

THE OAKLAND POST

Oakland University's Independent Student Newspaper

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HOLIDAY BELLS AND HALLMARK ROMANCE

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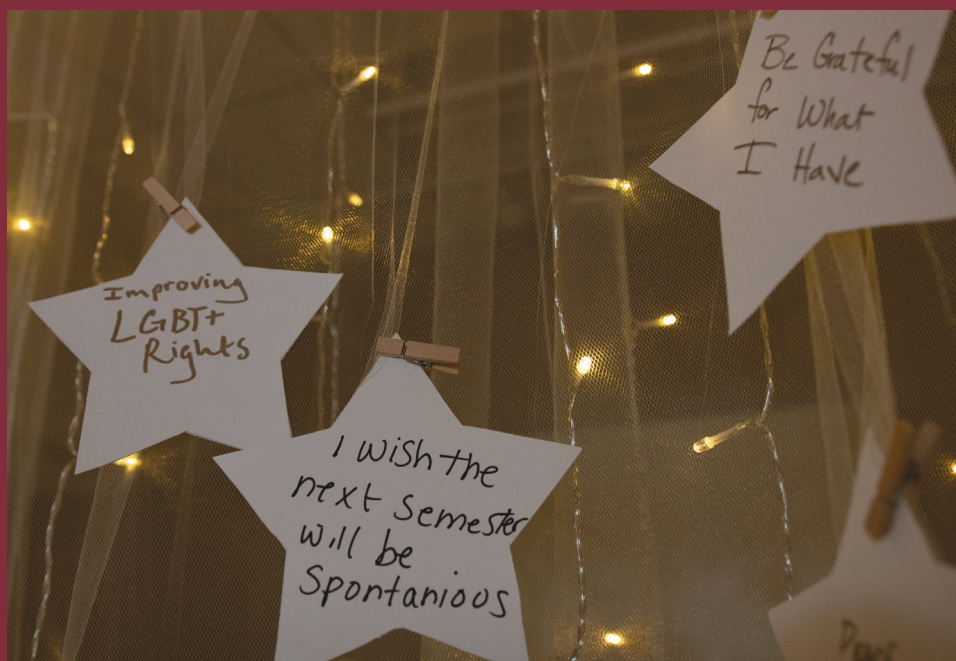
Handling the holidays after losing a
loved one

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PHOTO BY NICOLE MORSFIELD

THIS WEEK

PHOTO OF THE WEEK



A LIGHT OF HOPE Members of the campus community write their wishes for 2020 on star-shaped slips of paper on Monday, Nov. 18. The stars were hung at the Oakland Center. PHOTO/RYAN PINI

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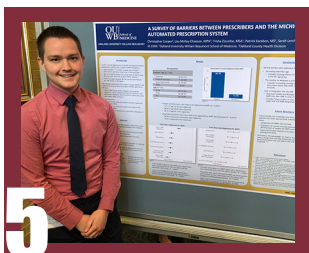
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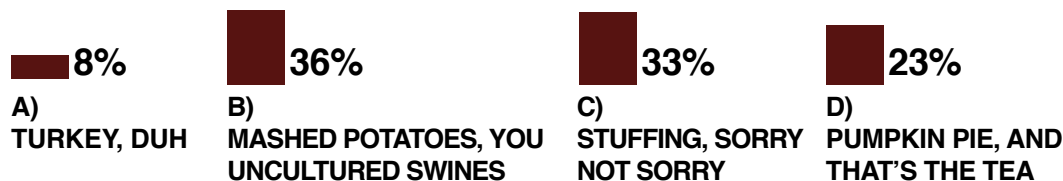
POLL OF THE WEEK

WHAT DO YOU WANT FOR CHRISTMAS?

- A) MY SANITY BACK
- B) A MILLION DOLLARS
- C) A GOOD NIGHT'S SLEEP
- D) THE WILL TO LIVE

LAST ISSUE'S POLL

WHAT'S THE BEST THANKSGIVING FOOD?



CORRECTIONS CORNER: Last week, we published a story titled "Student debt, campus renovations addressed at Ask Ora" that mistakenly attributed a quote regarding the South Foundation Hall expansion to Assistant Vice President of Budget and Financial Planning Michele Knox, but it should have been attributed to Associate Provost Michelle Piskulich. The Oakland Post apologizes for the error. The Oakland Post corrects all known errors of fact. If you know of an error, please email editor@oaklandpostonline.com.

CAMPUS

Short staffed counseling center cuts programs

LAUREN KARMO

Campus Editor

With the growth of the Oakland University student population, student services across campus have been attempting to make accommodations, particularly within the Counseling Center. The center promises six free counseling appointments and 13 total per student, but increasing demand has left the center short-staffed and unable to fulfill student needs.

According to director Dr. David Schwartz, the waitlist for appointments is roughly six weeks, meaning that students who call the center with non-emergency requests will not be seen until the winter semester.

The Counseling Center has also seen an increase in emergency calls, and according to Schwartz, the center does a daily average of seven hours of emergency services. The center currently has five full-time employees, and they rotate responsibility for all emergency situations on one assigned week day. With this, however, the center had to cut outreach programs

that it's had in the past in order to accommodate the crises on campus.

"It's not like we aren't doing any outreach ... the urgent, more necessary type of outreach we're still doing, but all the preventative work that we've done in years past, the screenings, the workshops, the trainings ... we had to make the unfortunate decision of cutting all that to focus our resources on the overwhelming demands," Schwartz said.

According to Schwartz, the lack of outreach and prevention programs may play a role in the increasing need for counseling and crisis management.

"The downside of that is prevention plays a very important piece in that demand," Schwartz said. "If you're doing prevention hopefully you're reducing the potential demand, but it got to the point this year where we had to make the decision to prioritize."

Compared to other universities of similar size both regionally and nationally, Oakland's counseling center falls behind in staff-to-student ratio. According to Schwartz, there is a 1-3,600 staff-to-student ratio at

OU, compared to the average of 1-1,500. Also, according to Schwartz, Oakland ranks almost last in staff nationally, with only one other school on par with the OU Counseling Center struggles.

In order to combat this issue, the Counseling Center is working with university administration to increase staff in areas that make sense for the community's needs.

"Last year, the university gave us two new part-time positions that were given to us on a temporary basis after we had the tragedy on campus," Schwartz said. "They are not permanent, every year positions, but they gave us those positions back to us this year ... We [also] have a collaboration with the athletics department and we're going to be hiring a full-time psychologist/sports psychologist."

In addition to the sports psychologist, who will serve part time for the Counseling Center and part time for the athletic department, Schwartz is interested in creating group therapy programs for students to get support from and to increase the sense of community on campus.



RYAN PINI | PHOTOGRAPHER

The counseling center is understaffed causing long waitlists.

While the counseling department is doing all it can to provide necessary services to improve student well-being and a positive campus community, Schwartz and administrators emphasized the purpose of the counseling center as a temporary bridge to individualized mental health care.

"I firmly believe that if there was an opportunity for on-go-

ing counseling services for an individual throughout their time at OU that there would be students who would want to take advantage of that," Housing Director Jim Zentmeyer said. "The question is should the role of the university be to handle that initial tirage or those initial sessions ... because the cost associated would be difficult for the university to be all things for all people."

Electric scooters will come to campus by March

DEAN VAGLIA

Staff Reporter

It's time to ditch two feet for two wheels. Electric scooters (e-scooters) are coming back to Oakland University.

E-scooters originally appeared at OU over the summer when a company scattered a fleet around the campus, forcing the OU Police Department to remove the unauthorized scooters.

"[The scooters] were being left in some places that were blocking access," Emergency Manager Michael Crum said. "Some were put in bike racks, but when they were moved the alarm would go off, so we got called about the alarm."

At the same time, another e-scooter company reached out to OU Student Congress (OUSC) and asked about placing their scooters at OU with the university's approval.

OUSC President Destinee Rule said attempts have been made by previous OUSC administrations to bring e-scooters to campus, but were met with doubt regarding the safety or appropriateness of the e-scooters. Despite this, when Rule and OUSC Vice President Julia Alexander met with Vice President of Student

Affairs and Chief Diversity Officer Glenn McIntosh, the scooter drought seemed to be ending.

"We asked VP McIntosh if we should continue with this and he was like, 'Yeah, why not?' so we took the proper steps for it," Rule said.

McIntosh set up a scooter task force that included Crum, Rule, Office for Student Involvement Senior Director Jean Ann Miller, Dean of Students Michael Wadsworth, Director of Purchasing Paula Reyes, Risk Manager Mary Konicki and Keith Hann from Legal Affairs.

Rule said Spin — a San Francisco based subsidiary of Ford Motor Company that runs bike and scooter sharing services — will be providing the scooters.

Making sure all students have a chance to use the scooters is a top concern of Rule's, a concern for which Spin accommodates for.

"You can call a number, you can purchase a pay-as-you-go type of card and you can download the app as well," Rule said.

Before the first scooter rides off, Crum is sorting out the safety issues that arise from the inclusion of scooters, as well as laws that apply to e-scooter usage. Some rider rule suggestions Crum has come up with include one rider per scooter, hands on the handlebars at all times and no earbuds or other distractions while riding.

Motor vehicle laws also apply to scooters, meaning riders must allow pedestrians the right of way and cannot operate a scooter while intoxicated, but riders 18 and older do not need to wear helmets.

Both Rule and Crum recommend riders wear helmets to prevent head injury, and Rule mentioned that OUSC might provide helmets for a small fee.

Weather conditions will determine when the scooters are present on campus, and Spin will determine if conditions are safe enough to bring scooters to campus. Rule expects the scooters to be ready by March or April 2020.

Rule said OU will receive a percentage of the revenue earned by Spin, and that the setup, repair and operation of scooters will be fully handled and funded by Spin. How the scooters will be stored when on campus is still unclear, though ideas have been floated by both OU and Spin.

"In the initial proposal from Spin they talked about charging stations, and that is something we still need to work out as a committee," Rule said. "There was a conversation about doing charging stations on campus or even having a bike rack to put the scooters, but that is all still in the work depending on what risk says, what legal says, what Spin says and what is best from a facilities and grounds standpoint."

OU awarded grants to maintain archives, special collections

The National Endowment for the Humanities supports university efforts to preserve artifacts

BRIDGET JANIS

Contributor

To help Kresge Library continue to preserve books, newspapers, microfilms and other artifacts in its archives, Oakland University received the Preservation Assistance Grant for Small Institutions for \$9,943 from the National Endowment for the Humanities.

The grant is being put toward funding the environmental monitoring program so OU can improve upkeep of the Oakland University Archives and Special Collections. It also paid for the visit of a preservation specialist: Sean Ferguson from the Northeast Document Conservation Center.

“Doing this kind of preservation is really one of the most impactful things we can do because if we can’t preserve the materials for a long term, and I’m talking about hundreds of years, then people won’t be able to enjoy them a hundred years from now,” said Dominique Daniel, coordinator of OU Archives and Special Collections. “So the grant provided that extra money that allows us to improve the preservation situation.”

The archives and special collections are on the first floor of Kresge Library. Students, staff, alumni and faculty are allowed access to these archives, which can be beneficial for class work, research and learning about the history of OU.

“We really want to preserve the history of the university because the history is part of the identity of the university,” Daniel said. “For example, Matilda Wil-

son. We know that she provided the land of the money to found the university and we know a lot of things about her and her husband thanks to the archives on Meadow Brook Hall and also here in our collections. We have lots of photographs that help do exhibits and events related to her, and it’s the same thing for other people or places or events.”

OU also received a \$6,000 preservation assistance grant from the National Endowment for the Humanities in 2018, which funded a general assessment of the archival policies and practices and may lead to the addition of an environmental monitoring program.

This is Ferguson’s second time at OU, and this time he used data and looked at strategic locations that would be best for the archives. He gave advice such as changing to different archival quality boxes and creating an environmental monitoring program.

Kresge Library will be using room temperature and relative humidity data to identify any problems and create solutions to slow down the deterioration of the materials, which Ferguson said are essential to maintaining archives.

“One of the most important factors in the preservation of cultural heritage materials is the type of environment you provide to them, in terms of temperature and relative humidity,” Ferguson said. “A high temperature accelerates chemical reactions in paper-based materials, other materials audio-visual materials as well and other types of cultural heritage objects. When that temperature is too high, chemical reactions occur that break down those materials over a period of



PHOTO COURTESY OF OAKLAND UNIVERSITY
Students and staff participate in book measuring during a workshop on preserving old and rare books.

time. To keep the temperature low, and to understand the type of temperature you have is an important part of managing preservation, the same could be said for managing a good relative humidity in the collection.”

The library now has data loggers placed by the archives that will record data for 30-minute intervals measuring temperature and humidity accurately for a full year. Then, the data collected will be uploaded to an environmental monitoring software, which will allow the library to fully understand which situation is best suited for the archives.

Voting challenge encourages community student involvement

TAYLOR McDANIEL

Staff Reporter

Since 2018, the non-partisanship ALL IN Campus Democracy Challenge, a program of Civil Nation, has graced the campus of Oakland University. The goal of the challenge is to accomplish excellence in student democracy participation by empowering colleges and universities, including OU, according to the challenge’s official website.

On Thursday, Nov. 14, the challenge stepped it up a notch. Secretary of State Jocelyn Benson announced earlier this month that the Secretary of State’s office would be partnering with ALL IN for the Michigan Collegiate Voting Challenge for 2020.

All two-year and four-year colleges and universities throughout Michigan are invited to compete in the challenge. Awards for the highest voter turnout, most improved voter turnout and highest rate of voter reg-

istration will be issued in collaboration with Governor Gretchen Whitmer’s office.

Many of the students now attending college or university will be voting in their first presidential election this upcoming November, including Alexandra Travník, a future OU transfer student.

Travník, who is currently finishing up her last semester at Macomb Community College before attending OU, said she is excited to finally have a say in the presidential election, no matter how small her say may be. She also knows plenty of peers who feel the same way, possibly linked to how politics and social media intertwines.

Social media plays an integral part of politics nowadays, from candidates interacting with the users to current President Donald Trump using his Twitter account as a public forum to announce policies.

“I think [social media] has got-

ten the message to a lot of younger people just how important voting is because we can share statistics and facts that prove the more voices are heard, the better the results,” Travník said.

In joint letters to university and college presidents and chancellors, Whitmer and Benson called on university leadership to utilize their role to create positive change for student voters on their campuses.

One such group on OU’s campus is the Center for Civil Engagement, led by Director David Dulio, a professor in the Department of Political Science. Dulio expressed doubts that OU will win any of the categories in the Michigan Collegiate Voting Challenge for 2020 due to being the student population already has so politically engaged.

“Our rates are already high,” Dulio said. “It would be a lot harder for OU to move up from where we are than it would be for other

higher institutions.”

The center held several events last year, including a candidate forum with 10 state legislative candidates and a debate watch party. Dulio wants people to be informed, which will continue into next year with the upcoming 2020 presidential election.

One such event to be held in 2020 will be an OU student caucus, similar to the Iowa caucus. Dulio believes the experience will help students absorb knowledge while participating.

“If you’re caucusing, you’re learning while you’re doing,” Dulio said.

Another event will include Respect and Rebellion, in partnership with a nonprofit group of the same name. Speakers who hold opposite opinions will teach the OU community on how to maintain relationships with those who disagree with you.

“Our institution sees the value in this type of work — not only voter turnout, but democratic engagement, broadly speaking,” Dulio said.

OUWB student identifies barriers in prescribing opioids

RACHEL BASELA
Life&Arts Editor

The opioid crisis in Michigan has been steadily increasing for years as the number of overdose deaths have increased over 17 times in the past two decades, according to the Michigan Health and Hospital Association.

Chris Cooper, a fourth-year Oakland University William Beaumont School of Medicine (OUWB) student, and Patrick Karabon, an OUWB biostatistician, have helped to identify problems in the handling of prescription drugs in Michigan. This was done through examining and testing the flaws in the Michigan Automated Prescription System (MAPS).

MAPS is used to keep track of prescription drugs for a patient between each provider, according to Michigan's Department of Licensing and Regulatory Affairs.

Their project, "A Survey of Barriers Between Prescribers and the Michigan Automated Prescription System," was led by Cooper. Its purpose was to serve as Cooper's "Embark" research and scholarship project for earning his degree at OUWB.

However, Cooper said his interest in helping solve the opioid crisis came about before he was introduced to planning the project. He worked at a hospital's emer-

gency department where he noticed confusion about prescribing opioids to patients.

"A lot of times it was difficult to know for sure if it was safe to prescribe them the medication, and it was also difficult to know if this patient was 'doctor shopping' — essentially going around looking for prescriptions for narcotics," Cooper said. "Prescribing inappropriately would lead to more opioids on the streets."

During this time, Cooper said he saw prescribers struggling to use MAPS because of its conflict with online medical charts and the difficulty it took to switch between computer programs. Therefore, Cooper and his team set out to find a way to integrate MAPS into the programs that providers were already using.

"We had created a survey with the Oakland County Health Department that asked a little bit about who they were as a prescriber, what the barriers were, and to rank how important [the barrier] was," Karabon said. "Then we had the Oakland County Health Department distribute it to all clinicians with a DEA license in Michigan."

The most common program used by medical employees is the electronic medical records system (EMR). Through their research, the team found the largest barrier that prevented providers from using MAPS was its lack of compatibility with EMR.

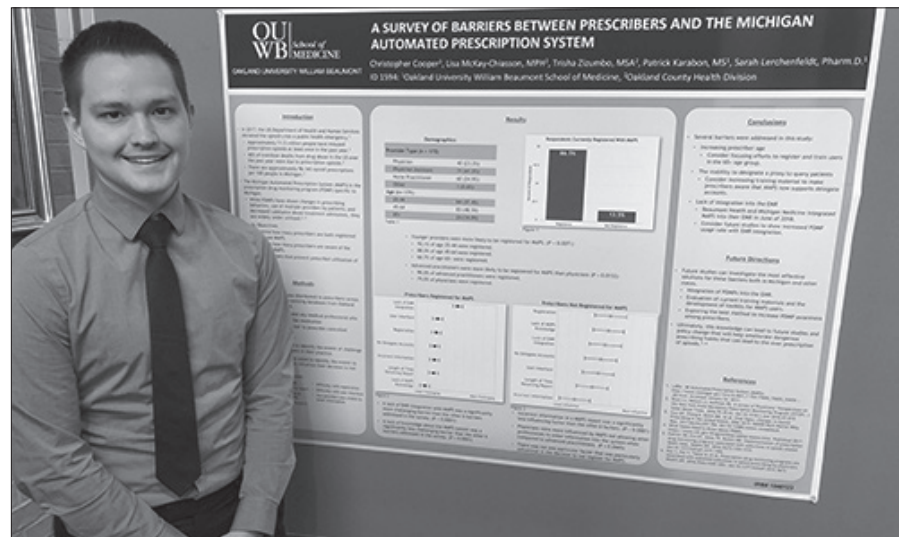


PHOTO COURTESY OF OAKLAND UNIVERSITY
Fourth-year medical student Chris Cooper researched problems with prescription drugs.

In a joined statement made to OUWB by Lisa McKay-Chiasson, administrator of Oakland County Health Division, and Trisha Zizumbo, director of training of Oakland Community Health Network, the identification of this barrier is important to the process of solving the Michigan opioid problem.

"(The project) assisted in determining the challenges and barriers associated with

utilizing MAPS and directly aligns with the Oakland County Prescription Drug Abuse Partnership's priorities to ensure and advocate for safe and competent opioid prescribing practices," they said.

Moving forward, Cooper said he plans on continuing this work in his future career as he applies to medical residency programs.

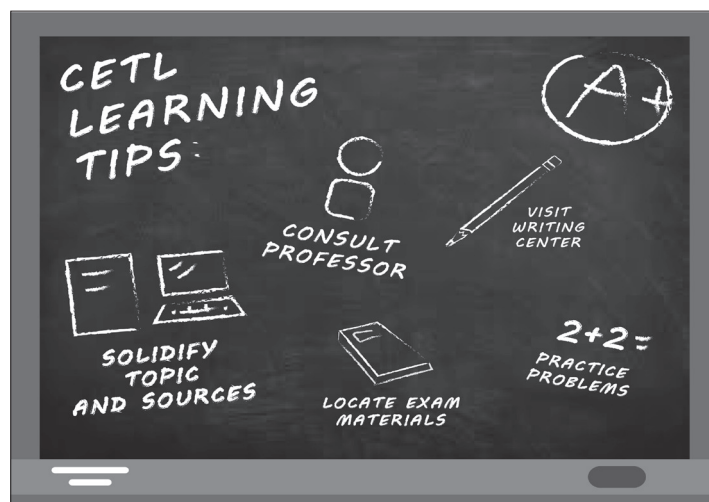
CETL Learning Tips: A pomodoro for procrastination

CHRISTINA MOORE
CETL Virtual Faculty Developer

Welcome to the Learning Tips Series! I, with a little help from my Oakland University friends, will provide quick but powerful tips to get the most out of learning in your classes and beyond.

This is the point in the semester when you're likely staring down big tasks, the type that raise anxiety just enough to make you dash toward any distraction. When we're looking at a mass of work, it's hard to imagine scaling such a mountain. Breaking it down into smaller tasks can help, but even that can be difficult when all you see is the mountain in front of you.

When you feel the anxiety rising, try a simpler strategy — the pomodoro method. Named for a pomodoro (tomato) timer, it involves simply setting a timer to work on something for a small amount of time, such as



JIMMY WILLIAMS | GRAPHIC DESIGNER

These are some tips to help you have a successful semester.

20 minutes. 20 minutes is doable, right? With the simple task of working on something for 20 minutes, two important things are likely to happen: the anxiety diminishes enough for you

to get going, and when your 20 minutes are up, you're on a roll and don't want to stop. This simple time management strategy can do wonders.

The power of this movie is

shifting focus from product — "I need to finish this introduction" — to process — "let's start writing an introduction and see what happens." That mental shift is enough to thwart the anxiety that paralyzes you.

To get the most out of this strategy, set an actual timer and commit to no other distractions. Use a timer on your phone or laptop, but turn off all other sound notifications and close any other windows or media. Twenty minutes isn't long, but it needs to be distraction-free. When the timer sounds, feel free to keep working if you are in the zone.

Based on the work, sometimes a product approach is motivating, like if you want to work toward 15 flashcards in the "answered right" pile. But the pomodoro method is a powerful, simple strategy to have at the ready when you feel the symptoms of procrastination

welling up. It's a strategy you can use for many difficult or dreaded tasks beyond school — I use it all the time in writing papers and working on projects that don't grab my interest. Even after how long I've used it, I'm surprised at how quickly my motivation picks up in those 20 minutes!

The pomodoro method has been a long established practice, but it came on my radar due to Dr. Barbara Oakley, an OU industrial engineering professor who explains this in her Learning How to Learn Coursera course. (Tip: Oakley developed a related OU course, ISE 1170: Learning How to Learn.)

Pick the timer device of choice — whether a phone, tomato, egg or other shape — and try it out!

Christina Moore
CETL

PACE director receives UPCEA leadership award

RACHEL YIM
Staff Reporter

Lori Crose, director of Professional and Continuing Education (PACE) at Oakland University, recently received the Outstanding Leadership Award at the University Professional and Continuing Education Association (UPCEA) conference.

Established in 1975, UPCEA is an American non-profit association for professional, continuing and online education, according to its official website. It consists of more than 400 member institutions, and it hosts conferences, seminars and research.

"It was just like my tenacity paid off," Crose said. "And, I realize seeing those opportunities to take a leadership role and having the guts to actually make a move is one of the most important keys to personal growth."

Crose was recognized for her contribution in workforce development for local businesses by creating education programs to reduce an educational gap. According to her, tenacity and the efforts she has put in have helped her receive this honor.

Prior to 2000, when Crose joined the faculty at OU, she was involved in pharmaceutical research working on genetic studies and laboratories in Kalamazoo, Michigan. Though she received numerous awards for her contribution to antibiotic production process improvements, working conditions — radioactivity and dealing with different types of drugs, etc. — prompted her to switch her career.

"I worked with radioactivity and steroids, and you don't know what those things are going to do to your own genetics,"

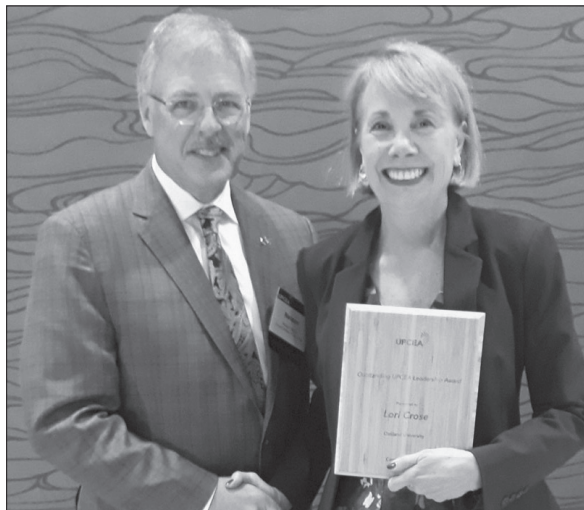


PHOTO COURTESY OF OAKLAND UNIVERSITY
PACE Director Lori Crose receives the Outstanding Leadership Award at the annual UPCEA conference.

she said. "Many people in the area that I worked in died of many different diseases such as a rare kidney cancer."

After 12 years of her healthcare industry career, she went back to OU and receive her master's degree in public administration. She said one of the factors that led to such a transition was because she loves being around people.

Crose has served as president of the UPCEA's central region among the four regions in Michigan and created professional and continuing education programs, targeting its community needs.

"We do educational programs for a lot of local companies such as Chrysler," she said. "For example, I love training engineers on moving forward into a green space to help Chrysler get their workforce up to speed."

On the other hand, as director of PACE at OU, Crose's role is to educate people on what the area does and work with the community, letting people know they can take a further step on their educational journey toward their degrees and beyond.

"Not everybody is fortun-

nate to fully receive their education," she said. "So, they, oftentimes, have to take a slower path, and we help them come back and get the confidence to continue to grow."

Besides her tasks for PACE and the UPCEA, she also recently served as a member of the Oakland County's Workforce Development Business Roundtable, and as a representative on the Oakland County Emerging Sectors Educational Consortium.

"I mean, it [what we do] is really exciting," Crose said. "There's never a dull moment because we are constantly doing new things that are really gonna change the world."

With the award being one of the most influential motivations for Crose in her current job, she hopes to achieve various goals throughout her career.

Taking this honor as a stepping stone, she said she will continue to face as many opportunities to assist in workforce development with various educational programs. She also plans on promoting the community and continuing to provide educational access to everyone in need.



SOPHIE HUME | PHOTOGRAPHER

Members of Oakland's a cappella group, Gold Vibrations, rehearse for their 10th anniversary concert. The concert takes place Saturday, Dec. 7.

Gold Vibrations announces 10th anniversary concert

AUTUMN PAGE
Contributor

The Gold Vibrations (GV), Oakland University's own a cappella group, will hold its 10th anniversary concert Saturday, Dec. 7. The GV members are excited to finally perform after months of rehearsing and anticipation.

The GV, made up of people with different majors and backgrounds, put together a performance that people of all ages can enjoy. Every year in September, auditions are held, where dozens of people hope for a call back. Within the group, there are sometimes graduates of OU that are called back to perform with the group.

The GV perform multiple times a year and get a nice turnout every year. They perform all over Michigan, from East Lansing to the University of Michigan.

The GV members usually expect anywhere from 30-100 people at their performances, their average is 50, according to GV member Joseph Waldrup.

For this upcoming performance, the GV will be performing 12 songs, and usually they perform 8-12 songs. The line up is chosen by everyone within the group, according to GV President Ivy Holland.

"We wait until we have new people, we'll make a post," Holland said. "We have a closed Facebook group, and you comment any idea that you have then we'll have a whole rehearsal dedicated to choosing the music for that concert."

Holland said the group decided the best songs for its winter concert. Songs from Maroon 5, Lizzo and Michael Jackson will be performed.

The GV tries to include a variety of genres when choosing what music to

perform. Some songs are chosen by all the members within the Facebook group and during the rehearsal, while others are brought back from previous performances.

"We have a full day of deciding what songs to do and we have an archive of old songs that we've done in the past that we could bring back," Waldrup said. "For the concert we're doing this year we brought back 'Pretty Young Thing.'"

Preparing for a concert, or for the International Competition of Collegiate A Cappella (ICCA), in which they compete yearly, is probably the toughest part of being a part of GV, according to Holland. The ICCA is an intense competition, in which 10 selected groups compete in the quarter finals, semi final and final. Each group has a 12-minute set, and months of preparation go into the performance.

"It's just so awesome to be up there with your group, and the best moment is when you all stand there holding hands backstage and you're like, 'Oh, my god,' and then you go out there and it's just so fun — winning or not," Holland said.

The week before a performance, there's rehearsal everyday ranging from 3-4 hours. Waldrup called this week "Hell Week."

With the 10th anniversary performance, GV will be announcing something special. Only the attendees of the concert on Dec. 7 will know what that surprise is, then everyone who wasn't able to make it will know when GV releases it on its Facebook page.

The 10th anniversary concert is Saturday, Dec. 7 at The Habitat from 7-9 p.m.. OU students get in for free and general admission is \$8.

Biology student, nicknamed ‘Uppercase A,’ earns highest GPA in department

KATIE VALLEY

Content Editor

After moving to the U.S. from Iraq at age 16, a student graduating at the end of the fall 2019 semester with a bachelor’s degree in biology has earned a perfect 4.0 GPA, the only one in the department to earn a 4.0 overall.

When Rula Al-Anbakey immigrated to the U.S. with her immediate family, she was in an unfamiliar territory, grappling with succeeding with only her family to guide her.

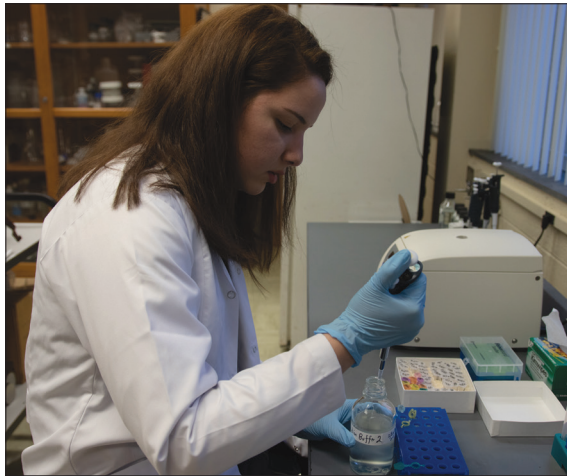
Moving locations is not new to Al-Anbakey. She moved often during her childhood, from Baghdad to northern Iraq and then returned to central Iraq, where the language shifted from Arabic to Kurdish and then back to Arabic.

Now in the U.S., Al-Anbakey is immersed in an English-speaking society. She has been learning English since kindergarten, but she said transitioning to American schooling as a high school senior was rough at the start.

Al-Anbakey said she could have taken an extra school year to get used to living in the U.S., but she didn’t want to fall behind. She kept studying and graduated that year, keeping her all-A grades.

“I was always a very hardworking student since the beginning, so it was very hard on me to see that my levels would probably go down,” she said. “So, I just kept studying the way I used to study back home, and I worked really hard.”

Her difficulties continued when Al-Anbakey learned she missed the window to take the required SAT or ACT test to enter college immediately after high school. Her pathway was derailed, but Al-Anbakey enrolled at Oakland Community College for two years and earned associate degrees in art and science, then transferred to Oakland University.



RYAN PINI | PHOTOGRAPHER

Fall 2019 graduate Rula Al-Anbakey works in Dr. Douglas Wendell’s genetics lab in Dodge Hall.

She said it’s important to know students who are affected educationally by unpredictable factors are not less than other students.

“For students who might have similar situations, who might go to community college because they are forced to, just like me — I had no other option — it’s OK,” she said. “It doesn’t mean that you are not as smart as other students who can start right away at four-year colleges.”

At OU, Al-Anbakey has dedicated her class time to learning concepts and aiming to relate them to her future life. She works in Dr. Douglas Wendell’s genetics lab testing for the presence of New Zealand mudsnail eDNA, and in the past, she was part of a project on phragmites.

Al-Anbakey said she’s lucky to have a family that sup-

ports her. She was tutored by her mother while growing up to ensure she comprehended her language courses. Al-Anbakey’s older brother, Mustafa, was a great role model and taught her to make her family proud.

“I’m making the stress on myself and the pressure on myself because I see they are giving me a lot of their time, their money and their lives, so I want to give back to them this way,” she said. “Also because we moved recently all together, and because of the line of difficulties, this is the driving force why I have to keep up and do great — because life is hard and doesn’t get easier.”

Saving time has been crucial for Al-Anbakey, who said she sacrificed much of her free time to study, volunteer and complete community service. She even cut her hair short so the maintenance time could be spent completing work.

Coming from a family of pharmacists, Al-Anbakey will be the first to pursue a different career. Her next step is dentistry school, which she plans to begin next fall. She’s currently an applicant and will soon interview with schools to be considered for admittance.

Between graduation and the start of dentistry school, Al-Anbakey — once nicknamed “Uppercase A” by her childhood classmates for her height and knack for achieving A’s — will finally have the time to enhance her violin skills, practice music, enjoy art, devote time to fitness and relax.

Al-Anbakey said overcoming stress is worthwhile in the end, and she’s happy to have excelled academically.

“If any other person is not having the ‘usual’ college life or student life, that’s fine,” she said. “I’ve been through all of these unusual college experiences, but they are rewarding ... There is nothing impossible in this world. Even the word ‘impossible’ can be possible by removing the first two letters.”

WINTER 2020 PAYMENT DUE DATE

OAKLAND
UNIVERSITY

The winter semester is right around the corner — start it off right and avoid any last-minute financial surprises by being proactive.

Reminder: the winter payment due date is December 15.

You can avoid class cancellation (drop) by paying your student account in full. Consider all your financial options. An OU payment plan helps spread tuition and costs into smaller, more manageable installments and be sure to pay your installments on time. Obtaining financial aid, utilizing external sources, and/or using your own funds are other options for you. Know which charges can be paid with your financial aid (an authorization may be needed) and which charges you must pay out-of-pocket.

We are here to help. If you need help understanding payment options or how to pay for your education, please contact Student Financial Services at (248) 370-2550 or stop by North Foundation Hall, Room 120, as soon as possible.

Payment
Due

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



JUST ANOTHER GAME

by Ryan Pini | design by Ashley Averill | graphics by Jimmy Williams

On Saturday, Nov. 23, I made my second national semi-final appearance as a member of the Oakland University Football Club. We left Oakland in a convoy of 12-passenger vans on Friday, arriving later that day in Erie, Pennsylvania — known affectionately by members of the team as “the place where men are made.”

This nickname is owed mostly to the stakes involved with such a game, as the winner of this game would proceed on to the National Championship Bowl in Wheeling, West Virginia. (But it’s also attributed to the bitter weather and the blue-collar nature of the area.)

As I sat in the locker room before kickoff, I wasn’t sure what to expect. Our season had its ups and downs, and coming off a national championship in the previous season, there was what felt like a certain expectation of what we could accomplish.

Football is like any other sport, in that everyone likes to make predictions and theorize what could and will happen. However, once the ball is kicked off, all bets go out the window.

The final score from Dollinger Field yielded a favorable result. The Golden Grizzlies topped the Sacred Heart Pioneers 26-14. As the clock hit zero, emotions ran high, and the time to look forward to a second consecutive trip to Wheeling had arrived. I immediately thought about what was to come, which was a rematch with Ohio State, whom we had fallen to earlier in the season. This time, a national title was going to be on the line.

As the final game of this 2019 football season closes in, I’m left with anxiety. The stakes are easily recognizable, and the opponent is a tough one. With lots on my mind, I went to the very people I looked up to for answers.

My first victim was Head Coach Chuck Saad, who

was granted the head coach position halfway through camp in August.

“This was the biggest win in OU history as far as I’m concerned,” Saad said in reference to our win against Sacred Heart in the semi-finals. “They were prepared for us and were waiting for us, and we pounded them. I’m real proud of this team.”

Now, he’s looking ahead at our next opponent: Ohio State.

“I feel like we are not the same team that played them last time,” Saad said. “We’re going to go in there with a totally different attitude. We scheduled it early in the season thinking we were indestructible, and we found out we weren’t. Our kids have grown up a lot.”

I thanked Coach Chuck and continued out to the field to gather my things, where I ran into fifth-year senior, club president and captain Brett Jacobs.

“Oakland Club Football has defined my college career,” he said. “It’s been everything to me. It’s what I wake up to in the morning, and it’s the last thing I do every night, especially this week going into my third national championship in five years. It has come to really mean a lot to me.”

Now, he’s approaching the final game of his career.

“It’s just another game,” he said. “You just have to treat every game as another game, because when you treat it as more than it is, then it overwhelms you and you won’t be able to focus on what is very important — to win.”

Thanks to Brett and every other member of the football club, everything had been put into perspective for me. From here on out, every game I play in an Oakland jersey is just another game I get to play with my best friends in the entire world.

OAKLAND



PHOTOGRAPHER | RYAN PINI
President Brett Jacobs addresses the team before heading out to the field for practice.



PHOTOGRAPHER | RYAN PINI
Head Coach Chuck Saad breaks down film with the defense.



PHOTOGRAPHER | RYAN PINI
The Oakland University Club Football Team will play for its third National Championship Title on Dec. 7 at West Liberty University in Wheeling, West Virginia.

NATALIA BOYKO understands that every academic and extracurricular activity builds character. That's why she participated in so many leadership initiatives: to learn lifelong lessons, solidify her goals and positively impact others. Her dedication is inspiring and unwavering — and earned her the 2019 Wilson Award.



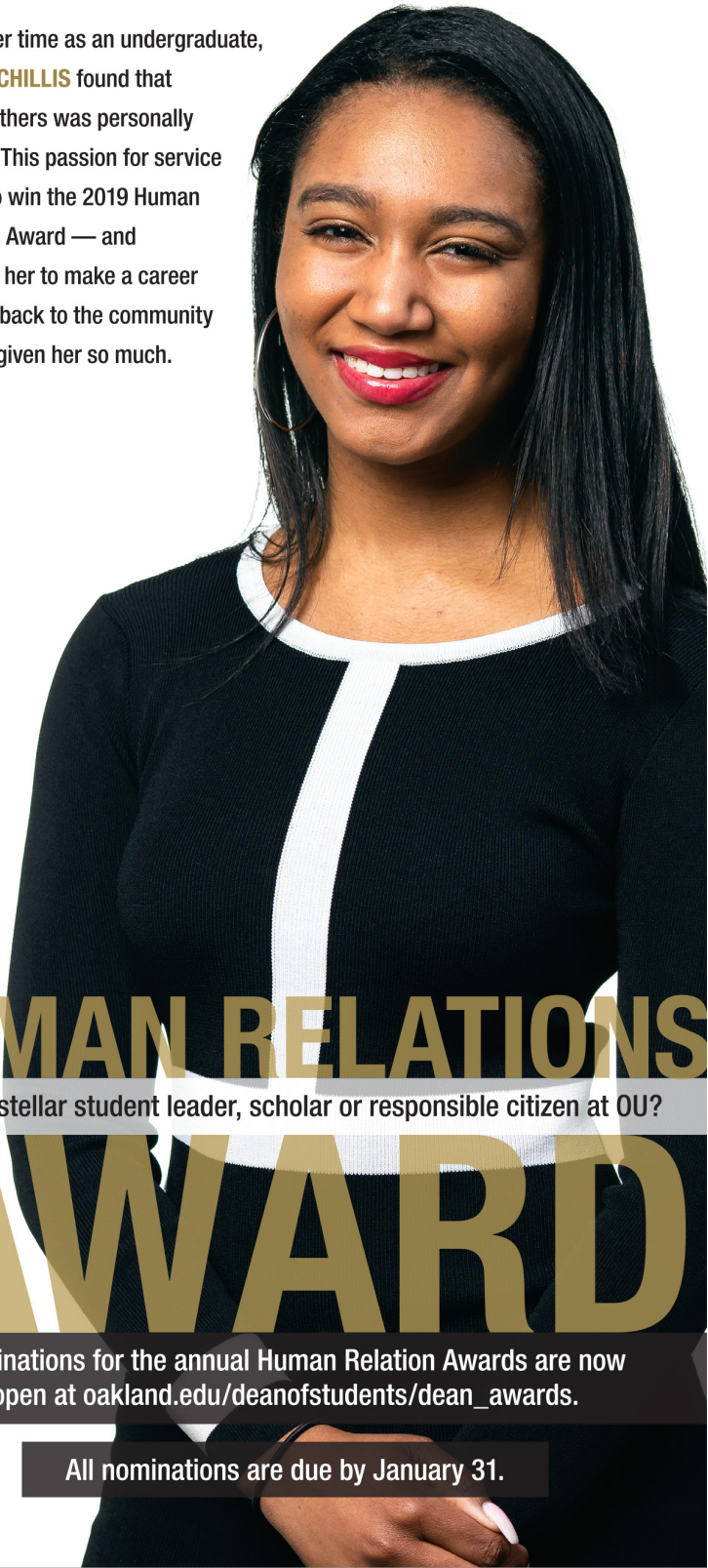
WILSON AWARD

Know a stellar student leader, scholar or responsible citizen at OU?

Nominations for the annual Wilson Awards are now open at oakland.edu/deanofstudents/dean_awards.

All nominations are due by January 31.

During her time as an undergraduate, **ASHLEY CHILLIS** found that helping others was personally fulfilling. This passion for service led her to win the 2019 Human Relations Award — and prepared her to make a career of giving back to the community that has given her so much.



HUMAN RELATIONS AWARD

Know a stellar student leader, scholar or responsible citizen at OU?

Nominations for the annual Human Relation Awards are now open at oakland.edu/deanofstudents/dean_awards.

All nominations are due by January 31.

Political science professor receives citizenship after 20 years in U.S.

BEN HUME

Web Editor

Assistant professor of political science Cristian Cantir took his oath to the United States on Nov. 25 after working for Oakland University since 2011. Cantir has lived in the U.S. for 20 years, first coming over when he was 15 years old. He stayed in the U.S. on student visas, including a green card from OU when he first got his job here.

The process of obtaining citizenship for Cantir started with that green card, which allowed him the benefits of being a U.S. citizen in many ways, but still prevented him from doing things like voting. To receive his full citizenship, he would have to work on the green card that OU gave him for five years.

"Typically, the only way to stay in the United States is through a job or through marriage, so when I got a job at Oakland, Oakland provided support for, and then subsequently, a green card," Cantir said. "It's basically a permanent residency card that allows you to be here."

After the process of waiting comes a lot of paperwork, according to Cantir. There are a multitude of background checks and bureaucratic processes to go through before you can begin the testing process for citizenship. Once those are completed, the preparations for the oral, writing and civics tests can begin. Even as someone who had been in the United States for as long as he had, Cantir



PHOTO COURTESY OF OAKLAND UNIVERSITY
Professor Cantir finally received citizenship after 20 years.

said he was still a little stressed about the tests.

"It's stressful in the sense that there's a lot riding on it, because you realize the stakes are high in the sense that you really want to stay in the United States, right? And you want to become an American citizen. If something goes awry, it's not like you would have to leave immediately, but it would become more difficult, and your existence would become a

little more precarious in the U.S.," Cantir said.

As far as the test itself, Cantir realized quickly that he was more than prepared for most of the questions.

"I think I realized about halfway through the test that the content of it was fairly straightforward for a person like me who has been here for 20 years," Cantir said.

When it came to the civic exam, Cantir said he felt strange about some of the questions. While the listening and writing came easy to him, some of the questions that related to the U.S. government came off as weird and more simple than they might appear.

"One of the questions that I got was, 'Name one war that the United States fought in during the 20th century.' I said World War I just because that was the one that popped into my brain, but as an academic, when you look at some of those questions about politics, some of them are very vague, and you have to give a specific answer," Cantir explained. "There's one question that says, 'What does the president's cabinet do?' or something along those lines. If you're a social scientist or an academic you start to get really subtle with it, but the answer I think was literally just, 'They advise the president.'"

Now that he has passed the test and taken his oath, Cantir is most excited to finally be able to vote.

"I also registered to vote, so I'm extremely excited about voting for every single election that I can," Cantir said. "I'm putting together a list of everything that I need to vote for, like the school board, I don't know if there's a sheriff in my area but I fully intend on voting for a sheriff if I can."

Transgender Day of Remembrance panelists talk support vs. tolerance

KATELYN HILL

Staff Reporter

At Oakland University, a day of remembrance for those lost to anti-transgender violence becomes a beacon of hope for support and alliance.

The Transgender Day of Remembrance (TDOR), which honors the memory of those who have passed due to transphobic prejudice and violence, occurs annually on Nov. 20. The day was first recognized by Gwendolyn Ann Smith in 1999 after the murder of Rita Hester, a highly visible member of the transgender community.

At OU, students were invited to join their peers in a panel and discussion about being transgender, the problems transgender people face and how to be a supportive ally.

Grace Wojcik, coordinator for the Gender and Sexuality Center (GSC), said she knows this day can be a difficult, triggering day for LGBTQIA+ people, so this event's purpose is to spread more visibility to those who may be struggling.

"For a event like Transgender Day of Remembrance, which is about honoring the folks that have passed on, we really wanted to focus a little bit on trans-resilience instead of just the negative side," she said.

Wojcik said the audience for the annu-

al event is typically made up of mostly non-transgender people. So, this event helps give allies the tools and the information to be positive advocates for others.

Jay Amin, a 19-year-old transgender man, was one of the panelists during OU's TDOR. During the panel, he talked about his story of coming out, his struggles with anxiety, depression and finding support from his family, friends and doctors.

"I was stuck in a body that I wasn't meant to be in," Amin said. "Therapy played a big role in coming out and starting my transition because my pediatrician was literally the only person who talked to me."

His pediatrician was Dr. Maureen Kelly, who has been practicing pediatrics for 26 years. She said her job as a pediatrician is to make sure her patients are, "happy between their ears." Jay definitely was not.

Though she didn't receive any training as a medical student on working with transgender individuals, she was quick to realize what the cause of Amin's depression and anxiety was.

As one of the first people to discuss gender identity with Amin, she was able to provide him with the vocabulary to describe how he was feeling and provide the steps and support needed to help him.

During the panel, Amin stressed the



SAM SUMMERS | PHOTOGRAPHER
Jay Amin tells of coming out and finding support during Transgender Day of Remembrance.

difference between being supportive and being tolerant. He said support comes from within and is about learning how to better other people's lives.

"Support means you'll take the time out of your day to go and learn about something new, take the time out of your day to go and learn about someone's needs," he said. "Whereas tolerance, anybody can just be okay with it."

Amin gave an example of this tolerance: when he comes out to someone and

they say, "OK, I don't care," or, "That's OK, I don't have a problem with that."

His mother, Tejinder Gill, said education is the key to be a supportive ally to the transgender community. Even learning a few phrases could really help others.

"The common thing between all of us, no matter what race you are, where you come from, what color you are, what identity you have is that we're all human beings," she said. "Be an ally in whatever capacity you can be."

'Frozen 2' plays it safe, but is still full of magic

TREVOR TYLE
Editor-in-Chief

When "Frozen" hit theaters back in 2013, no one could've predicted it would become the phenomenon that it did. Its surprise success made its protagonists — namely, the ice queen Elsa (Idina Menzel), her sister Anna (Kristen Bell) and the lovable talking snowman Olaf (Josh Gad) — a staple in the ever-growing catalogue of iconic Disney characters. It also made Disney a lot of money.

But after its abrupt launch from a singular film into a global franchise, the pressure of "Frozen's" inevitable sequel loomed over Disney executives. For six years, the world waited to see how co-directors Chris Buck and Jennifer Lee approached the daunting task of recreating the magic of the original film, and though it doesn't quite manage to capture what made its predecessor so special, I'm relieved to say "Frozen 2" manages to come closer than I ever thought it would.

Narratively, it pretty quickly becomes clear that the "Frozen" fever that took the world by storm was just as unanticipated by Disney execs as it was by all of us. The bar was set very high, and the sequel's attempts to live up to that make for an occasionally convoluted storyline. (For a kids' movie with a talking snowman and magical princess, this doesn't pose too much of a problem for its core audience, though.) Buck and Lee rely heavily on formulas from its predecessor — per-



COURTESY OF IMDB

After a six-year wait, "Frozen 2" lives up to the hype.

haps a little too much — but considering how great the original was, who could blame them?

Set three years after the events of the first film, Elsa, having grown more capable and confident in her powers, now leads Arendelle with her sister Anna by her side. But a mysterious voice has been calling out to her, and after deciding to answer it — followed by Anna, Olaf, ice harvester Kristoff (Jonathan Groff) and his trusty reindeer Sven — she's led to an enchanted forest that holds secrets of both past and future.

While it sounds like "Frozen 2" is all about Elsa — and believe me, she gets plenty of her own show-stopping moments (we'll get to that in a minute) — Olaf is, unsurprisingly, the real star of the show. Though "Fro-

zen 2" is comprised of a flawless ensemble vocal cast, Gad brings an incomparable charm to the character that ensures he hasn't lost an ounce of what made audiences fall in love with him in the first film.

And speaking of voices, perhaps the most defining voice of the film is Menzel, who is given several moments to showcase her Tony Award-winning vocal pipes, perhaps even more impressive now than before. "Frozen 2" doesn't boast any numbers that reach the greatness of "Let It Go" — or anything from the previous soundtrack, to be honest. But its clearest — and most successful — attempts at replicating it come in Menzel's numbers, "Into the Unknown" and "Show Yourself." They're not quite as memorable, but they're effective enough, serving as a reminder of Menzel's incredible vocal skills.

"Frozen 2" is also visually stunning from beginning to end. Though hardly surprising, the animation in this film is a whole new level of mesmerizing. A few key sequences featuring Elsa and some water are particularly noteworthy, though for the sake of spoilers, I'll keep it vague. (You'll know what I mean when you watch the film.)

For what it's worth, "Frozen 2" could've been complete crap and it would still be a box office success. Thankfully, it's not, though, and that's why it works so well. "Frozen 2" pales in comparison to the original, but it's still absolutely worth the wait — and the watch.

Rating: 4/5 stars

How to deal with grief through the holidays

AUTUMN PAGE
Contributor



It's that time of year again, where family gathers and Christmas movies are on every channel. Everyone's baking Christmas cookies and having to frantically clean the house for guests. It seems all cookie-cutter perfect, but the reality is not like the Hallmark movies.

In 2017, my dad died. I was a sophomore in high school. Not only did I lose him, I lost his entire family and my dog. After his death, his family shut me out completely. The last time I spoke to anyone from his side was after the funeral and viewing. All of this was two years ago, and still I struggle to not think about what I lost.

I remember how it all played out perfectly in my head — it played on repeat for so long I can't remember. It still plays with clarity, it's something I will never forget. I found out on my school's spring break period. Being frank, I don't remember much from that week.

I remember bits and pieces. I remember crying and watching "Moana" and "Beauty and the Beast." I remember going to Somerset mall at one point. I remember my mom emailing my counselor at the time and I remember her telling my teachers.

I remember struggling through most days during school, but one day stands out the most — my aunt told me I wasn't allowed to see my grand-

ma, and I later found out she meant everyone, not just my grandma.

I went to therapy, I went to a grief and loss group at my high school and I spoke to people regularly about what I was feeling.

The holidays are the worst, because that's when it hits the hardest. I remember the last Christmas I spent with him and his side of the family. It plays on repeat in my head, and often makes any holidays or special occasions difficult to bear.

I wish I could say I've found some amazing way to deal with this grief that never seems to pass. Every year I think about my 16th birthday, and how he missed that milestone. During my high school graduation, I thought about how he wasn't there. How, on my first day of college, he wasn't there.

I try to not think about it — is

it mentally healthy and fool-proof? No. Would I recommend it? No. The best way to deal with it is to talk about it, not keep it bottled up inside. Trust me, I tried that, and it was awful.

The holidays are supposed to be about what you're thankful for, to be surrounded by friends and family. Well, if you're like me, this time of year can make you feel isolated and alone, even if you're surrounded by people.

If you're like me, and you've lost a parent, a friend, anyone, know you aren't alone. People say time heals all, but they don't say how much time it will take for you to feel whole again. Your feelings are valid, and I understand them.

If you or someone you know struggles with this, or struggles with the holidays, email me at apage2@oakland.edu.

SATIRE

Christmas songs that grind my gears, part 2

TREVOR TYLE

Editor-in-Chief

Welp, it's that time of year again — between the hustle and bustle of bloodthirsty Black Friday shoppers, the ear-piercing wails of Christmas carolers and the broken limb-inducing sheets of ice covering the sidewalks, the holiday season is officially in full swing.

But it's not just the return of corporate America's favorite time of year. It wouldn't really be Christmas without another article from yours truly bitching about the most annoying tunes of the holiday season, would it? Some of our readers might remember my list of Christmas songs that grind my gears from last year — and if you thought that was the whole list, you are SADLY mistaken. Call me a Grinch, but airing my grievances is what I do best, and damn it, that's what I'm going to do. Maybe if I'm lucky, somebody will FINALLY get these songs banned from existence.

“Jingle Bells”

Being that I'm already going to piss off the excessively cheery psychopaths that listen to Christmas music all year round with this article, I might as well start off controversial. I'm just going to say it — “Jingle Bells” is one of the most overdone, obnoxious holiday tunes in existence. Yet,



ERIN O'NEILL | DESIGN EDITOR

We all have those songs that make you want to stab your ears with scissors.

here we are, 162 years after the song was written, and it still won't die. For the life of me, I don't see the appeal with this song — the version where Batman smells and the Joker gets away is FAR more entertaining. Besides, why listen to “Jingle Bells” when you can bop to the far superior “Jingle Bell Rock” and recreate Regina George's iconic dance from “Mean Girls”?

“The Twelve Days of Christmas”

Ugh. I understand this has been a holiday standard since like, the 1700s, but ...

Christmas is one day, not 12. Even back then, I'm pretty sure they knew how to count days. Boomers can bitch about how redundant and uninspired our music is all they want, but must we remind them that they have allowed this song to continue to exist even though it is the textbook definition of basic? I mean, these aren't even good Christmas gifts — who the hell wants a bunch of birds and dancing dorks? You know what I want for Christmas? Some peace and quiet!

And speaking of which, somebody

please enlighten me as to why the hell every version of this song suddenly gets ten times louder when we receive FIIIIIVVEEEE GOOOOLDEN RIIIIIIINGS for the umpteenth time. It wasn't exciting the first time we got them, and it's certainly not any more exciting seven verses later. I mean, what a waste of money, I don't even have that many ring fingers. Those suckers are just going to get regifted or sold on eBay by New Year's Day anyway.

“Carol of the Bells”

Nothing screams excessive cheer like shrieking choirs and ringing bells. As I mentioned earlier, WHY DOES EVERYBODY FEEL THE NEED TO BE LOUD AROUND CHRISTMAS?! Ding-dong, ding-dong — please, for the love of God, MAKE IT STOP. Besides, y'all do realize you're singing about bells, right? How sad must your life be for you to be joyfully singing about BELLS?! It'll never be a “Santa Baby”-level cringefest, but it's bad enough I want those ding-donging bells to smash right into my skull so that I don't have to listen to this never-ending song anymore.

If any of my friends are looking for a last-minute gift for me this year, please find a way to get these songs banned from radio airwaves for eternity. Or, at the very least, just make sure I never have to hear them again.

Hallmark movies makes me want to abandon my life and find a husband

LAUREN KARMO

Campus Editor

It's the time of year where the carols are crooning, the gingerbread is baking and, of course, the Hallmark Channel is playing. The newest movie “Loving Christmas,” starring that one short blonde girl and that tall hunky lumberjack man from “Christmas in Love” and “Love Christmas Time” is really a show stopper.

“Christmas Loving” is absolutely pure genius, unlike anything else the Hallmark Channel has produced before. With its recycled plot, actors and setting, there is something expertly well-crafted that makes this movie truly one of a kind.

What sets “In Love with Christmas” apart from any other Hallmark movie is literally nothing. It really makes me nostalgic for every other Hallmark movie in existence. It really allows for the full experience of watching a Hallmark movie, especially my favorite part, guessing the plot —

Young ambitious girl in big city goes back home to small town, where she falls in love with an old flame and with the Christmas spirit. Realizing her dream job with a fat paycheck and swanky apartment is not really her dream, she quits and moves back home to be a Christmas caroler with her high school sweetheart who is somehow both good looking and perfect for her, despite all his flaws. How romantic???

“Snowflakes and True Love” hits me right in the feels, just mmm! It makes me realize my own romances are not up to par. Do you hear that, man in my life? Time to step it up. If you don't make me wanna abandon my life's work and aspirations, are you really the one for me?

Where “Christmas Cookies and Romance” falls short is nowhere. It doesn't have a single flaw. It's cookie cutter perfect, just like how I expect my life to be. When I'm in my mid to late 20s and I'm ready to settle down, quit my life and start a family, I'm expecting some tall, built, flannel-wearing, wood-chopping breadwinner to sweep me off my feet. Where you at, home boy? I'm waiting.

My absolute favorite part of “Loving Love and Christmasy Christmas” has got to be the ending, hands down. When the home-y macho man finally shows some emotion staring into the fire wishing his girlie hadn't left him for her fancy job in the big city? On Christmas of all days? And — spoiler alert — when she surprises him by missing her flight and coming back, her bitter heart melted by love and the spirit of Christmas. Hits me in the feels every time! Can someone hand me the tissues?

While “Love Christmas LoVe ChRiStmAs L0v3 Chr1stm4s” is perfect in every way, I'm not sure if I can say it is the best Hallmark movie of all time, you know? There's just so many good ones to choose from, like “Loving Under the Mistletoe” and one of my personal favorites,

“Caroling with Love.” Each one is just so beautiful, how can I decide?

When cozying up to your holiday sweetheart, just remember that the only kind of love you should strive for is the one on the screen. This movie just reminds us that we aren't perfect, but with a little more love, a little less ambition and a pinch of Christmas magic, we too could dream of coming close to this Hallmark ideal. Merry Christmas, and happy New Year.



ERIN O'NEILL | DESIGN EDITOR

Hallmark movies are cringey but loveable at the same time.

Maggie Schneider competes in NCAA Championship

The senior becomes second athlete in program history to run at the National level

MICHAEL PEARCE

Sports Editor

For just the second time in Oakland history, a cross country runner was chosen to represent the Golden Grizzlies in the National Collegiate Athletics Association (NCAA) National Championships.

Nationals were held in Terre Haute Indiana, 390 miles from Oakland's campus. Both Schneider and her head coach, Paul Rice, made the trip to Terre Haute on Saturday, Nov. 23.

"Coach has been a huge support throughout my running career here at Oakland," Schneider said. "He has a special way of guiding us so that we can learn to make our own decisions and continue to grow on our own... over the years, I've learned to trust him more and more and he's never failed me. I love that guy."

Schneider competed in the 6K run, which she placed 20th in at the NCAA Great Lakes Regional competition. This go around, she ran a 21:19.6 time, which was 113th.

After qualifying for Nationals, Schneider was selected as one of four women in the Great Lakes region to compete.

"I felt so incredibly blessed [to be selected]," she said. "As I said before, I wasn't ready for regionals to be my last race. I had been praying that I would be able to race again, but only if God willed it. He did,



PHOTO COURTESY OF OAKLAND ATHLETICS
Cross country runner represented Oakland University at the NCAA Championships in Terre Haute, Indiana.

so I got to go."

After sitting out her first season with a femoral stress fracture, Schneider won three consecutive Horizon League titles, something no Oakland woman has ever done before.

"The road back has been anything but smooth," she said. "That initial injury triggered some disordered eating as well as various other physical inju-

ries. However, it made me realize that running isn't everything. It set my priorities, God, family, school and running straight. It turned out in my favor in the end. I never thought I would be where I am today, as cliché as that sounds."

Before being selected to compete at Nationals, Schneider was named Horizon League Athlete of the Year for the women's team. Fellow Golden Grizzly Connor Goetz was named Co-Athlete of the Year with Wright State's Nathan Dunn for the men's side.

She was also a member of the 2019 Horizon League All-Academic Team.

"In the words of Baymax from Big Hero 6, 'I'm satisfied with my care.'" she said. "I couldn't have asked for a better senior year. I'm proud of my accomplishments, only because of them I've been given the opportunity to represent my faith through my sport."

For Schneider, the accomplishments aren't everything. What has been more meaningful for her has been the friendships and bonds she has built along the way.

"What I've accomplished wasn't really my favorite part," she said. "I loved rooming with some of my best friends that are my teammates. I loved early morning weights, seeing all my ladies with groggy eyes and messy hair. I loved the hard workouts where we pushed it together as a team, everyone literally on the

Junior soccer player earns All-Horizon League First Team

BRITTANY WELCH

Sports Reporter

Detroit native and Oakland University junior Dylan Borczak was just recently named to the Horizon League First All-League Team for men's soccer. Borczak and the Golden Grizzlies also placed second overall in the conference, but unfortunately fell short in the semifinals to Wright State University.

"I think we lost a lot of games we shouldn't have but we played better than the majority of the teams," Borczak said. "We kept losing 1-0 in the lost games."

Even though the outcome for Borczak and the Golden Grizzlies was not the outcome they expected, this season was definitely a lesson learned, according to Borczak.

"There isn't much I would change about our season because we became better at

staying in the match for the whole 90 minutes, and not turning off," he said.

Along with Borczak, a number of other Golden Grizzlies earned All-League First Honors, including Elliot Bentley, Noah Jensen, Sullivan Lauderdale, Adam McAleenan, Luke Morrell and Cameron Wilde.

"I wasn't too focused on earning this honor," Borczak said. "I was more focused on playing my best for my team and getting better for them. It was more so of a thing where 'if it happened, it happened.'"

Borczak and the Golden Grizzlies focused not only on winning or winning individual honors, but also on the team's chemistry.

"Our chemistry was really good and we all got along so well, and we supported each other," he said.

Earning the honor of First All-League Team is not the only honor Borczak has been awarded. In high school, he

earned MVP his junior and senior year. His skills and knowledge of the game caught the eye of Oakland soccer while attending Schoolcraft College.

"My team and I made it into the national finals and then Oakland saw me playing, so I attended a recruiting camp where they saw more of me play," Borczak said.

Since Borczak has joined the Golden Grizzlies, he has scored six goals overall along with nine assists. In the 2018 season, he was the lone goal in the Metro Series Rivalry match against the University of Detroit Mercy. He scored the game-winner in the final minute of overtime.

With the 2019 season coming to an end a couple of weeks ago, Borczak looked over his personal goals and the team goals for the 2020 season, which include advancing farther in the tournament stages, into the National Collegiate Athletics Association (NCAA) tournament.

"I want to get a ring and earn First-Team again," he said. "For our team goal, we want to win the Horizon League and then to the NCAA."

With the 2019 season ending, Borczak and the Golden Grizzlies will continue to train for the 2020 season to come back better than ever.



PHOTO COURTESY OF OAKLAND ATHLETICS
Junior soccer player Dylan Borczak dribbles the ball, looking to attack. Borczak was named to the All-Horizon League First Team.

Gouard named Freshman of the Week

BRITTANY WELCH
Staff Reporter

Illinois native Sydney Gouard has not been on the women's basketball team long but is already receiving recognition. In just the first few weeks of the season, she was named the Horizon League Freshman of the Week.

"Definitely my teammates have helped me receive this honor — without them I wouldn't have gotten it," Gouard said. "My coaches, too, just trusting them and believing in the process — it has been a great experience."

Before the start of Gouard's career at Oakland University, she had quite a successful high school career. In her junior year, Gouard helped lead her high school team to the Illinois 1A State Championship. Along with a state championship, the 5-foot-8-inch guard earned First-Team All-Conference three years in a row.

"I went to a small Catholic school and we only had 23 people in our graduating class, so women's basketball was the biggest sport," she said. "All of the starters were Division I athletes, so my junior and senior year we won back-to-back state championships."

Gouard added to the list of Division I

starters for her high school team when she came into close contact with Oakland's women's basketball coaches.

"I was in a travel tournament in Virginia and one of the coaches last year saw me play," Gouard added. "After the tournament when I got home, I got a call from the assistant coach offering me a scholarship here."

After Gouard received the phone call, Oakland immediately grabbed her attention for several reasons.

"I just loved the environment, there was a great chemistry between the teammates and the coaches and it being closer to home made it easier," she said. "It's like a team full of sisters."

With the season already underway for Gouard and the Golden Grizzlies, there are a number of goals being set.

"So far, we're doing really good this season, we just need to fix some little things," she said. "I want to get better to help my team this season, and our team goal is to have a winning season and win the Horizon League."

Gouard believes she has a very high IQ of the game. Not only does she love to be competitive, and take the game seriously, but she also loves to have fun.

"Outside of basketball I am definitely outgoing, but I am still reserved at the

same time," she said. "But if I see you walking around, I will say, 'Hey, what's up,' but I am always with my teammates and goofing around."

Even though the Gouard and the team loves to goof around, they are all on the same page reaching for the same final goal.

"Winning the Horizon League is definitely a goal for us, I think we can do it," she said.

Gouard and the Golden Grizzlies face the University of Michigan Wolverines next Sunday, Dec. 8 at 2 p.m. at the Crisler Center in Ann Arbor.



PHOTO COURTESY OF OAKLAND ATHLETICS
Sydney Gouard looks to gain space on a Bradley defender in the season opener.



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