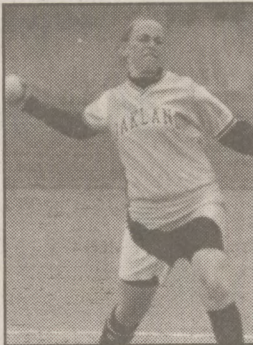


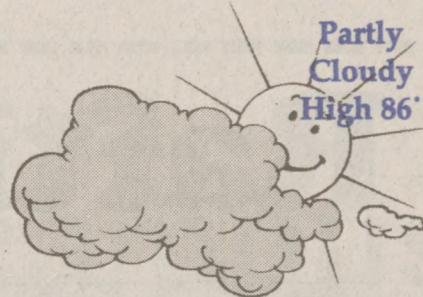
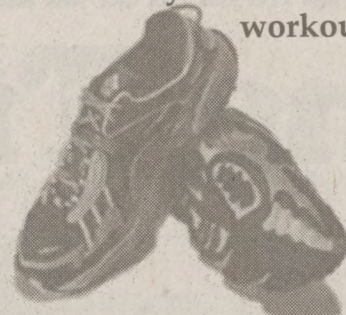
Faculty speaks out at recent Board of Trustees meeting about President Gary Russi's decision to fire the Provost, Louis Esposito. How badly will the instability within the office of the Provost affect OU?

OU to get a makeover of P1 lot and some roads



Softball finishes with conference honors

Kick start your summer workout



# THE OAKLAND POST

Weekly campus newspaper serving the Oakland University community 10 cents

Wednesday • June 13, 2001 • www.oakpostonline.com

"The job of a newspaper is to comfort the afflicted and afflict the comfortable."

## PRC investigates termination

By Cara Plowman  
EDITOR IN CHIEF

Faculty are slated to meet at 3 p.m. Monday in 201 Dodge Hall to formally constitute the Presidential Review Committee created by the vote of about 70 faculty earlier this month following the firing of the popular and well-regarded Provost Louis Esposito by OU President Gary Russi. The Board of Trustees was advised of the fotation of the PRC to review the actions of Russi in terminating Esposito and "other matters" at the June 6 meeting. At the faculty's invi-

tation, Board chairperson Ann Nicholson appointed Trustee Henry Baskin and an alternate to join the committee on Tuesday.

In other developments, Russi met Tuesday with the academic chairs and told them he would likely appoint an internal person for a three-year stint as Provost. He said he has 12 individuals who have been nominated or volunteered and when asked, said he could work with four of them.

Russi is currently handling the Provost's duties as well as his presidential responsibilities.

Esposito, who was also the Vice President of Academic Affairs, was put on paid administrative leave on May 7 while an "administrative review of the Academic Affairs division was conducted," Russi wrote in a May 31 memo where he also announced Esposito's termination as Provost and Vice President.

Esposito said Monday that he was not aware of the reasons why he was put on leave in May and did not find out about the "investigation" that Russi was conducting until a faculty member told him. By the time Esposito had found out, the review had already begun into his per-

formance as provost, with an emphasis on his budget management.

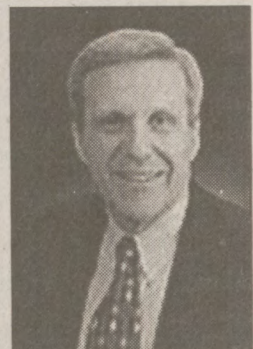
Esposito said that on May 2 he met with the president and was given a report that outlined the current status of the Academic Affairs division budget.

Esposito explained that OU doesn't allocate funds until the end of the fiscal year. At the point when Russi looked into the budget status in March, many of the accounts were in deficit because money had not been transferred and allocated.

Esposito added that the way the budget is run at OU is unconventional. Most schools allocate money at the beginning

of the year.

On May 31, after Russi issued the initial memo to the OU community announcing Esposito's termination, a meeting with the chairs of each department was set up by Russi. During that meeting, which lasted more than an hour and a half, Russi gave seven reasons to justify the termination of the Esposito. Among those reasons was mis-



Louis Esposito

PROVOST continues on page 6

## Barnes & Noble returns as campus bookstore operator

By Marc Hankins  
THE OAKLAND POST

Barnes & Noble Booksellers Inc., the nation's largest bookseller, is returning as OU's campus bookstore. The Board of Trustees was all smiles as it approved a five-year contract for the bookseller to take over services at the store in a unanimous vote at its meeting last Wednesday. The contract will run five years, through May 31, 2006.

Wallace's Bookstore Inc., the previous vendor, filed Chapter 11 bankruptcy on Feb. 28 and stopped order-

ing any textbooks for the spring and summer semesters, forcing OU to seek a new supplier. The company also did not finance the on campus book buy-back last semester. OU was forced to pay for the returns.

Barnes & Noble Marketing Vice President Janine Von-Juergenson said she traveled from New York to see the Board vote to approve Barnes & Noble.

"We're absolutely thrilled to be serving Oakland University and very honored to have been selected," said

Von-Juergenson.

With the deal finalized, Von-Juergenson promised that Barnes & Noble would be completely focused on its mission of providing "excellent textbook and academic services."

This is the second time that Barnes & Noble has run the campus bookstore. The bookstore had been run by OU until 1992 when Barnes & Noble took over. Wallace's replaced Barnes & Noble in 1999.

According to OU's director of

BOOK continues on page 6

## Dean Herman leaving for new job

By Georgia Hruby  
THE OAKLAND POST

Dean of Students Dave Herman is leaving to become Vice President of Student Affairs at State University of New York at Fredonia.

Herman, who is also the Assistant Vice President for Student Affairs, will be moving to New York in August. His last day at OU will be Aug. 1.

There is a picture hanging in his office of Baltimore Harbor, where he spent 10 years at the University of Baltimore as the Assistant Dean of Students.

In the summer of 1985 Dave Herman came to OU to help students, he said, and it was the beginning of a sixteen-year admiration with OU.

He was instrumental in the development and construction of the Recreation Center. "He persisted in the vision and in selling the vision to the students and the university," said Mary Beth Snyder, Vice President of Student Affairs.

"He is going to be sorely missed by his colleagues and students at the university. Dave's taken on so many challenges over the past fifteen years and resolved them beautifully on behalf of the students and the university," she said.

Herman had nothing but good things to say about OU.



Dave Herman

He said the best memories are of seeing OU grow. When he came here, enrollment was 11,500. It is now 15,500.

He said he has enjoyed living in the faculty subdivision. "All of our neighbors are people that I work with. It is one of the best communities we have ever lived in," he said. And he has lived in a lot of communities. Before he was 22 years old, his family had moved 19 times.

Walking to performances at Meadow Brook Theatre and relaxing with a round of golf on the university golf courses are some of his past times. For the past 16 years

HERMAN continues on page 6



Dan McDuffee/The Oakland Post

STUFFED TO THE GILLS: The Elliot Hall auditorium was packed with angry faculty protesting the provost's termination at the June 6 BOT meeting.

## Faculty protests firing at Trustees' meeting

By Lisa Cali  
MANAGING EDITOR

Dozens of faculty members filled the Elliot Hall auditorium June 6 for a Board of Trustees meeting to protest the firing of Dr. Louis Esposito, as Provost and Vice President for Academic Affairs.

Following Esposito's termination May 31, approximately 70 members of the faculty held a meeting four days later to discuss concerns with the leadership of university President Gary Russi.

Faculty voted at that meeting to create a committee to review the president's actions and formally invited a member of the Board of Trustees to sit on the committee. Trustee Henry Baskin was chosen for the position. Students have also shown an interest in sitting on the committee.

At the June 4 faculty meeting, three main points of concern were outlined for presentation to the Board on June 6. The faculty objected to the firing of Esposito for three reasons. They said it undermined faculty confidence in Russi, the explanation for the termination was not adequate and the answers given to the faculty regarding information requests undermined faculty confidence in the president's good faith.

The newly created Presidential Review Committee will look into Russi's investigation of the provost as well as other matters and determine if a formal vote of no confidence should be taken, likely in the fall.

Fourteen faculty members spoke at the Board meeting, elaborating on concerns expressed in telephone calls, letters and emails sent to Board members by their peers. Russi and the trustees sat silently as professors criticized the firing of Esposito and the manner in which it was done.

"We were promised an investigation (of specific reasons behind Esposito's firing). Where are the results?" Kevin Murphy, professor of economics, asked. "The only conclusion I can come to is that this is really nothing more than

a subtle campaign of innuendo and aspersion against a good and decent man that effectively ended his career."

Some faculty expressed concerns with the Board's secrecy habits. Shea Howell, interim chair of rhetoric, journalism and communication, noted that this is not the first decision the Board has made with little disclosure to the public, hinting that there have been past meetings held by the Board behind closed doors.

"Our model of leadership is if we don't think like the president, we're not going to be able to continue to function," Howell said.

The leadership of Russi was also questioned by faculty members.

"The board has permitted Dr. Russi to become, in effect, accuser, judge, jury, executioner. That's not due process in the country I belong to," Jane Briggs-Bunting, director of journalism, said.

The faculty was overwhelmingly concerned with the turnover in the Academic Affairs office, specifically the provost position. Esposito was the second provost fired since 1995. Professors expressed worry in finding a new provost for the position.

"Who will work for a president who seemingly has not been able to either select the right candidate or get along with those he has selected?" Frances Jackson, associate professor of nursing, said. "Who wants to come here and have their career terminated, usually in the dark of night over issues that are never made clear to anyone outside the president's office."

In addition to concerns with the university's administration, some faculty members conveyed a feeling of loss because of Esposito's firing.

David Maines, chair and professor of sociology and anthropology, referred to Esposito as "a class act" and Sheldon Appleton, professor of political science, said that Esposito was a "breath of sorely needed fresh air."

## BOT student liaisons prepare to represent

By Stephanie Davis  
THE OAKLAND POST

On July 1, Adam Kochenderfer and Kimberly Langley, recently appointed as the 2001-2002 Student Liaisons to the Board of Trustees, will begin their one-year appointment to represent to the Board the voices of students at OU.

The student liaison position, created by the Board of Trustees on Dec. 1, 1994, is a one or two-year appointment designed to provide a cross-section of student views and opinions to the Board as well as to report Board activities to student groups.

President Gary Russi is the primary person responsible for appointing liaisons.

"Of all of the positions available, this is the one where you can truly represent the students," said Langley.

Both Langley and Kochenderfer agree that their biggest challenge as liaisons is to make everything more accessible to the student body.

"It's a pretty big challenge," said Langley. "We want to renovate the office and make it cozier so that students feel like they can come in and just talk to anyone."

In addition, Kochenderfer said, "If we could get students to come and hang out, the atmosphere would eventually be comfortable enough that they would just talk about what's on their mind... that's what we need."

Another challenge that Kochenderfer and Langley have to overcome is the lack of participation in campus activities and groups. Realizing the difficulties that a "commuter" college faces, they said they



Dan McDuffee/The Oakland Post  
Kim Langley and Adam Kochenderfer, student liaisons to the BOT.

are eager to try new things. "We need to have attractions and events to keep students here," said Kochenderfer.

Both recommended that students come to Student Congress and Board

LIAISON continues on page 6



# Rafting Trip

# \$99



## Brought to you by OU Student Program Board

The one and only SPB rafting trip has been planned! We are going to the New River in West Virginia, July 21-July 23. Cost is \$99 for OU students and \$150 per guest for adventure class rapids and \$125 for OU students and \$180 for guests for world class rapids. Price includes rafting, camping, transportation and two meals. Sign up at the CSA service window in the lower level of the Oakland Center. Information packets with details are available at CSA and SPB. Space is limited.

Sign up today!

Questions or concerns? Call  
(248) 370-4295

or stop by  
49 Oakland Center  
Oakland University  
[www.oakland.edu/ousc/spb](http://www.oakland.edu/ousc/spb)



## Welcome Week is coming!

Welcome Week is September 4-8.

Look for the Welcome Week calendar the first day of classes. Some of the following events will be part of the Welcome Week celebration:

### Information Tables

In front of North and South Foundation Halls

Tuesday, September 4, 2001	8:00 a.m. - 2:00 p.m.
Wednesday, September 5, 2001	8:00 a.m. - 6:30 p.m.
Thursday, September 6, 2001	8:00 a.m. - 6:30 p.m.
Friday, September 7, 2001	8:00 a.m. - 12:00 p.m.

### New Student Convocation

O'Rena/Athletic & Recreation Center

Tuesday, September 4, 2001	3:00 p.m. - 5:00 p.m.
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### Ice Cream Social

Walkway between North and South Foundation Halls

Wednesday, September 5, 2001	11:30 a.m. - 1:00 p.m. and 5:00 p.m. - 6:30 p.m.
------------------------------	---



For more information,  
please contact the  
Office of New Student  
Programs at  
(248) 370-3260.

## We Want You To Join Oakland University Student Congress Be a legislator!!!

- Learn more about government
- Have a hand in campus decision making
- Stay informed of campus activities
- Meet new people
- Get Involved!!!



Contact us by phone,  
email or stop by the office...  
62 Oakland Center  
Email: [Vesna.Saveski@yahoo.com](mailto:Vesna.Saveski@yahoo.com)  
or call (248) 370-4290

## Welcome Incoming Freshmen!

From the Oakland University  
Student Program Board



### What are we?

The Student Program Board is the largest and most active programming organization on campus. We are funded by student fees, run entirely by students and program events solely for Oakland University students. We are structured to provide cultural, social, recreational, educational and entertainment programs. Our responsibility is to give students something to do, other than classes. We have an average of sixty events a year that we put on, with a variety nearly unmatched in the campus-programming world.

### How Do I Get INVOLVED?

Stop by 64  
Oakland Center  
(We're in the  
basement)  
or  
call  
(248) 370-4295



## CRIME

• A residence hall student filed a complaint against a former boyfriend for allegedly stalking, sexually assaulting and robbing her on May 27.

She told police that after dating the man for a few weeks he repeatedly began calling her at her dorm room and at her job allegedly threatening to "to kill anyone" she was dating saying he "wasn't going to let her go." The student told police that the man had told her he was an undercover police officer, though she does not know the department where he allegedly works. The woman said the man slopped into the locked residence hall when another student was leaving. He went to her room where she says he sexually assaulted her. After the assault, the woman told police the man left. Later she told police she discovered \$200 missing from her purse. The woman declined to press charges against the man. She later obtained a Personal Protection Order against him.

• An education class textbook was taken on June 6, from a student while doing research in the Education Research Lab in 216 O'Dowd Hall. The student stated that she set the textbook on the shelf in the ERL and a short time later she returned to get the book and it was gone. She spoke with the ERL staff and was told that no one had found it. The name of the book is, "Children's Books in Children's Hands, Introduction to Literature." The authors are Temple, Martinez, Yakota and Naybo. The book is valued at \$50-\$60.

• A student was found unconscious in a chair in 124 Wilson Hall on May 30. She was breathing and had a pulse. Police attained identification information from her purse and was with her until AMR arrived and while being transported to Crittenton Hospital she regained consciousness.

• Police responded to a student's vehicle that had stalled on May 29 while heading westbound on Meadowbrook Road. The stalled vehicle was considered a traffic hazard, so the police car pushed the vehicle to a parking lot and left a small amount of damage to the vehicle's left rear bumper.

# Resurfacing looms on campus

By Bridget Steinmetz  
THE OAKLAND POST

The Board of Trustees approved the renovation project to resurface and patch parking lot 1. The \$500,000 project will be paid for by student fees. The BOT has not decided whether to raise fees or not but will be considering it at the next meeting.

Parking lot 1 is located directly across from the Oakland Center and North and South Foundation Halls.

The BOT approved the recon-

struction of the P1 lot on Feb. 3, 2000, but has put it on hold because the design and technical requirements grew to \$5 million.

During its meeting last Wednesday, the BOT also approved the reconstruction of a number of sections of campus roadways that have badly deteriorated.

Those which are badly corroding will also be resurfaced by mid-August 2001.

The areas next on the Board's continuing maintenance program

include resurfacing of Meadow Brook Road from East Oakland Drive to Festival Drive, and from the Adams Road entrance to Sunset Lane and patching the worst areas of Pioneer Drive.

The entire road resurfacing project is estimated to not exceed \$255,000 and will be funded through a Deferred Maintenance and Roads fund.

Meadow Brook Health Enhancement Institute and the Shotwell-Gustafson Pavilion will also undergo repairs to its roof.



RECONSTRUCTING OU: The Board of Trustees recently approved the reconstruction of parking lot 1 located outside of the Oakland Center and North and South Foundation Halls. The \$500,000 project to resurface and repair the parking lot will be funded by student fees.

Dan McDuffee/The Oakland Post

## BREAKING ground



**DIRTY SITUATION:** Construction is on its way for the brand new building that will house the school of education and human services. The project should be done in the fall of 2002 and will cost \$31 million. The ground breaking was April 18 for the 130,000 square foot building located near Varner Hall on Pioneer Drive. "All of the professional level education classes will be held in this building..." said Sandra Deng, academic advisor.

Dan McDuffee/The Oakland Post

## Catholicism class provides insight

By Linda Hailo  
THE OAKLAND POST

A new Catholicism class has been added to the sociology department for this fall. Staff that are teaching religion are hoping the class will bring the department closer to approval of an independent major in religious studies.

Sister Mary Bodde, the retired Director of Campus/Young Adult Ministry at St. John Fisher, is credited with writing a grant which enabled OU to receive funding for a new special topic course entitled "Catholicism and American Society," (REL 300).

This course will not fulfill a general education requirement, but can be used as credit towards the 300-level course requirement.

"Catholicism and American Society" will be part of the university's Religious Studies curriculum, which also includes Jewish and Protestant studies. The religious studies curriculum is offered as a concentration through the sociology department.

According to Gary Shepherd, director of the concentration in Religious Studies and professor of sociology, selected students now have the option of "designing an independent major in religious studies."

The course will address such topics as the history of the Catholic church, various aspects of the Catholic population, Catholic beliefs and practices, institutions, roles, and organizations of Catholicism, Catholic Church and culture, and Catholics and social change.

Professor Michael McCallion, Ph.D is set to teach the course. He is employed full-time by the Archdiocese of Detroit, and also teaches part-time at Wayne State

University. McCallion holds a doctorate degree in sociology and a masters degree in theology from the University of Notre Dame.

One of Bodde's hopes for the course is that it will aid in providing basic knowledge, ideas and understanding of the Catholic faith.

"The class should eliminate some of the misconceptions that people have about the faith," she said.

Bodde is also pleased that McCallion has agreed to teach the course and is confident that he will be a good go-between for the students and the course. "He is a real down to earth, interesting man," Bodde said.

The current Director of Campus/Young Adult Ministry, Lisa Abad, envisions the course to be a good backing to the present escalating interest of young people.

"There seems to be a resurgence in spirituality," Abad said. "More people seem to be utilizing the services of the university parish and are involved and active in the ministry."

One of the unique aspects of OU is it being a public university with access to a parish serving the university's Catholic community, and has continued to for 30 years.

St. John Fisher Chapel University Parish once resided on OU's campus, but has grown so much over the years that they have relocated to the intersection of Walton and Squirrel roads, just minutes from the university.

St. John Fisher assists OU's community by providing support and services to those seeking spiritual growth and development.

## New masters, doctorate degrees added

By Dana Lackey  
THE OAKLAND POST

Four new masters degree programs and two new doctoral degree programs have been added to OU after years of development.

"All of these programs are important for Oakland because we are developing into more of a graduate program," Wallis Andersen, Associate Provost said. "We put significant resources into our Office of Graduate Studies in the last couple of year. In fact, this year in particular, and part of our strategic plan is to improve graduate offerings in selective areas that are appropriate for this region."

Faculty and department

heads developed each of the programs. Some of the programs will require new faculty while the College of Arts and Sciences will hire part time faculty to teach some of the new courses for the Master of Arts in Liberal Studies.

Two of the new programs, Master of Science in Information Systems Engineering and Master of Science in Embedded Systems are important to OU because of the location of the campus. OU is surrounded by technology businesses, including DaimlerChrysler.

"Those three programs [including Master of Science in Information Technology Management] are

very responsive to people who work in the field," Louis Esposito, former Provost and Vice President of Academic Affairs said.

With these new programs coming online, Andersen hopes to attract more students and more opportunity or faculty to develop professionally.

"I think for the university, it should give additional visibility in the local business and industry community in terms of our educational programs," Andersen said.

For starting dates and more information on the new programs, contact the Office of Graduate Studies at 248.370.3167.

### New master degree programs

**Master of Arts in Liberal Arts Studies**  
• Mary Papazian, Associate Dean

**Master of Science in Information Technology Management**  
• T.J. Wharton, Associate Professor of Operations Management

**Master of Science in Information Systems Engineering**  
• Ishwar Sethi, Department Chair

**Master of Science in Embedded Systems**  
• Ishwar Sethi, Department Chair

**Doctorate in Physical Therapy**  
• Beth Marcoux, Director / Associate Professor of PT

**Doctorate of Science in Physical Therapy**  
• Beth Marcoux, Director / Associate Professor of PT

## Polish author's heritage continues rooted tradition

By Jennifer Decker  
THE OAKLAND POST

Time for czarnina, pierogi and kielbasa in print. Author Leslie Pietrzyk read from her novel, "Pears On a Willow Tree" at a June 4 fiction reading. The reading was sponsored by OU's English Department.

"Pears" is Pietrzyk's first published novel and contains 16 self-contained chapters that are monologues by four Polish-American women.

The title is taken from a Polish

saying that means "to look for something that is never found."

Originally from Detroit, Pietrzyk grew up in Iowa, "with a name nobody could pronounce." Growing-up in the 1970s, she explained facing the Polish stereotypes that Archie Bunker spouted off on TV's "All In the Family." She used some of these recollections to foster the novel's plot.

Pietrzyk did extensive research for the novel in the areas of Ellis Island, alcoholism, Poland (she has never visited, but plans to one day)

and lace making.

"The benefit of the research is that nobody had ever cared about these stories. This is a very personal book for me. I never had a grand plan," Pietrzyk said.

Her other ideas for the novel came from memories of the women of her family assembling pierogis in the kitchen. They would argue life's details, but it was with an ancestral connection deeply rooted in heritage that was not just get shaken off like unmeasured flour.

"My great grandmother came from Poland and lived to be 103. I'm hopeful I'll be writing books a long time," she said.

She also said she "always wanted to be a writer," and wishes "there was a magic formula."

She mentioned her major literary influences as J.D. Salinger, F. Scott Fitzgerald and Ernest Hemingway. Pietrzyk's short stories have appeared in "The Gettysburg Review," "Massachusetts Review," "Shenandoah" and "River Styx." She's been nominated for four

Pushcart Prizes, won the University of Alaska Fiction Contest and claimed the first place Chris O'Malley Fiction Prize from the Madison Review. She's also been cited in "100 Distinguished Stories Best American Short Stories."

When asked about the prospects of "Pears" becoming a film, Pietrzyk pondered who would play two of the characters, Ginger and Amy, and said, "I'd cash that check fast!"



Freshman Fact #

1

# You can't depend on your roommate to bring everything.

## Requirements and Electives

### College Prep

- ☐ Towels
- ☐ Electric Toothbrush
- ☐ Hair Dryer
- ☐ Curling Iron
- ☐ Electric Curlers
- ☐ Men's Shaver
- ☐ 245 Load Detergent
- ☐ Rolling Hamper
- ☐ Iron/Board

### Home work

- ☐ Accent Rugs
- ☐ Decorator Vellux Pillows
- ☐ Quad Chairs
- ☐ Bubbletwist Light
- ☐ Fan (Must Have!)
- ☐ Portable Vacuum
- ☐ Upright Vacuum
- ☐ Mini Cordless Drill Driver
- ☐ 18 pc. Companion Tool Set
- ☐ 12' Craftsman® Tape/Easy Fire Stapler
- ☐ Utility Tool Bag
- ☐ Lantern/Flashlight Value Pack
- ☐ Duct Tape
- ☐ Rechargeable Batteries

- ☐ Battery Pack with Batteries
- ☐ Dorm Electrical Combo Pack (Surge Protector)
- ☐ Craftsman® Padlock/Security Cable Lock
- ☐ Security Chest

### Getting A's

- ☐ Alarm Clock
- ☐ Computer/Laptop
- ☐ Printer
- ☐ Electronic Organizer
- ☐ Coffee Maker
- ☐ Ready-to-Assemble Desk
- ☐ Desk Lamp
- ☐ Desk Chair
- ☐ Marathon CFL Bulbs (5 yr. guarantee)
- ☐ Backpack
- ☐ Wheeled Backpack
- ☐ 4-pc Luggage Set
- ☐ Paper Shredder

### Unwinding & Dining

- ☐ Television
- ☐ VCR/DVD
- ☐ VCR Tapes
- ☐ Cordless Phone
- ☐ Stereo System/Boom Box
- ☐ Personal CD Player

- ☐ Scooter
- ☐ Camera
- ☐ Dartboard
- ☐ Blender
- ☐ Microwave
- ☐ George Foreman Grill
- ☐ Hotpot
- ☐ Toaster Oven
- ☐ Compact Refrigerator
- ☐ Dinnerware/Flatware
- ☐ Cookware
- ☐ Glassware

### Getting Zzzzz

- ☐ Fleece/Vellux Blankets
- ☐ Fleece Throws
- ☐ Twin Extra Long Sheets
- ☐ Twin Extra Long Mattress Pads
- ☐ Twin Extra Long Comforter/Sheet Sets
- ☐ Twin Vellux Comforter
- ☐ Body Pillow
- ☐ Jumbo Pillows
- ☐ Bedrest
- ☐ Floor Cushions
- ☐ Aerobed

## 10% off Shopping Pass

Take 10% off any regular priced microwave, compact refrigerator, vacuum, home electronics or home office purchase.

Use this coupon on your purchases for college and if it's not on sale... you get to put it on sale!

Savings off regular, sale and clearance prices apply to merchandise only. Not valid on Exceptional Values; sears.com; outlet store purchases; HomeLife Furniture; catalog orders; fragrances; Calphalon; J.A. Henckels; Bose; Maytag Gemini and Neptune; Stearns & Foster and Sealy Posturepedic Crown Jewel mattresses. One coupon per purchase. Void if copied, transferred and where prohibited by law. Any other use constitutes fraud. Cash value 1/20 cent. ©2001 Sears, Roebuck and Co. Satisfaction Guaranteed or Your Money Back. Sales Associate: please collect this coupon. If unable to scan, manually enter the coupon number. Valid May 1 - September 30, 2001. May not be used with any other coupon.



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SEARS

## \$5 off

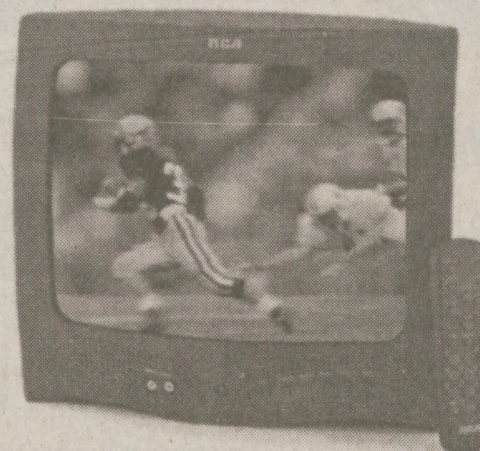
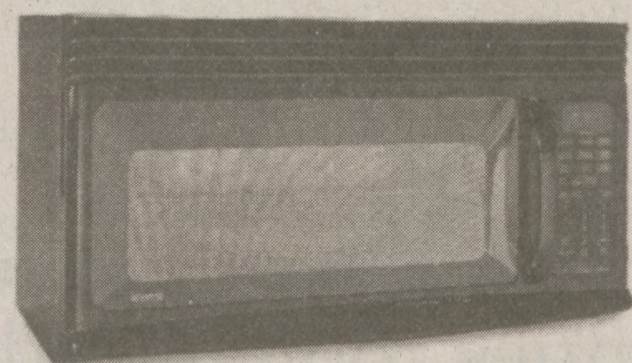
any \$50 or more purchase of regular or sale priced bed or bath items, housewares, luggage or ready-to-assemble furniture.

Savings off regular, sale and clearance prices apply to merchandise only. Not valid on Exceptional Values; sears.com; outlet store purchases; HomeLife Furniture; catalog orders; fragrances; Calphalon; J.A. Henckels; Bose; Maytag Gemini and Neptune; Stearns & Foster and Sealy Posturepedic Crown Jewel mattresses. One coupon per purchase. Void if copied, transferred and where prohibited by law. Any other use constitutes fraud. Cash value 1/20 cent. ©2001 Sears, Roebuck and Co. Satisfaction Guaranteed or Your Money Back. Sales Associate: please collect this coupon. If unable to scan, manually enter the coupon number. Valid May 1 - September 30, 2001. May not be used with any other coupon.



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## Editorial

### Esposito's firing hurts both Russi, students

The firing of another provost has again created instability within the Academic Affairs division and that effects every class, faculty member, department's office and dean's office campus-wide. And things are only going to get worse unless a dedicated provost is found, one who is compatible with President Gary Russi.

There have been seven people in the Provost's position in the past 10 years, five since Russi came to OU in 1995 (Russi himself and two as interims).

The Academic Affairs division budget is almost 66 percent of the total operating budget for the university, which is almost \$107 million. Its stability is key to this school's success.

On May 7, Russi put Provost Louis Esposito on administrative leave while he "investigated" supposed fiscal mismanagement in the Academic Affairs division.

On May 31, he fired Esposito, who has been at OU just 23 months. Though Russi admitted Esposito had not embezzled or stolen money, he's never clearly explained to the OU community, or Esposito himself, what the Provost had actually done wrong.

Russi shared with the academic chairs seven reasons for firing the Provost. Esposito told The Post that the reasons given were "communication problems" and nothing more.

The budgeting and allocation process of the university is complex and somewhat convoluted. Esposito noted that it took him about 15 months to fully understand how OU runs.

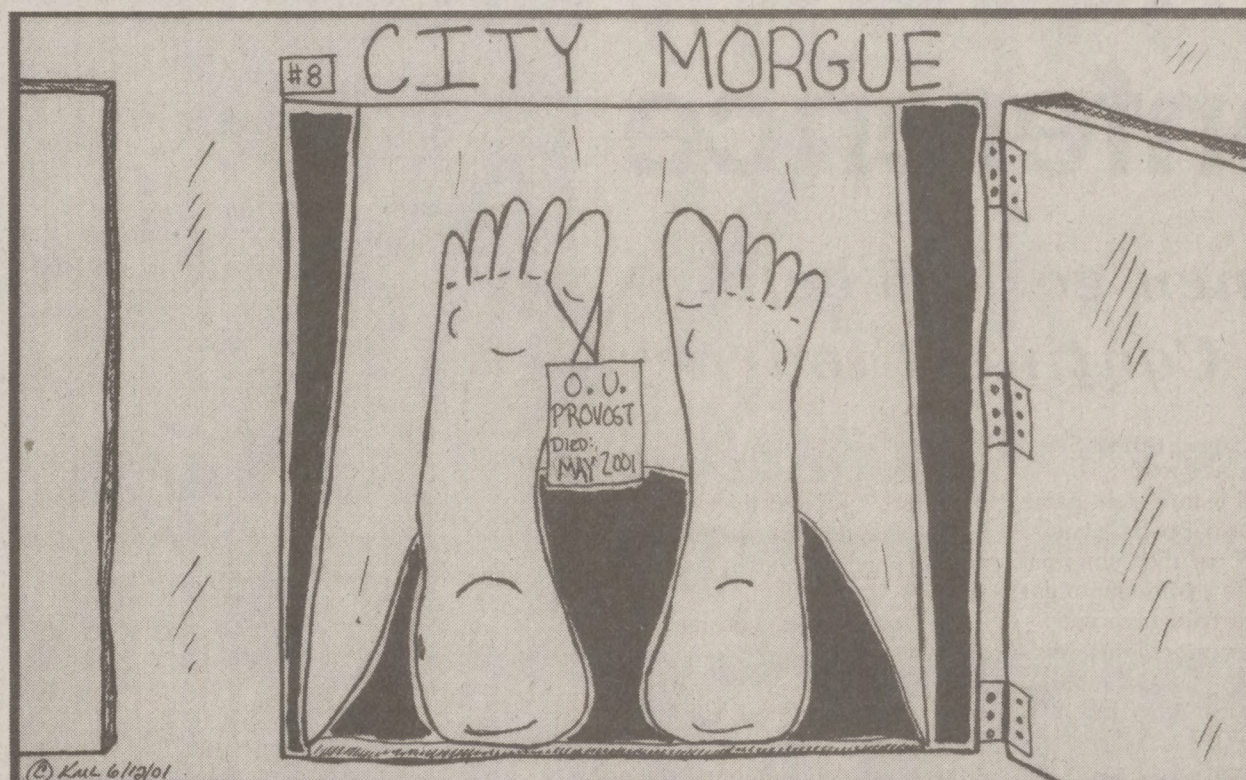
If the average life span of an OU provost is only a year or two, the Academic Affairs division, which is arguably the most important one on campus, will never be able to grow in quality because it will constantly be in the rebuilding stages as a new provost learns the ropes.

Not only will that effect the management of the Academic Affairs budget, but it will effect the future vision for OU. If a provost makes academic plans for the university but is terminated before he or she can carry them out, we won't ever see qualitative growth in our programs, though Russi's goal of enrollment growth will go through without a hitch.

We're angry and disappointed, not just because of the way Russi reviewed Esposito and not just because the Board supposedly held meetings at Russi's home to discuss the situation, although both matters are very important. The main reason we're angry is because Russi, without a clear explanation and without regard to any person on this campus, by his actions, has hurt the quality of education for every student here.

Russi said that the office of Academic Affairs needed a change in leadership. But, how many Provosts is OU going to go through before the Board finds someone who will obey Russi's orders and not challenge or question them?

Ultimately, Russi loses, but the students at OU are losing more.



Next

## Letters to the Editor

### Job of a Provost explained by prof.

Dear Editor,

This issue of The Oakland Post is likely to include coverage of the firing of Provost Louis Esposito. High schools don't have Provosts.

General Motors does not have a Provost. We all know what a President is, but what the heck is a Provost?

To understand the magnitude of what has occurred, it might be helpful to students if they were provided a definition and description of the job of Provost for the university community. The Provost is the university's chief academic officer. That definition goes for any university, whether we're talking about Oakland, Wayne State, Michigan

State, or the University of Michigan. The core business of any university is academics. That's right, the reason we are here is so that you, the student, can get an education. That is job number one, and that is what the Provost is in charge of and accountable for. The Provost steers our collective academic ship. The Provost oversees the Deans, the academic departments, and your professors. If it sounds like an important job, then you've got the picture.

In fact, most of your professors regard the job of Provost as equal in importance and stature to that of President of the university.

All right. I hope I've got your attention now. The firing of a

Provost is no trivial matter. It is a big deal. It is a huge deal. The professors are upset. The quarterback of the team got canned. Many of your professors regarded Esposito as the best Provost in Oakland's history. We, all of us, are entitled to a better explanation for the firing than has been given.

Kevin J. Murphy  
Professor of Economics

All letters to the editor must include a name, class rank and field of study or OU affiliation. Please limit letters to less than 400 words. Letters may be edited. The editor may use discretion in rejecting any letter for publication. Letters become property of The Oakland Post.

## EYE ON POLITICS

### Race heated by a few experienced candidates

By Brian Middleton  
THE OAKLAND POST

The upcoming Michigan elections in 2002 have raised many eyebrows on the state political front.

The hotly contested Presidential campaign in Florida has made this statewide vote even more interesting, as in the upcoming governors race that will determine who will replace Gov. John Engler, who cannot run again due to term limits.

One of the most interesting and highest profiles of these candidates is a former governor himself, James J. Blanchard. Blanchard served two terms as Michigan's governor from 1983-1990.

Losing the 1990 election to Engler, Blanchard went on to serve as Ambassador to Canada from 1993 to 1996. Blanchard now works as an attorney, in Washington D.C.

As governor, Blanchard

was noted for bringing Michigan out of the economic doldrums. He also won accolades for innovative approaches to economic development, education, crime and on environmental issues and was credited by Newsweek Magazine for "one of the most dramatic economic turnabouts in the recent history of state government."

David Bonior is another high profile candidate running for the Democratic nomination. Bonior is a candidate with many strong ties to labor unions. Bonior currently represents the 10th congressional district, which covers Macomb and St. Clair counties.

He is also known as an outspoken advocate for issues such as limiting special interest, veterans' affairs, fair trade and education.

In the 1990s Bonior was

a leading lawmaker against the North American Free Trade Agreement. Concerned with what the agreement may do to hard working families, Bonior toured impoverished areas such as Mexico. Eventually, Bonior lost his fight to keep the North American Free Trade Agreement from passing.

Another Democratic candidate is Gary Peters. Although Peters is known to have a strong voice in Lansing, his name does not have the recognition it desperately needs.

First elected to the Senate in 1994, Peters took office with the people in mind, holding monthly meetings in his district.

After getting his political start on the Rochester Hills City Council, he then worked his way up to senator.

Alma Wheeler Smith is another candidate seeking

the Democratic nomination and has served since 1994.

Jennifer Granholm, Michigan's Attorney General since 1999 is also seeking the Democratic nomination. Granholm, the state's 51st Attorney General prides herself as the people's lawyer, and if elected will use a "no politics as usual" philosophy.

As for the Republican nominees, only one, Dr. John Schwarz, a state senator from Battle Creek, has officially declared his candidacy for office. Schwarz represents the 24th congressional district covering Calhoun, Eaton, and parts of Ingham counties. Schwarz in currently in his fourth term as Senator. Schwarz serves as Senate President Pro Tempore and sits on the Senate Appropriation Committee where he chairs the Subcommittee on Higher Education.

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“

## Quote of the day

The most important quality in a leader is that of being acknowledged as such. All leaders whose fitness is questioned are clearly lacking in force.

-Andr Maurois

”



# Softball conquers conference

## Women go 16-6 before Mid-Continent tourney

By Allison Lingenfelter  
ASSISTANT SPORTS EDITOR

OU's softball team's eight-game win streak snapped against Southern Utah, in the semi-final game of the Mid-Continent Conference Tournament recently.

The Grizzlies entered the Mid-Con tournament as the number one seed after winning their first Mid-Con title. OU ended the season with a record of 16 - 6 in the Mid-Con and 25 - 29 overall.

"Winning the league was very exciting, but the best part of the season was the last two weeks where our players got to experience the intense pressure. They won in part because they worked their tails off," said Coach Steve Ogg.

After winning the first game of the tournament against UMKC 4-2, the Grizzlies went on to face Southern Utah in the semi-finals.

In what turned out to be the final game of the season, OU scored first in the second inning to take the lead.

The lead was then shattered in the bottom of the third as the Mascots scored six runs to take a five run lead. Senior Keri Sedgely hit a grand slam in the fifth inning

to cut the lead to one.

Southern Utah scored one run in the fifth inning and then certified their victory in the sixth inning by scoring four runs to win the game, 11 - 5.

The Grizzlies did not come away from the Mid-Con tournament empty-handed. Three players were named to the 2001 All-Tournament Team - sophomore Erika Burns, sophomore Jennifer Granger, and Sedgely.

Burns was also named the Mid-Con student-athlete of the month for April, a first-team All Mid-Con performer in the outfield, and was named to the Verizon/CoSIDA All-American second team in district IV.

Another honor for the OU softball team was The Coach of the Year award that went to Ogg, who is in his second year at OU.

"Getting picked coach of the year was nice but somewhat misleading because I felt my assistant coaches gave much more than outsiders will ever know. It is very sad that both Donna McDaniel and Don Dreher can not be back to help coach next year. Without their support many of our achievements might never have hap-



PITCH IT IN: Sophomore Jennifer Granger pitches one in for OU last season. The women's softball team went 25-29 overall last season and took home conference honors. OU was 16-6 in the Mid-Con last year.

pened," said Ogg.

Freshman Jaymie Voss was awarded the Newcomer of the Year Award, an award given to outstanding first year players.

The OU softball players also work hard off the field. The team started a community service program that allows the athletes to be mentors and pen pals of local elementary school girls.

"Our players enjoyed working with the area youth during a five week period that let them tutor the youth on softball skills, communication issues, and on the importance of a good education," said Ogg.

The Grizzlies are looking forward to next year and trying to go even farther in the tournament.

# Season ends 11-43 for men

By Chad Mack  
SPORTS EDITOR

After a rocky start, a rocky middle and a rocky finish the OU baseball season is over.

The grizzlies finished the season 22 games below .500 and 7-19 in the conference. That earned them last place in the Mid-Con, quite a difference from a year ago when they finished in second place.

The grizzlies had some off the field troubles that it had to clear up during the season. Several players were kicked off the team for reasons that vary from being academically ineligible to violating curfew and breaking other team rules.

Throughout the season head coach Mark Avery was forced to start freshman and sophomores in positions that normally would have been played by seniors.

"After we were put in the situation we were put in, our freshman, our sophomores did a good job of picking up our missing parts. By the end of the year we were playing good baseball," Avery said.

The Grizzlies struggled through most of the season never winning more than two games in a row, and that only happened once. With so much turmoil happening in such a little time Coach Avery was still able to find some positives in the season. Avery also found some solutions for some of the problems his team suffered the past season.

"We are going to limit the number of junior college players we recruit, because the cons outweigh the pros," Avery said.

Adam Sokoll was drafted by the Atlanta Braves in the 21st round of the Major League Baseball draft. This marked the second time in as many years that at least one OU player was drafted, and that makes five players in two years total. Last year Sean Boesch signed with the Seattle Mariners. On the season Sokoll pitched in 11 games. One time he pitched a complete game. He pitched over 68 innings, more innings than any other Oakland Pitcher by 10. He gave up 87 hits and struck out 65. "He threw 90 to 92 mph all season long. He has a big league slider that he calls a 'cutty.' He's got phenomenal tools," said Avery about his former pitcher.

The most improved player on the team was freshman Tim Edick. Edick was converted from catcher to pitcher. "He went from not even able to throw strikes to being very effective late in the year," Avery said.

OU is looking forward to wiping the slate clean after the disastrous season. "I don't think anybody has a question of what is acceptable and what is not any more. These players will set the tone for the future of our program. They just will not allow that kind of behavior any more. The team will start to police themselves," said Avery.

## PROVOST

continued from page 1

management of the academic affairs budget.

The president told the chairs he wanted to move forward and was seeking input from Esposito's successor.

On Monday, Esposito reviewed Russi's reasons for terminating him and said that it was a matter of miscommunication between Russi and himself. He also said that Russi would not give him enough authority and resources to do his job. Esposito described his relationship with Russi as "business cordial."

Those present at Russi's initial meeting with the chairs asked him numerous

questions and inquired about the circumstances surrounding the decision. Russi refused to answer, saying it was a "personnel matter."

When asked, Russi said that Esposito had not embezzled, stolen or misappropriated any money.

The current Academic Affairs division budget is \$65 million of the university's \$103 million annual operating budget. Russi estimated at the May 31 meeting.

The tension between the faculty and Russi came to a head last Wednesday, at the 2 p.m. BOT meeting, when a number of faculty members and more than 100 others showed up to object to the dismissal of Esposito, who has been at OU since March 1999.

Trustee Henry Baskin said, "There is no

question that this is probably the most important meeting we've had since I've been here. And (the Board is) going to take it very, very seriously. I intend to make this the number one priority."

Russi sat solemnly at the Board meeting while faculty spoke of their disapproval of him. When questioned after the meeting, he didn't deny allegations that the Board met in secret to discuss the provost case and referred The Post to the Board office. When asked if he thought he had made the right choice by letting Esposito go, he said, "There's no question."

"It's a very unfortunate matter. He made some good steps forward for Oakland... But the decision is the right decision."

Kevin Murphy, professor of economics,

who chaired the search committee in 1999 that made the recommendation that the Board and Russi hire Esposito, said that Russi, not Esposito, should leave.

"I think the president should resign. We (the faculty) do not believe he's been truthful or forthright with the faculty and staff. He's ruined the career and reputation of a very decent person."

Murphy and other faculty members told the Board during its meeting that they do not think the president will be able to lead the university any longer because the "faculty and employees question his integrity."

Esposito said, "By creating instability (in the provost's office), it leads to all sorts of threats to quality because nobody's paying full-time attention to what's hap-

pening. But what it really is is it's a way of the president maintaining control, directly, over the Academic Affairs area... His behavior says, 'I want to be Provost.'"

Esposito currently said he plans to return in the fall to teach economics. Part of his hiring contract said that if he were fired he would retain his tenure as a faculty member.

Some faculty felt insulted by the timing of Esposito's firing, two days after the spring graduation ceremony.

"People are just outraged by the timing," Murphy said. "The president knows he's gonna can this guy on Monday and puts him through the whole dance (graduation) on Saturday. He thought the faculty would go away and The Post would be on vacation."

# North Foundation transforms into one-stop shop for student services

By Jennifer Bauer  
THE OAKLAND POST

Some of the most visited offices on campus will soon merge together to form a new Department of Student Financial Services.

Plans are well underway to join the offices of Student Accounts, Financial Aid Accounting, Financial Aid, and the cashier's office into a one-stop shop for students.

A task force, made up of David Herman, Dean of Students, Jennifer Wagner, former student congress vice president, Steven Shablin, Registrar, April Abdella, project manager, and Kelly Carter, mgr. receivables/cashiers financial aid accounting, was established in July 2000 to put into action a plan that was approved by the cabinet nearly three years ago.

"We can only move as fast as resources allow us to. This is a big move for us," said Robert Johnson, Associate Vice President for Finance and Administration.

The concept is not a new one. Many schools are establishing a localized service area. One of OU's goals is "to prevent ping-ponging students from one office to another," said Johnson.

Recently, the students accounts office was temporarily moved to room 159 in Vandenberg Hall and payroll has followed.

Communication and Marketing also moved out of NFH to make room for the reconstruction.

After the project is complete, students will enter the building from the north entrance of NFH, which is currently next to the cashier office. The



MOVIN' UP: Renovations to North Foundation Hall will make services easier.

service windows that are there now, will be removed and there will glass in front of five service stations, similar to the admissions office.

At these stations, of which at least four will be open at all times, there will be clerks. Their job will be to assist students with all sorts of financial questions.

If a particular question gets too complicated, there will be specialists, such as Financial Aid Advisors available.

Students will also be able to make credit card payments on their account at any of the service stations.

All cash payments will still be directed to cashiers. There will be separate stations for this purpose and a window that will be in operation during busier times.

Training is already in full swing and the goal is to have the staff ready by fall semester.

Some of the other changes will be in the lighting, flooring, ceiling and

painting of the corridors. This remodeling is expected to continue through approximately mid-November.

A student computer service room will be located off one side of the new department. Here, students will be able to access their accounts via the Internet. They can do that now, but with the new computers students will have greater accessibility.

A conference room and shared filing space will also be added to the area.

Most of the mechanical equipment will be relocated to the new offices, but most of the furniture will be new. Since the department will be hosting students, parents, guests, auditors and the like, there is some need for an updated look. "We want it to look nice for the students and the staff," said Abdella.

"We felt that (the project) translated into a better service for students and that it's worth it," said Johnson.

## HERMAN

continued from page 1

he has played with the same group of golfers. He said he will miss them.

Herman also said he and his wife Barb are suffering from "Empty Nester Madness Syndrome," a term they coined because both of their children are grown.

Daughter Christine teaches at a Mission School in Honduras with her husband, and son Todd is a junior here at OU.

The dream that the Hermans had for many years was to live on four acres with a pond. They have put in an offer on a place in rural New York.

Herman thanked all of OU for the "17

wonderful years and a lot of challenges. There are great students here, hard working and bright, who know how to combine work life and intellectual life."

He has had a productive relationship with the newspaper and radio station on campus, as well, serving as an ex officio member of The Oakland Post's corporate board. Many students have gone on to be interested in student affairs, which is a huge complement to Herman, he said.

"This is a job where a lot of people help you and you couldn't succeed without their support," he said.

## BOOK

continued from page 1

Auxiliary services, Peggy Cooke, the contract with Barnes & Noble is free of a capital improvement provision that the University was bound to in its previous contract with Wallace's. The former agreement stated that OU had to contribute \$250,000 of its own funds toward bookstore improvements.

In contrast to the former agreement, Barnes & Noble has agreed to put up \$850,000 of its own money to improve serv-

ices at the store, she said.

Cooke was praised by BOT Chair Ann Nicholson for her work on the transition that went through "like lightning."

Cooke said the only changes in the campus bookstore would be positive. She is anticipating an improvement of services, hopes to make shopping easier for students and enable them to get the materials they need.

## LIAISONS

continued from page 1

of Trustee meetings to find out more about what is happening at OU. "There's a lot of room for students to get involved," said Langley.

Kochenderfer added, "Come by and see us. We're here to help."

Kochenderfer, who is beginning his senior year in the fall, is a double major in Political Science and English. He has been involved in various activities on campus since his freshman year, including serving as the Student Services Director, Financial Assistant, SARB Chairperson, and last year's

Student Body President. "I have been representing the student body for a while," said Kochenderfer.

Also double majoring in Political Science and Public Administration, Langley is entering her junior year at OU. As well as being a part of the Honors College, she is Vice President of Alpha Delta Pi, and was recently Legislative Affairs Director for Student Congress.

Kochenderfer and Langley can be reached at x4639.

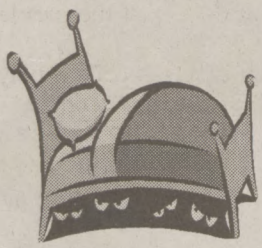




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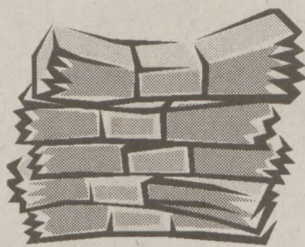


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# Coming Fall Semester 2001



## SpiritCa\$h News...

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Not interested in an automatic deduction? Use our deposit envelope. The envelope is another convenient way to make deposits to your account. Simply mail us a check in the envelope and we will add it to your account.

Payroll deduction authorization forms and deposit envelopes are available in the ID Card Office, 112 OC, x2291.

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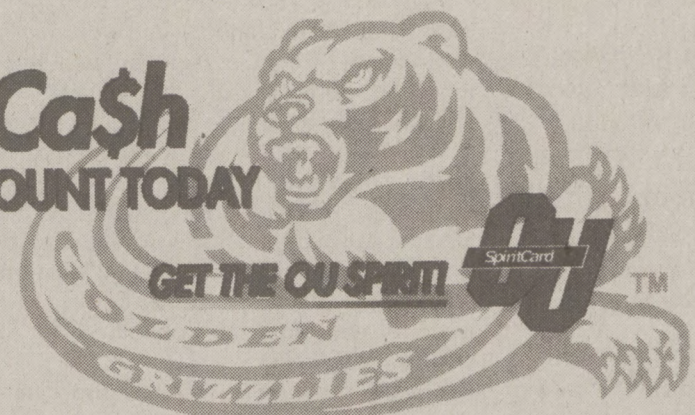
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### Babysitter Needed in our Rochester Hills Home.

1-2 days a week. You will be watching our two year old son from 8 a.m. until 6 p.m. on Fridays and or one other day per week (Tuesdays or a day of your choice.) Reliable transportation and experience with children required. 248.651.3948.

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## LIFE edge

### ON CAMPUS

• Stroll through a myriad of fine art at Meadow Brook's **JURIED ART FESTIVAL** from 10 a.m. to 6 p.m. on June 16 and 10 a.m. to 5 p.m. on June 17 at Meadow Brook. Admission is a \$1 charitable donation.

### SHOWS

• Jet back to the 60s and enjoy the spirited songs of Jefferson Starfish, Iron Butterfly and Big Brother & the Holding Co. when they bring the **SPRIT OF 67** to town. The bands will play at 7:30 p.m. on June 17 at DTE Energy Music Theatre.

• **BLISS 66** with special guests REV will entertain at their all ages show at 6:30 p.m. on June 22 at St. Andrew's Hall.

• Tired of idolizing him from afar? Rock the cradle of love with **BILLY IDOL** at 8 p.m. on June 27 at Royal Oak Music Theatre. Call Ticketmaster at 248.645.6666 or Royal Oak Music Theatre at 248.544.7949.

• Folk rock pioneer **PAUL SIMON** and classic rock/pop legend Brian Wilson will perform at 7:30 p.m. on July 3 at the DTE Energy Music Theatre.

• Miss the 80s? Check out the **GOD BLESS THE GO-GO'S** Summer Tour when it hits town at 7:30 p.m. on July 13 at the Royal Oak Music Theatre.

### ODD INFO

• A full grown bear can run as fast as a horse.

• Barbie's measurements if she were life size would be 39-23-33.

• Issac Asimov is the only author to have a book in every Dewey-decimal system.

# Step into Summer

*OU students share fitness advice, websites offer health tips*

By David Jewell Jr. & Rachel Rybicki  
THE OAKLAND POST

Spring is here, and it's time to lose those unwanted pounds hidden by thick sweatshirts during the winter months and get ready for summer swimwear and long days at the beach.

Before a person starts shedding the extra pounds, the correct gear is needed.

RunnersWorld.com suggests wearing Adidas' Supernova, or Asics GT-2060 while running to get in shape. Both shoes provide stability to the foot and ankle.

If trail running is what someone is interested in, RunnersWorld.com suggests using Adidas' Brahma's or Nike's Air Dri Goat for the best support and comfort on the terrain.

Trail running can break up the monotony of regular running and is also preferred by many runners because of the surroundings and it often provides a larger challenge than regular running because of the terrain.

Brittney Maxey, sophomore, elementary education said, "Adidas shoes are good, but buy what you like and what makes you comfortable."

But wearing the right shoes is just the beginning. Clothing is also important.

Elizabeth Long, sophomore, MLS said, "Wear old shirts and stuff, getting a good pair of shoes isn't the only important thing."

"Snap pants are good to wear, they breathe really well and standard t-shirts are good too," Zak Montville, sophomore, MLS said. "But wearing tight shirts lets you see your muscles, motivating you."

While many students believe that it really doesn't matter what you workout in, RunnersWorld.com offers many tips on gear. According to the site, cotton absorbs moisture, gets heavy and keeps the skin wet, making it uncomfortable. Several special fabrics keep runners cool and dry. While all the brands are a variation of the same concept, Coolmax seems to be the most popular on the market.

Coolmax is made of a light polyester and is two layers, one helps to keep out moisture while the other helps to evaporate it. These shirts have been proven to keep the skin dry and also protect against ultraviolet rays.

Many people also choose to go with the "less is more" attitude when it's hot, and they're working out. For guys, this could mean running outside topless while girls may choose to wear a sports bra instead of a shirt.

However, according to Runners World, this is not the thing to do. The site says that this actually causes more harm than good. The reason is that the body uses sweat as a cooling mechanism when a person gets hot. When a guy runs topless, the sun evaporates the sweat too quickly, thus the body is not cooled enough. This actually can make a person feel hotter. This not only increases body heat, it makes the body more uncomfortable and puts the body at a greater risk of serious heat problems.

A health conscious diet is also important when it comes to gearing up from your beach body look.

Some health websites offer services for a small fee, such as EFit.com and Nitro.com. CyberDiet.com is free, however, some of the weight goals can be a unrealistic and look discouraging to newcomers.

"Nutrition is definitely important," Long said. "If you do not eat well, it defeats the purpose of working out."

Long also pointed out, "You don't have to be super strict, just smart, and eat in moderation."

Maxey suggested to "stay away from pop, eat lots of fruits, salads and not many sweets."

Vegetables that have a deep, rich color are also beneficial



KICK IT: Summer shoes bring a new kick to fitness. (clockwise) Adidas Supernova, Nike's Air Dri Goat, Asics GT-2060 and Adidas Brahma are some of the latest styles to walk into the spotlight. They are fashionable while still providing comfort for runners.

because they contain the minerals and vitamins that need to be replenished after working out.

Another useful website to look to for inspiration, motivation and health tidbits is WedMD.com. Here, people can find out how much they "should" weigh, get answers to questions regarding a healthy diet an exercise plan and take nutrition quizzes. The site is full of interesting facts and contains more than just tips for a better body and diet. It also shows where to find a doctor that suits individuals needs along with health insurance.

BestHealth.com offers articles on many different aspects of health for all body types, age groups and information for both males and females that caters to their specific needs. It also offers seminars and screenings.

"Banish Your Belly," a book written by the editors of Men's Health Magazine, said there are three types of exercise: aerobics, weight training and stretching. All are integral parts of an exercise program.

A person doesn't have to overload on exercise, even small amounts help. According to "Banish Your Belly," as little as half an hour of exercising a day can greatly improve your health.

With a better diet and a little exercise, people can look better, but more importantly feel better about themselves.

While working out, it is suggested to drink plenty of fluids to keep the body hydrated.

"Make sure to stay hydrated (before, during and after the workout), that is the most important thing," Montville said.

FitnessHeaven.com and Dreamlife.com both offer the best ways to get in shape for all the seasons. They are great online sites for beginners and offer tips, tools and courses.

There are many reasons that people want to get into shape, whether it be personal, for a significant other or health reasons.

"I want to look good for my girlfriend, and summer is coming up, so less clothing is needed," Montville said. "I am self conscious about my body. Working out gives me self esteem and confidence knowing that I worked out."

Maxey added, "exercise is important for your health and it makes you feel good."

To some, the hardest part is getting started, but Long said "go workout with your friends, and do not make excuses."

This sentiment was also echoed by Montville and Maxey.

"The hardest part is getting over the laziness, getting to the gym for the first time," Montville said. "Then it becomes routine. Have the mentality, that I've started, so why stop now?"

Montville also said that a strong mindset is needed, "then it is easy to let yourself go."

Long also feels that an exercise class can be beneficial because it can provide motivation when seeing others working out alongside them.

After getting started, it can be hard to stay motivated, "especially when working out is secondary to getting schoolwork and other things done," Montville said.

Long suggests, "making time even though you don't want to do it. But you will be happier later, it's like pulling teeth." Fortunately though, she thinks "once you get involved, it gets harder to stop."

Montville also feels that having someone there "motivates you and makes you work harder."

Now that the weather is nicer, many people can be seen rollerblading, running, walking and exercising on campus.

"Even just walking is good for you," Maxey said. "It's not strenuous, but it's the little things, you don't even have to go out, take the stairs for instance instead of the elevator."

Montville feels that rollerblading is a good way to get in shape, and that OU's campus is a good place to go because of the surroundings.

"Start off slow though, work into a routine. You know your own body best," Montville said. "Watch what you eat and be consistent with your workout, and make sure you have fun."

SPB and CSA present:

# The Return of the Patio Concerts

**The Music:**

**Thursday, June 14**  
*The Steel Drum and African Drum Ensembles*

**Wednesday, June 27**  
*Showtunes by Reggie Braxton on Piano*

**Wednesday, July 11**  
*Onita Sander's Flarp*

**Thursday, July 19**  
*Classic Jazz with the New Concept Duo*

**Where:**  
**The Oakland Center Patio**

**When:**  
**11:45 a.m. - 1:00 p.m.**

**Lunch:**  
**A delicious grilled lunch will be available for sale at affordable prices.**

**SO LONG DEAN  
DAVE HERMAN!!!  
YOU WILL BE MISSED...  
WE APPRECIATE EVERY-  
THING YOU DID AT  
OAKLAND, AND WE  
WISH YOU LUCK IN NEW  
YORK!**