

Nov. 7, 2018



WHITMER FOR THE WIN

PAGES 10 & 11

EPSILAWN CLEANUP
TKE fraternity takes to the lawn for
community service
PAGE 6

POT PROPOSAL
Michigan becomes 10th state to
legalize recreational marijuana
PAGE 9

END OF SEASON
Men's Soccer falls to Milwaukee in
last game of the season
PAGE 16

thisweek

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on the web

Highly regarded professor and autism advocate Dr. Temple Grandin visits campus.
Photo/Elsevier

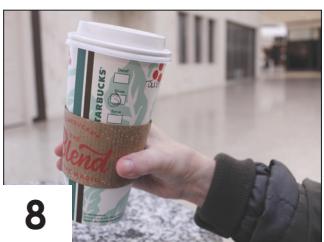
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PHOTO OF THE WEEK

NOTHING BUT NET // Oakland women's basketball welcomed Grace Christian University to the Blacktop on Tuesday, Nov. 6 for the home opener. The Golden Grizzlies topped the Tigers 94-48. The 2018-19 preseason poll selected Oakland to finish seventh in the Horizon League. SAMUEL SUMMERS // The Oakland Post

Submit a photo to editor@oaklandpostonline.com to be featured. View all submissions at oaklandpostonline.com



8



15



19

CAFFEINE AND COLLEGE
Students use coffee and other caffeinated products as a crutch to stay awake.
Photo/Nicole Morsfield

FEW HIGHS, MANY LOWS
Rami Malek steals the show in the new Dexter Fletcher movie about Queen.
Photo/IMDb

THE GREAT HEADACHE
Election season has come and gone with yet again the ambush of political ads.
Photo illustration/Erin O'Neill

POLL OF THE WEEK

How do you feel about the election?

- A Damn Republicans!
- B The world is ending!
- C Who cares about the future? I live in the now
- D Damn Democrats!

Vote at www.oaklandpostonline.com

LAST WEEK'S POLL

What's the scariest thing about Oakland?

- A) The roundabout at 4:45 p.m.
12 votes | 41%
- B) The eBill statements
11 votes | 38%
- C) The walk to the parking structure
4 votes | 14%
- D) Vandy
2 votes | 7%

THIS WEEK IN HISTORY

NOVEMBER 6, 2013

Former women's basketball head coach Beckie Francis sued Oakland University over the release of her file.

NOVEMBER 8, 2006

Oakland women's soccer advanced to the NCAA tournament, where they would face the University of Notre Dame.

NOVEMBER 3, 1990

Oakland mourned the death of Woody Varner, a founding father of OU who died the weekend before publication.

BY THE NUMBERS

RECREATIONAL MARIJUANA

74%

of Millennials believe marijuana should be recreational

45%

of Republicans believe recreational marijuana should be legal

69%

of Democrats believe recreational marijuana should be legal

54%

of Boomers believe recreational marijuana should be legal

PEW Research Center

Looking Back

Arson suspected in the residence halls during 70s

The Oakland Sail
Oakland University/Rochester, Michigan/Vol IV, No. 28/February 26, 1979

After fourth Van Wagoner fire

Patrols increased in OU dorm

By Chris Van Meter
Sail Staff Writer

Sixth floor Van Wagoner is probably the safest dorm on campus. Following last Monday's fourth fire, Public Safety officers patrol the floors regularly while three male residents man the halls from midnight to 6 a.m. every night.

Three previous fires on Van Wagoner's sixth floor, two bulletin board fires, and an incinerator room fire all occurring around holidays, are believed to be arsons. Last Monday's shower curtain fire prompted an intense investigation by OU's Public Safety.

Residents of the dorm patrol the halls regularly and are keeping their eyes on strangers in the dorm.

"I feel a lot better with someone patrolling the halls...but after the break I'm seriously considering getting out of my housing contract."

—Connie Barone
Van Wagoner Resident

Housing Director Doreen Bieryla listened to the residents ideas on prevention and security. The main concern focused on stricter security within the dorm and a new entrance system was proposed.

A NIGHTWATCH guard, similar to the system Hamlin and Vandenberg have, would replace the current method of locking the doors daily at 7 p.m. Under the new nightwatch policy, residents must show a valid OUID card and all guests must be signed in by a resident.

Bieryla said the nightwatch system proposed is "within the realm of possibility."

"What has surfaced is a tremendous amount of

The Oakland Post archives

As a result of the fires, students proposed new safety measures including smoke detectors and a new entrance system.

Patrick Sullivan
Web Editor

There were 175 residents evacuated from Van Wagoner House on Feb. 20, 1979 for the second time in a week after a shower curtain was set on fire on the building's sixth floor.

This was the second fire forcing students to evacuate the building that week, and the fourth in the past year. With all of these fires being set in the dorms, the possibility of an arsonist on campus began to be discussed.

"Whoever it is set the curtain on fire," said the Housing Director at the time Doreen Bieryla. "This is not in the area of a prank."

Patrols began to walk through the floors following the fourth fire in Van Wagoner. Public Safety officers walked around the building regularly, while three residents kept an eye out between midnight and 6 a.m.

"The fires have caused a lot of problems," said Jim Cummer, a Head Resident in Van Wagoner house. "This is an additional burden that's unnecessary... it's caused a lot of people to be on edge, especially with midterms."

At an all dorm meeting following the fires, several suggestions were given from students. These suggestions included a smoke detector system in the hall, as well as a new entrance system into the residence hall being proposed to tighten up security in the building.

Van Wagoner would have a Nightwatch guard system implemented, similar to the systems that Hamlin and Vandenberg currently have in place. The previous system replaced the current method

of just locking the doors to the building at 7 p.m.

Bieryla said that the Nightwatch system that was being proposed was "within the realm of possibility." For anyone that has been in Van Wagoner house after 8 p.m. recently, this system did eventually make it to the building.

"What has surfaced [from the fires] is a tremendous amount of compassion," Bieryla said. "People have been going out of their way to let me know they're concerned and want to help. These people are serious about their home...it's not just a place to sleep at night."

Despite these suggestions and safety precautions, some residents still felt uneasy following the fires. One of those was Connie Barone, a resident on the sixth floor of Van Wagoner.

"If you live on another floor it would be another thing because you don't see the smoke," Barone said. "I feel a lot better with someone patrolling the halls...but after the break I'm seriously considering getting out of my housing contract."

The rash of fires that broke out in Van Wagoner may have sparked a copycat in East Vandenberg as well. A fire was set in the elevator soon after the fourth fire in Van Wagoner, however no students were evacuated and there was no damages or injuries reported following the incident.

Although Public Safety officials were hesitant to classify this event as arson, Investigator Mel Gilroy suggested that "it's pretty difficult for a bag of chicken to start on fire by itself."

There was no connection found between the fire set in Vandenberg with the fires set in Van Wagoner.

Corrections Corner:

The Oakland Post corrects all errors of fact.

Know of an error? Let us know at editor@oaklandpostonline.com.



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Candlelight vigil held for Pittsburgh synagogue shooting victims

Bridget Janis
Staff Reporter

A mass shooting occurred at the Tree of Life Congregation Synagogue in Pittsburgh, Pa. on Saturday, Oct. 27. A total of 11 Jews were killed.

Oakland University Student Congress, the Jewish Student Organization (JSO)/Hillel and several other student faith organizations collaborated to put together a vigil for the victims of the shooting on Thursday, Nov. 1.

"Two brothers; a real estate agent; a grandfather; a great-grandmother; a husband and his wife; a primary care physician, who was one of the very first to treat HIV patients; a researcher; a dentist, who was in an interfaith marriage; and just a regular guy," University President Ora Hirsch-Pescovitz said during the vigil. "All of these people were doing just regular, ordinary, normal things as we know, that they did every shabbat, every sabbath."

Those killed were 71-year-old Daniel Stein, 75-year-old Joyce

Feinberg, 65-year-old Richard Gottfried, 97-year-old Rose Mallinger, 66-year-old Jerry Rabinowitz, 59-year-old Cecil Rosenthal, 54-year-old David Rosenthal, 84-year-old Bernice Simon, 86-year-old Sylvan Simon, 88-year-old Melvin Wax and 69-year-old Irving Younger.

"The vigil is to remember the people that we lost in the Pittsburgh shooting and we want to make sure everybody has an opportunity to mourn as a community," said Ashley Roszko, president of the Student Jewish Organization.

The event was hosted by OUSC Diversity and Inclusion Director Destinee Rule. Speakers included Vice President for Student Affairs and Chief Diversity Officer Glenn McIntosh, Student Body President Ryan Fox and Director of Jewish Studies Mike Pytlak, among others.

"This is Oakland University responding to what happened in Pittsburgh over the weekend and supporting our OU Jewish community," Office for Student

Involvement Director Jean Ann Miller said. "But the Muslim and the Christian and the Jewish faiths are all coming together, and being really supportive and reflective to what happened."

The event was intended to take place at Elliott Tower, but due to poor weather conditions, the location was moved to the Winter Garden on the main level of the Oakland Center.

"It's the right thing to do because this is affecting everyone," Miller said. "We just want to make sure that Oakland University is being supportive of the Jewish community, not just at Oakland University, but outside Oakland University as well."

Once Pescovitz was done speaking, she brought everyone together to link arms and sing songs led by a song leader. One song, "Oseh Shalom," was in Hebrew, while the other song, "Amazing Grace," was in English.

"It reflects the diversity of why we were here today, what we were supporting, what we were reflecting on," Miller said. "It's the blend-



Nicole Morsfield / The Oakland Post

OU students, staff and faculty come together to honor the lives that were taken in the shooting at the Tree of Life Congregation Synagogue.

ing of what the world is all about, and it's so everybody understands the similarities and differences, and getting rid of the hate. And what better way to do that than through music?"

To conclude the event, all attendees held lit candles and stood in silence while Elliott Tower rang 12 times, 11 for the the lives lost,

and the 12th for all those injured and personally affected.

"We hope this brings awareness to the importance of a community lifestyle," Roszko said. "Even though it happened a couple states away, all the Jews are still going to be together as one group, because that's our whole philosophy of our religion."

POLICE FILES

Anxious premonitions

Oakland University Police Department (OUPD) dispatch received a call from the Oakland County Sheriff on Oct. 11, 2018 to advise they had just taken a 911 call from someone stating they were an OU resident and had a serious concern.

The student said she was very upset about possibly causing someone to commit suicide that night. OUPD responded to the on-campus address for a welfare check, while dispatch called Housing and the on-duty residence director.

When officers arrived on scene, the female caller invited them inside and began to recount her situation to the officers. She was visibly upset, and officers reported that her thoughts were discombobulated during the conversation. She reportedly said she felt she was psychic and later said she was an angel and could read people's minds.

Officers then asked her about the 911 call and who was going to kill themselves. The girl then explained that the person she was concerned about was someone who had catfished her on Facebook. She said the person was claiming to be somebody else and asking for help. She was trying to help this person when they claimed they were going to harm themselves.

Officers asked her if she knew who this person really was and she said she had no idea. The officers then asked her if she was considering harming herself that night and she said no. She said she had already been to the hospital on Oct. 9 and was now in an outpatient program at a local hospital. Officers advised her to come to the station at any time to report anything else or to follow up on her call.

She stated before officers left she could not sleep, even after taking an over-the-counter sleep aid, and was worried about a panic attack. Officers connected her with a counselor at Crittenton Hospital, where she was transported for further evaluation.

Compiled by Ben Hume,
Staff Reporter

Classifieds

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U of M professor lectures on Islam and xenophobia

Juan Cole visits Oakland to share his insights on the Abrahamic religion

Jessica Leydet
Social Media Editor

In western culture, the Prophet Muhammad is portrayed as a war-monger and as a result, Islam is widely perceived as a religion of violence and intolerance.

University of Michigan historian, scholar and author of the weblog "Informed Comment," Juan Cole, challenged this concept in a presentation he gave at Oakland University on Thursday, Nov. 1 in Banquet Room A of the Oakland Center.

The talk explored the topic of his new book, "Muhammad: Prophet of Peace Amid the Clash of Empires," and was sponsored by the Hajja Razia Sharif Sheikh Endowment for Islamic Understanding, which supports programs focused on educating students and the community about Islam.

Associate Professor of Spanish Adolfo Campoy-Cubillo assisted Alan Epstein, professor of political science and director of the Religious Studies program, and Anja Weiden, assistant professor of German, in the selection of Cole as the speaker for the event.

Campoy-Cubillo reported that he was initially very intrigued by Cole's work. He stated that Cole's work is important because it eliminates any social biases and delivers straight forward historical facts about the muslim religion.

"Professor Juan Cole has a very distinguished career as a historian of the art world, and he is also very close to us because he teaches at the University of Michigan," Campoy-Cubillo said. "We thought it would be a great opportunity for him to share his research and knowledge at Oakland."

While introducing Cole before the lecture, Campoy-Cubillo brought up the topic of the recent massacre at the Synagogue in Pittsburgh.

Cole described his thoughts on what needs to be done moving forward, about Western culture holding a misinformed view of Islam through the event that took place in Pittsburgh.

"There is a movement in response to Pittsburgh that people should seek out their local synagogues and at-

tend, in order to get to know their Jewish neighbors, and understand the worship that goes on there," he said.

"Professor Juan Cole has a very distinguished career as a historian of the art world, and he is also very close to us because he teaches at the University of Michigan. We thought it would be a great opportunity for him to share his research and knowledge at Oakland."

Adolfo Campoy-Cubillo
Associate professor of spanish at
Oakland University

In regard to this, he discussed a verse in the Quran that complains about attacks on houses of worship that took place during the war between the Roman Empire and Iran.

"The Quran insists that houses of worship no matter the god, should be treated with reverence," Cole said.

He also referenced his research in opinion polling in the social sciences which make it perfectly clear that a person is less likely to develop ethnic hatreds if they know someone of a different religion, or ethnic background.

Cole said his genuine interest in religion and history is owed to his upbringing in a military family.

"When I was a teenager my father was stationed in the middle east and that is what piqued my interest," Cole said.

He stated that being surrounded by different cultures made him less afraid of them and that is the best way to defeat xenophobia in the United States.

Cole believes more Americans should visit Synagogues to get to know their Jewish neighbors, and furthermore, consider going into Mosques to get to know their Muslim neighbors.

"I just think people need to know each other better," Cole said.

Chartwells: the Outlet for Oakland's dining options

How and why the university's food service shapes the way students dine

Dean Vaglia
Staff Reporter

On campus you can get three types of coffee, five types of restaurant experiences and an inconceivable amount of Chartwells-prepared meals. Why is that?

The dining options at Oakland University all came here in different ways, and Chartwells is here to handle all of them. Chartwells began working with OU in 2002 and has been handling the prepared food options on campus since then. Over time, the decisions made by Chartwells and the OU administration have shaped how on-campus dining looks today.

The three different coffee brands on campus—Starbucks, Einstein Brothers and Zingerman's—fill different needs, according to Chartwells Resident District Manager Mark McCormic. Starbucks is used due to its familiarity.

"Starbucks is obviously the United States' most popular brand of coffee," McCormic said.

Einstein Brothers is used in the Engineering Center because of the expanded food options. The Pawley Hall satellite location was created to replace the "old gas station" convenience store in the summer of 2016, according to McCormic.

Zingerman's, the newest coffee option, is a local Michigan brand that replaced Au Bon Pain for coffee in the Oakland Center. McCormic said the artisanal coffee supplier is partnered with Plum Market, who is responsible for bringing the brand to OU.

While Zingerman's was a package deal with Plum Market, tandem vendor contracts are the exception, not the rule. According to OC Director Chris Reed, companies looking to do business at OU have to respond when the school puts out requests for proposals.

"You get a number of vendors that will submit [proposals], and then we do a full vetting process and we choose which vendor we feel is best for campus based off of what they proposed they could provide and what we feel is going to fit best on campus," Reed said, explaining the selection process.

While the food court has set daily menus for each of the restaurants, the dining halls operates on a rotating four-week menu.

"For each semester we build these four week menu rotations," McCormic said. "You'll notice, 'hey, last time I had battered cod, right next to it was mac and cheese,' and you're going to notice that those things tend to repeat every four weeks. What that does is makes you provide a lot of variety for the products and gives us a lot of data on what people are using."

"For each semester we build these four week menu rotations. You'll notice 'hey, last time I had battered cod, right next to it was mac and cheese,' and you're going to notice that those things tend to repeat every four weeks."

Mark McCormic
District manager of Chartwells

McCormic's data is collected by monitoring how much food comes back to the kitchens. If 100 lbs of food is made and 40 lbs of it returns to Chartwells, McCormic determines that the food was not popular and can investigate how it was made, where it was placed and if too much was made to see if changing anything would make the meal more popular.

Student feedback to Chartwells is not just limited to how much food is not eaten. Chartwells recently ended an online survey with about 200 responders. Focus groups are held every spring and students can leave comments on the Dine On Campus website. For problems in dining halls, students are encouraged to text the "Text 2 Solve" number.

McCormic said there were no plans currently to change any of the dining options—"with the Plum Market/Zimmerman's renovation we have a little bit of time"—but was open for change in the future.



Ryan Pini / The Oakland Post

The members of Tau Kappa Epsilon help clear leaves from the lawn for an elderly individual.

Tau Kappa Epsilon making a difference

Ryan Pini
Photographer

Throughout this semester, the brothers from the Upsilon-Xi Chapter of Tau Kappa Epsilon (TKE) have been making a difference in the community and beyond through events such as the Push-Up Challenge, the St. Jude Car Smash in early October and volunteering with Cass Community Social Services in Detroit. TKE has also been making an impact at home as well as in adjacent communities.

On Saturday, Nov. 3, members of TKE picked up their rakes and went to work. In conjunction with the City of Auburn Hills Rake and Run Program, TKE signed up to help clear leaves from the lawn of an elderly individual who could not do it on her own.

"One of our principles in Teke is service," said Max Behl, philanthropy chairman of the Upsilon-Xi Chapter of TKE. "The whole community service aspect is a big thing, and plus we go to

school here, a lot of us live right around this area. This is our home too."

As well as local volunteer work, the Tekes also have more events planned in the near future with their main philanthropy partner, St. Jude's Children's Hospital, which was founded by Tau Kappa Epsilon alum Danny Thomas. Upcoming in the month of November, several members of TKE will be participating in a No-Shave November social media campaign in order to raise funds for St. Jude's. This spring in April, TKE will be hosting their biggest philanthropy event of the year, Shave for St. Jude, in which members of TKE, and potentially some university faculty, will shave their heads if a certain dollar amount is raised for St. Jude.

In the meantime, the Tekes will continue to impact their neighbors and communities through service and philanthropy, whether they are in their own backyard or abroad in the Metro Detroit area.



Ryan Pini / The Oakland Post

The TKE brothers join the City of Auburn Hills Rake and Run Program to make a difference.



Elyse Gregory / The Oakland Post

While attending classes at Oakland University, Bommarito still finds time to make music.

Alex Bommarito on balancing academics and his music career

Kaley Barnhill
Staff Reporter

When he started playing the guitar in high school, Alex Bommarito thought it was just going to be a hobby. As years passed, the finance major began to find himself gaining exposure in a band.

He started making music when he was in band class. "I played trumpet, and then I picked up guitar in my high school," Bommarito said. "[I] have been playing ever since. I took lessons for a little while, and then I got into drums and guitar [around] seven years ago."

The band—made up of Bommarito, Cody Lossing and Miles Stanis—met each other through community college and work.

"I've been in a few bands over the years, this is the band I've been with the longest though," Bommarito said. "I like writing, I like playing shows, and it's getting bigger, so I'm definitely going to stick with it."

Bommarito transferred to OU after being drawn to the affordability of OU, as well as their business school. He explained that although it was hard at first because OU is a largely commuter school, he enjoys it a lot more now that he is involved around campus.

Once he started at OU, Bommarito rushed with Theta Kappa. He balances work, school, his fraternity and the band. He says of balancing everything, "I would like to practice more, because normally with everyone's work schedule, you get out like once a week at the most...there's not a whole lot of time, we fit it in whenever we can."

Bommarito said his finance major does help him market the band better and work on selling merchandise for the band, as he takes marketing classes through the school of business.

"Right now I plan on using my finance degree, and I want to go into something finance related," Bommarito said. "But I mean, I'm still able to do pretty much everything I want with the band at this point, so I'll continue this on for the foreseeable future."

In finance, Bommarito said he's interested in business analytics, with a focus on one business to "sort of analyze what makes the business do better, what they do worse and sort of adjust from there."

Bommarito enjoys business as much as he enjoys music.

"I've always been into business, even when I was in high school I knew I was going to go into something in business," Bommarito said. "But I didn't know what [until] last semester... so it's all coming together at this point."

Bommarito has already had an internship in finance, and said the strong job placements are one of the reasons he came to Oakland.

Fit the Bill is currently recording new singles, and are aiming to record more by the 2019, with plans for an album shortly after. Bommarito also writes and performs solo music.

Fit the Bill's current EP, Basement Collections, is available for streaming on Soundcloud. The band's next show will be on Nov. 17, at The Sanctuary in Hamtramck.

Oakland Symphony Orchestra perform "Aurum Tetra" with students and faculty

Jordan Jewell
Staff Reporter

A new version of "Aurum Tetra" received its world premiere during a performance by The Oakand Symphony Orchestra (OSO) in Varner Hall on Sunday, Nov. 4. The performance featured students and faculty from Oakland University.

Jeffrey Heisler (Oakland University), Ian Jeffress (Western Carolina University), Matthew Younglove (Wayne State University) and Adam Estess (University of Mississippi) make up The Assembly Saxophone Quartet.

Heisler is a professor of music at OU and plays soprano saxophone.

"The Assembly Quartet commissioned award winning composer, Benjamin Taylor (from Indiana University) to write an adaptation of an existing string quartet and orchestra work for saxophone quartet and orchestra," he said.

Taylor, who composed the new version of "Aurum Tetra," has an award winning catalogue of over 100 works spanning across all genres.

"Aurum Tetra" is latin for 'Golden Four' and has multiple meanings, according to the composer," Heisler said. "The Concerto casts the solo saxophone quartet in the gilded spotlight with an eclectic array of musical styles that the composer [Benjamin Taylor] is known for — classicism, rock, jazz, funk and contemporary avant-garde."

Brant Ford is a sophomore saxophone performance major at OU studying with Heisler. He performed "Concerto for Alto Saxophone in E-flat major, Op. 109" by Alexander Glazunov.

Ford is an award-winning student of Heisler's. He is the co-winner of the 2017-2018 Oakland Symphony Orchestra Concerto Competition. Last week, he won first place at the 2018 American Single Reed Summit Saxophone Competition.

"Brant Ford displays musical maturity beyond his years," Heisler said. "I believe he has what it takes to become an elite artist in our field."

In addition, the orchestra performed "Sensemaya" by Silvestre Revuelta and "Death and Transfiguration" by Richard Strauss, which Gregory Cunningham, mu-

sic director and conductor of the OSO, calls "emotionally charged."

Cunningham has worked with the orchestra for 22 years. He teaches undergraduate and graduate coursework in instrumental conducting.

"The orchestra membership for each concert remains somewhat fluid, being determined by the needs of each composition," Cunningham said. "However, one of the most notable changes to the orchestra's personnel since I arrived is that now over 50 percent of the performers have direct affiliation with Oakland University."

"

"However, one of the most notable changes to the orchestra's personnel since I arrived is that now over 50 percent of the performers have direct affiliation with Oakland University."

Gregory Cunningham
Music director and conductor of the Oakland Symphony Orchestra

Performers in the orchestra include current OU students and faculty, alumni from the School of Music, Theatre and Dance, and affiliated OU orchestral mentors.

The Oakland Symphony Orchestra performs the majority of its concerts in Varner Hall. The orchestra has been in existence for four decades and is described by Cunningham as OU's "hidden treasure."

Tickets can be purchased for future orchestra events at startickets.com or in Varner Hall. Students were able to purchase tickets for Sunday's concert for \$12 and general admission tickets were \$22. The OSO holds its final annual performance of the 2018-2019 performance year at Orchestra Hall in Detroit. The performance is a collaboration with the Oakland University Symphony Chorus.

"This program as a whole provides listeners with a wide range of repertoire that was programmed to showcase the orchestra's emotional range and technical virtuosity," Cunningham said.

What's your morning brew really doing to you?

Taylor Crumley
Staff Intern

College students are nothing short of busy. They've all gotten comments from friends and family members wondering how they do it all — studying, working, socializing and beyond. Most can admit to having overflowing schedules, trying to cram the work of a whole day into just a few hours.

So, what's the quickest fix when you're running on empty and have a million more things to do? Caffeine.

Caffeine is disguised in various types of soda, energy drinks and sugary foods like chocolate. But its most popular form is coffee.

The average American drinks about 3.2 cups of coffee per day, and according to TIME Magazine, American consumers spend over \$40 billion on coffee each year. Unsurprisingly, according to HowStuffWorks, coffee is the most commonly consumed beverage in the United States.

Caffeine is thought of as a tool that

college students use to work harder and faster in times where there is no other option. How could a busy college student not use it? It easily gives students the one thing they lack most in college — energy.

Although caffeine may be a life-saver for some, when you look past the visible benefits of the most commonly used psychoactive drug in the world, there are some problems lurking.

"Heavy doses [of caffeine], generally greater than 400 milligrams, have been associated typically with gastrointestinal upset or worsening of anxiety or sleep problems," said Dr. Melissa Reznar, assistant professor of health sciences at Oakland University. "As a guide, 8 oz. of brewed coffee or 2 oz. of espresso has about 150–170 milligrams, and a 12 oz. can of soda has about 50 milligrams."

According to Medical News Today, caffeine has also been proven to cause health problems like insomnia, irritability and fast heartbeat.

"Drinking too much caffeine caus-

es irritability and anxiety," said Kyle Combs, a second degree nursing student at OU. "Caffeine withdrawal causes tension headaches and light sensitivity."

In spite of this, 54 percent of Americans over the age of 18 drink coffee every day, many of whom are college students.

"I definitely think that students drink way too much caffeine," said Marisa Papadelis, treasurer of the Nutrition Society of Oakland University. "I think most of it has to do with sleep and studying and what they're being asked to do with their lives. Many students don't get enough sleep as it is, and us millennials are always looking for quick fixes to combat more everyday things like studying, work and making time for friends and family."

If caffeine shouldn't be used as a crutch in order for us to make it through the day, what else can we do to see positive effects on our energy level without the use of a psychoactive substance?



Nicole Morsfield / The Oakland Post

Be aware of caffeine's potential impacts.

"Other ways to increase alertness include routinely engaging in physical activity, at least 150 minutes of moderate or 75 minutes of vigorous activity per week; eating a primarily whole food, plant-based diet; getting enough sleep on a regular basis by sleeping enough hours nightly and avoiding fluctuations in sleep hours; and perhaps meditation," Reznar said.

Just like having an excessive amount of anything, caffeine too can be very addictive. The occasional cup of Starbucks or can of Red Bull won't hurt, as long as you know your limits and remember to use it, not abuse it.



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Election 2018

Proposal One: the legalization of marijuana

story, photos and design by AuJenee Hirsch / graphics by Prakhyaa Chilukuri

DETAILS



Allows individuals 21 and older to purchase, possess and use marijuana and marijuana-infused edibles, and grow up to 12 marijuana plants for personal consumption



Imposes a 10-ounce limit for marijuana kept at residences and requires amounts over 2.5 ounces be secured in locked containers



Creates a state licensing system for marijuana businesses and allows municipalities to ban or restrict them



Permits retail sales of marijuana and edibles subject to a 10 percent tax, dedicated to implementation costs, clinical trials, schools, roads, and municipalities where marijuana businesses are located



Changes several current violations from crimes to civil infractions

*Information from ballotpedia.org

DID IT
PASS?
Yes

STUDENT VOICES

What are your thoughts on the legalization of marijuana?

YOURI NOFFZ



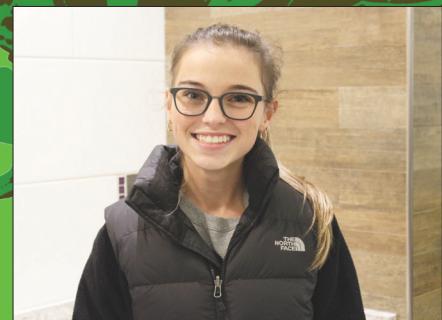
"I don't care about legalizing marijuana. Either way people still do it, and I don't think it's too harmful."

ANTOINE CURRY



"I don't really care about it too much, but if it's legalized that's fine too... I don't know if it'll help the community to much but hopefully it will bring down crime."

MADISON DIBENEDETTO



"I am not for or against it. I think it could help a lot of people because some people can't get it medically, but can use recreational weed."



Gretchen Whitmer appointed Governor of Michigan

*story by Katarina Kovac / design by Katie LaDuke
graphics by Erin O'Neill and Prakhyaa Chilukuri*

With a lead of 51 percent to 46 percent over Bill Schuette, Gretchen Whitmer was named as the 49th Governor of Michigan on Tuesday, Nov. 6.

Whitmer, who has served as Michigan Senate Democratic Leader from 2010-2015 and had served in the Michigan House for three terms prior, will be succeeding former Governor Rick Snyder.

"Throughout her campaign, Gretchen Whitmer emphasized her willingness to work in a bi-partisan fashion with Republicans," John Klemanski, Ph.D, political science professor at Oakland University said. "I think that will help ease some of the tensions associated with the trends toward increasing partisan polarization that we've seen over the past 10 years or so...I think she'll find ways of working with legislators from both parties in order to accomplish shared goals."

As for changes Whitmer has stated she will enact, Klemanski believes that fixing Michigan's roads and protecting civil rights will be at the forefront.

"Whitmer will likely focus on fixing Michigan's roads — and finding ways to fund that — early on in her new administration," Klemanski said. "That should be a top priority for her, especially since this issue was a key piece of her campaign. She has spoken frequently about protecting people's rights as an important value...many of these rights have been taken away or diminished over the past eight years."

Whitmer has advocated for women's health issues in general and aims to protect civil rights.

"On transgender and sexual orientation issues, she already has a record of opposing attempts to restrict the rights of transgender people," Klemanski said. "She will work to broaden the Elliot-Larsen Civil Rights Act, to include protections for LGBTQ individuals. I expect she will support and uphold the U.S. Supreme Court's 2015 decision that legalized gay marriage."

Another point of concern for Whitmer will be Line 5 oil pipeline.

"Gretchen Whitmer has said she'd shut the pipeline down, however, Governor Snyder has recently negotiated a deal with Enbridge for them to build a tunnel under the lake bed to house a pipeline in the Straits," Klemanski said. "This likely will obligate Whitmer to the terms negotiated between Enbridge and the state."

According to OU political science & international relations professor David Dulio, Ph.D, Democrats have had the advantage since the start of this election cycle.

"It was very likely that any Republican was going to lose the governor's race" Dulio said. "Michigan has a history of swinging back and forth with the governor's race since the 1980s. Jim Blanchard won two terms, followed by John Engler who won three, and then Jennifer Granholm for two [the first election where term limits took effect at the governor level] and then Rick Snyder for two terms. It fits a historical pattern that it would go to the Democratic candidate this time."

The state of Michigan has seen an increase in voting turnout this election. Motivation for voting and enacting change within society seems to be due to the current political climate present within the country.

"Motivation to vote seems to have been higher but only relative to other midterm election years," Dulio said. "Over the last several decades, midterm turnout nationally has averaged about 40 percent. That's not terribly high. We've seen enthusiasm shift over the last two years or 18 months."

Whitmer has various priorities — road improvement, pension tax, civil rights, etc. — but many of these changes will require action by the Michigan Legislature. As she is limited in what she can accomplish, changes will be dependent on the relationship she can build with the Legislature while she is in office.



Issues Gretchen Whitmer Aimed to Address:

- Fixing the roads, bridges and water systems
- Making healthcare more affordable
- Fighting urban poverty
- Repealing the retirement tax
- Fighting for women's rights and LGBT+ equality
- Addressing the opioid crisis

Her Campaign:

- Raised a record breaking \$8 million in 2018
- The campaign reported 62,298 contributors for the cycle with 43,072 donations from Michiganders
- Since the start of her race, Whitmer's campaign has raised more than \$12 million for the cycle, which was more than any non-incumbent Democratic candidate for governor in Michigan history



Issues Bill Schuette Aimed to Address:

- Rebuilding roads and infrastructure by reallocating tax dollars from other aspects of the Michigan tax revenue
- Cutting auto insurance rates
- Cutting the Whitmer era income tax increase
- Introducing a special criminal unit that targets the distribution of opioids
- Opposing abortion and gun control legislation

His Campaign:

- Gathered \$9 million in campaign donations from over 13,000 contributors
- Only Michigan candidate to receive an A+ rating from the NRA
- Had previous success as attorney general, holding officials accountable by bringing 350 charges against former government officials, including 13 ex-Detroit principals who embezzled millions of dollars

Election 2018

Debbie Stabenow (D) keeps U.S. Senate seat



Photo courtesy of bridgemedia.com

Stabenow was re-elected to U.S. Senate with 51.9 percent of the votes beating out John James (R).

Laurel Kraus
Managing Editor

Originally elected to the United States Senate in 2000, Senator Debbie Stabenow has now added six more years to her run, in a win the polls have been predicting for months.

"Stabenow is a long-time elected official, she had served in the Michigan legislature for a while before she ran for the U.S. Senate, and she's been at least a three-term senator for Michigan for quite a while now," said John Klemanski, professor of political science at Oakland University. "She's got a long-standing record and a long career in government."

Among her top running points was job growth and the economy. On Nov. 1, she was instrumental in getting President Donald Trump to sign a tariff on cherry imports from Turkey which was hurting Michigan cherry farmers.

"In recent years she's taken on more of a 'let's fight for Michigan against unfair trade policies' stance, almost kind of reminiscent of Trump saying that some countries are using unfair tactics," Oakland University Student Congress President Ryan Fox said.

She also promoted being a big supporter of protecting the Great Lakes through fighting to fund Great Lakes cleanup, prevent oil and gas drilling, and sponsoring legislation against the invasive asian carp threatening the Great Lakes.

"I think what Debbie Stabenow will try to do is fight the president on issues that deal specifically with the state of Michigan, and she's done that a couple of times already," Klemanski said, referring to her support in the fight to stop Trump from pulling support to protect the Great Lakes.

While Stabenow was largely running on experience, in fact she has been in office longer than republican candidate John James has been alive, her ability to glean bipartisan votes was likely a significant factor in her win according to Klemanski.

This is due to her continuous support of Michigan agriculture as the ranking member among democrats on the agricultural committee, which allowed her to co-sponsor multiple recent farm builds.

"While she's a democrat, she's also done a lot of things for farmers in Michigan," Klemanski said. "Farmers are probably more likely to vote republican normally but she actually has quite a bit of support, or at least potentially so, from farmers in Michigan because they appreciate all the work she's done in the past for them."

Aside from what Stabenow brought to the table, as always, the winning candidate was largely determined by which voters turned out.

"We always say that in political science but it's true," Klemanski said. "And particularly true now because we've got [a] seemingly enthusiastic group of voters on both the democratic and republican sides this year."

Now that she has been re-elected for another term, Stabenow will likely remain working largely on already established goals according to Klemanski.

"What Senator Stabenow has done in her career has been to advocate for the state of Michigan in some pretty important ways, both in terms of the Great Lakes and on farming especially," he said. "She does talk about other issues of importance including the economy and jobs, [and] she has a plan for bringing jobs back to the United States."

OTHER KEY ISSUES STABENOW STANDS FOR INCLUDE:



KEEPING PROMISES TO VETERANS

After holding 13 roundtables over the past year, Stabenow has developed plans to improve transition assistance, housing for student veterans, health care, and support for farmer veterans.

LOWERING COSTS OF PRESCRIPTION DRUGS

With the price of the most popular brand-name drugs having risen 208 percent from 2008-2016, Stabenow plans to negotiate better prices through Medicare as well as import safe, affordable medicine.

DEBT-FREE COLLEGE

The average Michigan student graduates with around \$30,000 in debt, which Stabenow plans to combat with the Reducing Educational Debt (RED) Act. This would allow borrowers to refinance high-interest loans, provide two years of free community college and increase Pell Grant awards.

EXPAND MENTAL HEALTH SERVICES

Stabenow is working toward crisis psychiatric services being available on a 24-hour basis, expanded peer support and counselor services for individuals and families, and preventive screenings including for diabetes, hypertension and cardiovascular disease.

SUPPORT FOR THOSE WITH ALZHEIMER'S

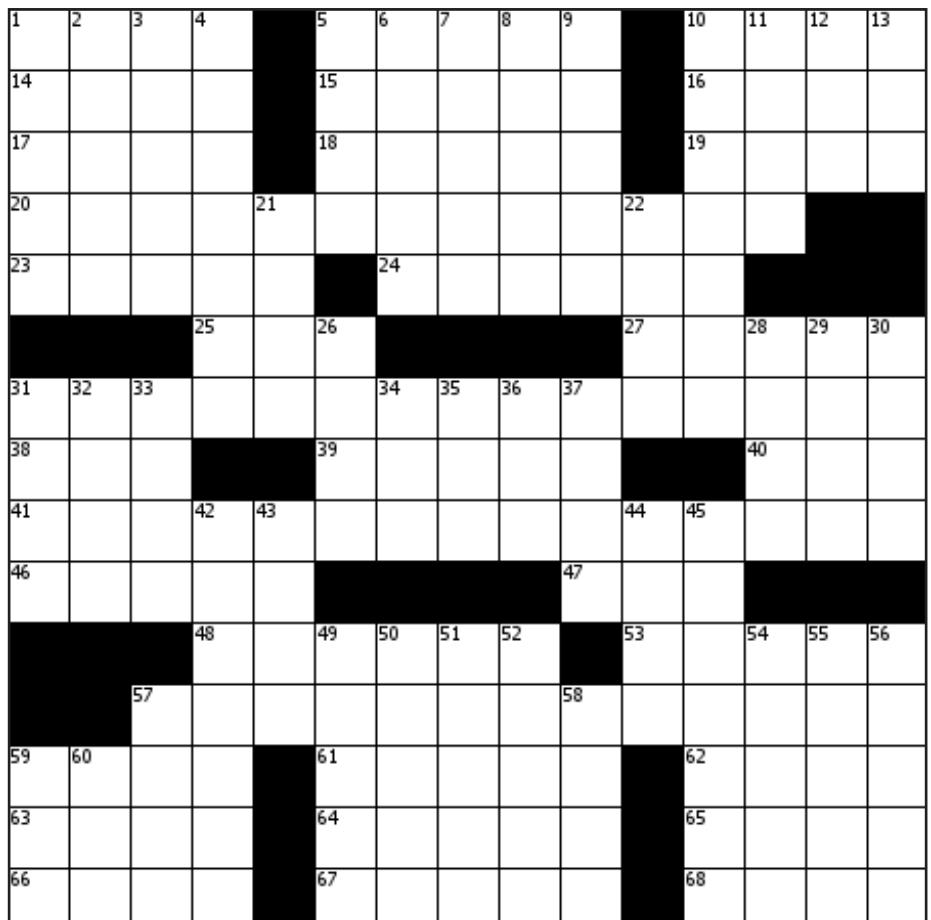
185,000 people in Michigan have Alzheimer's disease, leading to the proposed Health Outcomes, Planning and Education (HOPE) for Alzheimer's Act. This would provide information on the disease, potential treatment options and education on caring for loved ones with the disease.

*All information is according to Stabenow's website.



Infographic by Prakhyaa Chilukuri

Puzzles



Across

1. Not fancy at all
5. Flora's partner
10. "The Te of Piglet" author
14. Where billions are
15. Loathe
16. Singing brothers
17. Assures, in slang
18. Cyberspace biggie
19. Place
20. Just to have a good time
21. Lost
22. Group with lots of hits
23. Pi follower
24. Museum piece
25. "Twister" event
26. Penn, for one
27. Eat away
28. Newcomer's subj.
29. Feature of the simplest path
30. Tedium
31. Make lace
32. Catches
33. Advisory group
34. One is hidden in 20-, 31- and 41-Across
35. Pennsylvania's fourth
36. Place
37. Rash treatment
38. Hot dogs and hamburgers
39. Puzzle pair
40. Druid, for one
41. Up to now
42. Messes up

largest city

61. Disputed subject
62. Data
63. Flirt with obviously
64. Four-point H, e.g.
65. Hot spot
66. "Sleepless in Seattle" costar
67. Hematite, e.g.
68. Main message?
69. Mean Amin
70. Daring exploit
71. Questionable
72. Ike's ex
73. Popular cologne
74. Reduce to fine particles
75. Jung's inner personality
76. Slopes
77. Common college admission requirement
78. "On the Beach" author
79. Baseball's Doubleday
80. Allude (to)
81. Refuse
82. Window part
83. Robin's digs
84. And so on: Abbr.
85. Scottish explorer John

Down

1. Israeli port
2. Race place
3. Parts of some cakes
4. Onetime American competitor
5. Oldtime actress Alice
6. Toward the stern
7. "Sure"
8. Nary a soul
9. "___ with a View"
10. Flounder kin
11. Exclude
12. Charge
13. The Seminoles' sch.
14. Sounds of mirth
15. Nina of "Spartacus"
16. River to the Baltic
17. Pennsylvania's fourth
18. It means nothing to

NOVICE

4	2	9	3	5		6
	8			9		
				3	1	
3	7		5		6	
5	8		6		7	3
9		7		4	5	
7	1					
	3			2		
2		1	8	7	5	4

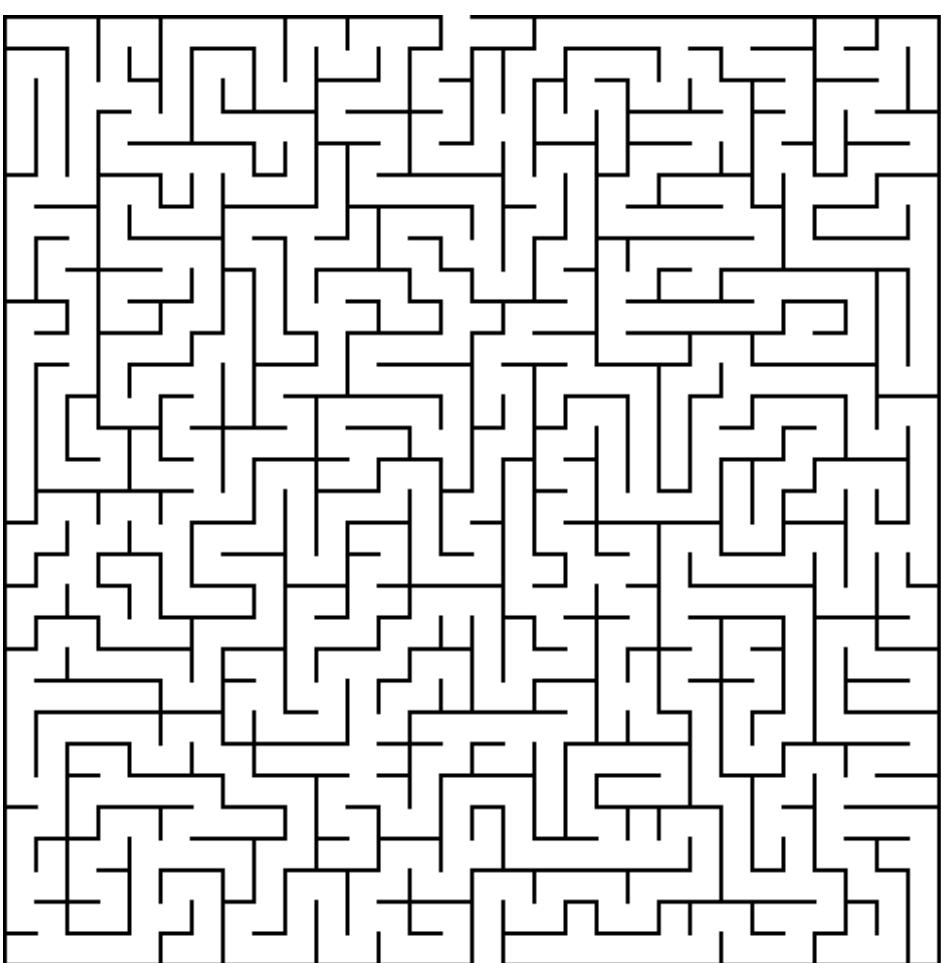
TOUGH

6				5	7
3	2	4	5		6
7			6	3	4
	9	7	4	6	1
1	5	6	3	2	7
7		4	2		8
8	4		6	5	3
6	1			7	

INTERMEDIATE

6	8		7		4
7	5	9	4		
2	3		8	5	7
9					3
	3	7	4	6	
4	2				5
8		2	7		9
		5	9	3	8
4		8	7	2	

3			5	2	8
			6	1	3
1	5	7		4	
7	3		1		6
1		7	8	4	
4	8		3	5	7
	5			7	8
3	1	7			1
	8	9	4		2



Racism and violence: the American standard



Ben Hume
Staff Reporter

The worst act of violence against American Jews in the history of our country occurred at the Tree of

Life Congregation last Saturday, Oct. 27. Armed with a rifle and three handguns, a man later identified as Robert D. Bowers opened fire inside the synagogue while screaming anti-semitic slurs. He murdered 11 worshippers and wounded six others, including four police officers.

And to think that this event was the second domestic terror attack just last week. The first was the mailing of more than a dozen bombs to Democrats and critics of President Donald Trump, thankfully none of which resulted in injury.

The same cannot be said for those in Pittsburgh.

In a time where we expect exactly nothing from a presidential administration that is about as qualified to lead a country as a penguin is qualified to fly, of course Trump had no sympathy to give to the mourners.

"If there was an armed guard inside the temple, they would have been able to stop him," those were Trump's supportive words. Yeah, he mentioned the gunman was a monster. Of course he

was. But this was his real message. If only you congregants had done something to stop him. You should have had a gun, too. You know some people hate Jews, you should have protected yourself.

You, you, you, you. You.

That's the standard we've set for ourselves now. Fanatical ideologues wielding homemade bombs and AR-15s are just a side effect of living in this great nation. Any blame is on you, the citizen, if you get caught in the crossfire.

And these headlines, these stories, this media coverage is constant. How can it not be? Every week has some violent event, some kind of attack. Just last week, a man shot two black people in a Kentucky Kroger on Oct. 24 after unsuccessfully trying to get into a historically black church. You would think that maybe, just maybe, some semblance of bipartisanship from gun rights activists would emerge, that the NRA would stop preaching about their God-given right to own a firearm and talk about everyone's God-given right to not constantly live in fear.

Radio silence.

If this ranting sounds like the over-reactive ramblings of a madman, then I dare you to find evidence to the contrary. Show me an ounce of legislation against firearms that has made any difference. Show me the hate groups getting their just punishment. Show me a political leader not just saying prayers for the dead, but then turning around and attempting to help the living. And show me that our nation is changing for the better.

Nothing is getting done, and every day that our government does nothing is another day that a mass murder can happen once again.

That must change

I know of no other call to action more universal than voting. Weeks like this make you want to just stop caring, to curl up in a ball and hope next week is better. That your tiny drop of influence could not possibly do anything against the ocean of tragedy.

But what is an ocean, if not just a bunch of drops?

Illegal immigration and respect for the rule of law

Timothy Kandow
Contributor

Beginning in October, a migrant caravan started making its way toward the United States from Central America. They come in hopes for better opportunities as well as to escape the hardships of their own countries. These individuals are en route to the U.S., where they hope the U.S. government will allow them to stay.

The United States is a nation built of immigrants. We began this nation with individuals seeking a better future in a new place and escaping the tyranny of rulers. Because of this, America has been founded with the principles of accepting those people who need help or seek a better future in the United States. We hold the most generous immigration system in the world. There are some — such as those in the caravan — who choose to come or stay in the U.S. illegally. These are individuals we would describe as "illegal immigrants," immigrants who break the law.

One's judgment could be clouded when empathizing for these illegal immigrants. They are fleeing persecution, seeking asylum and a better future for themselves and/or their family. However, once you examine this issue, it becomes evident that illegal immigration is antithetical to the principles this nation was founded on. The respect for law and order are concepts that form a nation and are undermined when illegal immigration is accepted.

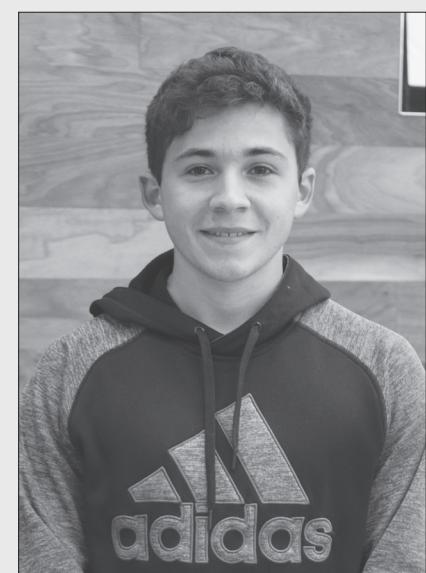
According to the Pew Research Group, as of Sept. 2018, immigrants account for over 13.5 percent of the total U.S. population, which is quadruple the percentage since 1965. Since its birth, the U.S. has been acceptant of immigrants. In comparison to the world, on a per-person basis, the U.S. far exceeds other countries in allowing immigrants to reside in the country. To claim that the United States is a nation that doesn't accept immigrants is false by all accounts.

It's interesting that these immigrants in the caravan expect the United States of America, a nation

that has over 4 million immigrants on their waiting list, to accept them even if the first act they did as new "immigrants" was break the law. It would be as though a mother rewarding disobedience with a sucker. If these immigrants don't respect the first law they have to abide by and respect the sovereignty of a country, who is to say that they will continue to do so when accepted into the country?

Being the son of a legal Mexican immigrant, it is unfair to all the legal immigrants who respect the rule of law if people think they can ignore the sovereignty of a nation to simply get what they want faster.

As stated in the introduction, the United States is a nation that was built on the idea of immigration, the American Dream. However, along with this principle, we also believe in the rule of law and respect of that law. We also believe in being fair to everyone. It would be unfair to the immigrants who wait at times years to come into this nation if we simply accepted those that choose the easy path: breaking the law.



Respect for the rule of law is why immigrants love this country. The peace, success and opportunity are things immigrants seek. If illegal immigration is accepted, America will be seen as a nation that doesn't have respect for its own laws.

'Bohemian Rhapsody' has little highs and many lows

Trevor Tyle
Life Editor

"Carry on, carry on, as if nothing really matters."

These famous Queen lyrics are words to live by when approaching "Bohemian Rhapsody," the highly-anticipated biopic for the band's legendary lead singer Freddie Mercury. While its musical counterpart is considered by many to be one of the greatest songs of all-time, unfortunately for Queen fans, the film is not of the same caliber.

In all honesty, the film really isn't that bad — in fact, I'd go see it again, simply because I love Queen that much. But to excuse the disservices "Bohemian Rhapsody" commits against one of the greatest bands of all-time would be a crime in and of itself. Plagued by sugarcoated stretches of the truth, "Bohemian Rhapsody" filters the Queen frontman's life into a family-friendly glob of historical inaccuracies and clichés that can seldom be overlooked.

Thankfully, the film does have one thing going for it — the incomparable Rami Malek, who rather brilliantly and effortlessly transforms into Mercury. Malek's performance flawlessly captures the late rockstar's eccentric personality and on-stage persona, a difficult feat to accomplish.

"Bohemian Rhapsody" both begins and ends with Queen's iconic 1985 Live Aid concert, which is undoubtedly the highlight of the entire film. But for the rest of the film's two-hour duration, it offers snapshots into the life and career of Mercury and his bandmates — guitarist Brian May (Gwilym Lee), drummer Roger Taylor (Ben Hardy) and bass guitarist John Deacon (Joseph Mazzello).

For the most part, the film stays true to what really happened, though it often glosses over significant events in the band's rich history, wrongly assuming Queen's story is one with which theatergoers are entirely familiar. Much of this can be attributed to the inconsistent — and occasionally incoherent — screenplay, which tries to force a cheesy, uninspired underdog story down the audience's throats instead of giving it to us straight. The narrative restraint of this film, which heavily contrasts Mercury's flamboyant nature, may be what hurt it the most.

The screenplay also falls flat in delivering an accurate portrayal of Mercury's private life, mostly because it has no idea how to approach it. The film tries its best to cater to its PG-13 rating by (perhaps unintentionally) censoring Mercury's bisexuality, though it does explore his relationships with manager Paul Prenter (Allen Leech) and longtime partner Jim Hutton (Aaron McCusker). But



Photo courtesy of Vox
Rami Malek was the actor who portrayed Freddie Mercury in 'Bohemian Rhapsody.'

"Bohemian Rhapsody" largely relies on the singer's relationship with ex-fiancée Mary Austin (Lucy Boynton) as a cushion, and quite frankly, it's the only relationship throughout the film to have any real substance.

Perhaps "Bohemian Rhapsody's" issues can be partially attributed to its behind-the-scenes setbacks. Development on the project halted after Sacha Baron Cohen, the initial choice for the starring role, exited the project in 2013. It wasn't until 2016 when Malek signed on that production resumed. A year later, director Bryan Singer was fired, and Dexter Fletcher was brought in to finish the film.

But something tells me the melodramatic nature of the film and its inexplicable desire to rewrite history are elements that were present long before its behind-the-scenes drama came to light.

In spite of its painfully obvious flaws, "Bohemian Rhapsody" boasts an exceptional cast, fronted by Malek, who largely outshines his costars — in typical Mercury fashion, no doubt.

However, my problem with "Bohemian Rhapsody" isn't so much with what it is, it's what it's not. It's been eight years since the film was initially announced, and for as long as it took, the final product is slightly underwhelming. It could've been so much more, but instead settles for a nostalgia-ridden piece of mediocrity.

"Bohemian Rhapsody" doesn't quite live up to the legacy of Freddie Mercury or Queen, but Malek's stunning revival of the group's leading legend still makes it worth the watch.

He will rock you, even if the rest of the movie won't.

Rating: 3/5 stars

Kaia Kater releases new album called 'Grenades'

Kaley Barnhill
Staff Reporter

Kaia Kater is known for weaving beautiful narratives through her folk music. The banjo-playing singer-songwriter hoped that her next endeavor would explore her family's complicated relationship with their homeland and chosen home. In her latest album titled "Grenades" released on Oct. 26, Kater did just that.

Kater, originally from Toronto, is of Grenadian descent, and explores this identity in her music. She went to college in West Virginia on a banjo scholarship, and drew on her family history as well as personal experience for the album.

The lyrics feel both poetic and straight forward as they are incredibly moving.

The album opens with the song "New Colossus," a slowly paced song with a serious beauty to it. It includes powerful lyrics like, "When I strike you, I'll hit goddamn everyone / Like a queen with every hound and every son / Like girls who hike their skirts up high for greedy eyes / I'm the big machine that runs your acreage dry."

Another song that stood out on the album was "Canyonland." Throughout the song, Kater creates an incredibly vivid picture, with lyrics like "The dark-haired dusk flaunts her coral lips at sunset."

The chorus also paints a picture as Kater sings, "In the Canyonland of rock / where the twitching jackal hides / and the woman takes her time / takes her time / In the Canyonland of stone / you can size me up and run / Come on, cleave me from your rib / I'll be gone."

The lyrics of "Canyonland" also feel

more like a love song, which makes the album have a more well-rounded variety of songs.

Kater's ability to create vivid images through her music is also very present in the song "Meridian Ground." With lyrics like "Away to the east of the isle where the / median swells and they gut the fish / The wharfmen sing, and beat the water beat the water so," she uses an elegant simplicity to describe a scene.

The album concludes with the song "Poets Be Buried," which examines and explores her family ties as well as her connection to her city. Kater describes the issues facing her home, explaining "They built my city on funeral ground / These nights alone can grate on a wintry soul / Sunless migrations that settle every wall / But I am my own saint, a center to hold, a cannonball / These nights alone can grate on a wintry soul."

Kater's mention of what it's like to be part of an immigrant family is prevalent as she sings, "I asked my father if this is all there is / A home that won't claim you, a country that rescinds / You are your own saint, a center to hold, a life to live / I asked my father if this is all there is."

The lyrics are incredibly moving, and convey the feeling of what it is like when you feel you do not belong to your homeland or to your chosen country.

The banjo proves to be a strong presence throughout the album. It is neither overpowering, nor does it fade into the background as it showcases Kater's skill.

The music throughout the album feels wistful and nostalgic. It is beautiful and at times a little melancholy.

For anyone looking for a female artist on the rise with a powerful presence, Kaia Kater is an excellent addition to any playlist.

Rating: 5/5 stars



Photo courtesy of NPR
The folk musician explores her family's relationship and Grenadian heritage in new album.



Photo courtesy of Jose Juarez

The Golden Grizzlies end the season with a loss after a tough game against the Panthers.

Men's Soccer season ends vs sixth-seeded Milwaukee

Michael Pearce
Sports Editor

As the bright lights exposed the breath of everyone present on Monday, Nov. 5, the men's soccer team took on the team that ended their 2018 season, the University of Wisconsin-Milwaukee Panthers. Hoping to get revenge, the Golden Grizzlies were unable to find the equalizer, losing 1-0.

The loss ended Oakland's season, as they failed to advance to the next round of the Horizon League Championship. Despite the somber mood of those who played their last match on Oakland grass, they were still proud. Four-year senior forward Travis Harrington has seen two Horizon League championships and was prideful even in defeat.

"We always try to be realistic and not overly optimistic, and we fancied ourselves on winning," Harrington said. "Obviously you can only control so much, but I'm so proud of these boys tonight. It's been a pleasure for these four years. I'm just grateful for a chance to even play college soccer."

The first half was dominated by the Golden Grizzlies, but they were unable to convert on any chances at a goal. It seemed like every five minutes Oakland had a scoring opportunity that was nullified by either good defense or an errant shot.

After 45 minutes of tough competition, the scoreboard remained 0-0. With a shot at the Horizon League semi-finals at stake, both teams needed a goal to avoid a golden goal situation.

Shortly into the second half, Milwaukee was able to connect on a goal that goalkeeper Sullivan Lauderdale had little chance at stopping. After that goal, the Panthers played very conservative defense, trying to cling onto their one point lead.

"Once they scored that goal, I feel like

they kind of sat back," Harrington said. "We had more possession, but it was difficult to break them down. We had our chances, but just weren't able to find the back of the net tonight."

Oakland remained on the attack for the rest of the second half, but were unable to get past the Panthers' defense.

Midfielder Dylan Borczak had a good look in the 73rd minute, but the Milwaukee goalkeeper made a diving save, a header in the 80th minute was sent the other direction by a flying Milwaukee defender's head and forward Nebojsa Popovic was denied a good look in the 83rd minute of play.

After 35 minutes of aggressive offense, the Golden Grizzlies had a corner kick with three seconds left and a chance to equalize the match. The ball was deflected out of the box, and the Panthers stormed the field, advancing to the Horizon League semi-finals.

Despite the season-ending loss on their home field, Head Coach Eric Pogue was proud of his players for a season where they won nine Horizon League matches.

"We had some fantastic wins this season," Pogue said. "Our four seniors really helped rebuild this team, I'm just disappointed that this had to happen to them. They might not live to fight another day, and for this to happen on our field was unfortunate."

Seniors such as Harrington and midfielder Jimmy Todd are players who have won multiple Horizon League championships with the Golden Grizzlies, but have now played their last match as a member of the Black and Gold.

"These seniors are the last guys leaving the field, and it's kind of an empty feeling," Pogue said. "But I'm just proud of them for winning some championships with us and then helping us come out the other end, spring-boarding us into the future. I'm forever indebted to them for that."

Volleyball is victorious against No. 1 Green Bay

Devin Boatwright
Staff Intern

In the O'Rena on a cold Friday night, the Golden Grizzlies hosted the No. 1 team in the Horizon League, the University of Wisconsin-Green Bay Phoenix, in a back and forth match. In the end, the Grizzlies triumphed, winning 3-2.

It was senior night for Oakland. This would be the last game played on the blacktop for the seniors on the team. Krysteena Davis, one of four seniors, had an amazing game, leading the team with 15 kills and five blocks.

"It was obviously a great game, so I'm excited about that," Davis said. "But it's sad that my last time on the blacktop is done."

The Golden Grizzlies had a very rough start in the first and second sets, yet they came out victorious going up 2-0 over the Phoenix. In the first set, Oakland was down until they tied the set 15-15, then finally had their first lead of the game at 22-21 which catapulted them to win the first set. The second set was neck and neck with a 6-6 start. The Phoenix then rallied later in the set with a 4-0 run to make the set 22-21. The Golden Grizzlies shut down their efforts however and closed out the second set on a 4-0 run of their own.

The third and fourth sets were all Green Bay as they convincingly won both sets 25-15 and 25-17. Jordan Lentz, a redshirt junior was lighting up the stat sheet throughout with her 11 kills and four blocks. She, along with the other seniors, Aleksandra Malek and Jordan Massab, helped her team keep focus

and confidence through those third and fourth sets.

"We were locked in," Lentz said. "We were expecting them to come back strong. They're the No. 1 team for a reason so we were expecting them to do more in those sets, but we didn't lose confidence. We knew that if it went to five that we would fight and do the things we needed to do."

The fifth and final set was for all the marbles, and the senior night crowd was roaring. The set started very close, and it seemed that Green Bay might match the intensity, however with the team's emotion, effort and the hype of the home crowd, Oakland went on a run and put the game away. The Golden Grizzlies took the final set 15-8, the team stormed the court and embraced after a hard-fought victory.

Davis and Lentz were outstanding with a combined total of 26 kills and nine blocks. Head Coach Rob Beam had nothing but positive things to say about his team.

"The O'Rena is such a great place to play volleyball and I think our seniors have done an outstanding job being leaders," Beam said. "We have an extremely young team. We've had a lot of adversity so a lot has been laid at the feet of the seniors to learn how to lead, to build relationships, gain rapport and at the same time, share what our program is about to people who are still learning it."

The women's volleyball team will be visiting Northern Kentucky University for their next game on Friday, Nov. 9 at 6 p.m.



Ryan Pini / The Oakland Post

After a back to back game, volleyball comes out strong with a 3-2 win against Green Bay.

Neal Ruhl raises money for Life Remodeled

Michael Pearce
Sports Editor

The voice of the Golden Grizzlies, Neal Ruhl, is famous for many things. His signature "Of Course" call is a familiar sound for all Oakland basketball fans. His presence at Grizz Madness and on GrizzVision is felt by all. But Ruhl's true claim to fame can be summarized in two words: "candy corn."

"It all started about five or six years ago," Ruhl said. "On one of the early broadcasts around Halloween, I said, 'Don't be those people who hand out candy corn on Halloween. Pony up for the good candy.' It has evolved every year. I just want to let people know that candy corn is garbageville."

Ruhl's timelines on Twitter and Facebook are flooded with memes, comments and images of candy corn, especially in the fall. This prompted him to start a GoFundMe campaign based around the candy for a new sponsor of the Golden Grizzlies, Realteam Real Estate.

"As Halloween comes around, people are always getting at me about candy corn," Ruhl said. "One fan asked me how much it would take for me to eat candy corn, and then it all clicked. We were brainstorming ideas to raise money for their 'Life Remodeled' char-



Neal Ruhl improvises by eating candy corn, a candy he calls "garbageville," to raise money for charity.

ity. So I came up with the idea of eating candy corn for charity."

After six days of being posted, Ruhl's GoFundMe has raised \$325 toward the \$500 goal. If the \$500 is raised by Friday, Nov. 9, Ruhl will eat 20 individual pieces of

candy corn during halftime of the Golden Grizzlies home opener broadcast.

The non-profit "Life Remodeled" charity goes to abandoned neighborhoods in Detroit and works to rehabilitate them. According to their website,

the Life Remodeled charity project raises around \$5 million each year for a specific neighborhood in Detroit. Each year, they undergo a six-day project, where around 10,000 volunteers take to the streets to rehabilitate 300 city blocks. Since 2014, the program has built four schools, repaired 188 homes and beautified 1,589 city blocks.

Ruhl has been calling Golden Grizzly games for six years now, and last season he completed his 300th broadcast. It was recently announced that Oakland University has extended their deal with WDFN 1130 for three years. WDFN being extended as the official station of the Golden Grizzlies means that fans across the state can tune into the broadcasts through AM Radio or the iHeartRadio app, with Ruhl as the voice of the Golden Grizzlies for a minimum of three more years.

As a native of the metro Detroit area and a current resident in Southeast Michigan, Ruhl is passionate about rehabilitating the city of Detroit.

"I grew up around here, and my parents were blue collar factory workers," Ruhl said. "This idea is dumb, but it's great to help people out. This isn't going to change the world. But every little bit helps. I feel like I'm doing my part to give back to the area I grew up in."

EDITORIAL

Why buying The Palace is a terrible idea



Jonathan Savich
Staff Intern

The Detroit Free Press posted a story reporting on rumors that Oakland University is in talks of buying The Palace of Auburn Hills on Friday, Oct. 26.

Although we don't know how true

the report is, there are many reasons why you should hope it is not true. The Palace opened back in 1988 and was considered a top tier stadium, people believed it was the first 'modern' NBA stadium. Fast forward 30 years and the Palace is now a vacated building for sale.

So, say the reason Oakland was to buy The Palace was for sporting events. The Palace is way too big for any Oakland sporting event. Its capacity is a whopping 22,076. The O'rena, on the other hand, has a capacity of 4,000. Why would Oakland need to seat 18,000 more people? There is no logical answer.

Oakland's average attendance last season was 2,875 according to the NCAA. It would be plain stupid to have a stadium that is only filled to 10 percent of its capacity.

Another potential application of The Palace may be a satellite campus for Oakland, once again a bad idea for the university. Oakland already has a

satellite campus in Mt. Clemens and there are plenty of classes you can take at OCC or MCC that transfer directly to OU. Oakland would have to repurpose a giant stadium or demolish it, both of which are a hassle and would take a lot of time. Let's not forget, The Palace is right next to a giant eye sore of a landfill. The nasty smells that thing puts out is something no one should have to endure.

On the positive side of things, if Oakland converts The Palace into a satellite campus maybe it'll alleviate parking issues here, or if they keep it as a stadium then Oakland might be able to host a Super Bowl.

One more blatant reason why buying The Palace is a bad idea for Oakland is the price. The Palace was originally built for \$90 million, which is equivalent to \$186 million in 2017, adjusted for inflation. There's reason to believe when it goes to auction it would sell for more than that.

According to a Crain's Detroit Business story published in 2016, Tom Gores had a \$370 million offer rejected by Oakland County. So, we can assume The Palace will go for either a little less or a little more than that. If OU was to spend that much money, it'd be worth an outcry from students and local taxpayers alike because we deserve better than that. Buying The Palace would be an irresponsible use of our tuition money, definitely not the first time that would have happened at OU.

I can only imagine what would happen if Oakland was willing to invest that much money back into the main campus. The only reason Oakland would need The Palace is if they ran out of space to expand on main campus, but that is not an issue.

When The Palace goes up for auction let's just hope and pray Oakland does not bid on it. May the odds be in our favor.

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- Possess basic knowledge of InDesign
- Create pages for print on a weekly basis
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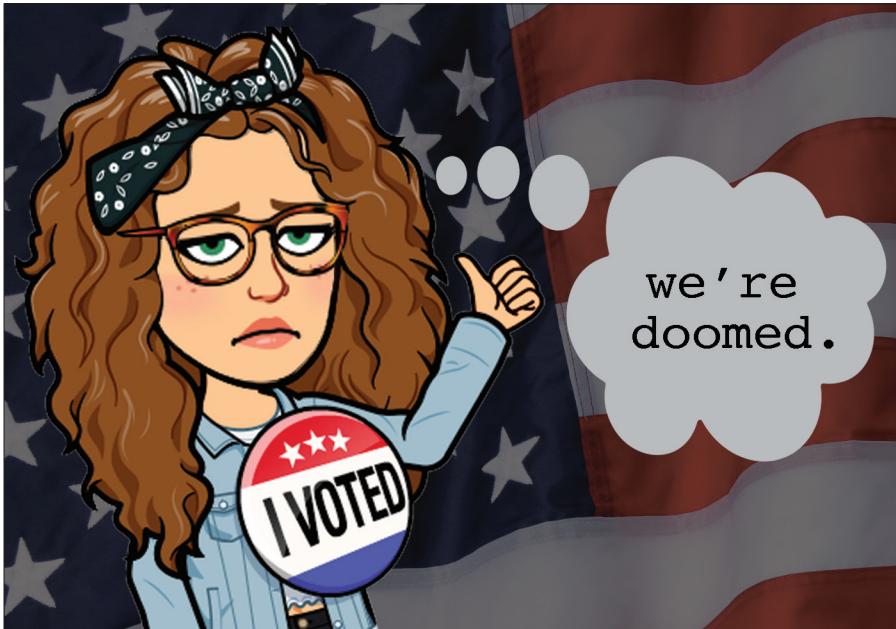


Photo illustration by Erin O'Neill

The greatest season, election season, comes to an end and leaves citizens with a feeling of doom.

The best time of year has passed: election season

Michael Pearce
Sports Editor

The day has come and gone, and everyone is pissed. Happy election season my friends. The one time of the year where Americans can come together and hate each other at the same time. A national holiday that no workplaces recognize, which restricts voter access, what could be better?

Yesterday, election day, we all gathered to elect who will flip flop the least on important issues that decide our future. From liars to cheats, we chose from a very impressive (rich) pool of candidates who earned (paid) their way up the ranks to serve us for very modest (well-paying) jobs!

As if this country wasn't depressing enough, election season brings even more sadness and hatred to the world we've become so accustomed to. With these beautiful political ads, these gracious candidates have dug up all the important dirt on their opponents, who somehow have just as bad dirt on them! After that intense detective work, they share their findings with us on every commercial break. How sweet!

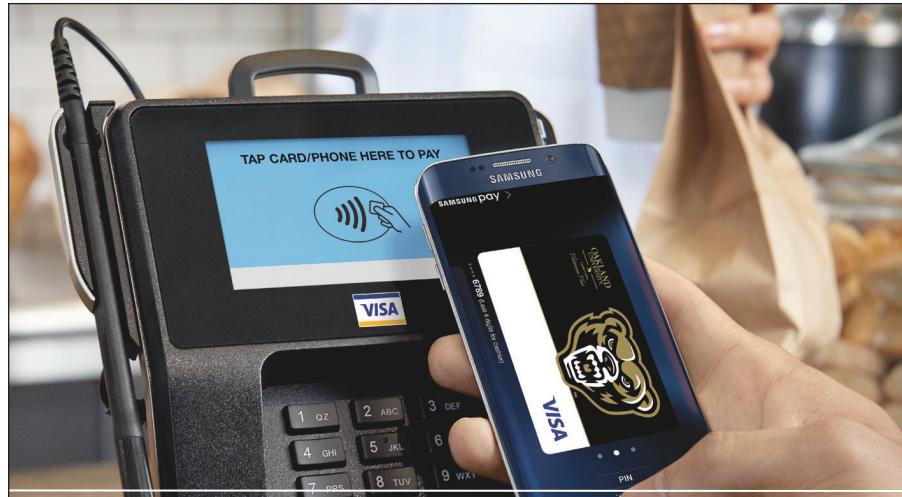
Election season is particularly easy for those who just don't vote because they don't care. These are the same people who have single-handedly

brought down this country by letting the wrong people get elected, so that billionaires get taxed lesser and lesser every four years. Thank you to all of those who ignore basic human rights and help feed corporate America's greed by not voting. You are an upstanding citizen, and I appreciate you.

What seems to make election season the greatest is the amount of politicians who will spin everything to fit their narrative and ignore tragedies and huge issues to focus on pleasing their campaign donors. They are up there with Mother Teresa and Ghandi in terms of services to humanity.

I'm sorry guys, I'm just especially cynical because there is a mass shooting every third day, and no one seems to give a damn anymore. It's hard to exist in this world when politics run the way we live our lives, but only a small fraction of the population does anything to actually change it. No matter how many times you curse out President Donald Trump on Twitter, the only thing that will change anything is if you voted.

With that being said, I hope you all voted, and I hope you were educated enough to make the right choice for you. But, at the end of the day, the current system is broken, and if you get depressed because of the current state of America, just know you are not alone.



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The Drug-Free Schools & Workplace Guide for Oakland University Employees and Students

<https://www2.ed.gov/about/offices/list/oese/osh/index.html>

Oakland University (OU) is committed to providing an environment that is free from the misuse or unlawful possession, use, and abuse of: alcohol, drugs, and prescription drugs. To address these matters, OU is required by law to adopt and implement a program ("Program").

The Program addresses: campus standards of conduct, University sanctions, and legal consequences for violations of local, state, or federal law related to illicit drugs and alcohol, health risks, a description of applicable counseling, treatment, rehabilitation, or re-entry programs; and a biennial review of the program. Pursuant to the law, OU is issuing the statement set forth below.

DRUG & ALCOHOL COUNSELING, TREATMENT, AND REHABILITATION CONTACTS

NOTE: This is a partial list of substance abuse facilities. More programs and centers may be listed in local and other area telephone directories.

On-Campus Graham Counseling Center (248) 370-3465	National Hotline Numbers & Assistance Groups Alcoholics Anonymous (800) 252-6465
Graham Health Center Oakland University Rochester, MI 48309-4401	Food & Drug Administration (313) 393-8189 (Consumer Complaints)
Local Facilities AA of Oakland County (248) 332-3521 168 University Drive Pontiac, MI 48342	M.A.D.D. (800) 438-6233
M.A.D.D. Oakland County (248) 528-1745 625 E. Big Beaver, #200 Troy, MI 48083	National Cocaine Hot Line (800) 378-4435
Narcotics Anonymous (248) 543-7200 726 Livernois St. Ferndale, MI 48220	S.A.D.D. (508) 481-3568
Oakland Family Services (877) 742-8264 (248) 858-7766 114 Orchard Lake Rd Pontiac, MI 48341	Oakland County Health Office of Substance Abuse Services (OSAS) (248) 858-5200 1200 N Telegraph, Bldg. 32 East Pontiac, MI 48341
St. Joseph Mercy Hospital (248) 858-3000 44405 Woodward Ave. Pontiac, MI 48341	If treatment for substance abuse is needed, please contact your insurance carrier to obtain proper instructions for seeking treatment. Students covered by University health insurance should <i>contact the Graham Health Center staff for benefit coverage.</i>
	If you have questions about any of the issues addressed in the guide, please contact one of the following departments: Faculty: <i>Office of Academic Affairs</i> (248) 370-2190 Students: <i>Office of Dean of Students</i> (248) 370-3352 Staff: <i>Office of University Human Resources</i> (248) 370-3480

STANDARDS OF CONDUCT:

The unlawful possession, use, or distribution, of illicit drugs and/or alcohol by students or employees and the misuse or abuse of prescription drugs in the workplace, on OU property or as part of a University activity is specifically prohibited by OU Ordinances and/or by state or federal law. The possession of a Michigan marijuana registry identification card does not exempt students or employees from this prohibition. The use and possession of marijuana remains illegal under federal law and, as a recipient of federal funds, Oakland University is subject to the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989, and could lose federal funding for any violations of these Acts, which require Oakland University to take measures to combat the use of drugs and alcohol. The OU Ordinances governing the use of alcohol and drugs are available in the Student Code of Conduct (www.oakland.edu/studentcodeofconduct) and University Administrative Policies and Procedures, Section # 600, Health and Safety. In addition, the misuse or abuse of prescription drugs is prohibited conduct.

UNIVERSITY SANCTIONS:

OU will impose sanctions for violations of this statement consistent with local, state, and federal law and with applicable collective bargaining agreements, employee handbooks, student handbooks, and University ordinances. Violations by faculty, staff, or students will result in disciplinary action up to and including termination of employment, expulsion, and referral for prosecution. The discipline imposed will depend upon the seriousness of the offense. In addition to, or in lieu of, discipline, violators may be required to complete an appropriate rehabilitation program. Additional information is available in the Student Code of Conduct (www.oakland.edu/studentcodeofconduct), Academic Human Resources, and University Human Resources (<http://www.oakland.edu/uhr/>).

LEGAL SANCTIONS:

There are legal sanctions under OU Ordinances, and under state and federal law, for the unlawful possession, use, or distribution of illicit drugs and alcohol. Any violation of an OU Ordinance is a misdemeanor punishable by a fine of not more than \$100 or by imprisonment for not more than 90 days or both. Violations under state and federal law may result in punishment for a misdemeanor or felony, depending on the nature of the crime, including fines, imprisonment, and loss of certain licenses and forfeiture of real and/or personal property. Descriptions of the state and federal sanctions for illegal possession and distribution and, in some cases, use of a controlled substance are included in this guide. Sanctions may change from time to time.

HEALTH RISKS:

The psychological and social consequences of illicit drug use and alcohol abuse can be devastating. This can lead to various health and other risks including feelings of depression or anxiety; diminished or impaired work or academic performance; absenteeism; poor decision making; poor morale; low self esteem; financial problems; conflicts with co-workers, classmates, families, friends and others. Loss of job, friends, divorce and the creation of a dysfunctional family system are common consequences of substance abuse. Additional risks include sexual assault or other unplanned sexual relationships; unwanted pregnancies; irreversible drug-induced psychotic state and/or delusions of omnipotence which trigger life-threatening behavior. Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and intellectual disabilities. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Additional information is available at Graham Counseling Center (<http://www.oakland.edu/GHC>). Employees working on federal grants and contracts: As a condition of employment, all employees working on federal grants and contracts must abide by this statement. Such employees must notify their supervisor or department head of any criminal drug statute conviction occurring in the workplace no later than 5 days after the conviction. The supervisor or department head must then promptly report the violation to the Director of Sponsored Research.

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