

THE OAKLAND POST

Oakland University's Independent Student Newspaper

Rochester, Michigan

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RAIDERS DOWN

Golden Grizzlies women
outlast conference rival
Wright State.

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awareness on health disparities

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Students use dance to get the
administration's attention

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PHOTO BY MAGGIE WILLARD

THIS WEEK

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POLL OF THE WEEK

HOW'S YOUR NEW YEAR'S RESOLUTION GOING?

- A) CRUSHING IT, I AM A CHANGED BEING
- B) MEH
- C) WHAT NEW YEAR'S RESOLUTION?
- D) ALREADY GIVEN UP :(

LAST ISSUE'S POLL

WHO IS YOUR FAVORITE SPIDERMAN?

37%
A) TOM HOLLAND

27%
B) TOBEY MAGUIRE

23%
C) ANDREW GARFIELD

13%
D) SHAMEIK MOORE
(INTO THE SPIDER
VERSE)

OU AAUP accuse university of bad-faith bargaining

JEFF THOMAS

Editor-in-Chief

In the latest development of the continued fallout from 2021's faculty contract negotiations, leadership from Oakland University's Chapter of the American Association of University Professors (OU AAUP) have obtained information via a recent FOIA request that they say provides clear evidence of bad-faith bargaining on the part of the university during negotiations.

In a letter sent to President Ora Hirsch Pescovitz and members of the Board of Trustees earlier this week, OU AAUP President and Associate Professor of History Karen Miller outlined how members of the university's bargaining team, and Interim Vice President of Finance and Administration James Haggert specifically, withheld pertinent information regarding healthcare costs from the OU AAUP bargaining team during contract negotiations.

In light of these revelations, Miller calls for an investigation and accountability in the letter saying, "These actions constitute bad faith bargaining, violating the Faculty Agreement as well as both the National Labor Relations Act and the Michigan Public Employment Relations Act. In an ethical and transparent organization, this type of behavior would result in employee termination. James Hargett, whose role in these actions has been clearly demonstrated, and any others found complicit, should not be allowed to continue in any capacity at Oakland University."

The letter is presented in its entirety below.

"Dr. Ora Pescovitz and Trustees,

In executing a Freedom of Information Act request regarding the preliminary and final health insurance rates from Blue Cross/Blue Shield, Blue Care Network and Priority Health for Oakland University, the AAUP has determined that Oakland University's 2021 Bargaining Team violated the Faculty Agreement and controverted federal and state law by refusing to furnish information requested by the AAUP relevant to the bargaining process. This refusal constitutes a failure to engage in good faith bargaining.

On January 5th, 2021, AAUP Lead Negotiator, Douglas Wendell, emailed a memorandum to Joi Cunningham, who then held the title of Assistant Vice President of Academic Human Resources and was eventually named as a member of Oakland's 2021 bargaining team; she has since been promoted to Vice President of Human Resources. The memorandum outlined the AAUP's initial request for information regarding upcoming contract negotiations. Requests for information regarding health insurance quotes and rates are made painstakingly clear:

The following information is requested concerning the health care options available to faculty. In addition, we will, of course, need Oakland to request quotes as needed for various options from our current providers during the course of bargaining so that we can engage in meaningful discussions.

• While the AAUP understands that Oakland does not control how or when this data is delivered, we are requesting that as you ask for health insurance information you impress upon the consultants and insurance providers that only accurate information delivered quickly is of use to either of us. In addition, we cannot impress upon you more emphatically that sharing this information with us as soon as you

receive it will be key to being able to consider and act upon it in a timely manner.

• We insist that all information requested in order to bargain, especially that information that pertains to health care benefits, be provided as part of the bargaining process through Academic Human Services. We will not be referred to other University departments or committees to obtain information that is vital to bargain and or make informed decisions.

• We are sure that you can understand that the AAUP team cannot explore any health care coverage changes or options without complete disclosure of all relevant information.

No results regarding 2022 health insurance quotes and rates were provided in early information sharing from Oakland, received both in February and April, as it was still too early in the year for preliminary rates to be available, but the mandate for future information sharing is explicit: "we cannot impress upon you more emphatically that sharing this information with us as soon as you receive it will be key to being able to consider and act upon it in a timely manner". Over the course of several bargaining sessions in August and early September, the AAUP's team repeatedly asked for updates on both preliminary and final 2022 health insurance premium rates. Oakland never provided any information about preliminary or final 2022 health insurance premium rates throughout the entire course of negotiations. Instead Oakland informed the AAUP that such numbers were not yet available.

We now have incontrovertible evidence that those numbers were available to Oakland and that members of Oakland's bargaining team, namely James Hargett, had specific knowledge of those numbers during the course of negotiations.

On August 18th, 2021, Alan de la Vega, representing Marsh & McLennan Agency, the agency tasked with negotiating health insurance rates with carriers on Oakland's behalf, emailed an attachment of the 2022 Renewal Report to Oakland administrators including Eric Herppich, Corey Brittingham and Monica Haines. Preliminary Priority Health rates were included in that report among many other pieces of information regarding 2022 rates. A meeting between MMA and Oakland took place on August 19th, 2021 in order to review the report.

On August 18th, 2021, James Hargett emailed Eric Herppich the following, "Where are we with the new health insurance rates for 2022? We usually have something by now even if it is not final rates". Mr. Herppich's response on the same day states: "Priority's prelim rates are 7%, still waiting on BC".

On August 20th, 2021, Mr. Herppich shared the following message with Mr. Hargett, including an attachment titled "081921 2021-2022 Rates and Contributions for OU".

The email states: "Here are current and prelim 2022 rates. MMA will continue to negotiate rates... Priority, which is the benchmark, is at a 6.9% bump as of today". Mr. Hargett's response on that same day indicates his receipt of the information and shows he had knowledge of both BCBS/BCN and Priority Health preliminary rates. His response reads, in part, "BCN up 15.4%, if that holds, They will not keep too many folks in that plan".

On August 31st, 2021, Eric Herppich sent an email to Michele Knox and James Hargett that reads: "Rates for 2022 as of now, Priority will not be reducing their rates for 2022 any further.

Still waiting to hear from BCBS." Attached to the email is a spreadsheet named: "081921 2021-2022 Rates and Contributions for OU" which contains specifics on insurance rates. On that same day, James Hargett confirmed receipt of the information in an email to Eric Herppich that stated: "Thanks for the update".

These email exchanges clearly show not only was Oakland fully aware of the requirements regarding information that needed to be shared for the 2021 negotiations; they further show that Oakland had in its possession 2022 preliminary rates for both BCBS/BCN and Priority Health during the course of negotiations which did not end until a Tentative Agreement was signed by the two parties on September 4th, 2021. Moreover, these email exchanges show that James Hargett, current Interim Vice President of Finance for Oakland University, knew of the rates and deliberately withheld that information from the AAUP. These actions constitute bad faith bargaining, violating the Faculty Agreement as well as both the National Labor Relations Act and the Michigan Public Employment Relations Act. In an ethical and transparent organization, this type of behavior would result in employee termination. James Hargett, whose role in these actions has been clearly demonstrated, and any others found complicit, should not be allowed to continue in any capacity at Oakland University. Furthermore, Oakland must commence a thorough investigation of its behavior during the course of the 2021 negotiations with the AAUP, make those findings publicly known, and take any and all necessary steps to ensure such actions are not repeated in future negotiations with the AAUP or any other collective bargaining agency on its campus.

Sincerely,

Karen AJ Miller"

If proven true, these allegations suggest that the current faculty contract agreement was reached under false pretenses as the university withheld information concerning healthcare from OU AAUP faculty.

The letter was made known to all OU AAUP early Friday morning, when it was sent attached to an email that read:

"Greetings Members,

On November 3, 2021, the AAUP sent a FOIA to Oakland University requesting information regarding Oakland communications on the subject of 2022 health insurance premium rates. The documents received from Oakland as a result of the FOIA request provide clear evidence of bad faith bargaining on the part of Oakland during its 2021 contract negotiations with the AAUP. Earlier this week, the AAUP sent a letter to President Pescovitz and the Board of Trustees asking for appropriate actions to be taken in light of these revelations. Today we share that letter (attached below) with our members.

It is our hope that Oakland will act in good faith regarding the information presented to them. Appropriate actions now open the door for more civil and productive future negotiations which can only benefit the entire OU community."

The Post has reached out to the administration and OU AAUP leadership for more information and will be following up on this story.

Where OU stands on campus accessibility, transportation

D'JUANNA LESTER

Senior Reporter

The Bear Bus was a vital mode of transportation for campus accessibility and sustainability before the service was discontinued in August of 2020. In May of 2021 students protested on campus, signs in hand calling for its reinstatement. Since then, there hasn't been a lot of news on where the university stands in regard to Disability Support Services (DSS) and the Bear Bus. So where are we almost a year later?

DSS Director Sarah Guadalupe said the office works with students on

a one-on-one basis to meet students' particular needs.

"Students who are requesting services come in to meet with the staff," Guadalupe said. "We schedule an appointment with them to review accommodations they have received in the past. We review medical documentation that provides us with whatever medical or intellectual services they might need. A student perhaps with a learning disability might receive some type of testing accommodations, like extra time or a quiet space. Everything is done individually."

However, student transportation is not a service that the DSS department facilitates. As it stands currently, students are responsible for their own transportation.

While many students have not had to be on campus as frequently with fully online instruction or hybrid classes, transportation accessibility is still a concern, especially with the intent to return fully in-person. Many students have not abandoned their passion for reinstating the Bear Bus.

"We want to push the Bear Bus situation. There would be these claims made of low ridership and how it was unorganized and unreliable," said Student Body Vice President and Transportation Committee member Murryum Farooqi.

"The director of DSS would say only one or two students used it for disability purposes. That is why we want to step up and fund it, because it's important."

Low ridership was the reason that the Bear Bus was shut down, but since then, there have been no alternatives offered to make campus accessible to the students who need it.

"When talking to DSS, according to federal law, it's not the university's responsibility when students have physical disabilities because they're not federally mandated to," Farooqi said. "They keep saying no one rode it, but it doesn't make sense because it's a non-working version, so they won't put in a working version. The university isn't collecting the data. No one knows who's deterred from attending OU because we don't have transportation."

Engineering student Mia Lewis discussed the benefits of having the Bear Bus. "It was helpful the most during winter," Lewis said. "There's a lot of snow on the ground so no one really wants to walk to class. They have certain paths they shovel before the others. It would be very difficult for me to get to class, or I couldn't get to class because of the weather conditions. I didn't drive, so that was one of the main difficulties."

Lewis also said the university has not offered any alternative transportation

services to her or other students.

"Last year, all my classes were online," Lewis said. "This year, so far, classes have been online. If they go back in person, I don't know what I'm going to do. I'm going to hope that the weather isn't that bad, otherwise I don't have any plans yet."

While the university is conscientious about certain services, there are improvements to be made, especially during winter weather conditions.

"They do a good job at making sure the doors are up and running, same with elevators," Lewis said. "I would say the main thing [the university can improve on] would probably be shoveling. I remember this one bad day last year where it was snowing a lot, and there would be no way for me to get out. I had to stay inside and Doordash a lot. I couldn't go to Vandy. Even if I don't have classes, I need to eat. If I can't get to the dining hall, it's an issue. I chose OU in part, because of their accessibility. Not having the Bear Bus makes it harder."

If the Bear Bus isn't going to be reinstated, then it is up to the university to provide accessible alternatives in order for disabled students to get around campus. As students hope to return to campus, we'll see how the university responds to calls for accessible transportation.

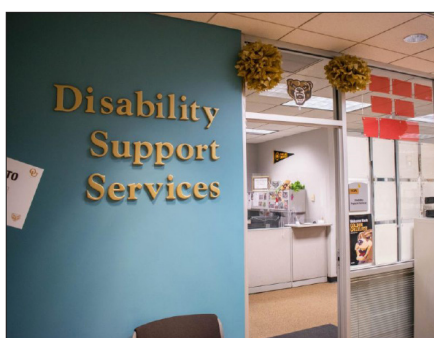


PHOTO BY MAGGIE WILLARD

The Bear Bus was a mode of accessible transportation on campus before it was discontinued in August of 2020.

SMTD on tour during Varner Hall renovations

JOE ZERILLI

Senior Reporter

Due to important renovations to Varner Hall, the School of Music, Theatre and Dance (SMTD) — specifically the music and dance department — will be going "on tour" this semester.

The SMTD has partnered with multiple venues like the Flagstar Strand Theatre in Pontiac and Evola Music in West Bloomfield to provide SMTD students with an opportunity to continue performing in-person with live audiences.

"Hope is there will be an audience for in-person when they do happen," said Kerro Knox 3, interim director of the SMTD. "We'll record things if need be [but] recording no longer feels like theatre."

If audiences are allowed ticket pricing should remain the same — however, due to having to use Ticketmaster for some venues, some tickets may see an increase from Ticketmaster's built-in fees. Audience sizes may vary based on location or COVID-19 rates, but Knox said it is "valuable for students to perform no matter audience size."

Dates, times and venues for the events can be found online or through brochures provided by the SMTD, but be on the lookout for any updates. COVID-19 has already forced the SMTD to cancel or postpone five shows in early February, with new dates expected to be added to March and April.

While not ideal, one potential advantage of the tour would be drawing in a whole new audience for OU.

"It helps us with ... community engagement, especially engaging diverse populations," Interim Director of the Theatre Department Jeremy Barnett said. "As an outreach tool, as a 'getting the word out' that we are doing really remarkably good work, it's very useful."

With OU classes shifting fully online through January due to COVID-19, the SMTD has resorted to remote teaching which Knox will tell you is "almost worthless."

"Arts are about being in the same room — the band members and chorus members can only practice so much on their own," Knox said.

Getting these shows in order is no easy task, however, as much of the equipment must be hauled by students and faculty to each different

performance. This is, of course, due to recent renovations.

The renovations — which were approved back in December 2020 — are part of a \$45 million improvement project the Board of Trustees commissioned. The renovations are less about improving the student benefit and more about making the building an actual safe space.

"The overwhelming majority of the renovation is really just bringing the building up to code," Barnett said.

These renovations didn't just spring out of nowhere. They have been in the works for years — at least 25 years for some faculty members.

"I've been here for 25 years and [there's] been so many proposals," Knox said. "I'm surprised this is actually happening."

The renovations will be a 3-year process beginning with the fourth and fifth floors — now operating out of Fitzgerald and Anibal House — and they will be working their way down. Even though only one side of the building is currently being worked on, all departments are feeling the effects.

The theatre department will have to utilize buildings like Hill House for storage during construction, while

the music department has to lug their instruments from Varner to Hillcrest. Faculty offices are also being moved around, with offices and storage split between four different buildings across campus.

The facelift of Varner Hall is important in terms of updating HVAC systems, but at the end of the day what the SMTD wants and needs are new spaces or even a new building. Barnett said there is "verbal support" but is "not optimistic" about getting anything new.



PHOTO BY AYMAN ISHIMWE

OU's SMTD performed "Patience, or Bunthorne's Bride" on June 24, 2021 in the Varner Hall courtyard. Now, the SMTD is going on tour while the hall is renovated.

Dr. Al-Shabrawey's vision for future of eye research at OU

ARIANNA HEYMAN

Senior Reporter

From a young age, Founding Director of the Eye Research Center (ERC) and Professor at Oakland University Mohamed Al-Shabrawey, M.D., Ph.D, knew he wanted a career in the medical profession.

"My interest in the medical profession or to be a physician or doctor goes back to my childhood — my experience with my family, with my parents, going to the clinic and observing the care that my parents and myself had from those physicians," Dr. Al-Shabrawey said. "I witnessed how they [physicians] are very respected, so I started to have a passion about being in the medical field since I was in elementary school. Everything goes back to my visits with my parents to the clinics."

After finishing medical school in his home country of Egypt, Al-Shabrawey's life path changed after a visit from Dr. Ruth Caldwell of Medical College of Georgia. Dr. Caldwell gave a presentation about her eye research and Dr. Al-Shabrawey was fascinated.

"This is the point where I changed all my interests to focus on research," Dr. Al-Shabrawey said. "I was impressed by her presentation, by the advances in research and she was so kind to invite me as a student to do my Ph.D research with her."

Al-Shabrawey hopes to make this same impact at OU. Increasing the visibility and the recognition of the school is important to him and he plans to do this by recruiting local and international students.

"To increase the visibility and recognition of the school — and the ranking of the school — is to be open to the outside world," Dr. Al-Shabrawey said.

Since his transition to OU in October 2021, Dr. Al-Shabrawey has already made a huge impact on the OU community.

"It's been terrific working with Al-Shabrawey, because 'collegiality' is always first and foremost," Professor of Biomedical Studies Andrew Goldberg, Ph.D. said. "He brings a new vision and level of ambition to the OU biomedical research community, and is seeking to raise the bar on what can be accomplished, both now and in the future."

According to Dr. Goldberg, Al-Shabrawey is working to emulate models that set the standards for how other big universities accomplish their goals and inquiring as to how they can be implemented at OU.

"By cultivating a new sense of excitement and potential, he has been bringing people together to find common interests to build teams and partnerships to move us forward in ways that really showcase how the whole is much more than the sum of its parts," Dr. Goldberg said.

Al-Shabrawey's vast knowledge in his field is what makes him the ideal candidate to direct OU's Eye Research Institute (ERI) and (ERC). Al-Shabrawey is an expert on the study of diabetic retinopathy, which is a major cause of blindness.

"Sixty-five thousand patients a year develop diabetic retinopathy and people with diabetes are 25 times more likely to develop blindness," Al-Shabrawey said. "The beauty of the research is that you can target what molecules and what cells drive this disease and you target them before it happens."

Al-Shabrawey believes the partnership between the ERI and ERC will ultimately be beneficial to translational research at OU.

"This will increase recognition of the university. [It] will increase funding, promote research training programs and promote recruiting great people, so I think this will create an environment which is going to be attractive for new programs and attractive to people from outside," Dr. Al-Shabrawey said. "This partnership was very essential and I am glad that I am here in this position to make this work."



PHOTO COURTESY OF OUWB
Founding Director of the Eye Research Center and Professor Dr. Al-Shabrawey has a goal to increase the visibility and recognition of Oakland University.

School of Business recognized as one of USA's best

RACHEL YIM

Senior Reporter

Oakland University's School of Business Administration was named on The Princeton Review's national Best Business Schools 2022 list, as well as the Best Business Schools in the Midwest and Best Online MBA Programs lists.

The Princeton Review's Best Business Schools 2022 includes 241 business schools across the country that are selected based on data from student and administrator surveys involving approximately 26,000 students currently enrolled in MBA programs at 375 different schools in the U.S.

The student survey included questions regarding their expectations of the program, positive impact on their academics, skills and future careers, faculty and staff and career-related opportunities or services the program offers.

"We commend these schools for their outstanding MBA programs," Rob Franek, the Princeton Review's editor in chief, said. "Each program — on-campus as well as online — offers stellar academics as well as robust experiential components. For students considering an MBA, we present multiple ranking lists. We do not tally a mega-list of best business schools overall because no school, in our opinion, is #1 overall. Our goal, for the more than 25 years we've conducted this project, is to help MBA applicants choose the business schools and MBA programs best for them."

Based on the student survey data provided by the Princeton Review, Oakland University's graduate business students shared the following feedback:

- Professors are "really awesome, helpful and smart."
- "The school benefits from professors connected to the real world and who have worked outside of academia."
- OU provides a "small school experience" where any student "can easily get help from professors" who provide "so many opportunities."
- The school "has the support of many large corporations that recruit out of the student body" and the school truly cares "about connecting you to new opportunities."

"It is gratifying to hear those comments from our students," Paul Trumbull, coordinator of the Graduate Business Programs, said. "They, as always, are my number one priority... to do whatever I can to get them to enroll in one of our Graduate Business Programs at Oakland University, and work even harder to make sure they matriculate to graduation, thus becoming future alumni."



PHOTO COURTESY OF
OAKLAND UNIVERSITY NEWS
Oakland University's School of Business Administration was named on The Princeton Review's national Best Business Schools 2022 list.

Currently, OU School of Business Administration offers nine undergraduate majors with 11 minors, four master's programs and a variety of graduate certificates. With a small student-to-faculty ratio (21-to-one), the business school provides specialized, highly engaging lectures and the environment for each individual student to develop close relationships with the faculty.

"Our rankings and our happy, satisfied, and fulfilled students are due to our professors providing engaging courses with relevant real-world examples, case studies, and action-based projects that many students apply, even the next day on their jobs," Trumbull said. "Our Business Faculty are leading researchers in their fields and very student-centered and focused. They're not only subject matter experts and well-published researchers, they're approachable people who know what it's like to be a student."

Trumbull also credited the location of Elliott Hall as one of the characteristics that allows OU's School of Business Administration to stand out amongst other business schools.

"What's amazing about our university is where we are located - in one of the wealthiest counties in the nation," he said. "More than 50% of global Fortune 500 companies have business locations here in Oakland County. When I look outside my office window, I see the headquarters of Stellantis. The University of Michigan can't even offer that."

To learn more about the programs offered by the School of Business and visit their website.

OU receives gold seal for voter engagement efforts

GRACE LOVINS

Senior Reporter

On Nov. 8, 2021 Oakland University was dubbed a gold seal campus from the 2021 ALL IN Challenge for student voter engagement in the 2020 presidential election.

The ALL IN Campus Democracy Challenge is a national awards program that aims to recognize colleges and universities for their efforts to increase student voter rates. The gold seal award is presented to participating institutions with a voter percentage rate of 70-79% or higher.

For the 2020 presidential election, OU achieved a student voter rate of 73.4% — roughly a 16% increase from student voter rates during the 2016 presidential election.

David Dulio, director of the OU Center for Civic Engagement (CCE) and professor of political science, feels the award demonstrates students' drive to get involved and the administration's support towards engagement efforts.

"It's a credit to the students because they are taking advantage of the opportunities they have — whether it's election engagement opportunities that we offer, Student Congress offers, or just the simple act of participating in the democratic process. So it's a testament to the students and to the atmosphere that

we have that permits us to offer those kinds of opportunities," Dulio said.

Dulio is happy to do what is possible to provide the tools and resources for students to get registered to vote and turn out should they so choose. He emphasizes the importance of voting, specifically in the college-age demographic, by noting it is how our voices are heard.

"I often hear young people say that they don't believe candidates for office, elected officials, pay attention to what their concerns are," Dulio said.

"The issues that are maybe foremost in their minds are not the ones that receive the most attention from candidates or elected officials compared to, say, older Americans. There's a reason for that. It's because older Americans vote at higher rates than young people. There's a way to change that and that's to show your power at the polls."

CCE, along with members of OU Student Congress (OUSC), hosted several student voter engagement events throughout the course of the academic year in order to keep students involved with the election process.

These events included holding a presidential primary caucus — a student event that mimicked the Iowa caucus — hosting speaker and expert on Macomb County presidential-level politics Dr. Stan Greenberg, and holding discussions featuring OU political

science faculty members.

Jeremy Johnson, OU Student Congress' speaker of the legislature, was excited about OU's achievement and personally calculated that OU ranked roughly 4th in the state in terms of the student voting percentage in 2020. Johnson credits the efforts of both OUSC and CCE in helping students get registered as well as the contentiousness of the latest election in driving student-voter participation.

Although he was excited about OU receiving the gold seal, Johnson noted the work is far from over when it comes to voter engagement and accessibility. With the 2022 midterm elections approaching, Johnson has future plans to keep students politically motivated.

Johnson's future plans for student voter engagement transcend individual efforts and focus on institutional efforts on the part of OU administration. He hopes that the administration will implement university-wide policies in order to supplement the efforts of campus organizations in terms of increasing voter accessibility.

"When we're pushing for more institutionalized efforts that aren't just simple events or posters on a wall but they're university-wide programs that can actually get people involved, I think there's definitely a substantive difference," Johnson said.



PHOTO COURTESY OF OAKLAND UNIVERSITY NEWS

For the 2020 presidential election, OU achieved a student voter rate of 73.4%.

His goals include pushing an institution-wide policy of having no scheduled classes on election day — a policy that he proposed to administration with the help of OUSC — creating a page on OU's website dedicated to voter information, and implementing departmental voter-engagement policies.

"To me, making or having OU be an institution that produces more leaders, more active citizens means getting more people to vote. If we want people, after they graduate or while they're here, to be leaders in the community then I think that is synonymous with getting people out to the polls and getting people to make their voice heard as an individual and as a leader in their community," Johnson said.

Rec Center committed to improving student well-being

JOE ZERILLI

Senior Reporter

In addition to the Oakland University Counseling Center (OUCC), another place for students to improve not just their mental health but also their physical health is the OU Recreation Center.

While COVID-19 has caused the OU Rec Center to scale back some events or shifted them online, they have not given up on providing students with help.

When it comes to student well-being, Cortney Heileman — health and wellness coordinator — has had to think outside the box to provide students with an outlet while keeping them safe. The majority of the programs have moved to an online format while events such as pet therapy remain in-person but with fewer people in attendance.

According to Heileman, some students have found that the online format works a little better in terms of convenience. Another positive with virtual is the Rec is able to reach a wider group of people instead of limiting in-person events.

"I think right now in today's day and age, considering we've had to deal with a virtual world for quite a long time now people are getting burnt out and they're experiencing that virtual fatigue, so it can be challenging but ... depending on what the program is, it's going to be better in person, or sometimes virtually just really depends on the context," Heileman said.

Some programs are trying to help break the stigma

surrounding mental health, such as the Green Bandana Project and iPause. Both can be helpful for those who aren't quite sure on where to start but also for those who want to help out.

Employees at the Rec can now also enjoy free wellness coaching and other programs special to them, run by Caitlyn Hennings, the wellness and educational outreach coordinator.

Hennings has incorporated the eight dimensions of wellness into the programs she offers. The webinar Grow Your Greens promotes environmental wellness as well as physical wellness.

"We have a lot of one time programming throughout the semester and then we have really large events," Hennings said. "I try to offer different programs that will help their overall well-being."

On the fitness side, the biggest shift was group exercise, with the Rec opting to do more outdoor activities — weather permitting — and virtual classes to allow people to stay safe while staying active. This has opened some eyes, as virtual classes may be here to stay.

Fitness Programs and Services Coordinator Hailey Forbes said, "I don't think it's going to go away. I think virtual fitness is here to stay for the foreseeable future."

Virtual classes give people the chance to hop into a class when they don't have a lot of time. Even if students aren't interested in doing group classes, the fitness center is still open during online learning.

The entire Rec Center has a common goal of providing a safe space, not just for students, but for everyone in the OU community to utilize. Whether

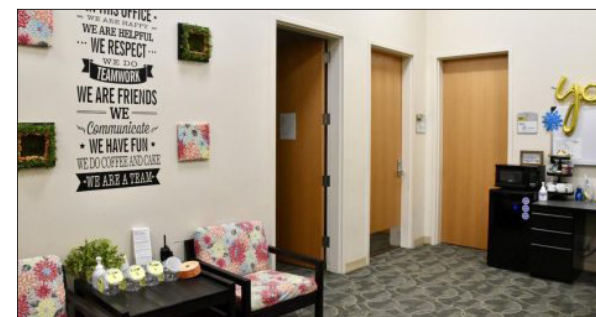


PHOTO BY NOORA NEIROUKH
The OU Rec Center Well-Being Suite.

that's getting involved with these programs or stopping in after a long day to walk the track or play ping pong.

A goal for the future is to collaborate with other organizations within OU to help provide more opportunities for student engagement and to promote their well-being.

The best way to find out about new group exercise opportunities, personal training, student wellness programs and more is the OU RecWell portal. There is also an OU RecWell app that includes all the same features but on the go.

For more information on what OU is doing as a whole, visit the healthy campus section on oakland.edu. You can also reach out to each respective coordinator to learn more about their area.

Leadership OU connects students and alumni for networking

RACHEL YIM

Senior Reporter

For OU students who are looking for various opportunities in their fields, the Leadership OU program connects both graduate and undergraduate students with successful OU alumni, and provides leadership, mentoring and networking opportunities.



PHOTO COURTESY OF AMANDA SILVESTRI
OU alumnus and mentor Nick Siekirk pictured with mentee Rachel Cook.

Leadership OU coordinates a formal mentorship program that allows 15 OU alumni to share their experiences at OU and their journey afterwards with 15 student leaders at OU. It pairs each student with an alumni mentor who has similar interests, and the two will meet via monthly meetings for the duration of the eight-month cohort experience, which runs from September 2022 to April 2023.

“Each student-alumni pair meets on a regular basis over various activities such as on-campus events, job shadowing, video chats, or phone calls,” Amanda Silvestri, student engagement and outreach coordinator, said. “All student/mentor relationships are different, yet many [partners] keep in contact long after the formal conclusion of the program.”

As an engagement and outreach coordinator for OU students, Silvestri’s primary responsibilities include coordinating the Leadership OU program as well as managing numerous student engagement initiatives and events to promote the OU Alumni Association. She often meets with OU alumni, assists in coordinating commencement speakers and attends alumni engagement

campus programs and events.

The highlight of Leadership OU is featuring prominent alumni speakers who give insight on their OU experience, how they got to where they are today, and advice on the topics of leadership, networking and mentoring.

Although the program has taken on a hybrid approach over the past two years due to the COVID-19 pandemic, Silvestri said strong connections have still been made by inviting virtual mentors and speakers who live in different states. Past speakers include OU alumni employed at Fiat Chrysler Automobiles, Beaumont Hospital, Detroit Economic Growth Corporation, Curve Detroit, ABB Robotics, etc.

“It is wonderful to be able to reach different alumni from across the country and I can’t wait to see what other opportunities it can provide,” Silvestri said.

In fact, Leadership OU has received Silver Award for the Best Student Alumni Program in 2015, Bronze Awards for Best Practices in Alumni Relations and Best Volunteer Engagement Program in 2016.

She also emphasized the

importance of the spread of words about the program in order to recruit a diverse population of students and alumni from different backgrounds and fields of study as it will provide participants with an experience abundant in learning from and connecting with others.

“Leadership OU is a wonderful, award-winning program that provides a lot of opportunities for networking and self-exploration,” she said. “It doesn’t require a huge time commitment as the only requirements for students are to meet with their mentor at least per month and attend the 2-hour monthly speaker sessions. The program is not only rewarding, but also fun. As a past student mentee participant and coordinator of the program for the past two years, I can say this program is truly wonderful.”

In addition to a variety of opportunities, students will receive a diploma frame following completion of the Leadership OU program requirements. Students can apply by submitting the online application. To learn more information about the program or the Office of Alumni Engagement, visit their Facebook page or website.

Prepare for career fairs through ‘Expert Advice from Employers’

JOSEPH POPIS

Senior Reporter

It can be difficult for students to obtain internships while they are in college and full-time positions post graduation. Career fairs are an excellent way for students to put themselves out there and possibly land an opportunity within their field of study. Oakland University’s Career Services offers a wide range of help for students.

This semester, Career Services will be hosting “Expert Advice From Employers” for virtual and in-person career fairs. The event will take place virtually via zoom on Thursday, Jan. 27, from 12 p.m. to 1:30 p.m., helping to prepare students for the upcoming in-person career fair on Feb. 2 and the virtual career fair on Feb. 3.

Representatives from the Oakland University Credit Union, Hall Financial and Oakland County will be attending in a panel format. These representatives will discuss various concepts — such as researching employers of interest, professional dress, crafting a 30-second elevator pitch, highlighting skills and experiences, strategies to stand out from other candidates, virtual tips and following up with potential opportunities after the fair. A Q&A

will take place, as well.

“The purpose behind this event is to give students an opportunity to get some advice from employers that are attending the winter career fairs,” Denise McConkey, Career Services career consultant, said. “So they can not only stand out, but make a good positive first impression.”

In the past, this event has seen many students benefit. All students are encouraged to attend and hone their skills to work on becoming more comfortable in career fair settings. Students of any class standing including alumni can attend this opportunity.

“This is a really exciting event. Over the different times we have held it, we have gotten a pretty strong attendance,” Emily Cutlip, Career Services career consultant, said. “It’s something that is multischool, so this event will benefit students of any major and any class standing, even alumni. So really, there is not a student population I feel wouldn’t benefit from an event like this. That’s what’s so exciting — it’s applicable to everyone.”

Students can gain knowledge and learn proper preparation from attending. The concepts covered can also help students ease their nerves and feel more confident when attending

career fairs. Confidence is a significant component when accomplishing success at career fairs.

“Really, it’s an opportunity to take this information and apply it,” McConkey said. “And hopefully, that will also lessen some of the nervousness and anxiety students sometimes feel prior to a career fair and interacting with employers, whether it’s in person or virtual. So hopefully, we can lessen that anxiety and increase their confidence. They are going into this career fair — whether in person or virtual — feeling prepared, confident and that they know how they want to portray themselves and what they are going to say to this employer to promote themselves as a potential candidate.”

The Office of Career Services wants to see students succeed. They offer plenty of resources to students and devote their time to anyone who asks for help.

“At career services, one of our biggest goals is student success,” Cutlip said. “Even me personally as a career consultant, it makes my heart happy when students are able to fulfill their dreams and goals. This is the step to getting there. So career services gain from hosting this event because students gain from this event. We get



PHOTO BY LAUREN REID

The event as it looks on Handshake. “Expert Advice from Employers” is set to take place Thursday, Jan. 27.

to see students succeed, and we get to see students land jobs and internships. And that makes us really happy.”

Students interested in attending the event can register on Handshake. In addition to a variety of opportunities, students will receive a diploma frame following completion of the Leadership OU program requirements. Students can apply by submitting the online application. To learn more information about the program or the Office of Alumni Engagement, visit their Facebook page or website.

Golden Grizzlies' top ten tips for another COVID-19 semester

SARAH GUDENAU

Features Editor

As we enter a fifth semester during the pandemic, I think we all are experiencing some sort of burnout — Zoom fatigue, stress, general lack of motivation, mental health challenges and the list goes on. Here's the Golden Grizzly's guide for another COVID-19 semester.

1. Start with a routine — and maybe a planner

Set your alarm, shower, eat breakfast and plan out time for school and work. Writing down your schedule in planners and calendars are helpful, especially when it's easy to lose track of eternal forum deadlines and ever changing Zoom meetings.

2. Make time for things you enjoy

Speaking of routines, don't forget to include actual fun on your schedule.

"Make sure to do something you love at least once a day whether it be small things like listening to your favorite song, going outside for a little, watching an episode of a show you like, talking to a friend, making time to enjoy each day," says junior graphic design major Jessica Rusin.

3. Stay active

While it may be difficult to be active if you're cooped up at home, try to get outside whether it's your own backyard or going for a ten minute walk around the block (be sure to bundle up though). At home exercises are another great way to stay active.

4. Sleep, sleep, sleep

Establishing healthy sleep habits, getting enough hours at night and maintaining a consistent schedule can make a world of difference.

"One of the most important things is sleep," says senior journalism major Blake Woodruff. "It's very easy to lose track of your sleep schedule with

everything going on. If you don't sleep right it affects your entire day. Everything from what you eat to what you hear."

5. Take frequent breaks

Research shows that regular breaks can actually improve your performance, as they can help decrease stress and exhaustion. Plus, breaks between tasks make great rewards!



PHOTO COURTESY OF OAKLAND.EDU
As we enter into a fifth semester during COVID-19, Golden Grizzlies offer their top tips for a successful semester.

6. Start small

While taking breaks and dividing work into smaller pieces can help, they can't happen without the first step — often the hardest part. Try to make small or short term goals, such as read the first few pages of the chapter or log into your email, which can prevent feeling overwhelmed.

7. Reach out to your professors

If you're struggling with your workload or need extra clarification, your professors are only an email or Moodle DM away.

"Professors are human beings," says Associate Professor of Spanish Dr. Daniel Lorca. "We do what we do because we find happiness when we give what we know to another. During COVID, keep that in mind. We will help if we can — helping is who we are. Reach out. Explain. We are here for you."

For additional homework help, check out the Writing Center and the Tutoring Center.

8. Stay connected

Keep in touch with friends, family or classmates and surround yourself with a supportive community. Check out Campus Labs for a complete list of student organizations to join. The OU Counselling Center also offers free support group and therapy services through July 1.

9. Plan something special

It's always great to have something fun on the horizon to keep you motivated.

"Plan something fun out of the ordinary that you can look forward to both during the current Omicron wave and for when it's safer to do some other things," says Associate Professor of Communication, Journalism and Public Relations Dr. Rebekah Farrugia.

10. Try a journal

Writing about your day or how you're feeling can be a cathartic way to release pent-up emotions, which are certainly at a high.

"... writing into a journal or having an outlet where you can let out some frustrations or concerns takes some of the edge off," says senior journalism major Monique Bedford.

OU professor awarded research grant for Anti-Deep Fake technology

ALEXANDER GUSTANSKI

Senior Reporter

Khalid Malik, an associate professor in the Department of Computer Science and Engineering at OU, was awarded a \$92,000 research grant for his work on a program that can detect deep-faked videos.

A deep fake is a video that has been altered by an artificial intelligence to either change the context or subject. Deep fake programs can alter the appearance or voice of the subject for potentially scrupulous purposes. Legal analysts believe deep fake videos could become a threat to our democracy and could weaken the effect of journalism, so being able to tell the authenticity of a video is essential to public safety.

Dr. Malik is developing a Deep Forgery Detector (DFD), a program that can detect audio-visual forgeries. The tool would look for various types of deep fakes that are used to create fabricated content. Using Deep Learning, Knowledge Graphs and Natural Language Processing (NLP) technologies, Malik's program would be able to detect when a video has been tampered with.

The different types of technology involved in the project make it an exciting research prospect.

"The value proposition of DFD development is its interdisciplinary approach that cuts across multiple areas: cyber security, Machine/Deep Learning, NLP, Knowledge Graphs, etc. This will provide a high

impact across broad areas of forensic examination of multimedia evidence." Malik said in an Oakland University News interview.

The funding comes from the Michigan Translational Research and Commercialization (MTRAC) Innovation Hub for Advanced Computing. MTRAC is a statewide program run by the Michigan Economic Development Corporation that aims to make Michigan a market leader in new commercial technologies. The program donated a total of \$370,000 to different universities across the state to assist in the research and development of innovative technologies. Nearly a quarter of these funds went towards research at OU, which Dr. Malik thinks will help the program.

"This funding will be quite helpful to take our current research work funded by the National Science Foundation to the next level. Particularly, it will help us to focus more on translational aspects of our research," Malik said to Oakland University News.

Malik is hopeful he will soon secure another award to help continue his research.

In addition to developing a reliable DFD program, training people to detect deep fakes is also incredibly important. A study conducted by the Salk Institute for Biological Studies concluded that most people are able to successfully detect deep-faked videos at the same industry-leading leading programs. The participants' opinions on a video's legitimacy were swayed by the results of

a program's analysis, but humans were ultimately more successful at identifying deep-faked videos. This is due to the fact that humans are able to specially process human facial features, and that participants were able to consider the context of the clip they were viewing.

Media literacy skills are going to become increasingly more important as the media people consume becomes more deceitful and subversive.



PHOTO COURTESY OF OAKLAND UNIVERSITY NEWS
Dr. Khalid Malik is working on Anti-Deep Fake technology and Deep Forgery Detector.

Black Student Nurses Association paves way for cultural competence

ARIANNA HEYMAN
Senior Reporter

The Black Student Nurses Association of Oakland University (BSNAOU) has one mission — “to promote unity amongst minority pre-nursing and BSN students, and provide opportunities for service involvement, a support network and leadership.”

Meeting on the first Tuesday of each month, the BSNAOU is also dedicated to raising awareness for health disparities that affect minority groups as well as promoting the value of having diversity in the nursing field.

“I was looking to be able to relate to a group of people that have first hand understanding of being a student of color and going into the health field,” Secretary Tiana Orr says. “I did not know that I would find such warmth, open arms, wonderful conversation and so many others to relate to. Being a part of — specifically [as] Secretary — BSNAOU has allowed for me to have a true sense of belonging, even in the midst of trying times.”

Other BSNAOU benefits include leadership opportunities, career building mentorship and having a support system of people who understand the trials and tribulations of nursing school.

“Nursing school is way different than the other majors,” President Tyra Weathersby says. “What we go through and experience while in the program is just really hard, and having people who get it and are able to talk with you about it — talk you through your feelings, motivate you to keep pushing on and

going and get where you need to be and achieve your goals — is really great.”

During meetings, members discuss a range of topics such as experiences in the nursing program, mental health, jobs and cultural awareness. Bringing attention to the health disparities of minorities is an important talking point for Weathersby.

“People can write things off, and I just want to make sure that cultural competence is something that we’re addressing in our meetings,” Weathersby says. “I want to have guest speakers come and talk

about this more because I think it’s better heard from them than one of us on the board. One of the things that I’m particularly interested in is labor and delivery, and I know minority women have higher mortality rates when it comes to giving birth because the assessments can be a little bit different.”

The organization also does volunteer work. During the fall semester, BSNAOU partnered with the nonprofit organization, Eastside Mutual Aid. The club traveled to Rosa Parks Transit Center in Detroit to hold a food and clothing drive.

“Being able to do something like that was really beneficial. I like the fact that we were all able to experience that and see that. That compassion piece as a nurse is very important,” Weathersby says.

There have also been group discussions on how to make an impact on younger generations. The organization has discussed the possibility of hosting future health fairs and traveling to schools to speak about the field of nursing.

“Young people seeing us in the positions we’re in — hopefully it will inspire them to go into the field too and help solve the diversity issue,” Weathersby says.

Voted as the most trustworthy profession in America in a 2020 Gallup poll, nurses play an indelible role in society and are the backbone of the U.S. healthcare system. The care and expertise that nurses provide cannot be understated, and members of the BSNAOU are leading the way for a new generation of nursing heroes.

For more information about BSNAOU or for those looking to join the organization, you can find them on Facebook, Instagram or via Campus Labs.



PHOTO COURTESY OF TYRA WEATHERSBY
BSNAOU members attended the 2021 Michigan Student Nurses Association Conference.

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Oakland outlasts inferior Wright S

The Oakland Golden Grizzlies women's basketball team defeated the Wright State Raiders on Thursday night by a score of 62-51. With the win, the Grizzlies improved to 7-7 overall and 5-2 in Horizon League play.

Oakland opened the game on a shooting tear, making four of its first six shots in the opening two minutes. After leading 9-2 early in the game, an ensuing Oakland shooting slump gave the lead to the Raiders, and Wright State led 12-11 after the opening quarter.

In the first quarter, the Golden Grizzlies were led in scoring by Breanne Beatty [5], Kayla Luchenbach [4] and C'Erra Maholmes [2].

Oakland got back on track in the second quarter, finishing the

first half with a 30-24 lead. The Grizzlies had strong contributions from Beatty [10 points] and Aaliyah McQueen [6 points]. The Raiders on the other hand, had a miserable half shooting the basketball, with an abysmal 8-33 from the field and 0-10 from behind the arc.

Oakland came out swinging in the second half, once again with nine quick points. The Grizzlies continued to extend its lead behind more strong play from Beatty and McQueen. The Grizzlies held an 11-point lead going into the fourth quarter, leading the Raiders 47-36.

The Golden Grizzlies began to pull away in the fourth quarter, establishing a 16-point lead early in the quarter. The Raiders were unable to string together positive possessions, and were ultimately outmatched by a Grizzly team that had its best defensive performance of the season.

It was a career night for junior guard Breanne Beatty, as she notched a career high in



State, evens overall record to .500

points [16] as well as 3-pointers made [4].

“It just felt really smooth,” Beatty said. “My coaches have been harping on me to not worry about shooting and just play smooth and that’s what I did tonight.”

Beatty’s 16 points was good enough to lead the team in scoring on the night, making her the team’s fourth different leading scorer in its last four games, which Interim Head Coach Ke’Sha Blanton sees as an advantage.

“That’s what makes us so unique,” said Blanton. “It can be someone different every night. I think that’s what makes us so hard to score on and so hard to scout is that we’re a very well-rounded team.”

The Grizzlies have now won three games in a row, and will look to pull away from the cluster of teams behind it in the Horizon League standings. After the game, Blanton gave her thoughts as

to how the team can continue its winning ways heading into the back half of the season:

“They’re really enjoying it right now,” said Blanton. “They enjoy it. We’re having fun, and we just have to keep playing team basketball and everything will take care of itself.”

Oakland held sole possession of second place in the Horizon League standings before losing to Northern Kentucky on Saturday, trailing unblemished Youngstown State by two games. Although the Grizzlies stood alone in second place, there were four teams within just a half game of Oakland. The team will need to be clicking on all cylinders as it faces a tough stretch that will determine where the Grizzlies finish in the Horizon League.



Healthy habits for college students to pick up on

GABRIELLE ABDELMESSIH

Campus Editor

You are what you eat. Well, maybe not literally, but what you eat can have short and long-term health consequences.

Eating healthy can reduce one's risk of heart disease, stroke, diabetes, some cancers and other health conditions. While more research about this link needs to be conducted, current studies suggest that foods high in components like sugar, salt, saturated fats and trans fats can have negative impacts. It is important to point out that this is not specific to any one person's individual risks, genetic factors and physical activity levels, and that you should always consult with a healthcare professional about your particular dietary needs.

Exercise is associated with a decreased risk of chronic diseases, too.

Yes, it seems like a no-brainer that eating healthy foods and exercising is better for you, but what isn't always acknowledged is the amount of time, money and access that is required to do so.

For this week's column, I spoke to Dr. George Howard, chief of the Department of Hematology and Oncology — Beaumont Troy, about what tangible and practical steps college students can take to improve their overall health, as well as share some

free resources available to OU students that can help in reaching that goal.

Whether it be developing healthy eating habits, an exercise routine, or limiting alcohol and tobacco consumption, Dr. Howard emphasized the importance of establishing a routine as a young adult.

So, how do we fit this into our college schedule and budget? Let's discuss:

Healthy Eating Habits

"The path to health when you're older starts when you're making decisions long term about your dietary choices," Dr. Howard stressed. According to Dr. Howard, incorporating whole-food plant-based foods into your diet and reducing consumption of food low in nutrients (minerals, vitamins, and fibers) is a good place to start. "Keeping as whole food a diet as possible is going to lead to all sorts of long-term health outcomes," he said. Meal prepping and having healthier snacks like fruit and unsalted nuts readily available to grab and go can help save some time and kudos to Gen-Z, we tend to already prefer plant-forward meals while also taking pricing and sustainability into account.

Limiting Alcohol and Tobacco Consumption

Alcohol and its potential sugary mixers are also risk factors for chronic health conditions. It doesn't mean that it can't be enjoyed responsibly and safely in moderation, but higher consumption levels increase the risks. Limiting other sugary beverages like soda and coffee drinks should be considered as well. Note to self: less Starbucks, more water!

Tobacco causes short and long-term damage, including cardiovascular damage, cancer and potentially a nicotine addiction that can prolong usage. Oakland University is a smoke-free campus.

Exercise

"You only benefit yourself, from the perspective of energy, brain functioning, good sleep and cardiovascular health through excessing," Dr. Howard emphasized. For adults over the age of 18, 150 minutes of cardio activity (a brisk walk, jogging, swimming, etc.) is recommended a week along with two days a week of activities that strengthen muscles (lifting weights, climbing stairs, yoga, etc.). This doesn't have to take place all at once. Try adding two or three short workout sessions a day. It adds up! That 10-minute walk to and from your car thanks to the joy that happens to be OU parking lots? Consider



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



PHOTO COURTESY OF CDC
A graphic that highlights how much activity you need to stay healthy.

it part of your exercise routine.

These suggestions might seem like just the basics of good health practices, but developing healthy habits earlier in life is fundamental to long-term health and wellness.

If you have any questions or suggestions for future columns, email me: gabdelmessih@oakland.edu. My goal is to make "A Grizzly's Guide to a Healthier Y@U" as helpful as it can be for the university community.

On-Campus Resources:

Golden Grizzlies Pantry
OU Counseling Center
Oakland University Recreation Center
Office for Student Involvement

Police Files: 1/19/2022; Operating under the influence

TORI COKER

Marketing Director

Operating Under the Influence of Alcohol / Liquor OWI

Just after 8 p.m. on Saturday, Dec. 18, an officer from the Oakland University Police Department (OUPD) was contacted by deputies from the Oakland County Sheriff's Office in reference to a vehicle they'd seen veer off of the south side of Walton Boulevard. The deputies had watched as the Red Chevy Equinox made several turns before landing in the ditch upon the third one, leaving a trail of tire tracks marking the trajectory followed before getting trapped in the mud.

While roads were slick and shoulders slushy

beneath the lightly falling snow at the time of the incident, the OUPD officer noticed rather immediately upon arrival that the driver's slurred speech, clumsy movements and glassy, red eyes suggested a different factor at play. The driver was buckled into his seat and donned a disposable mask, responding to inquiries regarding his alcohol intake with claims that he'd consumed two drinks approximately thirty minutes to an hour prior.

As the driver was diabetic, the Auburn Hills Fire Department was called to the scene for a medical evaluation, determining his blood sugar level to be within normal range at 79. The driver struggled to maintain balance, nearly falling over and necessitating assistance when asked to walk up to the ambulance for further evaluation. He denied transportation to the hospital, showing no signs of

a head injury and proceeding to take a preliminary breath test which determined his Blood Alcohol Content (BAC) to be .15.

Due to unsafe road conditions, the driver was then transported to the OUPD — approximately .6 miles south of the site of the incident — for Standardized Field Sobriety Testing (SFST) within the department's lobby/booking area, where cameras were present and the test could be recorded. Following the test's exposure of the driver's horizontal gaze nystagmus, inability to retain balance during the walk and turn/one leg stand, and repetition of a number during a counting activity he'd been able to complete the first portion of, another breath test registered a BAC of .13 at 9:27 pm. The driver was then photographed and fingerprinted before being transported to Oakland County Jail.

Students turn dance celebration into protest

GRACE LOVINS
Senior Reporter

On Nov. 24 as Elliott Clock Tower struck 1 p.m., five students gathered around for a dance party. Approaching the end of the semester, then senior, Jenna Amore, organized the dance party as a celebration of student accomplishments during another semester in a pandemic.

Amore and her peers also used the dance party as an opportunity to protest the administration's lack of recognition for the exhausting semester that, once again, students persevered through.

She arranged the dance party as part of an end-of-the-year assignment for her senior thesis class — "Love and Political Violence." The assignment prompted students to be part of the community and fight for something that they believed in. Amore, also feeling the burden of another difficult semester, decided she wanted her project to be both a celebration and a protest.

"I thought these students have had such a hard semester and nobody is really taking notice, so I wanted to have this dance party to celebrate that, but I kind of turned it into something a little more political," she said. "I realized our university is not really doing a whole lot to celebrate us as students and it seems that they're flaunting all these new projects and expensive stuff and they're not prioritizing their students. I kind of arranged the dance party so it could be somewhat of a protest against the administration and how they're not really prioritizing their students."

The protest also featured signs saying, "The end of the semester is here! OU won't celebrate you but we will! Join our dance party!" and "Increased tuition? Undervalued staff? Presidential House Tour? Enough!"

Amore, being a writer for StudyBreaks Magazine, took to her platform to write an article about her project and how dance itself is used as a form of protest. In

her article, she notes how dance connects diverse communities and offers a medium of expression that replaces the need for words and emphasizes action.

Amore also says in her article, dance as a form of protest has a long history and has seemingly grown in popularity, as seen in recent movements: Jo'Artis Ratti danced in front of policemen in Beverly Hills, CA after the killing of George Floyd, and a few months later, a group of demonstrators danced in celebration of Juneteenth in Manhattan, NY.

So, why do people dance instead of using other forms of peaceful protests?

Thayer Jonutz, associate professor of dance and director of OU Repertory Dance Company, noted how different forms of peaceful protests, like sit-ins or marches, often incorporate elements of dance or choreography, meaning they're not so different from each other.

"I think that protests where people are physically in spaces there's a form of choreography to those protests. When you take a look at the movements — the spacing, how close the bodies are to each other when they're in those spaces, the crescendos that happen as things start to either get agitated or energy starts to build — there's certain gestures and postures that start to coagulate throughout the masses," Jonutz said.

"When you think about Black Lives Matter, what was the most iconic thing that you saw? This fist in the air. That's a gesture. That's like, for me, when I look at it through the lens of a dancer, that's choreography, that's unison, that's the collective pull — the power that comes from amplifying a gesture like that with hundreds of people."

Jonutz has organized two dance protests in the last two years outside of Elliott Clock Tower, featuring OU dance students. In 2020, the dancers focused on a generalized theme incorporating a prop: a book with the question "What is your protest?" that the audience could sign. In 2021, the dancers protested the anti-abortion

laws being argued in the Texas Supreme Court.

Jonutz also said that dance has continued to grow in its mechanism to protest and has even demonstrated forms of protest in the field itself such as shifting from classical dance to modern or contemporary dance. The modern form of dance stemmed from Isadora Duncan's rejection of classical elements and transition into more natural movement and a reexamination of body politics.

Amore hoped that even if people did not join their protest, students would know someone was celebrating their accomplishments and wanted to make whoever watched them smile.

"I think that dancing is something that anybody can do no matter what. I think that it starts off as something that's just fun and relaxing," she said. "Once you realize you're a part of something bigger it can be a little anxiety-provoking, but I think that — I would hope that — it would be warming to be a part of something bigger and fighting for this cause by doing something anybody can do."



PHOTO COURTESY OF JENNA AMORE
Recent OU alumna, Jenna Amore, and four other students gathered on Nov. 22 around Elliott Clock Tower to celebrate student accomplishments while protesting OU administration.

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‘Scream’ (2022) is bringing back the past in a good way

BRIDGET JANIS

Managing Editor

Classic horror movies are once again coming back around. First — another “Halloween,” another “Saw” and now, another “Scream” (2022) has made its way into theaters.

The fifth installment in the “Scream” franchise, “Scream” (2022), has been released and is back to its old habits. The film was enjoyable and I’m happy it was released, even though it wasn’t completely necessary, but classics always come back!

Ghostface is one of my favorite classic killers, next is Jigsaw, but I just love the playful banter he has to offer with the phone and the games he plays. The kills throughout this film were great and everything you could ask for in a “Scream” movie. The flow of this film feels supernatural — also cheesy — but nothing feels forced. It is the right mix between, “we are following the original” and “here’s something new.”

The movie follows a group of friends with connections to past “Scream” movies as they play to the whole idea of acting like they are in a “Stab” movie (their variation of “Scream” in that universe). And, the group of friends quickly realize the new Ghostface is just trying to create the next “Stab” movie.

Now when it comes to the queen of the “Scream” movies, Sidney Prescott (Neve Campbell), she is the main character — one that is hard to beat. Campbell has been amazing throughout the whole “Scream” franchise. She will always be the best part of the films.

When it comes to Sam Carpenter (Melissa Barrera), who just so happens to be the daughter of Billy Loomis (Skeet Ulrich) — the character was fine, but the actress, Barrera, was the worst part of the whole film. Her acting was so fake and very cheesy, and I just couldn’t get into her as a character because I wanted to laugh at everything she said. Although the movie had so much potential and was super good, she was the biggest flaw of the whole production, and something I will be bringing up every time this film is mentioned.

In the original “Scream” (1996), the friends have some finger pointing casual talk to convince the audience to look at the friend group for the killer. But after the first adaptation, that didn’t continue on in the next couple films as it seemed to be more of a given. But “Scream” (2022) brought that feature back, and it came back hard, with very persistent and aggressive finger pointing. Made me think — “wow, you guys actually aren’t friends” with how aggressive it was.

Also, “Scream” (2022) should have just been named “Scream 5” since it’s

somewhat annoying when films use their original name again, it makes it harder on everyone to discuss it. Anyways, “Scream” (2022) takes place 11 years after “Scream 4,” which takes place 11 years after the trilogy ended with “Scream 3,” tries to bring into this new light — but it’s a return of a return. “Scream 4” was created because it was the return of Ghostface as he’s back. Now “Scream” (2022) is trying to do the same thing again but with more of a family connection angle, but this does not mean the return hasn’t been done.

I will say, the characters all having connections to past characters was a great addition, a great way to bring back old ideas in a new way — but doesn’t make it original. However, “Scream” (2022) does it way better than “Halloween” (2018) did. I was very impressed with the way the directors made this film work.

This seems to be the first film made without Wes Craven, whom the film is dedicated to. It shows somewhat that his absence is present, but I think Matt Bettinelli-Olpin and Tyler Gillet, the directors mostly known for “Ready or Not,” were a great choice to take on the franchise as “Ready or Not” fits the vibe that “Scream” goes for. Most of the time when franchises change directors, or the original director has died it can mean a dead end that results in a worse film than

ever but I would disagree — that did not happen for “Scream” (2022) and it’s even better than “Scream 3.”

So, to wrap it all up, what’s your favorite scary movie?

Rating: 4 out of 5 stars



PHOTO COURTESY OF IMDB
“Scream” (2022) is the fifth establishment in the “Scream” franchise.

‘One True Loves’: YA masterpiece we’ve been waiting for

D’JUANNA LESTER

Senior Reporter

“One True Loves” by Elise Bryant was a book that I discussed in my Exciting January 2022 book releases article. Now that the book is out, and I’ve read it, I wanted to give a proper review.

The “Happily Ever Afters” author absolutely knocks it out of the park with this companion book. “One True Loves” follows Lenore Bennett — Tessa’s fashionista best friend who is spending the summer break post graduation on a dreamy European vacation. The story follows her journey of love and self discovery in a way that a romance lover could only dream of.

Not only does this book have impeccable, top tier romance that leaves readers wanting more, but it’s also a story of a girl coming into her own and discovering what she really wants to do with her life post graduating high school.

Lenore embodies so many relatable traits that makes her such an iconic

Black lead. This story was magical for Black girls in the young adult (YA) romance genre, and one that many of

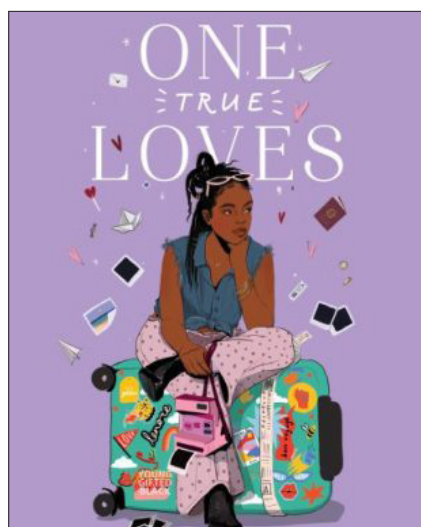


PHOTO COURTESY OF ELISE BRYANT
Elise Bryant’s YA romance “One True Loves” came out on Jan. 4..

us have been waiting for as we don’t get the chance to be featured like our counterparts. When it comes to looking for a book where girls can see themselves, I didn’t have much of that growing up — so many of us didn’t. We just got used to never being featured in a story, and when we were, it was stereotypical side characters next to the pretty blonde white lead. Having a story for us that felt genuine was such a wonderful experience.

Lenore is such a relatable character. She’s someone that a lot of people can see themselves in. Her struggles are something that many people go through when they graduate high school. There’s something so beautiful about reading the journey of a girl going through the struggles of trying to figure out your major in college. As someone who’s changed their major twice, I felt.

She’s also very pessimistic about love, something else I can relate to. The obstacles of dating as a Black girl were explained in a way that didn’t feel forced — it felt raw. It felt like I finally had a story that encapsulated my high school

(and college, let’s be honest) experience.

Bryant does a beautiful job of creating characters. My favorites from “Happily Ever Afters” returned for this book, and reminded me of why I loved them. Tessa and Lenore have such a real and relatable friendship that makes me want to reread this book over and over again. Lenore’s love interest Alex is also such a complex character — not a typical rom com love interest. He had depth and felt like a character, not a caricature. The Bennett family felt like authentic characters. They all had stories and complexity outside of their relationships with Lenore. Their family dynamic was also a factor many people love about Bryant’s books.

This book was such an experience. The obstacles and hardships that all of these characters went through told a story. There’s so much to love about it. The love story felt real and pokes fun at the cliché love tropes in a way that’s hilarious to read. This is a book I plan to read several times and definitely recommend!

Rating: 5/5 stars

'The Matrix Resurrections' — a subversive reboot

ALEXANDER GUSTANSKI

Senior Reporter

Last month saw the massive release of "Spider-Man: No Way Home." Audiences flocked to theaters to see their favorite heroes and villains from three different incarnations of the Spider-Man franchise, and the film gained the distinction of being the first film to gross over one billion dollars since 2019.

Anything running against the incredible Spider-Man was destined to bomb at the box office, including the latest entry in the long-running Matrix franchise, "The Matrix Resurrections." The fourth "Matrix" installment takes a critical look at franchise filmmaking and the state of safe modern filmmaking.

The film was created by one half of the Wachowski's, Lana Wachowski, as a way for her to process the loss of her parents and a close friend. Lana allowed her fictional characters Neo and Trinity from her films to come back to life in her mind, and she was inspired to continue their eternal struggle against the machines. Also returning to the franchise are Neo and Trinity's actors, Keanu Reeves

and Carrie Anne-Moss, respectively.

In "The Matrix Resurrections," Neo is trapped in a new matrix after he died at the end of the previous installment. Thomas Anderson, Neo's alias inside the matrix, is a successful yet mentally troubled game developer. Anderson used his manic delusions to create a trilogy of video games the audience will recognize as the original "Matrix" films. The simulation begins to break when Anderson's coworker, who is the villain agent Smith in disguise, tasks him with creating a new matrix installment.

The film uses the metaphor of an in-universe video game reboot to examine what it's like to be a creative being forced to sacrifice their integrity. Smith bleakly tells Anderson at one point that Warner Brothers will reboot the matrix with or without their involvement, so they might as well try to hold on to their creation. Later on in the movie, we find out Neo and Trinity had their corpses resurrected by the machines, which in a meta-textual way represents how studios often dig up the graves of their own intellectual properties for a quick and easy payday.

This film is essential for the modern film landscape. The box office is dominated by movies from the Marvel and Star Wars franchises

which are both owned by Disney. Disney's entire empire is built on the ideas of late creators such as Walt Disney and Stan Lee whom they metaphorically defile the graves of. Franchises will continue to get new installments even after all of the creators are gone. The "Matrix" films have always relied on their auteurist approach, and hopefully they never make any "Matrix" films without the Wachowskis.

This film also is an interesting piece as it's the first "Matrix" film to release since Lana publicly transitioned genders. In the years following the release of the "Matrix", many viewers began to tie the themes and symbolism of the film to the trans experience. One notable tie was the iconic red pill was the same color as estrogen pills in the late nineties. These themes come full circle in the newest "Matrix", as it's Trinity who becomes the one and flies at the end instead of Neo.

"The Matrix Resurrections" is a polarizing film to audiences, because it was a blockbuster only made for one woman, and I find that to be incredibly admirable.

Rating: 4/5 stars



PHOTO COURTESY OF IMDB
The fourth Matrix installment to hit theaters.

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Head volleyball coach Rob Beam resigns

MATTHEW SCHEIDEL

Sports Editor

Rob Beam has resigned as head coach of the Oakland University volleyball program after 15 seasons, according to a press release that came out Friday afternoon.

Beam said in the release that he wanted to pursue other opportunities and spend more time with his family.

“While it has been one of the great joys of my life to be the head volleyball coach at Oakland University, I have decided to step away from the program to pursue other opportunities both in and out of volleyball, as well as dedicate more time to be with my family,” Beam said. “I will remember fondly the student-athletes, coaches, families, staff members, and fans from my 16 years as a Golden Grizzly. Oakland University is a special place and I wish everyone here the very best as they pursue a bright future.”

Beam was beloved by his players for the family-like culture he instilled. Star senior Linday Wightman said back in October that she loved his positivity.

“It felt like a family,” she said. “The coaches, especially Rob [Beam] cares about every single one of us for who we are as a person, not just

as a volleyball player. And that stuck out to me because I feel like that’s really something that doesn’t come along very often.”

Junior setter Annabelle Tomei had similar sentiments about Beam’s culture in October as well.

“It was a family environment,” Tomei said. “They learned about me before I even came here,



PHOTO BY JOSE JUAREZ
Rob Beam has resigned as Oakland University’s head volleyball coach.

and took the time to get to know me,” “Then I went and they offered.”

Beam took over the volleyball program in 2007 and led Oakland to its first-ever Horizon League Championship in 2014. The Golden Grizzlies earned the league’s automatic bid to the NCAA tournament, the second appearance in program history, falling to Kentucky in Lexington, Kentucky.

During his time at Oakland, Beam recorded an overall record of 222-207 [.517] and 137-107 [.561] in conference play. Under Beam, the Golden Grizzlies finished fourth or better in the conference standings nine times.

Athletic Director Steve Waterfield thanked Beam for his services.

“I appreciate Rob’s service and contributions to the athletics department and campus community the past 15 seasons,” Waterfield said. “Rob’s focus on academic, athletic, and personal development benefited numerous student-athletes during their time at Oakland University and helped position them for future successes. I wish Rob and his family well and hope he has much success in the opportunities he pursues.”

The search for Beam’s replacement will start immediately. In the meantime, Associate Coach Amber Hildebrandt will serve as Interim Head Coach.

Michigan State hockey drops two against Wisconsin

REECE TAYLOR

Sports Reporter

The Michigan State University Spartans ice hockey team lost two straight matchups vs. the University of Wisconsin Badgers on Jan. 14-15 at the Kohl Center in Madison, WI.

Michigan State entered the matchup with a .500 record, albeit with a losing record against Big Ten opponents, but looked to get back to winning ways after dropping two straight vs. the Minnesota Golden Gophers. The Badgers were on a similar losing streak, having a sub .500 record and comparable record against the Big Ten.

In their first matchup, the Badgers and Spartans traded goals early in the first period, before the Badgers scored two straight goals to close out the first period 3-1. Michigan State battled back, scoring a pivotal goal at the end of the second period, bringing the Spartans within striking distance. In the third period, it was all Badgers, who scored two power-play goals to put the Spartans away 5-2. Credit to Badgers sophomore forward Mathieu De St. Phalle, who scored two for them and lead both teams in scoring.

On Jan.15, the Spartans looked much better, gaining control early in the second period, scoring two goals to put Michigan State in the driver’s seat

early. Unfortunately for Michigan State, power plays would once again plague them in the third period, which saw two unanswered goals, including another score from De St. Phalle, which would ultimately put the Spartans down, 3-2.



PHOTO COURTESY OF LAUREN DEMAY
Senior defender Christian Krygier (15) watches as Wisconsin attempts to score a goal during the third period while guarding another player.

Despite the overall losing record, much credit is due to Wisconsin, who got their revenge against MSU, who swept an early-season meeting at the Munn Arena in East Lansing. After a pair of ties against Providence College and Ohio State University, Wisconsin gets their first win in 2022 as they look to build on this win before facing against the Big Ten-worst Penn State Nittany Lions on Jan. 21-22.

Michigan State University finds itself below .500 on what has been a rough start to 2022. The Spartans won their last matchup vs. Michigan Tech, but have yet to earn a win in the new year. The Spartans have dropped four straight, and with both losses coming off of power plays, this is a team who looks to work on their mistakes before matching up with the top three Big Ten teams over the next three weeks, culminating with the annual Duel in the D with top-ranked University of Michigan Wolverines on Feb. 12.

In a battle of two teams looking to gain momentum, both games came down to execution and which team would commit fewer mistakes. With both teams looking at a hard schedule over the next few weeks, this turned into a must-win situation for the Spartans and Badgers. In a battle of attrition, the Badgers brought out their inner honey badger in an effort to fell the Green and White warriors.

Women's basketball loses to Northern Kentucky

MATTHEW SCHEIDEL

Sports Reporter

The Oakland University women's basketball team [7-8, 5-3 HL] fell to the Northern Kentucky Norse [11-3, 5-2 HL] 79-67 Saturday afternoon at the O'Rena.

The win allowed the Norse to surpass Oakland in the Horizon League Standings as the Golden Grizzlies fell all the way to fifth place.

Oakland had five players enter the scoring column before the first media timeout, led by transfer guard Aaliyah McQueen with five quick points. Kayla Luchenbach was a force underneath in the first quarter with six points and two rebounds of her own. The Grizzlies and Norse were tied at 20 after one quarter.

In the second quarter, after a few minutes of back-and-forth action, the Golden Grizzlies would go ice cold. They would go on a scoring drought that would eclipse the seven-minute mark. They couldn't buy a bucket and kept turning it over. Luchenbach finally ended the drought with a buzzer beater to end the half. But by that time, Oakland was already down big. Northern Kentucky led 40-28 at the half.

Interim Head Coach Ke'Sha Blanton said they "just stopped hitting shots" in the second quarter.

"We have times where we just go into droughts and we got to find a way when we're not hitting the three to start attacking the basket," Blanton said.

The Norse scored 14 points off Oakland turnovers in the first half, compared to just two for the Grizzlies off NKU turnovers.

The Golden Grizzlies would find their stride again offensively to start the second half. They were mostly getting it done in the paint. At the 4:32 mark in the

third quarter, C'Erra Maholmes would drive and score to get the lead down to four, forcing a Northern Kentucky timeout. Oakland did their best to keep up, but Northern Kentucky kept the pressure on. The Norse led 57-51 at the end of the third quarter.

Maholmes and Breanne Beatty led the team with 12 points apiece entering the fourth quarter.

With 8:19 left in the game, NKU missed a free throw but was able to get the rebound and putback to put the Norse back up 12. That sequence sums up this game quite nicely. Northern Kentucky was just always one step ahead. At the end of the day, Oakland couldn't get enough stops and lost the turnover battle. Northern Kentucky would take this one 79-67.

Luchenbach tied a career high with 18 points, and Beatty set another career high with 17 points, surpassing her previous career high of 16 which she set Thursday night against Wright State. McQueen also set a career high with 13 points.

"That's what I love about this team," Blanton said. "Everybody's so unselfish and they're not looking to get theirs. They get it off of people attacking and passing and just making plays. I'm very proud of them. They're getting opportunities that they hadn't had before, and they're taking full advantage of them. They're all great kids, so to see them have success on the court is really great."

Star senior guard Kahlaijah Dean had missed the past few games. Blanton confirmed that it was indeed injury-related, and she has no update at this time.

"That's something I gotta go find out and we've got to sit down with our doctors and figure out what's going on," she said.

The Golden Grizzlies will be back on the blacktop on Thursday, Jan. 20 at 7 p.m. when they take on arch rival Detroit Mercy.



PHOTO COURTESY OF OAKLAND UNIVERSITY ATHLETICS
Brianna Breedy dribbles the ball down the court against Northern Kentucky on Jan. 15.

Meet valuable women's basketball player Alona Blackwell

BROCK HEILIG

Sports Reporter

Alona Blackwell may not stuff the stat sheets, or make the highlight-reel plays, but every good basketball team needs a player like her. Whatever role the team asks her to play, whether it be off the bench or in the starting lineup, Blackwell can be trusted to produce quality minutes in her time on the floor.

Blackwell, a 5-foot-10 junior guard, attended East Kentwood High School in Grand Rapids, Michigan. As a junior, Blackwell helped lead the team to a perfect 20-0 regular season, and a state runner-up finish. She averaged 17.6 points, 4.6 rebounds, and 5.3 assists per game in her junior year.

In her senior season, Blackwell was selected as First-Team All-State, and was a McDonald's All-American nominee. She finished her career as the school's all-time 3-point leader with a staggering 253 made 3-pointers throughout her time in high school. Blackwell accumulated 1204 career points in her time with East Kentwood.

All in all, it was a very decorated high school career for the talented guard, but the journey was not over. As the transition from high school to college crept closer and closer, Blackwell ultimately decided to achieve her lifelong dream of playing Division I basketball by committing to Oakland University.

"[Coach] Tungate was really cool," Blackwell said on why she chose Oakland. "He would always come to my games and I just liked the environment and the team culture."

In her freshman season in a Grizzlies uniform, Blackwell made an immediate impact. She was selected to the Horizon League All-Freshman Team, and scored in double figures 12 times in her first season with the team.

"Coming in as a freshman I was known as just a shooter, and really that was kinda it like I didn't do much else but shoot, but now I'm doing more rebounding, playing more defense, and attacking the basket more," said Blackwell. "I've added a lot of different aspects to my game to help the team."

As a sophomore, Blackwell improved even more, starting in 23 of the team's 24 games last season. She averaged 10.5 points and 3.3 rebounds per game



PHOTO BY MAGGIE WILLARD
Alona Blackwell guards an opposing player against Wright State on Jan. 13.

in 31 minutes per game in her second season at Oakland.

Now, as a junior, Blackwell is leading the team in ways that might not always show up on the stat sheet. She is averaging 5.1 points and 2.5 rebounds per game, but when the team needed her most against Purdue Fort Wayne, she stepped up.

Down two with just 1:28 to go in a road matchup against the Purdue Fort Wayne Mastodons, Blackwell sunk a clutch 3-point shot to give the Grizzlies the lead as the game was nearing an end. Then, on the ensuing possession, Blackwell made another jumper to give Oakland full control of the game with just 43 seconds to play. The Grizzlies would go on to win the game, led by Blackwell's valiant effort.

"I just had to be ready to knock the shot down, and the layup," Blackwell said. "My teammates all believe in me and the coaching staff, so I just needed that confidence just to knock it down, like I wasn't making a lot of shots during the game, but I just had to be locked in to knock that one down so we could win."

Blackwell will continue to make an impact on and off the floor, with her play and with her leadership as the team heads into a crucial stretch of the season which will have huge Horizon League Tournament seeding implications.

"Keep holding that same dog mentality," Blackwell said. "Continuing to build my confidence and do different things to help the team win."

Grace Nolan: Love the major, love the sport

JOSEPH POPIS

Senior Reporter

Being a student-athlete at the collegiate level can be challenging in many aspects — playing a sport while pursuing a degree takes discipline and good time management skills. Time is a finite resource, especially for these athletes. Grace Nolan gave insight into her experiences balancing life as a student and athlete.

Nolan, a junior studying biomedical science with the goal of becoming a physician, is also on the track and field and cross country teams. Growing up playing sports such as gymnastics, soccer, cross country and softball, she later realized her love for running and decided in high school to focus on it.

Despite the challenges of balancing school and sports, Nolan says her passion for running is what keeps her motivated.

“It’s hard, but I think you just have to love both,” she said. “If I didn’t love my major or if I didn’t love the sport, it wouldn’t be possible. So I think it just comes down to if it’s something you are passionate about, you make time for it. It never feels like too much because there is nothing else I’d rather be doing between either.”

Like other college students, Nolan isn’t immune to semester struggles.

“It can get overwhelming, my roommates and I were actually just

talking about this the other day,” she said. “You’ll be having a solid week in school, but it’s like, oh man, tough practices. Or it’s like you had a great race, but I’m behind on school work, and I’m stressed out. That can be hard because it is hard to be winning at both. I think that just comes from trying to find a balance of putting your focus on both. I think missing that time to work on class for travel and stuff can be pretty overwhelming. Like I said before, if you love both, you’ll find the time.”

The OU cross country team had a successful season in the fall while facing challenges. Like most sports teams, COVID-19 did not help as it put a roadblock in their journey to success.

“I think our team performed really well as we ended up coming in second in the Horizon League Championships,” she said. “We were really hoping for that win, but we faced a lot of challenges. A few people, myself included, faced some minor injuries here and there. Also, the COVID-19 situation last year really prevented us from doing a lot of the team training. So I think coming out of that and still coming together this fall and pretty much picking up where we left off a whole year before — I think we did a pretty good job. [I think] we have a pretty good shot at a win next fall.”

In the past cross country season, Nolan experienced a few takeaways — including patience and the ability to bounce back from adversity. Due to health issues, this was her first season competing.

“For me, even though it was my third year on the team, it was only my first year being able to compete in cross country because of health issues,” she said. “I think my biggest takeaway from that is patience is key. If it’s something you love, you can come back from anything. For a while, I was doubting if I could make a comeback. I think I’m still working at it, but you can come back from anything, especially when you have a team that supports you.”

As track season gets underway, Nolan has high hopes for the season: team success as well as individual success in long-distance running. The ultimate goal for Nolan is to make it to the Horizon League Championships.

“I’d love for our team to place well at the Horizon League Championships meet,” she said. “As far as an individual goal, training for the mile is tough because that is not really my specialty. But I guess looking to outdoor when I move up to longer distances, I’d love to make it to the Horizon League Championships in the 5k and hopefully place, but I gotta make it first.”

Nolan is looking forward to getting back to what she loves. Collegiate practice is challenging, but it still is an exciting part of her day.

“Just being back to doing what I love,” she said. “It just feels so good to be part of the sport again after some much time away. Continuing to work hard with my teammates every day. Going to practice can be a brutal grind sometimes, but it’s still the best part of my day.”



PHOTO COURTESY OF OU ATHLETICS
Grace Nolan discusses balancing academics and athletics with a busy schedule.

Golden Grizzlies track and field team start season at the SVSU Meet

CHRISTIAN TATE

Sports Reporter

The Golden Grizzlies’ Track and Field team opened up the new year with their first meet this past Friday, heading back to Saginaw Valley State University to compete in the SVSU Classic.

In their first indoor meet, the athletes representing the Golden Grizzlies would set an astounding 45 personal records with their performances. Three of those personal records were so impressive, that they would go on to set indoor school records for the sport.

Lauren Christian, the current junior [then sophomore] shot-put standout and recipient of the the Student Athlete of the Year Award, would reach a distance of 45 feet and 2.5 inches in the shot-put competition. She now holds both the indoor and outdoor shot-put school records for Oakland.

Christian was not the only athlete to star during that meet, as junior Azsah Bradley would go on to blitz the competition as a sophomore and take home the indoor school record in the process as she finished the 60-yard dash with a time of 7.52 seconds. She would also finish second in the 200-yard dash with a time of 24.85 seconds.

The men’s 4x400 relay team would also like a repeat of their success from their last meet, as the entire team would go on to set an indoor record during the competition. The team, composed of

sophomore Ray Braziel, junior Eddie Harrell III, junior Justin Kudara and freshman Gabriel Singh would blaze the trails and set a record time of 3 minutes and 14.93 seconds.



PHOTO COURTESY OF AP ARCHIVES
The Oakland track and field team had their first meet of the season on Friday.

Singh, in what was his collegiate debut, would be the standout star of the competition as he would notch place third in the 400’s with a time of 50.01 seconds and come in first place during the 200’s with a time of 22.13 seconds.

These standouts are not the only athletes hoping to repeat their star-making performances at this year’s SVSU Classic. Graduate Student Maddi Leigh won last year’s mile race with a time of 5:09.55 and senior Megan Nichols would take home the win in the 5000-meter run with a time of 17:49.59.

Alongside these performances, senior Connor Goetz would also place first in the 5000-meter run with a time of 14:51.39 and junior Chandler Lorf wouldn’t be too far behind him, finishing second in the same race.

Senior Paige Sanders would place first in the long jump competition with a distance of 16 feet and 2.25 inches. Senior Megan Kusler would tie for first in the pole vault with a height of 10 feet and 8.75 inches, while sophomore Alexis Hunter and senior Hannah Hall would finish first in the triple jump and second in the high jump with a distance of 35 feet and 11.5 inches and a height of 5 feet and 2.5 inches, respectively.

The Golden Grizzlies will look to continue their success all season long with this and every meet that follows it.

Men's basketball wins close Cleveland State game

REECE TAYLOR

Sports Reporter

The Oakland University Golden Grizzlies men's basketball team took the top spot in the Horizon League after defeating the Cleveland State University Vikings 70-65 in an intense matchup in Cleveland on Thursday, Jan. 13.

The Golden Grizzlies, who were 3-3 on the road entering the game looked to upset the Vikings who were 8-1 at home. Both teams entered the anticipated matchup with the top records in the Horizon League, Cleveland State at No. 1 and Oakland at No. 2, and carried undefeated records within the conference, making a battle of the unbeatens.

Beyond a top-seed struggle, the Golden Grizzlies and the Vikings have had quite the history together. Historically, neither team has been able to keep an advantage over the other, with both sides having 11 wins head to head against each other, with Cleveland State winning three straight vs. Oakland, including two straight in the O'rena. This intense rivalry made for an emotional and physical match.

The first half started slow for Oakland, as turnovers and cold shooting led to the top-seeded Cleveland State leading 16-7 in the first five minutes of play. Cleveland State deserves credit for their early lead as they set a defensive tone early, forcing Oakland into an unnatural rhythm. Oakland responded by playing from the inside out, staying aggressive and getting into the paint and drawing fouls to regain control of the pace, before a pair of

free throws by graduate student forward Jamal Cain would give Oakland the first lead of the night going into the half 33-32.



PHOTO BY SERGIO MONTANEZ
Men's basketball defeats Cleveland State on Thursday, Jan. 13 in Cleveland.

The second half saw Cleveland State with a pair of scores to give them an opening lead, but from there, it was all Oakland. The Golden Grizzlies

turned up the defensive pressure and became more aggressive, heading to the line 12 times, making nine, to control the pace of the game. Oakland had four players with double-digit scoring, led by freshman forward Trey Townsend with 20, as they were able to fend off the Vikings and win the game on the road 70-65.

Though a high intensity and much-anticipated matchup for both teams, questions surround both teams as they recoup from the physical and emotional matchup. Oakland's defense forced numerous turnovers and was able to lead both teams in transition, outscoring them 16-7, but was outmuscled on rebounds by Cleveland State, who took the rebounding battle 42-34, including two players with double-digit rebounds, where Oakland had none. Oakland was able to stay aggressive against the Vikings, who spent much of the game in foul trouble, and the latter team was unable to capitalize on their trips to the line, converting on 4-12 free throws, including an ice-cold 1-8 in the second half.

Despite struggles, Oakland and Cleveland State had an intense back and forth game that saw multiple lead changes and no lead larger than nine as the two heavyweights of the Horizon League battled for the No. 1 seed.

Oakland will battle the Milwaukee Panthers on Thursday, Jan. 20 to stay undefeated against Horizon League opponents.

Men's basketball defeats rival Purdue-Fort Wayne

CHRISTIAN TATE

Sports Reporter

With an amazingly dominant second half performance, the Golden Grizzlies fought back from a deficit and won their game against the Purdue-Fort Wayne Mastodons on Saturday.

Despite the fouls called on Jamal Cain [he would get four fouls in the first 10 minutes of the game], the first half of the game was an astounding display between two evenly matched offensive teams, as they would trade buckets back and forth for the duration of the game. The Golden Grizzlies would only hold a lead once late in the first half, despite tying up the game several times.

Every time the Mastodons would gain momentum and try to pull away with one of their leads, the Golden Grizzlies would grab on and catch back up with another offensive burst. Both teams were playing solid defense, as the score would stay deadlocked at 24-22 for multiple minutes before any movement could be seen on the board.

The first half would end at a score of 36-30, with the Mastodons heading into halftime with the lead. Coming out of the half, both teams would continue

their stellar defensive efforts to halt the score at 38-33 for a few minutes.

The Golden Grizzlies would start to pick up steam and would grasp their first lead of the second half on the back of a Micah Parrish three-point shot. This would be a lead that the Grizzlies would never surrender, as they would ride the wave of momentum out to the final bell. The final score would end at 76-68 in favor of the Golden Grizzlies.

Over the course of the game, both teams would struggle with their shooting until the final bell. The victors, the Golden Grizzlies, would just slightly edge the Mastodons in both field goal and three-point percentage, shooting 43.6% versus 39% and 30.4% versus 28.9%, respectively. Despite this, the Mastodons would lead the Grizzlies in every other major stat category.

The bad part about this is they also led the Grizzlies in total turnovers and fouls, with 13 turnovers to the Grizzlies' 12 and 23 fouls to the Grizzlies' 15, which [when coupled with their poor shooting numbers] would spell out their failure to hold on to the lead they established in the early stages of the game.

After the game, Head Coach Greg

Kampe would have this to say during #GrizzVision about the comeback win,

"Well, you saw what happened to Michigan State today," Kampe said. "I mean [in] January, it's really hard. Only the really, really good teams survive that and we've had good teams before that have lost games like these. These things happen, and you have to have unbelievable character and you have to have guys that can

make plays even when things aren't going good."

He would praise his players for sticking through the adversity of the first half and coming back to play great basketball and take home the win despite the rough start.

The Golden Grizzlies will return to the court against the Milwaukee Panthers on Jan. 20 at 8 p.m. in Milwaukee.



PHOTO BY SOPHIE HUME
The Golden Grizzlies defeated the Mastodons to improve to 7-0 in league play.

How to harness and radiate main character energy

LAUREN REID

Content Editor

We're all chasing one feeling — that cosmic feeling you get when levitating down the movie theater ramp after 2 hours and 12 minutes of pretending you're the protagonist, popcorn kernels in one hand and your future in the other. Here's how you can clutch onto that energy and never let go.

Step 1: Drive with every window down, always.

The world is your oyster, on-call with limitless opportunities, lessons and experiences. What better way to open yourself up to its beauty than a sunset drive — the clouds passing gently above your open sunroof, wind kissing your cheeks and indie film montage-esque music to round out the endless landscapes.

Then, reality sets in, and you hit a red light. On your left — a McDonald's, the smells of grease soaring through the, not Malibu coast like you imagined in your driveway 20 minutes ago, suburban air — and on your right, a Speedway. You frantically unplug the aux in a moment of panic, consequently silencing Phoebe Bridgers, as a group of teens straight from their driving test intimidate you to your core. Your phone lights up with a notification from your crush who is actively pursuing you — oops, nope. You were daydreaming. It's Moodle.

Step 2: Visit an art museum alone.

Toss your planner and set off for an inspiring, soul-searching day at the museum. Going alone is the best way to eliminate any and all reservations, being one with the art that surrounds you.

Then, you accidentally stand too close to a Picasso. Museum security saunters up, firmly asking you to step back immediately. The Pinterest couple behind you glances over disapprovingly, and in the midst of your embarrassment, your tote bag falls off your arm. The sound of it obliterating the hardwood echoes through the exhibit.

Step 3: Take a day trip to the beach.

Grab your charcuterie board and strap in for a day of perspective and pristine waters. It's all you'll need to re-focus and wholeheartedly find yourself.

Then, you remember sand exists. You run into the water to wash it off, but it sticks violently and infuriatingly to your ankles the second your feet hit dry land. Unpacking your picnic, there's a jolting crunch of sand that spooks you all over again with every bite. Children with goggles screech on a towel parallel to yours, and it hits you right in the spine. If you gained any perspective — it's that you're content being the fun aunt.

Step 4: Work on your stylistic rebrand.

Forego your dull go-to clothing items and drive yourself up to the mall for a vibey day of shopping.

Then, you remember shopping is an absolute pain. Strike one is the price of these garments. In your head on the drive over you incorrectly think quality \$40 jeans are a common and easy find — not so much. Strike two is the dressing rooms. You think to yourself 'why can't these dressing room doors just be unlocked?' as you panic-walk around the store practicing your cool, collected "hi, can I get a fitting room?" voice when you realize the store employees effortlessly look like



PHOTO COURTESY OF BITMOJI

Lauren frolics around with a latte in hand, equipped with all the tips she needs to be the main character.

your Instagram explore page. Strike three? When your calves start to burn — serving as a hurtful reminder that you haven't exercised in months.

Moral of the story is — not everyone can be that main character. I like to look at myself as the more chaotic, literally nothing-goes-right, everything backfires, continuously apprehensive and paranoid, compared to Rowley Jefferson by her friends, character. It's cool.

WINTER 2022 PAYMENT DUE DATE

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

Students who do not pay their balances in full or sign-up for a payment plan (and make the required installment(s)) may be dropped from classes and University housing (if applicable), and may be subject to late payment penalties and registration holds.

If you have questions or are experiencing circumstances that may prevent you from paying your account balance, please contact Student Financial Services at (248) 370-2550. We are ready to support you and help with your financial aid and billing options.

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LEARN how to avoid cancellation (drop) at oakland.edu/financialservices/payments-refunds/payments-cancellation