

THE OAKLAND POST

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VICTORY OVER THE HORIZON

Golden Grizzlies men's soccer
defeats Cleveland State and
clinches its spot in the NCAA
tournament.

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inform students on health

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Women's basketball secures their
first win of the season

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Abdul El-Sayed talks to us about
healthcare and politics

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PHOTO BY AMELIA OSADCHUK

THIS WEEK

PHOTO OF THE WEEK



THE WORLD OF MUSIC The SPB hosted event took place in The Oakland Center last Friday. Students in attendance experienced an array of musical experiences.
AMELIA OSADCHUK/ PHOTOGRAPHER



WXOU MAINSTAGE
Groups Lyons and Unknown Neighbors take The Habitat stage.
Photo/Amelia Osadchuk



THE SPIRIT OF GIVING
Graphix OU uses their artistic skills to create holiday cards for the community.
Photo/Sophie Hume



EARLY SEASON UPSET
Men's basketball shocks the OKST Cowboys in Oklahoma.
Photo/Oklahoma State Athletics

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POLL OF THE WEEK

WHAT IS YOUR LEAST FAVORITE THANKSGIVING DISH?

- A) DRY TURKEY
- B) SWEET POTATO CASSEROLE
- C) STUFFING
- D) CRANBERRY SAUCE

LAST ISSUE'S POLL

IS IT TOO EARLY RIGHT NOW FOR CHRISTMAS MUSIC?

18%
A) YES

34%
B) DOUBLE YES

36%
C) IT'S NEVER TOO EARLY

11%
D) I DON'T CARE

Grizzlies for Choice enhance students' sexual education

JOSEPH POPIS

Senior Reporter

On Tuesday, Nov. 9, the Grizzlies for Choice student organization hosted a sex ed trivia night for OU students. Participants played a game of Kahoot with questions revolving around sex education. All of the questions were informative, with everyone learning something new. The top three winners of the Kahoot game received goodie bags.

The trivia night event offered a welcoming and lively atmosphere to all who attended. Everyone was in good spirits with a friendly attitude. Upbeat music was played that lit up the room. Pizza was offered to all, and people got to know each other through fun ice breakers.

"We really wanted to bring a wider education and more widespread information to the students of OU," Katie Kraemer, vice president of Grizzlies for Choice, said. "This could help them in the future or just to have a little fun fact in their back pocket."

Grizzlies for Choice is a new organization on campus that is a chapter of Planned Parenthood Generation Action. Grizzlies for Choice aims to educate individuals on sex and reproductive health and provide resources for them. The purpose of this sex ed trivia night event was to bring more information to OU students about sexual and reproductive health.

"Grizzlies for choice is a chapter of Planned Parenthood Generation Action," Magdelene Rose, president of Grizzlies for Choice, said. "We are a

student advocacy group here on campus fighting for reproductive health and rights for all. Also, to stop the stigma on campus on things such as abortion and birth control. We want to make it more comfortable to talk about sex."

Attendees of trivia night were able to connect with others and the members of Grizzlies for Choice. They were also able to learn new things about sex education that furthered their knowledge of topics covered at this event.

"They got lots of good information, a lot of good facts about sex and sex ed," Kraemer said. "They were

introduced to a community of people with the same beliefs and ideals as them. Hopefully, if they come back, they will have easier access to the resources that we try to provide as an organization. And the resources that Planned Parenthood provides overall."

Various important concepts were covered at this event. As a result, participants were able to have a fun experience while taking away a lot from this night.

"The biggest takeaway from the event was information literacy and knowing that you can advocate for yourself," Kraemer said. "You know how your body works, and being able to maintain a conversation or have a better education on anything relating to sex or sex ed will help people make a healthier relationship with themselves and others."

When it comes to misconceptions regarding sexual education, there are plenty. Unfortunately, even college students can fall victim to misconceptions regarding sexual health and reproduction.

"The biggest one that we want to work on is combatting that birth control can affect fertility in your future," Rose said. "It has no bearing on fertility in your future. Once you're done with it, it's done."

Furthermore, the Grizzlies for Choice organization will continue to work on combatting these issues. They plan to have more events in the future. For more information on their upcoming events, visit <https://oaklandu.campuslabs.com/engage/organization/grizzliesforchoice>.



PHOTO COURTESY OF @PPGAOU ON INSTAGRAM
Members of Grizzlies for Choice — a new organization on campus and chapter of Planned Parenthood Generation Action.

OUWB students receive awards from American College of Physicians

RACHEL YIM

Senior Reporter

Four Oakland University William Beaumont School of Medicine (OUWB) students received recognition by the American College of Physicians (ACP) Michigan chapter during its annual scientific meeting.

According to its website, the ACP is composed of 161,000 internists, subspecialists, residents, fellows and medical students globally, and aims to provide education, practice resources and advocacy efforts for policy changes for a better healthcare system in the U.S.

The recipients of the awards are Tiffany Loh (M2), Faris Alkhouri (M2), Ryan Ko (M2) and Hassan Akram (M4). Each individual studied different topics of science and the stories behind their studies.

Loh (M2) was awarded first place in Clinical Vignette category and Best Medical Student Abstract.

"It feels really nice," Loh said. "This was the first time I've ever written a case study, so to have it be selected as first place was a great feeling."

Loh (M2) conducted a case study on a 59-year-old male with the most likely diagnosis of Granulomatosis Polyangiitis (GPA) during her rheumatology rotation through an internal medicine internship at Beaumont.

Granulomatosis polyangiitis is a rare autoimmune disorder (affecting 13 out of 1 million adults) that causes inflammation of small blood vessels across the body, particularly in the upper respiratory tract, lower respiratory tract and kidneys. According to Loh, the patient was asymptomatic but due to his severe decline in kidney function and hemoptysis, was instructed to follow up with nephrology.

"This case was very interesting because typically patients present with a variety of symptoms but he almost presented with none," she said. "Cases like this from my internship made me realize that in medicine, cases don't always follow the typical characteristics we read in textbooks and learn in lectures and we will miss a diagnosis if we don't consider every single diagnosis possibility."



PHOTO BY NOORA NEIROUKH
Four OUWB students have received recognition from the ACP for their work studying autoimmune disorders.

Alkhouri was awarded second place in the Clinical Vignette category.

"I feel great about being recognized," Alkhouri said. "It was a really nice surprise to know that the work that I put into that case to present it in the best possible way and allow it to reach the intended audience paid off. It is an honor to be chosen to be awarded out of all these great presentations that were presented at that meeting."

His case study involved a 25-year-old woman with a rash in the intermammary cleft following a two-

week ketogenic diet.

"It seemed interesting at first how changes in diet were showing cutaneous manifestations in a matter of weeks," Alkhouri said. "Then it became more about the condition itself. The manifestation of the rash as it accompanies ketonic metabolic state is fascinating and has not been studied extensively. Thus, shedding light on these associations can help physicians better advise their patients and provide better treatment for them."

Ko (M2) was awarded third place in the Research category.

"The award is a recognition one way, but I felt more recognition from the communities that we [Ko and his co-authors] worked with," Ko said. "Nevertheless, being recognized for that work is very important, so it's been really nice to get that recognition."

Ko's study "Feasibility of a COVID-19 education campaign to improve vaccine acceptance in low-income communities." The campaign induced same-day vaccination of seven individuals with 13 individuals who indicated that they might receive the vaccine in the near future.

Akram (M4) was awarded Overall Winner in the Quality Improvement category.

"This achievement means a lot to me," Akram said. "There was a fierce competition with many talented individuals who are all as passionate, if not more, about medicine as I am. It was shown in their research as well, and it was an honor to participate alongside them."

His study was focused on "Human Papilloma Virus (HPV) Vaccination uptake in HIV patients." According to Akram, the project serves the purpose of evaluating the uptake of HPV vaccination and challenges in the HIV patients at Beaumont Hospital.

WXOU presents Lyons and Unknown Neighbors for mainstage

GRACE LOVINS

Senior Reporter

WXOU hosted their Thursday Night Mainstage concert featuring performances of two rising local bands: Lyons and Unknown Neighbors. The concert was held on Thursday, Nov. 11 at 7 p.m. in The Habitat at the Oakland Center. All were welcome to enjoy the free show with music reflective of alternative rock and the 80's era.

The concert became a reality after Mark Leo, manager, vocalist and guitarist for Lyons, contacted Jayme Starr, program director of WXOU to collaborate in hosting a concert. Starr offered Lyons the opportunity to perform as WXOU's mainstage event — a night dedicated to Student Activity Fund Assessment Committee (SAFAC) organizations that gives them the opportunity to bring the campus together through various types of events — and Leo brought Unknown Neighbors on board to open the show.

Leo was excited about the opportunity to bring live music to campus and introduce Lyons' music to a new audience base.

"This is a show we did simply to have a great time and spread awareness, not for profit," Leo said. "College shows are very advantageous and everybody loves seeing an up-and-coming act."

Not only did the concert serve as a way for the bands to grow their fan base, but it reintroduced live concerts on campus in a big way.

"In a post-Greta Van Fleet world, a new music

scene is booming in Michigan unlike any time before. If you combine this with the world we are living in due to the pandemic, people are hungry for live music and straight-up fun — this is a perfect storm," Leo said.

The COVID-19 pandemic paused live events on a global scale, taking away the unique performer-to-audience encounter that stems from live music as opposed to your typical streaming service.



PHOTO BY AMELIA OSADCHUK
Music group, Lyons, taking on The Habitat stage.

"What separates live music from hearing music on Spotify is the experience. This is even more valuable for acts that are in the beginning stages of their career when most people seeing them live are seeing them for the first time," Leo said. "The relationship between an act and an audience

is very symbiotic — an act needs to be lively and energetic to not have a dead crowd. When the crowd is having a great time it makes the act more lively and energetic and it's beautiful to watch."

Students attending the concert seemed intrigued by the groups that they had not previously heard of. Others came to show support for their OU peers involved in both bands — two members of Lyons are students at OU as well as one member from Unknown Neighbors.

Katlynn W. and McKenna F., both undergraduate students, were excited for the opportunity to see new bands perform on campus.

"Someone handed me a poster and I thought 'why not?' so we decided to come see them," McKenna F. said. "We had never heard of them before but we looked them up on Spotify before we came."

Andrew Scheldrick, sophomore, came to see Lyons and show his support for the up-and-coming musicians.

"My buddy, Thomas, is in the Lyons — he plays bass. When he was telling me about it he said [they play] mostly 80's stuff but I'm not entirely sure what that means. I wanted to see him play and see what kind of [music] they play," Scheldrick said.

Starr hopes showcasing local, OU-affiliated talent will encourage more participants at future WXOU concerts and events. Anybody interested in attending future concerts should keep an eye on the organization's Instagram and look out for flyers posted around campus. Lyons also provides dates for future performances on their website and their Instagram.

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Students volunteer in America's Thanksgiving Day Parade

JOSEPH POPIS

Senior Reporter

America's Thanksgiving Day Parade in Detroit, Michigan, is an annual televised event that garners a vast amount of viewers each year. This year, the Office of Student Involvement (OSI) and The Parade Company are coming together to offer students a volunteer opportunity to walk in this year's parade.

Volunteers will need to be able to walk a mile in differing weather elements. Participants will be carrying out various tasks such as banner carrying, leading the floats, or being behind the floats. There are multiple roles available for participants.

All participants will also be wearing holiday-themed costumes to enhance the holiday festivities. The costumes will be picked up prior to the event via drive-through at The Parade Company Studio based in Detroit. Drive-through specifics will be sent to participants by The Parade Company. Costumes will need to be returned to the studio within a week after the parade.

A Q&A virtual zoom meeting will be happening on Nov. 15 at 6 p.m. and Nov. 16 at noon. Participants only need to attend one of these

events. In addition, a zoom link and an orientation video will be sent to volunteers. The zoom meeting will be intended to provide information and to answer any questions.

The Thanksgiving Day Parade provides everyone with a day of fun and excitement. It can give students a unique opportunity to participate in a time-honored tradition that they may not have experienced before. Everybody who participates in the parade helps animate and breathe life into this event.

"I think the biggest thing is that it's fun, it's exciting, to wake up and watch the parade is super cool," Daryl Blackburn, coordinator of leadership and service programs at the OSI, said. "What's nice about it and the reason we offer it is to allow students and their families to walk in the parade that's nationally shown on tv."

Volunteers in this event play a crucial part in bringing the parade together. In addition, college and high school students will play a significant role in making the parade entertaining for audience members.

"In general, it's just to bring the life of the parade together as a whole," Blackburn said. "We're partnering with Project Upward Bound, who brings high schoolers

and their team to come together with Oakland as a whole to bring these volunteers to the parade."

Volunteers of this event can gain a great experience that will impact them in various ways. They are able to have a fun time, meet other people, become more acquainted with OSI, and build connections.

"I think they'll gain a fun experience as well as a chance to meet other people from Oakland," Blackburn said. "They'll get a chance to meet people and walk in the parade with them. In general, just building connections not just with us, but with other people in the parade as well. It's a great networking experience and just a way to bring out the joy in everyone."

The parade is something that people think about when it comes to Thanksgiving. All the different signs, floats, costumes, and activities provide the audience with a compelling experience.

"When people think of thanksgiving, one of the things they think about is the Thanksgiving Day Parade," Emily Bernas, graduate assistant of leadership and volunteer programs at the OSI, said. "I think it is cool to be a part of that. To be able to say, 'Ohh yeah, I've been in the thanksgiving



THE PARADE COMPANY

PHOTO COURTESY OF THE DETROIT HISTORICAL SOCIETY

Through the OSI, students have the opportunity to walk in this year's Thanksgiving Day Parade.

day parade one time." Also, just seeing the floats up close and all the volunteers that help. I think it is really cool for just the volunteers to be a part of that. To be able to see all the work that goes into it and the scale of it all."

For students interested in this event, it is advised to sign up as soon as possible. To sign up for this volunteer opportunity, contact the Office of Student Involvement or email dablackb@oakland.edu.

Leadership and Volunteer Center to host annual OU Day of Service

GRACE LOVINS

Senior Reporter

The Leadership and Volunteer Center (LVC) will be hosting the annual Oakland University Day of Service on Wednesday, Nov. 17 from 9 a.m. to 9 p.m. Students and faculty are encouraged to drop into ballrooms A and B of the Oakland Center (OC) any time throughout the day to participate in various service projects for different organizations in the community.

This year, projects include: making dog and cat toys, writing thank-you cards for blood donors, creating literacy kits for local schools, making fleece blankets for children in need as well as several other tables designated for different projects.

Daryl Blackburn, coordinator of Leadership and Service programs, and Emily Bernas, graduate assistant for Leadership and Service programs, organized this year's day of service and are excited about the opportunity for students and faculty to volunteer in such a large-scale event.

"[We have] a bunch of different projects for students to participate in and they can stop by anytime," Bernas said. "They could stay for the whole 12 hours if they wanted to or they could just stop for 15 minutes between their classes just to have something to do. You could show up with a group, by yourself, really whatever you want just to get some volunteering hours."

By offering projects for 12 hours during the day, they hope to make volunteering more accessible for the OU campus community.

"The biggest reason for running it all day long is so anyone can have the time to come and do it," Blackburn said. "We could do 11 a.m. or 1 p.m., or a 2 p.m. until 4 p.m. but someone is bound to have class and people work until 5 p.m., so we're going to miss a group of people. It just allows much more easy access and participation from people because we're right here on campus."

Similar to other service events held by the LVC, this year's OU Day of Service collaborates with different

organizations in the surrounding areas to complete projects for their cause.

"For OU Day of Service, we reach out to these different non-profits and we say 'Hey, what projects can we do for you that we can make, donate and basically do on-site at our campus and give to you later?'" Blackburn said.

Bernas and Blackburn coordinated with Oakland Schools to help assemble literacy kits, Project Linus to make fleece blankets for children in need and the American Red Cross Club to sponsor thank-you cards for blood donors.

Both Bernas and Blackburn are excited to dive back into a day-long service event after the unfortunate downsizing of last year's day of service as a result of the pandemic. The LVC had seen upwards of 600 participants in years prior but, with the shut-down in 2020, the group was only able to offer grab-and-go kits for those who were still on campus.

OU Day of Service will also feature sponsored tables from student organizations hoping to contribute to

a cause they're enthusiastic about. Bernas said that by providing a location and volunteers, they get to help student organizations with different service projects that they want to do.

"The biggest thing that we try to do is, because it's harder for a let's say a group of eight to be able to donate 200 items, the goal is for us to try to use them and help them find something they're passionate about and be able to give on a bigger scale," Blackburn said.

Student organizations looking to sponsor a table are welcome to bring their own projects for volunteers to complete or collaborate with the LVC to help with a project that is already intended for the service event.

If a student organization is interested in sponsoring a table for OU Day of Service, Bernas encourages them to get in contact with the LVC to coordinate for the event. No registration is necessary for any students or faculty looking to participate. More information can be found on GrizzOrgs.

Th!nk it LOUD spreading positivity and compassion

LAUREN REID

Content Editor

Th!nk it LOUD — a student-run nonprofit organization on campus — is dedicated to positively impacting young patients in hospitals by providing them bracelets with words of affirmation, motivation and compassion. Also a registered 501(c)(3), th!nk it LOUD “believe[s] that a single action can make a difference in the community, and that collective action can greatly impact the world,” according to their website.

The organization was founded in 2019 by Jordyn Bixman and Nicholas Hulscher when they wanted to get involved in volunteering at local hospitals.

“We thought th!nk it LOUD would be the perfect way to give patients and families something that empowers them and gives them support — something they can look at that [will] lift their spirits,” Bixman, also the organization’s co-director and registered president, said.

Working to uplift the young patients they interact with, th!nk it LOUD helps the patients think of an inspiring word that lifts them up, and stamps it onto a completely customizable bracelet. The organization collaborates with local hospitals and nonprofits — such as The Rainbow Connection, Beaumont Royal Oak and Kids Kicking Cancer — to achieve their goals.

Th!nk it LOUD works with individuals facing life-altering illnesses or adversity. Bixman mentioned the personalized word stamped on the bracelet can be anything the patient likes,

perhaps a pet name, favorite Marvel superhero or empowering word or hashtag.

As a nonprofit, the organization is funded completely through fundraising and donations. According to their website, money raised goes directly to purchasing bracelets, bags, stamps and other materials they need to make their work possible. Bixman mentioned money may also go directly to the patient’s families.

“Our main goal is to spread empowerment and positivity — we definitely believe in the power of being positive,” Bixman said. “It’s not a scholarship, nobody has to be chosen — everyone is chosen, and everyone gets the chance to participate and feel [supported].”

The idea of empowerment and positivity ties into the founders’ idea to make the “i” in th!nk it LOUD an exclamation point. It serves as a reminder for the patients to be proud of their words, proving those words have power.

Th!nk it LOUD’s Vice President Kori Langdon mentioned giving back through the organization is “one of the most rewarding things in life.”

“Being able to hand stamp the bracelets and make those connections with the kids and the families — to see the amazement while we’re putting the word they put on paper onto the bracelet — is so rewarding,” Langdon said. “Just having [something] to take their mind off [their illness] and bring a smile when they’re battling what they are,

being that source of happiness is really awesome.”

Th!nk it LOUD’s next fundraiser is Monday, Nov. 22 at Blaze Pizza in Auburn Hills. Anyone looking to get involved with the organization, or seeking more information, can check out their aforementioned website, GrizzOrgs or follow them on Instagram at thinkit_loud.



PHOTO BY ANNA DRUMM
Members of th!nk it LOUD during last week’s bake sale raising money to give back.

Graphix OU organizes food drive and hosts holiday card decoration event

RACHEL YIM

Senior Reporter

As the holiday season is quickly approaching, the Graphix OU club hosted a holiday card decoration event and organized a food drive.

Graphix OU is a student-run organization that focuses on visual art in an effort to provide various artistic opportunities as well as to deliver information in an “effective and stylistic” way by laying out illustrations and texts based on various creative ideas.

“Graphix OU as a whole is a fun way to get together with other students at Oakland and talk about visual art and design,” Kariann DeGhetto, president of Graphix OU, said. “We think it is very important for students to connect with art even if that is not their main focus at Oakland.”

A major part of the club is providing students the opportunity to meet other students on campus with the same interests and majors. Graphix OU provides workshops on Adobe programs and introduces information as well as providing feedback to its members on their design projects.

The COVID-19 virus has put many people, including OU students, physically away from their families, which in turn caused mental illnesses in even more people. Being able to connect to their loved ones seems to be more important now than ever, and the food drive and holiday card decoration event serve this purpose.

“I felt that since the pandemic started, it has been a

while since a lot of students have gotten to see their family or friends,” DeGhetto said. “I wanted them to be able to connect with their loved ones if they were not going to be able to see them again for the holidays this year. I know the holidays are a tough time for a lot of individuals and families.”



PHOTO BY SOPHIE HUME
Graphix OU’s holiday card decoration and food drive.

The food drive donations will be accepted until Thursday, Nov. 18. Accepted items for the food drive include the following:

Masks, kleenex, toothbrush/toothpaste, mini mouthwashes, tuna, crackers, canned chicken, Chili (vegetarian/meat options), peanut butter, jelly, soup

(vegetarian and gluten free options), oatmeal, cold cereal, hot chocolate, rice a roni, pasta (microwavable options), spaghetti sauce, rice/grains (GF/organic options), mashed potatoes, water, juice, snack bars, snack roll-ups, granola mix, chips, popcorn, spices, fruit cups/applesauce, crossword puzzles, sudoku, coloring books and stress balls.

DeGhetto and other E-Board members’ goal for the food drive is to get 45 donated items from those who attend the club’s general body meeting, and they hope that everyone that attends is able to make at least one card for a loved one for any holiday they wish.

The club’s meetings are every other Thursday at 7 p.m. in the Oakland Center Room 126, but with Thanksgiving break, its next and last meeting of the semester will be held on Thursday, Dec. 2. For this meeting, DeGhetto said that professors Meghan Berry and Kimmy Parker will be guest speakers who will talk about the senior thesis course for graphic design and other art majors. Its first meeting of the winter semester will be held on Thursday, Jan. 13 at the same time and place.

“I would just like to say that everyone is welcome at all of our meetings,” DeGhetto said. “You do not have to be a graphic design or art major of any kind. We just want to help students connect with each other and get creative.”

For more information on Graphix OU and its food drive, visit GrizzOrgs or its Instagram page.

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English/Creative Writing Department hosts Career Night

D’JUANNA LESTER
Senior Reporter

On Nov. 10, the English/Creative Writing Department at Oakland University hosted a career night event — “Navigating your next steps with your English/Creative Writing degree.” This was a virtual event that ran from 7 to 8:30 p.m., hosted by Rachel Smydra and Annette Gilson from the department.

The event was for the students in the College and Arts and Sciences majors to learn about options for internships and what they can do with their degrees post-graduation. Career Services Career Consultant Kirsten Boutorwick presented a PowerPoint on the Career Services office discussing what they offer and how they can provide students with the necessary tools to get internships while they’re in school.

The office’s services include: exploring career paths and options, resumes and cover letters, job search strategies, as well as interview prep and mock interviews. The slideshow also went over Handshake, and what students can use it for — searching for jobs, making appointments with advisors, viewing resources, checking out sample resumes and tracking FLAGS worksheets. Handshake can be accessed through the Career Center Services website.

There were several guest speakers from different companies that spoke to students about what they did with their degrees, sharing non-traditional job options. One of the guest speakers, Kim Eberhardt, graduated with a bachelor’s degree in journalism and a master’s degree in public relations (PR). Now

she works for Identity — a communications and PR firm in metro Detroit.

Eberhardt informed students about what the company does, and how students can use their English degree at Identity, which helps clients with communication challenges. She discussed the “importance of strong writing skills — understanding the written word and how people communicate with each other.”

Pat Wilkinson introduced the students to Tyler Technologies — a corporation that helps to protect public safety and government software. The company offers services such as police software, police records and many other services relating to police and public safety.

Many OU alumni students joined the call to talk about their journeys from being in students’ to working in their positions after graduating college. They shared personal stories of overcoming obstacles and explained how they got to be where they are now.

Audra Pieknik talked about how she became a director of The Art Experience — a community arts studio in Pontiac. Post-graduation, she became an English teacher, then a music teacher. She later took on the role of director of The Art Experience where she combined her love of art and English. She got to understand what made her her, and she stressed the importance of taking things step by step.

Elizabeth Pellerito took a different approach, asking students what they want to do with their degrees. Many responses were similar — editing, publishing or something involving writing. She

talked about her personal journey of not feeling creative enough and doing many internships during her time at OU.

Pellerito now works for a company that hosts adult education workshops, teaching people how to build better working conditions for themselves. She reminds students that they’re allowed to change their minds about things, and they have a network while we’re students at OU.

“Our generation isn’t locked into a career like our parents’ and grandparents’ generations were,” Pellerito said.



PHOTO COURTESY OF OAKLAND.EDU
The English/Creative Writing Department at Oakland University hosted a virtual career night event on Nov. 10. The department was joined by Career Consultant Kirsten Boutorwick from career services.

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Midterms feature historic successes in Michigan, Democratic setbacks

TANNER TRAFELET

Senior Reporter

As reported by the Associated Press, the Nov. 2 midterm elections saw notable defeats for the Democratic Party throughout the nation. Most prominent of these was in the Virginia gubernatorial race between Democratic nominee Terry McAuliffe and Republican nominee Glenn Youngkin. In that race, Youngkin prevailed, albeit in a state where Joe Biden won by 10 percentage points in the 2020 presidential election.

Seen as a reasonable indicator of the upcoming 2022 elections, these midterms saw the Democratic party face a series of setbacks on the national level, which centered on issues such as education, the COVID-19 pandemic and increasing supply chain problems.

“The Democrats seemed to be in trouble for the midterm elections,” said Nicole Mathew, Ph.D., associate professor of political science at Oakland University. “Being as Virginia was somewhat of a swing state — although a little more Democratic-leaning state — with the Democratic candidate for governor losing, it was a

bad sign for the 2022 elections.”

Virginia’s history as a consistently democratic state is what added influence to Youngkin’s win, and the gubernatorial race was seen as a fair — although not supreme — predictor of what is to come in 2022. In this loss, Democrats gained a preview of what challenges they may face in reelection campaigns for the congress and presidency.

The presence of prominent national political figures — such as Barack Obama and current president Joe Biden — still saw the Democrats lose the gubernatorial office by 63,000 votes. A focus on national level politics is a strategy that lost Democrats the Virginia governor’s seat, and nearly saw the same outcome in the New Jersey governor’s race, according to Dr. Mathew.

“The attempt to nationalize the election [in Virginia] by bringing in national political figures actually didn’t help that much,” Dr. Mathew said. “That could mean that people are so partisan that the presence of such figures doesn’t matter. For example, Joe Biden’s current approval rating among independents is not that great,

and Democrats were going to vote for a Democratic candidate no matter what.”

A focus on local issues in upcoming elections — such as the importance of education in Virginia — may serve both major parties well as they put forth their candidates in 2022. Rising inflation and a COVID-19 pandemic that has killed 757,663 people will play an undoubtedly large part in deciding the presidential and key congressional elections, but parties must work to balance national and local priorities to be successful, Dr. Mathew argues.

“What this suggests for the 2022 elections is that the candidates need to pay a lot more attention to the conditions in their particular districts,” Dr. Mathew said. “It doesn’t seem like having a national strategy as in ‘We’re the party that is not [Donald] Trump’ when he is not on the ballot is enough to win an election. You have to show concern for the issues that the voters are saying that they care about.”

National politics aside, most Michigan races progressed as predicted, with much of the surprise emanating from mayoral and city council elections in Hamtramck and Dearborn. In Hamtramck, the nation’s

first all-Muslim city council was elected, with races in the Dearborn area seeing mayors of similar background win elections.

“It was no surprise that Mayor Duggan was easily reelected in Detroit,” said David Dulio, Ph.D., professor of political science at OU. “The bigger, more notable occurrence was the election of an all-Muslim city council in Hamtramck, as well as the election of some Muslim mayors in Dearborn. These instances are historic and should be recognized as such.”

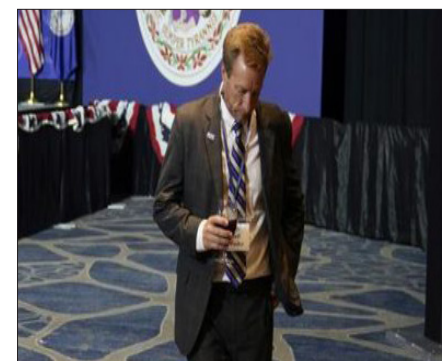


PHOTO COURTESY OF STEVE HELBER
Terry McAuliffe attended an election party on Nov. 2, 2021.

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Women's basketball defeats Niagara for first win of season

Story by: Brittany Kearfott
Photos by: Maggie Willard
Design by: Carolina Landeros

Going into Friday's game Oakland's record was 0-1 while Niagara University had a record of 1-0. However, neither team had faced a conference team.

Head Coach Jeff Tungate stated "For us to get better for league play, we have to do a better job taking care of the basketball. You can't turn it over twenty eight times and expect to win."

Starting the game off Oakland won the tip off. Within the first quarter Niagara University put 13 points on the board while Oakland put 27 up. Kayla Luchenbach put up two points, Breanne Beatty put up eight, Kahlaiah Dean put up five, Olivia Sims put up eight, Alona Blackwell put up two, and Helen Staley put up two points.

During the second quarter, ball possession dropped to 44%, but that did not stop the girls from scoring sixteen points. Luchenbach put up two points, Lamariyee "Sug" Williams added two points up, Beatty put up two, Dean put up two, Sims put up eight, Breanna Perry added two onto the board, Blackwell put up two, and Aaliyah McQueen put up four. In the second period Oakland kept up the possession rate of the ball.

"We shot 50% from the floor which is great," Tungate said. "We did a good job rebounding for the first three quarters. Got a few good ones in the first half which got us good buckets and good momentum."

The women may have met defeat against the University of Toledo on Tuesday but they came back to the court and took what they learned from that and applied it. The

communication was up, the players were balanced across the board, and the score reflected that.

Going into the second half the girls had the lead 43-24. Teams had fumbles and recovered much differently than Tuesday's game. Oakland had 22 turnovers and University of Niagara with six. The strong rebounding ability from the Golden Grizzlies assisted in their possession percentage.

In the third quarter Luchenbach put up two points, Williams added eight points, Beatty put up two, Dean put up four, Brianna Breedy put four points on the board, Sims put up four, and Perry added two onto the board. Breedy makes a shot for a three pointer which got stuck in the rim of the net. This results in a jump ball.

In the fourth quarter, Luchenbach put up two points, Williams added two points, Beatty put up two, and Perry added four onto the board. Oakland won by a final score of 77-64. They concluded the game with a 50% possession rate on the court.

"Our team played hard, and played hard in both games," Tungate said. "They have good chemistry. They are committed to winning and doing the right things but we get a lead then kind of let up. Had a good start against Toledo then went back in, same thing here. Got to the fourth quarter and stopped playing."

Check back in a week and along the season to see the girls improve over their season. Their next game is Thursday, Nov. 18 at 7 p.m. against Youngstown State University.



A conversation with Dr. Abdul El-Sayed about health disparities

GABRIELLE ABDELMESSIH
Campus Editor

This past week, I had the honor of interviewing Dr. Abdul El-Sayed physician, epidemiologist, author, and former Michigan gubernatorial candidate about how healthcare policy and politics intersect, how young people can get involved in reducing healthcare disparities, among other topics.

For the sake of brevity, some of my questions and Dr. El-Sayed's responses are abridged, but the video, including full content, is on our Youtube page and attached to this article.

Here's part of my conversation with Dr. El-Sayed:

Abdelmessih: Why did you choose a career in public health?

El-Sayed: My motivation for a career in medicine was in large part because of my grandmother. She was the wisest most intelligent person I've ever met but never got to go to school. She grew up in mid-century Egypt, where, at that time, the combination of poverty, misogyny and colonialism robbed her of the opportunity to have an education. Part of the consequence was that she had eight kids. Two died before the age of one. I wanted to be the kind of doctor who could protect kids — kids like them, and people like her.

While there's some amazing doctors who do amazing work in our healthcare system, unfortunately, the way that we have decided we're going to allocate medical care is part of the problem in our country. I wanted to be the kind of doctor who worked on the system rather than in the system, which led me to a career in public health, which, of course, is about all of the things outside of clinics and hospitals that make people sick in the first place: the air that they breathe, the water that they drink, the communities that they live in, the way that society allocates resources, whether or not they have a good home that is stable, whether or not they are being policed by overzealous government officials, whether or not they have a community that respects them and protects them, all of those things shape people's health in ways and so I wanted to be a part of addressing that.

Abdelmessih: Given your work and educational background, it's no surprise to you that we've just gone through and are still going through one of the most divisive and confusing times in U.S. history when it comes to the intersection of politics and healthcare. In your experience, what is the most profound way that politics, healthcare policy and healthcare delivery intersect from both a positive and a negative perspective?

El-Sayed: Well, we're living through it. We're living in a time that is defined by

a major pandemic, which is arguably the worst in history, in recorded history. At the same time, while we've been able to, amazingly, innovative a vaccine in less than a year, we're coming up against the fact that one of the oldest technologies is getting in the way, and that's public trust. Do you trust the people around you? Do you trust the edifices of government? Do you trust the systems of science? Unfortunately, too few people do, and so in some respects, it is amazing that we have a vaccine as fast as we do and it's also amazing upwards of 30% of adults still haven't gotten fully vaccinated yet. I think we are watching as policy, politics, and public health collide in a pretty profound way.

Abdelmessih: In your book, "Medicare for All," you talk about how people organizing to change hearts and minds led to the Supreme Court's legalization of same-sex marriage in the U.S. How do you change hearts and minds regarding the presence of health disparities in the U.S., and the problems that it presents, and that reducing those disparities is beneficial for society?

I think it's both easier and harder now, or in this particular case, than in the example that we talked about the book that I think is a really great example of how organizing can really move a public conversation. On the one hand, everybody experiences healthcare, every single person, and you don't have to go very far to appreciate how our healthcare system fails people whether it's 67% of all personal bankruptcies in America or just the experience of having to fight your insurance company for healthcare you've already thought you've paid for.

In the midst of a pandemic, there are big questions about why did our healthcare system fail so immensely, both from the preventive side, on the public health side, and then also on the curative side and the fact that we suffered more deaths per capita than any other country in the world. In some respect, people have their own experiences to draw on, and then the other side, there is a vested interest in maintaining the status quo because it makes people a lot of money, and they will work really hard to push back against any of that organizing through paid advertising and other means of trying to influence public debate.

At the same time, I do think that the example that you brought up, marriage equality, offers us the opportunity to remind ourselves that, actually, we have to keep pushing. In the end, the point that you made about equity is important because, for folks who do have rather relatively reliable health insurance, it would be easy to just step back and say, 'Well, you know, in a rigged game, I'm winning, and so why should I care about the game?'

I don't want to live in a society, I don't

think anyone of us should want to live in a society, where we know our sister or our brother doesn't have access to something as simple and profound and critical as health insurance if they get sick. I think that is the responsibility that we bring to this is to say look for those of us who have power, and are winning in this particular rigged game, we have to ask ourselves whether or not we want to be winners in a broken game, or whether or not we have the responsibility to ally together — all together — to guarantee that access to health insurance and healthcare for every person in our country because it is a right to and because it a right and because it's the right thing to do.

Abdelmessih: Do you think that institutions of higher learning and insurance companies play a role in healthcare disparities?

El-Sayed: There's no doubt the health insurance industry is a big reason why we have the kinds of health disparities that we have in our country. We have a tiered system, where, if you are low income, you get worse healthcare. The reimbursement for the care for your body is lower, which implicitly means that we value that body lower than we value the body of someone had money to pay for a better insurance plan. That is fundamentally inequitable, and it patterns the kind of health care that people get to receive if they get to receive health care at all. Of course, many people in our society, in fact, 10% of our society does not have health insurance, and we cannot forget that.

I do think that the cost of training is an important issue here, and so far I think, you're seeing a sort of imbalance in the kinds of disciplines that physicians choose after they graduate medical school, because they want to pay down their loans.

Abdelmessih: Also in your book, "Medicare for All," and especially reading your books, watching multiple interviews, following you on social media and your campaign to run for governor, through those platforms, I've noticed that you are very intentional with your words. I was pleasantly surprised by a particular choice you made in a sentence in the book. I'll read it for you if that's okay. [Book Quote:] "If history is any guide, a serious push for Medicare for All will require a president that makes Medicare for All a significant piece of her platform." Can you elaborate on the pronoun you used to describe a future president?

El-Sayed: I think it is rather absurd that in a country that reports the values that we do, that we have not yet had a non-male president. I think that that is something that we're due up for and I do hope that when she is elected she is a supporter of Medicare for All.

Abdelmessih: You are a staunch

advocate for young people getting involved in politics and mobilizing societal change. To the young people like myself that are pursuing a career in medicine, healthcare, or any other field that intersects with public health: What, in your view, should we be mindful of when considering the inequity of health and health care in the United States? What tangible things can we do at this stage in our education?

El-Sayed: I think most importantly is be involved and be involved in ways that are thoughtful and focus beyond one's own career, but are really about advocating for folks who don't have the same kinds of fortune and the same kinds of opportunity that you do, and that means I think being intentional about building community, beyond the sort of organizing factors of our lives.

We tend to engage with people who are very similar to us. I think one has to be really intentional about saying I'm going to think beyond my own demographic and really try to build communities that are inclusive intentionally. If you can do that, then I think you can harness that experience and that intentionality into the kind of organizing, and the kind of leadership that we need in society.

When it comes to health care, there's nothing more profound to any individual than their own health. You start taking that away from people, even in small pieces, it becomes overwhelmingly the most important thing that they think about every day. Bringing an empathy for that, and a recognition of what we ought to have, and what we'd want, if we were born in different circumstances, without the same socioeconomic opportunities and if we were born on the wrong side of marginalization in our society, what we would want for society to offer everybody, and to be fighting for those things.



PHOTO COURTESY OF EL-SAYED
Dr. Abdul El-Sayed - physician, epidemiologist, author, and former Michigan gubernatorial candidate

Is TikTok shrinking students' attention spans?

SARAH GUDENAU

Features Editor

The average TikTok user in the U.S. spends an hour and eight minutes on the app a day, according to a recent study from Business of Apps. Michigan State University senior Kelsi Karpinski's watch time is even higher than the national average. One of the 1 billion monthly active users worldwide Karpinski clocks an average of an hour and 31 minutes on the app every day.

Karpinski likes the short duration of the videos on TikTok because if a video is longer than 40 or 45 seconds, she "gets bored." Since downloading the app in summer of 2019, it has become a distraction to her, both during leisure time and while doing homework.

"I used to watch TV shows on my own, but [now] if I'm just watching it on my own, I can't pay attention anymore because I get really distracted and I go on my phone," Karpinski says. "I'll literally pull up TikTok when I'm watching a show and I'm like 'Hm, can't hear both of them.'"

Initially launched in September of 2016, TikTok started out as a video sharing platform where dancing and lip-syncing videos got the most views. The app has since developed to include a wider variety of content, from storytelling to art videos to comedy skits to fashion shows to Karpinski's personal favorite, cooking videos.

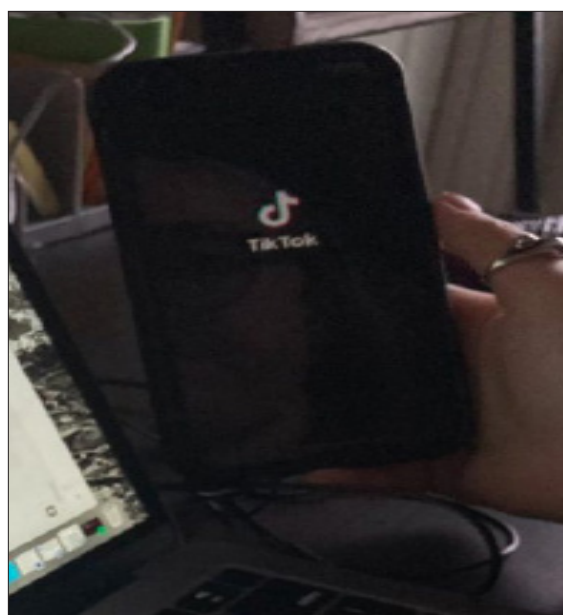


PHOTO BY SARAH GUDENAU

The average TikTok user in the U.S. spends an hour and eight minutes on the app a day. The app can be distracting for high school and college students.

Karpinski is certainly not alone in the struggle to stay off TikTok, one that persists especially among high school and college students — 28% of users are under the age of 18 and 35% of users are ages 19-29, reports Business of Apps. But with all this time spent on TikTok, how is it affecting students mentally, and particularly, how is it affecting their attention spans?

Let's start with how TikTok works. The app's home page has two tabs: one for accounts that the user follows and the other is called the "For You Page" (FYP). The FYP recommends videos specifically to the user based on multiple factors such as "interests you express as a new user and adjusting for things you indicate you're not interested in, too," per TikTok's website.

With a constant stream of new videos ranging from 15 seconds to three minutes, users focus on a stimulus for a short period of time before moving onto the next video — which the app generates for them — by simply scrolling down.

Steve Kelman from The Business of Federal Technology hypothesizes the result of this passive scrolling is a shortened attention span.

"And short attention spans, with concomitant weakened ability to concentrate, can in turn produce a number of negative effects, such as poor performance at work or school, inability to complete daily tasks, missing important details or information and difficulties communicating in relationships," Kelman writes.

The research on TikTok's impact on attention span specifically, however, has yet to be developed.

A 2013 study by the National Center for Biotechnology Information found that the average human attention span had dropped from 12 seconds in the year 2000 to eight seconds in 2013. The cause of that change, though, might not be as cut-and-dry as just social media.

Kimberly Bernock, MSW, LLMSW is a psychotherapist who works with people of ages 12 and older with

conditions such as attention deficit hyperactivity disorder (ADHD), depression, anxiety, obsessive-compulsive disorder (OCD), trauma history, substance abuse, stress management, grief and loss. Many of her high school and college-aged patients are TikTok users, among other social medias.

"Humans have an issue with delayed gratification in general — oftentimes, naturally, social media is something where you'd expect to see the punchline right away," Bernock says. "The reason they [many of my patients] love TikTok is because they're getting that instant gratification very quickly on every short video that they're scrolling through."

The need for instant gratification, explains Bernock, is a common pleasure-seeking behavior that can apply to other activities as well, such as shopping or pursuing relationships — a sort of behavior that can be distracting.

Bernock also says there are a variety of conditions that may impact attention and concentration, and she stresses that correlation does not necessarily mean causation.

"Depression and anxiety are very common among that age group, so naturally that's also going to impact their attention and concentration," Bernock says. "Same thing with their history of coping skills, and generally, social media is one of the most common coping skills that I've seen people use."

According to Bernock, oftentimes when people are trying to gain a sense of control over something they're struggling with, whether it's a mental health condition or a stressful life circumstance, they try to find something that makes them feel stable and grounded, and social media — which connects people and makes them laugh — is often used to do that.

"Social media is definitely one

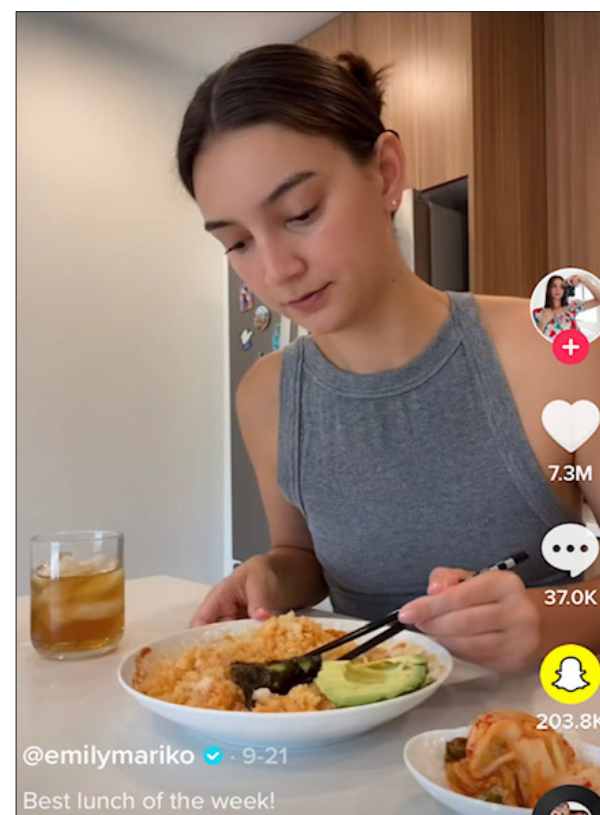


PHOTO BY SARAH GUDENAU
Cooking videos are trending on TikTok.

of those things that can impact it [attention span], but it's a multifaceted issue," Bernock says.

According to numerous studies collected by Harvard University, cell phones in general can certainly be distracting for students, as Karpinski could attest to. Harvard also compiled a series of survey results that showed that many college students are prone to using their phones during class.

"Humans are incredibly bad at multitasking," says Associate Professor of Psychology at Oakland University Melissa McDonald, Ph.D. "In that respect, the presence of our phone while we're trying to study or while we're trying to work is kind of like a multitasking situation because it leads us to divide our attention and think about what sort of notifications might be coming through."

"I think it might not be rewiring our brains completely, or it might be — both are plausible hypotheses — but I do think that social media is incredibly distracting for people, and it makes people less efficient and productive in their work or study."

Looking Back: ASL's rocky road to recognition at OU

TORI COKER

Marketing Director

The study of American Sign Language (ASL) has been a part of OU's communication department since the late 1970's. Following the approachment of department founder Donald Hildum by the parent of a Deaf child who was looking for a place to learn the language, Hildum was immediate with his efforts to offer such courses. At the time of an article published in The Oakland Post on Nov. 29, 2000, however, the university as a whole was showing no signs of exhibiting the same recognition toward the language — a recognition that ultimately wasn't awarded until 2019.

Within the 2000 article, a lack of ties to another nation and the absence of someone with a doctorate degree in the subject were cited by former communication program director David Lau as reasons for the university's long-standing reluctance to recognize ASL as a modern language capable of fulfilling the language area of general education requirements. The article noted that in spite of these supposed reasons the language didn't qualify for this fulfillment, more than 100 universities at the time were using it to fulfill their own language requirements.

The battle for university-wide recognition of ASL as a modern language

was initiated by communication professor (and chair of the Rhetoric, Communication and Journalism department at the time of the 2000 article) Dr. Shea Howell in the early 1980's, whose efforts were thwarted by the Departments of Linguistics and Modern Languages — hence the lengthy era of ASL courses only counting toward the communication program's own language co-requisite.

"It's not because there is any intellectual basis to deny this — ASL is a valid language that should be recognized and supported," Howell told the Post in 2000. "As a university that is concerned with community outreach, for us to not create a viable program around sign language is an embarrassment. I think it is a political issue that if people take sign language, they won't be taking something else."

In 2021, Howell reflects on the ways in which the Americans with Disabilities Act (ADA) of 1990 marked a cultural shift that brought the development of sign language programs to the forefront and reinvigorated the communication department's efforts for university-wide recognition.

"We tried to educate the university to the fact that (ASL) has a culture, has a literature, has an artistic expression, and is a complete language system," Howell said, "and that fight went on for a very long time."

Nearly two decades, dozens of communication department-provided ASL courses and several other dismissed movements for recognition later, the Destinee Rule-led Student Congress of 2019 initiated their own movement toward the cause. A general education proposal spearheaded by Dr. Valerie Palmer-Mehta followed, in collaboration with Howell, communication department Assessment Coordinator Dr. Jennifer Heisler, Chief Academic Advisor Beth Talbert and ASL faculty members Timothy Johnston, Paul Fugate and John Kirsh.

The proposal was ratified in 2019 — after which the Department of Modern Languages finally requested that the study of ASL be moved to their department. The Communication department was strongly opposed to this, and their preventative efforts were successful.

"We have three decades of experience in offering [ASL courses], we provided leadership to the university in recognizing it as a full, complete language when others had failed to do so and we are well-connected in the community to which we are ultimately responsible as we offer this program," Palmer-Mehta said. "[...] That's why we think that we are best positioned to offer it — because we could recognize these things when that department did not."

In the wake of these efforts, students from every department have the option



PHOTO BY LAUREN REID
An Oakland Post article regarding ASL from
Nov. 29, 2000.

of selecting ASL as the class that fulfills their general education language requirement — and according to faculty, many more do so following this change.

"That opportunity for general education credit and the [Communication and Deaf Studies] minor created a high demand for ASL classes — I'm teaching four this semester and three next semester," Kirsh said. "Uniquely, [...] I [also] had the opportunity to create an entirely asynchronous online class."

Local advocate Ashley Rapp works to end period poverty

SARAH GUDENAU

Features Editor

Epidemiologist, Miss Michigan 2021 candidate and menstruation enthusiast Ashley Rapp has been working toward ending period poverty — inadequate access to menstrual hygiene products — since she was an undergraduate at Grand Valley State University (GVSU).

The Sterling Heights native started hosting period product drives at school to donate to the GVSU food pantry before taking her drives to the metro-Detroit area. As a Chaldean woman, Rapp has a passion for making sure that menstruators in the Middle Eastern community have access to products. One year for her birthday, she asked only for period products and collected thousands that she was able to give directly to members of her community.

Through her drives, Rapp realized just how many groups need help and that the issue of period poverty is systemic. She decided to get involved in the legislative side of handling period poverty, and a big step in her mission was ending the tampon tax.

The tampon tax is the 6% sales tax on menstrual products such as tampons, pads and similar products, which are

deemed as non-essential, luxury items. Menstruators in Michigan pay about \$7 million in tampon taxes a year, according to Bridge Michigan.

On Friday, Nov. 5, Governor Gretchen Whitmer signed the second of two bipartisan bills — HB 4270 and HB 5267 — that will eliminate the tampon tax in



PHOTO COURTESY OF ASHLEY RAPP
Rapp poses with Governor Whitmer holding
the bill to end the period tax.

Michigan and recognize menstrual products as essential goods.

The process, though, was no easy feat. According to Rapp, people in the Michigan legislature have been trying to get the tampon tax eliminated since 2017. The bill was initially developed by women of color, Rep. Tenisha Yancey and Rep. Padma Kuppia.

"In 2019, Representative Tenisha Yancey, who was one of the original sponsors of the bill, reintroduced this bill into the House," Rapp says. "What she was really excited about was getting the people who had worked on this advocacy in front of the tax policy committee, so she actually called a couple youth activists that she knew."

One of those activists was Rapp, who, young and nervous, stood up in front of the House finance committee and gave an oral testimony. The bill, however, died in committee before anyone could vote on it.

The bill's failure in 2019, though, did not discourage Rapp or her fellow grassroots organizers and young activists. On Oct. 6, period equity advocates gathered at the Michigan State Capitol for Michigan Period Action Day where Rapp had another opportunity to speak.

In the summer of 2021, Rapp also had the opportunity to spread her message of ending period poverty to an even larger

platform: the Miss Michigan pageant.

"It was not something I ever expected to do, but for me, looking back it really showed that advocacy can look a lot of different ways, and there's not a cookie cutter way to approach activism," Rapp says.

Advocacy exists in small efforts, too. A stigma around menstruation exists that leads to hesitancy in discussions about the topic. The first step, Rapp explains, is starting the dialogue.

Rapp says: "If we don't talk about periods and pads and tampons or anything in that vein, nobody will know about it, and nobody will be able to help us take action and make change. I think that, honestly, talking about things is advocacy and activism in its own small way."

Rapp's advocacy will continue beyond the success of Michigan's tampon tax bill — which she calls a "drop in the bucket" in the progress of ending period poverty.

"Eliminating the sales tax on menstrual products does a little bit to make them more accessible, does a little bit to make periods less stigmatized, but it doesn't do enough — more needs to be done," Rapp says. "In my mind, the next natural step is to make products freely available in public schools."

‘Red (Taylor’s Version)’ is out and I’m not fine at all

D’JUANNA LESTER
Senior Reporter

The moment that fellow Swifties have been eagerly waiting for has finally arrived. Like I talked about in a previous article, Taylor Swift moved the date of her next re-recorded album “Red (Taylor’s Version [TV])” from Nov. 19 to Nov. 12.

At midnight on Friday, Swift dropped the album — breaking Spotify in the process. Many fans experienced glitches with the popular music app while trying to access the new album. With the release of Swift’s short film “All Too Well” at 7 p.m. on Nov. 12, the multi-genre artist has fans in a treacherous state.

With 30 songs on this album, the time span from start to finish totals up to two hours and 11 minutes. Any Swiftie should see the significance of this number — two and 11 add up to 13 — the singer’s lucky number.

With no lead single, only a few snippets, the singer didn’t give fans many chances to hear how her voice matured since the 2012 original release. The album shows her vocal maturity, while still managing to capture the raw emotion and naivete of the original album. There are many new songs on this album as well, her vault songs, as well as the highly anticipated “All Too Well (10 Minute Version).”

In addition to the songs from the original album being re-recorded, Swift added nine songs from the vault. The “From the Vault” songs are “Better Man,” “Nothing New (feat. Phoebe Bridgers),” “Babe,” “Message in a Bottle,” “I Bet You Think About Me (feat. Chris Stapleton),” “Forever Winter,” “Run (feat. Ed Sheeran)” and “The Very First Night.” The songs are quickly becoming fan favorites, especially “Run.”

There’s a story hidden behind all of the vault songs that play into the inner themes of the overall album, and there’s a sense of magic behind hearing these songs for the first time, as we’ve heard most of the others. They’re playful, endearing and some are heartbreaking. Any Sheeran and Swift collab instantly becomes a favorite of mine — their voices blend very well together, making “Run” my favorite song from the vault.

Hearing how Taylor’s voice matured from 2012 to 2021 on her classic



PHOTO COURTESY OF TAYLOR SWIFT
Taylor Swift released “Red (Taylor’s Version)” at midnight on Friday, Nov. 12, as well as the short film “All Too Well” at 7 p.m. the same day.

“Red” songs is something very special for fans. While most of the songs stay the same lyrically, there’s something about her voice technically and emotionally that makes these sound so much better on TV. Maybe it’s the fact that so much of her fanbase gets to hear these songs at an age where many of us are going through the same feelings of heartbreak and growing up that she did in that time.

The laugh at the end of “Stay Stay Stay” was a moment that makes us smile, hearing how happy she is being in love. The very noticeable change is the chorus of “We Are Never Ever Getting Back Together” is whimsical.

The most notable part of “Red TV” is the 10 minute version “All Too Well.” This is one of her most popular songs of all time and hearing an extended version was a moment fans were waiting for. The lyrics in the third verse hit the most, reflecting back on that toxic relationship she was in.

As someone who grew up with this album, I know these songs all too well. They’re classic songs that elicit an emotional reaction for many people. I was curious as to how the songs would evolve over the past nine years, and I can’t believe how good they sound. You can tell there’s a difference between the original and re-recorded albums. I will definitely be crying to this 100/10 album for an uncomfortable amount of time.

‘You’ season three has the most toxic relationship yet

BRIDGET JANIS
Managing Editor

Netflix is back with one of the best shows they have to offer: “You.” With Joe Goldberg (Penn Badgley) and Love Quinn (Victoria Pedretti) finally married and forming a new life together, season three divulges into how their toxic relationship grows.

By this time in the series, Joe has been on many quests and done many unspeakable things. But it’s time for him to move on, grow up and start a family...or so he thinks.

Season three is all about Joe and Love having a baby and taking on life together as husband and wife. Joe was hoping to express all his love and affection to his new baby girl, until things take a twist and Joe’s whole plan is thrown out the window.

Joe and Love did vow to love each other for better and for worse, and things got way worse throughout the season. While meeting mom influencers and some of their neighbors, Joe and Love begin to make friends and do their best to blend into the normal community while committing a bunch of murders.

At first, Love struggles with the gluten free, athletic attire and blogger lifestyle the community around her lives, but does her best to fit in for her family and creates an illegal relationship with a teenager in many different ways. Joe, on the other hand, finds a library to obsess over and more women to be in love with, but is working his best for Henry, their son.

Knowing Love, the audience could have guessed her unstable actions based on things we learned in season two. But Joe is trying his best to keep the family together and will continue to clean up any mess Love makes.

The turn of events in season three was interesting — as we all knew Love was crazy, but she makes Joe look sane. Even though Joe kept doing his fixation on other women, Love was the real villain in this series.

This season added a lot of background to the series. It showed a lot about Joe’s pasta and why he became the way he is. I think this was definitely something that needed to be added, since his past is referenced so much in all the seasons but never has been addressed like this.

Season three might have been the best yet and also the most awakening. It touches on subjects of the rich, technology and trauma.

The ending of the season had the perfect wrap up, and the writers of the series really thought of everything. The way all the loose ends were tied together and the thought process behind the characters revealed — I didn’t see coming.

After watching the last episode, the entire audience was asking themselves “is it actually over?” and no one was talking about the series.

When season two came to an end I was hesitant about moving forward to the next season with there being no more books to follow. But I was pleasantly surprised with how well the season turned out. I am anxiously waiting for the next season and seeing how Joe fulfills his new obsession.



PHOTO COURTESY OF THE WHIT ONLINE
“You” season three dropped on Netflix last month, starring Penn Badgley and Victoria Pedretti.

Federal vaccine mandate usurps state and judicial power

TANNER TRAFELET

Senior Reporter

As reported by the Associated Press, the Biden administration recently announced a COVID-19 vaccination mandate for the U.S. companies with 100 or more workers. This mandate will be enforced for 84 million workers starting Jan. 4, 2022 and features varying levels of public and private implementation on a state-by-state basis, with enforcement duties relegated to the Occupational Safety and Health Administration (OSHA).

This OSHA-enforced mandate states that businesses must “require their employees to be fully vaccinated against COVID-19 or be tested for the virus weekly and wear masks on the job.” Violations of this mandate come with a \$13,653 per-instance fine to guilty businesses, and employees who do not not comply with their employer’s developed vaccination plan will face termination of employment.

The constitutionality of this mandate plan — which was created by the executive office and relegated to an executive agency, a part of the ever growing administrative state — has been directly questioned in the federal Fifth Circuit Court of Appeals. Questions on the constitutionality of this order have seen the Fifth Circuit Court temporarily order a halt to the mandate’s required preparations for the Jan. 4 deadline. Five separate appeals courts saw 26 states challenge the Biden administration’s diktat.

Legal precedents for this mandate to be upheld are shaky at best. The most prominent of historical precedents — the 1905 Supreme Court decision of *Jacobson v. Massachusetts* — upheld the right of a

U.S. state to enforce compulsory vaccination. This decision refers explicitly to a state government’s, i.e. the government of the state of Massachusetts, ability to use its power of the police state to supersede individual liberty. In this case, it was Henning Jacobson who did not want to take a vaccine for smallpox, and who was compelled by the state level government to take the vaccine — not the federal government, and not an administrative agency of the executive branch.

The efficacy of the COVID-19 vaccines is not



PHOTO COURTESY OF JIM WATSON
The Biden administration announced a COVID-19 vaccination mandate for U.S. companies with 100 or more workers. The mandate will be enforced starting Jan. 4, 2022.

what I am concerned about, and the vaccines do their job in reducing the likelihood of hospitalization and death from COVID-19. What I am concerned about is the executive office of the president and the administrative state making medical decisions for me. Another person’s vaccination status is unimportant to me, because I have been vaccinated. I am in charge of my own medical well-being and no one else’s. Individual cost-risk assessments — and a sense of individual agency — are of the utmost importance when making personal decisions such as this.

As far as I am concerned, President Biden’s rhetoric on the role of personal freedoms in relation to COVID-19 — and the government’s role in “protecting” vaccinated people from unvaccinated people — tells me what I need to know about the intention of this vaccine mandate.

“This is not about freedom or personal choice,” President Biden said. “It’s about protecting yourself and those around you — the people you work with, the people you care about, the people you love... The bottom line: We’re going to protect vaccinated workers from unvaccinated co-workers.”

I don’t want to empower the executive branch to the point where its ability to determine what is a legitimate claim of personal freedom is invincible, and I definitely don’t want it running roughshod over state governments. The federal government should be incentivizing people to vaccinate, not telling them that upon vaccination only the government can protect them from the unvaccinated. An additional cause for concern — especially in the American system of checks and balances — is how the Biden administration continues to blatantly disregard the judicial branch’s legal stay of the mandate program.



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Men's soccer advances to the Horizon League Championship Game

CHRISTIAN TATE

Sports Reporter

Much like the women's soccer team, the Golden Grizzlies men's soccer team has advanced to the final game of the Horizon League playoffs to face off against the Cleveland State Vikings.

With their eyes set on closing out their amazing season with the championship gold to match their namesake, the Golden Grizzlies came into their semi-final game against the University of Illinois-Chicago Flames with focus and determination.

The game started off with a back and forth bout of even play for the first fifteen minutes, as the high-energy, fast paced soccer match kept picking up steam and speed. The Golden Grizzlies would tip the scales in their favor early on by capturing first blood on the back of an amazing shot to the bottom back corner of the net.

Now down 1-0, the Flames would try to lay on the offensive pressure and equalize the score with a longshot from far outside the goalie box. Although the attempt would go wide to the right, it most certainly put the Grizzly defense on notice.

The Golden Grizzlies would restrict the Flames to attacking primarily with longshots by playing absolutely marvelous defense inside the box. With that same defensive intensity

spreading to the rest of the field, the Grizzlies would keep the Flames down a goal all the way until halftime.

Coming out of the halftime break, the Grizzlies would look to capitalize on the momentum their play has afforded them as the Flames tried to turn that momentum against them and claw their way back into this game.

With the physicality rising every minute, the Flames were awarded a penalty kick after a hard foul in the box. However, true to everything else that happened in this game, the Golden Grizzlies' defense would stand strong as goalie Finn Jurak would make what may have been the save of the game

by blocking what should have been a free point for the Flames.

Demoralized by the block, the Flames would fail to create a single point on repeated drives until the Grizzly defense would finally crack and allow the equalizing goal. Now tied 1-1, the Flames offense would continue to pick up steam while the Grizzly offense continued to slow down.

The hopes of a comeback would be dashed quickly, however, as the Grizzlies would be awarded a penalty kick after a hard foul. In a complete turnaround from the Flames' earlier attempt, the Grizzlies would capitalize on their chance and find the back of

the net to make the score 2-1.

As the frustration continued to seep into the Flames' players, they would proceed to make their hole even deeper by giving the Grizzlies another penalty kick after another hard foul in the box. Another hard foul, another penalty kick and another point added onto the board for the Grizzlies.

That penalty kick would turn out to be the final nail in the coffin for the Flames, as the Golden Grizzlies would celebrate their advancement to the championship game after a 3-1 victory.

Head Coach Eric Pogue would praise the boys after the game for the win, their play all season, and stress the importance of resting and recovering ahead of the upcoming championship game.

"We've been really good the last part of the season, and so I think it's really just a matter of rest and recover," Pogue said "We just played both these teams [Milwaukee and Cleveland State] not too long ago—and during this time of year, they say that winners make plays. I think it's just rest, recover, analyze the game, see if there's anything that we can do, but at the end, I think it's just gonna be a matter of winners making plays."

Oakland will take on Cleveland State in the Horizon League Championship game on Saturday at 1 p.m. at the Oakland Soccer Field.



PHOTO COURTESY OF JOSE JUAREZ

Oakland takes on Cleveland State on Saturday for a spot in the NCAA tournament.

Men's basketball pulls off early season upset over OKST

MATTHEW SCHEIDEL

Sports Editor

The Oakland University men's basketball team went into Stillwater and upset the Oklahoma State Cowboys Friday night.

After keeping it close with West Virginia on Tuesday night, the Golden Grizzlies were able to finish the job Friday. Guard Jalen Moore struggled from the floor [4-13], but he made some big shots and big free throws when it mattered most.

Oakland led at the half 30-22. Grad transfer forward Jamal Cain had 10 points and eight rebounds at the break. He would finish with 14 and 12 for his third career double-double, and his first as a Golden Grizzly.

The Cowboys would start the second half on a 12-4 run to tie the game at 34, and the game would be a back-and-forth frenzy from there on out. Just when it seemed like Oklahoma State was going to eke out a win, Moore took over.

He scored the final seven points for the Grizzlies, including four big free throws down the stretch. He finished with 16 points overall. He would hit two of three after being fouled from behind the three-point line to give the Golden Grizzlies a 56-55 lead.

Oklahoma State's game-winning shot attempt failed, and the celebration began for Head Coach Greg Kampe's bunch.

"I've coached for 44 years, and when [Moore] went to the free throw line...I've never heard a building as loud as this place was," Kampe said during #GrizzVision. "And when the first one didn't go in, the octane went up — and for that young man to bury the next two — unbelievable."

Kampe has been high on this team all preseason, and it all came to fruition in the form of the program's first win over a Power 5 team since March 14, 2017 against Clemson.

"I just believe in this group,

man," Kampe said. "I've never been so positive about a team before they ever played a game. The energy and the enthusiasm that they have and the way they play and the togetherness they have — we got a chance to be special. This can't be the highlight of our season though. We're 1-1, we got Toledo coming in on Wednesday, and this is just a game we thought we could win, and we did."

Oakland's next game will be their only home game of the non-conference schedule as they take on the Toledo Rockets on Wednesday, Nov. 17 at 7 p.m. at the O'Rena.



PHOTO COURTESY OF OP ARCHIVES

The Oakland men's basketball team got their first win over a Power 5 team since March 14, 2017.

Intercollegiate sports roundup Nov. 7-14

BRITTANY KEARFOTT

Sports Reporter

The leaves are changing colors and starting to fall — sports, like the weather, are prepping to switch gears. Football and volleyball have a few weeks left, soccer is wrapping up, but do not fret. As the temperatures drop, we head inside for the start of basketball, swim and dive, among others.

Oakland's men's basketball started their season two weeks ago with an exhibition game against Eastern Michigan University. Since then, they have played a second exhibition game against Lake Superior State University. After the exhibition games, their season picked up, starting on the road with a 60-53 loss at West Virginia University.

Wednesday, Nov. 17 at 7 p.m. is Oakland University's men's home opener game (military appreciation night) against the University of Toledo. Afterwards, they'll head south for a game against the University of Alabama. Following that they participate in the Golf Coast Showcase — where they will be facing the University of Vermont and two other teams yet to be announced.

Women's basketball started their season Tuesday with a game at home against the University of Toledo, followed by a 77-64 win against Niagara University Friday. Their next game is home Thursday, Nov. 18 at 7 p.m. against Youngstown State University.

This past week women's volleyball faced a tough 3-0 defeat Sunday, Nov. 7 against Milwaukee, while men's soccer played University of Illinois-Chicago

(UIC) on the pitch in a 3-1 win for the Horizon League Semifinals.

Friday, Nov. 12 was a busy day for the athletes — women's tennis faced off at Western Michigan University, cross country competed at the Great Lakes Regional — men placed 22nd and women placed 16th — while swim and dive faced off against Eastern Michigan University, where the women's team won 169-131.

Saturday was another busy day, as women's tennis went up against Western Michigan University at Sorensen Courts/West Hills Athletic Club. Cross country made their way to Tallahassee for the NCAA Championships. Swim faced Miami University, both men and women winning. Men finished with a score of 192.5-107.5 and women finished with 167-132.

Men's soccer faced off against Cleveland State University for the Horizon League Championship. It was a wet, cold and aggressive game for the league title. Oakland pulled out 3-1 to gain the Horizon League Championship title of the season.

Keep up with the upcoming games:

Nov. 19

Oakland University: Men's Basketball- University of Alabama 8 p.m.

Michigan State University: Women's Basketball- Bryant noon. Men's hockey- Wisconsin 7 p.m.. Women's volleyball- Wisconsin 9 p.m..

University of Michigan: Women's soccer-TBD & TBA. Men's Basketball- UNLV 9:30 p.m. Field Hockey -NCAA Semifinals noon/3p.m. Wrestling-Colombia 7 p.m. Volleyball - Purdue 7 p.m. Ice Hockey- Notre Dame 7:30 p.m.

Nov. 20

Oakland University: Women's Basketball-Robert Morris University 2 p.m.

Michigan State University: Cross Country NCAA Championships. Wrestling Navy Classic 10 a.m. Football Ohio State Noon. Women's Gymnastics Meet the Spartans 1 p.m. Men's Basketball Eastern Michigan University 5 p.m.. Men's Hockey Wisconsin 8 p.m.

University of Michigan: Women's Cross-Country-NCAA Championships 10:20 a.m. Men's Cross-Country-NCAA Championships 11:10 a.m. Women's Basketball- Central Michigan 1 p.m. Football- Maryland 3:30 p.m. Ice Hockey Notre Dame 8 p.m.

Nov. 21

Michigan State University: Women's Volleyball - University of Michigan 1 p.m. Women's Basketball 2p.m.

University of Michigan: Men's Basketball- Arizona or Wichita State 6:20 p.m.. Wrestling-Buffalo 1 p.m. Volleyball- Michigan State University 1p.m. Field Hockey - NCAA Championships 2 p.m.

Nov. 22

Oakland University: Men's Basketball- University of Vermont 1:30 p.m. Women's Basketball University of Michigan 7 p.m.

University of Michigan: Women's basketball Oakland 7 p.m.

Nov. 23

Oakland University: Men's Basketball- TBD Michigan State University: Women's Basketball- St. Francis Brooklyn 2 p.m.

Women's basketball drops season opener to Toledo

MATTHEW SCHEIDEL

Sports Editor

The Oakland University women's basketball team fell to the Toledo Rockets 84-72 in their season opener Tuesday night at the O'Rena.

The first quarter mostly consisted of a three-point contest. Guard Kahlaijah Dean led the way for the Golden Grizzlies with eight points in the quarter, including two three-pointers. Guard Quinesha Lockett matched that effort for the Rockets. Oakland led 21-14 after one.

The second quarter featured both teams finding a lot of iron. Both teams struggled from the field in the quarter, that is until the Grizzlies started racking up some fouls. Guard Khera Goss tied the game on an and-one, then Toledo would take the lead shortly thereafter to force an Oakland timeout. The Rockets were on a 10-0 run at the time of the timeout.

Dean would tie the game, then give the Golden Grizzlies the lead on the next possession.

The last three minutes of the half is where the scoring finally started to pick up, with both teams trading baskets. Toledo would take a 36-34 lead into the locker room.

The Grizzlies started out fast in the second half, with five quick points for forward Kayla Luchenbach. The Rockets would match that intensity, however, and take a four point lead, 47-43 into the first media timeout of the half.

Dean would tie the game with a pair of free throws with about three and a half minutes left in the third quarter. Then Toledo would go on a quick 5-0 run to take their largest lead of the game to that point and force an Oakland timeout.

The Rockets' lead would balloon to as much as 10. They led 63-53 after a buzzer-beater layup to end the quarter.

In the fourth quarter, the Grizzlies would try to claw their way back in it. Sadly, Toledo's offensive firepower was just too much to handle in the end. The Rockets would take the season opener 84-72. Dean had 27 points in the loss.

"She took over the game when we needed her to," Head Coach Jeff Tungate said of Dean. "We couldn't buy a bucket and so she said 'I'm gonna do it.' So she kind of had to take that responsibility on herself but she's a great player. There's a reason she was first team all-league last year and preseason all-league this year. She played like an all-conference player tonight and said, 'I'm not going to lose. Give me the ball, let's go.' That's what we expect from her and I think she did a good job with that."

Tungate said the team ran out of gas toward the end of the game.

"I think we've got to develop more depth," Tungate said. "I think we expected a lot of our top players that play a lot of minutes and I think when the shots started falling, it affected our defense...and that's something we got to fix but I just think we got to do a better job of developing our depth and giving

our our top players a little bit more rest."

Tungate said the team has to "clean things up quickly," noting that they only have about a week to prepare for their first conference game of the season.

"We've got to take tonight and get better at what we're doing," he said. "I thought our effort was really good. I thought our intensity was good. I thought they played extremely hard. But we just got to clean up some things moving forward and keep getting better because we don't have till January now to wait for a league game—we play a league game in a week. So we've got to fix some things really quick."

The next game for the Golden Grizzlies will be against Youngstown State on Thursday, Nov. 18 at 7 p.m. at the O'Rena.



PHOTO BY ANNA DRUMM
Kahlaijah Dean dribbles the ball against Toledo on Tuesday, Nov. 9.

Volleyball loses fifth straight, stumbles into conference tournament

REECE TAYLOR

Sports Reporter

The Oakland University Golden Grizzlies Volleyball team lost their final game of the season to the Northern Kentucky University Norse on Saturday at the O'Rena.

Oakland, who dropped its fifth game to close out the season, finishes with a 15-14 record, good for 6th place in the Horizon League conference standings. In their final game, the Golden Grizzlies saw both dramatic moments and levity for the final home game of the season.

In the first set, Northern Kentucky jumped out to an early lead, at one point up by five, until Oakland tied the score at 13 all. After several score changes, a controversial call reversal led to some dead time. Spirits were high in the O'Rena as both teams had an impromptu dance off as referees discussed a challenge. Following this moment, the Golden Grizzlies went on an 8-2 run to take the first set 25-22.

In set two, Oakland showed their aggression by attacking and got an early 13-9 lead, which they held until match point, where Northern Kentucky tied the score at 24. Oakland had several opportunities to put the game away in set points, but ultimately fell to Northern Kentucky 28-26, tying sets at one apiece.

Set three was a major momentum swing as both Oakland and Northern Kentucky traded scores back and forth until a quick run by the latter put

them up 15-10. Oakland fought back into the game after being down by eight, and came within six at 19-13 before a controversial call reversal put Northern Kentucky up 20-12, and went on a 5-1 run after to close the set 25-13. Northern Kentucky was up 2-1 in sets.

In the final set of Oakland's regular season, the Golden Grizzlies once again found themselves on the end of an overturned call, changing the score from 6-5 to 7-4. Oakland was unable to regain footing after this, going down by as much as six before ending the game on a challenge at 24-19, which resulted in a standing call, which allowed Northern Kentucky to win the set 25-19, and win in sets 3-1.

Though Oakland closed the season with a five game losing streak, the Golden Grizzlies still ended the regular season with a 15-14 record and the No. 6 seed in the quarterfinals, where they face off in a rematch against the No. 3 seed Wright State University Raiders, who finished the season 22-7. The winner of this game, which takes place on Friday, Nov. 19, will face the hosting 1st seeded University of Wisconsin-Milwaukee Panthers on Nov. 20.

Even with stumbling into the playoffs, Oakland finds itself in a favorable position as they battle Wright State. Oakland broke its winless set streak against them and can use that boost to propel them into contention against the Panthers. With the regular season drawing to a close, the Horizon League tournament could be the jolt needed to wake up the Golden Grizzlies.



PHOTO BY ANNA DRUMM

The volleyball team in a huddle after losing a point against Northern Kentucky on Nov. 13.

Volleyball falls to Wright State in then fourth straight loss

REECE TAYLOR

Sports Reporter

The Oakland University Golden Grizzlies Volleyball team lost to the Wright State University Raiders 3-1 in sets on Friday, Nov. 12 at the O'Rena for their fourth straight loss.

Oakland, who lost three on the road to Horizon League opponents, looked to rebound at home against Wright State, who won four straight and were 7-2 on the road.

Oakland began the first set down 10-4, but rallied back from being down by as many as nine to tie the score at 23 going into set point play. From there, Oakland and Wright State traded points back and forth before Oakland scored three unanswered points to win the first set 28-26, which would be their only winning set of the night.

In the second set, Wright State once again jumped to an early lead, going up by 10. Oakland battled back and cut the lead down to seven before ultimately falling 25-15 to the Raiders.

In the third set, Oakland jumped out to a 5-0 advantage,

leading by as much as six, before Wright State slowly battled back in, before scoring four straight to tie the set at 15. From here, neither team could shake the other as both Oakland and Wright State stayed within striking distance before Wright State went up by two, ending the third set 25-23. Wright State led 2-1.

In the fourth set, Wright State came out swinging, building an early 10-2 lead over Oakland. Oakland showed signs of life, but ultimately struggled as Wright State went on a 10-6 run, going up 20-8 in score. Oakland showed their resilience and toughness throughout the round, but ultimately fell to Wright State 25-10, losing the match 3-1.

Oakland deserves a lot of credit in this game, as redshirt freshmen Kennedy Dolmage and Patti Cesarini led the Golden Grizzlies with a double double (18 assists and 13 digs) and 17 kills, respectively. Oakland, despite the loss, was active on the defensive end, with eight blocks and 77 digs as a team. Following a rough patch on the season, with the bandages and crutches on the sidelines, Oakland continues to grit through the final stretch of the season.

After winning three straight, Oakland has struggled recently, falling for four consecutive matches, but there is optimism among the team after winning their first set in four meetings against a team of Wright State's caliber. After Friday night's game, Oakland drops to 15-13 on the season.

Oakland returned to the O'Rena on Nov. 13 to close out the season against another tough opponent in the Northern Kentucky University Norse, who are 19-7 for the season. With the Horizon League playoffs in view for Oakland, look for the Grizzlies to poke the bear.



PHOTO BY MAGGIE WILLARD

Lindsay Wightman gets ready to serve against Wright State on Nov. 12.

Men's soccer crowned kings of the Horizon League

CHRISTIAN TATE
Sports Reporter

For the first time since 2015, the Golden Grizzlies are crowned the champions of the Men's Horizon League soccer conference after defeating the Cleveland State Vikings on Saturday.

Immediately coming into the game, the Golden Grizzlies would strike and score within 41 seconds of the opening whistle and go up 1-0. Even with them taking the lead so early on in the game, their focus never waned as they kept pushing the envelope on offense.

This first goal really rattled the Vikings, as they almost gave another goal to the Grizzlies via friendly fire, forcing the goalie to block a cross that nearly came off of a Viking defender. The Vikings would continue to struggle with moving forward on offense and with stopping the Grizzlies on defense.

With such an electric start, tensions started flying early out on the field. The referee would get quite the arm workout in by assigning three yellow cards in the first half alone [1 for the Vikings and 2 for the Golden Grizzlies].

These cards wouldn't give pause to the Grizzlies, however, as they continued to give relentless chase to the ball while keeping their opponents off balance. Despite overwhelming both the goalie and his backline for much of the half, cracking the defense earlier on, and having control of the ball, the Grizzlies just could not find a goal during their stretch of dominance.

In a flip of momentum, the Vikings would start to fight back, repeatedly attacking Finn Jurak and being sent away by the extraordinary goalie each time. In response, the Grizzlies would up their intensity as well, leading to their fouls aplenty on both sides and both team's shots on target nearly hitting double digits for the half.

This high-paced play would help the Vikings find their equalizer, as they would score the game-tying goal after trailing in the game for 40 minutes. As quickly as they would give up the lead, the Golden Grizzlies would snatch it back just as fast by scoring off of an own goal from the Vikings defender.

The hectic first half would end with the Golden Grizzlies on top 2-1, and the second half would kick off just

as the first half did. The Grizzlies would storm onto the field, scoring a third goal and setting themselves even farther away from the Vikings.

While the Grizzlies would keep up their high speed offense shown in the first half, the Vikings would look frazzled in comparison. Frantic, sloppy and unorganized would be the best words to describe the Vikings offensive play in the second half.

As the 80th minute appeared on the clock, desperation and worry started to seep into the play of the Vikings, as they needed to capture two goals in 10 minutes just to even the game up. Tensions that flared up earlier in the game reached a boiling point by the end, as the Golden Grizzlies started to taunt the Vikings and they started to let their temper get the better of them as the loss became clearer and clearer.

As the final buzzer sounded, the Golden Grizzlies celebrated the culmination of all their hard work as they were presented with their trophies and set their sights on doing damage in the NCAA tournament.



PHOTO BY AMELIA OSADCHUK
The Golden Grizzlies clinch a spot in the NCAA tournament.

WINTER 2022 PAYMENT DUE DATE

OAKLAND UNIVERSITY'S WINTER PAYMENT DUE DATE: DECEMBER 15, 2021.

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