

THE OAKLAND POST

Oakland University's Independent Student Newspaper

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PHOTO BY AMELIA OSADUCHUK

THIS WEEK

PHOTO OF THE WEEK



HAUNTED HABITAT Golden Grizzlies don their costumes and gather inside of The Oakland Center prior to this weekend's Halloween festivities. Story on page 6.
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Editor-in-Chief
jdthomas2@oakland.edu

Lauren Reid
Content Editor
lrreid@oakland.edu

Bridget Janis
Managing Editor
bridgetjanis@oakland.edu

EDITORS

Sophie Hume Photo Editor
sophiahume@oakland.edu

Matthew Scheidel Sports Editor
mscheidel@oakland.edu

Gabrielle Abdelmessih Campus Editor
gabdelmessih@oakland.edu

Sarah Gudenau Features Editor
sgudenau@oakland.edu

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Tori Coker Marketing Director
toricoker@oakland.edu
Bridget Janis
Interim Ads Director
ads@oaklandpostonline.com
248.370.4269

ADVISING

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

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POLL OF THE WEEK

MOVIE RELEASE THAT YOU'RE MOST EXCITED FOR?

- A) ETERNALS
- B) GHOSTBUSTERS: AFTERLIFE
- C) SPENCER
- D) ENCANTO

LAST ISSUE'S POLL

WHO IS GOING TO WIN THIS WEEKEND'S MSU VS. U-M GAME?



Administrators won't talk to us about campus construction projects

JEFF THOMAS

Editor-in-Chief

For six weeks now, The Post has been trying to research and report stories about ongoing campus construction projects. To this point, not a single administrator has followed through with our requests for interviews.

This is important because Oakland University is a public university. The money OU administrators are entrusted with are public funds, specifically taxpayer dollars and student tuition. We have pursued this story because our readers have a right to know how the administration is spending these funds.

There is no reasonable justification for withholding information pertaining to these projects. Despite being given a number of opportunities to be transparent with the campus community, administrators have chosen to disregard our inquiries.

Now, the idea to cover the campus construction projects was simple enough. Considerable progress has been made on the \$21.5 million Wilson Hall renovation while the \$40 million South Foundation Hall (SFH) project seems delayed. Given the recent 4.2% hike in tuition, the projects are of high interest to our readers, so it was a no-brainer to get more information out about how the projects are developing.

The plan was to take what little information we had available on the projects and corroborate it with interviews from the administrators leading the projects. It all seemed straightforward, yet the immediate feedback I got from campus sources was that the projects were a touchy subject and we'd have a hard time getting administrators to go on the record. This seemed strange, but we proceeded with pursuing the stories. This is how things have unfolded.

Since the middle of September, Post staff members, primarily Managing Editor Bridget Janis, have been engaged in email back and forths with several administrators in efforts to secure an interview. The administration has rewarded our attempts to get out the most accurate information possible concerning the projects by ignoring our emails, demanding that questions be submitted prior to interviews, demanding interviews be conducted via email and ultimately cancelling interviews.

The first administrator we spoke to was the now-retired Vice President for Finance and Administration John Beaghan. In his correspondence with Janis, he repeatedly stated that his schedule was too tight for an interview and that we'd need to email him questions and he'd answer them when he had time.

This was a non-starter for us. Emailed

questions to administrators generally lead to lackluster responses. We were particularly dubious of the request considering the fact that it takes longer to type out answers to questions than it does to give verbal responses. If the issue was time related, it would in fact be more expedient to get on the phone with Janis than fool around with emails.

In efforts to attain a quality interview, Janis followed up by offering more availability for Beaghan. Despite having options weeks in advance to schedule the interview, he insisted that his schedule was too tight and that we needed to email him the questions.

While this correspondence was going on, Janis also reached out to Associate Vice President of Facilities Management Pat Engle. An interview seemed to be set with Engle for Friday, Sept. 24, but prior to the details of the meeting being finalized, Engle quit corresponding with Janis and the interview never came to fruition.

About two weeks later, correspondence resumed with Engle, at which point she informed Janis she'd be going on a vacation that would delay the interview a couple more weeks. At this point, Janis also reached out to Senior Project Manager Stuart Rose, but he never responded to her emails.

As Janis was reaching out to administrators, Director of Media Relations Brian Bierley became aware that we were trying to source someone for an interview and reached out to offer Janis some background information on the projects. Eventually Executive Secretary Shannon Stribling also got involved in the sourcing process.

With Stribling's help, finally, an interview seemed to be secured with Engle and Rose for Janis. At this stage, we were informed by Stribling that the condition for Rose agreeing to this interview was that The Post would have to supply the questions for the interview a full week in advance.

Supplying questions a week in advance of an interview was an extraordinary concession for us to make. The interview between Janis, Rose and Engle appeared to be set, with Bierley and Post Editorial Adviser Garry Gilbert also scheduled to attend.

Janis compiled her questions and sent them out late in the afternoon on Thursday, Oct. 21. On the morning of Monday, Oct. 25 Janis received an email from Stribling informing us that Engle and Rose would not be able to answer our questions, that it would take some time to acquire answers to our questions. Now, this rigmarole has been as tedious as it's been ridiculous. It shouldn't take months to source answers to basic questions about enormous multi-million

dollar campus construction projects.

At this point we know that OU issued \$98 million in tax exempt bonds to fund renovations for Dodge Hall, SFH, Varner Hall, Wilson Hall, an off-campus research facility, central heating infrastructure and other projects. President Ora Hirsch Pescovitz's State of the University Address revealed that the currently active Wilson Hall renovation, expected to be completed by August 2022, cost \$21.5 million. The SFH renovation, which was seemingly delayed, has an expected completion date of Fall 2023 — costing the university \$40 million. Varner Hall's \$45 million renovation has a projected occupancy date of Fall 2023.

We know anecdotally that a significant portion of the Wilson Hall renovation is dedicated to new luxury accommodations for President Pescovitz and her cabinet. The renovation is also supposed to include new administrative space for students, similar to North Foundation Hall.

We don't know what the square footage split of space for President Pescovitz and her cabinet and space for student administrative services in Wilson Hall is. We also don't know why the SFH renovation was delayed while the Wilson Hall project was able to proceed.

Following this paragraph is the unedited list of questions that Janis sent to administrators a week prior to the interview that was scheduled and then cancelled for Thursday, Oct. 28. Since asking privately is not enough to reciprocate a timely response, I am now asking publicly for transparency from the administration concerning the construction projects.

General Funding of projects:

At the Board of Trustees audit committee meeting John Beaghan mentioned that OU issued \$98 million in tax exempt bonds for the construction projects. As of June 30th, 2021, \$17.5 million of that has been spent, as of today roughly how much of the money has been spent?

Of the remaining money, how is it being distributed among individual projects?

How did the delay of the SFH affect the order in which construction on these projects proceeded? Why was the renovation of Wilson Hall able to proceed, while SFH wasn't?

South Foundation Hall:

Let's start with the renovation of South Foundation Hall.

It is our understanding that the renovation is stalled due to a delay in state funding. Can you explain what's going on?

For the sake of context, can you help us understand where the funding for the SFH renovation is coming from?

Do you have a new date for the expected completion of the renovation?

We realize that it is difficult due to COVID to know exactly when the South Foundation classroom space will be needed. What are your projections for classroom space needs for 2022, 2023 and so on?

Due to the delay — and taking into consideration the increased number of online courses and the decreased number of face-to-face courses due to the pandemic — have you made any changes to the renovation plan for SFH?

How will these changes benefit students?

Wilson Hall:

While the work inside SFH is stalled, the expansion of Wilson Hall is very much in the public eye.

Is the renovation running on time?

Can you help us understand where the funding for the Wilson expansion is coming from?

It is our understanding that a portion of the space will be used by President Ora Pescovitz and her cabinet. Can you give us a percentage? Square footage?

Will admissions have a home in the new space? At a time when enrollment is down — and we've known for years that the pool of high school graduates in Michigan will shrink for the next five to 10 years — why does the administration need more space?

At the state of the university address, the projected cost of the renovation was \$21.5M — the project seems to be well underway, so are the finances on track and reflecting this number?

How will the Wilson expansion benefit students?

Varner Hall:

Concerning the Varner Hall project, how much progress has been with the renovations made so far?

At what date are students and faculty expected to be out of the building?

What can you tell us about the scope of the work being done? Is it mostly mechanical and technological updates or are there major structural renovations being done to the building as well?

How will these changes benefit students?

Off-campus research facility:

What can you tell me about the progress so far with the construction of the off-campus research center?

When is it expected to be completed?

How exactly is the new research center going to be utilized by the university?

Also at the State of the University Address, the projected cost of the renovation was \$18.2M — the project seems to be well underway, so are the finances on track and reflecting this number?

How will this benefit students?

Dodge Hall:

What can you tell me about the scope of the work that was done at Dodge Hall?

OUWB professor sheds light on racial disparities in breast care

RACHEL YIM

Senior Reporter

Breast cancer may not be something new for most people, and its prevalence still remains high even with medical technology development that allows for a broad range of treatment options.

The World Health Organization (WHO) stated that as of the end of 2020, there were 7.8 million women alive who were diagnosed with breast cancer in the past 5 years.

Dr. Murray Rebner, a board-certified radiologist specializing in breast imaging and intervention, told us more details about breast cancer and the disparities in breast cancer care, especially in Black women.

"There are numerous reasons for the disparities in the success of breast cancer screening between white and African American populations," Rebner said. "One involves the types of breast cancer each group gets. Breast cancer diagnosed before age 50 represent 23% of all breast cancers in African American women but only 16% of breast cancers in white women."

Unfortunately, disparities don't end here. According to Rebner, the triple-negative subtype which has an inferior outcome and occurs at a younger age is twice as common in Black women as it is in white women, whereas the hormone receptor-positive subtype which has the best prognosis has a higher incidence in white than Black women.

Rebner said Black women are also less likely to have primary physicians, and more likely to experience pain and embarrassment during mammograms. Outside of healthcare, lower incomes and lack of insurance may also be barriers to screening as they are more common in the Black population.

Efforts for Breast Cancer Awareness Month are made

each year by a variety of healthcare organizations, grassroots women's support groups and the media to highlight the importance of early breast cancer detection. These organizations promote breast cancer screening, as well as showcasing individual patients who have benefited from early breast cancer detection.

"There are many models available today on the web," Rebner said. "The most comprehensive is the IBIS or Tyrer-Cuzick model. This model requires answering a series of questions regarding one's personal and family history of breast cancer, any breast surgery history and a reproductive history."

The American College of Radiology and the Society of Breast Imaging recommends all women complete a risk assessment survey by the age of 30. Although hereditary factors and family history only account for 15 percent of all breast cancers, women at a higher risk are recommended for additional screening through MRI and ultrasound that can help find cancer earlier when it is not detectable by mammography.

Additionally, Beaumont's website offers information about screening recommendations, scheduling appointments and the importance of breast cancer screening for women.

With the constant development of medical technologies, Rebner hopes to see more personalized screenings with new modalities such as contrast-enhanced digital mammography that may contribute to the screening process and reduce the use of expensive tests like MRI.

"Once a woman knows her lifetime risk, she can determine what screening regimen would work best for her," he said. "Improved access to screening centers will hopefully increase utilization in the future. More financial support to lower-income women will allow



PHOTO BY NOORA NEIROUKH
The Oakland University William Beaumont School of Medicine was founded in 2008.

them to participate in both the screening and subsequent diagnostic workup processes."

Rebner said he became a radiologist because he enjoys direct patient contact and use of cutting-edge technology to find breast cancer at its earliest point of development. As a breast imager, he discusses the diagnosis with the patients and advises them on further management strategies, ultimately increasing the survival rates from the cancer in his patients.

"I always tell my patients that every person must take responsibility for their own health care," Rebner said. "This means knowing your risk for developing breast cancer. Once you know your individual risk you should plan your screening process with your health care provider and follow it."

VP for Finance and Administration leaves university

JEFF THOMAS

Editor-in-Chief

Following a meeting with President Ora Hirsch Pescovitz late in the afternoon Friday October 22, Vice President for Finance and Administration John Beaghan is no longer with the university. Pescovitz gave The Post the following statement regarding his departure.

"John Beaghan announced his retirement from Oakland University on Friday, October 22. We wish John all the best in his future endeavors. Plans for a national search will be announced in the coming weeks. In the meantime, Tom LeMarbe has agreed to serve as Interim Vice President for Finance and Administration."

Following his departure, the university has removed his staff page. As of writing, OU Magazine articles including him have been reduced to one. His LinkedIn page has been updated to indicate retirement.

Hired in April 2005, Beaghan was coming up on 17 years working as an administrator for the university. Known for his strong personality, he had a reputation for being at the center of some internal office conflict.

During the 2015-2016 school year, relations between the former VP for Finance and other members of the president's cabinet reached the point where Beaghan was relocated from Wilson Hall to the Public Safety Building and some of his responsibilities were delegated to other administrators.

Over the past couple of years, Beaghan regained some of his responsibilities. As VP for Finance and Administration, he played a significant role in the university's strategy during this summer's faculty contract negotiations.

His departure came 11 days after his presentation at the Board of Trustees Audit Committee Meeting revealed that the university's net position increased by \$71.6 million for fiscal year 2021. It came one day after Pescovitz indicated in her State of the University Address that she had invited the OU Senate Budget Review Committee to work side-by-side with administrators to play a more active role in understanding the university's finances.

OU's net assets increased from approximately \$357 million to \$1,065.7 million during his time as a VP.



PHOTO COURTESY OF ROCKETREACH.COM
Former Vice President for Finance and Administration John Beaghan.

'50 Grizzly First Dates' speed dating

JOSEPH POPIS
Senior Reporter

Are you currently struggling to meet new people, especially romantic partners? Look no further, as the premiere speed dating research event is happening here at OU. This research project aims to study romantic and sexual attraction amongst real life and online formats.

This event will be occurring on Nov. 4 from 6-8:30 p.m. on Google Hangout. To participate in this research project, you must be a student currently attending OU, at least eighteen years of age, fluent in English, heterosexual, single, and seeking a romantic/sexual relationship.

Participants must complete a survey regarding their preferences for potential mates. In addition, attendees must send in three photos of themselves, including a face and full body photo. A brief bio script will also be included with the dater's profile. Finally, a dater profile will be created for each participant, and Gmail accounts with code names.

Before the dating begins, there will be a short presentation that discusses the rules for speed dating. These rules include meeting on Google Hangout, not discussing personal information, and not going over the time limit. There will be monitors present to make sure these rules aren't broken.

At this research event, participants will go on multiple online dates, with each date lasting about five minutes. After each

date, they will then evaluate the dating experiences they just had based on their personal preferences. In addition, daters will indicate yes or no after each date to see if they want each other's contact information: their oakland.edu email address. If both daters say yes, then the researcher will share that information between the participants.

This research project aims to determine the differences between mate preferences based on online and in-person speed dating.

The goal of this study is "to compare face-to-face speed dating to online speed dating," said Richard Holler, principal investigator. "I am interested in how the medium of communication to strangers compared to online or in-person impacts someone's mate preferences or mate choice." Are they more likely to say yes or no to a date?"

Due to the COVID-19 pandemic, meeting new individuals have become increasingly more challenging. However, many people would like to

meet new people and have a chance at a relationship, whether romantically or as friends. This event provides an opportunity to do just that.

"Meeting other singles can be quite difficult for many people at the moment, particularly in light of the pandemic," said Dr. Lisa Welling, faculty advisor. "This event provides a nice opportunity to make new acquaintances that could progress into romantic relationships."

OU students who attend this event have a unique opportunity to gain a potential romantic partner or just a platonic friend. Furthermore, speed dating connects attendees with multiple people throughout the event that they wouldn't have typically met otherwise.

"They are in it so that they can gain a potential relationship with someone else who is new," said Holler. "That relationship does not have to be romantic or sexual, but perhaps they can meet someone who could be a short-term friend or a long-term friend. It is also something that could potentially help individuals to socialize with each other."

This is the perfect occasion for OU students looking to expand their horizons and get out of their comfort zones. Students have the possibility of meeting their "person" or just a new friend.

Open slots to participate are limited to the first 25 men and women who sign up. Email holler@oakland.edu to become involved.



PHOTO COURTESY OF BUSTLE.COM

"50 Grizzly First Dates" the new research project aimed at determining differences between online and in-person dating interactions is scheduled for Thursday, Nov. 4.

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SPB hosts annual Haunted Habitat featuring ‘Poltergeist’

GRACE LOVINS

Senior Reporter

The Student Program Board (SPB) collaborated with the Office for Student Involvement (OSI) to host the Haunted Habitat on Thursday, Oct. 28 at 7 p.m., as a way to kickstart the Halloween weekend at Oakland University. Any OU students were invited to join the festivities and view a showing of the classic horror film, “Poltergeist.”

The event, serving as the organization’s Thursday night mainstage event, featured the film as well as a costume contest and tons of food, candy, snacks and beverages. Treat boxes were also provided for students containing cookies, brownies and Rice Crispy Treats provided by the Student Activities Funding Board (SAFB). WXOU attended the event to provide music and a DJ before and after the film and Student Video Productions (SVP) supplied a photobooth for all participants. The prizes for the costume contest included a Keurig or a pair of AirPods, also provided by SAFB, for the students wearing the best Halloween costume.

Josh Robinson, president of the Student Program Board, thought the event would be a great way to spark enthusiasm for the holiday as well as encourage student participation in night events on campus.

“We want to really start hitting more holidays, especially around the school year and help get people more involved on campus at night time and get them into the Halloween spirit,” Robinson said. He also hoped that hosting Haunted Habitat would ease stress students might be feeling after hitting the mid-semester mark, saying, “the main motivator behind this [event] was that we wanted to bring that festive spirit back into campus. Coming back from a year of COVID-19, we want to get people excited, get their minds off of classes and kind of relax.”

Stephanie Jurva, assistant director of student organization programs, reflected on the popularity of the previous year’s event and wanted to continue the excitement of on-campus Halloween activities in the first year back from the COVID-19 pandemic.

“It was one of our more attended events last year during the pandemic, so we definitely wanted to bring it back this year,” she said.

The Haunted Habitat is typically a collaboration between OSI and SPB dated for the Thursday before Halloween, but Robinson and SPB took the wheel this year to host the annual event.

OSI additionally coordinated the Halloween Extravaganza the following night on Friday, Oct. 29, with a film viewing, snacks and beverages to continue the Halloween celebration for any students interested. The SPB hosts several events every

semester and students can look out for flyers posted around campus as well as their Instagram page.

Similar events will also be advertised by the OSI on their Instagram page as well as flyers featured on the bulletin board outside the OSI in the Oakland Center.



PHOTO BY AMELIA OSADCHUK
Haunted Habitat took place Thursday, Oct. 28 as a way to kickstart Halloween weekend at OU.

Leadership and Volunteer Center makes Halloween kits

GRACE LOVINS

Senior Reporter

Oakland University’s Leadership and Volunteer Center held a volunteer opportunity on Wednesday, Oct. 27 for all OU students and faculty to assemble Halloween activity kits for local, underprivileged students who may not have access to holiday opportunities.

The event was put together by Daryl Blackburn, coordinator of Leadership and Service Programs, and Emily Bernas, graduate assistant of Leadership and Service Programs. Blackburn and Bernas partnered with Oakland Livingston Human Service Agency (OLHSA), a non-profit community action agency based in Pontiac, to produce Halloween-themed activity kits for elementary school students in the area. OLHSA has a jumpstart program specific to elementary-age students that provide necessities and learning opportunities for them as they grow. The kits contained items such as candy, handmade coloring books and crayons, reusable Halloween cups, rings and temporary tattoos.

Both Blackburn and Bernas hope to make a positive impact on the community by arranging creative service opportunities that provide things they know outside organizations such as OLHSA may be in need of.

“What we try to do is really think outside the box and figure out how we can make something that’s going to make someone’s day or make something that’s easily accessible for someone who may not have that accessibility before we give it to them,” Blackburn said. This was the organization’s first Halloween activity kit-making event but typically offers several

holiday service projects to aid those in need while still appealing to the volunteers.

Blackburn emphasizes the learning aspect that stems from volunteer opportunities and how students and faculty members are able to take their experiences with them in the future.

“To give people that opportunity to have a good time, to do a service project, whether it be something big or small, but taking that and being able to relate it back to how they’re giving back to the community in some way that adds an aspect of learning,” he said.



PHOTO BY MAGGIE WILLARD
A variety of volunteer opportunities exist on campus — last week, students were able to make Halloween kits for underprivileged students in the area.

Several students attended the kit-making to obtain service hours and expand the reach of the event’s community impact by offering their time. Kayla P., senior, said that participating in volunteer events is a great way to meet new people. Another student participant said she decided to volunteer because of her love for the holiday, saying, “I’m just here for fun — I just really like Halloween and thought this would be a fun thing to do.”

Like most campus events, student participation in service projects can be key to the level of community impact.

“The more volunteers we have, the bigger impact we can have on the community as a whole,” Blackburn said.

Not only do these opportunities provide support for the community, but they can also serve as a way for students to engage with each other and expand their social circle.

“They’re making friends from it, it’s a good social experience,” Bernas said, “A lot of people will say, ‘Oh, this is so nice, it was a good escape from my everyday life.’ It’s so beneficial to do service not only for the people you’re helping but for yourself in general.”

The Leadership and Volunteer Center offers a variety of opportunities for students to participate in service projects with varying times and dates for more accessibility. The Office for Student Involvement announces volunteer opportunities through their Instagram page and displays flyers around campus for any students or faculty members who are interested or seeking these opportunities.

Golden Grizzlies Lead presents 'The Values of Leadership'

D'JUANNA LESTER

Senior Reporter

On Thursday, Oct. 28, Golden Grizzlies Lead hosted "The Value of Leadership" workshop for students in the Ambassador Room of the Oakland Center. Students were invited to pinpoint their values and learn how they can use those values in positions of leadership.

Students were split into two teams and lined up in a row. They were instructed to hold pipes with their pointer finger and thumb at the center and send a marble down the line of students and then back. The marble game went as well as you'd think — with students struggling, but eventually getting the hang of it. The activity's aim was to aid students' communication, as they were in groups of people they didn't know — a critical skill of an effective leader.

Students were shown a presentation slideshow discussing values and how they can be used to influence the character of a person as well as leadership roles. The first question was: "What does leadership mean to you?" Students answered this question in groups.

They responded: "Showing a specific set of characteristics" and "Setting an example by doing things that people may not want to do." The presentation defined leadership as a process of empowering others toward achieving a shared goal or vision — it is not defined by a position or power.

There was also a discussion of what leadership is not. Leadership isn't taking advantage of a position of power. Students shared their experiences with people in leadership who abused their power.

The final question in the presentation: "What is a value?" Some students responded with "something you live by" and "it dictates you and what you live by." The presenters said a value is something prized and loved that should always be followed. Values are the most important to a person as a leader. They are acted on repeatedly, as well as self-chosen.

The questions students were asked to think about were: "What/when is a time you felt the most proud of yourself?" "What/when is a time when you were happiest?" and "What is something that made you feel fulfilled?" Students were asked to write them out, but not share them.

Participants were then given a list of 45 words — values. Next, they narrowed the list down to 22

words based on what they think they value the most — then 12 — seven — and finally, three. Many students struggled with the activity because the list included many important values. Some students' final three values included humor, friendship, kindness, creativity, justice, diversity, empathy, kindness and loyalty.

The presentation ended with students instructed to do three things with their three values. Live by them, spread them and craft their visions. Crafting a vision encompasses values, represents a person and their values and aligns with a person's values. Your vision equals your future.

The main takeaway from the workshop for students was discovering their values, applying them to leadership and learning they don't have to be in a position of power to be a leader. They can be leaders in their neighborhood, worship team, student organization or friend group.



PHOTO BY AMELIA OSADCHUK
Golden Grizzlies Lead hosted a workshop about how values pertain to leadership. The group tried a communication-building activity using pipes and a marble.

La Pittura hosts Halloween-themed 'Learn To Face Paint!' event

TORI COKER

Marketing Director

The La Pittura Art and Art History Club sent students into Halloween weekend in style with their "Learn To Face Paint!" event on Friday, Oct. 29. The event welcomed attendees over Zoom for a virtual demonstration of simple face painting techniques to spruce up costumes this year.

The demonstrations were led by Coral Sifre, president of La Pittura and a professional face painter. Sifre alternated between her professional tools and those purchased directly from a Halloween store, proving that with the right techniques you can exceed all expectations for what is possible with the latter.

"[The affordable face paints] are water activated, so you just spray the color and [mix with] a brush, and you can activate it and do details," Sifre said during the demonstration, additionally utilizing affordable makeup wedges and teardrop-shaped sponges to blend in the paint.

The first demonstration — modelled by the club's secretary, Rorry Gilkinson — featured a creatively spooky spin on the classic wounded face look, with Sifre demonstrating to attendees how to realistically paint on both the wound and a spider crawling out of it.

"We kind of wanted [an event] that was going to be Halloween themed, something that [could] be a demo that was art related but can [also] help if someone was maybe doing a Halloween activity or costume," Rorry Gilkinson said, explaining the planning that went into the event's inception.

The second demonstration resulted in a colorful butterfly design painted across La Pittura Vice President Darby Gilkinson's features, with Sifre incorporating various utensils many attendees were likely to already have lying around at home to complete the look — including eyeshadow and eyeliner.

The organization has been consistent with offering a plethora of art-related programming this fall — students might recall the alumni art exhibition that opened in the basement of the Oakland Center in September, as well as the recent collage making session held in Wilson Hall.

The face painting event was one of several regular virtual meetings the organization is holding this semester, following their newly implemented programming schedule that combines in-person activities with remote ones.



PHOTO COURTESY OF LA PITTURA
From left to right: Rorry Gilkinson, Coral Sifre and Darby Gilkinson from La Pittura.

This pattern stems from the initial move to online programming borne out of necessity due to social distancing, with the organization putting the continuance of remote events down to membership convenience.

"When we went back to being in-person for the classes and everything, we also decided [since] virtual worked pretty well for some people because of their schedules [...] we can do one in-person event per month and then one virtual event," Rorry Gilkinson said, "that way it's kind of like [the] best of both worlds, and we're just offering the same amount of opportunities to everybody."

The events immediately succeeding this one continue within this hybrid framework — following an in-person session where attendees will create frames for 2D artwork within the on-campus Maker's Lab on Nov. 11, the club will once again gather virtually for a Disney-themed meeting on the evolution of the company's artistic content and style on Nov. 26.

"[Offering virtual events] is also kind of a safety net," Darby Gilkinson said, "in case something happens where we'd have to go back to being online for classes and things — we already have the infrastructure down."

La Pittura looks forward to continuing to engage creatively with the OU community throughout the remainder of this semester and into the next one. Those looking to get involved are encouraged to consider running for officer positions within the club — several spots will be opening up following the graduations of Darby Gilkinson and Sifre this fall, and anyone interested in applying may contact the organization at lapittura@oakland.edu to seek more information.

Recent Oakland University graduate awarded NSF Fellowship

TANNER TRAFELET

Senior Reporter

Now a Mechanical Engineering Ph.D. student at the University of Colorado Boulder (CU Boulder), Oakland University 2020 engineering graduate Alyssa Lalko has been selected to receive a five year Graduate Research Fellowship from the National Science Foundation (NSF).

The Graduate Research Fellowship will assist Lalko in both her collegiate and research-based endeavors at CU Boulder. According to the NSF Website, the fellowship awards three years of financial support — including a stipend and full coverage for classes — and five years of access to unique professional development opportunities. The research work done with the assistance of this fellowship — Lalko notes enthusiastically — carries real world professional implications for her.

“I am very excited to conduct research at the forefront of engineering, and my doctoral degree will equip me with the skills necessary to conduct research as a career,” Lalko said. “I am still exploring what I would like my future career to look like. Between academia, industry, national laboratories and policy positions, there are many exciting opportunities.”

Lalko’s work in the Precision Laser Diagnostics Lab — with the guidance of Greg Rieker, Ph.D., associate professor of mechanical engineering at CU Boulder — focuses on the study and use of laser-based sensors in detecting air pollutants.

Applications of similar lasers previously developed by the lab are currently being used across the United States (U.S.) to detect methane leaks in oil and gas fields, Lalko explained. Lalko’s research objective is to expand upon the current laser technology so the sensors can be implemented effectively in urban settings.

The sensors Lalko studies produce and capture laser light. When the light travels through a given environment’s atmosphere, the sensor gathers information about the contents of the

atmosphere. Subsequent analysis of the laser’s variations between the two collection points allow researchers to examine what type of gas or other pollutant molecules are caught by the laser light.

Development of cutting edge technologies such as this laser sensor system is instrumental to the U.S.’ changing business climate, and researchers like Lalko will prove to be indispensable to companies moving forward, Dr. Rieker explained.

“You can’t open a news website without news about climate change or pollution,” Dr. Rieker said. “This is generating a lot of push in the capital markets for companies — such as BlackRock — to invest in companies that have a responsible plan for combating climate change. This in turn generates huge opportunities for students who study and research pollution and emissions.”

This intense research process — which will continue throughout the Ph.D. program — requires enormous amounts of time and energy, and Dr. Rieker believes Lalko’s personal and academic commitment to studying pollution is a testament to her work ethic.

“There are a handful of students who receive this fellowship,” Dr. Rieker said. “We here in the Precision Laser Diagnostics Lab are truly proud of Alyssa and her choice to continue her education here at CU Boulder.”

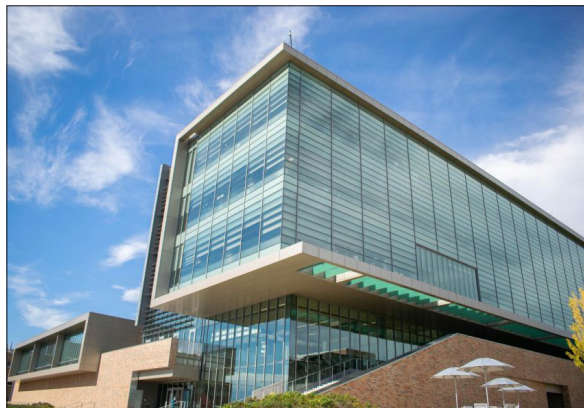


PHOTO BY MAGGIE WILLARD
Pictured is the Engineering Center at OU. 2020 engineering graduate Alyssa Lalko will receive a five year Graduate Research Fellowship from NSF.

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How to get involved on campus during a pandemic

SARAH GUDENAU

Features Editor

Socialization has innumerable health benefits, and it's needed now more than ever in the midst of isolation, social distancing and online learning due to the COVID-19 pandemic. A great way for Oakland University (OU) students to connect with new friends and meet colleagues is getting involved in the campus community.

Along with social benefits, campus involvement offers a variety of other pluses. According to Bentley University, student organizations provide opportunities to network, develop soft skills, work with a team and practice leadership abilities.

OU has more than 300 student organizations open to both undergraduate and graduate students. Here's how to get involved in student organizations, even during the pandemic.

Choose a Group

The first thing to consider is what type of student organization. Looking for an impressive resume builder? Try an honors society or a service

group. Want to practice skills from class? There are a wide variety of organizations related to specific majors or areas of study, such as the Aspiring Surgeons Club or the Public Relations Student Society of America.

OU has many categories of student organizations: academic, advocacy and awareness, club sports, cultural and diversity, faith-based, fraternity and sorority, honors societies, leadership, political and more.

Join a Student Organization

To see the complete list of student organizations, visit GrizzOrgs.

"Definitely the best place to start is GrizzOrgs," Assistant Director of Student Organization Programs Stephanie Jurva says. "You just need your OU email and password to login and create your account, then you can go in and check all the different student organizations that we have."

After finding an organization of interest, click "Join" on its page to be added to the group's email list and receive all future communication.

Learn the Requirements

Different groups have different obligations. For example, a social group

such as the Costume and Cosplay Club may not have specific qualifications to participate, but others such as Alpha Lambda Delta have a GPA requirement, as well as participation requirements to be considered an active member who receives a chord at graduation.

Additionally, groups list whether their events will be virtual or in-person on GrizzOrgs. According to Jurva, many organizations are having hybrid events with opportunities for students to participate online if they feel more comfortable.

"If students do have an indoor event, they will make sure people are wearing their masks and filling out the health screening so that we make sure everybody tries to stay as safe as possible," Jurva says.

Start Your Own Organization

If nothing is of interest on GrizzOrgs, another option is starting a new student organization.

The requirements to start a new organization include having at least four students for an executive board (e-board) consisting of a president, vice president, secretary and treasurer, as well as one faculty or staff advisor.

The e-board must attend training.

Interested students can contact the Office for Student Involvement (OSI) for the next steps once they meet the requirements.

"It's pretty simple to get something started," Jurva says. "We may have had a group in the past that we can bring back if it's something that went defunct due to lack of interest or officers."

Visit the OSI

For any other questions, email osi@oakland.edu or visit the office located in the basement of the Oakland Center, which is open Monday through Friday from 8 a.m. to 5 p.m.

"Everybody needs time to destress and have some fun, so we try to add that part into your college experience," Jurva says.



PHOTO BY SARAH GUDENAU
The walls outside the OSI have posters for various student orgs.

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Oakland Women's Swim Team Rolls Past Toledo

Story by: Reece Taylor | Photos by: Amelia Osadchuk | Design by: Carolina Landeros

Oakland University's Golden Grizzlies beat the University of Toledo Rockets 186.5 to 113.5 in swimming on Oct. 22. The meet, which was held at the O'rena., featured 16 events, both for swimming and diving.

Oakland walks away with a dominant performance, winning 13 gold medals to Toledo's three, six silver medals to the latter's 10, and winning nine bronze to 8. Oakland, who ranks first in the Horizon League, looks to defend their Horizon League championship for their ninth straight season as eight Golden Grizzlies won gold medals, including four who won multiple.

The reigning Horizon League Champions started off strong, taking first and second place in the 200-yard freestyle relay race. Junior Emily Aycock took first place in the 1000 yard freestyle, posting a 10:24.55 time.

Toledo stayed in the competition thanks to Kennedy Lovell, who won the first of her two golds in the 200-yard Butterfly. Oakland immediately answered with three straight gold medals from Jewel Huang, Sydney Mcdowell, and Jordynn Shipps before Lovell took her second medal. Oakland would go on to win every remaining gold until the final 200 yard relay, where Oakland earned the silver and bronze in the event.

Oakland also took back to back gold medals in three meter and one meter diving, with sophomore Ellie Chalifoux routing competitors in both events, scoring 270.98 and 269.62 respectively. Oakland diving relied

on Chalifoux's dominant performance, with senior Katelynn Cummins taking bronze with Oakland's only other diving medal.

Oakland, who swept all but two single events, continue to show their dominance in inner conference play. The Golden Grizzlies, who are currently the top ranked Horizon team, looked to bounce back after dropping two straight sets to the University of Michigan to start the season.

Toledo, who lost in medals but stayed close in total scores, where Oakland won 609 to 582.5, deserves credit for challenging Oakland on the way to every medal. Outside of a few events, Toledo pushed Oakland to the limit and kept scores close, but Oakland was able to pull ahead in each event on their way to a dominating victory.

Susan Lagrand led all players in individual scoring, taking two gold medals and a silver on her way to an event high 699.7 points. Four of the top five individual performers of the day went to Oakland University, with Lovell being the lone Toledo swimmer in the top five.

Looking to go nine straight years as Horizon League champions, Oakland is led by the reigning Horizon League Athlete of the Year Lagrand and reigning Swimming Coach of the Year Pete Hovland.

This is the first of a two event homestand before going on the road to compete in the A-10 Classic at Geneva, Ohio. Oakland hosted the Xavier Musketeers on Oct. 23, where both the men's and women's teams competed.





Do you need a flu shot for the 2021-2022 season?

GABRIELLE ABDELMESSIH
Campus Editor

I know we discussed COVID-19 vaccines last week, but there should be another vaccine on your medical to-do list for the fall: the flu shot.

Why?

While it is recommended that everyone (six months and older) get the flu vaccine every year, this flu season is different. Last year, infections, hospitalizations and deaths from the flu were just 1% as many as the average flu season. COVID-19 precautions like social distancing, mask-wearing and other infection prevention measures likely played a role in that decrease. With the help of COVID-19 vaccines, more people are now going to work, school and traveling. But with more people interacting coupled with the reduced immunity brought on by pandemic isolation, it begs the question of how severe this flu season will be, which is why health experts are saying now more than ever it is important to be inoculated against the flu — especially before the onset

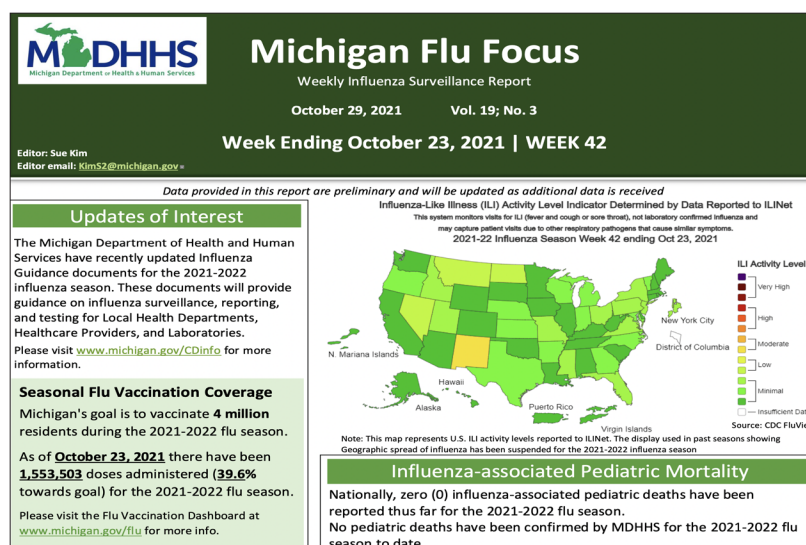


PHOTO COURTESY OF MICHIGAN FLU FOCUS
Influenza infection and vaccination data from Oakland County.

of flu season.

“People are back at work. Also, because we didn’t have much of a flu season last year, there are a lot of people who may not have much immunity to influenza. And so this is why it’s so important for everyone to get the flu vaccine, and also to get the COVID vaccine. They are two different viruses. But thankfully, there are vaccines developed for both of these. It’s really important to protect against both influenza as well as COVID-19,” Dr. Leana Wen, an emergency physician, told Yahoo! News.

How bad could this flu season be?

In a study that has yet to be peer-reviewed, scientists developed a multi-season influenza model that took a look at influenza immunity over the course of multiple flu seasons. Their model predicts an increase in influenza for 2021-2022 after the 2020-2021 season. The study approached this upcoming flu season from a variety of hypothetical

scenarios and vaccine uptakes — I highly recommend the read if you’re interested!

What steps can one take to protect themselves against the flu?

As always, consult with your physician and get the flu shot! There are several vaccine options to choose from, and the CDC does not recommend one over the other. However, age, allergies and if one is pregnant may need one option over the others. Please consult with your physician if you have questions regarding which vaccine is best for you. The CDC also recommends washing your hands, avoiding touching your face, hands and mouth, as other good health habits you can make.

Other concerns:

-According to the CDC, you get can your flu vaccine and your COVID-19 vaccine in the same visit.

-Misconceptions regarding the flu vaccine are addressed here.

-Please visit <https://vaccinateyourfamily.org/vaccines-diseases/current-flu-season/> for more information regarding flu vaccines.

Where can one get a flu vaccine?

To find a flu vaccine near you, please visit vaccine.gov. Flu vaccines are covered by insurance. If you are not sure how to pay for you or your family’s vaccines, please visit <https://vaccinateyourfamily.org/vaccines-diseases/current-flu-season/>.

Have any questions about the flu or flu vaccines? Ask them in the comment section and I will answer with responses backed up by credible sources!

Abdelmessih walked around the OC to get a sense of who has gotten the flu shot. Here are their responses:

Sarah Walker,
Psychology

“No, I have not gotten it. I don’t really plan on it. It’s just not something I normally do.”

Samuel,
Biology

“I haven’t gotten it this year. I probably don’t plan on getting the flu vaccine just because every year it’s different.”

Diana Elkafarneh,
Pre-Pharmacy

“I don’t think I’ve gotten the flu vaccine. I don’t mind getting it. Honestly, I just haven’t really looked into getting it as much. So, I’d probably look into it more before I considered it.”

Joseph Hanna,
Computer Engineering

“No, I don’t think I’ve gotten it.”

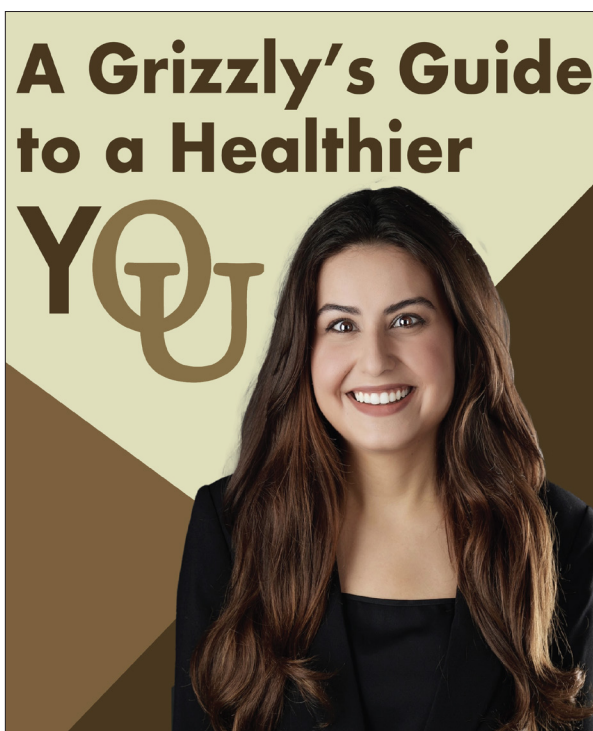


PHOTO COURTESY OF GABRIELLE ABDELMESSIH
Campus Editor and Columnist, Gabrielle Abdelmessih with her weekly column on a guide for students

Student newspapers seeing considerable uptick in readership this fall

BRIDGET JANIS
Managing Editor

Journalism is more important than ever for college campuses. Given the shifting landscape of higher education, event coverage and campus news is in high demand across a number of Michigan colleges and universities this year.

The Oakland Post, CMU Life from Central Michigan University and The South End from Wayne State University have all seen trends of more newsworthy stories being published and engagement being at an all time high.

With the way news has changed and the world has shifted, page views on websites and social media engagement are critically important metrics for news organizations. For college newspapers, utilizing Facebook, Instagram and Twitter to reach target audiences has become more a priority than printing physical newspapers.

“Who knows? This time next year, we might have no print product, all of our stuff will be online,” Michael Livingston, Editor-in-Chief of CMU Life said. “Social media, it’s no secret, is the place people get their news. So the more we optimize it for people, the more we make it easily accessible. That’s how you get the stories out nowadays, it’s not putting it on the cover of the newspaper, it’s pinning it to the top of your Facebook page.”

CMU Life has always experienced a high number of views on their social media pages, but they are now adjusting and coming to terms with physical print copies being less common for the organization.

There was a point for CMU Life that they were printing physical copies two to three times a week but last year it came down to once a month. This shift to less frequent printings allowed for them to focus more on their social media to drive engagement to the website. Then moving into this semester they decided to do print copies every two weeks.



PHOTO COURTESY OF CMICH.EDU
Central Michigan University's campus in Mount Pleasant, MI.

CMU Life quickly noticed how important social media was, Facebook is where they receive the most engagement. But, when analyzing their other platforms they realized how they can utilize them to the best of their abilities.

“Facebook’s definitely a place where we get the most engagement,” Livingston said. “Twitter would probably be second. That’s mostly students, some faculty, but if we want to sort of use some sort of crowdsourcing or getting student feedback or something like that, we’ll usually turn to Twitter. Instagram, of course, is mainly for photos, galleries, things like that.”

The Oakland Post has seen page views on their website and engagement on their social media pages to be at an all time high. Compared to pre-pandemic and pandemic semesters the page views have been consistently higher than before.

“Page views for The Oakland Post this semester have been remarkable,” Tori Coker, Marketing Director of The Oakland Post said. “From increasing our viewership by 75% between this October and [2020] to hitting our all-time peak in single day viewership at the start of September, people have been looking to this paper for their news lately more than ever before.”

For The Oakland Post and their social media engagements, Instagram has taken off more than usual this year. With stepping up their social media presence they have been able to make this their most impactful platform to drive viewers to their website and articles. On Instagram alone, The Oakland Post has seen a 60% increase in the amount of accounts interacting with their content.

“In addition to the growth we’ve seen on our website, our socials have been performing remarkably as well,” Coker said. “I was recently combing through some analytics on both Facebook and Instagram; on the former, I noticed several upward trends in terms of engagement, such as a 1,518% increase in shares and a 775.5% increase in comments across the past 90 days. Similarly, our Instagram saw a spike of 135% in accounts engaged throughout October compared to September.

As for The South End, their engagement last year dropped due to the pandemic and they only published online. This year they have been able to expand their social media engagements and page views due to the opportunities that have presented themselves by being able to be in person.

“We’ve also been able to have more opportunities for in-person event coverage interviews on campus, as well as multimedia opportunities for photo or video on campus,” Jenna Prestininzi,



PHOTO BY MAGGIE WILLARD
The Oakland Post has seen page views on their website and engagement on their social media pages reach all time highs.

Editor-in-Chief of The South End said. “I did notice that we seem to get some more student engagement heading into this fall.”

The traffic towards their website has been increasing, resulting in them getting thousands of page views recently. With The South End being mostly a digital publication for the past couple years, and only having one print edition each semester, their page views are their priority.

By using their social media to regularly post their articles to promote their website. They use images or graphics to draw the viewers in and get them interested. Their engagement has been highest on their Instagram and Twitter as that is where students tend to be the most.

“We have daily tweets and Facebook posts that go out on our official platform,” Prestininzi said. “Some of our audience members may directly check our website, some may check our social media and see the link which takes them to our stories on our website and that way.”

All three newspapers discussed that their increase in engagement is directly linked to the amount of news that has been happening on their campuses. This has impacted student newspapers this year, making them more relevant to people within the communities and became more of an interest to students.

With The Oakland Post covering hard news events like the faculty contract negotiations, the COVID-19 vaccine mandate and Oakland University Student Congress special election alongside interesting opinion pieces about Taylor Swift or Harry and Meghan Markle, there truly is something for everyone to read.

“I think the salience of news as of

late has played a big part in the sharp uptick the Post has seen in viewership,” Coker said. “From huge concerns that are unique to our campus — like the faculty negotiations — to national news stemming from the coronavirus and various other political issues, there’s more cause all around for something like checking the newspaper to be in the forefront of student’s minds.”

CMU Life has seen the most engagement with stories about their new service provider, Chartwells. They also have been covering student protests and petitions against dining halls. They also have been reporting on investigations about advisors and administrator versus faculty stories.

“It’s important to keep track of, you know, administrative activities, making sure that the university is being transparent with its students, and its faculty, and its entire community,” Livingston said.

The South End notices that when they are consistently reporting on campus events their page views increase. They have been receiving the most traction on stories about legal issues about the border between WSU and Detroit property.

“At The South End, we have demonstrated a commitment to consistently reporting on news that is relevant to our campus community, and that also includes arts and entertainment and sports coverage,” Prestininzi said. “We also highlight the

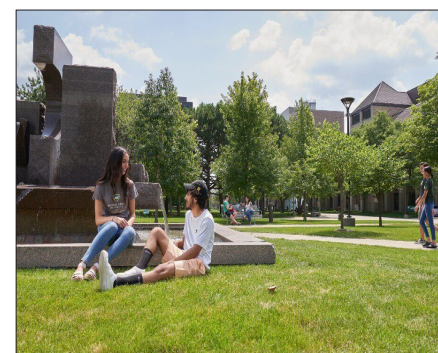


PHOTO COURTESY OF WAYNE.EDU
Wayne State University in Detroit, MI.

diverse and underrepresented voices among our campus community.”

Student newspapers have impacted their college campus communities by providing the information that faculty, staff and students need to know. They have provided content for all their viewers and reported on pressing issues within their college settings. The increasing engagement happening with these student newspapers is due to the content they have been publishing becoming more relevant to their readers.

Student survey: Where do you get your news?

LAUREN REID
Content Editor

In a media climate coated in misinformation and public distrust, it's hard to find the facts. I walked around the Oakland Center (OC) on Monday, Nov. 1 asking students where they get their news.

Erika Head, Sophomore, Communication

Where do you get your news?: I took a journalism class last semester, so it's kind of difficult because I'm tempted to get my news from social media, because so many people just repost the same things. Usually, I'll try to look on both Fox and CNN to see both perspectives rather than just whatever people are reposting on Instagram. I find that usually — accounts that claim to be news sites aren't really, and they have false information.

What type of news do you like reading about?: I love current events, and I'll have to say I love politics or mystery — more of the thriller stories. I'm not a huge entertainment (like the Kardashians) [reader], but I find sometimes the music awards and that type of thing interesting.

Do you read the Post?: Yes! If I'm in the OC I'll pick up a copy of The Oakland Post.

De'Andre Flowers, Senior, Psychology

Where do you get your news?: Mostly talk shows, CNN, The Daily Show with Trevor Noah and political podcasts. For campus news

— the website, the Post and email newsletters.

What type of news do you like reading about?: Whatever's popping at the time — like celebrities I know or politics.

What do you enjoy reading about in the Post?: [I like getting the] sports updates.

Jenna DeVoogd, Freshman, Biology

Where do you get your news?: I would say online.

What type of news do you like reading about?: Usually it's current events, but sometimes it's something like "The 25 best Met Gala looks."

Do you read the Post? What would you like to see in the Post?: I have [read it] in class. I'd like to read about what's going on in the world, or things happening in Michigan.

Savannah, Sophomore, Psychology

Where do you get your news?: I don't really look into news. What I do get is from social media and what I hear from other people.

What type of news do you like reading about?: I'm honestly not [super] interested in news, [but I like reading] about crime.

What would you like to see in the Post?: What's going on in the area.

Even with a plethora of speculation and media distrust, our readers can rest assured that the Post is committed to bringing you the facts, and informing you of all the happenings in our campus community.

'Midnight Mass' triggers contemplation of mortal existence

TANNER TRAFELET
Senior Reporter

If you are uncomfortable with contemplating religion, what happens after death, religion-inspired extremism and violence — or when faced with intense gore — then "Midnight Mass" is not a show for you.

These themes come to play a central role in Netflix's new series that tells the story of secluded Crockett Island and its lonely inhabitants, whose only method of leaving the island is from a ferry line to the mainland. Upon the arrival of a mysterious and jubilant priest named Paul, Crockett Island begins to face truly fantastic occurrences, although they are accompanied by frightening, god-like omens.

The limited nature of this series only increases the contemplation the audience will inevitably dive into following their viewing of this show. Crockett Island's storybook — as quaint and pristine as it may appear — may have some pages unceremoniously torn out in the darkest confines of human nature and psyche.

Much of the show focuses on the relationship developed between Father Paul — of Crockett's St. Patrick Catholic Church — and Riley Flynn, a failed venture capitalist who returns home to the island following his prison sentence for manslaughter. At the insistence of his parents, Riley accompanies the family to the weekly mass held at St. Patrick's, and it is with this re-exposure to religion that Riley is introduced to the enigmatic, yet captivating Father Paul.

"Midnight Mass" is defined by Crockett Island's extremes, which is primarily showcased by its blatant examination of the role that religion plays in the lives of day-to-day people. It speaks to how people with different religious beliefs — in Crockett's case, chiefly Catholics and Muslims — both align and differ in their religiosity, while offering an intimate look into how people who believe in Atheism and Agnosticism view the role of religion in things such as public life and schooling.

Every one of the seven episodes of this initially sullen, but ultimately bittersweet series is named after a book of the Bible, and scrupulous viewing may allow you to pick up on the subtle themes that inspired each episode's title. Similarly, the show's plot development follows what Crockett Island's Catholic population would theorize to be the true coming of God's wicked wrath, confession

and forgiveness included.

One thing to make clear is "Midnight Mass" is not an endorsement of any religious or spiritual beliefs, as the show's director Mike Flanagan has and will attest to explicitly.

In addition to an intimate portrayal of the inner conflicts of spirituality — which are embodied in the tumultuous relationship between Father Paul and Riley Flynn — the show wrestles with what happens when you die. It strikes the pulsating, blood-gorged jugular of related issues such as the meaning of existence as humans, and what spirituality determines when everything goes black. However, the show is not without its tragically heartbreaking moments, as Riley Flynn comes to display in his search for reasons to live with islander Erin Greene.

Asserting a brutal and at times unforgiving argument on the highlights and excesses of organized religion — but not of spirituality and religious beliefs themselves — it makes you uncomfortably contemplative as things you may very well believe are eviscerated in this dark story. "Midnight Mass" makes you think about what truly determines the internal supremacy of your own beliefs over someone else's, and what separates the saints from sinners in our flawed perspective of humanity.



PHOTO COURTESY OF EIKE SCHROTER
Pictured is Hamish Linklater as Father Paul in "Midnight Mass." The Netflix series leads viewers down a path of contemplation about religion, death and more.

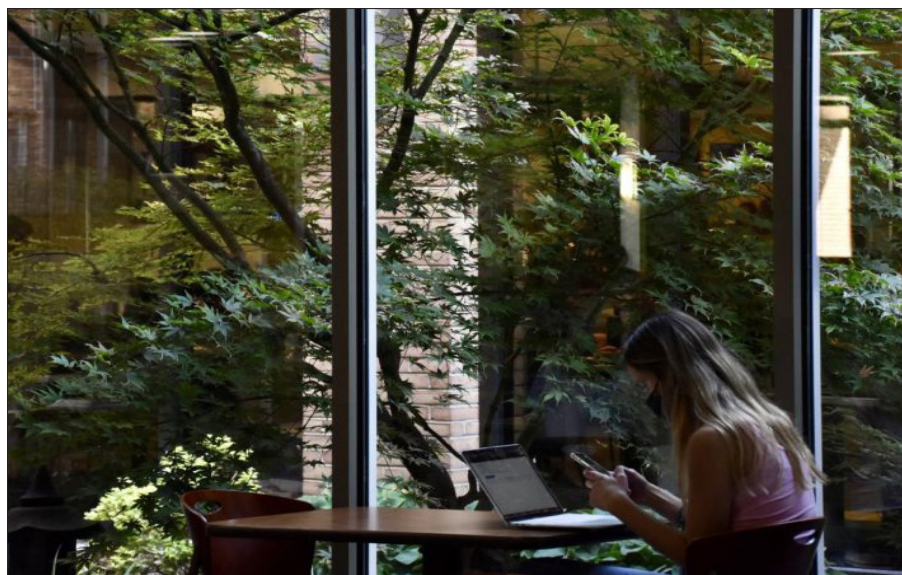


PHOTO BY NOORA NEIROUKH

Students surveyed primarily said they get their news online — oftentimes via social media.

'To All the Boys I've Loved Before' spinoff series

D'JUANNA LESTER

Senior Reporter

If you're a fan of the book-turned-Netflix series "To All the Boys I've Loved Before" (TATBILB), you're going to be ecstatic over the recent news. As of Oct. 18, a spinoff of the popular Netflix hit has been confirmed.

TATBILB was originally released as a book series by young adult (YA) author Jenny Han. It is a trilogy about Lara Jean Covey, an introverted girl who gets into a fake relationship with Peter, the typical popular high school jock. The plot revolves around her love letters, which her little sister Kitty mails to the five boys Lara Jean wrote them to.

The trilogy follows Lara Jean and Peter's fake-turned-real relationship, as well as her family life. Throughout the books, we see Lara Jean and Kitty grow closer as siblings. The books were eventually turned into a Netflix movie trilogy, which was hugely successful on the platform.

One big difference between Kitty in the books and Kitty in the movies is the addition of Kitty's love interest. In the third movie, on the Covey's family trip to Korea, we see Kitty's first experience with boys. She gets into a long-distance relationship, and though we don't see much of it, it was cute to see how Kitty and Lara Jean's relationships are so different.

The new spinoff will follow Kitty as she "moves halfway across the world to reunite with her long-distance boyfriend and soon realizes that relationships are a lot more complicated when it's her own heart on the line," reports ET.

Kitty is a teen matchmaker, so there will be a time jump. When the series ended with "Always and Forever," we saw main characters Lara Jean and Peter going off to different colleges, continuing their relationship long-distance. There

is no news as of yet about whether or not Lana Condor and Noah Centineo will reprise their roles as the exciting characters.

We don't know any details about the other characters as of yet either. There may be some hope for Condor to reprise her role as Lara Jean Covey as she told ET: "I would absolutely support anything that Anna Cathcart does because I think she's amazing and I think she did such a great job with Kitty. I love the 'To All the Boys I've Loved Before' world more than I think people understand. Like I, myself am a huge fan, so I'm always open to visiting that universe again because it was one that was really kind and beautiful."

A post from the official "To All the Boys I've Loved Before" social media pages was captioned: "The story isn't over yet. XO, Kitty, a spinoff series starring @annacathcart inspired by To All the Boys is on its way to Netflix." While there aren't many details out about the series yet, we do know that Anna Cathcart will reprise her role as Kitty from the trilogy. The spinoff will be a 10-episode series with a half hour time slot format.

Author of the book series — as well as "The Summer I Turned Pretty" — Han will be working on the spinoff. There have been no dates related to the start of filming, show release dates or casting details (besides Cathcart as Kitty) known at this time.



PHOTO COURTESY OF KATIE YU
Anna Cathcart played Kitty in the TATBILB movie trilogy. She will continue her role in the new Netflix spinoff series.

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Justin Verlander returning to Detroit? Not so fast

MATTHEW SCHEIDEL

Sports Editor

It's no secret that this is a massive offseason for the Detroit Tigers. After years of being bottomfeeders, the team showed tons of promise under first-year manager A.J. Hinch this season and are ready to start shelling some cash.

One of the marquee free agent starting pitchers is an old friend: Tigers legend Justin Verlander. Verlander hasn't pitched in a year and half after undergoing Tommy John Surgery last season.

Tommy John Surgery, or ulnar collateral ligament [elbow] surgery, typically has a 12-18 month recovery time. But for Verlander, who turns 39 in February, it may take a bit longer simply due to his age and wear and tear on his body.

There has been quite the push from the Tigers fanbase to bring JV home — but there are a number of reasons why that may not be such a good idea.

The reasons to bring him back all sound good on paper. The Tigers desperately need a veteran starting pitcher with injuries to Spencer Turnbull and Matthew Boyd.

Verlander not only gives you that, but he would be a fantastic mentor for the team's legion of young arms that include Casey Mize, Tarik Skubal and Matt Manning.

Verlander would also reunite with his former manager. Hinch was Verlander's manager from when he was traded to the Houston Astros in 2017 through 2019, so there's some familiarity there.

Everything sounds good, right? Well, hang on a sec — there's more to this story.

First off, it sure sounds like Verlander is seeking a long-term deal. Astros' owner Jim Crane recently said Verlander would be seeking "a contract of some length." At his age, coming off of major surgery on his pitching elbow, it just doesn't seem like a smart move for a team who's just entering their contending window to make.

Second, it also sounds like the Astros are going to extend a qualifying offer to Verlander. Teams give qualifying offers to players they believe will command a lot of money on the free agent market.

Teams who sign a player who have received a qualifying offer forfeit their third-highest draft pick to the players' previous team. So it's a high risk, high

reward tactic on both sides. Verlander could accept the qualifying offer and the Astros would have to pay him close to \$20 million on a one-year contract.

The Tigers are not in a position to risk losing one of their higher draft picks for a guy with so much risk attached to him. They are just coming out of a rebuild, and could use all of the ammunition they can get to acquire young talent.

Verlander just doesn't seem like the right fit for this team at this time. But, if the Tigers are looking to bring back a former Hall-of-Fame caliber starter of theirs, I wouldn't be upset if they threw a bunch of money at Max Scherzer.

Scherzer isn't much younger than Verlander at 37, but he's still pitching like he's in his prime. He was 15-4 with a 2.46 ERA with the Washington Nationals and Los Angeles Dodgers this season. If they gave him a three-year deal for about \$30-35 million a year, that would be a much better investment.

I like JV. He's one of the greatest pitchers this team has ever had. But he's coming off a major injury and he's past his prime.

Sorry to rain on your parade Tigers fans, but Verlander probably isn't coming home.

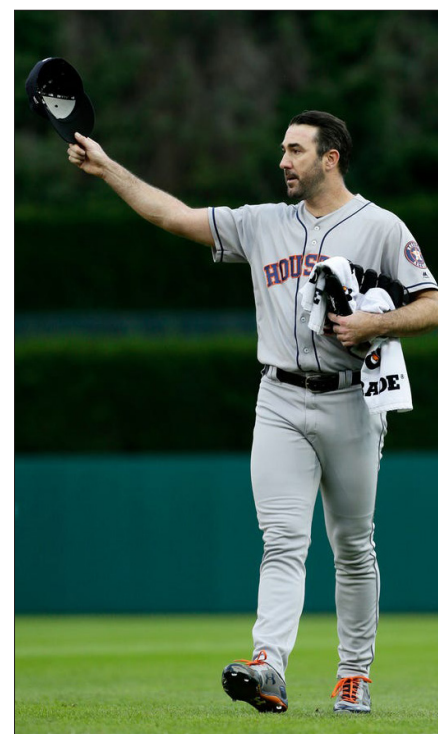


PHOTO COURTESY OF THE DETROIT NEWS
Justin Verlander tips his cap to the crowd following his warm-up tosses before his start against the Tigers in 2018.

How will injuries continue to impact athletes?

BRITTANY KEARFOTT

Sports Reporter

Crutches, braces, tape and more are just another accessory for athletes. These seem like odd accessories, however, they are very common to spot with an athlete at some point in their career. These accessories are a matter of when you will get them, not if you will. Injuries are inevitable as an athlete, the higher the competitive level the more likely you will get injured. The questions are when and how badly?

Simone Biles pulled out of the Olympics because she was suffering from an injury. We later found out she was not there mentally and for her safety she withdrew from the competition for her safety and to give her team a better chance. Injuries come in all forms and are not just purely physical. Being off your game mentally can be more harmful and dangerous than getting physically hurt from a tackle/hit/other.

PGA golfer Tiger Woods suffered a double stress fracture in left tibia. NFL quarterback Peyton Manning underwent a spinal fusion surgery and multiple neck surgeries. NFL running back Adrian Peterson suffered from a torn ACL and MCL during a game against the Washington Football Team. Brian O'Driscoll, an Ireland rugby player was hit with a spear tackle causing such a severe dislocation that surgery was required to correct it. The type of tackle has been outlawed due to the injury and how severe it was.

This list is about a handful of professional athletes who have been hurt during their sports, which vastly vary on what they do in their sport. This is not even a fraction of the injuries endured by athletes around the world. These injuries took from 10 months to over a year to heal and recover from. Some were released from teams and picked up by others during



PHOTO COURTESY OF PEOPLE VIA PEOPLE.COM
Simone Biles pulled herself out of events at this years Tokyo olympics due to mental health concerns.

their injury due to non-belief of them coming back to the sport.

However, these athletes got lucky being able to fully recover and go back to their sport. They will always have lasting side effects from the injuries: chronic migraines, joint pain, early onset arthritis and more. Some athletes are not so lucky.

Athletes like Olympic gymnast Shawn Johnson or McKayla Maroney, NHL defenseman Bobby Orr, the NBA's Yao Ming, MLB pitcher Kerry Wood to name a few suffered from career ending injuries. The catch with being a top tier athlete is frequently it is not one injury that will end your career. It is a compilation of all the sustained injuries in their career. A study revealed between 14% and 32% of athletes are retired due to injury.

There are lasting effects with any injury itself let alone a compilation of multiple. Numerous are left paralyzed to some extent due to their injuries. Most athletes train, practice, and compete for most of their lives. They still attend school whether it be publicly or at home. Oftentimes they do school virtually or are homeschooled due to the rigorous training hours and competition schedules. However not all go on to college and go straight to the pros or Olympics.

When a career ending injury happens, what is left for the athlete when they lose the ability to play their sport? Their entire lives were centered around the sport and everything that went into it. Now they must find themselves and redefine who they are without the game.

MSU's Kenneth Walker dismantles rival U-M in 37-33 victory

JOSEPH POPIS

Senior Reporter

Over 70,000 fans attended the highly anticipated rivalry game of Michigan vs. Michigan State in East Lansing. This year's matchup was one of the most entertaining games in recent memory. In the end, the Spartans pulled off a gritty win to defeat the Wolverines in a nail-biter.

The Spartans had a nightmarish start after moving the ball down the field — (U-M) R.J. Molten intercepted quarterback (MSU) Payton Thorne. On the other hand, the Wolverines hit the ground running as (U-M) Cade McNamara connected with (U-M) Andre Anthony for a 93-yard touchdown pass early in the first quarter to put the Wolverines up 7-0.

On the Spartans' third possession of the game, Thorne was intercepted again by (U-M) Mike Morris for a five-yard gain. The Wolverines would make a 26-yard field goal kick by (U-M) Jake Moody, making the score 10-0.

In the second quarter, Michigan State finally put a drive together that led a 27-yard rushing touchdown by (MSU) Kenneth Walker 10-7. The Wolverines responded with a 38-yard field goal 13-7. Shortly after, Walker would rush in another 8-yard touchdown to give the Spartans their first lead of the game, 14-13.

That lead for Sparty would not last very long. On the very next possession, freshman quarterback (U-M), J.J. McCarthy, introduced himself to the Spartans by throwing a 17-yard touchdown pass to yet again Andre Anthony.

Toward the end of the second quarter, Thorne fumbles the ball when (U-M) David Ojabo sacks him. The ball travels into the Spartans end zone and is recovered for a touchdown by (U-M) superstar (U-M) Aiden Hutchinson. This sequence of events would've put the Wolverines up 26-14, but the play is overturned, and MSU punts the ball. The Wolverines would then kick

another field goal to put them up 23-14 at the half.

The carnage continued for the Spartans in the second half as the Wolverines scored again by a 19-yard touchdown pass from McNamara to (U-M) Mike Sainristil to make it 30-14. However, the Spartans would revive their offense after a risky 4th & 4 completion to (MSU) Jayden Reed, putting them at Michigan's goal line. Walker rushed in for a 1-yard touchdown followed by a two-point conversion to Jayden Reed (30-22). The next drive would be much of the same as Walker rushed for a 58-yard touchdown to tie the game at 30.

Another Moody field goal put the Wolverines up 33-30. Towards the end of the fourth, McCarthy would fumble the ball when attempting to rush. (MSU) Jacob Panasiuk recovered the fumble that led to another Walker 23-yard rushing touchdown putting the Spartans up 37-33.

With one minute left, Michigan had one last chance to win the game and take Paul Bunyan home. However, Cade McNamara drops back and throws a pass intercepted by (MSU) Charles Brantley in a circus-like catching fashion. MSU would then go into victory formation to beat their rival for the second year in a row.

Kenneth Walker was a man among boys in this game, rushing for 197 yards and five touchdowns. The Wake Forest transfer has been spectacular this season as he has dominated almost every defense he has faced. Walker continues to instill his name into the Heisman Trophy race with consistent, spectacular performances.

The two-headed monster of (U-M) Blake Corum and (U-M) Hassan Haskins was relatively kept in check by the Spartans. Corum finished with 45 yards rushing, while Haskins finished with 45 yards rushing. Both were held without touchdowns.

Despite the loss, Cade McNamara would have his best game of the season finishing with 383 passing yards and

two touchdowns. On the other hand, Payton Thorne would have one of his worst games of the season, finishing with 196 yards passing and two interceptions.

Andre Anthony was a massive bright spot for the Wolverines as in his first official game, he caught six balls for 155 yards and two touchdowns. (U-M) Erick All had a solid game as he had ten receptions for 98 yards. Michigan States' two stud receivers Jayden Reed and Jalon Nailor, had less productive games than we are used to seeing. Nailor finished with four catches for 75 yards, and Reed finished with six catches for 80 yards.

Michigan State head coach Mel Tucker has done the most impressive coaching jobs of any college coach this season. Coming off an (2-5) record this season, expectations were low for the Spartans this year. However, standing at (8-0) with control of the Big Ten East is simply remarkable. Mel is also 2-0 against Jim Harbaugh, who adds yet another disappointing loss to his resume.

Both teams have had successful seasons so far and have been a bright spot in Michigan sports this year.



PHOTO COURTESY OF THE DETROIT FREE PRESS
Michigan State University defeated The University of Michigan last Saturday in a highly anticipated game, 37-33.

Men's and women's Swim & Dive sweeps Xavier

REECE TAYLOR

Sports Reporter

The Oakland University Golden Grizzlies Swim & Dive teams beat the Xavier Musketeers 157-105 (women's) and 155-107 (men's) in a dual meet in Rochester on Oct. 23.

Oakland, in their first combined meet since their opening loss to University of Michigan (U-M), won 20 combined medals to eight as they continue their trek to a ninth straight Horizon League Championship.

The women's team won the second day of back

to back competition and earned 10 gold medals to Xavier's four to win the set in convincing fashion. Freshman Jordynn Shipps and Senior and reigning Horizon League Athlete of the Year Susan LaGrand led Oakland with three medals apiece en route to a convincing win over a deep Xavier team.

Five of the eight total gold medal winners for the Women's competition came from Oakland, with Xaviers four medals split between three players — including a pair won by Alexis Worall, who won in the 50 and 100 yard freestyle. Oakland bookended the competition with wins in the 200 yard relay and the 400 yard relay.

Oakland's men's team were similarly dominant, winning in gold medals 10 to Xavier's four. The 14 gold medals were distributed among nine athletes, five of which went to Oakland, and only Oakland players won multiple gold medals — with the three being Junior Marko Khotynetskyi, Redshirt Junior Christian Bart and Graduate Student Rodolfo Auguilar-Fernandez, all of whom won two.

Xavier proved to be a tough opponent for both teams, as they took the advantage in both silver and bronze medals, including an incredible performance by Xavier's Andrew Martin, who bested the 1,000 yard freestyle with a time of 9:35.86.

Oakland, who has yet to play inner conference this season, is on track to defend their title and win nine straight Horizon League championships.



The teams competed next at the A-10 Classic on Oct. 30 and 31.

Oakland swept the weekend against Xavier University and University of Toledo on the way to their second road trip of the season, heading to A-10 Classics in Geneva, Ohio, on Oct. 30 and 31.

Oakland, who owns a 12.5% winning percentage at the A-10 Classics, looks to improve on their last victory in the tournament — which will feature recent opponents, including U-M and University of Toledo. After their previous loss to Michigan, this will give OU a chance to capitalize on their homestand and sneak a win out of the A-10 and redeem themselves against a fierce early season opponent.

Oakland will then begin four straight home sets, featuring instate rival Eastern Michigan University and Horizon League rival UIC.



PHOTOS BY MAGGIE WILLARD
The Swim & Dive teams beat the Xavier Musketeers 157-105 (women's) and 155-107 (men's) on Oct. 23.

Men's soccer's winning streak snapped by Bowling Green

BRITTANY KEARFOTT
Sports Reporter

Oakland University's men's soccer team faced off against Bowling Green State University in the home pitch Tuesday night.

After a five-match winning streak stopper, Oakland University lands 86th with Bowling Green State University landing at 27th in the National Collegiate Athletic Association (NCAA) national Rankings. Both teams are standing second in their conference rankings.

On the cold night Oakland University recognized all of their international student athletes. They all lined up on the field holding their home country flag and stepping forward to wave at the mention of their country. It was a beautiful sight of all the international students and diversity amongst the players with how many countries were represented.

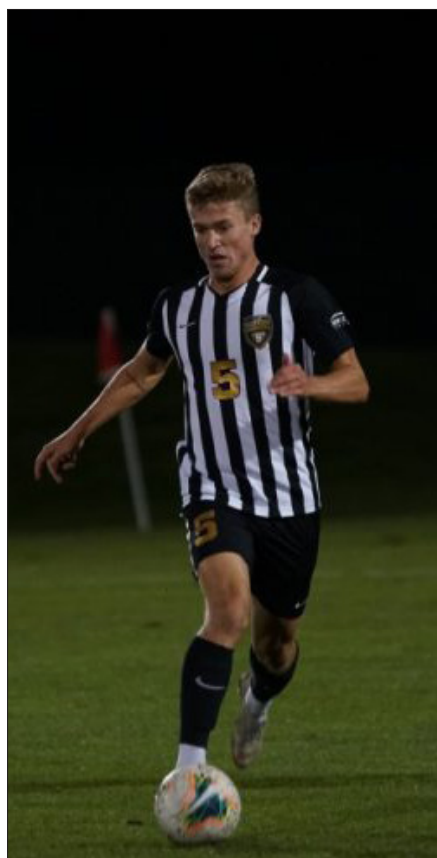


PHOTO COURTESY OF GOLDEN GRIZZLIES
Noah Jensen pushes the ball upfield against Bowling Green on Oct. 26.

Losing 3-0 is a hard defeat for anyone but especially losing like that coming off a five-game win streak. That is a tough one to accept. In the GrizzVision interview with Head Coach Eric Pogue he states "it leaves a bad taste in your mouth."

Bowling Green was coming off a 5-1 loss to Akron. Just like the Grizzlies were feeling after this game, Bowling Green was feeling coming into the game. Both teams had a conference game following this. Bowling did not want to go into a conference after a hard loss and add a second one which resulted in them coming in swinging to prove themselves.

The men played defensively the first half of the game. They lacked some offensive plays and Bowling Green's team was just overall playing more aggressive. All three goals happened throughout the first half of the game.

"In the first half we decided to kind of go off the grid a little bit and not follow the game plan," Pogue said. "We had a better way of doing things. Bowling Green made us pay for that, made us look silly and it was humbling."

Losing this game may have humbled them as Coach Pogue had stated. Some would have said that it was necessary with their winning streak. As most know people ride the highs of winning to get knocked off unexpectedly. This was their smack back to reality for their next conference game the proceeding Saturday against Milwaukee.

While this is disappointing for the team and fans to have this break in the team's winning streak and lose 3-0, it is not the end of their journey. The important match was the following Saturday against Milwaukee. Based on how that game turned out determined whether they have a first-round bye in the upcoming Horizon League tournament.

While it may have been a tough game ending in no points on the board for Oakland, their own Dawsun Schrum and Mohammad Jamal Issa attempted to get points on the board with a shot on goal each. Bowling Green had a total of four shots on goal with goalkeeper Finn Jurak saving one of the four.

Oakland is on their way to the Horizon League Tournament. They are hoping to host in the semifinals of the Horizon League tournament and end with a championship title.

Swimming and Diving places second in Atlantic 10 Classics

REECE TAYLOR
Sports Reporter

The Oakland University Golden Grizzlies Combined Swim Team place second to Duquesne University Dukes at the Atlantic 10 Classics in Geneva, Ohio on Oct. 30-31.

The four team meet featured Oakland, Duquesne, the George Mason University Patriots and the St. Bonaventure University Bonnies, a group that features last year's runner up in the A-10 classics. Though Oakland was the only Horizon League Conference competitor in attendance, the eight-time champions held their own against the tough division in the invitational.

Led by Horizon League Swimmer of the Week senior Susan LaGrand, Oakland scored a total of 598 in competition play, falling just behind Duquesne's 622.3 in a stacked race. Oakland took first place in a number of events, including squeaking past Duquesne in the Women's 200-yard Freestyle Relay, winning with a time of 1:36.52 to the latter's 1:36.53.

LaGrand built off her performance from last week, winning first place in six different races including both individual and team relays. Her performance helped earn Oakland second place in scores to Duquesne, who won four first place finishes to go along with a plethora of second and third place finishes to edge out Oakland. Oakland's women's team finished with a total of first place finishes, but was edged out by the sheer number of placements Duquesne finished with to go with their firsts.

Oakland's men's team took first

overall in their division behind current Horizon League Swimmer of the Week Marko Khotynetskyi. The Golden Grizzlies were dominant, winning 14 of their 17 races and dives in the meet and a team total of 593.5, with their closest competition coming from George Mason, who finished the competition with a score of 575.2. In individual scores, Khotynetskyi, who won first in five races, and finished second in his other on their way to 675.3 in competition play was tied with teammate, Redshirt Junior Christian Bart, both of whom second only to fellow Golden Grizzly, Graduate Student Rodolfo Joseph Aguilar, who placed first in each event he competed in to the tune of 690.3 total points.

In diving, Oakland won their sole first place from the women's team's Elleana Chalifoux, who took first in the one meter event, scoring 280.90 points. St. Bonaventure's Ziad Morsy swept the diving competition, as well as setting a team record in the threemeter, scoring a 315.25, beating the nearest competitor by nearly 40 points.

After placing first and second in totals at the weekend event, Oakland returns to Rochester on Nov. 5-6 to face Grand Valley State University, followed by their first Horizon League matchup of the season against University of Illinois-Chicago respectively. The Oakland University Swimming Team has shown it's capability against quality opponents to start the season, and is well on it's way to defending their Horizon League Title for the ninth straight year.



PHOTO COURTESY OF JOSE JUAREZ, OAKLAND UNIVERSITY ATHLETICS
Christian Bart raises his fist in victory after winning a relay against Xavier.

Volleyball gets Senior Night Victory over Cleveland State in five-set battle

CHRISTIAN TATE

Sports Reporter

The seniors of the Oakland University Golden Grizzlies' volleyball team got honored under happy circumstances after their 3-2 victory over the Cleveland State Vikings Friday night.

Starting off very aggressively, the Vikings would score five straight points using their versatile blend of offense and defense to get the Golden Grizzlies off-center. The run would be ended by a service error from the Vikings, which would open up the door for the Golden Grizzlies to storm back into the set and start the trading of runs between these two teams.

The Grizzlies would fight back, winning a long rally and playing consistent volleyball to bring the score up to 7-5. The Vikings would tighten their defense up in order to keep them at bay and protect the lead.

After rebuilding their broken momentum, the Golden Grizzlies would take the lead away from the Vikings after the continuous trading of strings of blocks and kills from both sides. Separating themselves with a run of great play and stretching their lead to six at its peak, the Golden Grizzlies would claim this set with a score of 25-18.

Moving on to the second set, the Grizzlies would strike first after a great extended rally ends in an attack error. This set, however, would turn out to be all Vikings as they would string together six straight points during a run that would see the score stop at 16-12. Using their lethal serves, the Vikings would dominate this set and capture the win with a score of 25-16.

The third set would swing the pendulum back in

the Golden Grizzlies favor, despite their abysmal 4-1 start. They would then score six straight points as the two teams traded dominant sets for dominant sets. The Golden Grizzlies' lead would reach 12 points at its peak, as they would lock the Vikings out of the set early and close out the ever-pivotal third set with a score of 25-16.

The Golden Grizzlies, looking to close out the fourth set and take home a 3-1 win, would come into the set aggressively but struggle to connect on kills. The Vikings would take advantage of these missteps and gain control for the entire set, leading by five with a score of 12-7 at one point. The Vikings would put their foot down and force a race to 15, after stuffing a potential Golden Grizzly comeback in their face with a block that would seal the set with a score of 25-16.

After the third straight set ending in a score of 25-16, the "Race to 15" would put an end to this war of a match as the Golden Grizzlies would leave their hearts out on the court for the second consecutive home game that went to five sets. The game thus far has been as even as one could get, with both teams looking identical in the stat sheet and the scoreboard.

The Golden Grizzlies would fall victim to the same amazing defense that was showcased all throughout the game at the end of a terrific rally, and this would lead the Vikings on a 4-0 run to start. The same defense, however, that proved to be the base of each team's amazing performance thus far, would lead to the Viking downfall.

The Golden Grizzlies would battle their way back into the set, refusing to give up as they would tie the set at seven after starting off scoreless. The Grizzlies then build an impenetrable wall in front

of the net, stopping any and every advance made by the Vikings.

The Vikings would crumble under the pressure of it all and concede the set to the Golden Grizzlies, who would storm ahead and win a pivotal rally to set up match point and stomp out any chance of a Viking comeback with an amazing spike to win the set 15-10 and the match 3-2.

After giving their seniors a victory and a well-deserved bow, the Golden Grizzlies will return to the court on Nov. 4 to face off against Green Bay in Wisconsin at 7 p.m.



PHOTO BY AYMAN ISHIMWE
Oakland University Volleyball team won their match against Cleveland State 3-2 on Senior Night.

Men's soccer's winning streak snapped by Bowling Green

BRITTANY KEARFOTT

Sports Reporter

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PHOTO COURTESY OF OAKLAND UNIVERSITY
Noah Jensen pushes the ball upfield against Bowling Green on Oct. 26.

How to rejuvenate your life post-midterms

SARAH GUDENAU

Features Editor

I don't know about you, but for me this semester has sped by faster than any semester in my college career thus far, and I can hardly keep up. Having made it to November — and surviving the many exams, essays and projects of dreadful midterms — I think it's time we all take a break and focus on some self-care. Here's my top five tips to rejuvenate your life post-midterms.

1. Make like a grizzly bear and hibernate

As our iconic Marketing Director Tori Coker once said, it's about time you put your Grizzly title to action. Now that it's finally not 70 degrees everyday, winter is fast approaching. What better way to refresh than to go into a cave and sleep through the rest of the year? You did enough, bestie. Take time for you.

2. Buy a birthday cake

You are an adult. Remember you can buy a birthday cake whenever you want. Getting through midterms is a celebration, even if you maybe botched them all like some people...um definitely not me (y'all stay safe though). Head to the store, get a sheet cake and grab a fork. Meijer doesn't even background check you for it — they are legally not allowed to ask whose birthday the cake is for.

3. Take a break from schoolwork

Nothing is more important than your mental health, and the stress of midterms can certainly take its toll. What better coping mechanism than passively scrolling through endless stupid videos that you'll never see again for hours on end? Replace studying until 4 a.m. with watching TikTok until 4 a.m. Watch until that guy says, "Hold up, you've been scrolling for way too long..." Ignore him as you always do and try to



PHOTO COURTESY OF SARAH GUDENAU
Gudenau's bitmoji deciding to take a break from school to get some sleep.

set the record for most times seeing that guy in one consecutive period of binge watching. There's nothing sexier than an average screen time of 12 hours a day — that's time well spent.

4. Reframe your thinking

Speaking of TikTok, @thereforeispam on TikTok revolutionized my life. As they explained to their therapist, they started doing all healthy habits ironically. Get out of bed ironically. Show up to class on time ironically. Hell, go crazy and even do your homework ironically. The most important ingredient in this life-advice-for-mental-health recipe: call everything camp. Actually checking your OU email? That's camp. How about Moodle? That's looking camp dead in the eye.

5. Withdraw/drop out

Tried steps one through four with little success? Realizing that a journalism degree isn't as promising as it sounded? Withdraw from those classes. Nothing says "I tried my hardest but you don't need to know that" better than a nice neat symmetrical "W" on your transcript. Wanna take it up a notch? Drop out entirely. Future you will thank you.

All jokes aside, take care of yourself. It's been a wild time adjusting to being forced to see humans everyday, and on top of that, do work, but you got through the first half of the semester, so you can survive the second half. At least, that's what I keep telling myself.



FALL 2021 HOURS

10 a.m. - 4 p.m. MONDAY-FRIDAY

NO APPOINTMENT REQUIRED

MEET IN PERSON: North Foundation Hall, Room 154
VIRTUAL DROP-IN: Email careershare@oakland.edu

Drop-in to the Career Studio to work on career-related tasks with a Career Ambassador.

We're here to help you get started, make final touches or answer career-related questions. Work with us as soon as inspiration hits and receive in the moment consultation as you create the perfect resume, cover letter or profile.