

ARE YOU REGISTERED TO VOTE?

How to register
before deadline
PAGES 8 & 9



REGISTERED

BEREAVEMENT

OU adopts an official policy for
grieving students

PAGE 4

BANNED BOOKS

Kresge Library celebrates
controversial novels in the US

PAGE 6

OKTOBERFEST

The festival came to downtown
Rochester this past weekend

PAGE 10



on the web

Former candidate for governor, Abdul El-Sayed returns to OU after eight months.
PHOTO/ Elyse Gregory
www.oaklandpostonline.com



PHOTO OF THE WEEK

THINGS ARE GETTING SPOOKY // In the true spirit of Halloween's Eve, the first day of October got spooooooky, and what a better way to welcome the classic holiday than with a heavy fog. The fog settled across Oakland County letting everyone know ghouls and goblins will soon be on the streets. *SAMUEL SUMMERS // The Oakland Post*

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

POLL OF THE WEEK

Are you excited for October?

- A** Yes! It's spooky month!
- B** You mean midterm-tober?
- C** No, I'm too sick to feel emotion
- D** Oh yeah, free candy!!

Vote at www.oaklandpostonline.com

LAST WEEK'S POLL

What would it take for you to run a marathon?

- A) Absolutely nothing, I'd die
15 votes | 39%
- B) Eight coffees and a shot of testosterone
8 votes | 21%
- C) What does the word "run" mean?
8 votes | 21%
- D) A piece of cake at the finish line
7 votes | 18%

THIS WEEK IN HISTORY

OCTOBER 2, 2002

OU faculty and students attend an anti-war demonstration to protest the war in Iraq.

OCTOBER 6, 1986

Campus parking spaces increased, as administration created more than 700 spaces.

OCTOBER 6, 1980

Students form a new club at Oakland, the skateboarding club.



7

EATING HEALTHY

Check out where to get the best and healthiest food options on campus.
Photo/Nicole Morsfield



14

BRETT KAVANAUGH

Staff reporter Ben Hume gives his take on the Senate hearing that took place on Thursday.



15

GRIZZ MADNESS

With basketball season around the corner, students will fill the O'rena to celebrate.
Photo/Oakland Post archives.

BY THE NUMBERS MILLENNIALS AND VOTING

28%

of young adults aged 18-29 say they will absolutely vote in midterm elections

23%

of adults aged 18-34 participated in the 2014 midterm elections

56%

of young adults 18-29 think they "might" vote in the 2018 midterms

74%

of "seniors" say they will vote in the 2018 midterm elections

Looking Back

Hazing plagues campus in 1990s

Fraternity suspended for hazing

Informer not recognized as official member

By SALLY TATO
News Editor

Following allegations of hazing, Phi Beta Sigma and its members were suspended by its National office. OU has yet to set a date for a hearing that will determine the future of the chapter on campus.

According to Phi Beta Sigma Regional Director Arnald Beckwith, chapter members must go before a grievance committee at the regional conference in Cleveland next month to

However, only two of the chapter's three members will have to explain themselves at the conference.

Kenneth Briggs, the member who reported the hazing incident to OU police, is not a processed member and is not officially recognized by the National office, according to Beckwith. He said Briggs has not filled out the necessary paperwork and paid the membership fee since joining in 1994. So any sanctions placed against the chapter will not include him. Briggs confirmed that he had

Beckwith discovered the omission after *The Oakland Post* requested verification of a statement by Briggs that a regional officer called him last Thursday and told him that "he was no longer a Sigma" because he spoke out on hazing for two articles that the *Post* ran on April 3.

When asked to confirm this, Beckwith said he had not taken those

See SUSPENSION page 6

"I don't want this to be a thing about Kenneth Briggs. I want this to inform people about the wrongness, the serious nature of hazing."

Kenneth Briggs
Spoke out against hazing incidents

• Attempt made to censor last week's

The Oakland Post archives

Patrick Sullivan
Web Editor

Hazing in different Greek Life organizations is an issue that has not been tolerated at universities across the nation for years. If a sorority or a fraternity is found to be hazing its members, that association will be punished and possibly expelled from its university.

Oakland University has had its fair share of Greek societies that have been guilty of hazing. In April 1996, Phi Beta Sigma had hazing reported by its own vice president at the time, Kenneth Briggs.

Briggs went to the Oakland University Police Department after a pledging student came to him seeking advice. He reported that two fraternity brothers, one of them being an OU student, were paddling him, sometimes between 30 and 50 times a day.

"This incident will not change anything," Briggs said in an Oakland Post article. "If anything, people are going to talk down because someone sold out. They want to keep it under the table."

Within the week, Phi Beta Sigma was suspended by its national office, and the chapter faced sanctions except for, surprisingly, Briggs. Briggs, a member of Phi Beta Sigma for two years and vice president of the chapter, was not officially registered for the fraternity and had never paid his membership fee.

"I don't want this to be a thing about Kenneth Briggs," Briggs said. "I want this to inform people about the wrongness, the serious nature of hazing."

Some other examples of hazing include members yelling at pledges, underage drinking or

late night activities that take away from a student's ability to sleep or study.

Even after this event, hazing continued to happen on OU's campus. In November 1996, a little more than six months after Phi Beta Sigma was suspended for hazing, the sorority Chi Upsilon was suspended for hazing as well.

According to a former president of Chi Upsilon, Stephanie Maximuk, in 1997 some active members of the sorority wanted pledges to sleep outside a cabin in Grayling during initiation. When this was found to be possibly liable, the sorority tried to find solutions around this being seen as hazing.

Some options that were floated out included giving the pledges a mattress and a number of blankets, but even with these options the event could still be seen as a form of hazing.

This was not the only hazing issue of which Chi Upsilon was guilty. According to Maximuk, other hazing examples included having pledges perform a scavenger hunt on a busy highway, taking shots of Jack Daniels and sleeping in a garage.

"I don't intimidate easily... but I didn't know what to do at that point," Maximuk said regarding the different hazing rituals in an Oakland Post article. "It was all about trust."

Other fraternities that were suspended for hazing include Sigma Alpha Epsilon for making pledges stand in the middle of a ring of fire in December 1993.

"Hazing has become a national concern, but generally speaking, our groups have worked hard to eliminate hazing," the then-Dean of Students David Herman said. "Students are here for their studies, and pledging shouldn't detract from that."



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Corrections Corner:

A story about women's soccer in the Sept. 26 issue and a story about club hockey in the Sept. 19 issue contained inaccurate quotes. The stories have been removed from our digital media presence. We regret the errors and the reporter responsible for the errors in both stories is no longer a member of The Oakland Post staff.

Know of an error? Let us know at editor@oaklandpostonline.com.

National community engagement survey to be offered

Trevor Tyle
Life Editor

The National Assessment of Service and Community Engagement (NASCE) will be offered to Oakland University undergraduate students beginning Monday, Oct. 8.

Developed by Siena College Research Institute Drs. Don Levy and Mathew Johnson, the survey is intended to measure the community engagement of universities across the country. It was last distributed to OU students in 2015, receiving nearly 2,500 participants—16 percent of the overall student population.

The survey also fulfills one of the goals of the Office of the President's strategic plan—"become a leader in serving the needs and aspirations of our communities and region through expanded community relationships, institutional reputation and visibility, and engagement."

Since the NASCE was last distributed, several efforts have been implemented on campus to increase service opportunities for students. University officials are hoping the efforts will improve the results of this year's survey.

"They're putting more emphasis on the importance of community service with students," said Susanne Condron, assessment coordinator for the Office of Institutional Research and Assessment (OIRA). "So, we're hoping that we'll see greater levels of service from students."

However, previous survey results also

reflected that community involvement could be difficult for students due to busy work schedules.

"OU students work a lot," Condron said. "We realize that's a barrier, but even just trying to get people involved, even for one or two hours a month—any little bit can really help."

The NASCE asks students about their experience in community service projects across nine different domains of human need—civic, economic, environmental, health, youth, homelessness, elder care, hunger and religious. Many of these domains, Condron said, are already a part of many students' daily lives.

"Students may not really be thinking about all that they're doing to support their community, both the OU community and the broader community in which they live or where they work," she said. "It's an opportunity for students to reflect on all of the ways that they are contributing and giving back, when they might not be consciously thinking of what they're doing as community service."

Condron further credited internships, service-oriented student organizations and courses with service components for helping students stay involved in their own communities.

"I think it helps students think about the world from other perspectives," junior Isaac Culos said of the importance of service opportunities for college students.

Condron said the NASCE results are also important because they could help

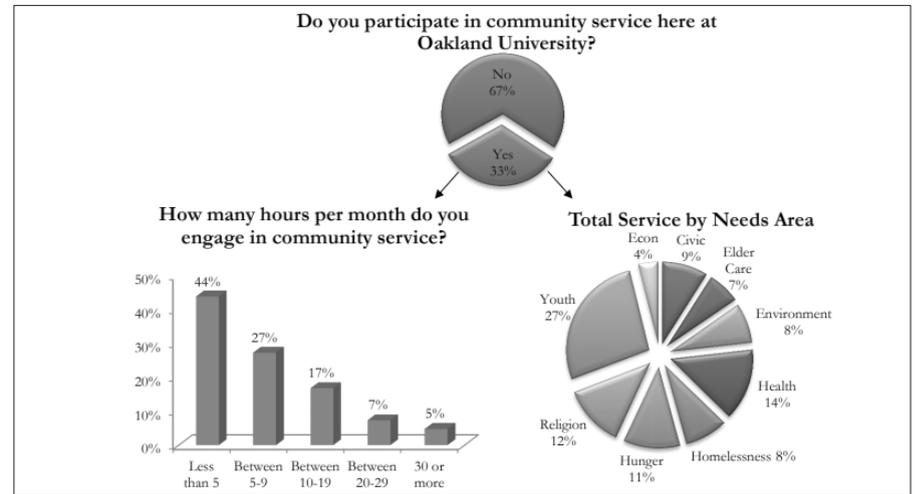


Photo courtesy of Office of Institutional Research and Assessment

The National Assessment of Service and Community Engagement was last issued at OU in 2015.

OU qualify for the Carnegie Community Engagement Classification, which recognizes universities' commitments to community engagement.

However, she affirmed that the most important reason to take the NASCE was to promote the significance of students' involvement in their communities both on and off campus.

"It gives an opportunity to really enrich your educational experience with practical, on-the-ground application," Condron said. "When you actually talk to someone who's experiencing poverty or homelessness or some of these real social issues, it brings it more to

life for you, and you can understand the importance of trying to create a world where these things are not such an issue."

The NASCE will be emailed to students on Monday, Oct. 8 and will be available to take through Friday, Oct. 19. Additionally, the OIRA will have tables in the Oakland Center for students to take the survey in-person as well. Those who complete the survey will have the opportunity to win OU-themed prizes and a reserved study room in Kresge Library during finals week.

For more information, visit the OIRA website or call the OIRA at (248) 370-2387.

Official student bereavement leave policy is implemented

Laurel Kraus
Managing Editor

According to Purdue University, 40 percent of college students have grieved a death within the past two years.

Oakland University implemented the first Bereavement Leave Policy for Undergraduate Students at the beginning of the 2018-2019 school year thanks to the efforts of Actively Moving Forward at Oakland University (AMF), a club that was created as a student support group after a string of passings of OU students and faculty.

"The policy is like a streamlined process that allows students, in the event of losing a loved one, since it's such an emotionally sensitive time, it predetermines a set amount of days that they can already have off," said Maya Sammane, president of AMF. "They don't have to dispute with their professors or with any other departments on campus, they get

three days off, and of course they can request more if needed for travel or specific circumstances."

While the policy applies to all part-time and full-time undergraduate students at OU, there is not yet an official policy for graduate students because that becomes far more complex to create according to Laura Dinsmoor, previous chair of Student Academic Support Committee on the University Senate. Graduate students are still welcome to talk to faculty and the Dean of Students if a situation arises.

All a student must do to utilize the policy is fill out a form on Oakland's website. The form will ask general circumstances of the situation such as who a student has lost and how much time he or she will need off. The Dean of Students will then communicate with the professors and take over the process.

According to Dinsmoor, the new policy is not only beneficial to students

but also clarifies how professors should handle the situation so everyone knows their roles.

The process of the policy began in spring of 2017 when Alex Currington, previous president AMF, pushed for it to be implemented.

"[Currington] realized that Oakland University, among many other universities in the U.S., [didn't] have a policy that helps students get time off in the event of losing a loved one," Sammane said. "We realized that that was a really big thing for us to have on campus, it would be a great benefit to everyone."

After a draft of the policy was proposed, Dinsmoor's committee was tasked with researching what other Michigan universities were already doing and then with drafting their own recommended version of it while identifying the responsibilities for different organizations, faculty and students.

The research revealed that very few

schools in Michigan have such a policy in place for students.

"I think just in light of how many universities, especially in Michigan, don't already have a policy that recognizes that students do often experience losses like this... the fact that students get to know that they have this right to take time off already given to them, that's a big deal," Sammane said.

She hopes faculty will add the policy to their syllabi so that students know they have this support and can utilize it if they need to.

"I think it just really is a demonstration of how much Oakland cares for their students and wants to see them succeed, and that they recognize that life happens and that students can have the support they need," Sammane said.

More information on the new Bereavement Leave Policy for Undergraduate Students can be found on Oakland University's website.

President's Report: the safety of our campus

Ryan Fox
OUSC President

Dear Students,
YOU may at often times feel like an island, isolated from the rest of Metro-Detroit by Walton Blvd. and Squirrel Rd. Despite this feeling of isolation, our university does not exist in a vacuum. Because of this we need to adapt and make sure that our campus is the safest that it can possibly be. In this report I'm going to discuss a topic that makes many uncomfortable, and that is mass shooting incidents.

Regardless of where you fall on the gun control debate, it is obvious that shootings on university campuses are becoming an increasing problem in the United States. Many of us heard the news of what had transpired at Central Michigan University on Friday, March 2, 2018. A shooting took place, and I can personally testify about the fear that ran through my heart when I heard this news. I have multiple family and friends at CMU, and my first concern was for their safety and well-being.

The shooting that took place at CMU was a tragedy and prompted myself and others to think about Oakland's safety. Hence I would like to discuss door locks on campus. As many of you may be aware, most classrooms on OU's campus have to be locked from the outside of the classroom. That is true for classrooms from South Foundation Hall to Varner. During an active shooter situation, this is a nightmare. A faculty member would have to step into the hallway, where a shooter might be located, to lock the door so that the shooter could not easily enter the classroom.



Student Congress and the Oakland University Chapter of the American Association of University Professors (OUAAUP) have taken a particular interest in updating classroom locks, so that they can be locked from the inside. OUAAUP has partnered with the OU Police Department to fundraise to replace these locks. Utilizing All University Fund Drive, it is now possible to donate to a fund titled "OUPD Police Department Gift Fund (33395)." The OUAAUP has already promised to donate \$5,000. If you or someone you know is able to donate, please do so.

If you are unable to donate but would like to help out even more, then please reach out to leaders on this campus. Tell them that you would like to feel safer on campus. Make it clear to them that this is a priority to you.

In a perfect world this wouldn't be an issue we would have to discuss, and honestly it makes my heart heavy that this has to be one of the focuses of my administration. However, the safety of students, and of the entire OU family, is my top priority.

Best wishes,
Ryan M. Fox

Students get involved for a Day of Civic Engagement

David Dulio
Director of Center for Civic Engagement

On Sept. 18, 2018, OU's new Center for Civic Engagement (CCE) hosted a series of activities titled "Michigan Divided: A Day of Civic Engagement" on Sept. 18, 2018. The Center's mission is to create and promote opportunities for students and community members to become more engaged in our democratic society.

This can be done through a number of avenues including bringing the campus and community together as a "convener of conversations" around issues of public importance and supporting efforts to encourage and enhance civic engagement, civic literacy and civil discourse.

One of the events featured during the Day of Civic Engagement was the screening of a documentary produced by the Center for Michigan called "Michigan Divided." The film centers on polarization and division in Michigan. It was created by following both Trump and Clinton voters from Michigan in the months after the 2016 presidential election to better understand why different people made different choices on Election Day.

Individuals from places like Flint, Harbor Springs, Ann Arbor, Grand Rapids and the Upper Peninsula appear in the film and talk about their experiences, beliefs and vote choices. A key part of the film is near the end when all of these different individuals gather to meet in person to discuss important issues to them and our state.

An important outcome of this discussion is that those the film followed discovered that while others in the room may have made a different choice on their ballot, they shared many of the same concerns about issues and where our state is headed. They also found out that they agreed on more issues than they may have originally thought.

After the film was screened, the roughly 40 individuals from campus and the surrounding

communities who watched, engaged in an interactive discussion about the film. Several of the questions posed were related to the issue of division in Michigan. In particular, the questions asked if Michigan was more or less divided today than in prior years.

A majority (56.8 percent) of attendees said that our state is just about as divided today as it was in 2017 while another third (32.4 percent) said we were more divided. The figures change dramatically when 2008 is used as the reference point - nearly two thirds (59.5 percent) see Michigan as more divided while less than 20 percent see it as the same.

Why highlight these figures? Isn't this just more of the same? Maybe. Residents of Michigan certainly remain bitterly divided on important issues. Frankly, that is unlikely to change in the near future. However, another finding from the data collected after the film screening is important to note here.

When asked "Did the film give you insight into a perspective different from your own?" nearly 85 percent said that it had. This should not be overlooked. One of the ways to overcoming division is conversation and realizing the those who have different points of view, in many ways, probably share similar concerns and ideas. Is there total overlap? Of course not. That's part of a diverse society.

That a group of individuals from on campus and off came together to watch a film and got to see a different perspective than their own is a great result. They were exposed to something they may have not been familiar with and yet there was a calm, civil and productive discussion about these differing perspectives.

In part, this is what the CCE is all about-creating more opportunities for people to come together for civil, respectful dialogue about important issues. Look for more from the CCE in the weeks and months to come.

POLICE FILES

Parking lot panic

Oakland University Police Department (OUPD) responded to a call from a woman having an argument with her boyfriend on the evening of Sept. 11, 2018. An officer arrived at the parking lot across from the soccer fields to find two other officers already on the scene, separating the couple. The male suspect was on the ground with his legs crossed. He said he and the woman were having a dispute over his involvement with another woman. At some point during the argument, he said he took the victim's phone but claimed to return it shortly afterwards.

The officer then questioned the victim about the events leading to the argument in the parking lot. She stated the argument started in her apartment where she asked her partner to leave. He refused and attempted to keep talking to her. She then left her apartment with her phone, which is when her boyfriend stole it. After telling him she would call the police if he did it again, he stole the phone a second time. A passerby offered to call OUPD at this point, after which the boyfriend returned the phone. The boyfriend was arrested and transported to OUPD without incident.

Compiled by Ben Hume,
Staff Reporter



Ryan Pini / The Oakland Post

In this event, OUWC addressed controversial themes in some of the most beloved books in history.

Writing Center celebrates the ALA's "Banned Book Week"

Jessica Leydet
Social Media Editor

The Oakland University Writing Center (OUWC) hosted "Celebration of Challenged and Banned Books" on Sept. 24 — 29. The event was in honor of Banned Book Week, which was established by the American Library Association (ALA).

Banned Book Week is a way for librarians, booksellers, publishers, journalists, teachers and readers alike to join forces and celebrate books throughout history that have been challenged or targeted with removal or restriction in schools.

Sherry Wynn Perdue, director of the Writing Center and professor of Writing and Rhetoric, proposed the idea of celebrating Banned Book Week in Kresge library to her staff. They decided to hold an open discussion on the topic Sept. 26 from 4:15-5 p.m. in the Writing Center and displayed some of the most challenged books as well as some of the most disputed quotes from each of them throughout the week.

"In the discussion we devoted 45 minutes to the topic of why it is so important for ideas to be circulated even if that means that some ideas may offend some people," Perdue said.

She believes that students gain insight from learning different perspectives of the world through books. She thinks it is very pertinent for students to read these controversial topics to help them develop their own opinions especially at such an influential time in their lives.

"We wanted to touch on some of the greatest risks of censorship and provide a space for people to share their experiences with that, and with reading these books," Perdue said.

Perdue stated that it is so easy for some to become immune to the fact that people still challenge books we know and love. Some titles included in the Writing Center's displays during the week were, "The Great Gatsby," "American Psycho," "Lolita," "A Farewell to Arms" and "To Kill a Mockingbird."

Annamarie Eovaldi, a new writing consultant at the OUWC found this to be a compelling controversy and volunteered to host the discussion. She shared her ideas and thoughts with other students and writing consultants who also had something to say on the matter.

"I am studying to be a secondary education English teacher, so this topic is very interesting to me," she said. "Many books have been banned in different parts of the country, whether it be in public libraries, schools or other forms of academia."

Eovaldi explained that banning certain books according to supposed controversial themes actually implies censorship and strict academic curriculum in schools.

"The reasons for banning the books vary according to the legislation that deems it banned; however, they are usually attributed to a book's discussion or portrayal of strong racial, sexual or obscene scenes and language," she said.

She doesn't believe students should be censored from some of these books because they have the potential to teach them something they couldn't otherwise learn in the curriculum.

"In my opinion, the implications of withholding these books and lessons they teach actually compromise the education of students and the public," Eovaldi said.

Feminists at Oakland spread sexual assault awareness with third annual Slut Walk

Bridget Janis
Staff Intern

Feminists of OU set off for their third annual Slut Walk on Thursday, Sept. 27. Turning heads and becoming conversation starters, the OU Feminists marched around campus spreading awareness of sexual assault.

"We typically tell women that we should be ashamed of our bodies, essentially that you need to cover up," senior and Feminist of OU President Courtney Bryson said. "We assume things by the way a woman acts, or if she doesn't wear enough clothing or that she's asking for it, and we need to get rid of these terms and stop victim blaming."

The walk started at Elliot Tower, and continued to the bronze Grizz statue by the O'rena and the main sign on campus off of Meadow Brook Road. The feminists carried signs saying, "No does not mean convince me," "My skin is not a crime" and "Consent is an ongoing, clearly-given, enthusiastic, sober yes"—all while wearing revealing clothing, reclaiming the word "slut."

The Slut Walk took place just one day after a reported sexual assault on campus, which allegedly took place on Wednesday, Sept. 26. The Brett Kavanaugh hearing was also happening the same day as the walk, making the event particularly relevant. One attendee of the walk even carried a sign saying, "Remember Anita Hill, believe Christine Ford."

"These women that are on trial today are going through all these things that we are saying, they've been blamed, they're saying that they're just making it up for money or popularity when, in reality, there's not much they have to gain from this except trying to get justice," Bryson said.

According to the National Sexual Violence Resource Center, 20–25 percent of women on college campuses will be sexually assaulted, and 90 percent of sexual assaults on college campuses will go unreported.

The Oakland University Police Department (OUPD) is a resource for OU students and faculty to use in times where they feel uncomfortable or unsafe. They are reminding the community to always seek consent and be aware that the absence of "no" does not mean "yes."

"I think it's a really important movement, especially given the time that we are in where a lot of people don't really understand the rules of consent," freshman Natalie McDermott said.

McDermott was not a part of the Slut Walk, but was a student on the side showing her support alongside her peers. Multiple people were shouting, "I support you" during the walk. The group got plenty of positive feedback, cheers and smiles as they continued their protest.

The impactful movement hit close to home for both the people participating in the walk and for the peers they passed. The members who walked hope they made a difference and got people on campus to start thinking about sexual consent.

"I feel the need to then stand up for others as well, maybe people who don't show up to the walk today, or never report, or never get help, because sexual assault is not okay and rape culture is not okay," sophomore Ashleigh Dubie said. "Even though we have a society and people within our own school who make rape seem like a gray area, and it's not, it's black and white. If you rape someone, you rape someone, if yes is not yes, it's not consent."



Nicole Morsfield / The Oakland Post

Feminists took the streets of Oakland University's campus to spread awareness and girl power.



Nicole Morsfield / The Oakland Post

Jeff Chapman encourages students to get involved and join clubs they're passionate about.

Experts discuss tips for creative writing majors

Jordan Jewell
Staff Reporter

A panel of advisers and professors from Oakland University's Creative Writing department met with students to discuss strategies for success.

The Creative Writing program has several branches. This event featured screenwriting adviser David Shaerf, literary non-fiction adviser Susan McCarty, short story adviser Jeff Chapman, and Robert Laidler, an OU graduate and current poetry graduate student at Wayne State.

"The most important thing I would tell writing students is that you need to read and write every day," Laidler said. "It's something I struggled with as an undergrad, but it will help you immensely. Not everything you write will be good, but it will always teach you something."

The event focused on ways to succeed as a creative writing major or minor. Internships were a primary focus of both the panelists and the students in attendance. One student asked the age-old question, "Do I have to do an internship?"

"Internships are like small jobs," McCarty said. "I'll never discourage a student from interning because it gives you the hands-on experience that you simply cannot get in a classroom."

The Creative Writing program does not require an internship credit to graduate, but it is heavily encouraged. Creative Writing students from OU have interned for businesses like Hour Detroit, Quicken Loans, The Art Experience, The Museum of Contemporary Art in Detroit and CBS Television Detroit.

Further information about internships can be found on the Creative Writing program's website.

In addition to internships, the panelists encourage students to attend as

many workshops as possible. These consist of sharing writing with other creative individuals and providing each other with feedback.

"Workshops can feel awkward at first," Shaerf said. "It's normal to feel nervous."

Shaerf encouraged students attending writing workshops to write down every critique no matter how small.

"Even if it's someone whose opinion you don't value or agree with, make a note," he said. "I like to put question marks at the end of each note, that way it's more of a suggestion than a demand."

OU has several clubs for students interested in writing. Shaerf is the adviser of the OU Screenwriters Guild and Jeff Chapman advises the Creative Writing Club.

"Unfortunately, the Screenwriters Guild and Creative Writing Club have been dormant this year," Chapman said. "I encourage all students to join clubs they're passionate about. If you have an interest in joining, then definitely show up."

A full list of Creative Writing clubs and writing contests can be found on the Oakland University Creative Writing website.

The Oakland Arts Review also provides students with a unique creative experience. The OAR is a collective magazine of stories, scripts, poems and comics produced by students from all over the country. Though the OAR is not open to Oakland students for submission, they may apply to join the staff by contacting Alison Powell at powell@oakland.edu. Undergraduates from other universities can submit content on the OAR website.

"Involvement is key for succeeding at any major," McCarty said. "Get an early start if you can. Write as much as possible and stay in communication with your professors and advisers."

Healthy options to help avoid the 'freshman 15'

Jordan Jewell
Staff Reporter

There are over 14 dining locations on Oakland University's campus. This includes two dining halls, three cafés, one food court and several convenience stores. With all these options, unhealthy and binge eating can be tempting.

The food in the Vandenberg and Hillcrest Dining Halls is supplied by Chartwells, a company that provides food to over 50 college campuses in the United States. They've catered for OU since 2003.

"Nutrition plays a huge factor in the foods we serve on campus," said Patrick Strzyinski, director of Chartwells at OU. "We have many healthy items, but we also have to take into account popularity."

According to Strzyinski, burgers, fries and pizza are the most popular items on most college campuses. The Chartwells' menus are created by chefs and nutritionists and then approved by the university.

The two dining halls have equally healthy options. Hillcrest features an international station, while Vandenberg has a Mongolian station. Both halls also have several vegetarian and vegan options. The options in the dining halls can feel overwhelming, but there are dozens of meal combinations to be made on any given day.

"For students who want to be more conscious of their eating habits, I recommend planning out meals ahead of time," Strzyinski said.

Menus for both dining halls can be found online along with portions, sizes and calorie counts. Students can also filter the menus to show only vegan, vegetarian or gluten free options. By clicking the "Balanced U" filter, students can see

foods that have balanced nutrients and portion sizes.

"We are open to suggestions from students," Strzyinski said. "Our goal is to always bring a diverse and satisfying selection of food to the campus."

For students who don't have meal plans or want to venture outside the dining halls, there are several other dining options on campus. The Pioneer Food Court in the Oakland Center holds Subway, Chick-fil-A, Panda Express, Plum Market, Create and Moe's Southwest Grill. Cafés on campus include the Healy Café in Elliott Hall, the Atrium Café in the Human Health Building, Einstein Bros. Bagels in the Engineering Center and Pawley Hall, and Frankie's Café in the Kresge Library.

While all of these have healthy options, some are more nutritious than others. Create is essentially a salad bar for students to pick and choose from hundreds of combinations.

"I started dieting in January last year," an anonymous OU senior said. "Create has been a life saver. Any time I'm in a rush, I can just get a salad to go. It's a bonus that it's affordable."

Chick-fil-A offers bunless options for students trying to live a gluten-free lifestyle. Plum Market features hundreds of snacking options, including fruits, vegetables, soups and freshly prepared salads. While places like Moe's and Panda Express are known for their high calorie counts, it's still possible to find a healthy meal. Moe's offers a grilled chicken salad and several different burrito bowls. Panda also offers bowl options.

Gaining the "freshman 15" may feel unavoidable with so many tasty options on campus, but each dining location offers unique opportunities to try something new and nutritious.

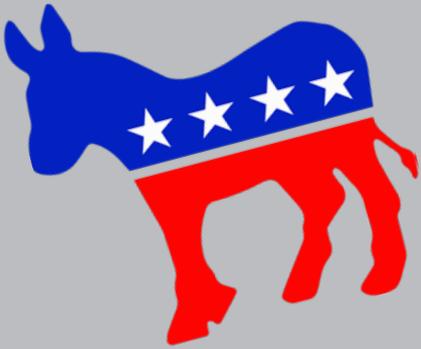


Nicole Morsfield / The Oakland Post

Dining locations across campus, including Chick-fil-A, have various healthy options available.

How to register to vote for the Midterm election

story by Dean Vaglia - design by Katie LaDuke - graphics by Erin O'Neill



Whether or not you like what politics has come to in 2018, the time to do anything about it is coming up...If you are registered, that is.

The cutoff day for voter registration is Tuesday, Oct. 9, and without it you cannot cast a ballot in Michigan. Your views on federal Congress, state governorships, local mileages or the various proposals—including legalizing marijuana—will not matter. You will be turned away from the polling station and sent to suffer the consequences of how other people want you to live your life.

The first thing to do is to figure out if you are registered. The Michigan Secretary of State (SOS) website allows for residents to verify their voter registration by entering their name, birth date and zip code to figure out if they are registered. If the details entered do not match what is in the system, then you need to register.

When registering to vote, Rochester Hills City Clerk Tina Barton said there are several things to be aware of when registering. First, Oakland University students living on campus should be aware that the address they use will affect which ballot they receive.

“If students register with their campus address, that becomes their address for voting,” Barton said. “Say you’re a University of Michigan student, you’ve gone to Ann Arbor and you fill out the registration, and you put your address down as your campus address. That means that when you get your ballot you’re gonna get it from the Ann Arbor city clerk and not your home community’s clerk.”

While this might not be a problem to some, it does mean that students will not be voting on issues that will impact their home directly. Barton also stressed that students should be aware if they are able to vote by mail.

“What students don’t understand is that they will have to vote in person the first time if they have not been ID’d,” Bar-

ton said. “If you send your registration in by mail but I’ve never seen your identification, and I can’t confirm that you are who you say you are, then you have to vote in person the first time.”

This is important to know since registering through Oakland University Student Congress (OUSC), a website like Snapchat’s TurboVote or through an voter registration drive is considered a mail-in registration. Barton did mention that if someone registered by mail, they can still get identified by going to a local SOS office and asking.

In fact, the SOS Mobile Branch Office will be at OU between North and South Foundation Halls on Tuesday, Oct. 9, giving students a last-minute chance to get registered or identified. The mobile office will be on campus from 10 a.m. to 4 p.m.

Voter registration is not a perfect process, and the people who fill out the forms and enter them into the system are humans. Names can be misspelled, addresses incorrectly filled in and citizenship boxes left blank. Barton recognizes this and said that so long as registration has been received before Oct. 9, she will allow for any corrections to be done before the Tuesday, Nov. 6 Election Day.

Efforts to register students on campus have been effective. According to OUSC Legislative Affairs Director Ghazi Ghazi, there have been over 700 students registered at OU. OUSC has registered over 200 students and has registration booths set up in the Oakland Center on Tuesdays and Vandenberg Hall on Thursday. The booths are set up from 11:30 a.m. to 12:30 p.m.

“The registration booths have been very effective,” Ghazi said. “We chose the same times and dates every week that way students can always find us at that specific time. We also chose a high volume time to catch students on their in and out of lunch or passing through to class.”



What you need to be to register to vote:

- A U.S. citizen
 - At least 18 years old by Election Day
 - A resident of the state and locality where you are registering
-

What needs to be filled out on the application:

- Name
 - Address
 - Contact information
 - State ID/driver license number
 - Last four social security numbers
 - Past registration information if registered in another state
-

If registering by mail, include a copy of:

- State ID/driver license card

OR

- Paycheck stub, bank document or government document that lists both your name and address
-

The more you know:

- Millennials are on track to surpass boomers in voting-eligible populations in the near future
- While Millennials do vote, they do not vote in proportion to their share of the voter-eligible population.
- Seven million “Post-Millennial” eligible voters voted in 2016.

Oktoberfest attendees celebrate the start of fall

Kaley Barnhill
Staff Reporter

Rochester Mills Beer Company hosted their 20th annual Oktoberfest on Sept. 27-29. A portion of their proceeds went to the Make-A-Wish Foundation and the North Oakland Waves, a local competitive swim team.

Oktoberfest was located off of Water Street, in downtown Rochester. With tents to shield festival goers from the cool fall weather, there was a place for Oktoberfest goers to hang out, talk and dance without being too cold.

The festival also featured many activities for both children and adults. On the first night, there was the ceremonial tapping. There were also contests like bratwurst and sauerkraut eating competitions, as well as a stein lifting competition.

There were a few games of cornhole set up, bounce hous-

es, goats to feed and ponies to ride. There were also clowns to entertain the children, as well as a band and traditional German folk dancers.

Besides the beer made at Rochester Mills Beer, there were classic Oktoberfest foods like bratwurst and pretzels.

Alyssa Ochss, an Oakland University student and contributor to The Oakland Post, has been a traditional German folk dancer since the sixth grade. She has performed at multiple Oktoberfests and stated that she enjoys the people at the festival. Her favorite song to dance to is "Drah Di Rum" by Klostertaler.

The band that performed at Oktoberfest is named Enzian, which is a German flower. In addition to playing more classic songs like "Edelweiss," the band even did a cover of Billy Ray Cyrus' "Achy Breaky Heart," switching between German and English throughout the song, which made for a fun addition

to their set.

John Czernel, who has been a part of the band for a couple years, explained that he loves "bringing joy to the masses" at events like these through the band's music.

"It's a joyous occasion," Czernel said. "People come here with one thing in mind: to party and have fun."

Lenny Puma, who has been with the band since the 1990s, agreed, saying the atmosphere is what makes the festival so fun.

"I like that [Oktoberfest is] a cool place for families to come, and that it brings the community together," said Rene Perrott, who has worked for Rochester Mills Beer Co. for three and a half years.

True to his statement, there were many families, groups of friends and couples attending the event, making for a packed space.

Deanna Herbolisheimer, a resident of Rochester Hills,



Ryan Pini / The Oakland Post

In addition to beer, favorites such as bratwurst and pretzels were also served.

has been attending Oktoberfest with her family for 10 years. She said that the fun kids' activities are her and her family's favorite part of the festival.

Ray Bravo, who was in Rochester Hills from México on busi-

ness, said that it was his first year going to Oktoberfest and that he enjoyed all the people and "the beer, of course."

Overall, Oktoberfest can be a fun way to usher in the new month, and celebrate culture, food and community.

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Creating a path to resilience

The MAASE Conference 2018 discusses the importance of mental health

Katarina Kovac
Campus Editor

Addressing mental health and toxic stress in the lives of children and students has become increasingly important.

Manager of Academic Accountability at OU Shawna Boomgaard and Title One Director at Dove Academy of Detroit Melissa Lopez (CTP-E) presented, “Creating a Path to Resilience” at the Michigan Association of Administrators of Special Education (MAASE) in Traverse City, Mich.

The title of the presentation, “Creating a Path to Resilience,” includes information provided by the National Trauma and Loss Center and explains the history of trauma and how toxic stress in children can cause long-term effects.

Boomgaard is a licensed clinical social worker (LMSW) and a certified trauma practitioner/trainer (CTP). She has been a school social worker and clinical practitioner for over 18 years.

The presentation was developed for practitioners to use with children who are living in a constant state of toxic stress.

“Instead of asking a child what happened, it focuses on their lives now,” Boomgaard said. “Throughout our presentation, there were activities where we focused on the process of moving traumatized youth between themes of trauma and feelings of connection, resilience and strength. The activities integrate mind-body skills and expressive art that provide children with a platform to be an active participant in their healing.”

Stress is a normal and necessary part of life, but the critical difference is that toxic stress is the re-occurring negative experiences that threaten one’s safety or security. Within the presentation, Boomgaard was able to address the impact of trauma and toxic stress and how it can impact one’s physical and emotional health.

“Be a safe person; form positive relationships, teach children self-regulation skills, practice mindfulness/meditation and lastly, provide resources or referrals to mental health professionals trained in this area when necessary,” she said.

Although there is still a stigma surrounding mental illness in our culture, it is becoming increasingly acceptable.

“If someone has asthma, would you

deny them their inhaler? If someone has diabetes, would you deny them insulin? It is similar with mental health issues,” Boomgaard said. “If someone is suffering from depression and anxiety, getting help should be completely normal and acceptable. It is how people learn to cope with and manage the stress in their lives that ultimately makes a difference.

“The problem is that with each passing generation, research seems to show that our coping skills are going down and that stress is going up. There are really good, healthy coping skills that if I learned from a young age, can be immensely helpful.”

David Schwartz, Ph.D
Director of OU Counseling Center

Director of the OU Counseling Center David Schwartz Ph.D, believes that any type of stress can have the same negative effect physically and emotionally on us.

“We need to start preventing stress,” he said. “The problem is that with each passing generation, research seems to show that our coping skills are going down and that stress is going up. There are really good, healthy coping skills that if learned from a young age, can be immensely helpful.”

Within Schwartz’s research, he has been able to conclude that we have to be able to look out for ourselves first in order to help other people, which leads to self-care becoming a high priority.

“When we talk about significant or severe anxiety, the lifetime incident rate is 75 percent for the entire population,” Schwartz said. “The vast majority of people are going to experience anxiety and stress, so it is important to know that you are certainly not alone.”

Activities like meditation, yoga, breathing exercises, journaling or speaking with a therapist can help those dealing with stress or anxiety. The OU Counseling Center offers students six free sessions, with low rates following the sixth session.

SPB celebrates Hispanic Heritage Month with a trip

Bridgit Janis
Staff Intern

For Hispanic Heritage Month, the Student Program Board (SPB) and Oakland University Student Congress (OUSC) planned a trip to Detroit. With a capacity of 56 OU students, a bus full of students explored the authentic Hispanic culture shown in Mexicantown, Detroit, on Saturday, Sept 29.

“There’s so much culture around us, I feel like, sometimes, we are in this little bubble of Rochester,” said Destinee Rule, diversity and inclusion director for OUSC. “You don’t really know what’s outside of this area, but there’s so many diverse places that are just 30 minutes up the street.”

The trip began at Eastern Market, which has everything from fruit and vegetables to flowers and local artist crafts. With over 250 independent vendors, attendees can pick up some fresh produce or vintage antiques all while exploring the area.

“We are trying to highlight the Hispanic culture that we have in the local community,” said Flavio Di Stefano, diversity director for SPB. “There are places near us like Detroit that are just full of culture that was influenced by immigrants that came to this area.”

Next, the group continued to celebrate Hispanic Heritage Month by walking around and exploring the Detroit Institute of Arts.

“Going to the DIA is normal for a lot of people but especially during this time, with it being Hispanic Heritage Month, I think it’s important to continue to increase the knowledge that we have about other cultures that are surrounding us,” Rule said.

The main focus of the visit to the DIA was seeing the Detroit Industry Murals by Diego Rivera. Rivera is a Mexican artist that created a 27-panel mural about the Ford Motor Industry located inside the DIA. Sept. 29 also happened to be the second-to-last day of the DIA’s “Star Wars and the Power of Costume” exhibit, a bonus for the students attending.

“They have so much culture and so much liveliness in that small city of Mexicantown,” Rule said. “We also have renowned artists that are from Hispanic background, like Diego Rivera, that are being portrayed in one of the biggest museums in Detroit.”

Lastly, to finish off the trip, the group arrived at Armando’s Mexican Restaurant for a complimentary buffet style dinner.

“Once we start to appreciate our own culture and the Hispanic culture in Detroit, then other people are going to start to recognize it, and that’s why, with the students, we are trying to highlight it, because they can also spread the word,” Di Stefano said.

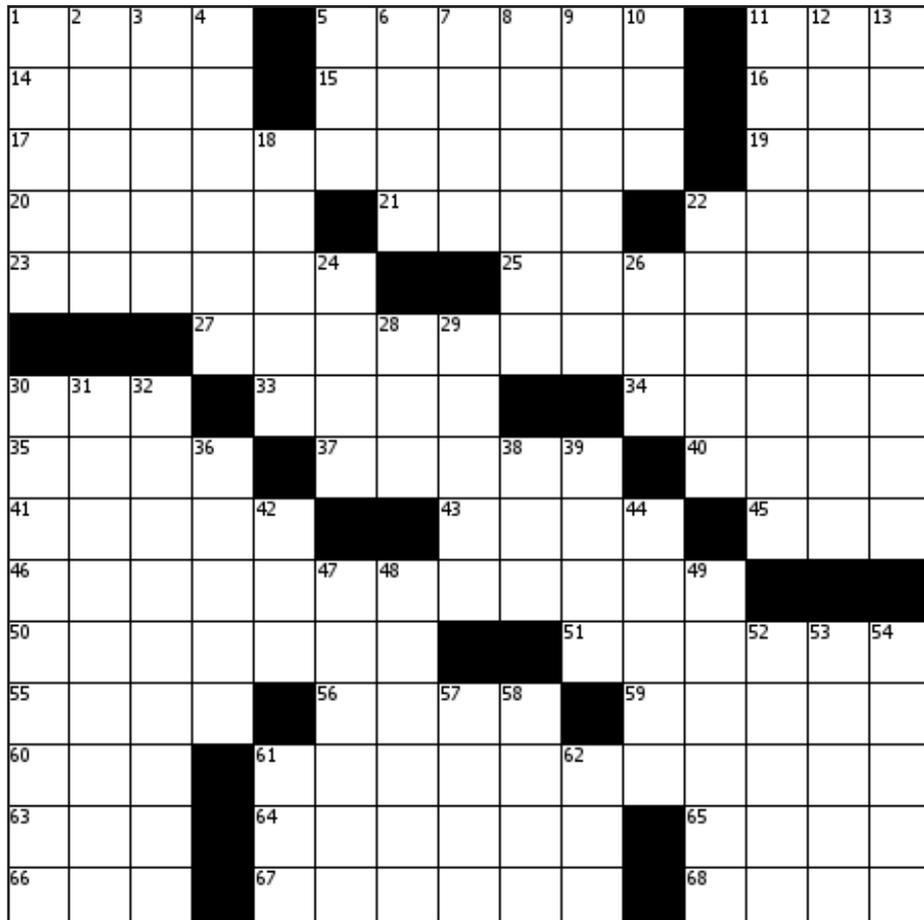
According to Rule, the trip to Detroit was not only fun, but a place for students to learn and appreciate art and culture.



Photo courtesy of Oakland University Student Program Board / The Oakland Post

SPB took students to Detroit to explore the DIA and Eastern Market for Hispanic Heritage Month.

Puzzles



Across

1. Pull out prematurely
5. Warning notices
11. Heated start?
14. ___ extra cost
15. Makes over
16. Use a slip stitch, e.g.
17. Hook two balloons together at the end, bend slightly
19. Little rascalion
20. Suck the energy from
21. Little cut
22. Rib in a bedframe
23. History books
25. Juicy part of a flower
27. Take a pink balloon, twist it in the middle, then twist at both ends
30. Unmatched, like socks
33. Don on the radio
34. Like Modest Mouse and Cake, at one time
35. Word before vacation
37. Like some hedgehogs
40. Well-mannered guy
41. Borden spokesperson
43. "Snug as ___"
45. Football positions: abbr.
46. Blow up two green balloons almost all the way...and you're done
50. Vehicle for short flights
51. Candle store choices

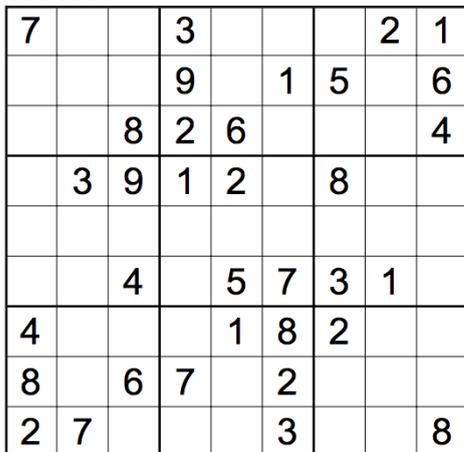
55. Kill the dragon
56. Shapely suffix?
59. Oldest of the Hawaiian Islands
60. "Tic ___ Dough"
61. Take two balloons, hold them side by side, then twist the whole thing in the middle
63. Fig. on an inventory
64. Leaning type
65. Tandoor, e.g.
66. ___ Tafari, a.k.a. Haile Selassie
67. Mythical man-beasts
68. Tom and Meg's "You've Got Mail" director

12. Making comments
13. Math groups with no members
18. Former Chinese prime minister Zhou ___
22. "Ten Summoner's Tales" singer
24. Kid's math homework
26. 151, to Claudius
28. Short greeting with a nod
29. From Fuzhou or Fukuoka
30. Pavarotti or Stratas
31. Title given to fourteen Tibetans
32. Throws off
36. Little tune
38. The Grizzlies are part of it
39. Sounds stand-up comics elicit
42. Pam's follower?
44. Lizard that can make chirping noises
47. Bet predicting first and second place
48. React dispiritedly to
49. DVD box set division, maybe
52. New, in Naples
53. Guy who works with whips and chairs
54. Tourist city of Tuscany
57. Airport near Paris
58. Film ___
61. Sorority letters
62. Hip-hop figures

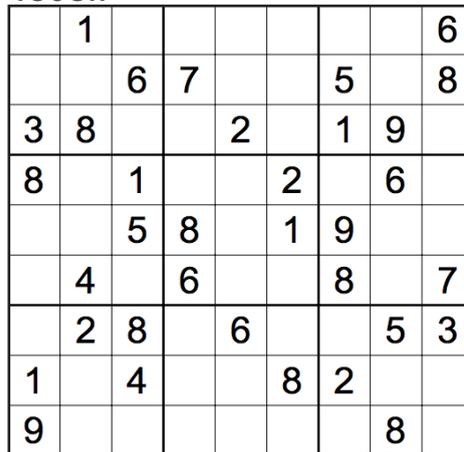
Down

1. Session with a podium, maybe
2. Mazda maneuver
3. Bobby Ray who withdrew a Secretary of Defense bid under Clinton
4. He tried to join the Blue Man Group on "Arrested Development"
5. Abbr. in jazz fake books
6. Not so much
7. Idyllic place
8. Activity for some reporters
9. Conical domicile
10. ID on a 1040
11. Sleep around out of wedlock

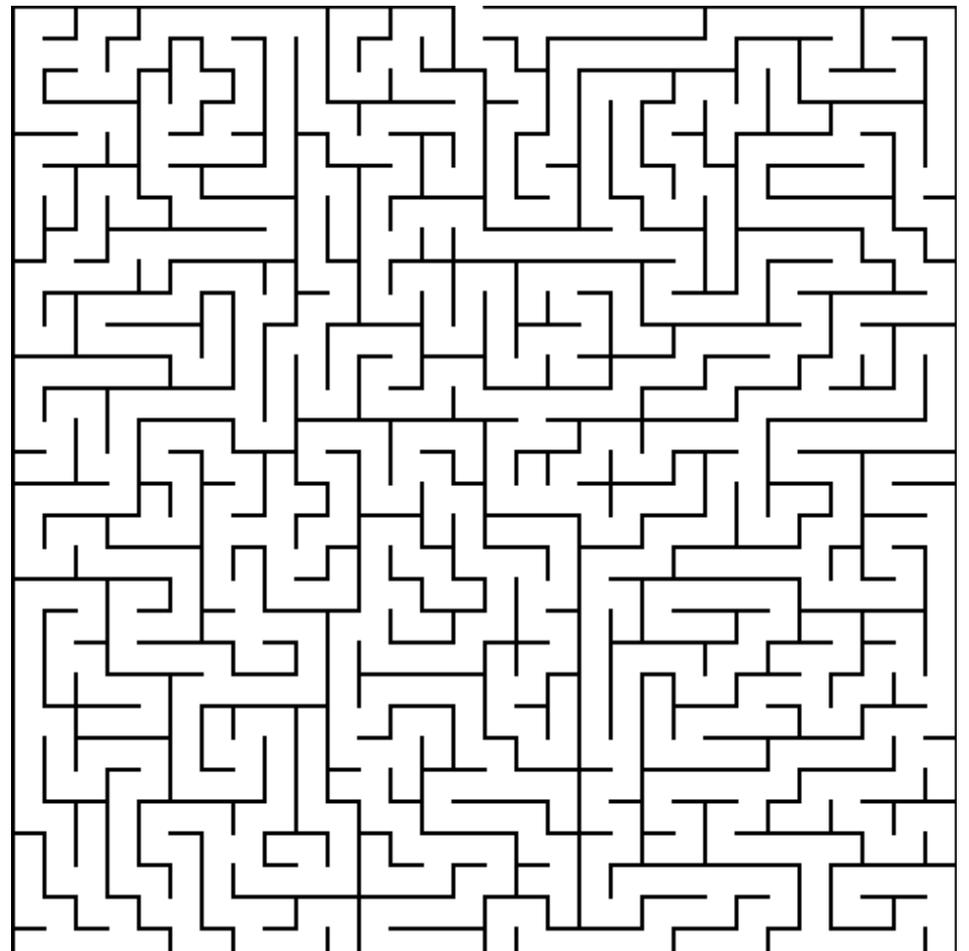
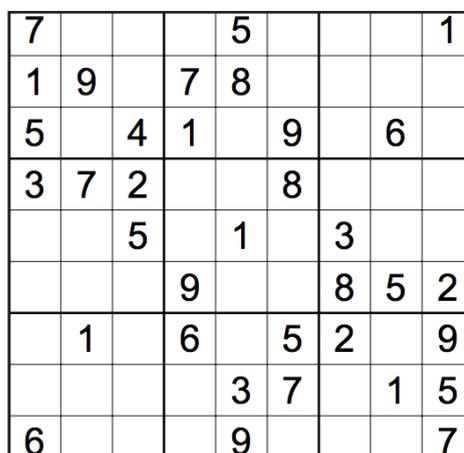
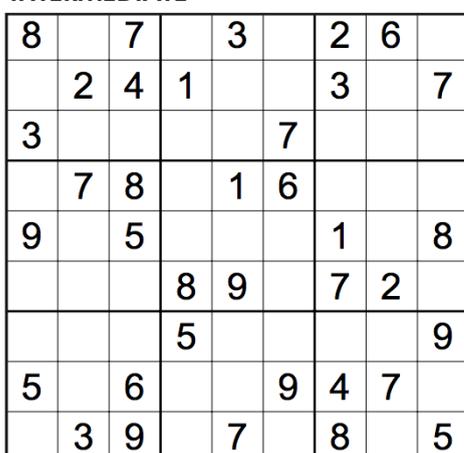
NOVICE



TOUGH



INTERMEDIATE



Alt-J goes hip-hop with “Reduxer”

Kaley Barnhill
Staff Reporter

Alt-J returned with “Reduxer,” a remix of their 2017 album “Relaxer,” on Friday, Sept. 28.

Unlike most other remixes, “Reduxer” features new vocals and rappers on every track.

As Alt-J is considered alternative or experimental rock, the inclusion of rappers like Pusha T made for a more interesting and dynamic choice. The album features rappers from all over the world, including German rapper Kontra K who raps in German and Puerto Rican rapper PJ Sin Suela, who raps in Spanish.

When Alt-J introduced “Reduxer” on their Facebook page, they explained that they are heavily influenced by hip-hop and that this concept had been a dream of theirs for a long time. The album begins with the track “3WW,” featuring Little Simz. Her straightforward rapping and repetition of numbers accompanied by the ethereal vocals and music of the original song make for an impactful remix.

One of the most impactful lines is when Little Simz raps, “Too much of anything be bad for you, need balance. The yin and



Photo courtesy of The Guardian

Experimental rock group Alt-J includes rappers and other hip-hop artists on their new album.

yang is never bad for you, the good and the bad, men and women, they unite.” The song is also chock full of references to things like pop culture and climate change, which engage listeners.

“Pleader” is an interesting song, as it is another song that features repetition throughout the lines, and also tells PJ Sin Suela’s story of moving to New York from his “Green valley” home. This song is especially interesting and fun to listen to as

he switches between English and Spanish. There is also a part of the song that sounds like chanting, about the green valley he is from, making the song especially unique.

One of the stand-out songs of the album is “House of the Rising Sun,” featuring Tuka. It is incredibly moving, telling the story of the narrator’s dying father, difficult childhood and his mother’s poor relationship choices. The chorus, still sung by Alt-J, is sad and beautiful as it states, “There

is a house in New Orleans/They call the Rising Sun/And it’s been the ruin of many a poor soul/And, Lord, my father’s one.” The music, although now electronic, has a similar feel to the original version of the song which works in Alt-J’s favor.

The last song on the album, “Hit Me Like That Snare” featuring Rejjie Snow, is an upbeat, fun way to end the album. The song has great rhythm and the lyrics, “I’m so crazy in love with you, I like all the things you do,” make the song catchy.

An interesting aspect of the album is the music. Alt-J made much of the music sound faster paced and more electronic than their usual style. However, they did it well enough that they were able to retain much of their experimental, sometimes dreamlike, sound. The incorporation of different styles that matched both the rappers’ additions to the songs, as well as the original song make it an interesting listen, especially for fans of “Relaxer.”

Overall, the album is a great addition to Alt-J’s music and makes for a fun, quick album.

Rating: 4/5

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Supreme Court nominee and Flake—a tale of no backbones

Ben Hume
Staff Reporter

The nation was riveted to special news coverage for much of the afternoon of Thursday, Sept. 27. It was the day of the Brett Kavanaugh hearing, where Dr. Christine Blasey Ford brought her testimony to the United States Senate. After she accused Kavanaugh of sexual assault, his process of Supreme Court confirmation came to a screeching halt. Senate Democrats demanded additional FBI investigations, Republicans accused Ford and Democrats of using her story for political gains.

Regardless of your opinion, the Senate Judiciary Committee voted on Friday, Sept. 28 to confirm Kavanaugh along party lines. This was of no surprise, but what was of some note was all of the events before the vote

and everything directly following it—namely, the story of a rather spineless senator by the name of Jeff Flake.

The morning of Sept. 28 saw an unsure conservative Senator Flake finalizing his statement on the Kavanaugh confirmation on his official Senate website. Flake decided that “after hearing more than 30 hours of testimony from Judge Kavanaugh earlier this month, I was prepared to support his nomination based on his view of the law and his record as a judge,” but he was unlike most of his conservative cohorts when he admitted, “I wish that I could express the confidence that some of my colleagues have conveyed about what either did or did not happen in the early 1980s, but I left the hearing yesterday with as much doubt as certainty.”

Eventually he said he will



vote to confirm Judge Kavanaugh, which sparked outrage among many. His claim that “our system of justice affords a presumption of innocence to the accused” sounded like just an easy way out that saved his public image.

Women made up the majority of those upset, and a few of those women with stories of assault caught up to Flake as he was entering an elevator. Two women broke through a line of reporters and yelled at Flake, telling him, “Don’t look away from me. Look at me and tell me that it doesn’t matter what happened to me, that you will let people like that go into the highest court of the land and tell everyone what they can do to their bodies,” according to CNN. The woman who yelled at him was named Maria Gallagher, and she was accompanied by activist Ana Maria Archila, who also insisted he change his mind before the upcoming vote.

Some are crediting these two women for what came next—Flake entered the chamber and began talking to the lead Democrat in the chamber, Sen-

ator Christopher Coons, making the vote last much longer than expected. Finally, many minutes after the vote was supposed to be cast, Flake and his cohorts finally assembled.

Flake voted to confirm, but with a caveat. An additional week of FBI investigations into the claims against Kavanaugh. Another Republican senator agreed—she voted to confirm, but with a request that some investigations continue. The judiciary committee had no real power to tell the Republicans what they have to do, but by some miracle of God, Trump came out and approved of the decision, backed by quite a few Republican senators and basically all of the Democrats.

An attempt to save face by a senator on his way out seems to have garnered just a little more time to find the truth.

The Democratic Socialist party vs. capitalism

Capitalistic America preserves the rights to life, liberty and property in the free market government

Timothy Kandow
Political Contributor

“[Democrats have to] say yes to socialism, to the word and everything... We [Democrats] have to stop apologizing.” - Jim Carrey

Various nominees for the Democratic Party such as Ayanna Pressley in Massachusetts, Stacey Abrams in Georgia and Alexandria Ocasio-Cortez in New York openly describe themselves as “Social Democrats.” This term has been used more and more often in America. The idea of creating an economic and societal system where it’s controlled and owned by the government is one that is gaining ground and deserves attention.

Each theory for how an economy and society should function are simply means to an anticipated end, not the end itself—ideas with a goal. Because of this, we should simply look at the results, and review the consequences either good or bad of having these two distinctively different systems of organization. Do not just look at the intentions of one group versus an-

other—both desire prosperity for all people. Look instead at what the results are no matter what the proposed objectives may be, and see if either of these systems accomplished what they claimed to do.

According to the Democratic Socialists of America (DSA), the goal of having democratic socialism is to achieve a more equal and just society, that the economy and society be run “democratically.” Socialism has a key defect, however, which in turn doesn’t solve their goal: it is a system that ignores incentives and the human drive to be better. As stated by Mark Perry, a scholar at the American Enterprise Institute and Economics professor at the University of Michigan, “By failing to emphasize incentives, socialism is a theory inconsistent with human nature and is therefore doomed to fail.” If we revisit the countries that have applied a type of socialism, there has been a decrease in democratic citizenry involvement in government and increased the disparity between the high and low class.

The goal of capitalism is for the individual to preserve their rights endowed



Photo courtesy of dsausa.org

The goal of the party is to create a more equal and just society with a democratic economy.

by our creator God: the right to life, liberty and the pursuit of happiness. Arguably, one of the founding principles of America is a free market where people could produce, buy and sell freely with minimal government involvement and allow citizens to increase their human capital. Because of this, we produced entrepreneurs, innovation, creativity and technology. Capitalism brings out the best in people: character, hard work, integrity and a drive to be better which all lend a hand in an individual’s right to

pursue happiness.

The question we must now ask is not what are the goals of socialism and capitalism but rather the results. Freedom, active citizenry, the pursuit of happiness and equality are not concepts that are correlated with socialism. Instead of only goals, examine the results and the means by which to get to them. No system is perfect, and yet it is capitalism that allows humans to access what is most valuable to us: freedom and the innate drive to be better.



The Oakland Post archives

Fans will see new players taking the lead, as the both teams have lost many starting players this season.

Grizz Madness: excitement grows for basketball season

Michael Pearce
Sports Editor

The Grizz Gang will be charged with energy as Athletics will hold the annual Grizz Madness event on Friday, Oct. 5 at 8 p.m.. Grizz Madness takes place just weeks before the start of basketball season, where the men's and women's teams will be vying for the Horizon League title once again.

"It's always a cool event whenever the students come out," Greg Kampe, head coach of men's basketball said. "All of our teams come out and get introduced. It's kind of focused on the beginning of basketball season, but all the teams come out. I'm looking forward to it."

Men's basketball

The season begins on Wednesday, Oct. 24 for the men against Hillsdale College in the O'Rena. The men's team is coming off a season where they placed fourth in the Horizon League and lost in the tournament semifinals to Cleveland State University, 44-43.

This team is going to be on the younger side, as they saw four key players—Kendrick Nunn, Jalen Hayes, Martez Walker and Nick Daniels—graduate last year. Those four made up a vast majority of the team's offense, so it will be interesting to see where the points come from this season without those big scorers being present anymore.

"We know we have a lot of good players," Kampe said. "There are a lot of good players who have to take off the 'Robin Cape' and put on the 'Batman Cape,' and we have a lot of really good young players."

Point guard Brailen Neely is the only player to return who received consistent minutes last season, as center Isaiah Brock transferred to Grand Valley State University over the summer. Neely started in 15 games before missing the final quarter of the season due to injury. Despite missing the end of the season, Neely recorded the most assists of any player on the team.

The men's team kicks off Horizon League play on Friday, Dec. 28 against the team to

end their 2017-18 season, the Cleveland State Vikings.

Women's basketball

The women begin their season a few weeks after the men, on Tuesday, Nov. 6 against Grace Christian University. They have multiple matchups against Big 10 teams this season, as they host University of Indiana, Michigan State University and the University of Michigan.

"It's exciting to have those teams come to our place," said Jeff Tungate, head coach of women's basketball. "We're hoping the students and fans are excited and want to support those types of matchups. If we get good crowds for those games, we want to continue to play those games every year."

Last season was tough for the women, finishing 15-16 overall and 7-11 in the Horizon League. They entered the Horizon League tournament as the 7th seed and advanced to the quarterfinals where they lost to Indiana University-Purdue University Indianapolis.

Key losses for the women include multiple starters, just like the men's team lost. The women retain Chloe Guingrich and Taylor Jones, who logged solid minutes last year, but lost their scoring, rebounding and assists leaders from the 2017-18 season.

Losing players like Taylor Gleason, Leah Somerfield and Sha'Keya Graves leaves opportunity for Guingrich and Jones to step up and become leaders.

"Taylor Jones has done a really good job in leading this summer," Tungate said. "With her being a senior we need her to step up and take on a leadership role for us, and so far she has done a really good job of that."

After losing many starters across both teams, the men's and women's basketball teams will be much different than last year, where seniors led the way. Combined, both of these teams only have four seniors and one graduate student. It will be an interesting season for the basketball programs at Oakland, as fans will be getting to know many new faces.

THE SPORTING BLITZ

Women's Golf

At the end of the first day of the Golden Grizzlies Invitational at Katke-Cousins Golf Course on Monday, Sept. 24, Oakland sat in second place with a first round score of 318 (+30) behind Loyola Chicago.

Alexis Jones and Veronica Haque tied for second place as they each carded 76 (+4). Zaafina Naqvi, Kylee Sullivan and Madelyn Zack all shot a 83 (+11).

At the second round of the Golden Grizzlies Invitational on Tuesday, Sept. 25, Oakland and Loyola Chicago ended as co-champions with identical team scores of 638 (+62).

Jones finished second in the tournament with a final score of 152 (+8). Haque tied for 11th carding a 161 (+17) while Zack shot a 79 (+7) to tie for 13th place.

The Golden Grizzlies have either won or shared the invitational title three of the last four years. On Oct. 8-9, Oakland will travel to Eastern Michigan University for the Shirley Spork Invitational.

Women's Soccer @ UDM

Oakland women's soccer traveled to rival University of Detroit Mercy's home field on Wednesday, Sept. 26. The Golden Grizzlies defeated UDM 1-0 in the annual Metro Series.

Alexa Sabbagh scored her first goal of the season at the 72nd minute with an assist from Sydney Gagner. In goal, Jaimie Leas recorded her first shutout of the season as Oakland improved their record to 3-5-3. For the 2018-2019 school year, the Black and Gold lead the Metro Series 4-0.

Volleyball vs. NKU

Oakland volleyball fell to North-

ern Kentucky University 3-1 on Saturday, Sept. 29 at the O'Rena.

Mackenzie Schneider recorded a career best 16 kills with two service aces. Aleksandra Malek added 15 blocks while Sydney Man had a career best 21 digs. Krysteena Davis registered 12 kills and added five blocks with a .400 hitting percentage on the day.

The Black and Gold take on Wright State at home on Wednesday, Oct. 3.

Men's Soccer @ IUPUI

On Saturday, Oct. 29, Oakland men's soccer visited Indiana University-Purdue University Indianapolis. The Golden Grizzlies fell 0-1 in double-overtime.

Noah Jensen recorded five shots, and Dylan Borczak had three shots. Sullivan Lauderdale had five saves on goal, but IUPUI got the game-winning goal at the 4:40 mark in second overtime. As a team, Oakland had 13 corner kick chances.

The Golden Grizzlies will return home on Wednesday, Oct. 3 and will host No. 19 Michigan.

Women's Soccer vs Green Bay

Women's soccer hosted University of Wisconsin-Green Bay on Saturday, Sept. 29. The hard fought game resulted in a 0-0 tie.

To lead the Golden Grizzlies, Gagner recorded three shots with Sabbagh, Ali Amante and Hollie Clement each recording two shots. Overall, Oakland outshot Green Bay 14-3.

Oakland will travel to Youngstown State University on Saturday, Oct. 6.

Compiled by Katie LaDuke
Chief Copy Editor



Samuel Summers / The Oakland Post

Volleyball faced defeat 3-1 against Northern Kentucky University on Saturday.

Fall brings beautiful scenery and depression

Michael Pearce
Sports Editor

Ahh, fall. The time for cider and donuts, romps through the leaves... and seasonal affective disorder.

Yeah, I know, this is cynical as hell. But I don't care. Just like identity theft, seasonal affective disorder is not a joke, millions of families suffer every year.

This is no coincidence, fall is the start of the semester, and with that brings intense workloads. However, even without an intense workload to make a person depressed, there comes the overcast weather to drag a person through the mud of life. No matter your weak spot, the fall and winter seasons will strike with no mercy.

While fall is just the tip of the iceberg, the biggest culprit of seasonal affective disorder is without a doubt the horrible month of January. October has Halloween to look forward to. November has the best holiday of them all, Stuff Your Face Day, a.k.a. Thanksgiving. December has Christmas and winter break.

January is without a doubt the worst



Photo illustration by Erin O'Neill

No matter how beautiful fall is, seasonal affective disorder creeps up on us to spoil the fun.

month of the entire year, and if you don't take precautionary measures to prevent seasonal affective disorder, it will strike with a vengeance come January.

So, what can you do to prevent this Michael? Great question!

The first precautionary measure is to make yourself as depressed as possible so it can only get better from here. Do whatever it takes. Sit in your bed all day and eat chips until you literally cannot move for days and go into a coma. Once you wake up, you will be so behind in

school work and your social life that you will accomplish so much.

Step two is to realize this is inevitable. Just like death, there is literally nothing you can do about seasonal affective disorder. Let it consume your soul and wash over your body like a tidal wave. Then when you feel your body collapsing underneath the intense weight of the black, you have accomplished your goal.

Step three is returning to your everyday life and acting like nothing ever happened. Sure, your family and friends will be incredibly confused, but they will understand once you conquer seasonal affective disorder from creeping into your body. From this point on, all that can be is happiness and progress. You can thank me later Golden Grizzlies.

Just so you know, I am not responsible for any injuries or health side effects that you sustain while undergoing this cleanse. Do this at your own risk. I do it every year, and you see how I have turned out thus far.

Anyways, happy fall everyone!

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