

THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

November 7, 2007

Volume 33, Number 41

ON THE RUN

DMC, from **Run DMC**, hits campus to talk about hip-hop culture. [page 6]

Michigan marathon **runner** wins spot on Olympic team. [page 10]

Local candidates **run** for office. Who dominated the polls? [page 11]

OU student **runs** for a cause. Find out what drives her pace. [page 15]

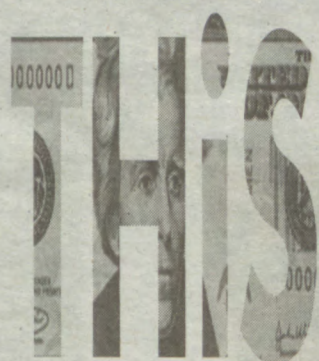


Photo illustration by Dustin Alexander

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THIS WEEK 11.07.07

THE OAKLAND POST
OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

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Perspectives page 4

With expansion on the horizon at Oakland University, we ponder the perks of modest class sizes.



Campus page 6

Legendary hip-hop artist Darryl "DMC" McDaniels, of Run DMC, to speak at OU. Plus, Up 'til Dawn to raise funds for cancer research.



Local page 10

NYC Marathon: Local runner qualifies for the 2008 summer Olympics; Ann Arbor native dies. Plus, local election results are in!



The Mix page 12

Introducing some of WXOU's biggest radio personalities. "Select 7" highlights the one-hit wonders you can't help but sing along to.



you page 14

OU senior participates in D.C. triathlon to raise awareness. Plus, diabetic students share their stories.



Sports page 16

Check out a preview of the women's soccer Summit League tournament, in which the Grizzlies are a No. 2 seed.



the Scene page 20

An inside look at four local bands. Plus, Britney's back! Check out a review of her latest album.



MOUTHING OFF page 22

Guest columnist Michael Palmer shares his views on Christianity and the "lies" his preacher told him.



Nation | World page 23

Hollywood writers go on strike. Child born with eight limbs undergoes surgery. Plus. 2007 is now the deadliest year in Iraq for U.S. troops.

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Perspectives

4

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November 7, 2007

STAFF EDITORIAL

Size matters — the smaller, the better

Oakland University is changing.

It is growing at an unprecedented rate, and estimates show that by 2020, the student population will reach around 25,000.

Such a dramatic increase would alter the atmosphere of the university.

This is a challenge to some of Oakland's most redeeming qualities.

Oakland has long been known as a school that, with an admirable professor-to-student ratio, qualified professors and small class size.

Larger schools lack this close-knit class community, the benefits of an interactive classroom and the one-on-one interaction with professors.

The small class adds a personal element.

We feel less like a number and more like an individual. The personal interaction is harmed by the multitude.

In a school like Oakland, we have a classroom community that is close and connected. Most likely, your professor knows your name, and in many cases a relationship will even form. In a rock-concert sized classroom, this is nearly impossible.

This supports a different type of teaching. Rather than the auditorium lecture halls, which are the norm at larger universities, Oakland's small class sizes provide an environment for interaction.

One can debate, participate and probe during the lecture. This interactive setting is much more conducive to learning — at least it's harder to fall asleep in such settings.

Actually involving yourself in discourse about what one is learning helps to catapult

the student into the content.

In a small university, students have the ability to learn from experts in the field. At larger ones, one is lucky to find a class taught by a professor — graduate students and teacher's assistants usually grace the front of the classroom.

At Oakland, the smaller-sized classes put the students first, not professors' renown and research.

Students have easy access to the experts in their field — office hours, independent studies and even friendships with professors outside the classroom all are reasonable possibilities.

The student has many more tools available at his or her fingertips.

Of course, it is within the student's own ability to make the best use of these positives. Small class sizes and immediate professor interaction are only helpful if one takes full advantage of the benefits.

If students refrain from completing required reading, have an inconsiderate attitude or spend most of the time hidden behind a laptop on Facebook or MySpace, many of the perks are squandered.

Students should take the initiative to get the most out of their education.

Ultimately, with Oakland's expansion, we should not forget the productive environments of small and interactive classes.

As we grow into the future, the university should do its best to protect this learning atmosphere.

We should never overlook the multitude benefits of a small university.



Pat Bagley, Salt Lake Tribune/CAGLE CARTOONS

Oil prices on the rise, consumers on the run

What do you think? Have a news tip?

Send your comments to
The Oakland Post.

By e-mail:

editor@oakpostonline.com

By mail:

Letter to the Editor
The Oakland Post
61 Oakland Center
Rochester, MI 48309

Letter Policy: 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.

CORRECTIONS CORNER

Last issue's table of contents mistakenly stated that the OU club hockey team lost in overtime, when they actually won.

The Oakland Post corrects all errors of fact. If you know of an error, please e-mail editor@oakpostonline.com or call (248) 370-4268. You can also write us at 61 Oakland Center Rochester, MI 48309.

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

— The First Amendment of the Constitution of the United States

Four on Four

four panelists share their take on four topics



Kristen Rothfeld
Senior, General Management: Business Major



Alex Pontois
Senior, Anthropology Major



Thom Curtiss
"Tye-Dye" Thom
Winter Clothing Vendor



Carolada Sanders
Psychology Major

In a recent study, 25 percent of Americans said they believe the First Amendment allows for too many freedoms; do you agree with this?

No, I don't. We live in a country where freedom is an important thing and the First Amendment allows for all of them equally.

I don't think that it allows for very many anymore. There are little free speech zones for protests. ... I don't think that we have enough freedoms and ours are in danger.

No. It is our most important right. That is, the freedom to be able to think and speak your mind. Do I think people take it too far? Yes. But do I think the structure of the First Amendment gives people too much power? No.

No. Because we all have a free will and the right to say what we want. So many times we are caught up in trying to do it the correct way without offending people; that's where the biggest problem comes from.

What are your thoughts on the country's illegal immigration controversy?

I don't really think about it.

Illegal immigrants are kind of scapegoated. People like to blame people for crossing the borders to find a better life, when in fact we profit so much from their cheap labor. The issue is complex.

I think it is a bogus argument that we have a problem with them being in our country. ... If they were to declare taxes we would owe them refunds, because they make less than the minimum wage.

If they get the opportunity to come here there should be programs to help them, instead of just booting them back to a country where they will be worse off.

Do you think presidential candidates' personal attacks on one another cross the line and are inappropriate?

Yes. It just seems that it should be about the politics and not about taking people out on personal issues. It should be about the important things, like the war in Iraq or global warming.

There is really a lot of room for criticism of the candidates. I think the tone of the attacks are inappropriate.

Yes. I am not electing based on their private life.

In politics, anything is possible. Anything is open, as long as they are civil about it. They hide it, though.

The Detroit Lions are now 6-2, after a convincing win over the Denver Broncos. Do you think they've finally turned the corner?

Yes. I think they have the members of the team and a coach that are finally on the same page.

I hope so. I'd like to see something nice happen in Detroit.

Yes. They play in a weak division so they can win every year.

I don't know. It might be too early to tell right now.

History is our story, and greatest ally

By GREG LACEY
Guest Columnist

In our ever-expanding society, you needn't look far too find someone who outwardly claims to "hate history," and views it as boring, unproductive, unapproachable and impractical. This person surely believes "what is done is done" and we need only to be focusing on the future.

But their argument against history is often deeply flawed and fundamentally inconsistent.

To ignore the past is to deny yourself of who you fully are. Nineteenth-century philosopher William James argued that it is our past that formulates how we think and act today.

To withdraw from our past is to limit our understanding of who we are as individuals and what place we each hold in this world. An awareness of where you came from will help to reveal what makes you — and your society — function and respond in certain ways.

Being a student of history, I am frequently asked if I believe in the theory of history repeating itself. People will often present me with heaps of comparisons show-

ing similarities of one era to another.

When I first began learning about history, these comparisons were stunning. It was amazing to see the closeness between vastly separated events in time and to look for patterns of the past. I, hence, hastily concluded that history does, in fact, repeat and that it was only a matter of time before something else arose from the past.

But as I continued my study of human history and gained a greater understanding of where we came from, I began to see quite a different story.

It is not history that repeats itself, but rather the actions of those who don't understand it.

It is the general ignorance of the past that puts us into similar circumstances, not some pre-arranged chronological time-line. Remember that the wise man not only learns from his own mistakes, but from those of others as well.

President Theodore Roosevelt was among those who have recognized the great importance of history. He clearly believed that knowing more about the past would greater prepare us for the future, and that many of the questions of today can be answered by looking

back.

An avid author of history and eventual president of the American Historical Association, Roosevelt saw the guiding hand of history in his everyday life and was able to gain immensely from the valuable lessons it provides.

He knew what many others never discover: There is no greater user manual in life than the past.

In the words of the late historian Stephen Ambrose, "You don't hate history, you hate the way it was taught to you. History is about people, and there is nothing more fascinating to people than other people, living in a different time, in different circumstances."

There is so much more to learn from history than mere names and dates.

History retells the lives and stories of real people. People like you and me with emotions and feelings, friends and foes. It shows us how others have survived and managed through triumphs and tribulations, love and pain.

We now need to shed the arrogant barrier held up against the past and, instead, embrace history as one of our greatest allies.

DMC at OU

Legendary rapper to put spotlight on evolution of rap, hip-hop

By ALEX CHERUP
and BRITTANY OCHTINSKY
Mouthing Off Editor and Senior Reporter

His Adidas shoes walked through concert doors, roamed all over coliseum floors and will be walking onto the campus of Oakland University this week.

Darryl "DMC" McDaniels and his Adidas' will be bringing the old school to OU at a free event Nov. 7 at 5 p.m. in the Oakland Center Banquet Rooms.

McDaniels is one-third of the legendary hip-hop group RUN-DMC.

But McDaniels is not coming to Oakland to rap about his famous shoes.

Instead, McDaniels will offer "From the Old School to the New School: The Evolution of Rap and Hip-Hop."

McDaniels' visit to OU is part of Cultural Awareness Week presented by The Center for Multicultural Initiatives.

This year's week has been named "Mission Possible: 50 Years of Embracing Change."

"Cultural Awareness Week ... is an annual event to celebrate and highlight the variety of cultures here at Oakland University," said Omar Brown-El, director of the Center for Multicultural Initiatives.

According to Brown-El, Cultural Awareness Week is not geared exclusively toward ethnic or religious cultures. It encompasses social cultures, as well.

"Darryl McDaniels is a legendary hip-hop artist, and he represents hip-hop culture, and we thought it would be appropriate for ... the time and the culture of students today," Brown-El said.

Drew Ewing, a freshman music major, is looking forward to the presentation.

"I think that in many aspects hip-hop culture is misunderstood. ... I think someone like McDaniels would do a great job of explaining what is going on," Ewing said.

McDaniels' presentation is to focus on his personal career, as well as "promote the positive side of hip-hop culture," according to a press release on the university Web site.

"The fact that he's talking about something positive will interest me," said Shonnie Dozier, a freshman nursing major. Marketing senior Adam Brent agreed.

"I hope he is trying to change the whole idea of how people look at hip-hop," Brent said.

RUN-DMC consists of a trio of guys from Hollis, Queens in New York and was the first hip-hop group to release a full album in the genre.

RUN-DMC's first single was released in 1983,

which was followed by seven studio albums, the most recent being "Crown Royal" in 2001.

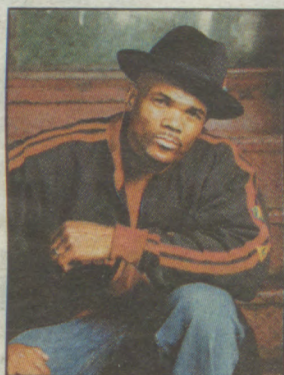
McDaniel has had solo success, too. He released a solo album in 2006, "Checks, Thugs and Rock and Roll."

In September, he crossed genres and won an Emmy in the Outstanding Arts and Culture Programming category for his documentary "DMC: My Adoption Journey."

McDaniels also has a history of giving back to the community.

He created his own charity, The Felix Organization, which provides opportunities for adopted children.

"We just encourage Oakland University students and staff to come out and participate and learn about the different cultures here at the university," Brown-El said.



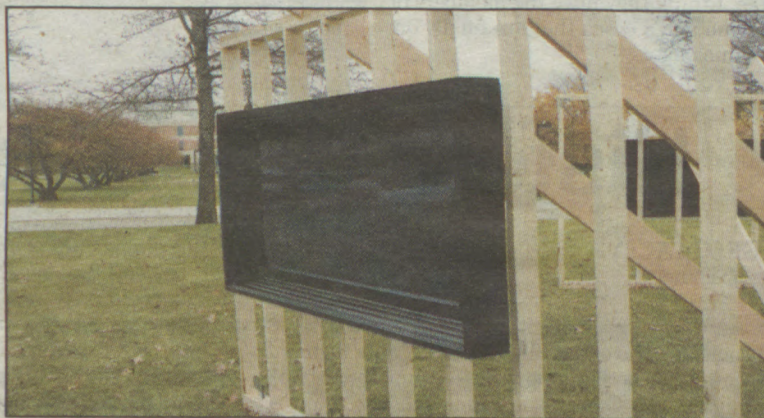
DARRYL "DMC" MCDANIELS

ADDING INSPIRATION TO CAMPUS



Photos by C.M. GRASKI/The Oakland Post

Studio art major James Haddrill installed his senior thesis piece Nov. 5 in the center of the roundabout at Oakland University's entrance off Squirrel Road. Haddrill says his inspiration was a piece in New York City's Central Park called "The Gates" by artist Christo.



POLICEFILES

The Auburn Hills Fire Department was dispatched Oct. 30 to the Science and Engineering Building in response to an activated fire alarm. The alarm was pulled by a staff member who smelled a strong odor of gas on the second floor. Further investigation revealed that a sulfur chemical in room 230 caused the smell. The chemical was removed. It was later

discovered that the exhaust fans for the chemical laboratories were not working.

OUPD responded Oct. 30 to a complaint by two roommates in East Vandenberg Hall that a slur had been left on the wall with an arrow pointing to their door. The students also had been receiving derogatory sexual messages on their dry erase board. The head resident of the hall was contacted, and maintenance was called to clean up the wall.

Students prepare for careers

Smart! Social! Savvy! event to reveal secrets to getting hired

By NICK DEGEL
Senior Reporter

To the college graduate, a diploma signifies a lot of different things.

In many ways, it is tangible proof of the many hours spent preparing for a career — it is the broken tape at the end of the college finish line.

It often is assumed that college degrees, student internships and perfect resumes are the be-all and end-all of success in the workplace.

But many college graduates are finding that their cubicle neighbor received the promotion and that the other nervous face in the lobby got the job.

Although students learn how to perform their jobs in college, they do not usually learn what employers are looking for.

To help Oakland University students better navigate the murky waters between the classroom and the boardroom, the Center for Student Activities is presenting the Smart! Social! Savvy! program Nov. 13 in the Gold Rooms of the Oakland Center.

Smart! Social! Savvy! is the brainchild of Oakland University alumna Pamela Barc, founder and executive

director of Etiquette's Edge of Michigan.

Barc's program shows students how to gain an edge in the workplace by teaching them how to effectively play the game of life.

"In the corporate world that seniors are entering, it's not enough to just have three languages, a straight-A grade point and have all your friends like you," Barc said. "In the new corporate world, someone has to like you at the management level."

By showing students how to leave a lasting impression on employers, the workshop maintains that it's just as important to refine social skills as it is to possess job skills.

"A promotion comes from good effort but also because that person liked you," Barc said. "If you were ever demoted, it may not have necessarily been because you didn't have the education or knowledge. It may also be that someone doesn't like you."

The two-year program is based on Barc's research of the current job market and surveys of companies over the last three years.

According to Barc, the research helped her to uncover the corporate secrets that students need to know before they attempt to enter the workforce and find out what

employers are looking for.

"We're going to give [students] five main secrets on how to tap into each person in management that you will ever deal with and how to separate yourself from your competition," Barc said.

Barc said the event also will cover how being prepared for any and every kind of social situation in the workplace is paramount in establishing a good rapport within the office.

"You never know when you are going to be put into a specific career situation that you had no way to prepare for," Barc said. "So we're going to give real life examples that we've been told from business owners that they have issues with so that [students] are prepared."

Though the CSA originally had planned to offer the event exclusively to seniors, the Smart! Social! Savvy! program now is available to all students.

The workshop is scheduled to run from 11:30 a.m. to 1 p.m. It will include a free luncheon and prizes.

Students are encouraged to register for the event beforehand to reserve a seat.

Students interested in attending can visit the CSA Service Window in the basement of the OC, go to www.oucareerlink.com or call 248-370-2400.

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Annual letter campaign to fight children's cancer

Up 'til Dawn 2007 aims to raise \$90,000 for St. Jude

By **JESSE DUNSMORE**
Senior Reporter

Addressing 50 pre-written letters, saving lives and potentially winning one of Apple's newest gadgets are three things that aren't often rolled into the same event, but Nov. 14, they will be.

On that day, there will be a letter-writing party from 5:30 to 10:30 p.m. in the Banquet Rooms of the Oakland Center as part of Oakland University's third annual Up 'til Dawn fundraiser for St. Jude Children's Research Hospital.

Rachel Breckman, event marketing representative for St. Jude, said students were encouraged to register in teams in advance because it is easy to coordinate the event by meeting with team captains.

Breckman said she expects 25-30 teams this year.

Although team registration was due Nov. 1, Breckman said individual walk-ins are welcome to help.

Participants are asked to bring the addresses of 50 people, though Breckman said she knows not everyone will get that many.

Based in Memphis, Tenn., St. Jude specializes primarily in treating and researching pediatric cancers — cancers affecting children — but the organization works with any major disease. "It treats the toughest of the toughest cases," Breckman said.

According to their Web site, St. Jude does not require any patient to pay beyond what the patient's insurance will cover. Uninsured patients are treated free of charge.

However, this generosity comes at a price to the hospital: Average operating costs exceed \$1.2 million per day.

Because it is a research hospital, Breckman said, it not only treats patients, but also works to cure diseases permanently.

"When someone donates to St. Jude, they're donating to help cure the diseases themselves," Breckman said.

Up 'til Dawn's goal is to help raise funds toward this mission.

Hundreds of schools across the country participate, said Shannon Truesdale, public relations chair for OU's Up 'til Dawn executive board.

According to Breckman, several

Michigan colleges are involved, including Central Michigan University, Wayne State University and Saginaw Valley State University.

Last year's event raised \$26,000 with 5,000 letters, Breckman said.

According to Truesdale, this year's goal is \$90,000.

In addition to the letters, the OU executive board of Up 'til Dawn partnered with Coldstone Creamery on Walton Boulevard.

A percentage of any sales at Coldstone Oct. 15-18 went to the Up 'til Dawn fundraiser if the customer presented a coupon.

"Whenever we're approached, we're more than happy to help out," said Coldstone store manager Nancy Heron.

But, according to Heron, less than \$20 was raised.

Breckman said similar side events still are being planned.

The executive board already has sent out its letters, Breckman said, and so far has raised \$900.

She expects more money to come in, as it has been known to take up to three months before some letter recipients respond.

Truesdale said the letter-writing party will feature a DJ and a speaker from St. Jude.

Anyone who sends 50 letters will be entered in a raffle. Prizes include an iPod Touch, which currently retails for at least \$299.

Some time after the letter-writing campaign, an all-night finale event is to be held during which the total amount raised for St. Jude will be announced.

No specifics for the finale have been set, according to Truesdale, but Breckman said they currently plan to hold it in March.

According to Breckman, the name Up 'til Dawn is in honor of the "many sleepless nights" that the children who battle cancer and their families experience.

It also recognizes the fact that "cancer never sleeps," she said.

All proceeds of the fundraiser go directly to St. Jude, with 85 percent being spent on the needs of the hospital, while the remaining 15 percent covers administrative costs, Breckman said.

A GRIZZDANCE HOPEFUL

SADEER FARJO

'06 ALUMNI, FILM MAJOR;
CURRENTLY A COOLEY LAW STUDENT

HIS FILM: "Number 1 & 2"

A SNEAK PEEK: Only one and a half minutes long, it's a comedy piece focusing on a conversation in a public restroom. It's based on something that happened to one of Farjo's friends.

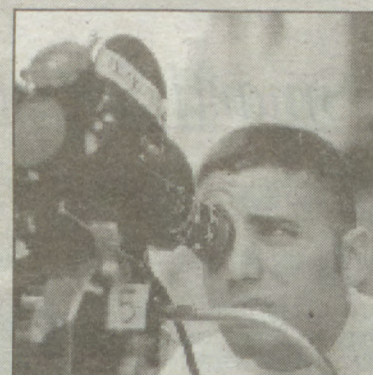


Photo from Sadeer Farjo

OTHER FILMS: "Got Milk" won the People's Award at Grizzdance 2006. In the one-minute short, Santa Claus discovers a girl already drank the milk she was supposed to leave out for him on Christmas Eve, so he takes back all her presents. For Grizzdance '05, he entered "The Laboratory," about an inventor trying to stress out his boss. He's produced more than 100 films, some of which are showcased on his Web site, www.sadeerfarjo.com. His current project is the feature-length "Grace," about a person struggling and coming to terms with his faith. "Grace" started out as a short film, but Farjo got positive response from people who watched it and decided to expand it. Information about "Grace" can be found at www.moviegrace.com.

ON HIS LIFE: Farjo began his film work in a high school TV production class. "[I thought] 'Okay, maybe I found the thing I like to do.' It also helped me socially as well. I wasn't shy anymore. It was a nice avenue." Farjo works for St. Michael's Media, a Catholic production company, helping to produce the program "The One True Faith." Farjo's favorite films are "Buffalo 66" and "Braveheart."

Caught reading The Post



Name: Rob Streit
Major: Studio Arts
Year: Junior
What he's reading: "Media ignores important candidate"
Favorite section in The Post: Mouthing Off

The goods:
a Blockbuster gift card

Name: Laura Jung
Major: Nursing
Year: Freshman

What she's reading: "Life without wheat"
Favorite section in The Post: Police Files

The goods:
a Barnes & Noble gift card



Name: Pat Kyc
Major: Communication
Year: Senior
What he's reading: "Road closed for repairs"
Favorite section in The Post: Police Files & Sports

The goods:
a Caribou Coffee gift card

Partnership with Botswana opens new doors

Oakland University to host guest students from Africa next semester

By ADAM ROBERTS
Staff Intern

Oakland University's recent partnership with the University of Botswana (UB) in Africa has broadened the horizons of both students and professors in OU's counseling department.

In August, OU and UB signed a Memorandum of Understanding — an agreement that opens the door for future exchange programs and conference sessions.

The agreement was a unique one for Oakland, which hadn't previously cooperated with African universities.

It also is unique because OU now is part of a select group of universities that have partnerships with the University of Botswana.

"Harvard, Florida State and Penn State are the only other universities in collaboration with [UB]," said Dr. Luellen Ramey, chair of Oakland's department of counseling. "We are thrilled to give our students and faculty the opportunity to learn about a culture that is so different from our own."

Chris Tidamani, a doctoral student at the University of Botswana last year, was looking for a university to come to in the United States.

After a search of university Web sites, Tidamani decided that he wanted to visit OU.

As a counseling student, Tidamani was interested in Oakland's adult career counseling program.

Ramey received Tidamani's inquiry, starting the relationship that would lead to the partnership.

Ramey was in e-mail contact with Tidamani during a trip to Africa in October 2006.

She then arranged a meeting with Jabulani Muchado, the University of Botswana's chair of counseling.

They planned for a video conference to take place between the two universities Jan. 26, 2007.

The video conference was a success, with Oakland showcasing the cultural differences of the United States compared to Botswana, according to Ramey.

In March, OU sponsored UB professor Mercy Montsi, bringing him to Detroit to attend an American Counseling Association meeting.

After the conference, Montsi came to OU to meet with faculty and give a lecture.

In August, Ramey and counseling professor Phil O'Dwyer traveled to Botswana, expanding the friendship and cooperation by offering the Memorandum of Understanding.

Ramey said OU is more likely to provide funding and support for exchange programs with an agreement in place like the one extended to UB.

This isn't Ramey's first experience with exchange

programs.

She also taught in the School of Education in 1995, the year that OU had an agreement with Guizhou Normal University in China.

"Everyone benefits from a program like this," Ramey said. "It helps students break out of their cultural encapsulation. Experiencing other cultures lets our students provide culturally competent counseling."

Ramey emphasized the collective culture she experienced while visiting UB compared to our individualistic ideals.

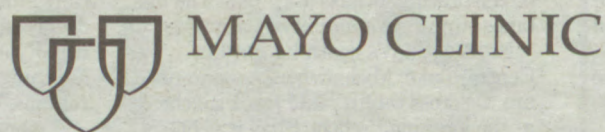
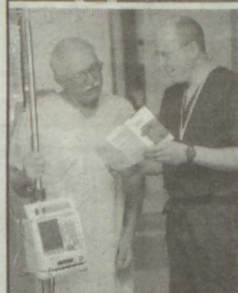
Ramey also mentioned the AIDS epidemic, which is one problem that counseling majors must confront.

According to the World Health Organization and UN AIDS, nearly one in four adults in Botswana are infected with HIV/AIDS.

Ramey said that she looks forward to the next video conference, which is to be hosted by UB and will discuss the country's cultural differences.

Oakland University is hosting two guest students during the winter semester: Kayi Ntida, a doctoral student in counseling, and Cecelia Seema, a master's student in counseling.

They also are in the planning stage to send two OU students to the University of Botswana to earn their doctorates in an upcoming semester.



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200 1st Street SW, Rochester, MN 55905
ph: 800-562-7984
e-mail: summer3@mayo.edu

Application Deadline: January 15, 2008

www.mayoclinic.org/summer3-rst



Tragedy at Olympic trials

Michigan native collapses and dies

By RACHEL COHEN
AP Sports Writer

Top distance runner Ryan Shay died during the U.S. men's Olympic marathon trials Saturday, overshadowing what was supposed to be a showcase day for the sport.

An autopsy of the elite runner was inconclusive Sunday after the 28-year-old collapsed and died in Central Park at the U.S. men's marathon Olympic trials a day earlier.

Shay collapsed about 5½ miles into the race and was taken to Lenox Hill Hospital, where he was pronounced dead at 8:46 a.m., New York Road Runners president Mary Wittenberg said.

"It cuts a knife through everybody's hearts," said Wittenberg, whose group organized the race.

She said Shay received immediate medical attention.

"There were several layers of medical response. It was very quick," said Wittenberg, who would not elaborate on what steps were taken.

Shay of Flagstaff, Ariz., hit the ground near the Central Park boathouse, a popular Manhattan tourist spot, during the

26.2-mile qualifier for the Beijing Games.

Ryan Hall, Dathan Ritzenhein and Brian Sell won the three spots on the men's marathon team, prevailing in a field of 131 that included Meb Keflezighi, silver medalist at the 2004 Olympics. Ritzenhein is from Rockford, Mich.; Sell is from Rochester Hills, Mich.

This was an unusual format for the trials, which began at Rockefeller Center before heading to Central Park for five loops. The aim was to maximize attention a day before the New York City Marathon, where millions usually line the streets.

A recreational runner died during last month's Chicago Marathon. This death, however, was especially startling considering Shay was an elite athlete.

"He was a tremendous champion who was here today to pursue his dreams," said Craig Masback, chief executive of U.S. track and field's governing body. "The Olympic trials is traditionally a day of celebration, but we are heartbroken."

"If you probably asked him if there was any way he wanted to go, it was out on the race course," said Terrence Mahon, who coached Shay at Mammoth Lakes, Calif.



JULIE JACOBSSON/The Associated Press

An ambulance carrying marathon runner Ryan Shay makes its way through Central Park, Saturday, Nov. 3, 2007, in New York. Shay died during the U.S. men's Olympic marathon trials Saturday after collapsing about 5 and 1/2 miles into the race. He was 28. The death was confirmed after the race by New York Road Runners president Mary Wittenberg

Shay was the NCAA 10,000-meter champion in 2001, the first national individual title in track for Notre Dame.

"It's a big loss for the running community," said 2004 women's marathon Olympic bronze medalist Deena Kastor, who used to train with Shay. "It's a day we should be celebrating. It has cast a pall. The distance running community is very close."

News of Shay's death hit hard in Central Lake, Mich., where his parents are the cross country and track coaches at the local high school. Shay was one of eight running children in a family passionate about the sport.

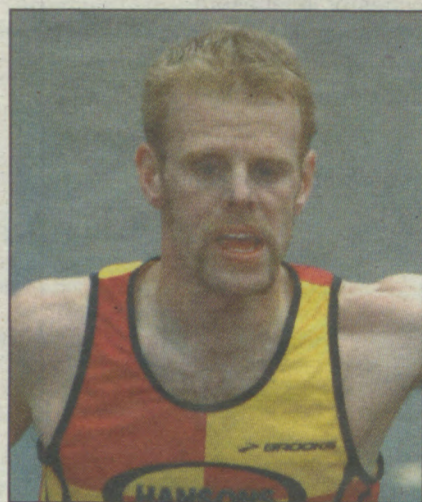
Shay was Michigan's Class D high school cross-country champion in 1994, 1995 and 1996. He also won multiple state championships in high school track.

His parents, Joe and Susan Shay, were not in New York on Saturday because

they had two runners competing in the Michigan cross country state championships, said Central Lake High School athletic director Quinn Barry. They were on their way to New York, he said.

"This is a little town," Barry said by phone, his voice cracking. "People really rally around people like Ryan. We're deeply saddened. I always admired the way Ryan did things as an athlete. He did things the right way for the right reasons."

A memorial service for Ryan Shay was to be held Sunday either at an area church or in the gymnasium at Central Lake High School in Michigan's northern Lower Peninsula, Joe Shay said. He said his son's professional coach, Joe Vigil, and his college coach at Notre Dame, Joe Piane, were to deliver eulogies.



JASON DeCROW/The Associated Press
Brian Sell of Michigan joins Olympic team.

MICHIGAN RUNNERS TAKE THE LEAD

Keith Hanson, Hansons-Brooks Distance Project coach and co-owner of Hanson's Running Shop, recently spoke to the Oakland Post about Olympic qualifier Brian Sell, the sport of long-distance running and what's being done to revive professional running in America.

POST: How has the recent publicity surrounding Sell affected the rest of the team?

HANSON: The team is very proud of Brian's accomplishment. They all played a big role in Brian making the Olympic team. Brian will be quick to point out that he would have never been able to achieve this honor without having his teammates with him every day.

POST: What are your Olympic projections? Do you anticipate a medal?

HANSON: Brian runs very well in difficult

conditions. He will be prepared for the heat and humidity that the marathoners will face in Beijing. These conditions will help to even the playing field and give Brian a chance to be competitive.

POST: How has Sell evolved as a runner since joining your team?

HANSON: Brian has learned a lot about himself and the sport. He really has developed an incredible grasp of his strengths and weaknesses.

POST: Can you comment on the recent death of runner Ryan Shay?

HANSON: Although Ryan was not part of the Hansons-Brooks Distance Project, we all knew him very well. It is difficult to express our shock and sadness of Ryan's unexpected passing. A large group of our athletes will be going to the funeral this week to express our deepest

condolences to the Shay family.

POST: What challenges do today's runners face in trying to excel in their sport?

HANSON: Long distance running is a very difficult sport. ... The last five years have seen a major resurgence in American distance running. The group training concept has really caught on. This is keeping more Americans in the sport for longer.

POST: Where does Michigan rank in professional running circuits?

HANSON: The Hansons-Brooks Distance Project has drawn runners from all over the country. Since this program is based in Rochester Hills, Mich., the state has a very large group of the country's best distance runners. ... Only California had more qualifiers for this year's Olympic Marathon trials.

Barnett wins Rochester Hills in landslide

OU's Stein struggles in election

By TYLER CAMERON
Local News Editor

The statewide general election for city mayor, local school district board members and City Council members took place Nov. 6 at numerous precincts throughout the state.

The Rochester Hills ballot featured Mayor Brian Barnett, Jennifer Stein and Beth Talbert, all of whom have Oakland University ties.

"I've been very pleased with the turnout so far," said Paul Franklin, coordinator of campus programs for the Center for Student Activities at OU.

Franklin had been standing outside Hamlin Elementary in the 12th precinct a majority of the day in support of Rochester Hills Mayor Brian Barnett, an OU alumn.

"I voted for Barnett for a multitude of reasons," Franklin said. "He's done a great job, and his opponent really hasn't done anything. I have no doubt Barnett will win," Franklin said.

Among the other names on the ballot was OU junior Jennifer Stein, running for Rochester Hills City Council at-large, and Beth Talbert, a special instructor and the Communication Program Coordinator at the Macomb University Center, who was running for local school district board member.

Stein was featured in the Sept. 19 issue of The Oakland Post during her campaign for the primary election.

At 21, some think Stein is too young and without the necessary experience to secure a spot on the City Council.

"I really like her," Franklin said, "but I'm afraid she just doesn't have the experience to come away with a win. Either way, I'd still like to see her continue her involvement in the city government."

Talbert created Oakland University's top two student retention programs, was former director of orientation and new student programs and former associate director of admissions.



Brian Barnett



Jennifer Stein



Beth Talbert

Election Results

Mayor — City of Rochester Hills

*Brian Barnett 77.17%
Erik G. Ambrozaitis — 22.68%

Council Member At-Large — Rochester Hills

*Vern A. Pixely — 33.65% Michael Webber (Closest Competitor) — 25.42%
Jennifer Stein — 17.22%

Local School District Board Member — Rochester Hills

*Beth Talbert — 33.78% Marty Sibert (Closest Competitor) — 26.69%

Results according to www.rochesterhills.org

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Friday: \$2 Miller Lite Pints & \$10 fishbowls after 9pm

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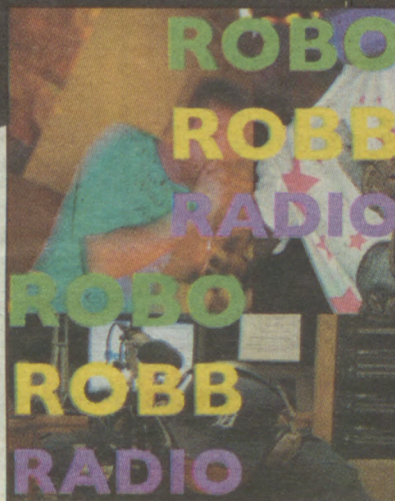
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FRESHMAN, ELEMENTARY ED



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RANDY BALLY
SOPHOMORE, BIOLOGY



"I LIKE VARIETY, BUT 95.5 AND MOJO IN THE MORNING SHOW ARE THE BEST."

TANEYA JOHNSON
SENIOR, COMMUNICATION



"I DON'T NORMALLY LISTEN TO THE RADIO, BUT IN THE MORNING I LIKE LISTENING TO THE MORNING X ON 89X."

KEITH LAPID
JUNIOR, BIOLOGY

WORD OF THE WEEK:

PERFUNCTORY

PERFUNCTORY (ADJ): PERFORMED AS A ROUTINE DUTY

PER-FUNC-TO-RY

EXAMPLE: THE PLAYER WARMED UP WITHOUT ENTHUSIASM, EVEN HER LAYUPS WERE PERFUNCTORY.

SOURCE: WWW.DICTIONARY.COM

ONE-HIT WONDERS WE LOVED

1. VANILLA ICE, "ICE ICE BABY"
2. THE VAPORS, "TURNING JAPANESE"
3. RIGHT SAID FRED, "I'M TOO SEXY"
4. SIR MIX ALOT, "BABY GOT BACK"
5. THE VERVE PIPE, "FRESHMAN"
6. AFROMAN, "BECAUSE I GOT HIGH"
7. DEXY'S MIDNIGHT RUNNERS, "COME ON EILEEN"

7
Select

you

(your stories
your words
your style
your health)

Dealing with diabetes

Insulin injections are a daily routine for two OUI students

By C.M. GRASKI
Senior Reporter

When Danielle Garabedian was diagnosed with Type II Diabetes in 2001, the news did not come as a surprise to her.

Diabetes runs in her family, and she was raised watching her father deal with the effects of the disorder.

"When my family and I found out I had diabetes, my father was able to coach me," Garabedian said.

"Plus, growing up in a home where we were a support system for him, it's much easier for me to recognize the fluctuations in glucose levels, which is vital for maintaining your health and lifestyle when you have the disease."

Garabedian is enrolled in the accelerated second degree nursing program at Oakland University.

Diabetes is a disorder of metabolism — the way our bodies use digested food for growth and energy. Most of the food we eat is broken down into glucose, the form of sugar in the blood, which is the main source of fuel for the body.

According to the National Diabetes Education Program, diabetes mellitus is one of the most common and serious chronic diseases in the United States. About 16 million Americans have diabetes, of those 5.4 million do not even know they have the disease.

November is American Diabetes Month, a nationwide event established by the American Diabetes Association to raise awareness about the disease and to raise resources to aid in the search for better treatments and a cure.

Each year, approximately 800,000 people are diagnosed with diabetes. The prevalence of the disorder has increased steadily in the last half of this century and will continue to rise with the aging U.S. population and the increasing obesity among Americans, according to National Diabetes Education Program.

After digestion, glucose passes into the bloodstream, where it is used by cells for growth and energy. For glucose to get into cells, insulin — a hormone produced by the pancreas, which is a large gland behind the stomach — must be present.

"In people with diabetes, however, the pancreas either produces little or no insulin or the cells do not respond appropriately to the insulin that is produced," Garabedian said.

"With my type of diabetes, my cells are not responding to insulin, and it's not allowing the glucose to get into the cells, which means that I lose my main source of energy," Garabedian said.

There are three types of diabetes: Type I, Type II and gestational diabetes.

Type I diabetes, formally called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes, is

an autoimmune disease that results when the body's immune system attacks and destroys its own insulin-producing beta cells in the pancreas. People with Type I diabetes need daily injections of insulin to live.

Type II diabetes formally known as noninsulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes, is a disease that occurs when the body makes enough insulin but cannot use it effectively. This form of diabetes usually develops in adults over the age of 40.

Gestational diabetes develops or is discovered during pregnancy. This type usually disappears when the pregnancy is over, but women who have had gestational diabetes have a greater risk of developing Type II diabetes later in life.

According to the Center for Disease Control, Type II diabetes is rapidly becoming the most common form of diabetes among adolescents and college-age adults, while Type I diabetes has been known to be the most common form of the disease among children and adolescents.

OUI student Elizabeth Fluegge was diagnosed with Type I diabetes when she was 10 years old.

"We had read a story in class about a girl who was diabetic. In the story, it explained her symptoms: frequent urination, extreme thirst, cold sweat, etc. I recognized the symptoms and came home to tell my parents that I thought I was diabetic," Fluegge said.

"They told me that I was tested at age 3, and it was negative. Christmas shopping time came, and I was sleeping a lot," she said.

After the flu and two ear infections, Fluegge lost 10 pounds and was still very lethargic. Her parents took her to the emergency room three days after Christmas where she was diagnosed with the disease and spent four days learning how to take care of herself and cope with symptoms.

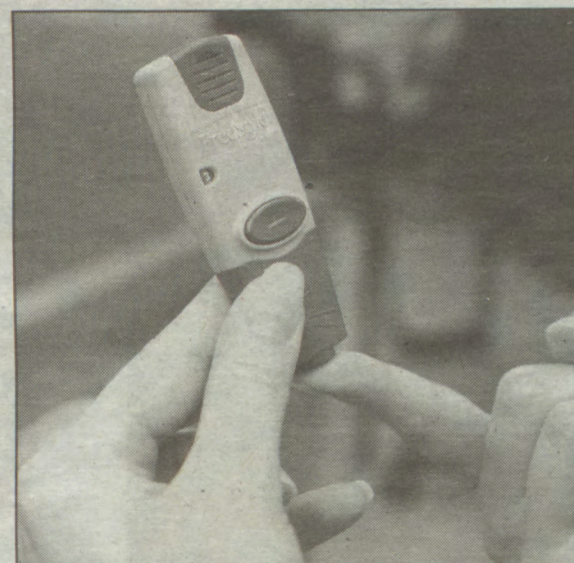
According to the CDC, common symptoms include increased thirst, hunger and urination, weight loss, blurred vision and sores that do not heal.

National Diabetes Education Program says that the management of Type I diabetes involves daily injections of insulin because their (those diagnosed with diabetes) bodies no longer produce insulin.

Treatment requires a strict regimen that typically includes a carefully calculated diet, planned physical activity, self-testing of blood glucose and multiple daily insulin injections.

Management of Type II diabetes typically includes diet management, exercise, self-testing of blood glucose, and, in some cases, oral medication and/or insulin. Approximately 40 percent of people with Type II diabetes require insulin injections.

While diabetes management may seem straightforward, it can be challenging.



DUSTIN ALEXANDER/The Oakland Post
Diabetics self-test their blood glucose levels on a daily basis.

Typically, those suffering from the disease do not realize how much of their diets will have to be cut in order to remain healthy, which was the case for Garabedian and Fluegge.

"I struggled — and continue to struggle — with the dietary aspect of managing my disease. My diet is extremely different now. It has to be," Garabedian said.

"I eat a lot less candy now and I've had to cut carbohydrate-heavy foods out of my diet completely. I didn't realize what a large part of my diet this was until I had to cut it out."

Low and high blood sugars are the biggest concern for Fluegge. If they are too low and she is alone, she runs the risk of going into insulin shock. If they are too high and she begins to vomit, it means that she is going into diabetic ketoacidosis, which could send her into a coma.

"The long-term effects of diabetes are also a huge concern, mainly blindness and amputation, which is why I'm so involved in the JDRF (Juvenile Diabetes Research Foundation) walks and fundraising to raise awareness and to cure this disease," Fluegge said.

She was also a counselor for a diabetes camp called Camp Midicha for five years and participates annually in the Juvenile Diabetes Research Foundation's "Walk to Cure Diabetes."

There are dozens of events and services that are offered and sponsored by ADA. To view a comprehensive list, visit <http://www.diabetes.org/communityprograms-and-localevents/whatslocal.jsp>.

Taking on the D.C. triathlon

Senior swims, cycles and runs for a cause

By ADAM ROBERTS
Staff Intern

One Oakland University student tested her physical endurance while raising money for a good cause, and she wants people to know that they can do it, too.

Whitney Sughrue, a senior communication major, competed in the Nation's Triathlon in Washington D.C., Sept. 29. However, her road to Washington wasn't an easy one.

While taking a Journalism 200 class last winter, Sughrue learned about the nonprofit organization "Team in Training," a division of the Leukemia and Lymphoma Society that trains athletes for events around the country in order to raise money for their cause.

Leukemia was all too familiar to Sughrue's family. Her aunt Maureen died of the disease when Sughrue was three years old.

Interested in raising money in her aunt's memory, she looked into the program. She had to raise \$3,800 in donations to participate in the program.

She sent letters to everyone in her parents' address book, asking for support. She didn't expect the response she received.

"I was amazed at how willing people were to donate large amounts of money," Sughrue said.

With the money raised, she soon found herself training for the triathlon.

Starting in April, twice weekly she would run and bike at Stoney Creek and swim in Livonia with a team of athletes involved in the program.

"They trained like they were a swim team. It was completely foreign to me," said Sughrue about the intense training sessions she endured to get ready for swimming the Potomac River in Washington D.C.

September was here before she knew it, and her airfare, hotel and registration for the event were free and handled by "Team in Training."

The first event of the triathlon was the swim portion, a 1,500 meter, or .93 mile, course on the Potomac River.

"The river was strangely warm. I went

from one side of the course to the other because the only things keeping us going straight were a few buoys," Sughrue said. The Washington D.C. City Council had to pass an ordinance to allow swimming in the Potomac for the event. It has been closed for years because of pollution problems, according to D.C. City Council minutes.

Sughrue completed the swim in 49:41 and made her way to the bike course.

The bike portion, which totaled 40 km, or about 25 miles, took her past many monuments and museums.

"The bike I used was older than I was," laughed Sughrue. Even with her equipment problems, she managed to finish the bike course in 1:59:47.

"The run was the hardest part,"

Sughrue said.

In the nearly 80-degree heat, she headed toward the Capitol Building and the finish line. The running portion was 10 km, or about 6.25 miles, and her time on this portion was 90:31.

Her total time for

the triathlon was 4:25:41.

"I think I would do it again when I can dedicate more time to it," Sughrue said.

Her dedication to the cause of the Leukemia and Lymphoma Society has already rubbed off on her loved ones.

About 22,000 deaths will be attributed to Leukemia in 2007, according to the Leukemia and Lymphoma Society.

Sughrue's cousin Maureen Vantine, named after her late Aunt, and her husband Charley Vantine, are currently training for a bike ride to raise money for the cause.

Sughrue, 21, is president of Oakland's chapter of the Alpha Sigma Tau sorority. As busy as she is, she says that whatever time you can donate to a cause like the Leukemia and Lymphoma Society is well spent. She hopes others take time out of their busy schedule to follow her example.

"I wasn't a swimmer, and I hadn't done sports since high school," Sughrue said. She found a way to get prepared and raise money for her cause and encourages others to do the same.

"The bike I used was older than I was."

Whitney Sughrue
Senior communication major

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Oakland reaches peak

Golden Grizzlies sit at No. 2 seed in Summit League Tournament

By DAN TALLANT
Staff Intern

After a clutch win against Southern Utah Oct. 19, which guaranteed them a spot in the Summit League Tournament, and a convincing 4-0 win Saturday over IPFW, Oakland finished second-best in the conference regular season with a 6-2 record.

The tournament, which we be played at the Oakland University soccer field, is scheduled to start Friday, Nov. 9 at noon. The opening match will be No. 1 seed Western Illinois taking on No. 4 seed Oral Roberts. The two teams ended their seasons Sunday, squaring off against each other, with Western Illinois overtaking Oral Roberts 1-0.

The Golden Grizzlies are set to square off against the No. 3 seed Southern Utah following the first game. Earlier this season, Oakland defeated the Thunderbirds, 3-0.

The Golden Grizzlies come into the tournament with a swarm of momentum, losing only one game in their last nine dating back to Sept. 28.

They also haven't lost a conference match-up since Sept. 16 when they played top seeded Western Illinois.

The only other conference loss this season came against South Dakota State in their Summit League opener. The Golden Grizzlies concluded their season with six wins and two losses.

This year, Oakland was lead by senior Kristi Tomczyk who notched 20 points on the season. Key assistance also came from senior Jamie Hulet and junior Jessica Boyle who finished in the top three along with Tomczyk in goals, assists and points.

Head coach Nick O'Shea is looking to improve some aspects of the Golden Grizzlies game before they enter tournament play.

"We're going to try to work on our consistency for the tournament," O'Shea said. "We're also working

with our outside [midfielders] to have them be a little more aggressive."

As for the rest of the tournament playing field, Western Illinois finished the season with a flawless 8-0-0 record in Summit League play.

The Westerwinds looked to rebound from last season's loss to Oakland in the Summit League Championship game in a penalty kick showdown, which allowed OU to play in their fourth NCAA tournament. Likewise, this is the fifth time in school history that Western Illinois has made the Summit League tournament.

Southern Utah comes into the tournament boasting a school record-tying amount of wins on the season, with seven.

The team beat Oral Roberts Saturday to earn a spot in the Summit League tournament. A balanced attack was the key for Southern Utah University this season as 15 players recorded at least one point.

Oral Roberts enters the tournament as the No. 4 seed after losing Saturday. The team failed to make the Summit League tournament last season and is looking to freshman Shakira Duncan to lead the way. Duncan led the Summit League in points with 21 points this season. Also, senior goalkeeper Stef Gurley led the league this season with eight shutouts.

This trip to the Summit League tournament will be the ninth consecutive run for the Golden Grizzlies, all under head coach Nick O'Shea.

Preseason polls had three of the four teams in the Summit League Tournament in the top four spots. In the poll, Oakland sat atop the conference edging out Western Illinois, North Dakota State, and Southern Utah. The poll failed to add Oral Roberts as the fourth seed.

The Golden Grizzlies take on Southern Utah University at Oakland Friday, Nov. 9 at approxi-



Senior Kristi Tomczyk's aggressive style of play, seen here against IPFW last Saturday, will be needed when tournament play begins Friday against Southern Utah University.

OU closes out with 'W'

By DAN TALLANT
Staff Intern

The Golden Grizzlies put four goals past the Mastodons in the first half Saturday and cruised to a lop-sided 4-0 win in the regular season finale Saturday.

"It was a good finish to the season," head coach Nick O'Shea said. "We had our normal starters in for the first half and we scored four goals."

Just nine minutes and 12 seconds into the game, Oakland opened up the scoring with a weak shot from just inside the box by junior Chelsea Atiyeh that found the back of the net.

Two minutes failed to go by before the Golden Grizzlies scored again. Sophomore Jennifer Curtis brought the ball up the field and passed it to senior Kristi Tomczyk, who slid a crossing pass over to fellow senior Jamie Hulet who put it away with ease.

In the 27th minute of play, Hulet struck again as the ball bounced out to her from a scuffle between an IPFW defender and Tomczyk.

The onslaught would continue in the 37th minute as senior Courtney McCracken beat the IPFW goalkeeper with a shot from the top of the box after receiving the ball from junior Lia Williamson.

The Mastodons failed to test either junior Kim Herbst or freshman Elizabeth Watza as neither goalie was forced to make a save.

The two-goal effort by Hulet gave her six goals on the season along with 14 points. Tomczyk finished the season leading the team in goals (8) and points (20).

Oakland faces off against the No. 3 seed Southern Utah in the Summit League Championship Tournament Friday at 3 p.m. The tournament will be held at the Oakland Soccer Field starting at noon.

OU melting pot

Success has come from all corners of the world for Oakland men's soccer team this season

By **ROB TATE**
Assistant Sports Editor

Unless you're majoring in it or work in a related field, learning chemistry can be a daunting task.

Chemistry is defined as "the science that deals with the composition and properties of substances and various elementary forms of matter."

But chemistry can also be a result of the success of mixing personalities.

As head coach of the men's soccer team at Oakland University, Gary Parsons has become a chemist when it comes to the mixing of talent from different regions on this year's team.

After coming off the only losing season of his 28-year coaching career at Oakland, Parsons has put together a mixture of talent that has paced the Golden Grizzlies to a 5-0 record in Summit League play this season, while giving up no goals in the process.

Parsons has concocted a potent lineup which features some Oakland County talent, as well as some great prospects from abroad.

If you break down the cumulative statistics of the 2007 team, you'll notice a trend of players who come from as close as Rochester High to as far as the Caribbean and Europe.

Point-leader Piotr Nowak went to at Utica Eisenhower High School but was born in Poland. Second in points is sophomore Sebby Harris, who played just north of Oakland University at Lake Orion High School, and third is Martin Samdell, who transferred to Oakland from Oslo, Norway.

If you keep scanning down the roster, you'll notice the trend continues. And it has made for a successful team.

Senior Adam Brent (Rochester High),

sophomore Stew Givens (Troy) Ian Daniel (Troy Athens) and Harris all played top competition in the Oakland Activities Association's top division in high school, and all had relative success.

Brent was a part of a state championship his junior year in 2002.

Givens had similar success the following season, helping the Troy Colts to a state championship his junior year in 2003.

Daniel competed for the Troy Athens program, where he was named to the second team all-state as a senior.

Harris also earned second team all-state as a senior.

Combine the local flare with the international flavor and you have an exciting team.

Add the late season addition of Stefan St. Louis from Trinidad and Tobago, who led last year's team in points in his freshman season, and

the pieces seem to be falling in place for Parsons.

Bringing it all together are two transfers: Michael Reyes, who came to Oakland last season from Miami, Fla., and has three goals this season and Gabe Hernandez, a transfer from Schoolcraft College who has come on strong lately with two goals and two assists.

Unfortunately, games aren't played on the talent you have, it's demonstrated on the field.

Last season was brutal for Oakland, who didn't get to play on their own home field in the Mid-Con Tournament.

Only a matter of weeks will tell if this Oakland team will have the right chemistry to bring home another conference title and a trip to the NCAA Tournament.

STAFF COLUMN

TALE OF THE TAPE



Oakland University

5-0-0 in the Summit League and 9-6-2 overall

@



University of Missouri-Kansas City

2-2-1 in the Summit League and 7-7-3 overall

THE MATCH WILL TAKE PLACE SATURDAY, NOV. 10 AT 2 P.M. EST

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Oakland forward Brett Haugh (15) breaks away from the Central Michigan defensemen in Friday night's victory over the Chippewas. Haugh beat Chippewa goaltender, Mike Jakubik, for his third goal of the season.

AMBER DIETZ/The Oakland Post

Oakland Hockey By the Numbers

10

Goals by OU defensemen in the last six games

6

Games decided by one goal this season

8

Goals by OU forwards in the last six games

85

Combined penalty minutes between defensemen Todd Orlando and Tony Yearego on the season

GRIZZ OF THE WEEK



JOE BURBO/Oakland University Hockey

Jarrett Samp Hockey

Year: Junior
Major: Business Administration

Samp scored two goals and added one assist in Oakland's victory over Central Michigan last Friday. Samp has four goals and two assists this season.

Kranker's late goal lifts Golden Grizzlies

Oakland overcomes second period goal rush by Central Michigan

By BRITTANY OCHTINSKY
Senior Reporter

ROCHESTER — Kevin Kranker might be the hardest working Oakland hockey player on the ice, and his effort was handsomely rewarded last Friday as he scored the game-winning goal to topple Central Michigan University, 5-4.

At 5-foot-9 inches and 155-lbs., Kranker is the smallest guy on the Golden Grizzlies roster, but he doesn't let his size deter him from holding his own against players much bigger.

Kranker's game winner came at the 18:44 mark of the third period, when he buried Brent Cooper's rebound past Chippewa goalie Mike Jakubik.

"Kevin Kranker really works hard and gets the job done; Brett Haugh too. They have been real good surprises for us," said head coach Sean Hogan.

Haugh pulled Oakland even with Central in the third period, after the Chips got out to a three-goal lead in the second, when he took a pass from Cooper and scored on a break-away against Jakubik.

Haugh also recently replaced Steve Piccoli on the Grizzlies top line with Cooper and Kranker, a move Hogan said was designed to generate more goals from his offense.

"It was kind of a wake-up call sitting, no one wants to do that," Haugh said, referring to two games earlier this season when he was a healthy scratch.

"I know any of the guys would be doing great things playing with Cooper and Kranker. They just make it look easy."

The Golden Grizzlies found themselves fighting back most of the game, as Jarrett Samp tied the game 1-1 in the first period. Defenseman Tim Michaels went down late in the first with a knee injury and did not return the rest of the night.

Though he is still waiting on confirmation from an orthopedic

surgeon, Michaels speculates he will be out for at least a month.

Central went on to score three goals in a four-minute span in the second period, but Samp struck again and Cooper added another, putting the team within a goal.

"It should have never gotten to that point," Cooper said. "We dug ourselves a hole, but we were able to get out of it."

Oakland finished the night with a 57-27 advantage in shots, tallying the same amount in the first period alone as Central had all game. Andrew Stewart earned his first victory of the season in goal for Oakland.

"We won, which makes me happy, but we can't figure out how to not make it so interesting," said Hogan, also referring to the previous weekend's overtime victory against Eastern Michigan. "With the amount of shots we had, the opportunities we had, that score should've been 9-2 or somewhere in that range."

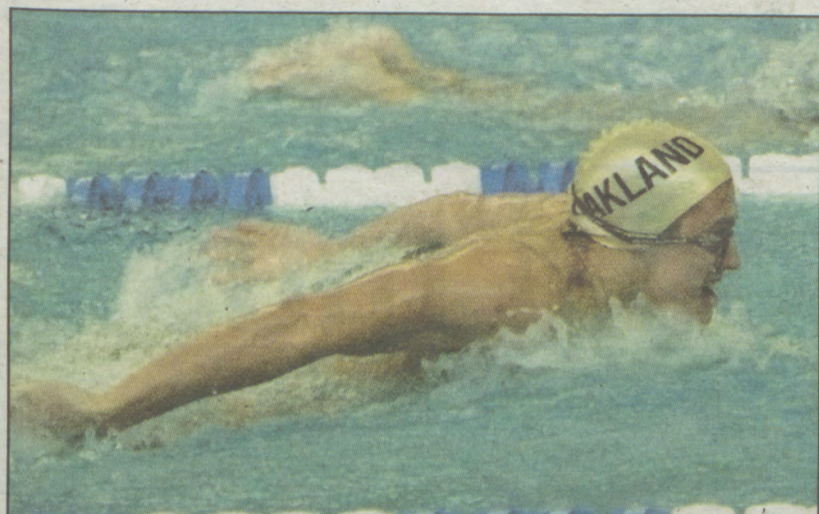
The latest ACHA ranking had Oakland dropping four spots to ninth, a fair assessment considering the team's previous record of 5-5.

"We're living on our name right now and what we did last year," Hogan said. "Sometimes you get the benefit of the doubt when you've won in the past and whether that's deservedly so, I'm not sure, but we'll take it."

The Golden Grizzlies will head to Chicago for the Robert Morris College Showcase this weekend to face Robert Morris College, Robert Morris University and Adrian College.

Though captain Cooper will not be making the trip because of prior commitments, he has faith in Piccoli and Samp to make up for his loss.

"The other captains need to step up and lead when I'm not there," he said. "The teams aren't supposed to be that strong, they [Oakland] just need to bury their chances."



BOB KNOSKA/The Oakland Post

Junior Aaron Holdsworth of Wollongong, Australia, competed in the freestyle and butterfly events last Saturday.

Wright place, wrong time

Men's and women's swim teams take down visiting Raiders

By SAMANTHA FRANZ
Sports Editor

In the last home meet of the 2007 portion of the season, the Golden Grizzlies men's and women's swimming and diving teams defended their turf and took down the previously undefeated Wright State by scores of 143-100 for the men's team and 130-111 for the women's.

Senior Zoltan Horvath continued his swift domination of opponents, scoring two more first-place wins — a 1:54.29 finish in the 200-yard individual medley and a time of 2:05.55 in the 200-yard breaststroke.

Diver Ryan Kish, also a senior, swept both of the diving events, raking up first-place scores in the one- and three-meter springboard events by scores of 264 and 251.47, respectively.

Completing the trilogy of two-win Grizzlies was sophomore Marcin Unold, who touched the wall first in the 200-yard freestyle, with a time of 1:41.46, and in the 200-yard backstroke, finishing in 1:52.15.

Adding to the mix was junior Andy Kellogg, who tallied a season-best time in the 100-yard freestyle with a time of 46.43.

On the women's side, junior Sophia Gustafsson and freshman Chelsea Oates also garnered two wins apiece in their respective events on the way to the Golden Grizzlies victory.

Gustafsson scored first-place times in the 500- and 1000-yard freestyle with times of 5:02.11 and 10:28.50, respectively. Oates made quick work of the one- and three-meter springboard events, reaping in scores of 247.27 and 210.67.

Two more Golden Grizzlies achieved season-best times at the meet. Sophomore Sarah Ludema clocked in at 24.32 in the 50-yard freestyle and sophomore Agnes Solan broke her season record book with a time of 2:01.78 in the 200-yard backstroke.

Next up, the Golden Grizzlies will be packing their bags for a trip to Princeton Nov. 9. The meet will be Princeton's first of the season and will begin at 6 p.m.

SCOUTING REPORT

THE PRINCETON TIGERS ARE OPENING THEIR SEASON IN ROCHESTER, MICH.

THE TIGERS HAVE WON THREE STRAIGHT LEAGUE TITLES FOR THE MEN, AND THE WOMEN'S TEAM IS RANKED 24TH IN THE NATION.

PRINCETON DEFEATED BOTH OF THE GOLDEN GRIZZLIES TEAMS IN THEIR 2006 MEETING AT OAKLAND UNIVERSITY.

OU blanked again

By BRITTANY OCHTINSKY
Senior Reporter

Oakland University's volleyball team hasn't won a single game dating back to Oct. 21, when they took the first two games from IPFW but surrendered the last three.

Thus began the longest streak without a win this season.

That streak was extended to 15 games last weekend, as the Golden Grizzlies were blanked by both Oral Roberts and IUPUI, one of just two teams Oakland had previously defeated.

The Grizzlies did have some good news, as both Nikki Pawson and Katy Wilson returned from injury over the weekend, but it still wasn't enough to muster a win.

After surrendering the first game of Friday's home match against Oral Roberts, 20-30, the Grizzlies hit rock bottom in the second, only coming up with 12 points.

"Our performance lacked intensity, energy and focus in the first two games," head coach Rob Beam said in a press release. "It was a much better effort in the third game, but we cannot wait that long to show up and play hard."

Oakland came closest to the Golden

Eagles in the third game, but still came up short, 30-24. Lauren Duquette added 12 digs to her school record for most in a single season.

Sunday's road match in Indianapolis against IUPUI didn't go any better. The Grizzlies were unable to break out of their losing slump and were swept yet again.

The Jaguars outscored Oakland 30-28, 30-25 and 30-21.

"I thought we played well in stretches," Beam said in a press release. "What we lacked was consistency to prevent scoring runs."

The biggest run IUPUI came up with was 10 straight in the first game to take a 17-12 lead. Though Oakland eventually caught up and even took a one-point lead, the Jaguars had two two-point runs late to take the game.

Junior Amy Golem continued to shine with yet another double-double, as she finished the night with 15 kills and 13 digs. Duquette had 19 digs, and Wilson had 22 assists.

At 3-11 with two games remaining this season, the Grizzlies were unable to fulfill their goal of being one of four teams to make it to the Summit League tournament. The team wraps up its season Saturday, Nov. 10 vs. Western Illinois.

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The Scene

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November 7, 2007

The best of local music

By AARON RAJALA
Contributing Reporter

The Metro Detroit area is truly a utopia for small eclectic and extremely talented underground acts. They are more easily accessible than you'd think. It is hard to get past the mundane and find the extraordinary, but here in Motown it is pos-

sible.

Below are a few local acts that are more than willing to entertain.

Yes, it's pretty hectic being a broke college student, but luckily most of the bands listed below are in the same boat.

The cover charges are going to be cheap, the music will be intense, and it is doubtful that disappointment will follow.

Downers



Photo Courtesy Downers
The Downers are known for the eclectic music they play.

"Downers is a mix between 90s hardcore, 80s new wave, 70s stoner rock and 60s class," said singer KC.

Technical musicianship and spastic screaming make this the type of music that requires only a pulse to get fired up.

Downers is truly a sonic experience — they're all over the place.

One song may be fast paced, chaotic and contain throaty screaming, while the next track may sound like a more traditional pop punk song with a persistent beat and a cleaner set of vocals.

"Our music is just about having fun, good times and bad. Life, I guess," said KC.

Truly an underground band, they play locally pretty much every week — everything from house parties to the dive bars in Pontiac.

"The scene is awesome and horrible at the same time. We'll play for no one three or four shows in a row. Then all of a sudden, we'll draw a huge crowd, and the shows are insane with kids screaming the words and going nuts," KC said.

They currently give away their EP titled "Nothing Looks Good" at shows and will soon be giving it away online at myspace.com/downersoftheworldunite.

Lee Marvin Computer Arm



Photo Courtesy Lee Marvin Computer Arm
With a name as catchy as LMCA, it is a safe bet their music displays similar creativity.

For fans of the dying or long deceased genre of rock 'n' roll, consider Lee Marvin Computer Arm. It's one of the bands keeping it on life support.

Hailing from Waterford, Mich., LMCA is an example of how great music comes from all over.

"Lee Marvin is a 70s action hero. He was a Charles Bronson type. He had a look that wasn't based on muscles like our current action heroes are. We want to present that through our music. No boasting. It just presents itself," said guitarist Zachary Weedon.

LMCA emphasizes how great the Detroit music scene still is.

"I think the scene is great. There are a lot of great bands and they're all so different," Weedon said.

Be sure to check them out on the day before Thanksgiving at the stoic Bohemian National Home in Detroit. A nice and peaceful library-esque venue that will be torn apart by old-fashioned in-your-face rock LMCA offers.

Check them out at www.myspace.com/leemarvin.

The Hat Madder



Photo Courtesy The Hat Madder
For a new live sound check out the avant-garde stylings of The Hat Madder.

These guys define "unique." They're pretty much everything you love about 80s music congregated in a modern experimental band.

The Hat Madder is a collision of garbage can, indie and glam, according to its members.

Their lyrics are amazing. The feeling of the music is extremely loose, and the ever-changing instrumentals make for a different experience in every song.

The Detroit local scene is "very nichey and an experiment in uncompromising amateurism," said keyboardist and vocalist Isaac.

According to an earlier interview conducted with the band, they only play about 15 minutes of actual rehearsed music, making a live show a grab bag of improvisation and creative experimentation.

Currently the song "Sodomy Parade" highlights their avant-garde style.

Like THM's influences, which include Sonic Youth, The Pixies and Devo, one can expect a fusion of everything that was good about music in the 80s.

Combine the above with the sum of good elements that the new millennium has produced and you have The Hat Madder.

See them Nov. 17 at the Michigan Homegrown Live Video Shoot Show in Lansing.



Photo Courtesy Mayday
Mayday combines an indie sound with love lyrics.

Right around the corner in the suburbs of Rochester Hills lurks the indie rock outfit Mayday.

"The sound is a very Detroit sound in a way. We can't be compared to one band, but many. We're nothing spectacular — that's for sure, but we are definitely something different," said lead guitarist Evan Brown.

Indie rock to the bone, poppy beats, good songwriting and meaningful lyrics make Mayday one of those bands that anyone could enjoy.

"We usually write lyrics to the music,

and sometime the words mean something, and sometimes they are whatever comes to mind," Brown said. "When we actually put thought about what we're writing, it usually ends up being about love. Because what else is there in most songs?" he added.

See them Nov. 11 at the Hayloft in Mt. Clemens, and check them out on Myspace at myspace.com/maydayrockk.

Keep an eye out for their first full-length album "Inside Out." They are to begin recording, Nov. 10.

Mayday

For your listening pleasure

Lyrics written in Rainbows

Radiohead's new album interweaves old hits with new beautiful sounds

By KELLIE RIDDELL
Contributing Reporting

Four years after their sixth studio release, "Hail to the Thief," Radiohead have completed and released their seventh studio LP, "In Rainbows."

The actual album itself is currently a 10 track download that fans can download at any price they choose.

Although fans can choose their own price for the first ten tracks, they would be missing an additional eight tracks, a two CD hardcopy, a book and a double vinyl disc set.

The official discbox is available for preorder and will be shipped on or before Dec. 3. Since the discbox is not available yet, a fan choosing their own price really only gets 10 out of the 18 tracks that make up the entire album.

The majority of the 18 songs have been played live over the entirety of the band's career. Many have been reworked, and listening to "In Rainbows" is like listening to a perfect ten of B-sides from across the band's entire career.

Each track leaves a haunting impression of an earlier hit. However, the lyrics of the album focus more on the fragility of human love and emotion than the artificiality of humanity and consumerism that the band's other albums have centered on.

To gauge the album as great or weak is tough, because the tracks feel like B-sides, but Radiohead has composed a fitting follow up for their seventh LP.

The tracks show a blend of lyrical and instrumental style that combines emotion, commodity and artificiality with the pain of the human condition.

At the same time, they use synth and symphony, allowing the differing styles to balance each other out and create the music that sounds like nothing else out there.

For new Radiohead fans, the album may be less than exciting.

However, like all Radiohead albums, you have to climb inside it for a few weeks to really gain an appreciation. Once inside, "In Rainbows" exceeds expectations.

Truly Charmed

By ANN PETROUS
Contributing Reporter

The Charmparticles bring out smooth, metallic vocals throughout their newest rock album, "Alive in the Hot Spell."

Pamela Rooney's vocals are similar to the lead singer of Evanescence, most noticeably in the songs "Rarest Numbers," "Relapse" and "Battersea," where her soft whisper shines through.

The music is smooth rock with a guitar

that can clearly be heard throughout the entire record. There is no noise pollution on this record, only soft rock guitars, delicate drums and light singing.

This album is recommended for those of you who love rock music, but can't tolerate loud, screaming vocals. "Alive in the Hot Spell" could definitely be enjoyed while doing homework or cleaning.

Similar to Evanescence, Charmparticles will likely be enjoyed by a similar audience.

Britney's Back

By LINDSEY WOJCIK
You Editor

Despite her unenthused, lip-synced attempt at a comeback performance at the MTV Video Music Awards back in September, Britney Spears has really made her comeback with her new album, "Blackout."

Spears' fifth studio album release is a refreshing new sound with a lot of catchy dance, electro-techno and R&B tracks.

Her first studio release in four years has been the top downloaded album on iTunes and is expected to finish its first week at number one on the Billboard charts, according to reports from Fox News.

"Blackout" seems to be a reflection of Brit's

chaotic life in the past four years.

The song "Piece of Me" highlights on her life in the spotlight, as a popular paparazzi and tabloid target.

Spears explored her sexuality on her 2003 album "In the Zone," and continues the exploration on this album. "Get Naked (I Got A Plan)," "Break the Ice" and "Freakshow" have underlying sexual tones but definitely make you want to grab your friends and hit the club.

This isn't an album for younger fans — it's for those who have grown with her from the "Hit Me Baby One More Time" phase to who she has now become.

Spears' "Blackout" is a knockout, for now.

Drama with meaning

By SARAH LANG
Contributing Reporter

Reviving and arousing the minds of a younger generation are the goals that Robert Redford must of had in mind when he directed "Lions for Lambs."

The movie contains three story lines: A high powered, but young senator who gets a Washington reporter to change her mindset from the corporate driven style of reporting the truth, a college professor who's hell-bent on pushing students with potential to greatness, and two youths who wanted to accomplish something, only to end up in a war.

Despite the commercial appeal, this is not just another average flick. The film contains political drama, strongly correlated with today's problems.

Meryl Streep's character, a neurotic but talented reporter that, according to the young senator played by Tom Cruise, falls into the same trend as the rest of the media in today's world — a media that twists and turns political aspirations into public fodder.

"Lions for Lambs" has an almost sneaky way of conveying hopeful messages to a younger crowd so that they might have the courage to challenge themselves.

Andrew Garfield, the young actor who portrays a budding college student, mentored by the college professor played by Robert Redford, agrees.

In an exclusive conference call he described the movie as one that "made me feel ashamed of my life and the way I'm living it, and maybe it will be a call to action for my generation."

Despite the heavy thinking "Lions for lambs," requires, this one hour and 28 minute long drama feels anything but that. It was engaging, motivational and inspirational.

Everything is put into perspective in this emotionally explosive film.

Its ability to force people to think is astonishing. After seeing this movie audiences are sure to develop a desire to go out and do something.



Photo Courtesy Amazon.com

Star studded "Lions for Lambs" sends a clear message to audiences everywhere.

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MOUTHING OFF

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November 7, 2007

Lies my preacher told me

By MICHAEL PALMER
Guest Columnist

Growing up with fundamentalist Christian parents taught me a lot of things — a lot of wrong things.

I was dragged to church every Sunday for 18 years. I went through the motions and really “felt it” on some occasions.

But it never really stuck with me. When I moved out at age 19, I could feel my belief in God start to slip.

Without my mother to constantly reinforce my beliefs, they began to be exposed to critical examination for the first time in my life.

And by the time I was 22, I had completely abandoned my Christian faith in favor of a more rational faith: none.

Through this transition, I realized a few things. Religion developed from humans trying to explain how the world worked.

Before weather was understood humans thought that rain leaked through windows in the sky. Before we had plate tectonics humans thought earthquakes were **divine punishment for sin**.

Now we know better.

I realize, now, that everything has a naturalistic explanation, and that anything we don't understand is just something we need to figure out!

But there are those who wish to fight the progression of knowledge and science.

When I freed myself from my religious dogma, I was able to look at my upbringing with fresh eyes and notice that some of the things that I was told by my pastors as a child just didn't add up.

If you trusted your preacher — and why shouldn't you? — you could walk out of church believing some bizarre things:

■ **The earth is only 6,000 years old**

This may not be preached every Sunday, but this is definitely a view

espoused by many preachers, including both of the pastors that had sway over my beliefs.

This position is laughable. There is not a shred of evidence to support the earth being “young.”

Thanks to the scientific revolution, we now use radiometric dating of terrestrial and non-terrestrial materials to estimate the age of the earth: 4.54 billion years old. That is a bit different than 6,000!

■ **Evolution doesn't happen**

As far as scientific theories go, evolution is one of the strongest. Evolution is always happening.

When creatures reproduce, the offspring are similar to the parent(s). Offspring with beneficial traits will be favored by natural selection over those without the trait. From here, the beneficial trait is passed on to more offspring than the “standard” version of the organism.

These implications are not open to interpretation — this happens. Selective breeding can lead to new species, and this has been observed in the laboratory.

■ **There was a worldwide flood**

No, there wasn't. A worldwide flood would leave a uniform sedimentary deposit on the entire globe.

This has not been found.

What about Noah and his ark? There was absolutely not enough room for two of each creature! Where did Noah keep the **freshwater fish**? They would surely have been killed by the salt water covering the earth.

By now, if you hold certain theistic views, you may be thinking, “Whew, he is just criticizing the fundamentalist Christians,

I'm safe! Well, my friend, read on. The next few don't just apply to the fundies.

■ **The Bible is infallible**

It would take much more space than available in the “Mouthing Off” section of the Oakland Post to discuss the numerous fallacies in the Bible.

Therefore, we won't — mostly due to the space the ad on this page is taking up.

■ **The New Testament overrides the Old Testament**

The Old Testament is used for fun moral stories in Sunday school. They just gloss over the rape, murder and genocide advocated by God.

And whenever someone brings this apparent double standard to the attention of the preacher, they are usually rebuked with, “In Jesus, we have a new Covenant! No longer is God an angry God; the Old Testament no longer applies.”

This is clearly not the case, and I feel compelled to quote **The Man** himself when I say this: “Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them, but to fulfill them. I tell you the truth, until heaven and earth disappear, not the smallest letter ... will by any means disappear from the Law until everything is accomplished.”

That is Jesus speaking in Matthew 5:17. The Law he is talking about is what we know today as the Old Testament.

■ **Prayer works**

Chances are if you have encountered a preacher, he or she has made the claim that prayer of some sort to some

supernatural being(s) will work.

Yet a study published in the American Heart Journal in April of 2006 found strong evidence of the opposite. It even found a slight increase in complications for the group of patients who knew they were receiving prayer.

The reason everyone is told that prayer works is because of the tendency of humans to remember the hits and forget the misses. When someone prays and, coincidentally, the prayer is answered, it is seen as a great success no matter how small or trivial it is.

When someone prays and it is flat out ignored or the opposite happens, they tend to forget about it or rationalize it with, “[Enter deity] sure works in mysterious ways.”

If I were to pray to the jack-o-lantern on my balcony, it would have the same success rate as if a truly religious person prayed to their deity.

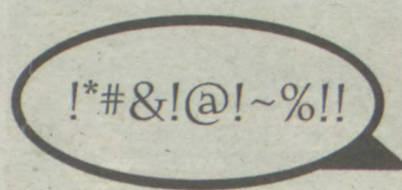
It took me four years and a university education to finally see through all the nonsense I was fed as a child. It was very comforting, and it hurt to part with it at first.

Now I understand that my preacher wasn't intentionally trying to deceive me. He was just stuck, like I once was, on the warm, comforting idea of a personal god.

But we as a society need to move beyond believing things just because they make us feel good. This leaves us open to scammers and swindlers.

Science is expanding our knowledge and understanding of the universe, daily. We need to get our collective heads out of the sand and point them toward the cosmos.

As astronomer and author Carl Sagan once said, “It is far better to grasp the universe as it really is, than to persist in delusion, however satisfying and reassuring.”



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Hollywood writers hit the picket lines

By GARY GENTILE
AP Business Writer

LOS ANGELES — Film and TV writers resolved to put down their pens and take up picket signs after last-ditch talks failed to avert a strike.

The first picket lines were set to appear Monday morning at Rockefeller Center in New York, where NBC is headquartered.

In Los Angeles, writers were planning to picket 14 studio locations in four-hour shifts from 9 a.m. to 5 p.m. each day until a new deal is reached.

The contract between the 12,000-member Writers Guild of America and the Alliance of Motion Picture and Television Producer expired Oct. 31. Talks that began this summer failed to produce much progress on the writers' key demands for a bigger

slice of DVD profits and revenue from the distribution of films and TV shows over the Internet.

Writers and producers gathered for negotiations Sunday at the request of a federal mediator.

The two sides met for nearly 11 hours before East Coast members of the writers union announced that the strike had begun for their 4,000 members.

Producers said writers refused a request to "stop the clock" on the planned strike while talks continued and said writers were not willing to compromise on their major demands.

Writers said they withdrew a proposal to increase their share of revenue from the sale of DVDs that had been a stumbling block for producers.

They also said the proposals by producers in the area of Internet reuse of TV episodes and films

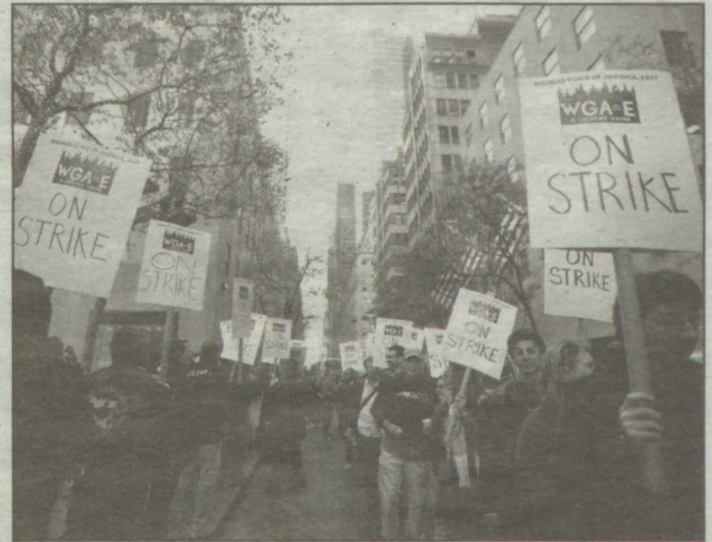
were unacceptable.

The strike is the first walkout by writers since 1988. That work stoppage lasted 22 weeks and cost the industry more than \$500 million.

The first casualty of the strike would be late-night talk shows, which are dependent on current events to fuel monologues and other entertainment.

Daytime TV, including live talk shows such as "The View" and soap operas, which typically tape about a week's worth of shows in advance, would be next to feel the impact.

The strike will not immediately impact production of movies or prime-time TV programs. Most studios have stockpiled dozens of movie scripts, and TV shows have enough scripts or completed shows on hand to last until early next year.



GARY HE/Associated Press
Members of the Writers Guild of America picket NBC headquarters in New York on Monday. Film and TV writers resolved to put down their pens and take up picket signs after last-ditch talks failed to avert a strike.

2007 deadliest year of Iraq war for US troops

By LAUREN FRAYER
Associated Press Writer

BAGHDAD — The U.S. military on Tuesday announced the deaths of five more soldiers and one sailor, making 2007 the deadliest year for U.S. troops, according to an Associated Press count.

At least 853 American military personnel have died in Iraq so far this year — the highest annual toll since the war began in March 2003, according to AP figures.

The grim milestone passed despite a sharp drop in U.S. and Iraqi deaths here in recent months following a 30,000-strong U.S. force buildup. There were 39 deaths in October, compared to 65 in September and 84 in August.

With nearly two months left in the year, the U.S. toll has already surpassed that of 2004, when 850 troops died.

But the American military in Iraq reached its highest troop levels in Iraq this year — 165,000. Moreover, the military's decision to send soldiers out of large bases and into Iraqi communities means more troops have seen more "contact with enemy forces" than ever before, said Maj. Winfield Danielson, a U.S. military spokesman in Baghdad.

"It's due to the troop surge, which allowed us to go into areas that were previously safe havens for insurgents," Danielson told the AP on Sunday. "Having more soldiers, and having them out in the communities, certainly contributes to our casualties."

Girl born with 8 limbs to undergo surgery



Associated Press Photo
Revered by some in her village as the reincarnation of a Hindu goddess, a 2-year-old girl born with four arms and four legs underwent surgery Tuesday. The girl is joined to a "parasitic twin" that stopped developing in the mother's womb. The surviving fetus absorbed the limbs, kidneys and other body parts of the undeveloped fetus. A team of 30 doctors was to remove the extra limbs and organs. The surgery could give her a good chance to live past adolescence.

Police in Pakistan clash with protesting lawyers

By MUNIR AHMAD
Associated Press Writer

ISLAMABAD, Pakistan — Police fired tear gas and clubbed thousands of lawyers protesting President Gen. Pervez Musharraf's decision to impose emergency rule. Opposition groups put the number of arrests at 3,500, although the government reported half that number.

Musharraf, who took power in a 1999 coup and is also head of Pakistan's army, suspended the constitution on Saturday

ahead of a Supreme Court ruling on whether his recent presidential re-election was legal.

Musharraf ousted independent-minded judges, put a stranglehold on independent media and granted sweeping powers to authorities to crush dissent.

Public anger was mounting in the nation of 160 million people, which has been under military rule for much of its 60-year history, but demonstrations have been limited largely to activists, rights workers and lawyers — angered

Nation | World News Briefs

11-04 | Somali pirates left two boats they had hijacked in the waters off the Horn of Africa. The newly liberated vessels — and their crew of 24 — were under U.S. Navy escort on Sunday, the American military said. | Mexico's floods: authorities said two more bodies were found floating in brackish waters covering much of the region. If confirmed the deaths were caused by the flooding, the disaster's toll would stand at 10. Since rivers first began to burst their banks Oct. 28, the homes of an estimated half a million people have been damaged or destroyed.

11-05 | A team of U.S. experts has begun dismantling North Korea's nuclear weapons-making facilities.

by attacks on the judiciary. All have been quickly, sometimes brutally, stamped out. Lawyers attempted to stage rallies in major cities on Monday, but were beaten and arrested.

In the biggest gathering Monday, about 2,000 lawyers congregated at the High Court in the eastern city of Lahore. As lawyers tried to exit onto a main road, hundreds of police stormed inside, swinging batons and firing tear gas. Lawyers, responded by throwing stones and beating police with tree branches.

OAKLAND UNIVERSITY'S Best of

Think you know the best eats, hangouts and local hot spots in the tri-county area? Then fill in your faves for the area and drop your ballot off at The Post (61 Oakland Center) or in the slots under the newsstands.

< 2008
BALLOT >

METRO DETROIT

< MUSIC & CULTURE >

Downtown Area: _____
Place to Meet New People: _____
Art Gallery: _____
Bowling Alley: _____
Salon: _____
Tanning Salon: _____
Spa: _____
Manicure/Pedicure: _____
Yoga Studio: _____
Fitness Center: _____
Concert Venue: _____
Local Band: _____
Record Store: _____

< MEDIA >

Source for Entertainment: _____
Local Magazine / News: _____
Morning Show: _____
Radio Station: _____

< ON CAMPUS >

Best place to eat: _____
Best Bathroom, explain:
Women's: _____
Men's: _____
Best place to take a nap: _____
Best distraction: _____
Vending Machine: _____
On campus event: _____
Best place to live
Off-Campus: _____
On-Campus: _____

< ATHLETICS >

Best Mascot: _____
Metro Detroit Sports Team: _____
Best Stadium: _____

< DINING >

Coney: _____
Italian: _____
Mexican: _____
Greek: _____
Chinese: _____
Thai: _____
Sushi: _____
Deli: _____
Burgers: _____
Coffee Shop: _____
Vegetarian Menu: _____
Ice Cream: _____
Pizza: _____
Appetizers: _____
Steakhouse: _____

< SHOPPING >

Best Mall: _____
Retail Store: _____
Place to buy Jeans: _____
Place to buy Shoes: _____
Place to buy Accessories: _____
Vintage Shop: _____
Bang For Your Buck: _____
Used Bookstore: _____
Local music store: _____

< BARS >

Sports Bar: _____
Martini Bar: _____
Micro Brewery: _____
Hookah Bar: _____
Bar with Live Music: _____
Dive Bar: _____
Best Happy Hour: _____

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