



DECADES OF DOMINATION

MEN'S SWIM AND DIVE CAPTURES 38TH STRAIGHT CONFERENCE TITLE WHILE WOMEN'S WINS 23RD STRAIGHT IN RECORD SHATTERING HORIZON LEAGUE CHAMPIONSHIP

PAGE 22-23

Photo by Nowshin Chowdhury / The Oakland Post

CHANGES TO HOUSING. #MOTORCITYMADNESS.

Focus shifts to give loyal returning residents better living options

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Previewing the upcoming men's basketball league tournament

PAGE 12-13

CHAMPIONSHIP NO. 7.

Women's track and field wins Horizon League indoor championship

PAGE 21

thisweek

March 2, 2016 // Volume 41. Issue 21



ontheweb

Staff reporter, Sarah Lawrence, journeyed to the happiest place on Earth with SPB. Read about her experience at oaklandpostonline.com/blogs



PHOTO OF THE WEEK

ONE DATE AWAY // On Monday Feb. 22, WXOU hosted its second Dating Game Show where contestant Emily Farnam made a decision between three eligible Oakland male bachelors. Her options were waiting in a separate room communicating through a headset as to remain anonymous. Farnam ended up choosing Nick Walter. The next show will be live on the air March 7.

Rachel Williams // *The Oakland Post*

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

POLL OF THE WEEK

Enjoy the Leap Day?

- A** Yes because Leo FINALLY got his Oscar!
- B** No cause I worked an extra day :(
- C** Shh, I'm trying to pay attention to Super Tuesday.
- D** I'm too busy counting down the days till graduation.

Vote at www.oaklandpostonline.com

LAST WEEK'S POLL

Did you catch the Grammy's? What were your thoughts?

- A** Yes, and I firmly support Taylor standing up to Kanye!
9 votes
- B** Yeah and Kendrick deserved that Grammy!
6 votes
- C** Nope, too busy scraping my car off.
9 votes
- D** No, I can find better ways to procrastinate my time.
28 votes

THIS WEEK IN HISTORY

March 5, 1997

Students were given their class schedules late after they were not sent via priority mail. The university delayed allowing students to pick up schedules on campus for a week, because according to officials, students already had their schedules, even though it was the universities fault for mailing schedules out late.

February 23, 2005

Club Hockey scored a second consecutive title in the Great Midwest hockey League tournament.

March 5, 2015

After being rejected by the Student Body President earlier in the semester after some issues on clarity, a proposal which would formally recognize Sexual Assault Awareness Month on campus was approved by OUSC.

—Compiled by Cheyanne Kramer, web editor



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HOUSING HORRORS

Students were able to sign up to return to on-campus housing next year starting on March 1, and several changes for the upcoming year have been made.



16

HANIDCAP INACCESSIBLE

An Oakland University student has a rare genetic disorder, but that isn't her biggest obstacle — campus infrastructure is.



21

PREPARING FOR THE LEAGUE TOURNEY

Hoping to cinch a place in March Madness, star point guard Kay Felder and Director of Athletics talk about the plan for the men's basketball team in the league tournament.

BY THE NUMBERS

OU Housing

\$9,250

the cheapest room rate for fall/winter semester in the residence halls

9

meals per week if you sign up for the smallest meal plan

3

of the residence halls have communal bathrooms

10'10" x 11'2"

the size of the smallest residence halls room, located in Hill House

—source: oakland.edu/housing

COLUMN

Why men's rights activists aren't actually for men's rights

A closer look at this contradictory, harmful 'movement'

Cheyenne Kramer
Staff Reporter

I am a women and gender studies (WGS) major, and nothing seems to tick me off more than hearing the phrase "Men's Rights Activists" (MRAs).



Cheyenne Kramer
Staff Reporter

If you hadn't heard, the beginning of February saw a national outcry against a group of MRAs called "Return of Kings." According to an article by KHOU.com, the group aimed to "return [society] to traditional gender roles."

Traditional gender roles. That three-word phrase sparked my interest.

When we think "traditional gender roles," we think of men doing work, women caring for the kids and doing chores in the home. We think of the 1960s, we think of old black-and-white TV shows with housewives preparing a man's food.

We don't think about how this was not only a time of oppression for women but for men as well.

Men were expected to be the ones running the home, to be blue-collar workers, and, most importantly, expected to meet the ideal image of masculinity. Just as women were expected to run the home, men were expected to be the breadwinners.

MRAs believe that they can change society by focusing on gender inequalities in terms of what will benefit men in a society.

According to an article on the Huffington Post, a group of MRAs recently petitioned to change the name of "Valentine's Day" to "False Rape Case Day".

"Return of Kings" planned a meeting in Rochester, Mich.

Just around our campus, men planned to gather under a leader who made claims that rape should be legalized. His theory was that legalizing rape would make women more cautious and bring down rape statistics.

Daryush Valizadeh, the man behind the meet-ups, published an article on his website, rooshv.com, about the issue. When it was originally published, it was not tagged as satire. But since the growing outcry about his claims, he has marked it as satire with an apology.

The meeting was not a rally to make rape legal, as many online were led to believe, but a rally to gather like-minded individuals. When these people share beliefs that could lead to the harm of women and men around the country, is it really an activism group or a hate group?

The actions of MRAs are almost contradictory and heinous. On one hand they want rape legalized and on the other they want to rename a holiday on the idea that many rape cases are false. According to a Bloomberg article from September of 2014, only two to eight percent of reported rape cases turn out to be false.

Here are the facts: The "Re-

"The actions of MRAs are almost contradictory and heinous. On one hand they want rape legalized and on the other they want to rename a holiday on the idea that many rape cases are false."

turn of Kings" event banned women and "homosexual" men (I use quotations here as they said homosexual men and "transsexual" men were one in the same, which is not true, and isn't even the property terminology, but I digress).

MRAs are oppressive to men as well as towards women. Someone claiming to fight for men's rights should not be fighting against this small statistic and ignore the problems that homosexual or transgender men face.

It seems like MRAs are only concerned about the privileges that white heterosexual men in today's society may lose. By banning certain men from a group, you are dividing rather than unifying.

To make some kind of change, you have to take a stand.

When someone says they are a "meninist" or a MRA, let them know that they're hypocritical. Ask them if they defend the rights of all men or only majority men. Ask them if they support male victims of domestic violence or the rights of transgender men using bathrooms in public places.

Make your opinion known and shoot down ignorance.



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GAME

Gender and Digital Culture

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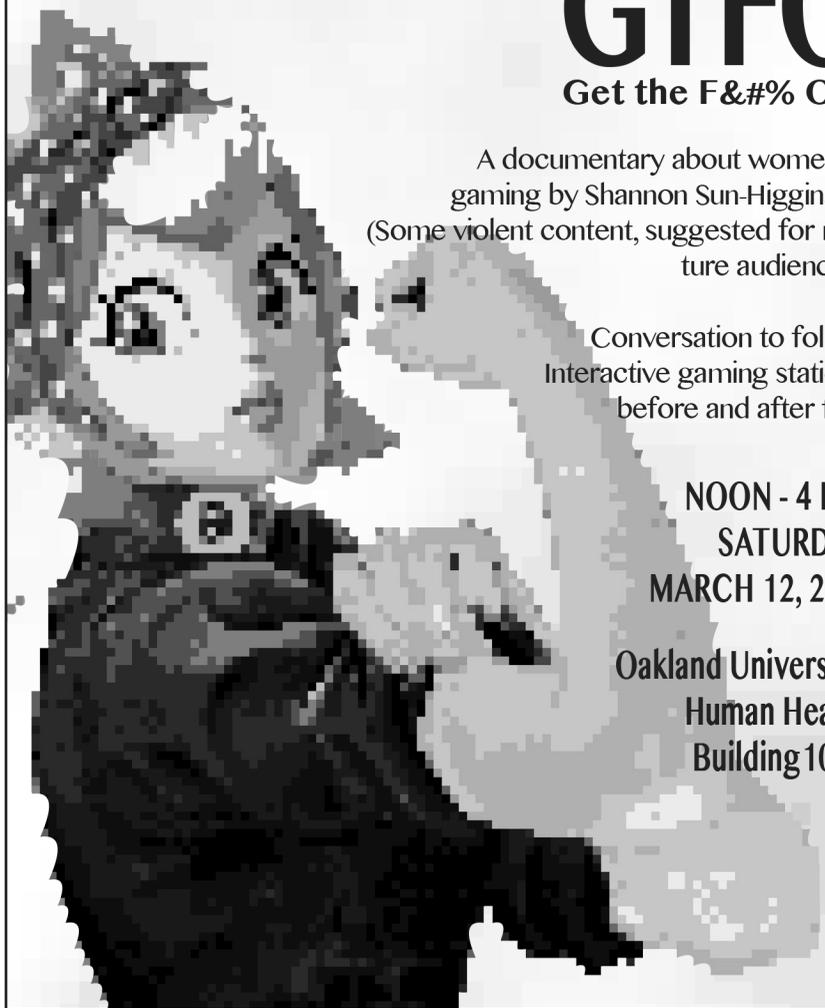
Get the F&#% Out

A documentary about women in gaming by Shannon Sun-Higginson
(Some violent content, suggested for mature audiences)

Conversation to follow
Interactive gaming stations
before and after film

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A better yOU: What the frack?

Katie Rose
Contributor

We've all heard how hydraulic fracturing, aka fracking, is not so good for our environment and health. Fracking is a process that pumps water, sand and chemicals deep into the earth at high pressures causing shale rocks to break and natural gas to be released. So what is the big deal? Why is this harmful to our environment and us?



KATIE ROSE
Contributor

This process uses about 4,000 gallons of chemicals per fracturing, which includes carcinogens and toxins such as mercury, lead, hydrochloric acid, uranium, methanol, formaldehyde and radium. Fracking also uses millions of gallons of water for each fracturing

job. After all these chemicals and water are injected into the ground, only about 30-50 percent of these nonbiodegradable materials are recovered. The recovered waste fluid is then left in an open pit releasing VOCs and contaminating the air. So, the big deal behind fracking is that it wastes tons of water and pollutes our air and water. Okay, yeah, this is really bad, right? But, we still need natural gas...

It seems that people are starting to realize the dangers of fracking and new technologies are being developed to change these hazardous methods. On example of this is GasFrac, which uses a gel made from propane and other benign chemicals. On top of that, GasFrac avoids using water completely.

Sounds better already, doesn't it? There are also more approaches being developed that include using recycling water or brine, eliminating diesel fumes, treating the wastewater and containing methane gas leaks.

There is hope! Some states and cities have even banned fracking. However,

there are still some that are behind on that bandwagon. Rochester Hills, Oakland University's neighboring city, continues to be fought by the protest group, Don't Drill the Hills. DDH has filed a lawsuit against the city for violating the City's Charter and Michigan Home Rule City Act.

According to DDH, the city planned to have oil and gas exploration in a city-owned cemetery and in Bloomer Park. They claim the law has been violated because Rochester Hills voters did not authorize this. The court date has been set for March 8, 2016 at 10 a.m. at the WMU Cooley Law School, 2630 Featherstone Rd, Auburn Hills, MI.

It has also been rumored that plans were being made to have oil and gas exploration on Oakland University's campus. To stay informed about this issue in Rochester Hills, you can visit dontdrillthehills.org.

Resources: keaptapwatersafe.org, National Geographic, EARTHWORKS, Dangers of Fracking, dontdrillthehills.org.

UPCOMING EVENTS: ENVIRONMENTAL, HEALTH & WELLNESS

MAR. 3	12 p.m. - 1 p.m. Leaders for Environmental Awareness and Protection General Meeting, Lake Superior A Room in the Oakland Center.
MAR. 7	1 p.m. - 4 p.m. Student Congress Mind Matters, Gold Rooms in the Oakland Center.
MAR. 9	1 p.m. - 5 p.m. S.O.P.E. Eco Conference, Gold Rooms in the Oakland Center.
MAR. 29	10 a.m. - 12 p.m. Student Congress Talkin' Trash 2, meet in Fireside Lounge in the Oakland Center.

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Letter to the editor: An open letter to President Hynd

Christopher Scicluna
Contributor

My name is Christopher Scicluna. I am an Oakland University transfer student. I am very concerned on where my future at Oakland University is going and what is happening to my tuition dollars.

I transferred from Macomb Community College to Oakland because it is a commuter school, relatively cost-friendly, and in the ever growing area of manufacturing. I am a mechanical engineering student and OU was on my list due to the fact that the area is full of opportunities for my major.

After transferring this past year a few things have

changed. Tuition was raised 8.48 percent right before my first semester. What concerns me is the fact that, after this in the fall, you hire a chief operating officer who failed to do his job at FCA. Not only should this position not exist, but shouldn't this be part of your job as president?

What frustrates me even further is the fact that just this month, Oakland's board took a trip to Florida to "promote the campus and reach out to OU alumni." I find this is a lame

excuse due to the fact that Oakland has spaces available for meetings such as Meadow Brook or even the surrounding

areas in Oakland Country which can help keep money in the community. Why not invite alumni back on campus and show them the campus beauty and how it's growing versus spending the university students' money on a \$300 a night trip to Florida? Also, the chief operating officer went on this trip and, as I read in the Oakland Post, doesn't his job

entail staying on campus for student concerns while you are gone?

The newest thing that bothers me is the fact that Oakland now has plans to grow from a commuter school to what appears to be a second MSU. Oakland plans to add dorms and expand the Oakland Center, yet we can't get a paved parking lot on the south end of campus? Why didn't we add another level to the parking structures on campus? I believe this is because you are trying to keep the "beauty" at Oakland and not take away from the architecture of the buildings. Oakland is considered a commuter school and the board is trying to change that. If I

wanted a more "college-like" education full of parties, dorm life, and students who smell of Pabst Blue Ribbon and puke, I would have chosen a different school. I want to see my tuition dollars going toward my education. Classrooms should be up to date, more computer labs, and advancements that will further our education. I ask that you make my concerns aware in your decisions with the board.

Currently, at this time, I will never donate a dime back to Oakland. I am not proud to be a Grizzly, and I won't be until I see my tuition dollars going to good use. I hope you take these thoughts into consideration the next time you use our money.

"I am very concerned on where my future at Oakland University is going and what is happening to my tuition dollars."

Christopher Scicluna
Student

Journalism class finds many OU students support Sanders

More than a third of poll remains undecided on which presidential candidate to support

John Stoll
Professor

Oakland University students are big supporters of Bernie Sanders in the 2016 presidential race, but other candidates still have time to steer opinion in their direction.

In a poll of 157 students, conducted by a Journalism 200 class before the winter break, nearly 36 percent said they would vote for the Vermont senator during Michigan's March 8 primary. However, a slightly larger chunk of respondents, 38 percent, said they were still undecided.

The survey took place ahead of recent primaries and caucuses in several states, including the so-called Super Tuesday match ups. Sanders and Hillary Clinton have been battling it out for the Democratic nomination, while a shrinking field of candidates has jostled for the nod from Republicans.

Clinton received 5.1 percent of the total student vote in the poll, with eight saying they would pick the former Secretary of State versus 56 students saying they prefer Sanders.

Donald Trump, taking 8.2 percent of the Oakland votes in the poll, was by far the most popular Republican. Of

those surveyed, 26 percent identified with the GOP, while 38 percent said they lean Democrat — the remainder either listed an alternative party, or said they do not identify with either of the major political camps.

The average age of students polled was 20 years old. Nearly 70 percent say they absolutely plan to vote in November, while 20 percent said they will not vote and 10 percent said they haven't made up their minds.

Students listed a wide range of concerns for candidates to consider. Topping the list: the high cost of going to college.

"Candidates should appeal to what college students worry about the most, which is how they will pay for tuition," Shayla McCullough, a 20-year-old junior told Cortez Day, an Oakland University sophomore who is in the journalism class and was part of the polling team.

Kayla Akers, a 19-year-old freshman, said she leans Republican but is opting for a candidate on the other side of the aisle.

"Bernie Sanders has the right idea telling college students that he'll fight to make college debt free," Akers told Max Wolfe, a junior.

Other top concerns include the economy, immigration and national security, the future of America and universal health care. Some students said they would vote for a candidate just to stop the other party from winning.

For example, Stephanie Ashburn, a 27-year-old mathematics major, told Nicole Peseski she is voting "so that Trump doesn't get elected." Another student told Peseski "every candidate sucks," but he still plans to vote for Trump.

Republicans Ted Cruz, Ben Carson and Marco Rubio all attracted less than three percent support in the Oakland University poll. Responses were collected via email, paper surveys, in person or via other messaging services.

Not everyone is buying into Sanders' promise of free tuition.

"Students should be worried about how all this 'free' stuff is going to be 'free,'" Tyler Sirut, a 19-year-old sophomore and Trump supporter told Oakland sophomore Katie McBryar.

If the 70 percent of students who say they will vote actually cast ballots this year, Oakland University's student voter turnout would be higher than the national average during the past two presidential election years.

In giving his reason for voting, Jake Raponotti, a sophomore majoring in communication, told Lauren Maternowski that "while I hate the system

and know it needs to be fixed, I know I have to participate in order to help fix it."

"Bernie Sanders has the right idea telling college students that he'll fight to make college debt free."

Shayla McCullough
Junior

Some respondents were far more philosophical about their duty: "Evil can flourish when good men do nothing," Jordan Beltramo, a senior, told Paul Coulitish.

Others feel unprepared to participate.

"I do not know enough about the current presidential race," Brandon Walker, a 21-year-old senior, told Kyle Curtis.

This could be a sign of efforts by Oakland University to open up more educational opportunities before next Tuesday's primary, or before the November election.

A student asking to remain anonymous told Erika Ciesliga said "I don't think I'll be voting [because] I don't really know anything about this election and I think it would be ignorant for me to vote for someone I know nothing about."

Grizzlies on the Prowl



“What do you think about Leap Day?”



Jacob Szczetanski
Freshman, Mechanical Engineering

“I think Leap Day is good luck. I will be doing the same stuff as normal.”



Ashley Brinker
Freshman, Chemistry

“I think Leap Day is good luck, but it would suck to be born today.”



Diamond Rogers
Junior, Communications

“Leap Day is bad luck because it only happens every four years and your birthday gets skipped.”



Erik VandenBosch
Freshman, Health Sciences

“I think it would be cool to be born on Leap Day. You would be different from everyone else.”

— Compiled by Erika Barker and Wurood Najim,
Staff Photographer and Staff Intern

POLICE FILES

Alcohol in Oak View Hall

On Valentine’s Day, OUPD was called to Oak View Hall to handle minors in possession of alcohol. Upon arriving to the dorm, the two accused students were hesitant to let the officers in, but eventually complied. They had been drinking canned margaritas and had 0.84 and 0.54 blood alcohol levels. Both students were issued citations for possession of alcohol while being underage.

Stolen property in Elliott Hall

An OUPD officer was dispatched to Elliott Hall on Feb. 9 due to some stolen keys for the building. A maintenance worker stated that while she had been cleaning, the keys were taken from her cart. On footage from the location, a male student was seen approaching the cart and walking away while putting something in his pocket. He then went to the bathroom on the second floor and threw something away in the trash can outside of the bathroom. The keys were found in that trash can.

—Compiled by Shelby Tankersley,
Staff Reporter



— Contributed by Derek Queen

Political Focus: Personal privacy versus national security

Melissa Deatsch
Staff Reporter

What's the issue?

For the past few weeks, the headlines have been full of updates from the fierce controversy between Apple and the FBI.



Melissa Deatsch
Staff Reporter

The federal government has asked Apple to unlock the phone used by the San Bernardino terrorist that killed 14 people. Apple has since re-

fused the order saying it would compromise the privacy of its customers.

It has been an epic battle of personal privacy versus national security. It started when the FBI filed a motion to force Apple to help bypass the security

restrictions on the phone. Judge Sherri Pym then ordered the tech giant to comply.

Last Friday, Apple filed a motion to reject Judge Pym's order.

What are the sides?

At Thursday's GOP debate, three of the Republican candidates shared their opinions in backing the FBI over Apple in this controversy. Marco Rubio had the line of the night on this topic.

"Apple doesn't want to do it because they think it hurts their brand," Rubio stated. "Well let me tell you, their brand isn't superior to the national security of America."

Ted Cruz agreed saying that Apple "doesn't have a right" while Carson furthered the point by saying that if Apple didn't comply they would be "encouraging chaos" in the system.

When asked which side they were on, both Democratic candidates Bernie Sanders and Hillary Clinton refused to take a side. They said it was complicated and they saw both sides.

Apple stated in their post 'Message to Our Customers' that the FBI was asking them to create a backdoor to the iPhone of the killer. The message stat-

ed, "the U.S. government has asked us for something we simply do not have, and something we consider to dangerous too create."

This new iOS version would be able to unlock any iPhone in existence. The U.S. government may only be asking for its use on this one case, but once this software is created, Apple states, "there is no way to guarantee such control."

Contrary to this account of the situation, FBI Director James Comey wrote, "We simply want the chance, with a search warrant, to try and guess the terrorist's passcode without the phone essentially self-destructing and without it taking a decade to guess correctly."

He went on further to note that their intention was not to create "a master key" to all iPhones. The FBI is just simply trying to follow a lead that may or

may not result in the findings of more terrorists.

Why should you care?

This debate has forced people to once again examine what the proper balance between national security and personal privacy should be in this country.

Privacy and security are two values we hold most dear. Decisions between the two have always been and will always be complicated.

The balance should not be solely be decided by tech giants or the federal government. The American people will be affected by this debate. The American people deserve a say.

It is important to be educated on this controversy, not just between Apple and the FBI, but also on previous controversies such as Snowden and the NSA and any future controversies to come.

"Apple doesn't want to do it because they think it hurts their brand; well let me tell you, their brand isn't superior to the national security of America."

Ted Cruz
United States Senator

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Oakland Post Archives

Registration for university housing for the 2016-17 year opened for returners at midnight on March 1. Students experienced technical difficulties with the sign-up system. Vandenberg Hall, pictured, will become an exclusive upperclassmen dorm.

Housing registration begins, changes to dorm organization

Melissa Deatsch
Staff Reporter

The start of March means it's time to sign up for housing again. Returner registration opened up at midnight on March 1 and will remain open for the remainder of the week until Friday, March 4 at 5 p.m.

Major changes to the organizational structure of the dorms were announced in an email that went out to all current residents on Feb. 16. The email stated that starting next fall, the spaces in the newest residence building, Oak View Hall, that were previously given to non-honors college freshmen will now be offered as space for returning sophomores and upperclassmen.

In addition, the floors previously allotted for freshmen in West Vandenberg will now be entirely sophomores and up.

To make up for the loss of beds for freshmen in those buildings, both Hill House and Van Wagoner will now be strictly freshmen dorms. Hamlin will remain an entirely freshmen dorm.

The reasoning for these changes is in alignment with the numbers of other college resident housing, Jim Zentmeyer, director of University Housing, explained.

"If you go to a typical, residential

university campus there's generally... a 50, 30, 20 rule," Zentmeyer said.

He explained that this meant that the resident community would be made up of roughly 50 percent freshman, 30 percent sophomores and 20 percent juniors and seniors.

"Oakland University sort of turns those percentages on its ear," Zentmeyer said.

Oakland's beds on campus were made up of 43 percent freshman 22 percent sophomores and 34 juniors and seniors. This information led housing officials to examine why there was such a drop of in the sophomore class.

"I realize I'm making an assumption here, but one of the contributing factors I believe impacts this is that... we're taking sophomores who were freshmen who only had four people sharing a bathroom, had the private suites in either Vandenberg or Hamlin, and we're placing them in Hill and Van Wagoner," Zentmeyer said.

"I think that is a contributing factor to why we only have 22 percent of our beds filled by sophomores."

Oak View Hall, Hamlin Hall and Vandenberg Hall, which are all available to freshmen, are all designed with larger rooms and have two to four people sharing a bathroom.

Both Hill and Van Wagoner, previ-

ously sophomore dorms, had slightly smaller rooms with community bathrooms on the floor.

"What we believe is appropriate to serve our freshman needs as well as our sophomore and above needs is to create that graduated housing," Zentmeyer said. "It does the honorable thing for the students that are making the decision to be faithful to us by staying in housing. We believe we need to do the same to them."

To continue servicing the returners to housing, West Vandenberg will be receiving major renovations this summer.

Zentmeyer said that plumbing will be replaced and the amenities will be upgraded.

The furniture will also be replaced by the furniture currently available in Oak View.

According to Zentmeyer, housing is expecting big numbers again this year. They work very hard to place every student that applies for housing on campus, but in past years they have had to place some students in the Extended Stay near campus and about 200 were placed on waiting list.

"The administration continues to say this is a good problem to have," Zentmeyer said. "It breaks my heart anytime we have to say 'I'm sorry we're going to have to wait until next semester.'"

Atheists at OU to partner with The Satanic Temple

Jake Smith
Staff Intern

Atheists at OU is bringing a speaker from The Satanic Temple (TST) to campus to talk about the common misunderstandings of Satanism.

The event will be held on March 11 in the Gold Rooms of the Oakland Center and consist of an educational presentation by Lucien Greaves of TST and will be followed by a question and answer session for students.

"I met Lucien at a convention last summer and talked with him about how the Satanic Temple was so misunderstood, especially around Michigan," Katarina Evan, president of Atheists at OU, said.

With the speaker and the Q&A session, Atheists at OU hopes to educate the student body at Oakland University on the truths of Satanism and to try to debunk the common misconceptions while also promoting religious or idealistic activism.

Atheists at OU has been on campus since 2012. The group offers secular resources to students, a safe space for atheists or agnostics on campus and an open environment to discuss the various religions in the world.

"We strive to build a unified secular community on campus, but understand the most secular people are not in need of a group and often stay away from organized groups and events," Evan said. "Even if a person doesn't want to become a member, they are still welcome to come to events and drop in to talk."

They promote themselves as a safe place for open discussion about religion, though the organization has faced discrimination from other students on campus.

"Recently, we've had our regular meeting posters torn down as well as our TST ones," Evan said. "I walk all around campus to put these flyers up and I've been forced to continually print them out and repost them. It's frustrating."

The organization also has noticed threats of protest and distasteful messages on the OU Yik Yak. It has faced issues more directly when they table in the Oakland Center.

"When we table in the OC, there are people that stand there and argue with us or tell us that we're insulting their religion when we host voluntary events like Ask an Atheist Day or Debaptism Day," Evan said.

This event will be the biggest one of the year for the student organization. They will host a few tabling events for Ask an Atheist Day which gives students and faculty another opportunity to come up and ask questions.

The free event will kick off at 4:30 p.m. in the Gold Rooms and requires an Oakland University ID for entry. Food and drinks will be provided as well.

For more information on Satanism, visit www.oaklandpostonline.com.

Hynd appoints VP of development and alumni relations

After 14 years of fundraising for Oakland, Angie Schmucker now heads the department

Grace Turner
Life Editor

President Hynd filled the vice president of development and alumni relations (VP-DAR) position on Feb. 26, according to OU's Communications and Marketing Department.

Angie Schmucker officially began her job on Tuesday, March 1.

Her starting salary is \$195,000, which is \$2,000 less than the previous VP-DAR, Eric Barritt.

There are two sides to her job, she said — development and alumni relations.

"My job is to make new programs possible and existing programs permanent," Schmucker said of the development aspect. This includes scholarships.

She went on to explain that universities don't get nearly enough money from the state.

"Our job is to fill in that gap," she said.

She works with alumni to keep them engaged in the OU community. Some just want updates while others want to go to events such as reunions and homecoming. Others become mentors or speakers and some donate.

Schmucker is working on securing funds to expand Elliott Hall and the Oakland Center.

Before anything else though, she wants to find out what else the campus needs.

"I really just want to go out and listen," she said.

This isn't to say that Schmucker is a stranger to OU. She has worked here for 14 years, according to OU Communications and Marketing.

"I've been a fundraiser my whole career here," she said.

For the last eight months, she was interim campaign director and helped create a campaign that the development and relations team will work on through 2020.

"With a campaign, we're going out with our list of needs," Schmucker said. There will be a monetary goal to match these needs.

Schmucker hopes to launch the campaign in spring 2017.

Before being campaign director, Schmucker was the executive di-

rector of planned and annual giving. Annual giving keeps alumni informed of OU events and asks for donations. With planned giving, people put OU in their wills or give to the university through stock or insurance policies. Schmucker helped people sort out documents for these types of gifts.

Because her job involves asking people for money, some people couldn't imagine having it, Schmucker said.

She loves it.

Her department matches volunteers and donors with ways that they can contribute. This way, those who want to give back to the university will find it rewarding.

She said that donors often thank her before she gets a chance to thank them. She also sets up ways for students to meet those who give them scholarships.

She wants to educate the campus community about the importance of fundraising.

Schmucker was hired after a national search that started in September, said Michelle Piskulich, associate provost. A search committee of people from different departments worked with a search firm to find candidates. 25 were eventually whittled down to three, and President Hynd made the final decision.

"I am thrilled that Angie is stepping into this role, which will benefit the university while the DAR division transitions to its next chapter of enhancing alumni relationships and raising private support for Oakland University," Hynd told OU Communications and Marketing. "She is an accomplished and dedicated fund-raising professional."

Piskulich said the ideal candidate will unify the ideas of development and alumni relations. Schmucker was already a dedicated player at OU.

"I have a lot of respect for her," Piskulich said.

Schmucker will have to meet the goals of OU's strategic plan and raise funds. She'll also have to "build friends for the university," she said.

"You do that by doing the right thing," Piskulich added.



Courtesy of Oakland University Communications and Marketing

Angie Schmucker took over the job of vice president of development and alumni relations on March 1. Schmucker previously served as interim campaign director and director of annual and planned giving.

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Active shooter workshop aids in keeping campus prepared

Sarah Lawrence
Staff Reporter

On Feb. 17, the Oakland University Center for Excellence in Teaching and Learning (CETL) presented the “Active Shooter on Campus” workshop as part three of four in its annual “Creating a Safe Campus” series.

This workshop was among other facilitated by OUPD Chief of Police Mark Gordon, and lasted approximately one hour and thirty minutes.

The Center for Excellence in Teaching and Learning is a professional development center dedicated to full- and part-time professional staff to improve support for every teaching and learning environment in order to prevent issues in the classroom through workshops and training programs.

“We’ve brought the series back due to an increase of classroom instability and behavior concerns from students with needs for special accommodations, stress and issues with social skills,” Judy Ablesser, director of Center for Excellence in Teaching and Learning, said.

The “Active Shooter on Campus” workshop is available to faculty, staff and graduate students so that they may have the tools to help support students in their learning environment. These will allow them to become aware in order to identify and prevent extreme behaviors.

Oakland University has worked to make these tools available as a result of an increase in extreme behavior and active shooter situations nationwide over the last twenty years. Holding workshops and other safety series provide a way to determine the best practices for dealing with active shooter situations.

“This ‘lunch and learn’ activity is centered on a 22-minute video that campus security and police departments started showing to their faculty and staff on how to deal with extreme behavior situations,” Gordon said. “It’s not specific to Oakland University, however it provides a great demonstration about the three options individuals have when faced with this situation... get out, hide out or take out.”

These programs ensure that faculty and staff are engaged and equipped with the necessary tools for identifying a plan of action in any specific environment such as classrooms or other campus buildings. Additionally, part of this event allowed those in attendance to address and discuss the topic of including these extreme safety plans in their syllabus, similar to the ways fire and extreme weather procedures are included, as a way to keep students informed in worst-case scenarios.

“These are great tools because of how important it is to get the word out and be prepared to react in any situation,” Gordon said. “These programs allow us to create life-saving strategies that can be used in life-threatening situations. It is essential to have a plan to fall back on because people aren’t always thinking clearly in a high-stress situation.”

OUPD and Chief Gordon have been involved in facilitating six of these workshops since the beginning of the 2015-2016 school year, in addition to over 120 presentations since the Virginia Tech shooting in 2007.

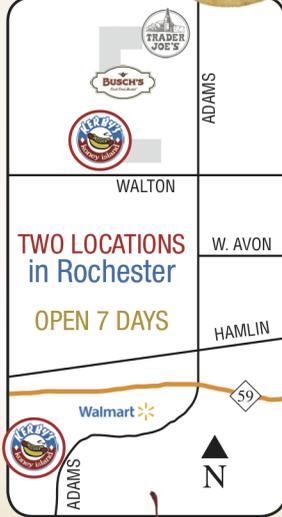
For more information about campus safety and other workshops through the Center for Excellence in Teaching and Learning, contact Judy Ablesser or visit their office in 200A Elliott Hall.




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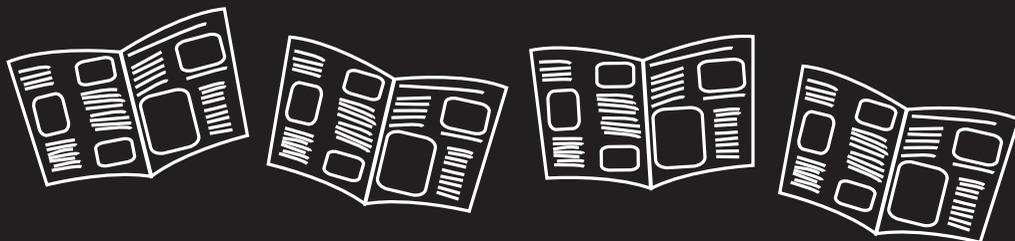
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2016 HORIZON LEAGUE PREVIEW

CONTENT: SAM SCHLENNER | PAGE 12

AFTER LAUNCHING FROM THE CONFERENCE-PLAY START BY WINNING OAKLAND MEN'S BASKETBALL FROM MARCH MADNESS. HERE'S WHAT TO WATCH OUT FOR AS THE GOLDEN GRIZZLIES

*Stats used are overall

#4

GREEN BAY (19-12, 11-7)

Average 85 per game, let in 81.1 per game. Triple threat: Carrington Love, Charles Cooper and Jordan Fouse all average in double digits for scoring per game.

VS. OAKLAND 1/23 @ GREEN BAY 111-93 OU
VS. OAKLAND 2/13 IN THE O'RENA 111-93 OU

#9

CLEVELAND STATE (9-22, 4-14)

Score 61.1 per game but allow only 67.9 per game. Shoot 67.9 percent from the line.

VS. OAKLAND 1/2 IN THE O'RENA 86-68 OU
VS. OAKLAND 2/6 @ CSU 67-57 OU

#5

MILWAUKEE PANTHERS (19-12, 10-8)

Matt Tiby scores 15.6 per game and grabs 8.3 boards. Jordan Johnson sitting right next to Felder with 254 assists on the season to Felder's 292.

VS. OAKLAND 1/25 @ MILWAUKEE 82-79 OU
VS. OAKLAND 2/11 IN THE O'RENA 93-85 OU

#8

NORTHERN KENTUCKY (9-20, 5-13)

Their top five scorers average in double digits, but the threat drops off there, with no other player scoring above four a game.

VS. OAKLAND 1/19 IN THE O'RENA 90-73 NKU
VS. OAKLAND 2/1 @ NKU 85-74 OAKLAND

#1

VALPARAISO CRUSADERS (26-5, 16-2)

Vice-like defense holds teams to 61 points per game. +14.2 scoring margin, averaging 75.3 points per game.

Alec Peters shoots 50 percent from the field, 46 percent behind the arc and 85 percent from the line. 17.5 points and eight rebounds per game. A force.

VS. OAKLAND 1/8 IN THE O'RENA 84-67 VALPO
VS. OAKLAND 2/19 @ VALPO 96-84 VALPO



Because the No. 1 and 2 seeds net a double bye, Oakland goes straight to the semifinals and

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LEAGUE CHAMPIONSHIP VIEW

GRAPHIC DESIGN: SARAH LAWRENCE

THE DEPTHS OF A LUKEWARM 3-3
WINNING 10 OF ITS LAST 12, THE
TEAM IS TWO VICTORIES AWAY
IS WHO AND WHAT TO WATCH
BATTLE IN JOE LOUIS ARENA:

...ll, not conference-only



OAKLAND GOLDEN GRIZZLIES (21-10, 13-5) #2

Score 87.3 per game, managing a +7.8 scoring margin.
Five Golden Grizzlies average double-digit scoring per
game.
Kay Felder leads the Horizon League in points-per-game
with 24.4.

WRIGHT STATE RAIDERS (19-12, 13-5) #3

Don't score much (68.2 per game), don't win by
much (scoring margin +1.9), but they win.
Responsible for Valparaiso's sole two conference
losses.

VS. OAKLAND 1/29 IN THE O'RENA 89-63 OU
VS. OAKLAND 2/15 @ WRIGHT STATE 89-73 OU

#10

UNIVERSITY ILLINOIS CHICAGO (5-24, 3-15)

Don't score much (67.5 per game with a -10.2 scoring
margin), but have a gem in freshman Dikembe Dixson,
third-best scorer in the league with 19.5 per game.

VS. OAKLAND 1/10 IN THE O'RENA 88-61 OU
VS. OAKLAND 2/21 @ UIC 74-63 OU

DETROIT TITANS (15-14, 9-9)

#6

Score 83.8 a game but allow 83.
Paris Bass scores 18.7 a game and grabs 7.7
rebounds. And he's only one of their men to beat.

VS. OAKLAND 1/16 @ DETROIT 88-82 OU
VS. OAKLAND 2/26 IN THE O'RENA 108-97 OU

#7

YOUNGSTOWN STATE PENGUINS (11-20, 6-12)

-7.5 scoring margin, allowing 83.5 a game and
scoring 76.1
Cameron Morse is second-best scorer in the
league with 20.1 a game.

VS. OAKLAND 1/4 IN THE O'RENA 100-98 YSU
VS. OAKLAND 2/4 @ YOUNGSTOWN 107-85 OU

...e-bye in the Horizon League Championship,
...plays at 9:30 p.m. ET on Monday, March 7.

...or listen on WDFN-AM (1130).

...e finals at 7 p.m. ET on Tuesday, March 8.

...r listen on WDFN-AM (1130).

...://motorcitymadness.horizonleague.org/.

Six weird ways to boost your energy without a \$5 coffee

Amy Swanson
Staff Intern

1. Sing

As if you need another reason to belt out some Adele! Researchers in London found that singing increases energetic arousal and decreases tension almost as much as a cardio workout, according to Prevention. WebMD says it gives you an emotional high while reducing stress hormones. Consider saving this one for outside the library, though.

2. Massage your ears

This has to do with stimulating acupressure points. According to Reader's Digest, ear reflexology goes back to traditional Chinese medicine. By rubbing your ears, you will increase blood

circulation and therefore boost energy. It is suggested to pinch the rim of each ear and rub up and down for 10 to 30 seconds.

3. See red

One study done by the Lighting Research Center found that red light helps to increase alertness in the afternoon, which is often the time people start to lag. Researchers believe the color red increases receptiveness to external stimuli, which could affect a person's emotional and motor responses, according to The Wall Street Journal. Another study found that the color makes muscles move faster and work harder, giving a burst of energy, according to Health Magazine.

4. Chew gum

It's not just for blowing bubbles.

A study found that those who chewed gum for 15 minutes felt more alert than those who didn't, according to Prevention.

Andy Smith, who has a Ph.D. in psychology, and the author of the study, said it increases heart rate, which increases blood flow to the brain. It also increases alertness by stimulating the autonomic nervous system, which is the part of the nervous system that regulates the body's involuntary functions like breathing and heartbeat, according to Medicine Net. Reach for mint gum in particular, as it arouses nerve fibers.

5. Laugh

According to Everyday Health, a good chuckle acts like a big stretch for your body. It helps to speed up circulation by tens-



Elyse Gregory / The Oakland Post

Chewing gum can be a more affordable choice of energy boost.

ing and releasing muscles. Your breath also quickens, which helps to send more oxygen to the brain. This is your scientific excuse to take a break from studying and watch a few Vine compilations.

6. Tap your thymus

The thy located in the center of your chest below the collar bone and above your breasts.

When tapped, it triggers the production of T-cells, a type of white blood cell, which boosts energy and relieves stress, according to Shape Magazine. Marian Buck-Murray, a nutrition coach, recommends tapping your thymus with your fingertips for 20 seconds while taking slow and deep breaths.

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Staying healthy during the semester slump

Students can stay motivated throughout semester by keeping a positive mind, active body

Shelby Tankersley
Staff Reporter

Breaking news: we have now entered the final stretch of the academic year. Finally.

As the weather gets warmer (or stays cold, whatever) and finals get closer, it gets harder to stay in and study or do homework. Unfortunately, the almighty GPA needs the student to study if it is to be maintained.

That being said, here are some simple ways to stay motivated to do school work and keep a positive attitude as the semester draws to a close.

Exercise

This might seem obvious, but it's often overlooked.

According to Tamara Hew, an exercise science professor, even the smallest bit of exercise can put people in better moods and make them more productive.

"The recommendation is three times a week for at least 20 to 30 minutes," Hew said. "It doesn't have to be a long time, though that normally produces a stronger effect."

Hew said that aerobics, like walking or running, have the best outcome with motivation. She stressed that something as simple as choosing to walk places can help keep people awake and alert.

Vitamins

These are easy to forget, but they can help a lot.

Erica Wallace, the wellness and health coordinator for the Graham Health Center (GHC), said that women often lack vitamin D in their body. So, with recommendation from a doctor, taking vitamin D can help keep people positive. Vitamin C is good to keep on hand as well.

By the way, vitamin D is found in sunshine, so it's literally like putting sunshine in your body. Enough said.

Sleep

"Sleep is extremely important," Wallace said.

Wallace stressed that missing just an hour or two of sleep can have a massive effect on how well we function during the day.

If you want to get lots of studying done during the day, get at least six hours at night. It can make a difference.

Food

This one can get hard since lots of college students don't exactly have a lot of money. Let's face it, Ramen is cheap.

It's a well known fact that eating a balanced diet makes people feel better, but Wallace had some specific suggestions.

She said that carbs, like apples, can give you a quick bit of energy. She also recommended proteins, like chicken or almonds, which take a little longer to break down, resulting in a longer-lasting effect.

Friends

"Social interaction is really important," Wallace said. "Have a study buddy or someone to work out with."

Wallace said that doing things for yourself, like seeing friends, is often overlooked as being a positive force in our mood. She said that making time to do things we really enjoy, like seeing our buddies, helps us get more done.

So keep friends around while you study. They make it easier to do and can often help the time pass faster.

Bonus: Something to avoid

Most people like to have coffee or soda during the day. Wallace said that having too much of it is actually counterproductive at keeping us awake and active. Water is better.

She said to especially avoid things like energy drinks or Adderall if you aren't prescribed to it.

More information on these tips and more can be found on the GHC website.

How to stay alive, awake, alert, enthusiastic

1. Use as much natural light as you can.
2. Foods that help produce serotonin, like bananas and eggs, are good for your mood.
3. Get a new hobby.
4. Drink less alcohol, or don't drink it at all.
5. Drink lots of water.
6. Make it a point to see your close friends.

—Buzzfeed, "9 Small Changes that can Help with Seasonal Depression"



Wurood Najim / The Oakland Post

Many students try to avoid a mid-semester slump by studying constantly. Getting plenty of sleep, eating right and maintaining social interaction can help improve grades.

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Disjointed campus causes dislocations

Student with rare genetic disorder combats Oakland's terrain daily, does not see enough changes

Grace Turner
Life Editor

Every morning, Ize Spielman has to pop her shoulder back in place after rolling over to turn off her 4 a.m. alarm.

This is the first of many joint dislocations each day. “I dislocate joints from laughing,” she said.

She gets ready and drives to OU, where she tries to live as normal a life as possible.

The junior is studying Japanese. But class work isn't her biggest challenge at OU. Infrastructure is.

Her condition

Spielman needs a handicapped space with the striped box on the driver's side so she has room to get out of her car and unfold her wheelchair. She gets to OU around 7 a.m. to ensure a spot.

Her first class doesn't start until 9:20 a.m.

The delightfully sarcastic 26-year-old has a very rare connective tissue disorder. Everything holding her joints together is weak, so dislocations are normal but painful. If someone shakes her hand or pats her on the shoulder too hard, her bones could be thrown out of whack. Spielman pushes them back into place.

The genetic disorder is called Ehlers-Danlos Syndrome Type III.

“It's a disease rare enough that doctors Google it,” she said.

Other doctors ask her how to spell it or treat her like a celebrity because she's the first person they've met with the condition.

Spielman has a hard time opening doors on her own, and not all of the handicap buttons on campus work. She could dislocate something by pulling or pushing too hard or by approaching at the wrong angle.

“Do you know how embarrassing it is to say, ‘I got injured by a bathroom door?’” she said. She later added, “The fact that I get hurt by infrastructure doesn't exactly give me a warm fuzzy feeling.”

Each time Spielman realigns something, the bones knock against each other, scraping down the edges. Eventually, they will be misshapen.

Spielman has to drive between classes because her circulation cuts off in the cold. She described it as fast-acting frostbite. If she can't move her hands, she can't move her chair. So another hunt for a traffic spot ensues.

Another difficulty Spielman faces are the hills.

“Elliott Hall ramp is not an accessibility ramp,” she said. “It's for launching stuff into space.”

Spielman can walk, but she compared it to someone walking on a broken leg—it's painful and dangerous. She could dislocate a kneecap and fall, hitting her head or dislocating something else.

It's not just her joints.

“I am in constant pain,” she said.

She is so used to it that her pain tolerance is enormous. She doesn't always feel burns and only found



Elyse Gregory / The Oakland Post

Junior Ize Spielman, who lives with Ehlers-Danlos Syndrome Type III, a genetic disorder that affects her joints, faces difficulties with Oakland University's infrastructure. Just having to open a heavy door could dislocate her shoulder.

out that her foot was broken after mentioning that it was a little sore during a routine shoulder X-ray.

She bruises so easily that her teachers used to worry she was abused at home.

Her disorder also comes with a very high drug resistance and alcohol tolerance. Doctors have a hard time knocking her out before surgeries.

Pain is draining, and Spielman has to worry about classes, two cats and apartment upkeep.

“I always think in terms of energy,” she said.

Spreading the word

There's not much Disability Support Services (DSS) can do, Spielman said.

“It's not like they're going to make my legs work,” she said.

However, she has informed DSS of the infrastructure problems.

“When I say I've heard it all, I've...yeah,” she said of empty promises to repair handicap buttons. Sometimes they're fixed for a little while but break later.

However, that doesn't stop people from helping when they can. They open a door or push her wheelchair.

“People who help me are awesome,” she said.

She not only appreciates it. She likes talking about her disorder. If people understand what she goes through, they will be more open to helping her and others, she said.

Understanding and familiarity can be essential.

The earlier the condition is diagnosed, the more doctors can help. Spielman cried tears of joy when she was diagnosed at 21. She could finally get answers and proper treatment.

Since the diagnosis, Spielman has stuck with a few doctors—an expert on her condition and specialists who manage pain and injuries.

Ize

Spielman likes to make others happy.

“I like making people laugh,” she said. “It cheers me up.”

When a venue is available, Spielman performs a comedy routine that she calls “Ask an Aspie.” Spielman has Asperger's syndrome, and the routine revolves around how she sees the world.

She also likes kids.

A little boy in her apartment complex called her “cane lady” or “chair lady,” to his mother's horror. Spielman thought it was adorable. She likes to do arts and crafts with him and other children from the complex. One boy bedazzled her cane with owl stickers.

In the long run, Spielman wants what most people want.

“Get a good job, do a good job,” she said.

Fall in love. Adopt some children.

Her next goal is graduate school, where she hopes to get a doctorate degree in macroeconomics.

“I want to be happy,” she said.

'Game Not Over: Gender and Digital Culture'

WGS film festival to highlight sexism in videogames

Alexus Bomar
Staff Reporter

On March 12, the Women and Gender Studies (WGS) program invites members to its 32nd annual Film Festival with this year's event called "Game Not Over: Gender and Digital Culture," featuring a screening of "GTFO: A Documentary about Women in Gaming."

Ami Harbin, assistant professor of philosophy and WGS and assistant director of WGS, is organizing the film festival this year.

"Directed by Shannon Sun-Higginson, the documentary 'GTFO' chronicles sexism in video games through interviews with video game developers, journalists and academics," Harbin said.

According to Harbin, the film was nominated for Best Documentary at last year's Stockholm Film Festival and focuses on the history and experiences of women in gaming and in the gaming industry. It also addresses the discouragement of young girls from participating in gaming, among other topics.

"I have been involved in the organizing committee for the past three WGS Film Festivals and was excited to continue to work with the festival this year," Harbin said.

The other committee members include Erin Meyers, Courtney Brannon-Donoghue and Anja Wieden.

The committee is proud that there have been people organizing the festival for 32 years.

According to Harbin, the festival has screened films on a wide variety of topics over the years, including women and work, women and sports, and women at war.

"This year, the issue of women and gaming has been receiving a lot of attention following GamerGater, a harassment campaign against women and other minorities in gaming culture over the last two years," Harbin said.

According to Harbin, speakers with expertise on the topic of the film festival are

invited. After the screening, the discussion this year will focus on issues relating to women in gaming culture, industry and design.

"We have panelists from backgrounds in media studies, communication, psychology, philosophy, modern languages, as well as student group organizing, who will talk about what they see as major issues women face," she said.

Two of the six panelists, Sam Srauy, an assistant professor in the Department of Communication and Journalism at OU, and Casey O' Donnell, an associate professor in the Department of Media and Information at Michigan State University, study games and game culture.

According to Erin Meyers, assistant professor of communication, all of the panelists will talk briefly about their thoughts on the film, make connections between their experiences with gaming and the film, and the audience will have a chance to ask questions. After the panel discussion, there will be games projected on the screen and there may be an opportunity to play a few.

"We hope that [the film festival and discussion] will open people's eyes to an ongoing issue about sexism and harassment online, not just in gaming culture, but beyond as well," Meyers said.

The documentary contains some violent content and is suggested for mature audiences.

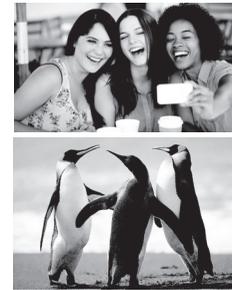
The festival will take place from noon to 4 p.m. in the Human Health Building, room 1050.

According to the program's website, the field of Women and Gender Studies investigates the systems of gender, power and representation that shape the lives of both women and men through all stages of life.

The program offers a WGS major and minor, a new minor in LGBTQ studies and also offers courses relating to issues of gender and sexuality. Intro to WGS (WGS 200) counts as a general education requirement.

For more information about the Women and Gender Studies program and film festival, visit oakland.edu/wgs.

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Get your selfie game on! The Post will be creating a collage each week featuring student submissions of selfies with the Grizz. Just direct message your photos to @theoaklandpost on Instagram or to The Oakland Post on Facebook.



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the mix

8 GREAT THINGS ABOUT MARCH

- 1. MARCH MADNESS:** The NCAA men's basketball tournament is simultaneously the most exciting and frustrating sporting event of the year. Our brackets are sure to be busted after the first weekend.
- 2. SPRING:** Imagine a time where the air won't hurt your face and scrapping your car will be a thing of the past. Sunday, March 20 is technically the first day of Spring, though we'll believe it when we see it.
- 3. EASTER:** 'Cause candy.
- 4. READING MONTH:** March is a great time to celebrate our favorite books and authors, so here's to a month of reading J.K. Rowling and *Harry Potter*.
- 5. BATMAN V SUPERMAN:** Two of comic book's biggest icons are about to duke it out on the big screen. Yeah, we're excited.
- 6. SHAMROCK SHAKES:** The best green, minty milkshake from McDonald's is already available, but you know we'll be back for more all month long.
- 7. BASEBALL:** Spring training is in full swing, and even though it's just a tease for the regular season, we're excited to see our boys of summer out on the field.
- 8. ST. PATRICK'S DAY:** We finally will have an excuse to wear those hideous green shirts that take up space in the closet.

— Compiled by Scott Davis,
Managing Editor

YAKS of the WEEK

Yik Yak:
The voice
of the
people



1. "No mom, fall semester grades still haven't been posted."
2. "My favorite part of cooking is when it's done and the delivery person gets here."
3. "Exit the womb they said. It'll be fun they said."
4. "I need a day in between Saturday and Sunday."
5. "I think I peaked in third grade when I was the line leader."
6. "Kanye is the kind of guy to upvote his own Yak as soon as he posts it."
7. "Why didn't Leo laugh at the Oscar joke? Because he didn't get it."
8. "20 years old, moving out of my parents' house... Mom reminds me that I can only have half a pop a day."
9. "Vampires are always like, 'I could kill you if I wanted.' Yeah? So could another human being. So could a dog. So could a dedicated duck. You aren't special."
10. "You know when you are taking out the trash and you realize you forgot to bring the trash? You just stand there for a minute and think to yourself, 'am I the trash?'"

— Compiled by Shelby Tankersley,
Staff Reporter

TOP TUNES

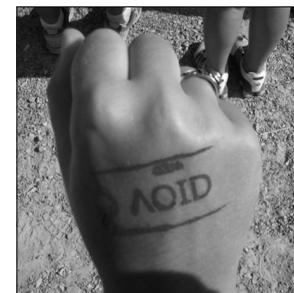
wxou albums
of the week

1. JAMES HUNTER SIX – "Hold On!"
2. MONEY – "Suicide Songs"
3. CIAN NUGENT – "Night Fiction"
4. RATBOYS – "AOID"
5. MARLON WILLIAMS – "Marlon Williams"
6. BENJI HUGHES – "Songs in the Key of Animals"
7. DAVID BOWIE – "Blackstar"
8. CHRIS BATHGATE – "Old Factory"
9. JULIEN BAKER – "Sprained Ankle"
10. TY SEGALL – "Emotional Mugger"

ALBUM SPOTLIGHT

#4. Ratboys — "AOID" (Topshelf Records)

"I always wondered about how my life will turn out," singer/guitarist Julia Steiner sings on "Charles Bernstein," a nod to twenty-somethings everywhere who are unsure of what their future holds.



On their debut album, Ratboys (from Chicago) channels that youthful uncertainty into an extremely hummable sound somewhere between mellow indie rock, folk and country. "AOID" was released in 2015 on Topshelf Records but is just now being serviced to college radio. Since that time, Ratboys have toured in support of the album which included a stop at a punk rock house show in Flint, MI this past summer.

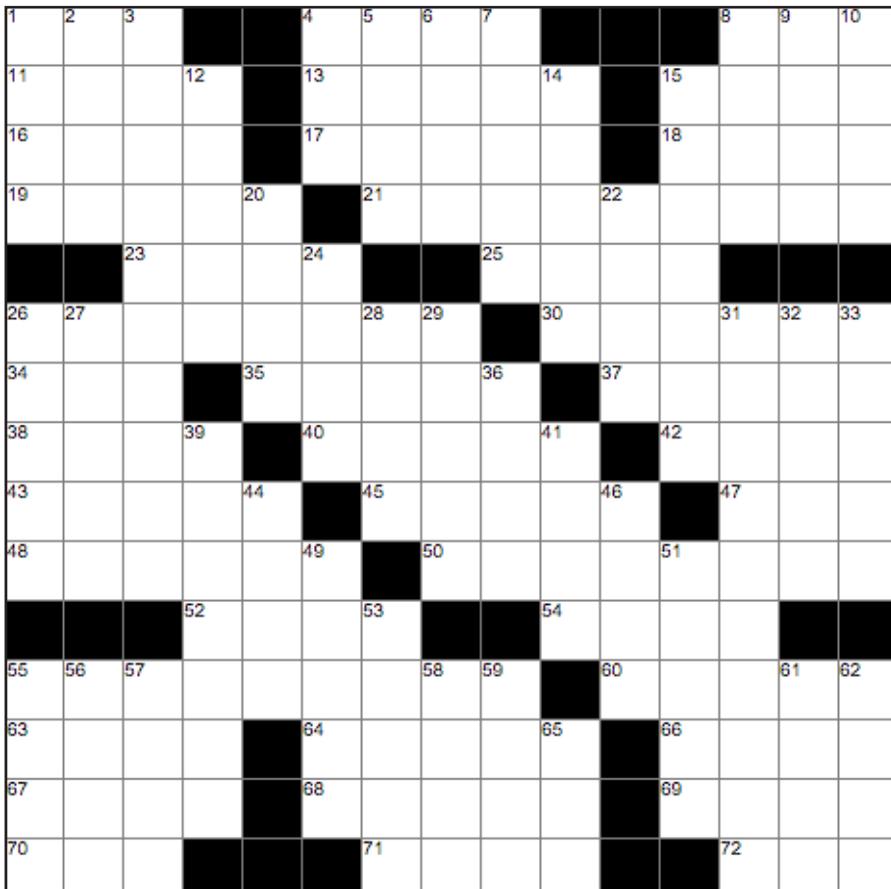
Gorgeous melodies from singer/guitarist Julia Steiner are as breezy as a warm Saturday drive with the windows rolled down. Steiner's infectious voice and fragile hooks will get stuck in your head, consider yourself warned.

Start with: "MCMXIV," "Charles Bernstein," and "Folk Song For Jazz"

Recommended if you like: Hop Along, Julien Baker, Wye Oak

— Anthony Spak, WXOU Music Director

Puzzles



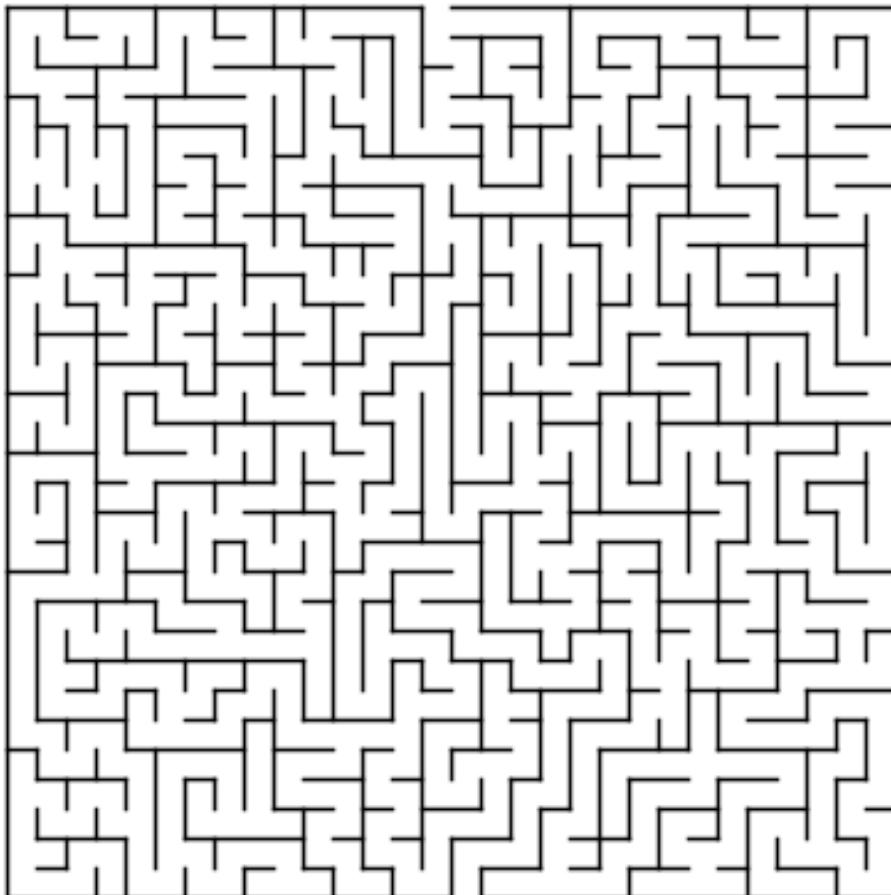
Across

- 1: Shortchange
- 4: Resistance units
- 8: ___ alai
- 11: Senate votes
- 13: Type of gold
- 15: Acidic
- 16: Stable mate
- 17: Synagogue scroll
- 18: Stole stuff
- 19: Knitted wrap
- 21: Ones who testify
- 23: Cat call
- 25: Flipped fish fancier
- 26: Making do?
- 30: Time-saving marks
- 34: Trite
- 35: Small hill
- 37: Bloodsucker
- 38: Insignificant upturn
- 40: Lieu
- 42: Art ___
- 43: Jeff Gordon, notably
- 45: Provide with a source of income
- 47: Merlot cask
- 48: Metallic tests
- 50: Tall maple tree
- 52: 'To Renew America' writer Gingrich
- 54: Half hitch, e.g.

- 55: Sincere outpourings
- 60: Neither wins nor loses
- 63: Hit the horn
- 64: Go bad
- 66: City map
- 67: They often clog the major arteries
- 68: Reddish orange dye
- 69: Roll call response
- 70: 'I wonder...'
- 71: Judge
- 72: LP measure

Down

- 1: Workout sites
- 2: 'You betcha!'
- 3: Emergency workers said camper exploded (10)
- 4: Many a time
- 5: Robin of Sherwood
- 6: 'Don't stop'
- 7: Reactions to fresh remarks, maybe
- 8: Fall in
- 9: Your father's sister
- 10: Vexes
- 12: Runoff collector
- 14: Did a smithy's job
- 15: Refined, as metal
- 20: Door fastener
- 22: Tooth's partner
- 24: Finishes first
- 26: Charmed animal?
- 27: Earthenware
- 28: Memo
- 29: Secluded valleys
- 31: Prohibition adherent
- 32: Transpire
- 33: Did superbly
- 36: Woman of wealth, often
- 39: Where to find Woodstock
- 41: Berth place
- 44: Deli loaves
- 46: Magician's prop
- 49: Rustling sound
- 51: Shift shape
- 53: Drank to excess
- 55: Inscribe with acid
- 56: Pillow filler
- 57: 1040EZ, e.g.
- 58: What the fourth little piggy had
- 59: Trig ratio
- 61: Change shape
- 62: Tobacco pipe part
- 65: Flight from justice



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

A legacy and fleece blankets: Men's soccer prepares both

Ally Racey
Staff Reporter

After winning three conference titles in four years, Oakland University men's soccer competes this spring and fall season without its eight seniors.

"I call it a recalibration of the team," head coach Eric Pogue said.

He wanted a creative way to orient this season's team, so nearly every Sunday evening the group meets for an hour or two and discusses what each player can do to be a strong and respectable team member. The meetings aren't only for building a team, but for building chemistry and a culture.

"It's not about soccer—it's more about creating a good team dynamic," Pogue said. "It's an opportunity for us to just sit down together and build a winning team."

Redshirt freshman Nash Popovic said the meetings help clarify what Pogue expects.

"They help us get ideas for what we want to do as a team moving forward," Popovic said.

The idea sparked when Pogue read the book "Legacy" by James Kerr, which covers the All Blacks of New Zealand, a successful rugby outfit. It stresses 15 powerful and heuristic lessons of leadership, including sustained success, turning purpose into practice, handling pressure and how to achieve world-class standards, day after day, week after week, year after year.

It asks what the reader's legacy is.

"The book shaped us as a team, and we are finding our team identity," junior Brendan Woodfull said.

He said it was a big deal when eight starting seniors — Jacob VanderLaan, Derek Nowak, Shawn Claud Lawson, Matt Dudley, Raphael Reynolds, Matt Rickard, Gerald Ben and Elliott Tarney — left. Seniors aren't eligible to play in the spring.

"You're always skeptical of how you're going to do, but having these meetings and training and everything that has happened so far, it seems like we really haven't lost our touch of a winning team," Woodfull said.

"I don't think next year is going to be a relapse year...I think we're going to come out strong."

At the end of each meeting, Pogue assigns two upperclassmen a chapter to read and share with the team during the next session.

"Getting to see what the pros do and how they became successful, you start getting ideas of what you should be doing to get to that same level one day," Popovic said.

A guest speaker often attends the sessions. Pogue said he brings in other Oakland coaches, like women's basketball head coach Jeff Tungate, or someone outside of the university.

During the Sunday, Feb. 28 meeting, former athletics academic advisor for Oakland and current University of Michigan-Flint assistant professor De'Andre Shepard, Ph.D, attended.

Shepard talked about living your organization: loving what you do, embracing your style and uniqueness and surrounding yourself with people you can learn from and ones you can teach.

Pogue said not many people know what goes on off the soccer field, and that these sessions show the work the team puts in when nobody is watching.

"To be able to interact with them more often and get a chance to know them and them get a chance to know me, I think it opens up the dialogue and kind of humanizes everybody a little bit," Pogue said. "And I

think these are the kind of things that make us successful on the field."

Woodfull believes the meetings are great for the new players because they are able to come in and see how the returning players act on the team.

"It kind of helps mold them into our team," he said.

Fleece blankets

Feb. 28 was the first meeting after winter break, so instead of discussing the book, Pogue thought it would be a rewarding and fun idea to give back.

Oakland soccer alum Nicholas Kristock founded Fleece & Thank You, a non-profit that brightens up the days of sick children.

After spending nearly two years playing professional soccer in Australia, Kristock started the organization, he was inspired by Sophie, a 4-year-old girl battling neuroblastoma whom he met while volunteering in hospitals in Australia.

"I saw that maybe six out of 20 kids on a floor were getting blankets and 14 kids were having to watch six kids get blankets and say, 'why don't I get a blanket?'" Kristock said. "So I want to make sure that every kid gets a blanket every time."

He said it's pleasing seeing so many people wanting to help and volunteer, especially at his old stomping grounds. Popovic said it's great the team was able to help out.

"It's just always nice to do things like that because it just brings a smile to your face and you know it's for people who need it," he said.

Woodfull and Kristock were teammates before he moved to Australia in 2014.

"It's great that [Kristock] is able to get us involved in it and it's great that we can help out anyway we can," Woodfull said.

Pogue jokingly said they are guys and they don't really react to things like this. But he said a person doesn't fully appreciate the value of this service until they actually participate.

"I think it's important for them to take their Sunday night to do something important like this," Pogue said. "It means a lot to me, to the program, to each other and to the young children that get these [blankets]."

"It says a lot about people's hearts," Kristock said. "Love is a common thing no matter who you are, what color your skin is, [or your] religion. Everyone wants to love on other people and this is a really easy way to do it."

Oakland's next match is at 7 p.m. ET on Saturday, March 12 against Northwestern Ohio (NAIA) in the College Clash at the Legacy Center in Brighton, Mich.



Dongfu Han / The Oakland Post

On Sunday night, the men's soccer team helped make blankets for "Fleece & Thank You," a non-profit organization founded by Oakland soccer alum Nicholas Kristock.



Dongfu Han / The Oakland Post

The team gathers nearly every Sunday to discuss chapters from the book "Legacy" by James Kerr in order to learn effective leadership skills. Guest speakers visit frequently.



Ron Stevens / Contributed photo

The women's track and team brought home its first Horizon League indoor championship on Sunday, Feb. 28.

Track and field brings home the gold

Women's team takes first, men's places third at final indoor meet

Hannah Gorosh
Staff Intern

Athletic Director Jeff Konya might need more trophy space soon.

Oakland women's track and field won the Horizon League Women's indoor track and field championship on Sunday, Feb. 28, the seventh conference title for Oakland Athletics this academic year. The men's team placed third in the meet with 126, behind Milwaukee's 132 and Youngstown State's 197.

The women reached for victory in the 3000 meter run.

"We were down 21 points and we put it on the shoulders of our distance runners," Oakland head coach Paul Rice said in the post-meet GrizzVision interview.

"And they answered the call. They scored 31 points."

The Oakland women won their first-ever Horizon League indoor track and field championship with 159 points, barely beating out Youngstown State, the host at the Watson and Tressel Training Site, who had 155.

The Golden Grizzlies sealed

the deal in the last event, the 4x400 relay. They placed fourth with a time of 3:56.44 and secured five points.

"It was like a victory lap for us," Rice said. "It was something I've never seen or experienced before. It was just an awesome day all around. Awesome weekend."

Senior Miranda Haas was named outstanding performer for running events, Rachel Levy secured freshman of the year for running events and Rice was dubbed women's coach of the year.

Eight Oakland women posted podium finishes.

Haas won the 5000 meter in 17:36.67. Oakland gained 22 points thanks to Haas, Sammy Mondry and Kaitlin Catania, who placed within the top eight.

Levy won the 3000 meter in 9:58.19 and placed third in the mile. Haas got second in the 3000m.

Sophomore Kendell Jefferson broke the school record in the 60 meter dash, placing second with 7.62 seconds.

"These are trophies that the team won. The coach of the

"These are trophies that the team won. The coach of the year award is awesome but it's a team award ... We are just really flying high right now."

Paul Rice
Track and field head coach

year award is awesome but it's a team award," Rice said. "We have an awesome team, awesome coaches and we are just really flying high right now."

Ten Oakland men posted podium finishes.

Junior Nicholas Girodat broke two school records: the 60 meter dash (6.89) and 200 (21.62).

Bryce Stroede was Individual Scoring Champion and broke the Horizon League and Oakland record in the mile with a time of 4:05.04.

Christopher Scott won the 800 meter in 1:54.21

Both the men and women's team placed higher than Detroit, meaning that for the second year in a row, Oakland won the track and field Metro Series.

Felder and Konya: When in league tourney, one game at a time

Golden Grizzlies prepare for championship showdown at Joe Louis Arena next week

Katlynn Emaus
Staff Reporter

On March 7, Oakland men's basketball will play its first game of the 2016 Horizon League Championship. If the Golden Grizzlies win twice, they net a spot in March Madness.

"March 7 is the most important game of the tournament," junior Kay Felder, who was recently named Horizon League Player of the Year, said. "Then if we win, March 8 is."

The team will watch every game from both sides of the bracket and analyze its potential opponents, Felder said.

Tournament-style competition can be difficult for teams to plan for. There are upsets and blowouts. They must be ready to adapt.

"Well, it will be a new experience," Director of Athletics Jeff Konya said. "A new court, a new environment, a neutral site. So there will be a learning curve. I would assume the team will work inside-out and take care and control the items they can, and not worry about external contingencies."

"The season is a journey and hopefully, the lessons learned will assist in the preparation for post-season play," he said.

Felder mentioned Oakland's legacy.

"There have already been seven Horizon League titles," he said. "We want to be the next ones to get our names up there. To bring home the trophy for Oakland."

Oakland (21-10, 13-5 in the Horizon League) is sitting at the second seed behind No. 1 Valparaiso (26-5, 16-2).

"[Oakland] has talent and potential for greatness," Konya said.

"They have [shown] that in the regular season. But this is a highly-competitive conference with great student-athletes and coaches and programs. The Horizon League basketball product, as a conference, is fantastic, and compelling."

There are two main barriers that could hinder Oakland's bid for the Horizon League title, according to Felder.

"If we lose the lead or are down, that's a huge barrier," he said.

"Or, heaven forbid, if we have someone get hurt or there are any injuries. Those are the two biggest ones."

Konya said the team's focus should be the task at hand.

"Post-season is about taking one game, one half, one possession at a time and valuing each opportunity," he said.

"I would advocate to trust the process, and the coaches."

Konya said Oakland is unique because of how close-knit the Golden Grizzlies are.

"Words like family, or being brothers, is not simply lip service," he said.

Felder said the team is unique in their sense of dedication and commitment to success.

"We go hard," Felder said. "We want to win everything. If it's from the classroom, to on the court, to training, we are all in."

Oakland plays at 9:30 p.m. ET on Monday, March 7 at Joe Louis Arena. Watch on ESPNU or ESPN3 or listen on WDFN-AM (1130). If the Golden Grizzlies win, they play in the finals at 7 p.m. ET on Tuesday, March 8 at Joe Louis.

Watch on ESPN or ESPN3 or listen on WDFN-AM (1130).

For tickets and more information, visit <http://motorcitymadness.horizonleague.org/>.

GOLDEN DYNASTY PREVAILS

Swim and dive sweeps conference again

Streak extends to 38 straight conference titles for men's team, 23 straight for women

Hannah Gorosh
Staff Intern

After four days of history written by eight teams, Oakland took the Horizon League men's and women's swimming and diving championships for the 38th and 23rd year in a row, respectively, on Saturday, Feb. 27.

In the poolside and stands of the Oakland Aquatic Center, the vivacious crowd didn't leave disappointed as teams broke a total of 24 Horizon League and/or championship records.

"Our season is 144 days long and to work to that point, that many days consecutively over a school year like that and hope and pray that everything works out for these four days in February isn't easy to do," Oakland men's and women's head coach Pete Hovland said.

"I can't say enough about my staff and how hard they work, how long, and to our student-athletes. They are really a special group."

A highlight — the men's 400-yard medley relay. Cleveland State and Oakland exchanged the lead a couple of times and the Golden Grizzlies won by only five-hundredths of a second.

Oakland won the men's and women's 400-yard medley relays, which contributed 40 points to both teams' scores.

Brie Hines, a sophomore from University of Illinois-Chicago, was elated to grasp the Horizon League 1650 freestyle record.

"It's a mile, so it's pretty strenuous, but I worked all year for it," she said.

"I wasn't super happy with all of my races this weekend, so to be able to go out and re-

deem myself [and] get what I wanted, it's awesome."

Oakland diving coach Larry Albright was named the men's diving coach of the year after sophomore Stirling Fordham attained automatic qualification for the NCAA diving championships alongside Michael Klemm from Green Bay and Sean M. Scarry from UIC.

Fordham and fellow Oakland diver Joe Smith will compete in the NCAA zone diving meet on March 10 to 12 at Purdue University.

Hovland will be inducted into the Michigan Sports Hall of Fame next year.

Devon Nowicki was named men's freshman of the year after winning three individual titles at the meet.

Junior Patricia Aschan was named women's swimmer of the meet after taking first in all six events she competed in.

She was also named women's swimming and diving athlete of the year for the second year in a row.

Senior swimmer Nikki Flynn expressed her gratitude and team commitment with tears after the 400 yard freestyle relay, her last race at home with her fellow Golden Grizzlies.

"It was very, very special to be able to end my last race with such an amazing group of girls, and they wanted to do it for me," Flynn said.

"It is just an amazing honor. I am so grateful for them, and they pushed themselves and helped me push myself for that too."

She was able to attain three records in the meet. In the 400 free relay, her team tied the conference record — set by another Flynn relay team last December — in the prelims,

"It was very, very special to be able to end my last race with such an amazing group of girls, and they wanted to do it for me ... I'm so grateful for them."

Nikki Flynn
Oakland swim and dive senior

and broke it that evening.

"I could hear over the speaker. There was a lot of excitement and I knew that that meant something cool must have been happening," Flynn said. "It just motivated me to push myself even farther, and I knew that if I continued to push myself then I could achieve my goals, and luckily I was able to."

FINAL RESULTS

Quick facts:

- 24 league and/or championship records were broken
- Oakland won six events on the final day of the meet
- Patricia Aschan took first in all six of her events and was named women's swimmer of the meet and women's swimmer of the year
- Freshman Devon Nowicki, who was named freshman of the year, set a new league record in the 200-yard breaststroke, taking 2.5 seconds off the previous record
- Stirling Fordham was named diver of the meet and Larry Albright was named men's diving coach of the year

MEN'S

Oakland — 840

Cleveland State — 597.5

Wright State — 585

UIC — 399

Milwaukee — 382.5

Green Bay — 366

Valparaiso — 153

WOMEN'S

Oakland — 827.50

Milwaukee — 628.50

Wright State — 428

Green Bay — 401.50

UIC — 400

Youngstown State — 353

Cleveland State — 350.50

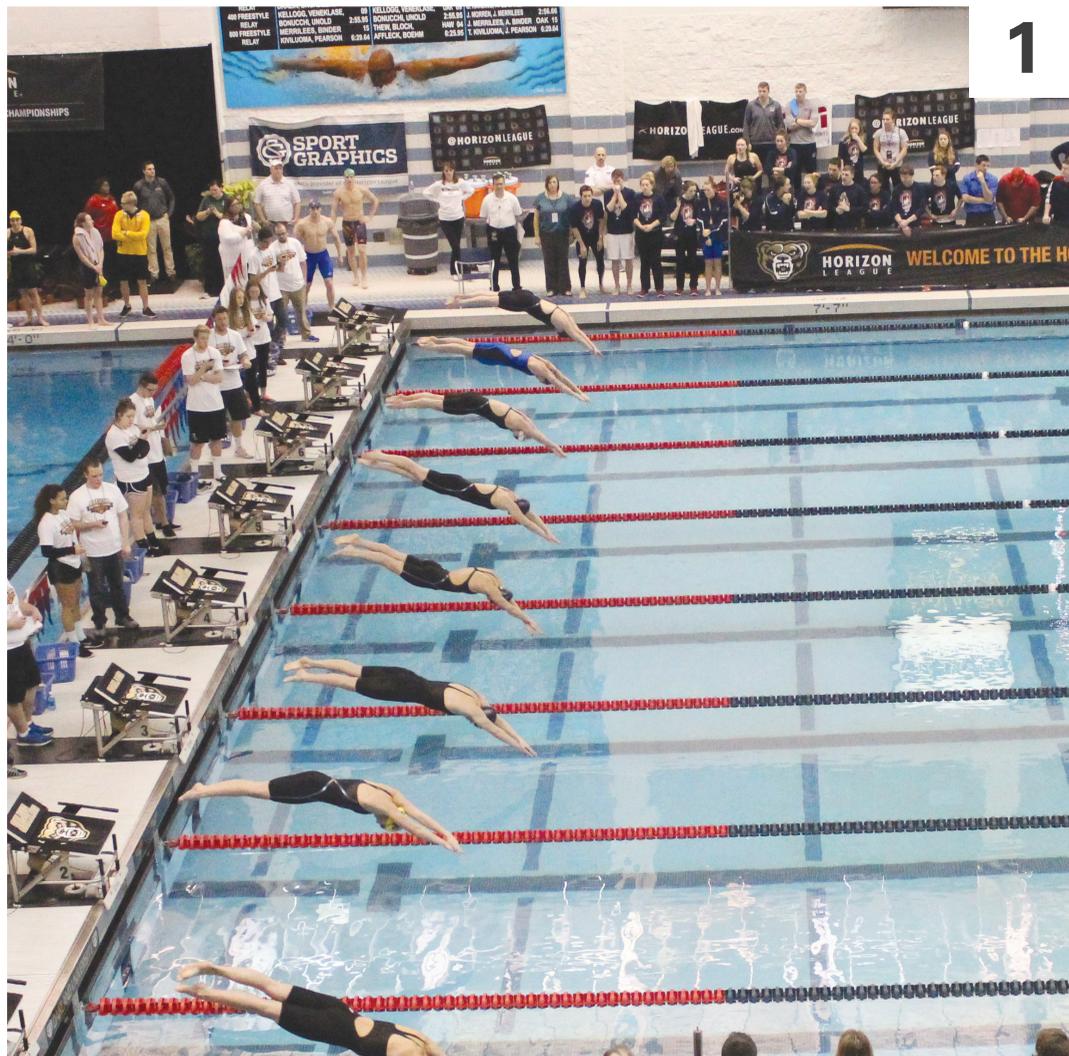
Valparaiso — 94

Making waves, history in the pool

Total of 24 league, championship records broken at this year's league meet, with seven set on the final day

Nowshin Chowdhury
Photo Editor

- 1.** Freshman Holly Morren (lane four) took first in the 100-yard freestyle with an NCAA B qualifying time of 49.71, which was also a Horizon League record.
- 2.** Golden Grizzly fans pack the stands on the final day of the 2016 Horizon League championship.
- 3.** The individual championship trophies sit on a table near the podium during the meeting. Oakland athletes brought home a total of 21 trophies in both individual and relay events.
- 4.** Swim and dive athletes cheer on their team during the final day of competing, applauding and chanting OU in response to another event win.
- 5.** Oakland head coach Pete Hovland, who will be inducted into the Michigan Sports Hall of Fame Class of 2016, embraces junior Patricia Aschan after she is named female swim and dive athlete of the year.



"They're an inside-out team, and it all starts with Kay Felder. He's the machine that starts the train."

Chris Jenkins
Detroit Titans sophomore



1

2



3



4

OAKLAND CLINCHES DOUBLE BYE

*Men's basketball takes
down Detroit Mercy*

Sam Schlenner
Sports Editor

Oakland (21-10, 13-5 in Horizon League) beat University of Detroit Mercy (15-14, 9-9) 108-97 on Friday night in the O'rena.

The Golden Grizzlies clinched the No. 2 seed in the Horizon League Championship, securing a trip straight to the semifinals, while UDM clinched No.6.

"Winning tonight was like winning three games," Oakland's head coach Greg Kampe said. "That's how important it was."

Oakland plays in the semifinals at 9:30 p.m. ET on Monday, March 7. Watch on ESPNU. If the Golden Grizzlies win, the finals follow at 7 p.m. on Tuesday, March 8. Watch on ESPN. WDFN-AM (1130) and ESPN3 will cover both games.

Find the entire story on www.oaklandpostonline.com.

1. Kay Felder recorded 26 points, 16 assists and nine rebounds in the game against UDM.

2. Jalen Hayes sinks two of the 14 points that he scored in his 37 minutes of play. He also had three assists and 10 rebounds.

3. Martez Walker scored 22 points in his 31 minutes of play in front of a record-breaking O'rena crowd of 4,114.

4. The fans celebrated senior night with the theme "Gold Out." Each seat had a free gold t-shirt and gold pom-pom for the fans to wear and cheer with as they were televised on ESPNU.

Bohdanna Cherstylo / The Oakland Post