen said. “But I slowly started eliminating a lot of processed food products and started eating more salads and fruit at the OU dining halls, instead of choosing meat.”

According to Technomic’s 2017 College & University report, over 20% of college students follow a special diet nowadays, ranging from vegetarian to vegan. Many students are interested in food that supports a healthy environment and a clean diet.

Plant-based foods can still allow students to enjoy meals with flavor, protein and a touch of color on their plates. If you have ever been told that you won’t get enough protein while maintaining a meat alternative diet in college, you’re not alone.

Carlee Lewis, Oakland University exercise science major, started implementing different, healthier forms of protein into her diet while on a budget.

“I’ve been told before that it would be really difficult to maintain a strict, healthier diet during college,” Lewis said. “Even though I’m still testing some things out, I’m also learning that meat isn’t the only protein you can choose — quinoa, beans, tofu and nuts are all great sources of protein.”

Living on campus or eating in college



EMILY MORRIS | MANAGING EDITOR

More than 20% of college students follow a special diet, which puts responsibility on dining halls to provide food that suits them.

dining halls can become a bit of a challenge at times, but choosing to eat plant-based is becoming more common nowadays among college students.

Many Oakland University students believe that stocking up on nutritious vegan snacks is a great way to ensure you get all of your proper nutrients within every day.

Cortney Heileman, OU Health & Wellness Coordinator, says it is very important to be intentional about taking care of our bodies and health.

“There are significant benefits of following a plant-based eating routine,” Heileman said. “Benefits include improved heart health, reduced risk of diabetes, weight management and a smaller environmental footprint.”

“The known drawbacks some people encounter with this style of eating may include access to plant-based food, depending on financial ability or geographical location. However, consuming plant-based foods is a great way to emphasize consuming fresh, natural ingredients while minimizing processed foods.”

According to Wholesome Culture, investing in good food storage has been quite effective among college students who embrace a vegan lifestyle while in college.

Having to grab a quick bite to eat can play a major part in busy college life. Investing in reusable eco-friendly glass jars and containers is one way to make things easier on a demanding schedule. Environmentally safe “stasher” bags make it possible to grab healthy food in a hurry.

College students are known to be under stress when it comes to studying for finals, doing homework and balancing work with their everyday lives. Data from Wholesome Culture says, “Embracing non-perishable food items is a good way to keep your energy levels up and going through the day by consuming oatmeal bars, black beans, nut butters and even veggie soups.”

Amanda Lynch, associate professor of interdisciplinary health sciences, explains why her views on plant-based diets and why it is environmentally friendly.

“Plant-based foods have the potential to be environmentally friendly,” Lynch said. An organic, locally raised chicken clearly has less environmental impact than that of almond milk.”

A plant-based lifestyle is an alternative lifestyle, which can be as cheap or as expensive, depending on individual choices. It can be relatively simple, buying fresh and whole food products for a good deal and nutritional content are the path that many young people are currently taking concerning their diets.

Audrey Smith, Oakland University alumna, says there’s no need for any student to become broke in looking for ways to change their diet.

“Students that want to eat healthier can start with Plum Market’s all natural vegetarian soups options and salads,” Smith said. “The important thing is to make eating healthy budget friendly, simple, convenient and a benefit to your personal health.”



EMILY MORRIS | MANAGING EDITOR

This area of the Hillcrest Dining Hall has healthier options, but there is a growing number of students who have a diet restrictions and are in need of more plant-based foods.

Campus groups, university promote sustainability

BRIDGET JANIS
Staff Reporter

Oakland University has multiple campus groups which take steps to support the campus' sustainability. There is a Clean Energy Research Center (CERC) at OU that has a mission of reducing energy use by 40% in the Southeast Michigan tri-county region.

"My main focus, personally, is conservation," Chris Kobus, director of engineering and energy education said. "I'm not big into just switching energy sources, I'm big into reducing energy usage, period."

CERC is a group of faculty and students that have multiple clean energy research, development and educational activities within the group. They work by developing projects that contain biomass, solar and wind energy to achieve their mission of a clean energy future.

In 2019, the annual cost of energy was \$1.9 million and the cost so far in 2020 is \$2 million. Students and community members should be aware of how to begin to reduce the energy usage around campus.

"Our goal is to have the most current and accurate information available for students," Operations Analyst Sean Dillon said. We would like to share tips for reducing energy usage so students feel more empowered."

According to Dillon, the goal for energy usage around campus is "net zero," which means to have no energy consumption. The university has set incremental goals that work with the cost associated with energy. They plan to change buildings with high energy usage and make changes to the lighting or insulation in them.

OU has already started moving toward more environmentally friendly buildings. The Human Health Building (HHB) was the first green building. It uses a geothermal heat pump and contains a cooling system powered by a solar thermal energy system, with the goal in mind of reducing the carbon emission and energy consumption and output on campus.

On OU's sustainability page, this solar thermal project is the largest in the U.S. It uses a variable refrigerant flow heat pump. The whole HHB project was given a \$2.75M U.S. Department of Energy grant to help fund the process and make OU a greener school.

In the article Health & Environmental Benefits of Solar Energy, they discuss how solar power can benefit the environment.

"By going solar, you can reduce demand for fossil fuels, limit greenhouse gas emissions, and shrink your carbon footprint," the article said.

Reducing the amount of energy people use on a daily basis on campus and in homes will mean a need for fewer power plants needed in Michigan.

"The only clean energy, the 100% clean energy, there ever has been or ever will be, is the energy you never used," Kobus said.

OU also received a grant from DTE in Detroit to do an LED project around campus in 2012.

The grant allowed for the testing of street lights around Meadow Brook Rd. and the parking lots to be changed to more energy efficient LED lights.

Since that project, OU has reported the positive effects of the testing of the new lights.

Now OU changed to LED lights in the use of parking lots.

"Going to LED lights that used to be metal halide lights all over campus ... that takes the energy signature down quite a bit," Kobus said. "The street lights and parking lights are on whether anybody's in the parking lot or not."

Another group that promotes sustainability is the Faculty Staff Student Alliance for Climate and Environment (FSSACE).

They talk about environmental issues and sustainability on campus and acts toward a greener university.

"OU is kind of behind the times on sustainability issues, in terms of a sustainability plan, doing various initiatives. We haven't implemented a lot of sustainability initiatives on campus," Mozhgon Rajaei, assistant professor in public health said. "We've got to do something, so let's start brainstorming and coming together on how to do it."

The meetings for the group help with educating about the problems that are happening on campus and in the community. They have presenters come in and discuss issues that can be improved and plan out possible solutions to the problems.

"I think the university itself, Oakland University, is now making sustainability a centerpiece of what it's wanting to in terms of its reimagining OU initiative," Lily Mendoza, professor of communication said.

Anyone that is interested in promoting sustainability can join the CERC by emailing Kobus at [@cjkobus@oakland.edu](mailto:cjkobus@oakland.edu) and to join FSSACE, email Rajaei at rajaei@oakland.edu.

THE OP

YOU CAN FIND US ON

VISIT US ONLINE

WWW.OAKLANDPOSTONLINE.COM

SMTD looks to new solutions in uncertain times

LAUREN KARMO

Campus Editor

With the pandemic forcing Oakland University to move to a mostly online format, the School of Music, Theatre and Dance (SMTD) is looking for solutions to continue making music.

Plans for the upcoming hybrid semester have changed with the updating COVID-19 restrictions, but the challenges for planning a comprehensive curriculum for the performing arts differ from those for math or business classes. This has forced SMTD to become creative with the ways they are offering classes.

“Another thing we’ve learned this summer is that the more people that get together and play an instrument are seeing the more dangerous it is as far as the virus,” SMTD Director Amy Tully said. “So all of our voice and wind ensembles will be virtual — so we will not have any bands that are playing in person, unless they’re doing something outside in small groups.”

While the weather holds up for September and October, SMTD will be hosting small classes and performances around Varner Hall so students will have the opportunity to practice and perform together, rather than alone over the computer.

When students are attending a class or lesson virtually, they will be provided with equipment they otherwise would not have access to, like keyboards or microphones. Unlike when the university shut down in the spring, SMTD has had all summer to gather their bearings to support their students in the hybrid semester.

“We weren’t prepared for [virtual learning] in March, when it came technology-wise, but we’re much more prepared for that now,” Tully said. “And that includes having webcams and every classroom. That includes you know having appropriate microphones for any virtual teaching, where we want to hear the best quality sound of a voice or an instrument.”

Although students will not be able to have their traditional class and real-world observation experiences, Tully promises that the school has been working to ensure their time spent this semester is just as valuable and worthwhile as before.

“I think we will have comparable experiences where our faculty still have high expectations for the students and learning outcomes,” she said. “But the way we’re going to achieve that is different, and I think the way we’ve adapted [is] the best way.”

Kevin Cornwell II, a third-year vocal student, expressed his concerns about the upcoming semester due to the ease COVID-19 can spread, especially from an asymptomatic carrier. According to him and Tully, some research has shown that singing and playing an instrument can spread aerosols further than normal talking does. This is a cause for some concern with the in-person classes the school plans to hold this semester, despite them being socially distanced in a large space.

“They want to make sure that they give the students the best quality of education,” Cornwell said. “I’m not going to lie, to a degree last semester ... it was kind of a nightmare in the beginning because it was so much that we never really gone through before. And it wasn’t easy



EMILY MORRIS | MANAGING EDITOR

In order to keep students safe, most ensembles will be virtual for the fall semester. SMTD will host small classes.

I’ll say that, but I think this second go around with a lot of the professors having already their first time doing this last semester, I think will have an easier time of trying to get you know the best education possible to put us in the place to succeed.”

The Oakland Post is looking for **SPORTS REPORTERS**

Responsibilities

- Write two sports stories per week
- Provide fair coverage to all sports
- Attend weekly virtual budget meetings
- Maintain positive relationship with OU Athletics

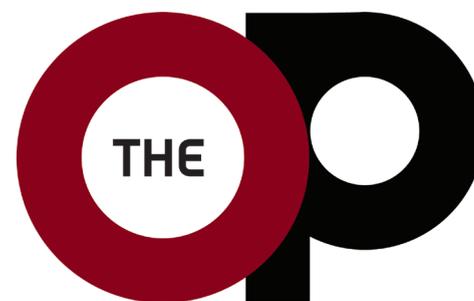
Skills necessary

- Ability to write in journalistic style
- Knowledge of sports
- Knowledge of AP Style
- Good communication skills and punctuality
- Receptive to criticism and motivation to learn

Contact

mpearce@oakland.edu

Send three writing samples of any kind and a resume



NBA suspension reveals cultural blindspots



PHOTO COURTESY OF MARKETWATCH.COM

The NBA players sat out of their games for three days after the Jacob Blake shooting. This led to a national debate about the effectiveness of a protest by millionaires.

MICHAEL PEARCE

Editor-in-Chief

After the players of the National Basketball Association (NBA) sat out multiple games this past week, many took to social media with the same old refrain, “stick to sports.”

“Stick to sports” is a tired phrase that intends to demean athletes, putting them down and denying their humanity. Athletes do not exist for the public’s entertainment, and people who cry for politics and sports fail to recognize the history of sports.

One of the most iconic photos of all time is Tommie Smith and John Carlos raising their fists at the 1968 Olympics. That gesture spurred conversation across the globe, effectively doing what Carlos and Smith intended to do.

Bill Russell, an NBA legend and 11-time champion, led a boycott in 1961 for the Civil Rights Movement. Russell and his teammates sat out of a game in Lexington, KY after being denied service at a restaurant.

Now, Russell is one of the most influential players in NBA history. Later in his career, he was the first ever Black head coach in North American professional sports and the first to win a championship, too.

Back in the ‘60s, there was incredible resistance to the Civil Rights Movement, just like there is resistance to Black Lives Matter and police reform right now. Today, Bill Russell and every NBA player who boycotted is looked upon favorably. Soon, the players who led the protest regarding the Jacob Blake shooting will be looked upon favorably in history as well.

Sports have always been intertwined with politics. Athletes are humans — bottom line. Being a professional athlete is just a job, like any job that these critical citizens have. The main problem is that these athletes are speaking out against issues that these

“concerned citizens” just don’t agree with, so they try to silence them.

Laura Ingraham, who is a poor excuse for the word “journalist,” once famously told LeBron James to “shut up and dribble.” When New Orleans Saints quarterback Drew Brees said he would never kneel for the flag, she commended him for using his large platform.

Obvious racism aside, Ingraham is an example of a massive problem in The United States. The blindness to obvious systemic racism breeds a gross ignorance, which compels these people to diminish and put down athletes for attempting to use a platform, just because they willingly ignore the issue that affects them.

After the Blake shooting, it should become impossible to ignore the problem with the police force. It realistically should have been obvious to anyone with an open mind before this, but the stark contrast of Blake and the 17-year-old who walked freely with an assault rifle illuminates the issue like a streetlight in a dark neighborhood.

What is impossible to deny is that the election of Donald Trump proved that anyone who cast a vote for him was willing to ignore his blatant racism in favor of personal gain. That ignoring of an unforgivable world view has led to an even larger divide in this country, one fueled by the selfish desire of financial gain and party affiliation.

Not all Trump supporters and those who believe that athletes should “stick to sports” are racist. But, those people have decided that systemic racism that starts from the top down isn’t a big enough deal to them to act and vote selflessly.

The NBA players sitting out of games showed there’s a long way to go before real change will be made. Many believe that athletes are only for their entertainment — and not dynamic, fully formed people with families and personal convictions.

 Information courtesy of the Oakland University Counseling Center

MENTAL HEALTH TIPS DURING COVID-19



1. It's okay to not be okay

Take a break, mental health is just as important

2. Be flexible and adaptable

Accepting change makes it easier to deal with

3. Know your limits on news consumption

Balance is key, keep your consumption healthy

4. Write three things you're excited about each morning

Give yourself something to look forward to

5. Write three happy things about your day at night

Even the smallest things count

6. Routine is king

Focus on the things you can control

7. Connect with others creatively

Social media, video calls, online parties

8. Daily self-care

Exercise, relaxation, pet therapy, journaling

9. Acknowledge the grief we're experiencing

Loss of loved ones and of our old lives/routines

10. Know your resources

Call OUCC at 248-370-3465, talk to friends/family

Oakland water drugged to increase revenue

LAUREN KARMO

Campus Editor

After tireless and intense research, I have come to the conclusion that Oakland University has been controlling our grades through a deeply complicated mind control technique — the water has been drugged.

I know what you're thinking — “what the hell is she on?” — and the answer is not the Oakland water. The time I've spent away from campus has let my cloudy mind become clear again. I have only done poorly in my classes because the university wants me to fail.

Think about it. You're in the basement of the Oakland Center, you're on your way to your next class. You stop to fill your water bottle up, totally ignoring the mysterious crust that has formed on the drinking fountain. You drink. The Water. Now you're on your way to the next class, full of H₂O+ (the plus is still ambiguous, for now).

It's the plus that makes you fail your classes. It's the plus that got you that C on that paper. It's the plus that made you miss half the questions on the exam. The plus.

Now, why would the university want you to fail? I'll tell you: to take more of that tuition money, baby. They just want you to stay in school forever, paying them thousands of dollars and crying lower-class tears of frustration in the financial aid office. How else are they gonna get these students to fail their core classes over and over again, without drugging the water?

The water is the obvious choice. Every single student who has failed a class has also drunk the campus water. Coincidence? I think not. If you have failed a class and have never had a drop of OU water in your system, hit me up immediately. We need to talk.

No student should fail a class on their own merit — we were all smart enough to be admitted, so there is no reason for us to suddenly not do so hot in our classes. Tough professors, mental health pressure, adjustment to new learning and difficult curriculum are absolutely not reasons for any student to ever perform poorly in a class. It must be some sort of outside variable that is affecting student success.

The water is a simple means of mind control. The government has been doing it with the fluoride in the city water for decades, so it's totally plausible OU would do the same.

I heard from a friend of a friend of a cousin of a step brother of a classmate that there was one girl who 4.0'ed her whole four years here. She never drank the water once. I'm not saying there's a correlation there, but there's a correlation there. And that source is super reliable, so this is only more evidence to prove the facts.

Now that you've heard my argument, I make my plea to you all — stop drinking the Oakland water. It's just not safe for you or your GPA. This semester is going to be hard enough, do yourself a favor and put on your tinfoil hat, grab a Brita and see your grades rise instantly.



MICHAEL PEARCE | EDITOR-IN-CHIEF

The water across campus has led to crazy amounts of failed classes. Students are suffering.



Information courtesy of Oakland University
and the Center for Disease Control.

COVID-19 BEST PRACTICES

1. Wash your hands with soap and water for at least 20 seconds.
2. Avoid touching your eyes, nose and mouth with unwashed hands.
3. Avoid close contact with people who are sick.
4. Stay home when you are sick.
5. Cover your cough or sneeze with a tissue. Immediately throw tissues away.
6. Clean and disinfect frequently touched objects or surfaces.
7. Keep all age recommended vaccines up to date including annual flu vaccine.