

THE OAKLAND POST

SEPTEMBER

9

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER — 2015 —

OAKLAND
UNIVERSITY

OAKLAND UNIV

INSIDE THIS ISSUE:

HEALTH.

Director shares tips

PAGE 4

FOOD.

New OC eateries

PAGE 8

TWINS.

Kicking serious butt

PAGE 20



oakland.edu/map

Oakland
University

Oak
Unive

FIND YOUR PLACE

Fresh Golden Grizzlies settle into their new dwelling

PAGE 10-11

Photo by Jackson Gilbert / The Oakland Post

thisweek

September 9, 2015 // Volume 41. Issue 2



ontheweb

A young Michigan native was selected to be one of eight junior chefs to compete on "Rachel Ray's Kids Cook-Off." 13-year-old Christopher Ekpien's journey and story can be read on www.oaklandpostonline.com.

POLL OF THE WEEK

What is your favorite change on campus?

- A** The new food options in the OC. Panda Express is bae!
- B** The new residence hall/apartment changes are nice.
- C** I'm digging the new equipment at the Rec!
- D** More parking on campus! — Oh, wait. There isn't any.

Vote at www.oaklandpostonline.com

LAST WEEK'S POLL

What is your favorite part of Welcome Week?

- A** Meeting new faces.
27.3%
- B** Free stuff, BOOM.
54.5%
- C** Terrorizing the freshman.
9.1%
- D** Nothing. I hate you all.
9.1%

THIS WEEK IN HISTORY

September 10, 1962

The Pryale Foundation announced gifts of \$450,000 to Michigan State University Oakland for a major nuclear physics teaching and research project. It was the largest donation since Mr. and Mrs. Alfred G. Wilson gave their estate and \$2 million to the school.

September 10, 1997

Members from Animals Deserve Adequate Protection Today and Tomorrow and Humanitarians for Animal Rights Education protested at Sigma Pi's third annual pig roast.

September 10, 2009

Oakland University canceled classes due to the teacher strike. The administration and faculty went to the Oakland County Circuit Court, where they were asked to continue teaching while bargaining was taking place on faculty contracts.

— Compiled by Jimmy Halmhuber, Staff Reporter and Kristen Davis, Sports Editor



PHOTO OF THE WEEK

GRIZZLIES IN THE D // Grizz and Paws celebrate Oakland University night at Comerica Park on Sept. 4, 2015. For each "Oakland University Night" ticket package sold, \$5 were donated to the OU Alumni Association. The Alumni Association earned \$2,470 from the 494 tickets sold.

Photo by Sean Gardner / The Oakland Post

Submit a photo to photos@oaklandpostonline.com for a chance to be featured. View all submissions at oaklandpostonline.com



8

FOOD COURT RENOVATIONS

Have you ever really wanted to try Panda Express? Well luckily for you, now you can. New choices are available with a number of new additions and renovations in the OC.



14

GROWTH AFTER TRAUMA

Psychology students now have the opportunity to participate in a lab that examines posttraumatic growth. — growth after trauma.



18

A STELLAR YEAR FOR SERWATKA

The redshirt junior is entering his fourth year as a member of the men's soccer team. After a strong summer and a break out game earlier this season, Serwatka's in place for a stellar year.

BY THE NUMBERS

Parking frustrations

8,864

parking spaces available on main campus

86%

of enrolled undergraduate students are commuters

214

parking tickets issued Thursday and Friday, the first two days of classes

11

minutes it takes to walk from the farthest parking lot (P37) to Vandenburg Hall

1

number of Oakland University coaches on the university's parking committee #GregKampe

Scarcely caring, scarely informed: The close call of strikes on campus

Kayla Varicalli
Managing Editor

Just as students shuffled back to class last Thursday, the professors raced in before them. But that almost didn't happen.

The American Association of University Professors (AAUP), who represent OU's professors, sent contract negotiations to the administration during the beginning of summer. As we fast forward to early September, an agreement still wasn't reached as the start of classes quickly approached.

Just five days before classes began, AAUP and the administration reached agreements. The contract added a 2.5 percent raise to over 700 faculty employed at OU. Their pay system will include merit pay, which bases pay off the performance of a professor.

For a few weeks, some faculty believed negotiations wouldn't be reached in time for the start of school. AAUP and the administration brought two contracts, with zero similarities between them.

Though a last-minute agreement did take place, it's what could have happened that's the scariest.

When negotiations can't be reached, a faculty strike

takes place. This means no shuffling students on September 3, and no teachers racing in before them.

OU faculty isn't afraid of striking, as they proved in 2009. Their week-long strike followed a nine percent tuition increase to students that school year. This brings up the question most students wonder: Where are our extra tuition dollars going?

We pay for a quality education from quality professors, but those professors pay the consequences as well.

With an estimated \$12 million from the increased tuition prices, our faculty still needed to fight for a raise. Yes, that's right. Those who teach us have to negotiate for our money. And they aren't too afraid to go on a strike for it.

Even though an extra week or two of summer sounds desirable, this actually hurts us in the long run.

Administration has two options when fixing the classes missed due to a strike: Do nothing and say "whatever" or push the semester back. As students, neither of these help us.

Even though we would be looking at one less week of stress and early wake up calls, we would pay the full semester length without a

reimbursement for missed classes.

After the 8.48 percent tuition increase, my bank account isn't cut out for paying for a class I'm not in.

With option two, it's self explanatory. I don't want an extended semester, you don't want an extended semester, we all don't want an extended semester.

Now that we're almost a week into the new semester, it's clear our faculty reached an agreement with the administration. The nearly-missed strike comes as a shock to most students, though.

Unless they woke up last Thursday to an email of cancelled classes due to a faculty strike, students are uninformed of the negotiations, the what ifs and the consequences we almost faced.

We are the learners. We are the payers. We are the students. But we weren't paying attention. Did you know we were five days away from not having class? Did you know faculty negotiations effect us and our tuition dollars?

Our student-centered campus closely missed a delay in classes because of intense contract negotiations. We need to inform ourselves about what happens. This is our campus. This is our news.



THE OAKLAND POST

Address 61 Oakland Center,
Rochester, MI 48309
Phone 248.370.4263
Web www.oaklandpostonline.com
Email editor@oaklandpostonline.com

editorial board

Kaylee Kean
Editor-in-Chief
editor@oaklandpostonline.com
248-370-4268

Kayla Varicalli
Managing Editor
managing@oaklandpostonline.com
248-370-2537

Dani Cojocari
Photo Editor
photos@oaklandpostonline.com
248-370-4266

sections

Kevin Teller Campus Editor
kjteller@oakland.edu

Grace Turner Life Editor
gmtturner@oakland.edu

Kristen Davis Sports Editor
kmdavis4@oakland.edu

Sean Gardner Web Editor
sdgardne@oakland.edu

Scott Davis Blog Editor
sddavis@oakland.edu

writers

Melissa Deatsch Staff Reporter
Jackson Gilbert Staff Reporter
Cheyenne Kramer Staff Reporter
Rachel Williams Staff Reporter
Jimmy Halmhuber Staff Reporter
Michael Keenan Staff Reporter
Ally Racey Staff Reporter
Katlynn Emaus Staff Reporter

Benjamin Peterson Blog intern
Alexander Stevens Blog intern

distribution

Parker Simmons
Distribution Director

Jacob Chessrown Distribution Manager
Christian Hiltz Distributor
Austin Simmons Distributor
Maria Juarez Distribution Manager
Drake Dawson Distributor

advising

Holly Gilbert
Editorial Adviser
248.370.4138

Don Ritenburgh
Business Adviser
248.370.2533

Facebook facebook.com/theoakpost
Twitter @theoaklandpost
Issuu issue.com/op86

copy & visual

Megan Carson Chief Copy Editor
Morgan Dean Copy Editor
Nicholas Kim Copy Editor
Faith Brody Copy Editor

Nadia Marinova Copy intern

Dave Jackson Photographer
Nowshin Chowdhury Photographer

Jason Bombaci Multimedia intern

Olivia Krafft Web designer
Taylor Reyes Graphic designer

advertising

Hailee Mika
Ads Director
ads@oaklandpostonline.com
248.370.4269

Alvin Pitris
Assistant Advertising Manager

Kerry Zhu
Administrative Assistant

Enjoy reading the Post?
Why not work for us?

The Oakland Post is always looking for new photographers, writers, designers, distributors and copy editors.

The Post is also currently looking for a Social Media Manager, Web intern and Receptionist.

For more information or to apply, send questions and application materials to Kaylee Kean at editor@oaklandpostonline.com.

Corrections Corner

On last month's cover we wrote a small preview for an article on the student who is suing the city of Detroit. We wrote his first name on our cover, where we spelled it Mikkell. The correct spelling of the student's name is Mekkel. Also, our reporter Jackson Gilbert took the photo of Mekkel for page 16.

On page 9, there were several mistakes regarding the names of Samuel Abbott and Anders Engnell. We sincerely apologize for the poor editing and name botching.

On our Facebook page, we featured a photo of the men's basketball team swimming shirtless in Spain. We realize the photo appears inappropriate and irrelevant to the story, and we want to apologize if it came off that way.

On page 21, we listed Michael Keenan as an intern. He is a Staff Reporter.

The Oakland Post corrects all errors of fact. If you know of an error, please e-mail managing@oaklandpostonline.com. You can also write us at 61 Oakland Center Rochester, MI 48309.

follow us on Twitter
@theoaklandpost

find us on Facebook
facebook.com/theoaklandpost

A better yOU: 'A healthy lifestyle is pertinent to a happy one'

OUSC director aims to educate students on health, being environmentally conscious

Katie Rose
Student Congress Member

Hi. My name is Katie. I am the Environmental, Health and Wellness Director for Student Congress this year. The purpose of this position is to coordinate and plan events that are specific to advancing students' understanding and education of environmental sustainability, and to promote health and wellness on campus.

A Better yOU is a new column in The Oakland Post that I will be writing bi-weekly.

One of my goals in this position is to provide students with opportunities to learn how to maintain a healthy lifestyle. This would include stress/anxiety relief, healthy eating, fun work out ideas and overall physical, emotional and mental health.

Maybe you just gained the

"freshman 15" and are looking for ways to slim down and be healthier. Maybe you're feeling terrible after eating tons of junk food and watching too much Netflix over the summer. Or maybe school, work and extra activities are stressing you out so much that you can't sleep and you feel like crying every night. Whatever the reason, I'm here to give you information on how to improve those areas of your life because maintaining a healthy lifestyle is pertinent to a happy lifestyle.

I will do my best to answer any questions you may have, and will research any topics that I feel relate to the overall health and wellness of Oakland University students.

Another goal of mine is to educate students on current environmental issues, and to show how Oakland University is taking the initiative to become a "greener" campus.

"One of my goals in this position is to provide students with opportunities to learn how to maintain a healthy lifestyle."

Katie Rose
Environmental, Health & Wellness Director

I will also provide you with the information to make more environmentally conscious decisions while going about your own daily activities.

I am only a biology major here at OU, so I am not an expert of all things environmental, health, or wellness related.

Clearly, these topics are interesting to me, and I will be researching as much as I possibly can to make these articles accurate.



Dani Cojocari / The Oakland Post

Katie Rose will be writing this column to help students learn about more about health and being conscious of the environment.

If you have any requests for articles or have questions, please contact me at krrose@oakland.edu. Stay tuned for more environmental, health, and wellness information!

UPCOMING EVENTS: ENVIRONMENTAL, HEALTH & WELLNESS

SEPT. 8	12-1 p.m. American Red Cross Club general meeting, room 127 in the Oakland Center
SEPT. 10	12-1 p.m. Pre-medical Society general meeting, the Lake Michigan room in the OC
SEPT. 23	12-1 p.m. Biomedical Science Society general meeting, the Heritage room in the OC
SEPT. 24	4-7 p.m. Student Congress Wellness Carnival, the lawn between the north entrance of the OC and Bear Lake
OCT. 2	7 p.m. Leaders for Environmental Awareness and Protection general meeting, the Lake Superior A room in the OC

Classifieds

61 Oakland Center, Oakland University
Rochester, MI 48309

Rates:
\$0.35 per word (\$7 min.)
Unlimited Frequency
STUDENT DISCOUNTS!

ROOM FOR RENT

Room for rent in this Troy Colonial in convenient location. Shared living room & kitchen. Includes utilities and use of laundry. Parking on the street. Security deposit of \$1050 and application fee of \$25.00. For an appointment to see, please call the listing agent - Harry Lee @ 248-765-8998.

CHILD CARE CENTER

Child Care Center in Rochester seeking creative and talented individuals for part time and flexible hours. Contact Todd Greenbaum, Neighborhood Child Care Center director. 248-652-1132. Neighborhoodc3@gmail.com

MALE ROOMMATE WANTED

Male looking for male roommate to share expenses with. I have a place close to campus, want to cut expenses. \$415/mo, give me a shout oudude123456@aol.com

VALET PARKING ATTENDANTS

Valet parking attendants, must be 21 or older, must know how to drive a stick-shift, must have a clean record (248) 740-0900 or apply online at <http://firstclassvalet.com/valet-parking/employment-application/>

Books
Cars
Garage Sales
Rent

Babysitting
Help Wanted
Carpools
Misc., etc.

Request to include a picture or additional formatting as needed!

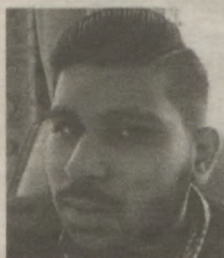
*All advertising submitted for publication in The Oakland Post is subject to acceptance by the newspaper, and The Oakland Post reserves the right to reject copy at its sole discretion at any time prior to publication.

The Real Deal: Cynicism will not stop the beast

American idealism is powerful; voters still have chance to help keep Trump out of office

Aditya Tiwari
Contributor

The concepts of idealism and cynicism are not new when we discuss social issues, or politics in general. Are we in an age where people are more inspired to get their points across? Or are people so disillusioned with the system as is, that they see no point in getting involved? It is a confusing prospect, particularly when you consider how it's



Aditya Tiwari, sophomore

almost impossible to describe the entirety of our present societal climate under only those two views.

Ultimately I can only offer commentary based on what I have experienced, and truth be told I'm as confused as you are. Do we truly live in a generation that wants change? Or do we live in a generation that wants to hold progress back? Could it just be that I'm asking this question the wrong way?

I ask these questions often in light of long-running issues, whether it was the recent riots in Ferguson, Mo., our conflicting discourse on the environment or in this case, the controversial and dubious presidential run of Donald Trump (for that matter, we might as well start discussing Kanye's bid in 2020).

You've definitely heard all the things Trump has been saying by now, from a vast array from racist, xenophobic rhetoric, to scattered sexist comments, disrespectful statements to veterans and overall buffoonery when in the face of serious questions on foreign policy and national security.

As a presidential candidate, we expect him to embody a truer spirit of not only an exceptional American, but an exceptional person. Trump is neither, you and I know that. Yet when I see Trump polling higher than the other more qualified republican candidates, I can't help but feel very sick inside, and wonder why people think so favorably of him.

That's when the cynicism kicks in, and Trump turns from a self-absorbed loon in my head to an unstoppable menace.

The only problem with this reaction is that ultimately, cynicism will not stop the beast. Idealism has often been

perceived as something for the naive to hold on to until reality or maturity kicks in, but I urge you to reconsider.

During our revolutionary war we fought against a bigger and stronger British army, but our idealism that helped us push off the shackles of British rule, against all odds, and make us a free nation. During the second world war, the Nazis were a truly cruel foe capable of great evil. Yet it was the shared idealism of the allies that helped them overcome one of the worst conflicts in history. I believe the same applies today.

Donald Trump is an impudent man who has manipulated his followers into an agenda that takes advantage of their fears and ignorance. To stop him, we cannot give in. We must believe that as Americans, we can elect someone better than Trump. Even though we might all believe different things, we can unite against Trump. We owe that much to ourselves.

Letter to the Editor: Playing Eminem in public is offensive, inappropriate

AJ Capaldi
Contributor

Today as I was walking to the Oakland Center on Oakland University's campus I went to purchase my school books and was confronted by loud and personally offensive public-playing music.

95.5 had a booth with speakers blasting the song "Lose Yourself" by Eminem. I understand that rap music is a very valued genre for many different individuals. I know it has played and still does play a very big role in people's lives. It has broken down social barriers, challenged the standards set against groups unfairly and has given them a voice to rise against and be heard when no one listens. Not to mention rap music has provided an income to many aspiring and now influential music artists, making them advocates for themselves and sometimes helping them to give back to their communities.

The song "Lose Yourself"

may not be completely bad; but it derives from an artist with a history of making gay slurs within his lyrics and also even sometimes making degrading and even violent connotations towards women. Being gay myself and having a biological mother who was raped, I feel strongly that the music being played and promoted was inconsiderate of my feelings and of my family's.

The song was amplified in a public area and I had no choice but to hear it. It is one thing to have music playing voluntarily and people listening and enjoying it in a closed setting. But it is another thing when there are people involuntarily being forced to listen to it in an open setting so that others can enjoy it who are not affected by its negative nature.

Public means appropriate. And that is how it should be.

It may come to your surprise, but I do like rap. There are rap artists out there who include rather than exclude and respect and protect the

"It derives from an artist with a history of making gay slurs within his lyrics and also even sometimes making degrading and even violent connotations towards women."

AJ Capaldi
Women & Gender Studies student

feelings of others. Brother Ali, for example, is a rapper and advocate for women in his lyrics. He supports minority groups and even has positive things to say about gay people.

That includes myself, and it makes me so happy knowing that I am being treated like an equal. It makes me want to be outside and not be afraid of anything hurtful coming my way. I am able to enjoy the surrounding areas of the university, and feel right in my place.

WHAT'S YOUR PERSPECTIVE?

Submit an opinion column to
editor@oaklandpostonline.com
and you could see it in print.

Be sure to provide contact information,
class standing and field of study.

What's up with vaginas anyway?

Lady Parts Justice movement founded after dispute in statehouse; fundraiser event to be held in Detroit

Becca Reichenbach
Class of 2015

When former Michigan State Representative Lisa Brown was banned from the statehouse floor for saying the word "vagina," that should have turned some heads. Mind



Becca Reichenbach
Alumna

you, when this "shocking" and "blasphemous" word was said on the House floor in a statement on reproductive health, it wasn't in the 1950s. It was 2012, right around the same time you and your friends were probably seeing Marvel's The Avengers for the fourth time in theaters or coming to the terrible realization that "Payphone" by Maroon 5 feat. Wiz Khalifa was still going to be on the radio in three years.

As a response to that day when Brown was silenced on the House floor for uttering the name of a human sex organ, Lady Parts Justice was formed and, consequently, Lady Parts Justice Michigan

was born.

If you haven't heard the name before, then there's no better time to ask your friend Google and mark your calendars for our second annual V to Shining V Detroit event on Saturday, Sept. 26. Stand up for reproductive justice and help raise funds for LPJ nationwide!

The fun is going down at PJ's Lager House at 1254 Michigan Ave in Detroit. A \$5 donation is suggested, and reproductive justice warriors of all ages are welcome to attend. Brown will kick things off at 3 p.m. sharp, so tell your friend who is always late to be ready to leave the house at 1:30 p.m. instead of 2:15 p.m., because you won't want to miss a moment of this.

From Congresswoman Brenda Lawrence to feminist activist Mira Krishnan — to rockin' bands and other cool performers and comedians — expect to be entertained, feel awesome, and most importantly, empowered and united.

Check us out on Facebook at Lady Parts Justice MI (facebook.com/LPJMichigan).

Want to get involved on campus? Go on GrizzOrgs to speak with the rad people who are making Voices for Choices happen.

Richard J. Burke Lecture in Philosophy, Religion and Society

The Ethics and Politics of Non-Violence Dr. Judith Butler

Thursday, Oct. 8, 2015 | 7:30 p.m.
Oakland Center, Banquet Rooms A&B

Non-violence is often regarded as a principled position that allows for no exceptions. At the same time, it is a position that is usually accompanied by all sorts of qualifications. Join this lecture as we explore questions around non-violence:

- Is a principled position on non-violence possible?
- Can we agree on a clear distinction between violence and non-violence?
- Can we maintain an ethical position on non-violence that is not reducible to a political one?
- What is the relationship between ethics and politics?

To reserve a seat, email zimmerm2@oakland.edu
or call (248) 370-3390

oakland.edu/phil



OAKLAND
UNIVERSITY
College of Arts and Sciences

cas11909/8.15

Course Hero

WE ARE HIRING!

Course Hero is looking for
Business Development Interns.

✓ Paid ✓ Flexible ✓ Resume Builder

Apply at: www.coursehero.com/business-internship

Campus

Grizzlies on the Prowl



"How did you find out about the attack on September 11?"



Louisa Ngote, curator of visual resources, art history special lecturer

"I was here at work. I walked into the secretary's office and she had the radio on. We were like 'Oh my god, oh my god, turn it up.'"



David Shaerf, film professor

"I was living in New Zealand at the time as an undergrad in college. It was the middle of the night and my brother called me, I didn't understand what he was saying, so I hung up on him. Ten minutes later it registered with me."



Ann Zimmerman, philosophy office assistant

"I was working at the Kmart headquarters at the time and everyone had their TVs on. My boss let everyone out early, but the traffic was so bad that we didn't go anywhere."



Bruce Charlesworth, photography and videography professor

"I was in a dentist's chair and suddenly the news was playing over the intercom throughout the office."

— Compiled by Kayla Varicalli, Managing Editor

FREAKY FAST! FREAKY GOOD!®



SERIOUS DELIVERY!™
★ JIMMYJOHNS.COM ★

TO FIND THE LOCATION NEAREST YOU VISIT JIMMYJOHNS.COM



Nowshin Chowdhury / The Oakland Post

Despite a power outage in the OC on Sept. 2, the new food options were available for students to try.

Food court opens despite campus power outage

Fire up your career at Pei Wei
WE'RE HIRING!

Kitchen Team
Members / Cooks

Ready to join our team?
Apply in person or learn more at jobs.peiwei.com

Boulevard Shops / Rochester
1206 Walton Blvd.

Troy Marketplace / Troy
730 E. Big Beaver Rd.

Join the best people in the business | Receive competitive pay & benefit options | Choose part-time or full-time hours | Take on new responsibilities and grow your career



PEI WEI

Your Career. Wei better.™

Pei Wei is an equal opportunity/affirmative action employer.

Lack of light can't stop these hungry students for long

Rachel Williams
Staff Reporter

The stainless steel beams and glistening white floors echoed with the sounds of Chick-Fil-A workers shouting "eat more *clap clap* chicken" in unison.

Workers at the renowned chicken restaurant, Subway, Create, Panda Express and Moe's Southwest Grill prepared for their grand opening on September 2.

Oakland Post photographer Nowshin Chowdhury raved about Moe's queso dip, which she swore she consumed daily in Virginia this summer. Unfortunately, Nowshin and other Golden Grizzlies had to pause their queso consumption when at approximately 11:22 a.m., the lights and electronic signs in the food court went dark.

There were power outages throughout the campus, and at noon, Chartwells' employees informed students that they "had to close the building to

bring back the power."

Gates were closed surrounding the food court and students moved from the seating area to different places in the Oakland Center. According to Chowdhury, around 2 p.m. the lights were back on.

The \$3.5 million renovations for the food court, completed this summer, have been highly debated. Upon first impression of the court's grand opening, before the power outage, Subway had a long line that took over almost half of the food court, while other stations had considerable lines.

Moe's Southwest Grill had its eighth Michigan restaurant opening scheduled at noon, but the power outage postponed it.

However, Daley Michael of FOCUS Brands Restaurant Group, Moe's PR coordinator, said that the "crew will shout 'Welcome to Moe's to every customer throughout the day,' and suggested the "most popular burrito... called the home-wrecker, and Moe's famous queso."

It appears that the new renovations have updated and improved the Oakland Center's food court, while providing new options for students during their lunch break.

OUSC passes resolution to fight sexual assault

Cheyenne Kramer
Staff Reporter

During the 2015 winter semester, Oakland University Student Congress passed resolution C.R. 15.03, which recognized sexual assault as an issue on college campuses and began to create provisions for brochures and reading materials about preventing and reporting possible assaults to be distributed to students.

The resolution means OUSC will aim to provide more information to incoming freshmen on sexual assault and awareness.

"This resolution works in tandem with the previous sexual assault resolution, C.R. 15-03, passed by OUSC last Winter," legislator Andrew Laux and Student Body Vice President Madison Kubinski said "C.R. 15-03 was not just a statement, it was a basis of what we planned to do, and that OU has every intention of having a tough stance on sexual assaults on campus."

According to Laux, the new resolution isn't just a statement of support, but a promise to continue educating students on sexual assault awareness.

"Personally, the issue of sexual assault is one that Madison and I have taken up over the previous year; having drafted, sponsored, and passed the sexual assault resolution last winter," Laux said.

The July resolution was one step in OUSC efforts to educate

"The key to addressing and combatting sexual assault is by increasing awareness...one assault is one too many."

Andrew Laux
OUSC Legislator

further on sexual assault awareness. On September 3rd, OUSC, Theta Chi, and the Film Makers Guild presented a video titled "It's On Us," a campaign video on sexual assault awareness.

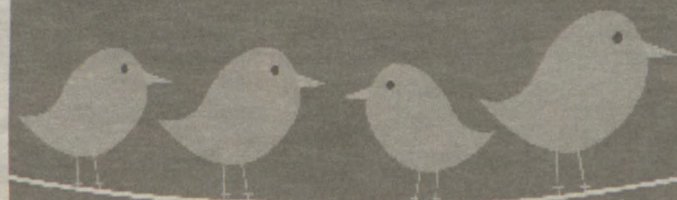
In the 15.03 bill passed in the winter, both Kubinski and Laux hoped for there to be more information about sexual assault to be given to incoming freshmen.

"The key to addressing and combatting sexual assault is by increasing awareness...One assault is one too many," Laux said.

The OUSC is not the only organization taking the step to prevent sexual assaults on campus. The Center for Student Activities hosted a campaign to end sexual assault on Sept. 4, as well as the aforementioned involvement of the Film Makers Guild and Theta Chi.

For more information or to pose questions, OUSC meetings are held every Monday at 4 p.m. and are open to all students.

Follow us on Twitter!



Become our fan on Facebook!

www.twitter.com/theoaklandpost
www.facebook.com/theoakpost
www.oaklandpostonline.com



Rachel Smydra: One special instructor

The faces of OU: A profile of an English buff who seeks fresh techniques and ideas for her students

Amanda Prigel
Contributor

Rachel Smydra has been working at Oakland University since 1992. She has vast experience and brings a diverse background to her role as Special Instructor in the English department.

"Over the years, I have been involved in several different areas," Smydra said. These areas include, "service learning, the department newsletter and website, online teaching, academic conduct,

ethics in teaching, plagiarism, effects of social media on writing and collaboration," Smydra added.

Additionally, Smydra is always looking for fresh techniques and information to bring to her students.

"I have witnessed incredible growth at OU," she said. "This growth has provided me with ample opportunities to develop and teach new courses, participate in new programs and research new ideas."

As Smydra learns and finds out new things, she is thrilled to alert students to various discoveries that she becomes aware of in the academic area of English.

"I am always eager to take on new challenges in order to bring what I discover back to the classroom," Smydra said.

By staying up-to-date on current topics and ideas, Smydra is continually evolving her curriculum to better serve the needs of students in an

"I have witnessed incredible growth at OU. This growth has provided me with ample opportunities to develop and teach new courses, participate in new programs and research new ideas."

Rachel Smydra
Special Instructor

ever-changing world.

Ultimately, Smydra is focused on staying current on the latest developments in the English department at Oakland. She is dedicated to remaining involved and being an active member of the campus community.

Quick Facts about Smydra

Position at OU: Special Instructor in the English department

Credentials: B.A. and M.A. in English

Passion: Reading, writing, good conversation, traveling, good Mexican food and anything water-related (including kayaking and paddle-boarding)

Secret pleasure: Baklava Cheesecake at Dessert Oasis

Almost nobody knows I: Always wanted to be a veterinarian; a college course in Steinbeck took me down a different path

I've never been able to: Achieve good balance — literally — my equilibrium is off



Rachel Smydra,
Special Instructor

FRESH *for* FALL

STUDENTS AND FACULTY RECEIVE 20% OFF ALL SERVICE AND PRODUCT

VALID THROUGH NOVEMBER 30, 2015 WITH VALID ID

TAYLOR & COLT

BarberSpa



The Village of Rochester Hills
120 N. Adams Rd. C-120
Rochester Hills, MI 48309

Call or Text: 248.330.5954
info@taylorandcoltmi.com
www.taylorandcoltmi.com

THERE'S NO PLACE LIKE A PACKED HOME

An increased interest in on-campus living left some residents in hotels at the beginning of the school year. Students who couldn't immediately move into dorms and apartments were placed in two hotels near campus.

Due to a lack of staffing, the Bear Bus was unavailable to transfer students to and from their hotels and campus during the opening days of classes. Starting on Sept. 8, the bear bus transferred students, and will continue to do so between the hours of 7 a.m. to 11 a.m. and 3 p.m. to 6 p.m.

At the time of move in, 62 students were placed in Extended Stay America, a hotel on University Drive across from campus. Some students have been moved into dorms since then, but the hotel stay may last up to six weeks.

Currently 14 percent of enrolled students live on campus. George Hynd, Oakland University president, said in a previous interview he would like that to increase to at least 20 percent next year.



The Residence Halls Association held a bonfire on Saturday, Sept. 9. Approximately 60 people came to roast marshmallows and hang out.

Photo by: Dongtu Han

Chomping around campus

The Oakland Center saw a summer full of renovations, where the Pioneer Court was expanded and improved.

The addition of Moe's Southwest Grill, Panda Express and Create brought more food options to students. The ability to check out at each restaurant quickened the lines, along with a second service line at Subway. Bumper's Game Room added the Bear Cave, a pub-style eatery that will be open on Wednesday, Sept. 9.

Students looking for coffee can visit the renovated Suzanne O. Frankie Cafe in the Kresge Library. Au Bon Pain, sandwich, soup and coffee shop, was swapped out for Cafe O'Bears at the front of the Oakland Center.

There are an increased number of transfer meal options this year, where every Oakland Center venue offers meals that work with resident's transfer meal swipe. Chartwells is running a promotion over the next two weeks that offers students \$150 in declining points if they purchase a meal plan. This is available for anyone on campus and is not restricted to residents.



Extended Stay America Hotel on University Drive is one of two hotels students can stay at instead of living in a dorm.

Photo by: Jackson Gilbert



The newly renovated Pioneer Food Court officially opened on Thursday, Sept. 3rd. Dining options now include Panda Express and Moe's Southwest Grill, along with old favorites such as Chick-fil-A and Subway.

Photo by: Jackson Gilbert



Hungry Howie's®

FLAVORED CRUST PIZZA

**WE DELIVER
ON CAMPUS!**

OPEN LATE

Sun-Thurs til Midnight
Fri & Sat til 2AM

3011 E. Walton Blvd. (next to 7-11) **248-373-4330**



NOW HIRING DRIVERS!

- Part Time
- Mileage & Tips Paid Nightly
- Flexible Hours
- Employee Discount



SPECIAL

**ONE LARGE
1-TOPPING PIZZA**

\$7.99

DEEP DISH EXTRA

**JUST ASK FOR THE OU SPECIAL,
NO COUPON NECESSARY!**

Hungry Howie's Pizza

SMALL PIZZA
with 2 Toppings

\$5

Delivery, tax extra • Available at this location only. Not valid with other coupons or discounts. Exp. 9/15/15

Hungry Howie's Pizza

**LARGE PIZZA SUB
CALZONE**

Loaded with Pepperoni and
Cheese, with pizza sauce

\$5

Delivery, tax extra • Available at this location only. Not valid with other coupons or discounts. Exp. 9/15/15

Hungry Howie's Pizza

XL PIZZA

with 1 Topping

\$11

IT'S HUGE!

Delivery, tax extra • Available at this location only. Not valid with other coupons or discounts. Exp. 9/15/15



Hungry Howie's®

FLAVORED CRUST PIZZA

PIZZA Free Flavored Pizza Crust

Original, Butter, Garlic, Herb, Buttercheese, Sesame, Ranch, Cajun, Onion

CHEESE (100% Mozzarella).....	SM \$5	MED \$7	LG \$9	X-LG \$11
ADD A TOPPING.....	99¢	\$1.29	\$1.59	\$1.89

Large Square Deep Dish \$1 More

PIZZA TOPPINGS: Pepperoni, Mushrooms, Italian Sausage, Ham, Ground Beef, Bacon, Green Peppers, Red Onions, Black Olives, Pineapple, Mild Peppers, Fresh Tomatoes, Extra Cheese, Cheddar Cheese, Feta Cheese, Parnesan Cheese, 3-Cheeser, Anchovies, Jalapenos

SPECIALTY PIZZAS

ASIAN CHICKEN.....	SM \$8	MED \$11	LG \$15	X-LG \$18
Tangy Asian Sauce, Grilled Chicken Breast, Red Onions, Green Peppers, Sesame Seeds & Mozzarella Cheese				
BBQ CHICKEN.....	\$8	\$11	\$15	\$18
Sweet BBQ Sauce, Grilled Chicken Breast, Bacon, Red Onions & Mozzarella Cheese				
BUFFALO CHICKEN.....	\$7	\$10	\$13	\$16
Spicy Buffalo Sauce, Grilled Chicken Breast, Red Onions, Cheddar & Mozzarella Cheese				
PHILLY STEAK.....	\$11	\$13	\$16	\$19
Special Cheese Sauce, Marinated Steak, Green Peppers, Mushrooms & Red Onions, Covered with Provolone Cheese				
MEAT EATERS PLUS.....	\$11	\$13	\$16	\$19
Pepperoni, Ham, Ground Beef, Sausage, Bacon & Extra Cheese				
HUNGRY HOWIE'S WORKS.....	\$11	\$13	\$16	\$19
Extra Cheese, Pepperoni, Ham, Italian Sausage, Ground Beef, Mushrooms, Green Peppers, Red Onions & Black Olives				
MEAT EATERS.....	\$9	\$11	\$14	\$17
Ground Beef, Ham, Pepperoni & Sausage				
VEGGIE.....	\$9	\$11	\$14	\$17
Red Onions, Tomato, Green Peppers, Mushrooms & Black Olives				
HOWIE SPECIAL.....	\$9	\$11	\$14	\$17
Ham, Pepperoni, Green Peppers, Mushrooms & Red Onions				
HOWIE MAUI.....	\$8	\$10	\$13	\$16
Bacon, Ham & Pineapple				
BACON CHEDDAR CHEESEBURGER.....	\$8	\$10	\$13	\$16
Bacon, Cheddar & Ground Beef				
HUNGRY HOWIE'S JUNIOR SINGLE 8" INDIVIDUAL CHEESE PIZZA.....	\$3			

HOWIE BREAD

HOWIE BREAD.....	\$3.99
3-CHEESER HOWIE BREAD.....	\$4.99
CINNAMON BREAD.....	\$3.99
CAJUN BREAD.....	\$3.99

HOWIE WINGS

NEW Flavored Wings: Asian, Buffalo, BBQ

	10	20
ORIGINAL WINGS.....	\$7.49	\$13.99
Buffalo Style Seasoned Chicken Wings		
BONELESS WINGS.....	\$7.49	\$13.99

HOWIE ROLLS™

PEPPERONI & CHEESE.....	\$2.99
Pepperoni & Melted Mozzarella Cheese	
STEAK & CHEESE.....	\$3.49
Marinated Steak & Melted Cheddar Cheese	
CHICKEN & CHEESE.....	\$3.49
Grilled Chicken Breast & Melted Cheddar Cheese	
DIPPING SAUCE EXTRA	

ICE COLD POP



Customer pays tax & deposit. Prices subject to change.

3011 E. Walton Blvd.
(next to 7-11)

248-373-4330

OVEN BAKED CALZONE STYLE SUBS

	SM	LG
PIZZA SUB.....	\$3.99	\$5.99
Extra Pepperoni, Pizza Sauce & Cheese		
PIZZA DELUXE SUB.....	\$3.99	\$5.99
Cheese, Pizza Sauce & your 3 favorite Toppings		
DELUXE ITALIAN SUB.....	\$4.99	\$6.99
Ham, Salami, Cheese, Lettuce, Tomato & Italian Dressing on the side		
STEAK, CHEESE & MUSHROOMS.....	\$4.99	\$6.99
Steak, melted cheese, Mushrooms, Lettuce, Tomato, & Italian Dressing on the side		
HAM & CHEESE.....	\$4.99	\$6.99
Ham, melted Cheese, Lettuce, Tomato, & Italian Dressing on the side		
TURKEY SUB.....	\$4.99	\$6.99
Turkey Breast, melted Cheese, Lettuce, Tomato, & Mayonnaise on the side		
TURKEY CLUB SUB.....	\$4.99	\$6.99
Turkey Breast, Ham, Bacon, melted Cheese, Lettuce, Tomato, & Mayonnaise on the side		
VEGETARIAN SUB.....	\$4.99	\$6.99
Double cheese, Mushrooms, Red Onions, Green Pepper, Black Olives, Cheese, Lettuce & Tomatoes		

FRESH SALADS

	SM	LG
CHICKEN CAESAR.....	\$5.99	\$7.99
Grilled Chicken Breast, Asiago Cheese, Over Fresh Romaine Mix, With Side Of Caesar Dressing & Croutons		
CHICKEN ASIAGO.....	\$6.29	\$8.49
Grilled Chicken Breast, Asiago Cheese, Tomatoes, Red Onions, Black Olives, Over Fresh Romaine Mix & Side Of Dressing Choice		
GARDEN.....	\$4.99	\$6.99
Tomatoes, Red Onions, Green Peppers, Black Olives, Over Fresh Romaine Mix With A Side Of Dressing Choice And Croutons		
ANTIPASTO SALAD.....	\$5.99	\$7.99
Fresh Crisp Lettuce, Ham, Salami, Cheese, Peppers, Tomatoes, Black Olives & Red Onions		
GREEK SALAD.....	\$5.99	\$7.99
Fresh Crisp Lettuce, Feta Cheese, Tomatoes, Red Onions, Black Olives & Peppers		
CHEF SALAD.....	\$5.99	\$7.99
Fresh Crisp Lettuce, Tomatoes, Red Onions, Topped With Ham, Mozzarella Cheese & Black Olives		
DRESSINGS Ranch, Italian, Greek, Caesar		

PIZZA • WINGS • CALZONES • SALADS • BREADSTICKS • DRINKS • WE HAVE IT ALL!



A new cafe will be opening in Bumper's Game Room on the lower level of the OC.

Parking problems persist

As a commuter-driven campus, an empty parking lot is hard to come by. A campus of 1,443 acres holds 8,864 parking spaces, but finding a spot can still take a half hour on a busy day.

The Oakland University Police Department has taken extra steps to prepare students for their parking struggle by taking to Twitter. Starting early in the morning, they will Tweet the lots that have open spaces. They also place signs in front of parking lots that are full, so students avoid searching for a spot they won't find.

Two dirt parking lots were added to the south side of campus, adding to the 42 paved parking areas on campus. Though extra space and precautions were taken, 214 parking tickets were issued on Thursday and Friday, the first two days of classes.

The beginning of fall semester fills parking spaces quickly, but spots will open up in a few weeks as students settle in.



Mike's Southwest Grill is one of the new options at the food court. Other options include Subway, Chick-A, and Palda Express.

Photo by: Nowshin Chowdhury

15..... PLACES TO EAT ON CAMPUS

STUDENTS IN EXTENDED STAY AMERICA 62

86%.....

STUDENT COMMUTERS



Photo by: Dani Cokcari

7-11am BEAR BUS
3-6pm HOTEL ROUTES

PARKING TICKETS ISSUED THURSDAY & FRIDAY 214

STORIES BY KAYLA VARICALLI, LAYOUT DESIGN BY CHEYANNE KRAMER, AND JACKSON GILBERT TAYLOR REYES

the mix

HOW TO AVOID THE "FRESHMAN 15"

Although some say the "freshman 15" isn't real, a majority of college students do return from their first year with a few extra pounds. With a little bit of preparation and focus, avoiding the weight gain your freshman year is possible.

Here are six tips on how it can be done:

1. IF YOU'RE GOING TO EAT YOUR FEELINGS, EAT GRAPES... NOT SKITTLES: If you're feeling sad because you flunked a test or you're just sick of studying and want a sweet snack for therapy, choose something naturally sweet instead of candy. Fresh fruit or a handful of trail mix are great alternatives. Stocking up on smart, healthy snacks rather than junk food also makes it easier to make the right decision when it comes to snack time.

2. BLOCK OFF TIMES IN YOUR SCHEDULE TO HIT THE GYM: Once classes begin, schedules can get hectic. Managing time is the best way to prevent allowing the chaos to run your life. Pencil in times three to five days a week specifically for physical activity. This will make it easier to get yourself in the gym without feeling like you have to squeeze it in or making up excuses for why you can't.

3. PLAY INTRAMURAL OR CLUB SPORTS: Sometimes, going for a run or lifting weights just doesn't sound appealing. But luckily, there's other ways to get physical activity in. One of the best ways is by playing an intramural or club sport. You make friends and compete while getting a work out in at the same time.

4. TAKE A FITNESS CLASS OR GET A PERSONAL TRAINER ON CAMPUS: The recreation center offers a variety of fitness classes. From yoga to boot camp and cycling, the full class schedule can be found on the recreation center website and most classes are free. Personal trainers are also available for those who want to get more serious about their fitness.

5. MAKE SMART CHOICES: There are options in the cafeteria and other food places on campus that aren't the healthiest, but there are smart choices too. Opt for a salad instead of french fries, water instead of pop and so on.

6. INDULGE WHEN NEEDED, BUT DON'T GO CRAZY: You're going to have cravings for ice cream, pizza or chocolate. Don't make yourself miserable and avoid them at all costs. Pizza once a month isn't going to put 20 pounds on your gut — just don't make eating pizza every day a habit. It's about balance.

— Compiled by Kristen Davis, Sports Editor

YAKS of the WEEK

Yik Yak:
The voice of the people



1. "I'm only up because if I get anymore beauty sleep you will all worship me as your queen and I'm too modest for that life."

2. "Buying books is like those cigarette

commercials where they tear a piece of your face to pay."

3. "Did you hear about the kidnapping at OU? He woke up."

4. "Trying to not look like a freshman that's lost looking for their classes is the real struggle."

5. "My backpack is going to swallow my body."

6. "I thought I've seen everything on this campus, but I just watched someone drive the opposite way in the roundabout."

7. "Is is really too much to ask that I be respected, admired, and beloved by all?"

8. "BREAKING NEWS: The Energizer Bunny was arrested today and charged with battery."

9. "Ever wonder if deaf people read the lyrics to top 40 songs and think 'being deaf isn't so bad after all'?"

10. "Fingers crossed I get hotter by next year."

— Compiled by Shelby Tankersley,
Staff Reporter

TOP TUNES

wxou albums of the month

1. Mac Demarco — "Another One"
2. Beach House — "Depression Cherry"
3. Tunde Olaniran — "Transgressor"
4. Tame Impala — "Currents"
5. Lianne La Havas — "Blood"
6. Gardens and Villa — "Music for Dogs"
7. Ducktails — "St. Catherine"
8. La Luz — "Weirdo Shrine"
9. Destroyer — "Poison Season"
10. Nathaniel Rateliff and the Night Sweats — "Nathaniel Rateliff and the Night Sweats"



Ducktails — "St. Catherine"

On his fifth album, Matt Mondanile, who goes by Ducktails when recording on his own, has written his strongest and most cohesive blend of songs to date. While not as experimental as some of his previous music, notably 2013's diverse and danceable, "The Flower Lane," this ten song set is the easiest and most hummable Ducktails album yet.

Mondanile is no stranger to writing pleasant pop music, as he has with the main band, Real Estate, for the past five years. On "St. Catherine," he's not reinventing the wheel, instead opting to put out his own version of a perfect pop album.

Tracks like "Headbanging In The Mirror" and "Surreal Exposure" are Dream Pop 101. Inviting and pleasant, these songs feel like they float on a cloud atop a bed of watery guitar chords and hazy synths. This is music to listen to while daydreaming on a blanket in the shade.

Recommended if you like: Real Estate, Dream Pop, The Zombies

Start with: "Headbanging In The Mirror," "Surreal Exposure," "The Laughing Woman"

— Anthony Spak, WXOU Music Director

From Oakland to Washington, D.C.

Former student advocates for those with intellectual disabilities, overcomes discrimination

Grace Turner
Life Editor

Oakland University's influence reaches as far as the White House.

In 2014, Micah Fialka-Feldman, who finished his participation in an OU program called the Oakland University Post-Secondary TransitiONS (OPTIONS) program in 2010, was appointed to the President's Committee for People with Intellectual Disabilities.

According to the U.S. Department of Health and Human Services, the committee serves as a "federal advisory committee to the President and the Secretary of Health and Human Services on matters relating to persons with intellectual disabilities."

Fialka-Feldman keeps in touch with the committee over the phone and goes to Washington, D.C. for meetings throughout the year. Right now he's helping to prepare a report on how to make technology more user-friendly for those with intellectual disabilities.

He received a certificate in disability studies from Syracuse University in 2015, and has accomplished a lot since his days at OU.

He interned for a year with the Michigan Round Table for Diversity and Inclusion, an organization that works to overcome discrimination by bringing community leaders together.

"We gave workshops on inclusion and how to help high school students learn about inclusion and how to work with students with disabilities," Fialka-Feldman said.

After speaking at two education conferences at Syracuse University in August of 2011, Fialka-Feldman moved to Syracuse, New York, and felt right at home. He became a teaching assistant at Syracuse University while earning his certificate. He also talks to classes about his experiences.

"I loved being in a place that really believed in inclusion," Fialka-Feldman said of Syracuse University. "It's been a great support for me."

Fialka-Feldman was a participant in OPTIONS, which allowed participants with mild intellectual

disabilities to participate in OU classes and get involved on campus. While participants did not receive a degree, completion of the program made them more marketable.

The OPTIONS program stopped accepting students in 2009 and was discontinued “for several reasons,” according to OU officials, who neglected to say what those reasons were in a recent email.

However, "The University remains committed to providing services to admitted students with ASD [Autism Spectrum Disorder] through our Office of Disability Support Services (DSS)," the officials continued. "Consistent with our strategic goal of being an engaged community partner, we recently entered into an affiliation with the Judson Center."

"The degree to which our secondary elementary education systems have created an understanding of the importance of inclusion in our society is clear by the student support for Micah..."

Shae Howell
Professor of Communication

Fialka-Feldman sued OU in 2008 for not allowing him live in the dorms. He won, living in a dorm for his final semester in 2010.

During his battle, more students showed up to support Fialka-Feldman before the board of trustees than they did for the recent tuition raise, said Shae Howell, professor of communication.

"The degree to which our secondary elementary education systems have created an understanding of the importance of inclusion in our society is clear by the student support for Micah personally and for the OPTIONS program," Howell said.

Although Fialka-Feldman said he wishes OPTIONS was still available at OU, he credits the program and the lawsuit with his current successes.

"It helped me understand that I could move to Syracuse and teach at Syracuse University," Fialka-Feldman said.



Photo contributed by Micah Fialka-Feldman

Micah Fialka-Feldman participated in a program called the Oakland University Post-Secondary TransitiONS (OPTIONS) program during his time at OU. Fialka-Feldman was appointed to the President's Committee for People with Intellectual Disabilities in 2010.



**think
you're
pregnant?**

You Have Choices

Crossroads Pregnancy Center

248-293-0070



Looking for the light after darkness

Oakland psychology students have unique opportunity to study Post-traumatic Growth

Rachel Williams
Staff Reporter

Associate Professor of Psychology Kanako Taku has provided Oakland University psychology students with the opportunity to apply their in-class knowledge to the real world.

The knowledge is directly applied to the research of Post-traumatic Growth (PTG) or, according to posttraumaticgrowth.com, "the possibility of personal growth within the context of... [a] distressing and traumatic event."

Taku has studied and researched PTG for 14 years and how people "change psychologically, cognitively, socially, and spiritually after traumatic events," as stated by Oakland's communication and marketing department.

The PTG lab at OU has been examining local high school students for the past four years and presented its findings in publications and conferences all over the world, including the 123rd Annual American Psychological Association Convention in August. Lab members and Taku were present at the convention, which took place in Toronto.

The lab studies "whether growth can be experienced not only after being hurt but also after inflicting harm on others in youth populations," according to Taku's website.

According to posttraumaticgrowth.com, PTG is measured by a Post-traumatic Growth Inventory (PTGI) and five subscale scores within that inventory. These subscales include areas such as relating to others, personal strength, and spiritual change.

Senior member in the PTG lab and psychology student

"In the future I think our findings can increase knowledge of PTG and maybe one day create a beneficial intervention process for children and adults to help them grow after stress."

Aundreah Walenski
Senior psychology major

Aundreah Walenski says they will "travel to local high schools and collect data... code the data, and analyze the data to present at local and international conferences and publish manuscripts in local and peer reviewed journals."

"Our research is being shared with other professionals around the world, the papers we write are being read, and our voices are being heard," Walenski said. "In the future I think our findings can increase knowledge of PTG and maybe one day create a beneficial intervention process for children and adults to help them grow after stress."

Students interested in becoming lab members had to undergo an interviewing process and submit a resume and letter of interest.

The personalized feel to the lab was carried through in the interview process by making sure that hopeful lab members agreed with and would follow the lab goals.

"We as students are lucky to be working with such wonderful faculty willing to not only teach but train the next generation of psychologists," Walenski summed up.



Photo courtesy of Kanako Taku



TOP Professor Kanako Taku has been researching how people change psychologically, cognitively, socially, and spiritually after trauma and stressful life events

BOTTOM Undergraduate psychology students can participate in Professor Taku's research in her PTG Lab.

Trending: Wear your hair without a care

Communities embrace natural beauty, self-expression and healthier living

Johnny Ricks
Contributor

Many Americans are increasingly adopting healthier lifestyles that include better eating habits and exercise, and in African-American communities across the nation, even the way people wear their hair is being reconsidered.

It is a widely known fact that the hair of black Africans and people of black African descent is among the most curly, coarse, and robust to be found. As such, people with this hair have always maintained a culture of hair care and hair styling that is different from that of white Europeans and other ethnicities.

Because of the dominance and pervasiveness of western European culture in America, African-Americans have often imitated the long and straight hairstyles of their white counterparts, using harsh chemical and heat treatments to condition their hair into European styles that would otherwise be unachievable.

However, a report in 2013 found that hair relaxer sales had declined 26 percent during the previous five years, according to an article published on Mintel.

Recently natural hair styles have resurged in popularity and are regarded

not only as a method of self-expression and ethnic pride, but as part of an overall healthier lifestyle.

"Natural hair is wearing your hair the way it grows out of your head," Micalyn Foreman said. Foreman is the president of L.O.V.E. Naturally, a student organization at Oakland University dedicated to "instilling confidence in individuality through breaking stereotypes that natural is not beautiful."

"I feel like [natural hair styling] recently re-started as a fad, but once people actually get into it, they see the benefits of it," Foreman said. "They become a part of the natural hair community and the movement."

Natural hair styling in the African-American community is increasingly being perceived as an important part of living a healthy lifestyle in general.

"Natural hair is all about taking care of your hair with products that won't damage it," Foreman said. "Through taking care of your hair it's very encouraged to use natural products."

Foreman points out that the recommended vitamin and water intake regimen necessary to optimize hair health and growth are also important to the overall health of the body.

Some natural hairstyles, such as braids, sometimes involve tedious work arranging the hair in various complex patterns. Some braided hairstyles involve the use of hair extensions that must be sewn into the natural hair, and it can take several hours to accomplish the desired look.

There are many African hair braiding shops in cities like Detroit that specialize in increasingly daedal natural hairstyles for African-Americans, and they make lots of money doing so. These hairstyles can cost upwards of \$200, according to some shop owners.

"Natural hairstyles have always been around, but in the past few years it does seem to have become more popular in places like Detroit," said Faustine Onwuneme, the owner of Oluchi African Hair Braiding.

Onwuneme has been in the business of braiding and natural hair styling for over 20 years, and has owned a shop in Detroit since 2008. She said the market for braids and natural hairstyles has recently become very lucrative.

With the rise of socio-political movements like "black lives matter," and the overall trend in America towards healthier living, it appears that the natural hair trend in the African-American communi-



Courtesy of VoiceoffHair.com

Micalyn Foreman started the L.O.V.E. Naturally organization at OU to help students find beauty in natural hair, health and being themselves.

ty serves a dual purpose of both symbolic expression, and salubrity.

Wearing natural hair "creates a confidence, because it's not something everyone has," Foreman said. "Not everyone can have a super big afro... It's unique to our culture. Your hair isn't going to look like anyone else's, so learning how to take care of your hair and appreciating your hair translates into appreciating yourself and your uniqueness as a whole."

OUR FUNDS HAVE A RECORD LIKE A BROKEN RECORD.

TIAA-CREF: Lipper's Best Overall Large Fund Company three years in a row. For the first time ever. How? Our disciplined investment strategy aims to produce competitive risk-adjusted returns that create long-term value for you. Just what you'd expect from a company that's created to serve and built to perform.

Learn more about our unprecedented, award-winning performance at TIAA.org/Perform

TIAA
CREF

BUILT TO PERFORM.

CREATED TO SERVE.



BEST OVERALL LARGE FUND COMPANY*

The Lipper Awards are based on a review of 36 companies' 2012 and 46 companies' 2013 and 2014 risk-adjusted performance.

*The Lipper Award is given to the group with the lowest average decile ranking of three years' Consistent Return for eligible funds over the three-year period ended 11/30/12, 11/30/13, and 11/30/14 respectively. TIAA-CREF was ranked among 36 fund companies in 2012 and 48 fund companies in 2013 and 2014 with at least five equity, five bond, or three mixed-asset portfolios. Past performance does not guarantee future results. For current performance and rankings, please visit the Research and Performance section on tiaa-cref.org. TIAA-CREF Individual & Institutional Services, LLC, Teachers Personal Investors Services, Inc., and Nuveen Securities, LLC, members FINRA and SIPC, distribute securities products. ©2015 Teachers Insurance and Annuity Association of America-College Retirement Equities Fund (TIAA-CREF), 730 Third Avenue, New York, NY 10017. C24849B

Consider investment objectives, risks, charges and expenses carefully before investing. Go to tiaa-cref.org for product and fund prospectuses that contain this and other information. Read carefully before investing. TIAA-CREF funds are subject to market and other risk factors.

Mouthing Off

The views expressed in Mouthing Off do not necessarily represent those of The Oakland Post.

The term 'millennial' is an insult

We are not lazy and attached to our phones; we are the future

Nicholas Kim
Copy Editor

With today's technology and social media, the fact is clear: you cannot be unaware anymore. This includes, but is not limited to: Pop culture, memes, global events, rising social conflicts, the weather, cat videos and so on and so forth.

Some of you probably know those people who scoff at the fact you spend hours on your phone; they twirl their moustache and declare that this generation is becoming ass backwards.

Or worse, you have to suffer through the tirade of technophobic babble that the nearest baby-boomer is spouting about. Their inability to simply google something still baffles me today, in 2015, where looking something up has never been easier. Yet Susan is still asking her friends on Facebook for directions to Olive Garden.

I'm sick and tired of people, specifically the older generation, talking down to me about why the young adults in my generation are horrible or how we are not doing anything right.

The fact that our smartphones are seen as hindering, and because we are more socially aware, makes it



Dani Cojocari / The Oakland Post

Editor-in-Chief Kaylee Kean scrolls through her social media feed while at work. 'Cuz she don't give a flying f***.

more difficult for them to connect with us.

Next time you hear Ellis waiting in line at Starbucks complaining about how kids these days are so lazy, don't be afraid to drop some hot truth on her. The fact is, Generations X,Y,Z and younger are some of the hardest working people living right now.

A typical college student who is receiving financial help from their school and the government is also working one, maybe two, but most likely three jobs to make ends meet.

I get to hear about how entitled my friends are for not moving out of their parents home, but in reality, Harold and his buddies sank the housing market and now it has become too difficult to move out after

college.

What I'm trying to get at is this: stand up for our generation. Do not just sit there and let any 60-year-old complain about how our work ethic is nothing like theirs was. Times have changed!

I am proud to be where I'm at in life and you be should too. Stick up for using your smartphone to help take notes in class, defend your choice to move back home in order to save some money.

Never give those who don't understand us millennials the satisfaction of thinking they are right, because they aren't. They haven't walked a mile in our shoes. We will continue to work hard and make differences in this world and clean up the mess they made.

WELCOME.

the VILLAGE OF ROCHESTER HILLS
Walton Boulevard & Adams Road
www.theVORH.com

Facebook Twitter YouTube Instagram Pinterest

The distance between imagination and...creation

IS YOU AT FORD!

Join us Thursday, September 17th at the OU Engineering Center for a personal insight into a career at Ford!

11:30am-1:00pm, Lunch with the IT Ford team – by special invitation: winners will be notified*

1:00-2:00pm, Ford OU Alumni discuss their IT Careers at Ford

2:00 -3:00pm, Recruiting & Ford IT job opportunities

*Interested in having a free, catered lunch with Ford IT employees?

Email ITFCGCR@Ford.com with:

1. Name
2. Major
3. Expected graduation date
4. What area of IT interests you the most and why!

Go Further

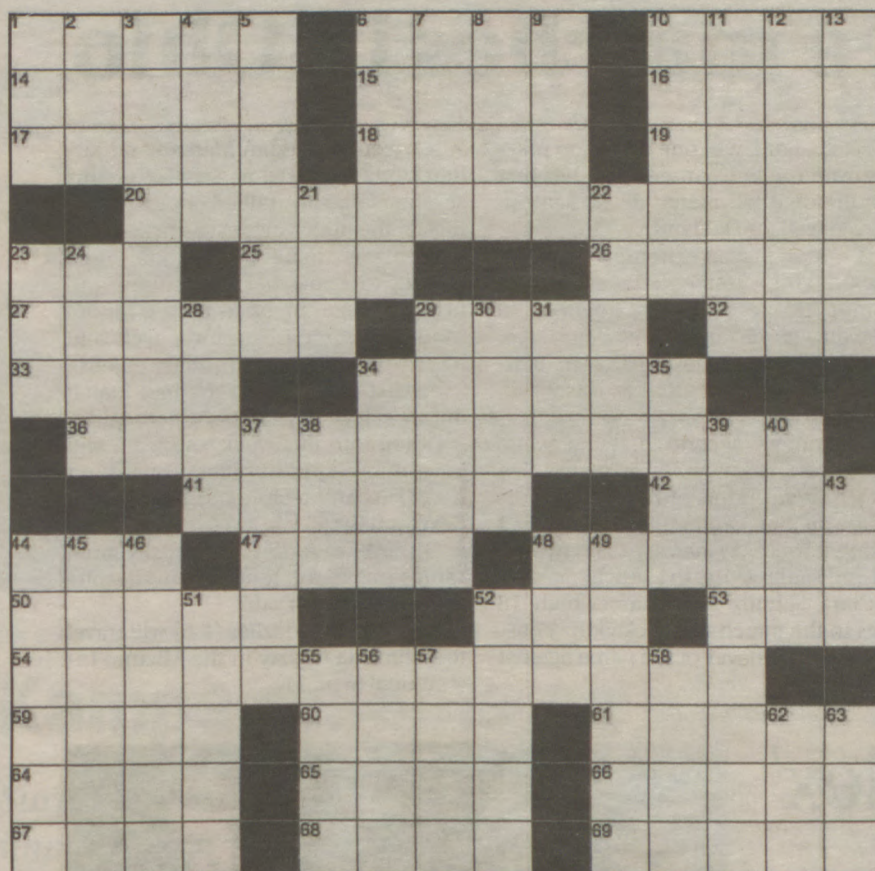
www.careers.ford.com

By choice, we are an Equal Opportunity Employer committed to a culturally diverse workforce.

GOT SOMETHING TO MOUTH OFF ABOUT?

The Oakland Post is looking for satirical scribes, witty writers and comical columnists. Submit your best efforts to editor@oaklandpostonline.com and you could get published for the world to see.

Puzzles



Across

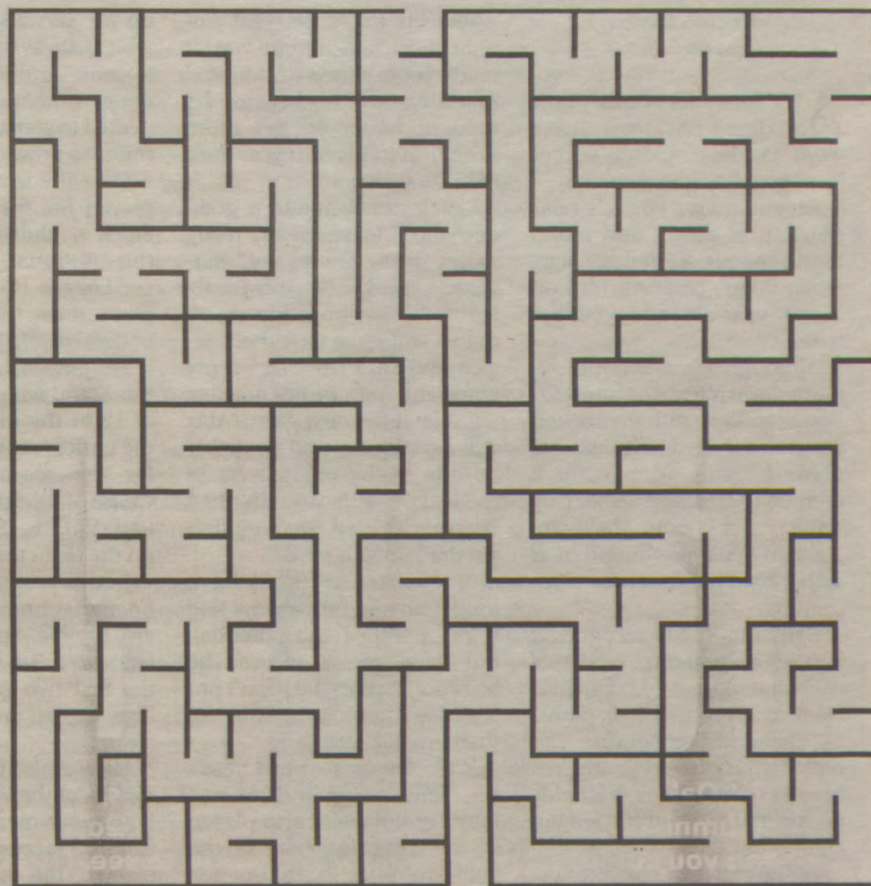
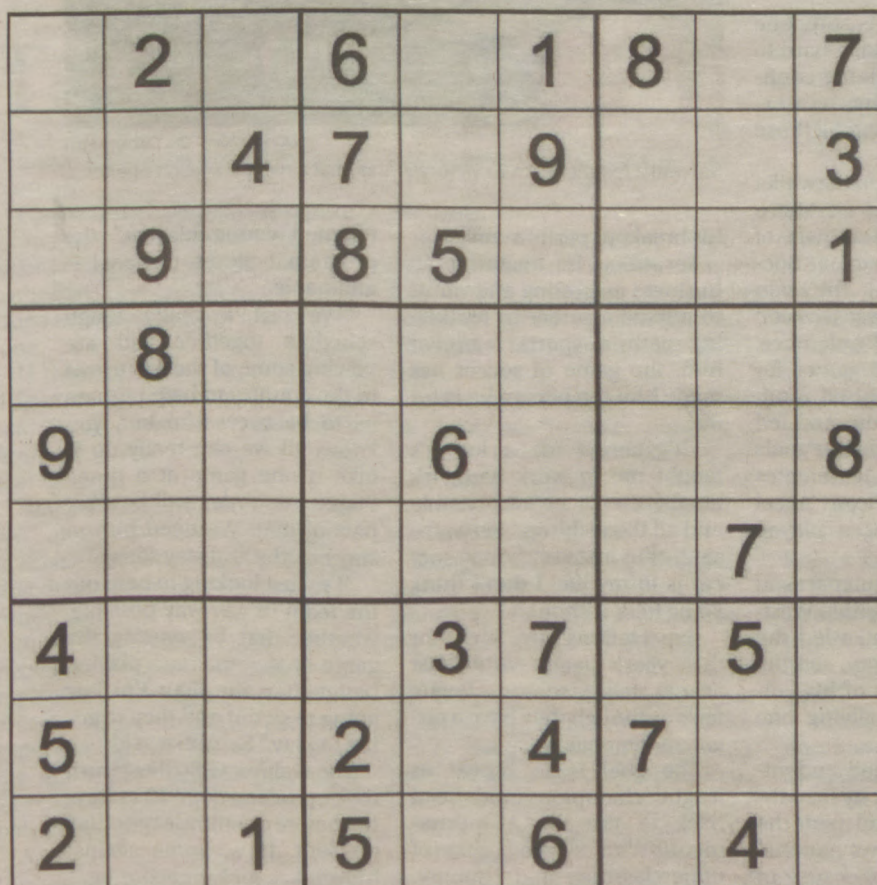
- 1: Doohickey
6: Soap site
10: Porn
14: Take out or in
15: Brainwave
16: Lion's pride
17: Andes pack animal
18: Dark greenish blue
19: Formerly
20: BIG DIPPER
23: PC bailout
25: Slimy stuff
26: Blubbery water
27: On cloud nine
29: Put the kibosh on
32: The limit, for some
33: It may get plastered
34: Closing number
36: Flowering shrub of the four-o'clock family
41: Ship's mess
42: Feels poorly
44: Liable
47: Southern roots
48: Geometry measure
50: Having a ho-hum attitude
52: Spanky, to Alfalfa
53: Garden tool
54: Understanding

59: Type of arch

- 60: Microbrewery offerings
61: Unveiling comment
64: Mystique
65: Bunch of feathers
66: Olympic weapons
67: Kind of calendar
68: Tennis match divisions
69: They're often out on a limb

Down

- 1: Hoedown honey
2: Hardly hale
3: Broken off, musically
4: In-box item
5: Syracuse players
6: 'Me, too!'
7: ___ fixe
8: Flipped fish fancier
9: Oates partner
10: Belted, Biblically
11: Fads
12: Pop open, as champagne
13: Very small
21: Divot material
22: Coral reef
23: Slim swimmer
24: Hunk of cheese
28: Henchman
29: Climbing plants
30: One of the deadly sins
31: Mai ___
34: Movie
35: Sparkle
37: Merrier
38: In the manner of
39: Reagan's decade
40: Flute or saxophone variety
43: '___ Loves You'
44: Out of the country
45: Calamity
46: Becomes narrower
48: Flight from justice
49: Time for an early lunch
51: Say something
52: Annoying ones
55: They may be wild or rolled
56: Puzzle piece
57: Weight
58: 'Ix-nay'
62: '___ me think about it'
63: Balaam's mount



Volleyball drops three matches in Ohio

Women's volleyball team makes milestones, learns from losses, earns victories as a team and individually

Ally Racey
Staff Reporter

The Oakland women's volleyball team traveled to Ohio over the weekend to compete in the Golden Flashes Classic tournament, which held several firsts for the Golden Grizzlies.

This was Oakland's first time in the tournament, first time stepping foot on Kent State's court and first four-set match of the year.

"I think Kent State has a really good volleyball gym. It was easy to play in and it was well-run and organized," head coach Rob Beam said.

Kent State, Indiana State and Albany each took home a win against Oakland. Kent State finished 3-1, Indiana State finished 3-1 and Albany finished 3-0.

Despite each tough loss, Beam said he is proud of his team.

"I have a lot of confidence in this team. I think that the best thing to come out of the performances this weekend is that we were able to narrow down some options and possibilities to find something that I think we feel very confident as a team that we can compete at a high level," Beam said.

Sammy Condon, who was recently named to the preseason All-Horizon League team, along with teammate

Cassie Pelloni, was one of the top players from the tournament with her first double-digit kill match of the season, played well for Oakland.

"Condon played extremely well. She played with a tremendous amount of competitiveness and willingness to take on a much larger role," Beam said.

Beam also recognized Darien Bandel and Melissa Deatsch as this weekend's top players.

"In today's second match against Kent State, Darien had a really nice match. It was kind of her first opportunity in her career to get a start. I thought Melissa was very team oriented and selfless," Beam said.

Ciara Schultz set a career-high 18 digs in the match and racked up 27 assists to earn player of the game against Kent State.

Newcomers Jordan Massab and Jordan Lentz are also doing well so far this season. Massab tallied double-digit digs in the match against Kent State.

"Lentz is doing a great job. She's getting to know her teammates and how they like things to be set. Jordan Massab is doing extremely well and has earned a spot as a primary defense specialist for us. From the first match on she's done a great job," Beam said.

Going into this week, the team will have many opportunities to work on new skills and techniques before their next match.

"I think we found some really good things out of the tournament, despite the losses," Beam said.

The Golden Grizzlies (1-5) will travel to California to play in the Mizuno Invitational Sept. 11.

Pogue: 'It's that time for Alex'

Redshirt junior Alex Serwatka prepares to help men's soccer team defend league championship title

Kristen Davis
Sports Editor

Alex Serwatka is this year's wildcard. At least that's what Oakland men's soccer head coach Eric Pogue says.

Serwatka and Pogue's relationship as player and coach began about a decade ago, when Pogue coached him on his 10-year-old and younger team.

Although it's a unique dynamic, it isn't uncommon for Pogue to have either coached for or coached against his players' teams prior to them coming to Oakland, especially if the player is from Michigan. He said it's something that is a "big benefit" in terms of recruiting.

Early on, Pogue recognized Serwatka's potential, and this was what ultimately made him want to bring the Troy native to Oakland's program. The redshirt junior has found his home at Oakland as midfielder for the defending league champions.

Pogue chose to redshirt Ser-

watka his freshman year not only because he felt he wasn't ready yet in terms of skill and maturity, but also because he thought he could get more from him in his fifth year than in his first year.

"I felt coach made a good decision, I wasn't really ready to get in the games yet," Serwatka said. "I obviously learned a lot from my teammates and I just took their advice and kept working on my game and here we are now."

"This time next year, Alex will be playing and probably be one of the top players in the league. If he wouldn't had been redshirted, we wouldn't get that," Pogue said.

"I've talked to [him] for a long time and he's always had a lot of what I call potential, but for some reason over the last couple years, he hasn't put it all together at one time. It's that time for Alex."

With the loss of last year's key seniors Gavin Hoy and Joey Tinnion, who also played in the attacking part of the field, minutes have opened

up for Serwatka. As someone who is always working hard to improve and is gaining confidence and maturity, he's expected to step up and fill those minutes now.

Over the summer, Serwatka played for the Detroit Metro Stars, a club that is part of the National Premier Soccer League (NPSL). The team plays in the Midwest Division in the Great Lakes Conference.

He played in 10 games for the Stars, who finished ninth of 12 in the division, and led the entire team with four goals for the season. Teammates Chase Jabbori, Dean Akeel and Vittorio Sbrocca played on the team too.

In this year's regular season opener at home against Western Illinois, Serwatka led the team to a 3-0 victory, scoring the first two goals of his college career and tallying one assist.

He was also named student-athlete of the week by the athletic department and made the College Soccer News national team of the week because of



Dongfu Han / The Oakland Post

Serwatka led the team to victory in this year's regular season opener.

his breakout performance.

Serwatka is majoring in business marketing and wants to pursue a career in marketing with a sports team. For him, the game of soccer has made him the person he is today.

"It's taught me a lot. It's taught me to work hard, it's taught me to be responsible and all those things," Serwatka said. "I'm just very happy soccer is in my life, I don't think I'd be here without it."

Expectations are high for this year's team. After last year's stellar season, Pogue feels as though they have a target on their backs.

The goal is to repeat as league champions and head back to the NCAA tournament. With a good core of upperclassmen and "hungry,

talented young players," the program believes the goal is attainable.

"We put a really tough schedule together and are playing some of the top teams in the country to help prepare us to be successful but, you know, all we can really do is take it one game at a time," Pogue said. "Alex will be a big part of that. We need him to stay healthy and stay sharp."

"I'm just looking to help out the team in any way possible, whether that be starting the game or if someone's playing better than me than I'm just going to sit out and they're going to play," Serwatka said.

The Golden Grizzlies return to the pitch on Sept. 12 at Dayton before opening league play on Sept. 19 at home against Milwaukee for homecoming.



Courtesy of goldengrizzlies.com

The Golden Grizzlies traveled from Ibiza to Barcelona. While in Barcelona, they visited a Spanish village.

Kampe reflects on trip to Spain

Surprises, areas of improvement found on court overseas

Kristen Davis
Sports Editor

The men's basketball team returned from its 10-day trip to Spain on Sep. 2 and according to head coach Greg Kampe, the trip was successful for a variety of reasons.

First was the educational aspect, which the team received through sight-seeing and guided tours of cathedrals and castles in the three stops in Valencia, Ibiza and Barcelona.

"I think it was an experience of a lifetime for [the team]," Kampe said. "Where some of my kids come from, they would never, ever have that chance."

Another educational point was the culture. The team learned how to exchange euros and tried cuisine that differs immensely from food in America.

Since Kampe has sent over 30 players to play professionally in Europe after graduation (that's an average of about one player per year) experiencing life half way around the globe gave current player's a glimpse of what their future could potentially hold.

As for the basketball side of the trip, the Golden Grizzlies fared

well. With ten players dressed, the team defeated all three professional international teams they faced by a margin of 23.3 points per game and put up an average of 99 points a night.

Junior Kahlil Felder, who is expected to be one of the front-runners for Horizon League Player of the Year again this season, led the team with 22.3 points, 8.3 assists and 2.3 steals per game.

Redshirt senior and Iowa State transfer Percy Gibson led the team on the boards with 7.7 rebounds per game.

Redshirt sophomores Jalen Hayes and Nick Daniels played solid as well, averaging 12.3 and 14 points per game, respectively. Daniels went 8-for-19 from three-point range.

In the team's final game against CB Tarragona, Oakland won when freshman Brad Bretching laid up an alley oop pass from the sideline at the buzzer to give the Golden Grizzlies the 101-99 victory.

Kampe said the way Bretching played, handled the game and established himself as a player was the biggest surprise of the trip.

"When we signed him, I really felt that we would probably look at redshirting him because I think you're going to be a lot better at 23 than you are at 18, but he played so well," Kampe said.

"He's going to play a major role on the team this year. He's going to be somebody that plays a lot of

minutes as a freshman."

Games were played with a 24-second shot clock, which helped the team get more familiar with shorter possessions. This is important because the NCAA officially decided to shave five seconds off the shot clock this season, taking it from 35 to 30 seconds.

Kampe was also able to see the areas in which the team needs to improve on before the season begins - free throws and turnovers.

The two areas are going to be emphasized heavily before the season kicks off, along with individual skill work and strength training.

The team is allowed to practice eight hours a week until the first week in October.

Although the trip ended over a week ago, its impact is expected to be felt throughout the 2015-16 season.

"Perfect example is Bretching, we would have never known until the fifth or sixth game of the season about the impact he could have," Kampe said.

"Now during the preseason, instead of trying to just learn to sit, we expect him to play, so we'll coach him differently. It's a big difference."

The team will play two exhibition games at home, one on Oct. 31 against Adrian College and the other on Nov. 11 against Heidelberg University. Regular season play will begin at home on Nov. 18 against Eastern Michigan University.

Men's soccer splits weekend's matches

Grizzlies ends nation's longest win streak with 3-2 win over Navy

Jimmy Halmhuber
Staff Reporter

The men's soccer team took to the road this weekend to face the United States Naval Academy (Navy) on Friday, Sept. 4 and University of Maryland Baltimore County (UMBC) on Sunday, Sept. 6.

Oakland University (2-2) defeated Navy 3-2 in overtime, which broke the nation's longest unbeaten streak at 13 games.

Navy opened the scoring. A defender error in the 36 minute left the ball to Alec Green who scored to tie it up. Oakland took the 2-1 lead late in the match when Austin Ricci scored in the 79 minute.

Navy responded at the death in the 87th minute. In overtime, it was Ricci again who scored just seconds into the period to end Navy's streak and give Oakland its second win of the season.

Oakland faced another tough opponent UMBC. The Retrievers made it to the final four in the NCAA tournament this past year and are currently ranked 17th in the country.

The first half was full of great chances from both teams. The action went back and forth until a break through goal from Oakland in the 27th minute from Matt Rickard with the assist from Ricci put Oakland in front 1-0.

Rickard scored his first goal of the season while Ricci has been a huge playmaker this season.

"Ricci had a breakout weekend with two goals in the Navy game and

an assist in the UMBC game," head coach Eric Pogue said.

One of the constants of the game was UMBC's physicality. They had five fouls in the first half while Oakland had one.

"It was hard to keep a rhythm, but it was a good college game and it will prepare us for the Horizon League," Pogue said.

The physicality of UMBC continued and it finally caught up with them when two of their players, senior forward Darius Madison and junior defender Bill Kerr, were shown yellow cards in the 54th minute after a small scuffle.

Less than ten minutes later, an early cross from Michael Scott was tipped in by Kennedy O'Shea in the box to tie the game with 30 minutes left in the game.

Oakland hadn't recovered from the goal and seven minutes later, Madison took a shot from distance and it just barely beat goalkeeper Elliott Tarney. UMBC took the 2-1 lead with 27 minutes left in the game.

Madison also had the game winner in UMBC's last game against Ohio State. Despite Oakland's efforts, it was too little too late and they couldn't find an equalizer.

Despite the loss, Pogue was still happy with his team.

"We played well. It was the most complete game we have so far," Pogue said.

Oakland's next game is at Dayton on September 12. They return home to begin Horizon League play against Milwaukee on Sep. 19.

Double trouble: Taking life by the Hornes

Twins ready to take on senior season

Katlynn Emaus
Staff Reporter

They pull your hair, take your allowance and make you do the dishes — yes, we are talking about siblings.

As much as siblings disagree and fight, in the end they will always be there for each other. However, the Horne sisters, twins Brianne and Jamie, don't have the typical sibling chemistry.

As a fullback and center field for the Oakland women's soccer team, Brianne and Jamie have played on the same soccer team their entire lives, with the exception of one year when they were 13.

"We both really wanted to go to college to play soccer," Brianne said. "We were prepared to go to different [colleges] because we never thought we would have the opportunity to play for the same college. But then the opportunity to come to Oakland came about and we both agreed to take it."

According to the twins, their parents and older sister were extremely supportive and caring throughout the entire ordeal.

The Horne household did experience stress due to the fact that the twins that had done everything together for the past 18 years could potentially be going to different schools.

"The whole process was extremely exciting for both of us," Jamie explained. "It has literally been our dream since we were about 14 years old to be able to play soccer at the college level, and to get recruited to a school like Oakland University was absolutely amazing."

Head coach Margaret Saurin said this year's team is looking very strong with 10 new ad-



Courtesy of Jose Juarez

Twins soccer players Brianne Horne (left) and Jamie Horne (right).

ditions to the lineup and Brianne and Jamie will be key assets.

"Bri and Jamie have a lot of experience and I believe that will be what helps them and us to have a great season. Bri will help take care of our back line and the left side of the field and Jaime will help our midfield move the ball and create goal scoring opportunities," Saurin said.

"You won't hear them yelling and they won't be the loudest players in the locker room, but everyone listens when they speak because they are respected members of the team. They are both very reliable players. I believe everyone on the team trusts that they are going to bring their best in every game."

Saurin also complimented the girls' tireless work ethic, adding that they are self-motivated, but also push each other to do their best.

"They are often times the last ones running because of their work ethic and probably because they want to beat one another," Saurin said.

Contrary to Saurin's belief, the Horne twins said they aren't competitive with each other on the field.

"Me and Brianne are pretty competitive in a lot of aspects of our lives but soccer is not really one of

"It has been a dream come true and I'm glad I had the opportunity to share it with my best friend."

Brianne Horne
Soccer player

them," Jamie explained.

"We play different positions and we have always played on the same team so we haven't really had to compete against each other in that aspect, but when put up against Brianne in a one versus one situation, we will both fight to the end." With graduation on the horizon for the Horne twins, there is yet another field of similarity: their degree. Both are graduating with a major in health science and a concentration in pre-health profession.

However, a degree is not the only thing they are walking away from Oakland with. All the fond memories on the field and the lessons taught will stay with them forever.

"I don't think I could pick out one [fondest memory] of my sister," Brianne said. "We've had so many amazing experiences together. But probably the best experience was playing here at Oakland. It has been a dream come true and I'm glad I had the opportunity to share it with my best friend."

OU CREDIT
UNION

GRIZZ GOLD
CARD

2 cards
in one

OU Student ID &
Visa Debit Card

Open your GRIZZ Gold Card, available exclusively at OU Credit Union.



- Make purchases
- Access the Rec
- Use the Library
- Access Grizz Ca\$h
- Use your meal plan

Visit us in the Oakland Center or online to get your GRIZZ Gold Card today!



www.oucreditunion.org



JOB OPENING NOW HIRING VALET PARKING ATTENDANTS

Great for College Students
Evening/Weekend Work
Flexible Hours
Great Pay

First Class Valet, Inc.
1053 John R Rd.
Rochester Hills, MI 48317
(248) 652-8811 Office
(248) 652-8822 Fax
www.FirstClassValet.com

- Must be 21 or older
- Must be able to drive a manual transmission (stick)
- Must have reliable transportation
- Must have a good driving record
- Must be available weekends/holidays
- Must have good communication/customer service skills
- Clean cut appearance



To apply, visit our office Tuesday-Saturday 9:00am-6:00pm & Sunday 12:00pm-5:00pm or give us a call at (248)652-8811 or visit www.firstclassvalet.com to apply online

