

THE OAKLAND POST

Oakland University's Independent Student Newspaper

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BE OUR GUEST

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the magic of "Beauty and
the Beast" to Oakland*

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Tips for handling distress and
managing mental health

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PHOTO BY SOPHIE HUME

THIS WEEK

PHOTO OF THE WEEK



GOLDEN SKIES The sun sets over a frozen Bear Lake on Thursday, Jan. 30 outside of Vandenberg Hall. PHOTO / ASHLEY AVERILL

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- A) THE FOOTBALL
- B) THE HALFTIME SHOW
- C) THE COMMERCIALS
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LAST ISSUE'S POLL

WHO DOMINATED THE GRAMMY AWARDS THIS PAST SUNDAY?



CORRECTIONS CORNER: Last week, The Oakland Post published an article titled "HOST program helps OUWB students save on traveling." In the print issue, this story included a pull quote that was incorrectly attributed to Pamela Holtz, but it should have been attributed to Nathan Loudon. The Oakland Post apologizes for the error. We correct all known errors of fact. If you know of an error, please email editor@oaklandpostonline.com.

CAMPUS



MAGGIE WILLARD | PHOTO INTERN

Speakers share stories on how they used their humanities degrees and skills to build careers.

CAS helps students make careers out of their degree

DEAN VAGLIA
Staff Reporter

To help students realize how their degrees can be used, the Oakland University College of Arts and Sciences (CAS) and Career Services hosted the Marketing Your Humanities Degree event Thursday, Jan. 30. Four speakers told their stories and worked with students to help them come up with plans for the future.

The event started off with some words from Kevin Corcoran, dean of the CAS.

“More and more employers are talking about liberal arts degrees as the degrees of the future,” Corcoran said, summarizing an article from Inked Magazine. “If you think of the real problems that face our world over the next 50 years ... the kinds of problems that face the world are not simple problems. They are not problems that lend themselves to coding, to building a better mousetrap.”

To Corcoran, problems like climate change and other multifaceted issues require a certain level of creativity and deeper thinking that is encouraged by the pursuit of a humanities degree. Some of these skills include working with other people and working around the ambiguity presented by what he called “wicked problems.” Another skill Corcoran highlighted is a knowledge of ethics, a skill he accused Big Tech of lacking.

“What you are learning is critical to the future of the world and the future of solving the important problems,” Corcoran said. “There are the hard sciences, and then there are the difficult sciences, and the difficult sciences typically involve human beings, which is the base of the word ‘humanities.’”

One of the speakers, Cross Mooradian, a Peace Corps recruiter who turned an OU an-

thropology degree into a life with the organization, told his story first.

“Over the course of my education here, every professor I had at some point brought up [the] Peace Corps,” Mooradian said. “By the time I graduated, I thought ‘Ok, there might be something to this if all these different individuals can agree on [the Peace Corps].’”

Interested in the idea of joining, Mooradian looked into the teaching career path for the Peace Corps, worked at a charter school for a few months, applied to be a Peace Corps teacher and was accepted to work in the southern African nation of Zambia. He enjoyed the work so much that he volunteered for three years instead of the mandatory two and has remained with the Peace Corps ever since.

Mooradian believes it was his anthropology degree that gave him an advantage over other applicants.

“They saw that I had the technical skills with my teaching experience, but what really sold my application was my anthropology degree,” he said. “They noted [in my interviews] my background with cultural sensitivities and passion and curiosities, and that really helped me get a place.”

The very skills that Mooradian used are what Career Services calls fundamental learning achievement goals (FLAGs). These are skills like critical thinking and an awareness for diversity that are picked up pursuing a CAS degree.

Using the FLAGs, students can reflect on what they have and how they can use it.

“These are things you are already doing,” Shannon Esselink, CAS director of advising services said. “We are just give you a way to articulate it and a space to capture it.”

OU adds fall break to 2020-2021 academic calendar

DEAN VAGLIA
Staff Reporter

Oakland University has approved a mid-October break for the fall 2020 semester. The fall break has been two years in the making and is in line with other Michigan universities like Grand Valley and the University of Michigan.

To Brittany Kleinschmidt, the OU Student Congress (OUSC) vice president when the fall break was proposed, the main objective was to protect the mental health of students.

“A lot of institutions have a fall break because studies have shown that October is essentially the most hellish time for a college student, especially for the younger students,” Kleinschmidt said. “What they are supposed to do is go from August to December without a break at all, except for a little bit of November, so they do not have a lot of time [away from class].”

“For a lot of students that means they go to school every single day, and then they are studying, and then they might have work. This one to two days in October is a big thing in the sense that it could be the only one to two days a student has where they are not completely cramming, which can make or break someone’s mental health.”

While the idea for a fall break had been entertained by various OUSC administrations, the Ryan Fox administration — during which Kleinschmidt served as vice president — pursued the idea and submitted a proposal to the provost in the winter of 2019. Assistant Dean of Students Jessie Hurse was one faculty member Kleinschmidt mentioned who encouraged the idea for a fall break.

To make the proposal, OUSC worked with student governance organizations from across Michigan to obtain the data and

other information needed to make their case.

“For this, we had extensive conversations with Dr. [David] Schwartz from the Counseling Center, we talked to every other university about it and about how they went about getting their fall break,” Kleinschmidt said. “Grand Valley had an entire committee designed to work with their administration. Central Michigan was also in the process of theirs. It was really just gathering as much information from the other institutions in Michigan.”

Once the plan was submitted and approved by the provost’s office, the only question that remained was where to place the new break.

“We just had to make decisions about when it would be and when it made sense,” Registrar Tricia Westergaard said.

The calendar for the 2019-2020 academic year were already complete at the time the proposal was approved, meaning the break had to wait until the 2020-2021 year.

OU is not the only school implementing a fall break for 2021. Michigan State has begun working on a “pilot” fall break centered around the elections in early November. Despite MSU’s aim with its break, there are no plans to do a similar election break at OU.

“Everything else is very standard,” Westergaard said.

Even so, the new break should serve as a welcome rest for students.

“This could be the difference between a student going home for a weekend or not being able to at all,” Kleinschmidt said. “For a lot of students ... they do not want to go home for the weekend because it is such a [long] drive. If they have an extra day, that could be an extra day spent with their family that they might not see for five months.”

American Heart Association to host CycleNation event

RACHEL YIM

Staff Reporter

To help the community take control of brain and heart health, the American Heart Association (AHA) is hosting a CycleNation event Thursday, Feb. 6 at Oakland University.

According to AHA, 80% of strokes are preventable. As a nonprofit organization that funds cardiovascular medical research and fosters appropriate cardiac care, a heart revolution has been started in America that works to decrease strokes and heart disease.

CycleNation is a new initiative by the AHA to help engage more people in a different way than the annual Heart Walk has in the past.

OU has partnered with the AHA for the past two years to engage the campus community in being heart healthy and contributing to the AHA by either taking part in the Heart Walk or other heart healthy activities hosted on campus.

This time, OU will be hosting the first CycleNation event in the state and the first in the country in higher education.

"This year, the AHA reached out to us at the [Recreation Center] to host a CycleNation event because we have the bikes needed to host a cycle class," said Rebecca Lewis, associate director of University Recreation and Well-Being. "Both OU and the AHA felt it was a good partnership."



COURTESY OF CYCLENATION

The CycleNation event will be held Thursday, Feb. 6.

As a community engagement event, the goal of the CycleNation is to raise money and awareness for the AHA and heart health. Lewis said she wanted to bring awareness to the importance of being heart healthy.

The CycleNation event will not only benefit the campus community at OU by engaging them in a healthy exercise, but it can also support the lives in Metro Detroit area with

the investment raised.

"As CycleNation grows in the Metro Detroit area, I think it will get people involved with the AHA who never participated in the annual Heart Walk," Lewis said. "CycleNation is different and can be held in different venues, which will attract people for different reasons."

She also said it will build and become a well-attended and anticipated event for many people if the AHA continues with CycleNation in the future.

"Each event has a minimum fundraising goal per team, and the impact when you ride will make you feel all the feels," Chris Rettich, AHA development director, said.

Bikes can be reserved for a team for an \$80 donation, and student teams that generate more than \$500 in donations will have an additional \$50 personal donation given in their team's name by Glenn McIntosh, vice president for student affairs and chief diversity officer.

All students who participate on a team will be getting a glow in the dark CycleNation Grizz T-shirt, but this shirt can be sold after the event for \$10 if a student would like to make a donation.

To participate in the CycleNation, students can visit the AHA's website.

"We would love to have more students participate," Lewis said. "All the money for the bikes goes straight to the AHA, which is a very great cause."

Student Veterans at Oakland go to TopGolf

SERGIO MONTANEZ

Photographer

Reading a book or watching a movie is one way to relieve stress brought on by winter blues. But perhaps there isn't a better way to forget about Michigan's dreary weather on a chilly night than spending time with friends and family, enjoying boneless wings and hitting golf balls.

The Student Veterans of Oakland University (SVOU) hosted its first event of the winter semester on Wednesday, Jan. 29 at Buffalo Wild Wings and TopGolf.

Last year, TopGolf introduced college night, where college students get unlimited play for \$15 from 7-11 p.m. every Wednesday night.

"We started that just this past fall semester," SVOU President Mason Turrell said. "We came here two or three times, and they [TopGolf] just love having us here, and we love coming here."

For SVOU, it's another way to get its current members and the community to engage in a night of fun and relieve the stress of an everyday college student.

The event began at Buffalo Wild Wings, where members and family came together to have dinner. After dinner, everyone met at TopGolf to round out the night. Enough people came to occupy two bays for play, though in past events, the group has taken up to four bays.

In planning the event, Turrell takes into account that not all college students are able to

afford a night out every week, which is why he tries to limit the frequency of these events.

"It can get kind of expensive for a college student, so I try to keep it limited to only a couple of times a month," Turrell said.

This event not only serves as a night out with friends, but is also a chance to reflect on the future of SVOU and how it can grow as an organization.

"I want to continue to grow it so when we walk in this door, they're [TopGolf] like, 'These guys are here again, holy crap, we're in for it now.'"

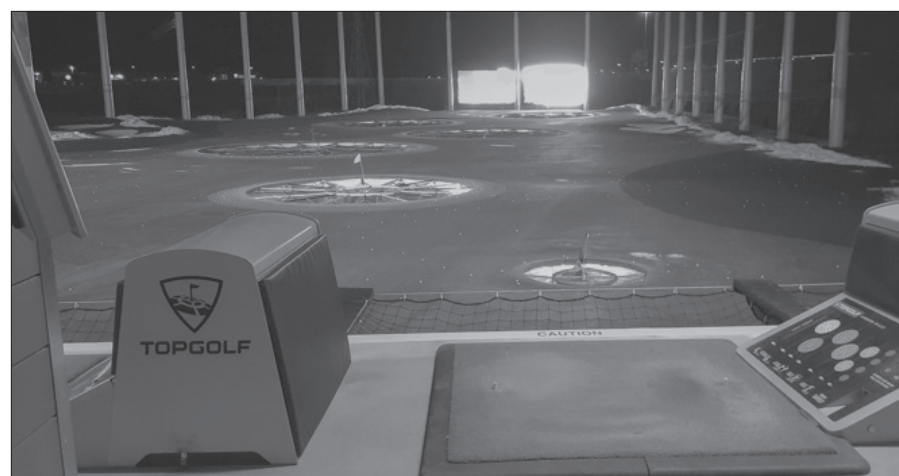
In the past, Turrell talked about doing different things such as fundraisers that will benefit and bring awareness to homeless veterans as well as SVOU. According to the National Coalition for Homeless Veterans, "The most effective programs for homeless and at-risk veterans are community-based, nonprofit and 'veterans helping veterans' groups."

The 2019 Annual Homeless Assessment Report to Congress conducted by the United States Department of Housing and Urban Development found that 37,085 veterans experienced homelessness in 2019.

"We're trying to give back to the community," Turrell said. "Finding that outlet to make sure that everybody is taken care of in one way or another, and that's really what it boils down to in the end."

Mental health is another issue that SVOU hopes to address for veterans and students alike.

"If it's just me and one other person and this other person really likes to come here



SERGIO MONTANEZ | PHOTOGRAPHER

The Student Veterans of OU held its first winter semester event at TopGolf.

and hit balls as a stress reliever or some sort of therapy for them, I'll stay here and golf with them," Turrell said.

This event gives the OU community a chance to learn about how veterans are impacted daily and what things can be done to better the campus for members of the armed forces.

"We all look out for each other and everything," Turrell said. "It's one big happy family."

To Turrell, coming out to TopGolf and spending an evening with some of his closest friends and veterans is bigger than the organization itself.

"That right there," Turrell said, as he watched his friend Max swing the club,

slamming the golf ball with the driver in the hopes of hitting the golf cart that comes around to pick up the golf balls on the range, "that right there, that's what it's all about, making sure that people are having fun, that they're having a good time."

SVOU will visit TopGolf again Wednesday, April 1. They are also starting yoga sessions later this week.

SVOU meets every Friday at 2:30 p.m. in the Veterans Support Services office, located in 112 Vandenberg Hall. SVOU welcomes everyone, whether they are a veteran or not, to join them for \$5 lunches in Vandenberg. The meetings are also streamed live on the organization's Facebook page.

LIFE&ARTS

MLK 'Dreamer Award' recognizes service of OU faculty

LAUREN REID

Staff Reporter

The Greater Pontiac Community Coalition (GPCC) recognized Oakland University's Teresa Rodges and David Strubler with the "Dreamer Award" on Monday, Jan. 20, during its annual Martin Luther King Jr. Day luncheon. The award is given by the GPCC to those making a difference in the community.

According to the coalitions website, the GPCC "is a federation of over 190 Oakland County individuals, community groups, businesses, politicians and clergy who have pooled their resources and talents to address the needs of individuals and the community."

Rodges, who serves as interim director of pre-college programs and coordinator for community service partnerships at OU, was recognized for her dedicated service in Pontiac for a number of years. She is the chair of the board for the Pontiac Promise Zone (PPZ), which works to provide young adults with an education and various apprenticeships through financial assistance. Since the PPZ began in 2009, they have awarded over \$1 million in scholarships.

"We have an obligation to identify, reengage and encourage students to take full advantage of pre-college programs, tuition scholarships and post-secondary education, which closes educational equity gaps," Rodges said.

Rodges works to advise, coach and tutor students, along with provide financial assistance, to ensure they will be successful in their endeavors.

"I just have a passion for helping," Rodges said. "I love dreaming programs and bringing them to reality. Martin Luther King Jr. Day provides an opportunity for me to continue to

dream what is possible and to know that nothing is impossible."

Strubler, an organizational leadership professor, is trying to make a difference with his current project, The Talent Development Coalition.

"It started out as a dream to hire underemployed young people (pre-apprentices) to build small homes for people in need and to provide a workforce for the construction industry," Strubler said. "Pastor Douglas Jones of the Greater Pontiac Community Coalition expanded the vision to include advanced manufacturing, medical and IT and business, and now we have four teams working together to create new workforce development programs."

Strubler is also an advocate for interdependence among

community organizations. He mentioned when people work together, they can "create solutions for a purpose greater than themselves."

The "Dreamer Award" means a lot to Strubler, especially because it comes from Pontiac — where he was born.

OU students interested in community involvement should have a chance in the future. As programs grow, opportunities to work with young people from Pontiac and Oakland County in certain fields — like health science — are on the way, as mentioned by Strubler. Additional information on these opportunities is to come.

For more information on the PPZ and GPCC respectively, visit their websites.



COURTESY OF OAKLAND UNIVERSITY

Teresa Rodges, interim director of Pre-College Programs and Dr. David Strubler, a professor in the Department of Organizational Leadership, were among the recipients of this year's "Dreamer Award" presented by the Greater Pontiac Community Coalition.

Social work major earns Tau Sigma transfer student scholarship

BRIDGET JANIS

Contributor

The Tau Sigma National Honor Society provides opportunities to transfer students who want to expand their involvement on campus. For senior Lydia Schwerin, being part of

this honor society has awarded her a \$4,000 scholarship.

With the goal of putting the scholarship money toward her master's degree in social work, she plans to move to Japan next year to spend a year helping teach English. This scholarship money will help her transfer home afterward to finish her degree.



COURTESY OF OAKLAND UNIVERSITY

Lydia Schwerin (Left) received a scholarship from the Tau Sigma National Honor Society.

"I feel very humbled and honored," Schwerin said. "I have never received something like this, and I feel like I have worked my entire college career to win something like this."

This scholarship only accepts one nominee from each school and only had 67 total recipients. The amount received could vary from \$500-\$5,000. Schwerin was one of the four recipients across the U.S. to receive the \$4,000 award — and one of the few OU students to ever receive the scholarship.

"I have been the adviser for Tau Sigma now for three years. In my time, I've had one student win \$1,000 and I've had another student win \$500," Julie Dermidoff, OU's Tau Sigma chapter adviser, said. "So, this is the largest amount that we, at OU, have received."

To apply for the scholarship, Tau Sigma looks for proof of involvement and service in the chapter, university and community, along

with academic achievements.

Tau Sigma focuses on offering recognition to students who excel in academics and has a goal of providing motivation to incoming transfer students. The chapter also can provide a common bond among members and boost the reputation of transfer students.

"I think one of the things I like about Tau Sigma for students, transfer students specifically, are that students have a harder time as transfer students possibly to connect with other students," Dermidoff said. "A lot of them are commuting, they're coming back and forth to campus for class, but they're not actually getting the opportunity to network. So, I think it gives them the opportunity to get involved and network."

This is Schwerin's second year in the club. Last year, she was the secretary, and this year she is the vice president. After attending Siena Heights University, Schwerin

decided to transfer to OU to be closer to her family.

"When you transfer colleges, it's a lot, it's more difficult to make friends, I would say," Schwerin said. "Basically, I wanted to gain fellowship and be with people who also care about their community and the school and their grades."

With family being an important aspect in Schwerin's life, OU also plays a big part at home. Her mother is an OU alumna, and both of her siblings and her brother-in-law go to OU.

"We all love the Oakland community and the school itself," Schwerin said. "That's something that really important to me."

To be part of the Tau Sigma National Honor Society, students have to be invited after meeting the criteria, such as earning a minimum 3.5 GPA during their first semester at OU. To learn more about OU's chapter, visit tausigmanhs.org or contact Dermidoff at dermidoff@oakland.edu.

Richard J. Burke Lecture in Philosophy, Religion and Society



Dr. Nancy Tuana discusses

RACIAL CLIMATES

March 5, 2020

7–9 p.m.

Oakland Center, Banquet Room A

Environmental and climate justice efforts have focused on disproportionate impacts of anthropogenic climate change on communities impacted by racist prejudices and on low-income communities. Such a focus on injustices concerning current impacts of climate change and other environmental harms obscures the underlying legacies of oppression that are woven into our shared climate. What is needed is recognition of racial climates. Targeting the lineages of the values, concepts, and practices that ground current climate regimes, in this case those animated by (though never exclusively by) racism, provides an understanding of the ways lineages of oppression and environmental exploitation are interwoven.

Join us for this thought-provoking lecture.

Admission is **FREE**, but reservations are requested.

To reserve your space, call (248) 370-3390 or email zimmerm2@oakland.edu.



Designed to tackle some of today's compelling issues — from war to religion to sexual ethics — the Richard J. Burke Lecture in Philosophy, Religion and Society sparks serious, thought-provoking discussions between scholars, students and the community.

Jean Ann Miller receives 2020 George Wibby Award from Athletics

TREVOR TYLE

Editor-in-Chief

A familiar face on campus just received a prestigious honor for her contributions and commitment to the Oakland University community.

Jean Ann Miller, senior director of the Office for Student Involvement (OSI), was recently announced as the 2020 recipient of the Athletics department's George Wibby Award. Named after a former OU swimming and diving official and golf coach at Katke-Cousins Golf Course, the award is presented to a university employee who "exemplifies [Wibby's] spirit and devotion to Oakland, as well as his compassion and care for those around him," according to a press release from OU Athletics.

Miller accepted the award Friday, Jan. 24, during which she was also inducted into the Lepley Hall of Honor. The 2020 class of inductees is the first in four years and includes 17 former student athletes and staff, as well as the George Wibby Award and Oakland Athletics Community Service Award recipients.

This year's class of honorees also includes former athletics trainer Tom Ford, who worked for Athletics for 30 years before retiring in 2017 after being diagnosed with Amyotrophic Lateral Sclerosis (ALS), commonly known as Lou Gehrig's Disease.

"[I was] shocked," Miller said. "Just to be recognized in that kind of way, knowing how many other individuals on campus and off campus are massive supporters of the athletic department as well ... it's very humbling."

Miller has a long history with OU. After



SAM SUMMERS | PHOTOGRAPHER

OSI Senior Director Jean Ann Miller was named the 2020 recipient of the George Wibby Award and was inducted into the Hollie L. Lepley Hall of Honor last month.

graduating in 1977 with a bachelor's degree in psychology, she pursued a master's degree in social work at the University of Michigan before returning to OU to work for Housing. Since then, she has worked on campus for more than 30 years. She said OU became — and continues to be — her "home away from home." Her time as an undergraduate student here influenced her so much that she decided to come back and return the favor.

"Everybody is just so nice and kind and embracing [at OU]," she said. "I just want to make sure that I'm giving back and doing

the same thing."

In 2015, Miller donated \$25,000 as part of the All University Fund Drive. The funds were spread out over the course of five years and intended for specific organizations, which included men's and women's basketball.

"My heart and soul is really affiliated with basketball," she said. "I was a big advocate for women's sports, and women's basketball in particular because I really just want to make sure that they're equally recognized."

Miller, who is a season ticketholder for both the men's and women's basketball teams, is vocal about her passion for gender

equality in athletics and expressed hopes that this would be the case with the university's recently announced varsity esports program as well.

She takes her role as an advocate for students seriously, even when it puts her in difficult situations.

"When somebody's struggling and they need a listening ear ... in the classroom, outside of the classroom ... that's extremely important to me that they know that they have somebody that's on their side," she said. "That's the social worker/counselor side of me."

According to Miller, one of the joys of her job is her ability to promote school spirit and campus involvement, which she said not only assists with student retention, but also enhances the overall college experience.

"You can't be a student 24 hours a day," she said. "Really take advantage of every opportunity that is given to you, or seek it out."

In reflecting on the work she's done at OU so far, Miller said some of her fondest memories include meeting celebrities and traveling with the men's basketball team to the NCAA tournament on a 34-hour-long bus ride.

But more than anything, she expressed her gratitude for the time she's spent working with students, from the resident assistants she worked with at the beginning of her career to the student leaders she works with now.

"I really love OU, and hopefully everything that I've done in my life — from being a student all the way through to when I retire — made a difference," she said. "But I want it to be a humbling difference."

Six years later, Grizzdance film festival makes comeback

KATELYN HILL

Staff Reporter

For a day filled with films and fun, look no further — Oakland University is hosting its very own film festival.

The Grizzdance Film Festival is taking place on Oakland University's campus Saturday, Feb. 8 and will showcase films made by aspiring filmmakers and students from the university and local high schools.

The festival has been revived after a six-year hiatus. Grizzdance used to be a student organization whose goal was to showcase films created by OU students.

After being brought back, the festival ceased to be a student organization and shifted its focus to emerging filmmakers in southeast Michigan and the greater Great Lakes region.

"Previously we've had the cinema showcase at the end of the year, but this is a more spread out festival since they're inviting local high schools," said Michaela Dorflinger, a junior at OU and member of the Grizzdance team.

OU senior Taylor Frick, who serves as president of Student Video Productions and is a member of the

Grizzdance team, said the cinema showcase tends to be more professor-driven, while this festival is student-driven.

The festival was built in a similar format to the Toronto International Film Festival (TIFF), according to Justin Reifert, one of the Grizzdance faculty advisers. The idea to bring back Grizzdance grew from OU's TIFF Program, which allows students to travel abroad and experience the Toronto festival as a student.

Brendan Kredell, one of the faculty advisers and lead organizers of the festival, said there was a lot of enthusiastic momentum from the students after they would get back from TIFF, but it died off since there was nowhere for them to put it.

According to Kredell, with "necessity being the mother of invention," the festival was brought back.

"We realized we had the skill set on campus and it just sort of seemed like the right thing to do," he said. "Luckily, there was a lot of student interest as well."

Madyson DeJausserand, a senior at OU and member of the team, said the festival is a "celebration of aspiring filmmakers."

"We want to bring it back as a way to showcase not

only Oakland University students and their work, but the work of local filmmakers and especially high school filmmakers," she said.

Frick said she hopes students get the same experience out of this festival that she has gotten out of TIFF.

"The experience in itself is something that people can be unfamiliar to, but once they're exposed to it, it's kind of intoxicating," she said.

According to Dorflinger, this is an opportunity for OU students to see how talented their peers are.

"Everybody loves to watch movies," she said. "Coming and supporting your fellow OU Grizzlies is an awesome and fun thing to do for everybody."

The festival will feature four different programs highlighting around 33 films. Each program will feature various types of genres including comedy, horror and drama. During breaks between the films, there will also be Q and A sessions and workshops to participate in to learn the tips and tricks of the industry. Concessions and merchandise will be available during the event, which will conclude with an awards ceremony.

For more information, visit grizzdancefilmfest.com.



MEADOW BROOK HALL

To finish the month of January, Meadow Brook Hall welcomed OU students out to the mansion to be their guests.

The historic hall, which was once the home of esteemed philanthropists and OU's founders Matilda Dodge and Alfred Wilson, held its 46th annual Meadow Brook Ball, with this year's theme coming from Disney's 1991 film "Beauty and the Beast."

As guests entered the hall, they were greeted with the sound of a harpist playing the song "Beauty and the Beast." The staircases and hallways were decorated with "Beauty and the Beast" themed decor, including fairy lights, mirrors and, of course, red roses.

Just like the Beast's castle, Meadow Brook Hall had an east and west wing, a library, dining room and even a secret staircase. According to Angelina Allen, president of the Meadow Brook Ball Committee, these similarities were the main inspiration for this year's theme.

According to Allen, the committee introduced different things from years previous to entertain the guests throughout the night.

"We have the henna artist, we have camera, we have lots of new backdrops

the Polaroid and we were



L INVITES OU STUDENTS TO BE THEIR GUESTS

able to get new vendors in here,” she said. “We just had a lot of things that fit in with the theme that worked really well.”

There was also a grand prize drawing, a best dressed contest and a scavenger hunt, where guests had to locate pictures around the mansion of the teacup, Chip, from the movie.

Along with the henna artist, another vendor for the ball was hair tinsel artist Emma Ervin from Dream Scene Parties. Throughout the night, she tied small pieces of tinsel onto strands of guest’s hair.

Another activity guests could participate in was keychain making. Megan Raudabaugh, treasurer of the Meadow Brook Hall committee, and committee member Cydney Fry helped out at the keychain making station.

The keychains were vinyl cutouts of character silhouettes that were attached onto a keychain for guests to take home.

“We always want to give the guests something to take home with them,” Raudabaugh said. “That way it becomes a memory for them as well as just a little souvenir. It always feels nice to walk home with something.”

One highlight of the night was the food. Served in the same dining room the Dodge-Wilson family once feasted in,

students were able to dine like Belle and the Beast.

“Anything you see goes with the movie,” the catering manager Khukon Ahmed said.

There were thematic appetizers, such as baguettes and cheese, and drinks like hot chocolate and coffee. Desserts included sliced melons, petite cookies and the “gray stuff” taken directly from the song in the movie.

This was OU student Natalia Chela’s first time attending a Meadow Brook Ball, and she thinks the decor of the mansion matched the theme of the movie.

“It looks like ‘Beauty and the Beast,’” Chela said. “I feel like I’m somewhere in a fairy tale.”

Raudabaugh said her favorite part of the event was seeing the excitement of the guests.

“It makes all the hard work throughout the year worth it,” she said. “Seeing everyone’s excitement when they come into the mansion is just a personal success.”

The Meadow Brook Hall committee threw a ball to challenge all others and gave guests their very own tale as old as time.



SMTD presents modern twist on 'Macbeth'

LAUREN REID

Staff Reporter

Shakespeare's classic tragedy "Macbeth" is coming to Oakland University with showtimes Feb. 6-9 and Feb. 13-16 at the Varner Studio Theatre. Audience members can expect music, intriguing supernatural elements and lots of exciting action.

"Macbeth" blurs the line between the psychological and the supernatural — where the trappings of power lead to corruption, cover-up and choices of bloody consequence," according to the School of Music, Theatre and Dance event page.

"There's a ton of fights — they're all amazing and completely different," said senior Krissy Castellese, who plays Macduff in her final performance at OU.

Senior Lauren Goyer is also heading into her last OU performance, taking on the iconic role of Lady Macbeth. For Goyer, getting to play Lady Macbeth "means the world to [her]" and is "a dream come true."

The decision to perform "Macbeth" came from director David Gram's "desire to [perform] a tragedy and a piece that showcased stage combat." According to Gram, who is also a theatre and

acting professor at OU, "'Macbeth' has a lot of elements that I thought were going to be great challenges for our students."

Not only is the show full of action, but according to junior Dryden Zurawski, who plays the pivotal role of Macbeth, it's timely.

"[It] feels like a fresh story that doesn't need to be dusted off," he said. "It is also set contemporarily, 3-5 years from now."

Considering the history surrounding "Macbeth," Zurawski said it is challenging to speak in the complex English Shakespeare utilizes.

"We have a whole class devoted to [Shakespeare and language]," Zurawski said. "There is a lot of things you have to think about and a lot of script work you have to do going into it."

The actors mentioned that there is pressure dealing with a popular Shakespearean script such as "Macbeth," but Gram has allowed them creative freedom where they can explore their respective characters.

"Most people envision Macbeth as being a dark, brooding man, but I'm not very dark," Zurawski said. "So, [Gram] and I discussed going about the character as initially being a good guy and then falling."

Some of the characters have switched genders as well, like Castellese's character, who was originally written to be a male.



COURTESY OF JLBOONE PHOTOGRAPHY

The School of Music, Theatre and Dance presents a new take on Shakespeare's "Macbeth."

"[Our show] is already changing what people think of the characters," she said. "It gives us actors lots of room to play."

The actors have been rehearsing and preparing since December and mentioned how being students and performers is a tough balance.

"Our schedule is ridiculous," said senior Kelsi Fay, who plays Queen Duncan and the fourth witch, "but it's really nice to have understanding professors. Professors during the day understand that you have a long night ahead, and profes-

sors at night understand that you've had a long day."

The cast expressed hopes that audience members would enjoy the new take on a story that is already familiar to many.

"We bring a new, fun, interesting take to a story people have to read in class," Castellese said.

General admission for "Macbeth" is \$15 for the general public and \$8 for students. For more information on the upcoming production, as well as show dates and times, visit oakland.edu/smttd.



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OPINION

Tips and tricks for dealing with anxiety in college

KATIE LADUKE

Managing Editor

Anxiety is draining. It's overwhelming and controlling. When you factor in classes and work, it's an absolute nightmare.

Psychology Today reported that 60% of college students in 2019 had some sort of anxiety disorder or psychological distress. That's equivalent to about 11,500 students out of Oakland University's 19,013 enrollment.

While OU does have resources, like the Counseling Center, extreme wait times have forced students to wait nearly half a semester to be seen. This is unless you're in an emergency situation, which will be taken immediately.

If you are able to wait but do have trouble managing your anxiety at times, try out a few of these tips that have helped myself and others dealing with anxiety.

Know your symptoms

No two people are the same when it comes to symptoms. Some associate more with the physical symptoms, such as nausea, rapid heart rate or shaking. Some tend to fall with more cognitive

symptoms, like racing thoughts, trouble concentrating or trouble sleeping. For the lucky ones out there, they get a combination of the two.

The reason you're feeling these symptoms is because your body is on high alert trying to defend itself from potential danger, especially during an anxiety attack. It's best not to push yourself too hard when experiencing your typical symptoms. It's just going to make you feel crappier.

Breathing techniques

I always thought breathing techniques were silly until I actually started doing them more often. Just like symptoms, the best breathing techniques are going to vary from person to person.

I've found that several deep breaths in a row help recenter myself when my mind is going a million miles a minute. Focusing on a deeper exhale can also help take the mind off racing thoughts and steady a rapid heart beat. If you have an Apple Watch or check your app store, you can find apps to help prompt and guide with breathing techniques.

Take some time for yourself

Who doesn't love self care? When

it comes to the fight or flight response, I'm a total flighter. Whenever I'm overwhelmed, my natural reaction is to take a nap, so that is my "me time" to regroup and destress for a minute (or two hours).

Recognizing what triggers your anxiety is beneficial for trying to escape it, even if it is for just a short time. If school causes the bulk of your anxiety, it might help to give yourself little rewards as you get through your work. Watch a few episodes of your favorite show. Get a Slurpee. Make a home-cooked meal.

Cold water

You may have seen someone splash cold water on their face to wake up. You can do the same when you're feeling anxious.

A HuffPost article stated that cold water can help stop moments of disassociation when dealing with an anxiety attack. I've known several people find relief by putting a cold towel on their forehead or an ice cube on the back of their neck when experiencing an anxiety attack.

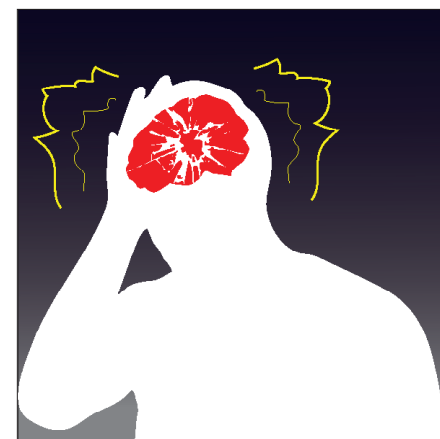
Ask for help

Asking for help doesn't always mean going to see a therapist. It can be as simple as asking a friend to help take your

mind off things or needing advice.

I will never discredit therapy, though, and I urge people to seek the level of help they need. You are the only one who truly knows what you're dealing with.

All of these recommendations are based off my personal experiences. Mental health is nothing to take lightly, so please take care of yourself.



JIMMY WILLIAMS | GRAPHIC DESIGNER
Follow the tips listed here to help try to reduce the effects of anxiety in your life.

Cases of the coronavirus found in the US

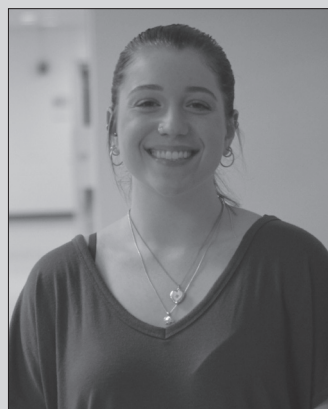
AUTUMN PAGE

Staff Reporter

The Coronavirus has plagued the people of China, with 8,200 confirmed cases and 171 deaths. Within the U.S., there are 110 people across 26 states that are being monitored for possible infection of the virus, as of Friday, Jan. 31.

This virus is spreading rapidly, with no sign of stopping. Within four days, the number of cases increased to 5,700.

China isn't the only place with this virus — as of Tuesday, Feb. 4, Thailand has reported 25 cases of the coronavirus; Singapore reported 24; Japan reported 23; Hong Kong reported 17; South Korea reported 16; Australia reported 13; Germany reported 12; the U.S. and Taiwan each reported 11; Malaysia, Macao and Vietnam each have 10; France



has six; Canada has four; and Nepal and Cambodia each have one reported case.

The total number of cases reported is now over 20,700 — that is terrifying.

The Coronavirus, according to The Centers for Disease Control and Prevention (CDC), is a respiratory illness first found in Wuhan, Hubei Province, China. The virus has the same symp-

ptoms as the common cold: runny nose, coughing, headaches, sore throat, fever, etc.

The CDC also said this virus can cause lower-respiratory tract illnesses like pneumonia and bronchitis. So, never leaving my room again? Got it.

This virus is transferred so easily, it truly terrifies me. It can transfer through the air, by coughing and sneezing, close personal contact, like touching or shaking hands and touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.

You know how after winter ends, you usually relax because flu and sickness season is over? Well, this virus doesn't care what season it is. Someone can get it during the middle of summer.

Just in case you weren't worried enough, you're welcome.

Prevention for the virus is using common sense — washing

your hands with soap and water, avoid touching your eyes, nose or mouth with unwashed hands and avoid close contact with people who are sick.

This situation has been declared a global emergency and the Chinese government has partially/fully quarantined 15 cities. The government announced it would be sending an additional 1,200 health workers, along with 135 People's Liberation Army medical personnel, to help the city's stretched hospital staff.

Some good news, finally.

Shanghai's government said all businesses in the city will remain shut down until Sunday, Feb. 9. Schools in the city have been suspended until Monday, Feb. 17, and inspections for workers returning to the city have been strengthened.

I find it a little weird that the U.S. government hasn't mentioned or made any announce-

ments about the outbreak. I would understand, slightly, if it was outside of the U.S. in total, but there are possible cases within the U.S., and Trump hasn't really said anything?

He tweeted a single tweet that was less than informative:

"We are in very close communication with China concerning the virus," he said. "Very few cases reported in USA, but strongly on watch. We have offered China and President Xi any help that is necessary. Our experts are extraordinary."

Like, wow, don't overshare so much next time.

According to Dr. Nancy Messonnier, director of the CDC's National Center for Immunization and Respiratory Diseases, "The U.S. has faced multiple pandemics before of varying degrees and severity. We need to be preparing as if this is a pandemic, but I continue to hope that it is not."

No. 1 dating app Tinder finally adds safety features

TAYLOR McDANIEL

Contributor

Don't victim blame, but do app blame. Dubbed the Safety Center, Tinder made new safety features available to U.S. users starting Jan. 28, according to CNN.

The tools will be localized to most other markets later in the year. The dating conglomerate of Match Group, owning Tinder, OkCupid, Hinge and the flagship Match.com, will release the features to its other services further into 2020.

In order to use the Safety Center, a user must download a different app entirely, Noonlight, a safety platform Match Group has a stake in. Location-tracking tools must be turned on for Noonlight during the date, though the platform claims it does not sell data from its users, and Tinder itself will not have access to the information.

Similar to supplying an address to a trusted companion, Tinder participants can add the time and location of a date to a new "Tinder Timeline" tool, shareable with friends.

If a date has bad vibes, a user can press a panic button within Noonlight, signaling

dispatchers on the app. A text is sent first so the user can silently interact with a dispatcher. If the message is unanswered, a code will be sent and a call will be made. If there still isn't an answer, Noonlight will send emergency services to the location provided from the timeline.

Tinder also has plans to enlist a photo verification tool as well — most of us know what that blue check mark signals from Twitter and Instagram, or even Bumble, another trending dating app.

The last planned feature, as head-shaking as the need for it is, "Does this bother you?" will allow users to report offensive messages, even receiving prompted notifications from AI asking the former question. Not only will AI ask if someone if they are disturbed, but will warn senders if their message has potentially inappropriate content.

No doubt this is a commendable act, hopefully providing relief to those who are just trying to date in a digital world and possibly stopping a situation before it turns from uncomfortable to deadly. However, like my friends at Forbes, there is hesitancy toward giving the corporation 100% credit.

As many other news organizations, such

as BuzzFeed News, have pointed out, these features fail to include screening of users, allowing those with a history of sexual crimes to roam the app.

In fact, in December 2019, BuzzFeed News, Columbia Journalism Investigations and ProPublica reported Match Group had no policy in place to screen nonpaying members in all of the popular dating avenues it owns.

Clearly dating has been a cause of worry in Michigan, as a study completed by ASecureLife.com in 2019 revealed "Is it safe to date?" was googled more than any other "is it safe to" question throughout the state.

Predators have existed long before the age of the internet and apps, so it's no surprise people are cautious — they have a reason to be. What is surprising, to me, is how long it has taken for these safety features to be put into place through the many websites and apps Match Group has.

It's also nothing groundbreaking.

Nail polish can detect if a drink has been roofied, "angel shots" can be code for help at bars and there have been other apps designed to keep people safe on dates.

It's also not the point.

Sure, we cannot be naive and ignore these precautions because it's not realistic, but the



ASHLEY AVERILL | DESIGN EDITOR

Noonlight aims to keep you safe on Tinder. fact of the matter is that societal education and higher standards should come first.

Match Group is trying, and I know change takes time, but I'm also tired of giving credit to corporations and celebrities and companies who are simply doing the bare minimum.

Aren't you?

Winners of Super Bowl LIV: Commercials

ASHLEY AVERILL

Design Editor

Sunday night's Super Bowl LIV was an interesting night full of ups, downs, booty shaking, beer and a whole lot of "Pat Mahomes."

Jennifer Lopez and Shakira put on an energetic halftime show, and the Kansas City Chiefs walked away victorious, beating the San Francisco 49ers 31-20, taking home the rings and planning trips to Disney World.

Although the Super Bowl is known for the game itself, ever since I can remember, I've been fascinated with its commercials. Growing up, I always parked myself in front of the television, eyes glued to the screen during commercials and took notes on which ones I liked best.

Flash forward to now and I'm still obsessed with those gameday ads. The only difference is I've upgraded from a notepad to printed spreadsheets. This year was no different and shortly before kickoff, I had my 10-category spreadsheet ready to go.

Celebrity endorsements are great, but if the concept and execution is trash, star power can often make an ad worse. Captain America, Rick and Morty, Bill Murray, Post Malone and many more big names graced the small screen, but which ones really stood out?

In 30-60 seconds, an ad can be deemed a golden success or a tremendous failure. In past years, brands like Doritos, Bud Light, Avocados from Mexico and Tide have usually been fan favorites.

With the average 30-second ad costing just under \$6 million, which commercials got the bang for their buck? I'll break it down:

Clever humor

Mountain Dew's "The Shining" spoof with Brian Crans-

ton as John and the twins was hilarious, while the Bud Light golden boy Post Malone's ad gave me "Inside Out" vibes. Planters killed off then resurrected its anthropomorphic peanut character as a cute baby peanut with the help of KoolAid man's tears, and now I stan #BabyNut.

I loved Pringles' collab with "Rick and Morty," Walmart's grocery pickup ad featuring a slew of beloved sci-fi characters.

Fumbles

Unfortunately, not all commercials can shine as bright. I'm all for strong women OLAY, but Lily Singh's "make space for women" was too much. I also didn't laugh once while John Cena trained Jimmy Fallon for that Michelob Ultra ad. Turbotax made a bad song, and I think Pepsi tried to take a shot at Coca-Cola, but it wasn't clear. But when Quicken Loans made Aquaman scrawny and bald, that was weird.

J.Lo was robbed, but by A. Rod ... kinda and DJ Khaled provided a horrible voiceover, then didn't even say his name



ASHLEY AVERILL | DESIGN EDITOR

Super Bowl commercials get almost as much hype as the game.

— we all know how much he loves saying it — and Pitbull was there for some reason. I think it was for the Hard Rock's Vegas Hotel, but it felt more like a fever dream than a Super Bowl commercial.

Honorable mentions

SodaStream made Mars water, Hyundai brought together Boston's own Captain America and Jim from "The Office," while Verizon and Google hit us in the feels. I was pleasantly surprised with duos like MC Hammer and Cheetos, and Dwight from "The Office" teaming up with Little Caesars.

Sabra Hummus definitely gets points from its millennial and Gen Z market for having TikTokers, a gamer and drag queens star alongside athletes, musicians and reality stars, creating a diverse cast. But come on, why didn't Charli D'Amelio Renegade?

The best of the best

Ultimately, the best commercials were saved for last. Doritos pitted Lil Naz X against Sam Elliott's stache. Then, mega giant Procter & Gamble gathered its biggest brands, and admittedly the plot isn't the reason for this ad winning big, but the interactions between P&G's biggest brands like Mr. Clean, Brawny, the Charmin bears and the Old Spice Man were clever.

My favorite of the night by far was Bill Murray's adventurous and beautifully nostalgic 61-second "Groundhog Day" remake for the Jeep Gladiator, complete with members of the original cast including Ned. Bill rode around with his adorable little groundhog friend.

Don't come for me, these were just my opinions. Even if I didn't like an ad, there were more brands catering to younger audiences than last year, so I applaud them for trying to reach all equally important markets. My parents turned to me at least four times saying, "Are we supposed to understand this?" Don't worry about it, Boomer, just watch the game.

SPORTS

Women's basketball defeats UDM 65-60

GRANT RICHARDS
Staff Reporter

In many cases, it is not about how a team starts the game, but how they finish. When the Oakland University women's basketball team battled with the University of Detroit Mercy Titans, this was certainly the case.

On Saturday, Feb. 1, the Titans got out to a hot start and stretched their lead to double digits in the first half. Not only did the Titans lead for the entire first half, the team did not lose the lead until just after the six-minute mark in the fourth quarter.

Statistically, the loss may come as a surprise for the Titans, as the University of Detroit Mercy had higher field goal and 3-point field goal percentages than Oakland — both were by significant margins. The biggest statistical difference was the three-point percentage, with the Titans shooting 5-12 (41.7%) to the Golden Grizzlies' 6-21 (28.6%).

In this day and age of basketball, having a significantly higher shooting percentage typically leads to victory. But this time, it was what the Golden Grizzlies did on the defensive side of the ball that allowed them to defeat the Titans, 65-60.

"It's always good to get a rivalry game win," acting Head Coach Ke'Sha Blanton told GrizzVision. "Any win is good, especially at this time of the season. I'm really proud of how we played today. We never lost our grit and



SERGIO MONTANEZ | PHOTOGRAPHER

Women's basketball beat in-conference rivals UDM.

our toughness."

Oakland was better than Detroit Mercy in the turnover game. The Golden Grizzlies had five more steals than the Titans (8-3) and forced 11 more turnovers (20-9) on their way to an impressive comeback victory.

With the victory, the Golden Grizzlies move into

the 7th seed in the Horizon League, giving them a bit of leeway to achieve the goal of reaching the Horizon League tournament.

Every player on the Golden Grizzlies recorded at least eight minutes, and all players contributed to the stat sheet, one way or another. Having a deep roster can be crucial as the typical wear and tear of the season can begin to set in.

Leading the Golden Grizzlies with 15 points was Kahlaijah Dean with Alona Blackwell and her 14 points providing support. Sydney Gouard recorded a team-high eight rebounds and Brianna Breedy would record seven assists as well.

The stat leaders for the Golden Grizzlies rotate pretty regularly. The team does not appear to have a regular leading scorer, which can keep defenses guessing.

For the game, the team honored the nine victims of the helicopter crash that involved Kobe and Gianna Bryant with Mamba Mentality shirts that had Gianna's number 2 on the back and Kobe's number 24 on the front.

"I thought they were tough today, I thought they had that mamba mentality that we've been talking about all week," Blanton told GrizzVision. "It is a tough situation, Kobe was one of the greats but I thought we had that mentality today."

The Golden Grizzlies will remain at home as they host the University of Illinois-Chicago at the O'rena on Thursday, Feb. 6 for Girls and Women in Sports Day at 7 p.m.

Sophomore swimmer recovers from broken wrist

BRITTANY WELCH
Staff Reporter

Sophomore Colton Phelps has many top finishes this swim season and is looking to accomplish his number one goal at the Horizon Championship. Originally from Cleveland, Ohio, Phelps caught the eye of Oakland University's head coach, Pete Hovland, during his last year of high school.

"Pete Hovland reached out to me during my senior year, and after my recruiting trip here, I canceled all my other ones because I could not see myself anywhere else," he said. "The team's established culture of success was everything I was looking for."

Being forced to swim many different events in high school due to a lower program helped push him to the best of his ability, eventually being able to swim at a Division I school.

"My high school team lacked a lot of depth, and I was forced to swim all different types of races as a result," Phelps said. "My team was super close and super supportive in preparing me to swim in college."

Over the summer, Phelps received surgery on his wrist and thought this would push him back for this season. However, Phelps recently showed the wrist is no longer a factor.

"On Friday [Jan. 24] against IUPUI, I placed first in the 100-yard backstroke, 100-yard butterfly, 100-yard IM (individual medley), and on Saturday [Jan. 25] against Cleveland State, I placed first in the 200-yard IM," he said.

Phelps and the Golden Grizzlies were also given the opportunity to travel to Puerto Rico for training camp over winter break.

"It was great to focus in on just training and not worry about outside distractions that I can have here at Oakland," he said.

"It also helped bond our team even more and improve our team chemistry."

Phelps said the Golden Grizzlies have pushed him since his first day in the program.

"My teammates and my coaches have definitely helped me get to where I am now, and they have continued to push me to new levels and never let me give up," he said.

This kind of team atmosphere has always been something Phelps looked for while being recruited and thought Oakland provided him with the perfect team for that.

"The team chemistry is unrivaled by any that I have seen on other teams," he said. "It is truly a brotherhood between all of us, and I love being a part of it."

Phelps and the Golden Grizzlies are just about three weeks away from the Horizon League Championships, which will be hosted on Oakland's campus. Phelps has two major goals in



COURTESY OF OAKLAND ATHLETICS

Phelps looks to accomplish his goals at the upcoming HL Championship. mind for this meet.

"I want to help contribute to winning the 42nd consecutive men's team conference championship," he said. "I want to win the 200-yard IM because I won it last year, and I want to have fun."

As the swimming and diving

season is coming to an end, the most important meet for the Golden Grizzlies takes place on their home campus. Phelps and the Golden Grizzlies will be attempting to win the 42nd consecutive conference championship in program history Wednesday, Feb. 19 through Friday, Feb. 21.

Brechting on his final season as a Golden Grizzly

BRITTANY WELCH

Staff Reporter

Brad Brechting has been part of Oakland University men's basketball for five years now. Brechting is another Michigan native who is from a small town named Cedar Springs, which is right up by Grand Rapids.

Basketball has always been a huge part of his life since he was young. Just like other kids, he always played with his friends growing up.

"I played AYBT, AAU and EYBL. I also went to the gym everyday with my friends to hoop which made me fall in love with the game," he said. "When I got my first scholarship to play basketball is when I really started focusing on the game."

Along with a successful college career, Brechting also had a memorable high school career that he said he will always cherish.

"I had a very successful high school career," Brechting said. "I made the Hall of Fame for scoring over 1,000 points in my career there. I also played varsity the four years I was there."

His successful high school career gained the attention of Oakland basketball.

"Coach Sorenson, one of the old coaches here at Oakland, started texting and calling me my senior year of high school," Brechting said. "(Greg) Kampe came to my high school game and that is when I received my scholarship from Oakland."

Oakland felt right for Brechting the second he stepped onto campus.

"When I came on my visit it was perfect for me. Not some huge school, Kampe let his big guys come out on the arch to shoot threes and doesn't limit skill sets," he said. "Oakland is only two and a half hours away from home, so it's not a long ways away where I won't see my family."

Brechting and the Golden Grizzlies are currently 2-8 in conference, but that record means little to Brechting.

"I have all good thoughts, I'm not paying attention to our record. We still can reach our goal and that's going to the NCAA tournament," Brechting said.

Brechting is on his fifth year, his last season as a Golden Grizzly, but that isn't going to stop his basketball career.

"My plans are to continue my basketball career," he said, "either be overseas or in the United States."

Being on the basketball team for five years has come along with many memories for Brechting, but there is one that will forever stick with him.

"My favorite memory thus far at Oakland would have to be getting a ring and going to Chop House as a team to celebrate," Brechting said.

Brechting and the Golden Grizzlies are back on the road this week, taking on the Norse of Northern Kentucky University on Thursday, Feb. 6 at 7 p.m.



COURTESY OF OAKLAND ATHLETICS

Brad Brechting goes up for a shot against the IUPUI Jaguars on Saturday, Jan. 25.



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Ke'Sha Blanton takes over head coaching duties in first season

MICHAEL PEARCE

Sports Editor

Ten years ago, Oakland University women's basketball head coach Jeff Tungate underwent back surgery. That back surgery was botched, and for nearly a decade, Tungate has dealt with the aftermath. Earlier this season, he went on indefinite leave, putting associate head coach Ke'Sha Blanton in charge of the program.

Blanton was added to the staff in May 2019 after spending two years as an assistant coach at the University of Miami, Ohio. Prior to that, she was an opponent of the Golden Grizzlies, working for the University of Detroit Mercy Titans as an assistant coach.

How she came to know Tungate is unique. The two established a professional relationship through Chick-Fil-A trips in the summers.

"I thought it was the perfect time to come and work with Coach Tungate because we had talked about it for so long," Blanton said. "We met and started going to Chick-Fil-A on the road when we were out recruiting. We would just sit and talk basketball and have lunch. Every July, we would find each other on the road recruiting and go have Chick-Fil-A."

Blanton has been a coach since she started as a freshman at Toledo, where she started coaching her former high school team. After breaking both feet in her senior year of high school, she accepted a walk-on spot at Toledo before herniating two disks in her back, ending her playing career.

After being introduced to coaching, Blanton began coaching at every level. She coached Amateur Athletic Union (AAU) middle school and high school before coaching college for the first time at Florida State University as a graduate assistant.

"I fell in love with coaching, it became my passion even more so than playing," she said. "It's definitely a different route, but it's been great for me. Having my career end earlier made me study the game more ... When I got to the Division I level, I felt like I was a student of the game more than just a player trying to figure it out."

Blanton has coached former players of the year, WNBA players and defensive standouts during her time as a Division I assistant coach. At Oakland, her goal is to help establish the vision that she and Tungate both share.

"We want to get back to when Oakland was known for being a hard scout," she said. "It was very hard to prepare for Oakland, and I think we're getting back to that."

The team prepared for being faster and stronger this summer after the new staff was hired. Tungate brought in an almost entirely new staff to improve the team's future after going 3-15 in conference play in 2018-19.

A new culture was instilled through conditioning and practice.

"We went tough this summer," Blanton said. "We got out on the track, on the hill, and we pushed them to go past anything they've ever done. Everything we started to do was timing to get them to understand that we wanted to play quick."

After coaching for almost 10 years, Blanton has found her preferred style of coaching to be intense and tough.

"I'm up-tempo, I'm tough on our players," she said. "I like to run, I like to press, I like to get up and down — and we want to make it exciting for the fans."

The up-tempo style of play has led to more scoring than in previous seasons. The women's basketball team scored a season-high 93 points against the Green Bay Phoenix on Thursday, Jan. 9.

Five games into the season, the 2020 team matched the previous season's win total in Horizon League play. After going 4-6 in the first 10 games, the team is looking to compete in Indianapolis for the Horizon League tournament championship.

"A lot of the lumps we've taken early on are growing pains, and we're starting to find our leadership," Blanton said. "We've been in games, but now I expect us to start winning games. As we prepare, we're trying to get to Indianapolis."

The 2019-2020 team is young, there no seniors on the roster. Six of the 14 players are juniors with three freshmen and five sophomores. The majority of the roster will be Golden Grizzlies for two or more years.

"Part of having a young team is they don't know how to lead themselves," Blanton said. "We're teaching them how to lead themselves. At the end of the day we have to go out and play and perform, so we're trying to go out and give them all the tools so that they're confident when they go out on that floor."

With eight games remaining in the regular season, Blanton is seeing results.

"I'm starting to see that confidence," she said.



COURTESY OF OAKLAND ATHLETICS

Associate head coach Ke'Sha Blanton took the lead of the women's basketball team after head coach Jeff Tungate went on indefinite leave.

The Blitz

The women's basketball team was the only team at home this past week, facing the University of Detroit Mercy on Friday, Jan. 31. The tennis, men's basketball and track & field teams took to the road for a week of Horizon League competition.

Men's Basketball

The Golden Grizzlies rebounded from a difficult stretch last week to go undefeated in this one. While the team did only have one game this week, it was against their longtime rival. Oakland squared off with crosstown rival, The University of Detroit Mercy, and beat them 77-64 to extend their winning streak over Detroit to seven games. Rashad Williams led the team in scoring against the Titans with 37 points on 8-17 shooting.

On the other side, Antoine Davis had 26 points on 9-25 shooting for Detroit. Davis shot 4-14 from 3-point range and turned the ball over four times.

Other than Williams, three other Golden Grizzlies scored in double figures. Xavier Hill-Mais had 12 points, Brad Brechting had 11 points, and Daniel Oladapo had 10 points.

Tennis

Oakland Tennis handled Akron 5-2 last Sunday in which the Golden Grizzlies overcame two early doubles losses and won five of their six singles matches. Samantha Galloway and Alexandra Whall won the first doubles match, but the team lost the next two.

Ava Thielman, Nirva Patel, Victoria Kurz, Aarja Chakraborty and Samantha Galloway all recorded singles victories for the

Golden Grizzlies. Kurz was the only OU freshman to win in straight sets, while Chakraborty managed to win in straight sets, 6-0 and 6-0.

Track & Field

Oakland took part in the Jack Skoog Invite at Central Michigan University on Friday, Jan. 31. Freshman Lauren Christian broke a school record in shot put (44' 1.5"). Brianna Walker would also take events, winning both the 200m and 400m races.

Megan Nichols and Shawn Slater would both win their mile heats as Oakland's success continued. Chase VanSickle won his high jump contest with a height of 6' 4.75".

Malcolm McIntyre took first in the 200m and took home second place in 60m sprint.

Oakland swept the medal spots in the 60m hurdles, with Emily Schaub, Hannah Coverdill, and Dasha Ashley finishing respectively.

In the southern half of the nation, Zach Stadnika is breaking school records and receiving medals at the Houston 5G & Super 22 Invitational, as he set a school record in the pole vault (4.7m). Stadnika also took home first place in shot put, second in the 60m, and took third in both the long jump and the 1000m.

After the weekend of competition, Oakland will have their sights set on the Notre Dame Meyo Invitational, which spans through Friday and Saturday, Feb. 7-8.

**Compiled by
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ERIN O'NEILL | DESIGN EDITOR

The newly unveiled Moodle+ logo looks oddly familiar to another streaming service ...

Introducing Moodle+

MICHAEL PEARCE

Sports Editor

Administration announced last Thursday, Jan. 30 that Moodle would be receiving an upgrade starting in September 2020. Moodle will be offering a paid subscription service for all students at \$5.99 per month, called "Moodle+."

Moodle+ will have all the regular features of Moodle, just with a paywall. The Board of Trustees saw the success that streaming video services like Disney+, Hulu and Netflix have had and wanted to capitalize on the moneymaking opportunity.

"We only have one private parking lot for higher-ups, and we wanted more," said Steve Currant, head of Moodle+ development. "We want to be even more elitist than we already are with a gated parking lot that students can't use, so in 2020, P1 will require a special 16-digit code."

In order to install a gate with security features, administration decided on Moodle+ to fundraise. Features such as your professor's email, visible grades and discussion forums will be behind a paywall.

Many students have met this decision with resistance, but others are defending the administration to suck up to them.

"If you can't afford the paywall, then maybe you shouldn't go to school," freshman Joey Key said. "This is America. Pull yourself up by the bootstraps and stop acting like the world is against you. Also, President Pescovitz, can I be hired as an executive staff member?"

Bonus features of Moodle+ will include premium access to CoolMathGames.com, exclusive videos about Oakland University history and secret

photos of what the Grizz looks like without his jersey on.

"I really just want to get Moodle+ because of the pictures of Grizz," junior Teddy Behr said. "I have a sneaking suspicion that Grizz has an eight pack and some really toned obliques."

Perversion aside, the implementation of Moodle+ is something that has been in the works for months. Administration has long been seeking a way to improve their lives at the detriment of students, especially when it comes to parking.

Parking is already a hot commodity on campus, and instead of fixing it by adding more structures, administration believes implementing more private lots for their pleasure is something worth putting campus money behind.

"Frankly, it's anti-American to force such important men and women like us to walk as far as these students have to on a daily basis," bigwig Francesca Molinari said. "I am above these lower-class citizens, and I do not want to have to fight for a parking spot when I roll into campus at 10:17 with an oak milk matcha in my hand."

In the end, the students fighting back against Moodle+ will have their voices heard, but nothing will be done to quell their concerns.

"Students' voices matter ... is what we tell them," Molinari said, hysterically laughing. "In reality, we do whatever the hell we want because we have the money, and money talks."

Moodle+'s launch date is expected to be announced soon at an extravagant ball held at Meadow Brook Hall, complete with a nine-course meal and bottle service. No students are invited to attend.

An easy solution to your February depression

BEN HUME

Web Editor

The air is frigid. My lungs are cold. The sun is gone. I got depression.

Michigan winters hit hard, and there's no worse time than the beginning of February to remind you that your vitamin D stores dried up weeks ago and your body is currently running on daydreams and delusions.

You haven't had real sleep since the semester started. The groundhog didn't see his shadow, but that's because there wasn't enough light to cast one. The nutrient-bleached food on campus has sucked the marrow from your bones. You're tired.

Fear not, friends, most of us are in the same boat, and I've found just the solution to our mental exhaustion. We must band together in this time of need and do the only thing we know how to do.

We must give each other high fives to cure our depression.

Any time you see a friend of yours looking down after a hard day of dried-up dopamine, give them five. See a person looking down at their economics textbook with their pupils dilated and their nostrils flaring? Give them five up top. See someone release a guttural scream as they bolt out of their fluid dynamics test that they forgot about? Give them five as they streak by you. Spot a classmate trying to lift a textbook heavy enough to be registered as a lethal weapon with a look in their eyes that says, "I can feel myself developing scoliosis"? Give them a crisp high five.

Will the spread of high fives solve

anything? Almost certainly not. It's still practically the middle of winter and slapping a stranger's open hand will probably only result in awkward eye contact and an uncomfortable silence. But the small amount of dopamine that comes from the human interaction is about as potent as heroin at this point of the semester, so you take the good with the bad.

I understand that giving high fives is hard work, and people have different levels of comfort with interacting with strangers. This is extremely understandable, especially if you are in "social interaction energy debt" like most of your peers.

If that sounds like you, try practicing at home first. Walk up to your roommate and explain that you are desperate for good brain juices and require that they put their hand in the air so you may smack it. If they don't look at you like you're an alien, put in some hand-slapping practice — I recommend about 50 high fives a day to get the perfect contact down.

When you feel comfortable enough to take your skills out into the real world, find someone who looks comfortable with you approaching them. Give them a crisp high five and just wait for those good brain juices to fill your mind with happiness.

After a hard day of classes or a long shift at work, try giving a friend a nice high five. There is no chance it will bring the sun back, or make your grade better, or make you less tired. But maybe, just maybe, you'll have a nice little interaction with another human being who is just as depressed as you are, and you can bond over the fact that you're both tired and wish you were in Florida.



ERIN O'NEILL | DESIGN EDITOR

Your friend is trying the new high-fiving technique and you think it's DEFINITELY working ...