

# THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

FEBRUARY

12

2014

## KAY IN THE KEY

Kahlil 'Kay' Felder  
leads Horizon League  
in assists  
Page 10



### A STEP TO REMEMBER

Erin and Kelley Foley walk together to fight cystic fibrosis

PAGE 5



### iPAUSE... DO YOU?

Student-run program instructs students how to beat stress

PAGES 8-9



### DEMAL'S LEGACY

Friends and colleagues remember OU freshman after unexpected death

PAGE 13





## ontheweb

Students and faculty joined together on Red Day to spread awareness for women's heart disease. Read about it online now!  
[www.oaklandpostonline.com](http://www.oaklandpostonline.com)



## PHOTO OF THE WEEK

**THE RIDE OF THEIR LIVES**// Students crowded and gawked at horse and carriage parked in the Hamlin Circle. The buggy bundle belonged to two unnamed Oakland University students (above), who were taking it for a romantic ride to Meadow Brook, which ended a pre-Valentines Day marriage proposal. The ride itself was priced at \$475 for an evening, so we at The Oakland Post sincerely hope she said "yes." *Jon Davis// The Oakland Post*

Submit a photo to [photos@oaklandpostonline.com](mailto:photos@oaklandpostonline.com) for a chance to be featured. View all submissions at [oaklandpostonline.com](http://oaklandpostonline.com)

## POLL OF THE WEEK

Have you ever been to a hookah bar?

- A** I don't like to smoke, or be around it
- B** All the time—it's my favorite place to hang
- C** I've been there a few times
- D** No, but I've always wanted to go

Vote at [www.oaklandpostonline.com](http://www.oaklandpostonline.com)

## LAST WEEK'S POLL

Do you think the OC circle is cursed?

- A** Oh yeah, thing gives me the creeps  
25%
- B** I don't believe in such superstitious malarkey  
18.8%
- C** I don't know, I've never been affected by it  
12.5%
- D** I just think it looks nice  
43.8%

## THIS WEEK IN HISTORY

### FEBRUARY 14, 1964

The new Meadow Brook Music Festival theater planned to kick off the summer with a four week concert lead by the Detroit Symphony Orchestra.

### FEBRUARY 14 1996

An agreement between Oakland University and TCI Cablevision allowed dorm student to finally hook up cable TV in their rooms. It cost \$9.41 per month.

### FEBRUARY 11, 2004

Tuition was scheduled to be capped at a 2.4% increase, or \$46.15 for 12 credit hours per student.



12

### LET'S TALK ABOUT SEX, BABY

A life and love coach comes the Gold Rooms of the Oakland Center to discuss life, love, relationships and the one things that was on everyones' mind—sex!



15

### HOOKAH LINE AND SINKER

A new trend is hitting Oakland County, and it's latest iteration is just down the street from Oakland University.



16

### A COOL BUD FOR A 21ST BIRTHDAY

It's her 21st birthday, and Ali DeRees has a conundrum: does she buy cheap, and save some change for the party, or does she put the Bud aside go straight for the top tear hops?

## BY THE NUMBERS

337

Average GPA of Oakland University freshmen

37%

Freshmen students in Oakland housing

725%

Freshman retention rate at OU

12, 152

Total application for OU's academic year

2,464

Total freshmen enrollment at OU



## STAFF EDITORIAL

### Governor to increase university funding: what it means for OU

**A**nnounced last week, Gov. Snyder proposed an increase in higher education funding by \$80.3 million. This is a huge step forward for colleges across Michigan, especially after a devastating 15 percent cut during Snyder's first term. This proposal doesn't come without regulatory requirements. Funding is tied to the performance of the university. Graduation rates and degrees in 'critical areas,' such as engineering and nursing, are used to determine eligibility.

What does this mean for Oakland University? Well, because of our expanding school of engineering—which has increased in applicants by 21.8 percent since last year—we're more than eligible to receive the proposed funding.

OU could certainly use the money. Freshman applications are up 4.53 percent, and total applications are up 1.9 percent from 2012. There is an influx of students coming to this university for its relatively cheap price of a quality education.

And with the new

"I STILL WANT TO SEE THE UNIVERSITIES WORK ON THEIR COST CONTAINMENT."

Rick Snyder  
Governor of Michigan

proposal, tuition is likely to stay that way. One of the restrictions of receiving full funding is tuition cannot increase more than 3.2 percent. This is watchdog mark, and important measure for schools like OU.

As stated, the student body is growing. This usually stands as a precursor to major increases in student tuition, but, with a clear restraint, OU won't be hiking up prices anytime soon.

Also included in the proposition are Pell grants, designed to award money to students from low income families. And, as an added incentive, the more Pell recipients universities house, the more funding they will receive.

The governor is also purposing a 3.8 percent increase in community college funding, and giving added benefits to universities that support strong transfer programs between the two.

This injunction was particular designed for OU, being housed in the same county as the fifteenth largest community college in the United States, Oakland Community College.

But, Snyder was not without casual criticism.

"I still want to see the universities work on their cost containment," Snyder said.

A few things should be taken into measure when looking at Gov. Snyder's proposal:

The first, is the unmentioned fact that this wouldn't be a big deal had Snyder not cut collegiate funding 15% in the first place. He is not propionate for education, but this does help fix a mistake.

The second is that this is a definite campaign move. Election season is coming up, and the advancement of education is a safe platform to take.

The third is that this, regardless of motivation, as a benefit to the university, and step in the right direction for higher education. So applaud Snyder—but also be cautious of him.

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



THE OAKLAND POST

**Address** 61 Oakland Center,  
Rochester, MI 48306  
**Phone** 248.370.2537 or 248.370.4268  
**Web** www.oaklandpostonline.com  
**Email** editor@oaklandpostonline.com

## editorial board

**Scott Wolchek**  
Editor-in-Chief  
editor@oaklandpostonline.com  
248-370-4268

**Jon Davis**  
Managing Editor  
managing@oaklandpostonline.com  
248-370-2537

## sections

**Timothy Pontzer** News Editor  
news@oaklandpostonline.com

**Jake Alsko** Sports Editor  
sports@oaklandpostonline.com

## reporters

**Kailee Mathias** Staff Reporter  
**Ali DeRees** Staff Reporter  
**David Cesevske** Staff Reporter  
**Adam Kujawski** Staff Reporter  
**Kaylee Kean** Staff Reporter  
**Matt Saulino** Staff Reporter  
**Oona Goodin-Smith** Staff Reporter  
**Jackson Gilbert** Staff Reporter  
**Katie Winkler** Staff Reporter  
**Marko Polovina** Staff Intern  
**Ellen Searle** Staff Intern  
**Andrew Wernette** Staff Intern  
**Crystal Ross** Staff Intern

## distribution

**Brian Murray**  
Distribution Manager

**Parker Simmons** Distribution  
**Andrew Greer** Distribution  
**Ted Tansley** Distribution  
**Koran Williams** Distribution  
**Rhoneshia Hudson** Distribution  
**Jacob Chessrown** Distribution

## advising

**Holly Gilbert**  
Editorial Adviser  
248.370.4138

**Don Ritenburgh**  
Business Adviser  
248.370.2533

## copy & visual

**Haley Kotwicki** Chief Copy Editor

**Brian Figurski** Copy Editor  
**Rachel Moulden** Copy Editor  
**Josh Soltman** Copy Editor  
**Deleon Miner** Copy Editing Intern

**Salwan Georges** Photo Editor  
**Kailey Johnson** Photographer

**Frank Lepkowski** Graphic Designer

**Luke Lafountain** Web Designer

## advertising

**Kelsey Lepper** Ads Director  
ads@oaklandpostonline.com  
248.370.2848

**Jessah Rolstone** Lead Ads Manager

**Rachel Redmond** Ads Manager

Enjoy reading The Post?  
Why not  
Work for The Post

The Oakland Post is  
currently looking for copy edi-  
tors, reporters and interns.

Send your resume to  
editor@oaklandpostonline.  
com for more information.

We're always looking for fun and talented people to join our staff! Visit us in the basement of The Oakland Center or send a resume to editor@oaklandpostonline.com!

**Facebook** facebook.com/theoakpost  
**Twitter** @theoaklandpost  
**YouTube** youtube.com/oaklandpostonline  
**Flickr** flickr.com/theoaklandpost  
**Vimeo** vimeo.com/theoaklandpost  
**Issuu** issue.com/op86

## Corrections Corner

The Oakland Post corrects all errors of fact. If you know of an error, please e-mail oakpostmanaging@gmail.com or call 248.370.2537. You can also write us at 61 Oakland Center Rochester, MI 48309.

## Letters to the Editor

Writers must provide full name, class rank, phone number and field of study. Please limit letters to 250 words or less. Letters may be edited for content, length and grammar.



follow us on Twitter  
@theoaklandpost

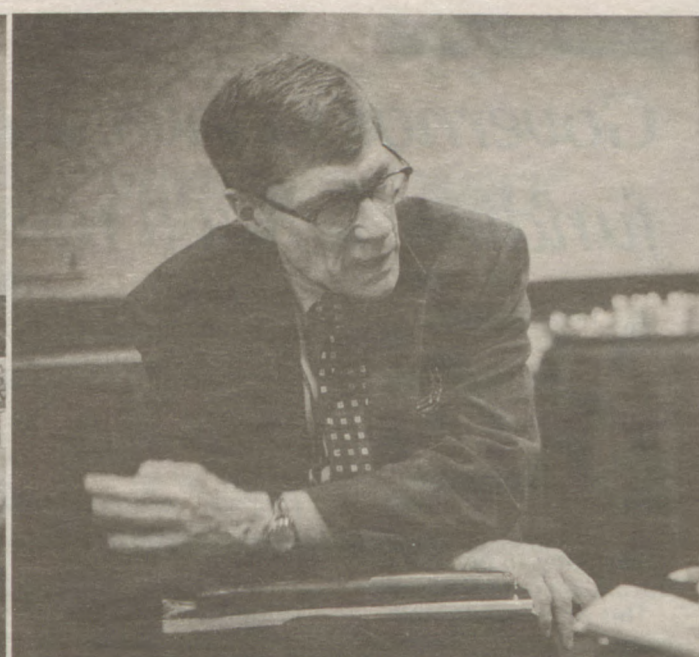


find us on Facebook  
facebook.com/theoakpost



watch us on Vimeo  
vimeo.com/theoaklandpost





Jon Davis / The Oakland Post

Scott Crabill (left) and John Gardner (top right) both held speeches for a crowd of over 400 during the two-day conference at Detroit Marriot Troy, on expanding the immersive college experience.

## Maintaining the community

*Campus-centric conference speakers target students, faculty about engaging student life*

Ali DeRees  
Staff Reporter

The turnout for the second annual High-Impact Practices: Creating a Culture of Completion Conference was at a record high. Held Feb. 5-6 at the Detroit Marriott in Troy, the two-day conference featured three keynote speakers with extensive backgrounds in university education.

Interim Vice Provost for Undergraduate Education Scott Crabill led a committee of eight in organizing the conference. He is pleased with the turnout and the overall experience.

"It's come together really well," Crabill said. "440 people registered from 52 different institutions and corporations."

50 hotel rooms were sold for each night of the conference, according to Crabill.

Crabill said the committee and himself were able to deliver a quality experience at a lower cost.

National conferences cost \$400 to \$500 to attend, Crabill said. Oakland University students, faculty, and advisors could go free of charge and those outside of the university paid \$100.

Low admittance prices were made possible by support from The Kresge Foundation and other vendors, according to Crabill.

Crabill said the convention was mostly made up of advisors and administrators, but he'd like to see more students attend in the future.

"We often leave the students' voice out of this," Crabill said.

### Speaking on behalf

A panel of former OU students spoke on Thurs-

day about their experiences at OU and offered offer their insight on student retention and graduation of college.

Crabill was very pleased with the response that came with the keynote speakers.

One of these speakers was John Gardner, President of the nonprofit organization the John N. Gardner Institute for Excellence in Undergraduate Education.

He previously worked for 32 years as a professor and administrator at the University of South Carolina. Gardner specializes in first-year involvement and works with transfer students at universities. He says he has seen some major changes in the way administrators look at students.

"They (colleges and universities) are talking more about first-year students," Gardner said.

Specifically, Gardner says they are "being more responsive" to these students' needs.

This responsiveness is needed for the change in student demographics, and how students are approaching undergraduate education in general, according to Gardner.

Gardner says he sees that many students are starting at four-year universities as opposed to community colleges, which he considers to be non-traditional.

Gardner says he talks with many of these non-traditional students. Among these students are veterans. According to Gardner, as the military is decreasing, more veterans are going to school.

In 2012, Oakland University opened their First Year Advising Center. Gardner says he sees great promise in centers like these.

"Oakland's made a commitment another uni-

versity hasn't," Gardner said.

### Faces in the crowd

Conference attendees included more than just university faculty and advisors.

Director of the Center for Student Activities (CSA) and Leadership Development at Oakland University Jean Ann Miller attended the conference on Wednesday and was pleased with her experience.

Miller was especially happy to hear the presentation from keynote speaker George Kuh.

Kuh gave a presentation on student engagement.

"That's exactly what we do, successfully," Miller said.

Miller says the CSA strives to "compliment what's going on in the classroom."

An example of this complementation would be the CSA's program Jump Start, according to Miller.

First-year, transfer, and graduate students are required to participate in Jump Start after they attend orientation.

Jump Start is designed to show students how they can get involved on campus, through student organizations, club and intramural sports.

Miller says student involvement can be both fun and rewarding for students in the future. Employers look to see what kind of activities students were involved in at school.

"It all has a rhyme and reason to be involved," she said.

Miller says she hopes to collaborate more with Academic Affairs in the future when it comes to student retention and completion.



# OU sisters walk in remembrance

*The Foleys fight to find a cure for cystic fibrosis, which hits close to home*

Andrew Wernette  
Staff Intern

Kelley and Erin Foley are sisters with at least two things in common: both attend Oakland University, and both are fighting for a cure for cystic fibrosis (CF).

Kelley, 21, is a senior majoring in art history. Her sister Erin, 20, is a junior studying psychology. Both are from Troy.

The Foley sisters are looking forward to April, when the Cystic Fibrosis Foundation will put on a walk at the Detroit Zoo.

Entrants raise money through donations, which goes to funding research toward a cure for CF.

It will be the third CF walk that the sisters have attended.

"It's kind of amazing," Kelley said of the annual walk. "Last year was probably the most emotional."

## What is Cystic Fibrosis?

Cystic fibrosis is a genetic disease that affects the respiratory and digestive systems of the body and can be life-threatening.

It has its own tragic history within the Foley family.

## A family affected

Last Friday, Jan. 31, marked the 19th anniversary of the sisters' father John Foley's death due to complications from CF. Both sisters were very young when he died.

They also had two aunts who succumbed to the disease at an early age.

Kelley and Erin themselves are safe from the disease for genetic reasons. However, they still carry the gene that could potentially cause trouble down the road.

"It's possible that our children will have it," Kelley said.

This scares them.

## Going the distance

Kelley first learned of the walk when she started attending OU. The sisters decided to participate in 2012, with the modest goal of raising \$200 for their team. This was easily met through the contributions of family and friends, so they decided to aim for more the next time. In 2013 they each set a personal goal of \$500, which they achieved.

The next walk is on April 27, the day after Kelley's graduation ceremony from OU. This year, each sister has set a personal goal of raising \$1000 for their team.



Courtesy of Foley Family

Kelley and Erin Foley both fight cystic fibrosis

They are actively looking for donors.

Aside from raising money, though, they enjoy being in touch with the larger CF community.

"People bring their entire families out," Erin said. "It's a really nice atmosphere."

Nowadays, the Foley sisters do not have many memories of their father when he was alive. Instead, he continues to survive through family stories and photographs.

"He had a cool mustache," Erin said with a grin.

To learn more about the Foleys' cause or to contribute to their goal this year, visit their donation page at [www.fightcf.org](http://www.fightcf.org).

## POLICE FILES

### Harrassing texts and letter

OUPD was dispatched to Wilson Hall for a harrasment complaint Feb. 7 at 9:00 a.m.

The officer met with student at the General Counsel's office. The student said she had been receiving harrassing text messages from an unknown number.

The officer found that the text messages were not threatening in nature, but there was a large amount of texts sent to the student and this concerned her personally. The student said she tried to leave a voicemail to the unknown number's inbox, but the inbox was not set up.

The student admitted she was nervous because a typed letter in an envelope was sent to her home address. It had no return address.

OUPD asked the student to send the texts by email and deliver the letter to the station.

The investigation is still pending.

### Fleeing police

An officer was making rounds Feb. 8 on the east side of the campus when the officer noticed a car by Meadow Brook Hall's garage at 3 am.

The officer believed that the car did not belong to a employee at Meadow Brook Hall.

While the officer two people dressed in black. When they noticed the police car, they ran into a wooded area behind the carriage house and garages.

The officer radioed for back up.

OUPD was able to find a female in the woods near the Knoll Cottage. The other runner was a male and was captured when officers boxed him in with their cars. He continued to jog toward the officers with his hands in his pockets. They pulled out their sidearms and ordered him to the ground, he complied.

Both the male and female admitted they were underage and were drinking, and that is why they fled.

After a voluntary breath test, they blew .094 and .126

Both were issued citations.

— Compiled by Haley Kotwicki,  
Chief Copy Editor

# Grizzlies on the Prowl:



Megan Novak, senior, English

"I'm probably going to exchange gifts with my boyfriend. Like a bear and some little stuff."



Matthew Bloom, sophomore, mechanical engineering

"Going ice skating with the girlfriend. She's never been, so I figured she should try it."



Ryan Carey, sophomore, business major

"I am doing nothing. I'll probably be doing homework."

— Compiled by Kaylee Kean,  
Staff Reporter



# Wearing the face of the future

*School of Business Administration presents concept contest around new Google Glass technology*

**Adam Kujawski**  
Staff Reporter

Professor Amy Rutledge and visiting professor Jerry DeHondt presented the Google Glass App Development contest to around 40 students on Monday.

The contest is designed for teams of between one and four Oakland University students to conceive and develop a business strategy and code for a brand new app for the Google Glass.

The contest is broken into two parts – the business side and the development side. The School of Business Administration will be awarding prizes to the teams with the best ideas.

By March 7, the teams are expected to submit their business plans for a chance to win \$500.

The top five groups, as selected by a team of judges, will then move ahead with their ideas and actually create the application, which is due on March 31.

They will present their completed product to a panel that will announce a winner on April 18. The team with the best app will be awarded \$2500 and the runner up will receive \$1000.

"Google itself isn't involved," Rutledge said. "But we are trying to bring a representative from the Google Glass team onto the panel as a judge."

The Google Glass is a wearable piece of technology that resembles a pair of

glasses with a single prism where apps are displayed.

The current version of the product is second generation. Only around 10,000 people own a Google Glass and availability of applications is limited.

"There's not a whole lot to them right now," Rutledge said. "They're really fun, but they're really new."

Professor Rutledge teaches Management Information Systems in the school of business. She sees this contest as a chance for students to use their creativity in two different areas of the tech industry.

"I thought it would be fun to bring this business and programming opportunity to Oakland," she said.

This contest is unique to OU.

"I think we're the first," Rutledge said. "I've really searched to see if anyone else has done something like this, but I think we're it."

Any OU student is eligible to compete and teams are encouraged to be balanced between computer science majors and business students.

"Professor Rutledge is my MIS professor," freshman finance major Mujaab Muhammad said. "I found out about the competition through her class. I figured I'd check it out, I have a few ideas."

Contact staff reporter Adam Kujawski at [ajkujaws@oakland.edu](mailto:ajkujaws@oakland.edu)

## Political clubs hold first formal debates

**Kailee Mathias**  
Staff Reporter

The Democrat and Republican Clubs at Oakland held their first formal debate where they discussed the Affordable Care Act, drug legality, education reforms, abortion, gun control and welfare reform.

The clubs have met before for informal debates but this was their first formal one. They will be sharing the debate online for anyone who wasn't able to attend due to class or weather conditions. Before the debate began both sides agreed to keep it civil.

"We probably will try and do one formal debate each semester," Andrew Baker, chairman of Oakland University Republican club. "A lot of people don't realize a lot of the politics that go on outside of election years. People always get involved every four years, which is absolutely fantastic, but we want to encourage people to get involved with local elections and all the politics

that go on all year round."

Sara Dadashzadeh, member of the Democrat Club, said that during election year interest really sparks. During elections the club has debate viewing parties and encourages people to vote.

### Hot Topics

At the debate, the lengthiest disagreements were for abortion, gun control and the Affordable Care Act.

In regards to gun control, the Democrats believed that the government isn't doing enough to protect the American people against guns. The Republicans believed that there are already laws in place, the problem is enforcement.

"I believe that this country isn't doing enough to protect its people," Dadashzadeh said. "I also believe that the 2nd Amendment is a great thing, but I don't believe it's a right that should be given blindly."

Dadashzadeh admitted that gun control was one of the issues that fired her up the most.



Kailee Mathias / The Oakland Post

The Democratic Club took the Republican Club head on, debating topics from abortion to gun control.

"I'm very passionate about politics," Dadashzadeh said. "I feel like if you have an argument and you can back it logically you should be able to keep going."

However for Michael Banerian, freshmen at Oakland, the Affordable Care Act is what most fuels his fire.

"I'm very passionate about all the topics, but ObamaCare is very personal to me," Banerian said. "My dad is a doctor, I've seen how it's affected the

medical practice and it's been hard to watch and not raise hell over it."

Banerian is no stranger to debating and offers up some advice when dealing with heated topics.

"Present the facts in a very convincing way and try to draw people to your side," Banerian said. "The minute you lose your cool you lose your credibility."

The next big event will be on March 7 in Gold Rooms

B located in the Oakland Center. They will be bringing in the lieutenant governor to talk to Oakland students, no admission. The group hopes to encourage students to get involved in politics all year round.

"I don't think a lot of people realize that even if you don't like politics, politics likes you and it'll find a way to pry into your life even if you don't want it to," Banerian said.



# OU to host popular talk series in March

Oona Goodin-Smith  
Staff Reporter

**D**on't want to miss out on a fundamental moment in campus history? Save the date: TED Talks is coming to OU on March 15.

"We're very excited to be putting on the Ted Talks for the first time at OU," said Laura Dinsmoor, the computer engineering professor who, alongside co-chair and fellow faculty member Amy Rutledge, has been organizing the event since last spring. "We hope it is the start of many to come."

TED stands for "Technology, Entertainment, and Design" and is an annual set of conferences held around the world. The event consists of multiple speakers, entertainment in the forms of anything from dance to poetry, videos of other TED talks, and interactive exhibits created by local businesses. Each conference is taped and broadcast on the TED website, [ted.com/talks](http://ted.com/talks), for anyone to see.

"The conferences are known for having the most innovative talks that cover a wide spectrum of topics and maintain the spirit of [TED's] slogan: 'Ideas worth spreading,'" explained the program/student liaison for the student committee, senior Antonio Morado. "TEDxOaklandUniversity is OU's chance to have a student-run and student-focused conference filled with speakers, performers, and innovative 'ideas worth spreading.'"

"Our theme this year is 'Inspiration,'" said Dinsmoor. "We want to put on a show that inspires and interests our students."

Speakers for the event are slowly being leaked on the conference's website, [tedxoaklanduniversity.com](http://tedxoaklanduniversity.com). Speakers already announced include former OU TALK faculty adviser Brandon Bernier and Jenenne Whitfield, the executive director of



The Heidelberg Project.

"Her story about art, energy and community in Detroit's east side is very intriguing," said Morado. "With national attention on this open-air art project, I am interested in the idea that community rejuvenation can be done through an urban art movement."

Since advertising recruitment through a banner hung in the Oakland Center last fall, Dinsmoor explained that the project has over 100 registered student volunteers assisting with its many committees.

"[Committees] are responsible for everything from choosing speakers to the physical local arrangements required for putting on the event. We are also in the process of adding student speakers, performers, and TEDx labs tables," said Morado.

Dinsmoor added that student performances are an important part of the TED conference.

Morado agreed. "We are hoping to get support from Music, Theatre, and Dance," he said. "Performers can find a submission form on the 'apply' tab of our website."

Morado said that students can still get involved with the TED project by supporting the fundraiser on February 21 at Olga's across Walton from OU as well as a fundraiser on March 3 at Buffalo Wild Wings. "Make sure to bring our flyer with you and a percentage of your order will go directly to funding the TEDxOaklandUniversity conference. Putting on a conference of this size is expensive and we could use all the support we can get."

"In years to come, I can see having the event in the O'rena with 1,500 people attending," said Dinsmoor. "We just have to get it off its feet."

Due to TED rules, tickets are free but limited to 100 seats and will be selected through a lottery system. For more information on tickets or on the event, visit [www.tedxoaklanduniversity.com](http://www.tedxoaklanduniversity.com).

## Phi Sigma Sigma crowns new Mr. Phi Significant

*Brad Schwarze: I am single, ladies*

Kailee Mathias  
Staff Reporter

**O**f the 18 contestants competing, only one could take home the title of Mr. Phi Significant 2014.

This will be the 26th year the event was held by the sorority Phi Sigma Sigma. The evening was military themed. This year Brad Schwarze was crowned the winner.

"It's nice getting all the organizations of guys to come together and do this for us," Lindsay Macco, Mr. Phi Significant chair said.

The competition was split into rounds. The first round embraced the military theme and the guys came out sporting some patriotic look. From Uncle Sam to army uniforms the guys displayed a variety of outfits. Each guy would explain their outfit selection, answer a Phi Sig question about the sorority and answer a question asked by the judges.

After that was a timed obstacle course. "It's almost like our strength part of the competition," Macco said.

Then the judges eliminate down to ten contestants for the final round—talent. In order to be in the running for Mr. Phi Sig talents had to be approved.

This year, Mr. Phi Sig won the crowd by performing a dance routine to Beyonce's

"Single Ladies."

After performing Schwarze gave a reminder, "I am single, ladies."

"When I was thinking of a talent to do I eat a lot and lift a lot and that's boring so I started thinking it might be kind of funny to dance to Beyonce," Schwarze said. "I had a lot of fun with my talent."

"I think the talent is going to be my favorite part. My high school did something similar and it was hilarious," Julia Poirier, Public Relations chair for Phi Sig said.

After receiving the title, Mr. Phi Sig is expected to be a good face in the Oakland Community.

After the talent portion the gentlemen were given a rose to present to someone in the audience.

Tim Brown, last year's Mr. Phi Sig got the opportunity to judge at the 2014 contest and perform before the crowning of the new Mr. Phi Sig. For someone who has been singing for years there was no question what his talent would be.

For me it was the stepping stone to getting more involved and broadening my horizons on campus," Brown said. "It made me feel like I had friends who really cared and it pushed me to get more involved and become an active member in the community."




Kailee Mathias / The Oakland Post

Brad Schwarze won the judges over with his dance routine.ww

# 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](mailto:editor@oaklandpostonline.com) and you could get published for the world to see.



A photograph of two women sitting on a patterned carpet, meditating. The woman on the left is wearing a light blue t-shirt with the 'iPause' logo and a yellow pin. The woman on the right is wearing a similar t-shirt and dark boots. Both have their eyes closed and hands resting on their knees. The background is a plain, light-colored wall.

# Set to sleep mode

*iPause teaches Oakland the  
benefits of relaxation*

By Kaylee Kean/ Staff Reporter  
Photos by Jon Davis/ Managing Editor

iPause mentors practicing deep  
breathing, relaxation and meditat-  
ing along with the Hamlin Hall  
group.





**FAR LEFT** Student recieved back mas-  
sages after the group meditation and  
body scans were completed **ABOVE**  
Student representatives speak to  
residents of Hamlin about the benefits  
of meditation, and taking time out of the  
day to relax their bodies and clear their  
minds.

**W**hile there is no time of the year that is truly safe for the average college student, nothing is more stressful than a winter semester in Michigan. Snow storms, icy roads, painfully cold air – and that's on top of the normal academic, social and financial burdens students have to face.

Sometimes it can seem like too much to handle.

The Graham Health Center and OU Counseling Center have worked together to bring students a way out of their constant stress, however.

It's called iPause.

The iPause program was created last semester to teach students about stress and stress management techniques, according to Julie Proctor, health and wellness coordinator at the Graham Health Center.

The first workshop was held in September 2013. Since then, Proctor said over 400 students have attended.

### A positive experience

Anyone can request a workshop online or at the Graham Health Center, according to Proctor. So far iPause workshops have been held for dorm floors, employees and various student groups.

The most recent workshop was held in the 3 North Hamlin Lounge Tuesday from 7 to 8 p.m. It was set up by the floor's Academic Peer Mentor, sophomore Derrik Germaine.

"I actually attended one through the tutor center when I was being trained," said Germaine. "I really thought I benefited from it and I feel like my residents can benefit."

**"We're reaching a lot of student, and it's not just some workshop that they can never replicate themselves—all the things that we're teaching them they can do on their own."**

**Julie Proctor**  
Health and Wellness Coordinator

Each workshop includes a discussion about stress, a guided meditation and a three to five minute neck and shoulder massage per person.

One of the stress management techniques taught during the workshop was five-to-nine breathing - inhaling for five seconds and exhaling for nine seconds.

Breathing out longer than breathing in triggers relaxation responses in the body, according to Proctor.

"Sometimes we can make ourselves reach further not by pushing harder but by just letting go," said one of the Peer Ambassadors while leading the session.

Another technique taught was the body scan, an exercise that aims to strengthen personal awareness of the mind and the body. The exercise involves focusing on individual body parts one at a time.

Morgan Nelson, 5th year wellness and health promotion major, was one of the volunteers to give massages Tuesday night.

So far Nelson said she has felt really good about the difference iPause is making in students' lives.

"I think it's really helping students

so far," said Nelson. "We're still collecting data... but the hope is to reduce perceived stress in OU students."

Travis Skarei and Bradley Rowe, both freshman who attended the workshop Tuesday night, said they were glad they attended.

"I feel a lot more relaxed now than I was 30 minutes ago," said Rowe. "It's very helpful."

Both students said that although it wouldn't feel the same, they would try to use some of the breathing techniques they learned to de-stress.

"It was actually very peaceful," said Skarei. "It's a good program to go to. Do it."

After the session the students could write what they are thankful for in a gratitude journal, which over 200 other students have written in, according to Nelson.

### Continuing to expand

"I am so excited about this because this is something that I have been wanting to bring to students at OU for a really, really long time," said Proctor.

So far Proctor said she and other iPause members are excited to see how the program is developing and affecting Oakland University students.

"It's going really well," said Proctor. "The response has been really positive and the students have said that they've really learned something that they can then apply to their life."

Proctor said they have not just heard it from students – they've seen it in the research as well.

There is a wellness program evaluation class at OU that is gathering information on iPause and analysing it,

according to Proctor.

"The data that they have gotten so far from the past semester has shown that the students are now willing to try some different stress relief techniques and that we've broken down some of the barriers to those techniques," said Proctor. "That's really huge."

Surveys taken before and after each workshop have shown positive change in stress perception as well.

"We're reaching a lot of students," said Proctor. "And it's not just some workshop that they can never replicate themselves – all the things that we're teaching them they can do on their own."

In addition to the workshops, Proctor said the program now has a website full of resources and information. The website is still in development and is always ready for new ideas from students.

"I think as we develop this website it's going to be a really powerful tool for students that they can reach 24/7," said Proctor.

### For more information:

**WHO** Julie Proctor at [jsproc-to@oakland.edu](mailto:jsproc-to@oakland.edu) or visit [oakland.edu/ghc/ipause](http://oakland.edu/ghc/ipause)

**WHY** Sign up for a workshop, or learn more about stress management



# Every play begins with 'Kay'

**Kahlil "Kay"**

*Felder is already a leader for Grizzlies*

**Matt Saulino and Jake Alsko**  
Staff Reporter and Sports Editor

Unlike most young and inexperienced players, freshman point guard Kahlil "Kay" Felder of the Oakland University men's basketball team shoulders a great deal of responsibility, and he's not afraid of the challenge.

"I'm supposed to be a leader on the floor and get everybody involved," Felder said. "I have to take care of the ball and make sure the players are in the right spot."

"Control the offense at all times, and even control the defense. I have to always be in tune with the game."

At 5-foot-9, he's not exactly the ideal basketball height, but Felder has proved capable of playing and thriving in such a large role on veteran-laden team.

Felder leads all players in the Horizon League as a distributor, averaging six assists a game. Nationally, he is ranked 15th in assists and the only other freshman he trails is Marshall's Kareem Canty.

"I was mainly a scorer in high school, and now I'm coming into this new role where I have to get people involved, it's been fun," he said.

Felder hasn't forgotten how to score, though. He is averaging 9.7 points per game, good for second among all Horizon League freshmen and fourth on the Oakland squad.

However, those numbers don't tell the whole story. Since Oakland's first conference matchup, "Kay" has been averaging 13.7 points and 7.1 assists per game.

"I'm being more aggressive and my confidence is building every day," Felder said. "And head coach Greg) Kampe and



Felder leads all players in the Horizon League as a distributor, averaging six assists a game.

Jackson Gilbert / The Oakland Post

the other coaches believe in me. They think I'm already one of the best players in this league."

wFelder has been named the Horizon League's "Freshman of the Week" already five times this year.

"I take it as something that I'm just supposed to be doing," he said. "I don't really pay attention to it because I'm just trying to win and make sure my team is getting better every day."

"The individual awards are okay, but I'm kind of a team guy."

Although Kampe already has the NCAA's greatest 3-point shooter of all-time in senior guard Travis Bader on his squad, he finds it opportune to put the ball in the hands of the freshman Felder.

The recently played the University of Illinois at Chicago for their homecoming game, which was decided on a buzzer-beater 3-pointer from senior guard

Duke Mondy. Kampe trusted Felder enough to make him the first option on the team's last possession with less than five seconds remaining.

"Option one was getting the ball to Felder and having him get down the court to the basket," Kampe said. "Well, he was swarmed so we went with option two."

Option two was Mondy, who put in one of the more electric shots in recent Oakland lore. However, the very next game was provided a similar situation, and this time it was Felder's turn.

Against Youngstown State University on Jan. 31, Oakland was down one point with less than 10 seconds to go, and Felder had the ball.

He drove down the court in less than five seconds and was fouled under the basket, putting him at the line for two of the biggest free throws of his short

career. The diaper dandy did not disappoint.

"To have a freshman be able to knock down those free throws, I mean that says everything about the kid," Kampe said.

Felder had a big game that day against the Penguins, recording his first ever double-double as a collegiate player. He finished the game with 19 points and career-high 12 assists.

When the unavoidable growing pains occur, Felder is grateful to have players like junior center Corey Petros and Bader around to alleviate the pressure.

"I had a big man in high school, and I had a shooter too, but nobody like Bader who is going to come off screens, it's a lot different than high school," Felder said.

Those two upperclassmen won't be here forever, but it's safe to say that Kampe found himself another cornerstone player for several years to come.

## THE SPORTING BLITZ

### Women's softball

The Oakland University women's softball team opened this week with a slew of tournament games in the warm Georgia weather.

In the Grizzlies' first game, the team was victorious over Northern Colorado, 5-0.

In their final game of the tournament, the team battled number one ranked Tennessee, dropping the match 14-3.

### Men and women's field and track

The men and women's track and field teams travelled to Youngstown, Ohio Feb. 7 and 8 for the Youngstown Invitational.

On the first day, the men's DMR teams finished in the top two spots and the women's team also won.

On day two, the men's 4x400 team of Chris Scott, Zach Joyce, Glen Scott and Tré Brown broke the indoor school record, clocking in at 3:20.36.

Jeff Arirguzo finished third in the 200-meter dash with a time of 21.99. Serena San Cartier also posted an 8.75 in the 60-meter high hurdles, the fastest time in the Horizon League. Oakland will compete in the GVSU Big Meet Feb. 14 and 15.

### Men's soccer

The Oakland University men's soccer team has announced the signings of seven new players in the early signing period of 2014.

OU head coach Eric Pogue announced Gerald Ben, Austin Ricci, Alec Greene, Wes Mink, Zachary Walker, Jayden Heyer, and Brian Steele will be joining the Grizzlies in the fall of 2014.

— Compiled by  
Jackson Gilbert,  
Sports Reporter



# Making a splash

*Oakland University water polo club grows in group size, relevance*

Adam Kujawski  
Staff Reporter

The Oakland University water polo club held its first ever Black and Gold game at the OU rec center on February 9. The club scrimmaged against itself for two hours and the event was open to all fans.

Junior Kara Siedlik is the club's secretary and has been a member for two years. She was excited for the scrimmage and thinks this is the next step in growing the club.

"There are so many people using the pool, it's difficult for us to get pool time," she said. "This is something we're really looking forward to."

Vice President Brittany Lang, a junior and a three-year club veteran, thinks this event will help water polo gain a higher profile.

"I'd like it if people got hyped for water polo," Lang said. "I want fans to treat it like any other sport on campus."

The co-ed club is in its fifth year of existence and is constantly looking to add new students. Early on, only four people belonged — now there are 35 members.

"We don't hold tryouts, everyone is welcome," Siedlik said. "Even if you can hardly swim, don't be intimidated — we'll teach you."

As the club grows, its members are hopeful for bigger opportunities

when more competitions will become available.

"Next year we're hoping to join the CWPA (Collegiate Water Polo Association)," Lang said. "Once we're a part of it, we'll have access to additional tournaments."

As of right now, the club plays in one tournament per semester. This semester's tournament is the Lake Erie Classic, which is to be held in Cleveland on April 12 and 13.

In order to pay for equipment, transportation and tournament costs, the club does charge \$50 per semester in club dues, hosts occasional fundraisers and receives moderate funding from the school.

"It all depends which league we are in and how big of a club we are," Lang said. "The more interest there is, the more the school will help us out."

By holding events like Sunday's, recruiting new members and expanding into official water polo associations, the water polo club at OU is steadily gaining traction on campus.

"My biggest goal is to get people to know we exist," Siedlik said. "When I mention I'm in the water polo club, people are always surprised. They don't even know we have a club."

For more information on the Water Polo Club at Oakland University, visit their Facebook page or contact grizzlieswaterpolo@gmail.com

**CLASS HOURS  
CAN BE TOUGH.  
HAPPY HOUR IS THE CURE.**

**HAPPY HOUR**

**MONDAY – FRIDAY ★ 3 PM – 6 PM**

**\$1 OFF All Tall Drafts**



**BUFFALO  
WILD  
WINGS**  
WINGS. BEER. SPORTS.

1234 WALTON RD.  
ROCHESTER HILLS  
248.651.3999

facebook.com/bwwrochesterhills

770 NORTH LAPEER RD.  
LAKE ORION  
248.814.8600

facebook.com/bwwlakeorion

**BUFFALOWILDWINGS.COM**

\*Buffalo Wild Wings® promotes responsible drinking.

## JOB OPENING: Oakland Post Editor-in-Chief

Applications are now being accepted for the position of Editor-in-Chief for the 2014-15 academic year.

The EIC is responsible for managing The Oakland Post, independent student organization and reports to the board of directors. The Post is a web-first news organization.

Applicants should be full time Oakland students who possess superior oral and written communication skills, a working knowledge of news media and have a solid command of digital technologies including social media marketing. Prior experience in a newsroom is a plus. Applicants need not be journalism majors.

Job duties include supervision of staff, oversight of 24/7 website, oversight of production of weekly print publication, writing and editing, staff recruitment and training and facilitation of necessary university and community relations.

Compensation includes weekly salary and a tuition stipend. Applicants should send a digital portfolio including a cover letter, resume, two writing samples and a current copy of your academic transcript to Holly Shreve Gilbert – [shreve@oakland.edu](mailto:shreve@oakland.edu)

Applications accepted through February 14, 2014.

# GETTING TO KNOW YOU

**Do you know a student  
or professor with a story  
that should be told?**

**The Oakland Post is in search of extraordinary  
stories about people that are intriguing,  
inspiring and informing**

**Contact us at [features@oaklandpostonline.com](mailto:features@oaklandpostonline.com)**



# Just talking 'bout love

Life and love coach visits OU to give students advice about sex

**Kailee Mathias**  
Staff Reporter

The Oakland Center Gold Rooms filled up with students, all ready to discuss one thing—sex.

The Student Program Board brought in Daniel Packard, a life and love coach, to give Oakland students some therapy.

"I enjoyed all the honesty tonight. A lot of us don't realize the things we spoke about tonight unless it's said bluntly," Alyssa Hurlin, sophomore communications major said.

Packard warned audience members that throughout the show there was a chance his audience members would find themselves "pissed" at him.

"In those moments, ask yourself if it's because I'm saying something really honest you don't want to hear," Packard said.

Throughout the show

audience participation was a key factor.

Students could also text a message to a number and have it appear on a screen for students to read before the therapy began.

One anonymous message up on the screen read, "If there is live sex tonight I volunteer as tribute."

Upon arriving students were asked to fill out a survey asking random questions. Later, Packard selected random surveys to read to the audience with permission of the writer.

Hurlin was one of the audience members that agreed to share her survey.

"A good friend of mine said that I should start trying to step out of my comfort zone so I decided to share," Hurlin said.

Packard explained to the audience that this session was not about sex, it's about connecting and understanding.

"I got to enjoy the event it was really funny and informational," Cassie Hock, committee member for the Outreach Committee of the Student Program Board said.

"I cried people next to me cried. It opened my eyes a little bit to guys and accepting them as well as accepting myself," Hock said.

Packard encouraged students to be authentic and be themselves first and foremost.

"It's a little on the raunchy side but it's definitely something students can connect with. I think a lot of people when they look at these kinds of seminars they just get fluff," Arkeem Thomas-Scott, outreach director for the Student Program Board said.

Daniel gives students the real deal.

Chris Griffin, a senior at Oakland, also played a role in student participation during the



Kailee Mathias / The Oakland Post

Packard warned audience members that throughout the show there was a chance his audience members would find themselves "pissed" at him.

evening. At first he was called up and told to pick out a female and then Packard dropped the bomb on him—say something sexual to her.

Griffin described the moment as nerve-wrecking.

"I thought everyone would hate me," Griffin said. "I was thinking 'oh my god I have to

say this in front of 300 people, you've got to be kidding me."

Instead of hatred the crowd cheered and praised his bold efforts as he conquered his fear.

"Rejection is not rejection, it's just a no," Griffin said. "If it doesn't work, it doesn't work and you can try again next time."

## Classifieds

61 Oakland Center, Oakland University  
Rochester, MI 48306

### Rates:

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

### HOUSING

#### Orchard 10:

Auburn Colonial Square  
Apartments, 1250 East Wal-  
ton Blvd  
Two miles from Oakland  
University  
Two bedroom apts \$600.00  
www.orchard10.com



### HELP WANTED

**Spider Control:**  
Clean cut reliable student  
with good driving record  
for summer outdoor work  
in the Mt. Clemens area.  
5-6 days a week \$300.00-  
\$600.00 per week. Please  
call 586-783-1577. Ask for  
Ryan or Andrew.

### CLEANING

**Cleaning Business:**  
Do you need your home  
clean? Please call me at  
248-920-3601  
for a free estimate!

Your home will be cleaned  
to your specifications.

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.





Courtesy of LaDonna Scott

DeMal Coleman lovingly kisses his girlfriend, LeDonna Scott. The couple met in high school and while there he read a love letter addressed to her in front of their class.

# DeMal Coleman leaves legacy

*Dedicated freshman and multicultural advocate is fourth OU student to die in academic year*

**Scott Wolchek**  
Editor-in-Chief

OU freshman, DeMal Coleman died Monday, Feb. 11 from complications caused by a pre-existing heart condition. He is the fourth OU student to die during this academic year.

DeMal, a 2013 graduate of University High School in Ferndale, was a first-year student involved with the Center for Multicultural Initiatives (CMI) program at OU.

"He was a fun-loving student," CMI director, Omar Brown-El said. "He had a personality that brought energy into any room he was in."

Damien Moore met DeMal through the CMI program, and he considered DeMal a brother.

"He made me smile, even when I didn't feel like there was a reason to," Moore said. "That kind of person is somebody you love. Every time I smile, I'll keep him in my heart."

DeMal wanted to be an ambassador for the CMI program. He also dreamed of being a sports analyst.

"That kind of person is somebody you love. Every time I smile, I'll keep him in my heart."

Damien Moore

Student and friend

"Every time I asked a question about somebody's stats or somebody's height, he knew every one of them," DeMal's girlfriend, LaDonna Scott, said. "That was his dream."

DeMal and LaDonna first met in high school.

"Before we were dating, he read a love letter out loud in front of the class," LaDonna said. "I was embarrassed at first, but it was the sweetest thing I had seen in my life."

Both DeMal and LaDonna lived on campus and the two were often together.

"You can tell how genuine their love was," LaDonna's resident assistant, Kristie Nixon said. "You could tell how much he cared about others."

He was always smiling. He radiated the fact that you could trust him."

"He was a gentle giant," DeMal's friend, Celeste Keesling said. "He was the sweetest, most genuinely nice person. Anyone who met DeMal was lucky to meet him."

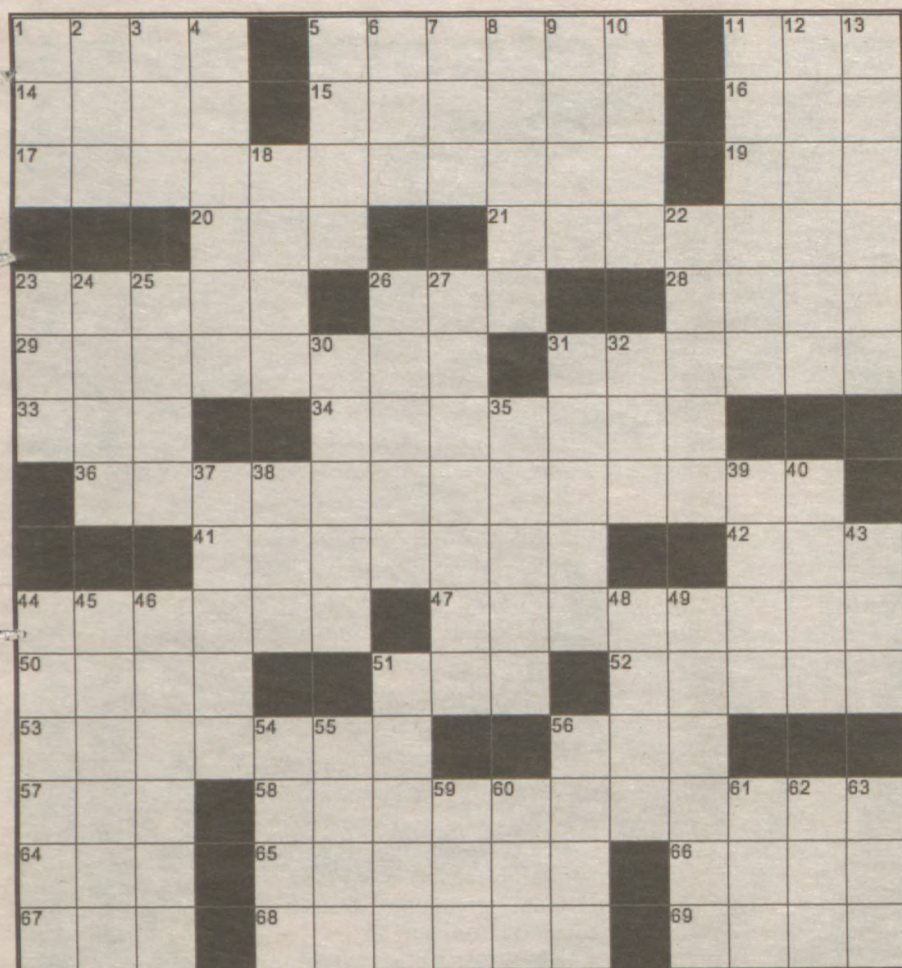
"He was sweet and compassionate he all the time," LaDonna said. "He made everyone laugh that was around him. We loved each other a whole lot and we spent every moment together."

"When you think happiness, and you think tender care and compassion you think of DeMal," Moore said. "He pretty much personifies happiness. And he's everything you want in a friend. He has everything you want to see in a person. And for anybody who hasn't met him. If they could just hear how people talk about him, it would probably put a smile on their face. That's how big of an impact he's had."

A candlelight vigil honoring DeMal will be held in front of Vandenberg Hall Wednesday, February 12 at 6:00 p.m. There are no updates on funeral arrangements at this time.



# Puzzles



## Across

1. Plow the field
5. Provides workers
11. Label
14. Bailiwick
15. Lavatory fixture
16. 'Come again?'
17. Bring back together
19. In the past
20. Crow's cry
21. Lockjaw
23. Receded
26. 'Sure thing!'
28. Unused portion
29. Feet, affectionately
31. Parts of good mysteries
33. Portable bed
34. Court sessions?
36. SWAT team specialists
41. Iamb women?
42. Liable
44. Rope down a mountain
47. College freshman, usually
50. 'Touch of \_\_\_\_' (Welles film)
51. Brief time, briefly
52. Crude counters

## Down

1. Ancient mariner
2. Wrath
3. Welcoming gift on Maui
4. Pointed instrument
5. Hearty meal
6. Dress fancily, with 'out'
7. Tune
8. Shoes with no heels
9. Lavish party
10. Leave in, to an editor
11. Macbeth et al.
12. Calendar page
13. Halloween personae
18. Insignificant amounts
22. Come to mind
23. List abbr.
24. Spooks' sounds

25. This one and that
26. Kitchen riser
27. Nature lover
30. Press on
31. The things there
32. Moisten
35. Trig. function
37. McIntosh or Fuji
38. 'Sweet Pea' singer Tommy
39. Indian music
40. What some writers work on
43. Cycle starter
44. Respond to a busy signal, perhaps
45. Exact satisfaction for
46. Type of fence
48. Zippo
49. Homes
51. Gets a signature on the dotted line, perhaps
54. Emulsifying agent
55. Wise man
56. Help for the hapless
59. 'I'm Sorry' singer Brenda
60. Take one's cuts
61. Printer spec.
62. Slim swimmer
63. Out of work? (abbr.)

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

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





Photo courtesy of the Grizzly Hookah Lounge

The Grizzly Hookah Lounge, located just down the street from OU, provides local youth with a place to socialize among students and friends.

# A look beyond the smoke clouds

## Hookah smoking gains popularity among local college-aged youth

Andrew Wernette  
Staff Reporter

It is past 8 p.m. on a Friday night, and a thin vapor hangs amid the dim-lit air. From the corner comes a distorted bubbling sound as one person inhales from his pipe. Club music plays softly in the background.

This is Grizzly Hookah Lounge, an establishment that opened in May 2013 down the street from Oakland University. It is a favorite place for students in the area to hang out and socialize.

### Who you callin' hookah?

Hookah is a term, among many others, given to a water pipe where smoke is filtered through a water chamber before being inhaled into a user's mouth through a flexible hose. Typically, the substance smoked is shisha, or flavored tobacco. The combined effect produces a flavored smoke that is more smooth and enjoyable than from other smoking activities.

The origins of the hookah have been traced back to ancient India and Persia, from whence it spread to the Middle East. Now the activity is gaining popularity among younger people in the United States, especially with college students.

"It's like family around here," Phalvann Hang, 25, said. Hang's favorite shisha flavor is spiced chai with vanilla mint.

Hang is a Psychology student at Oakland University. He reclines on one of the plush leather sofas and draws on his hose, then exhales the white smoke from his mouth. His friends sit around him with their own hookahs, joking and laughing.

Hang began going to Grizzly Hookah Lounge in August 2013, and has been a regular ever since.

"I come here and do homework from time to time," he said, though the lounge serves as more than just a study area.

Hang and his friends seem to know and greet everyone that walks into the lounge. One of them is Joey Nassar, another OU student.

"It's welcoming, it's relaxing," said Nassar of the lounge. His favorite flavor is double apple.

"It's pretty much a nicer version of the library," he said.

Nassar is a junior in Operations Management at OU. Like Hang, he also likes to go often to study and socialize.

"It's a mix of hanging out and doing homework," he said.

### Health risks

"It's spreading like crazy," said Rachel Yoskowitz, speaking about the growing popularity of hookah cafés nationwide. Yoskowitz is an Assistant Professor of Biomedical Sciences in Community and Public Health at OU. She was, among other titles, Director of Education for the American Lung Association of Minnesota.

She does not have a favorite flavor of tobacco.

Yoskowitz said that, despite common perception, hookah smoking is not safer than cigarette smoking. She said that smoking tobacco from a hookah for one hour is equivalent to smoking 12 cigarettes, and health risks associated with the latter, like lung and mouth cancer, still apply. She also says that there is a risk of bacteria spreading between two or more people that share a pipe, creating a cross-contamination.

"It's a delivery system," she said.

Yoskowitz is not alone in her concerns. The Centers for Disease Control and Prevention and the American Lung

Association (ALA) both label hookah smoking as an addictive and potentially harmful activity. Although the amount of research on its effects is little due to its relatively recent popularity, the organizations claim that links have already been made between hookah smoking and health problems. Even passing the smoke through water does not filter out harmful agents, they said.

The ALA says that one hookah session is equivalent to consuming more than 100 cigarettes, which goes well beyond Yoskowitz's figure.

Joe Hirmiz and Mike Ishaiz are cousins and co-owners of the Grizzly Hookah Lounge (their favorite flavors are double mint and melon dew and mint, respectively). Both of Middle Eastern descent, the hookah is a part of their

culture. They do not consider the activity as harmful.

Hirmiz said that the lounge began as being popular with adults, though more young people have started coming in. (They turn away anyone who is under 18 years of age.) He said that everyone is like family here.

"I get customers from locals, so I'm doing pretty well," Hirmiz said.

Ishaiz agrees. "The most enjoyable thing is to meet the people from diverse cultures," he says. He mentions hookah's continued popularity in other cultures and its social atmosphere. Ishaiz also talks about the joy of satisfying his customers with quality products.

"That makes the hard work worth it," he said.

THIS WEEK'S FORECAST:  
**HEAT WAVES**

*This winter, heat things up in the bedroom with some of our sexy new products. We've got over 20 new products that will excite and delight you!*



### Pure Romance by Tamara Totsch

Order or book your party now for Valentine's Day!

Host a party with me in January or February and get \$100 in FREE products!

Tamaratotsch.pureromance.com

[Toydiva365@gmail.com](mailto:Toydiva365@gmail.com)

248-854-3240



# Mouthing Off

SATIRE

## Beers and babes do not make best buds

Ali DeRees  
Staff Reporter

It's the birthday that all college students look forward to, the day where you can bust through the doors of your local bar, flash your ID and say, "hit me!" Because you're big, bad and 21.

This Tuesday I will be turning 21 and I couldn't be more thrilled. Finally, instead of going to eat queso and chips by myself in the corner booth at Chili's, I'll be able to have my queso AND a daiquiri!

As I reveled in glorious visions of casually sipping cocktails in a little black dress in some swanky club, my dreams were cut short one night when my father gave me some insight into the world of liquor.

"You need to learn to appreciate

cheap beer. You can't afford expensive beer," said the beer connoisseur and crusher of dreams.

He also added that my gift from him would be one can of Pabst Blue Ribbon.

I scoffed at the idea. Me drinking cheap beer? I of course will have a beer, but it will be one of higher quality, that I can guarantee.

My dad's opinion was nonetheless funny to me, so I decided to post his words of wisdom on Facebook.

A few hours later I opened up Facebook and was shocked to see an explosion of likes and comments the status had generated. A whopping 61 likes in total and comments of all sorts were coming in.

"Good advice David DeRees," said photographer and MiRealSource Communications Specialist Taylor



Jon Davis / The Oakland Post

Ali DeRees queries her taste in cheap beer.

Maguire.

"So true. Loving your dad's advice," said Madonna University and Macomb Community College student Megan Blanke.

Some friends gave me more in depth advice about finding the best brew.

"Start off with the expensive and switch to cheap you won't even tell the difference after drinking for a while," said Macomb Community College student John Opiola.

And what about all those likes? Did these Facebook friends find my father's advice simply amusing or

incredibly insightful?

I went to my local liquor store to see how much beer actually cost.

Both Pabst Blue Ribbon and Milwaukee's Best were priced at \$8.59, Budweiser \$12.59 and Heineken, Blue Moon, and Corona near \$14.99.

Like any college student, I'll have to keep a well-stocked fridge, and \$15.00 for a twelve pack is a little pricy. Some late night beers will probably help with homework and writing stories on campus activities.

Wasn't it Hemingway who said "write drunk, edit sober"? I will have won a Pulitzer by the time I'm done at The Post.

"Do your tequila now because you won't be able to handle it after you're 25," my good friend Taylor Maguire said.

This didn't surprise me. Country music already taught me not to ask her on a straight tequila night. Seriously, don't ask her.

If this has taught me anything it is that drinking is expensive, and in reality, there is no difference between a cheap buzz and an expensive buzz. Thanks, Dad.

## OMG! 3 BEDROOMS, 3 ROOMMATE JUST \$408 EACH !!!



10 Mins. 2 Great  
Lakes Crossing

2.5 Baths  
BIG Washer/Dryer  
Dishwasher, Microwave

Cool Pool, Tennis,  
Fitness Center

\$408/Roommate\*  
\*conditions apply

5 mins. from O.U.!!!



Auburn Hills  
248-852-7550

**Kaftan**  
Communities

**Westbury Village**  
TOWNHOUSES  
www.KaftanCommunities.com



On campus, convenient, and designed for you.

Oakland University Credit Union has the tools to help you during every step of your OU journey and beyond. Enjoy products and services designed specifically with you in mind:

- On-Campus ATMs
- Branch in the Oakland Center
- 24/7 Account Access via ComputerLine and OUCU Mobile app
- FREE Checking
- Debit & Credit Cards featuring exclusive OU designs

Go online, call, or visit a branch to become a member and start experiencing the OUCU advantage today!



**NCUA**  
Federally insured  
by the NCUA

248-364-4708 • 800-766-6828  
[www.oucreditunion.org](http://www.oucreditunion.org)

**OAKLAND**  
UNIVERSITY  
Credit Union