

THE OAKLAND POST

Oakland University's Independent Student Newspaper

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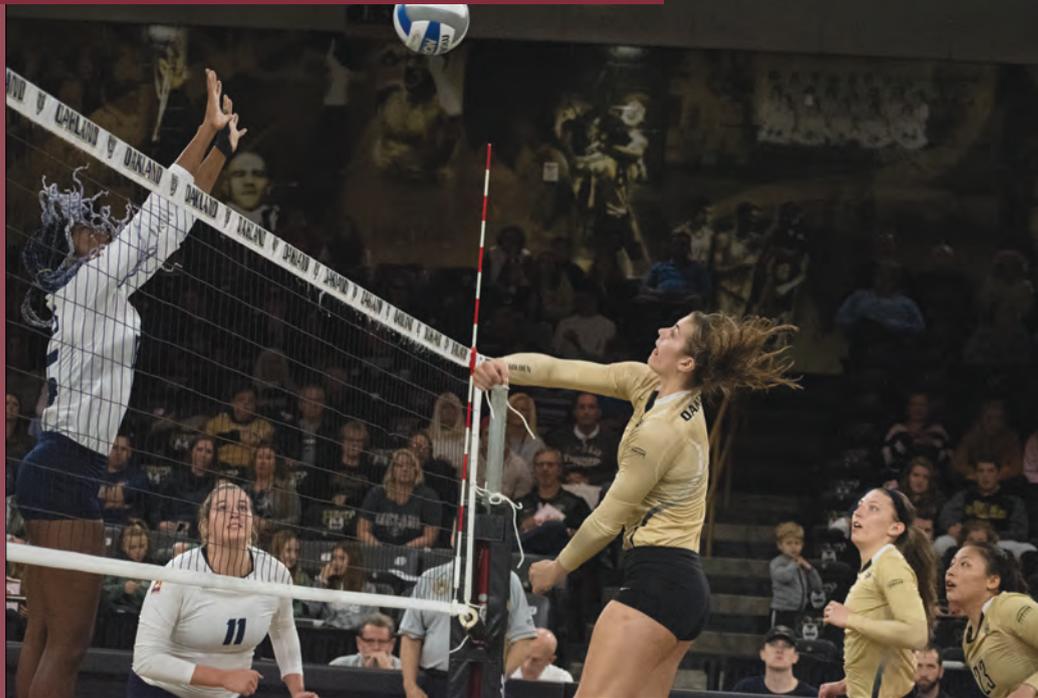
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A different take on one of DC's most compelling villains

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SET. SPIKE. WIN. The Golden Grizzlies take the University of Illinois-Chicago in three sets improving their overall record to 8-8. Taylor Dellinger led the team with 14 kills while Megan Hobler came out with six blocks. PHOTO / SAM SUMMERS

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EDITORIAL BOARD

Trevor Tyle
Editor-in-Chief
editor@oaklandpostonline.com
248.370.4266

Katie LaDuke
Managing Editor
katelynladuke@oakland.edu
248.370.2537

Katie Valley
Content Editor
kvalley@oakland.edu
248.370.4268

EDITORS

Nicole Morsfield Photo Editor
nmorsfield@oakland.edu

Ben Hume Web Editor
bhume@oakland.edu

Lauren Karmo Campus Editor
laurenkarmo@oakland.edu

Rachel Basela Life&Arts Editor
rachelbasela@oakland.edu

Michael Pearce Sports Editor
mpearce@oakland.edu

Liz Kovac Engagement Editor
ekovac@oakland.edu

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ads@oaklandpostonline.com
248.370.4269

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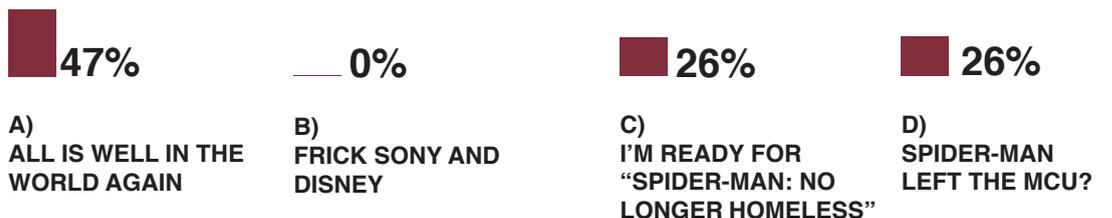
POLL OF THE WEEK

WHAT'S YOUR FAVORITE TIKTOK SONG?

- A) "BURNING AND ITCHING (STANKY FISHY)"
- B) "UH OH ... STINKY (REMIX)"
- C) "JESUS IS THE ONE (I GOT DEPRESSION)"
- D) WHAT'S TIKTOK?

LAST ISSUE'S POLL

HOW DO YOU FEEL ABOUT SPIDER-MAN COMING BACK TO THE MARVEL CINEMATIC UNIVERSE?



CORRECTIONS CORNER: On Oct. 2, we published an article titled "Impeachment: the long road ahead" that mistakenly identified Ronald Reagan as resigning from office rather than Richard Nixon. The Oakland Post apologizes for the error. The Oakland Post corrects all known errors of fact. If you know of an error, please email editor@oaklandpostonline.com.

LETTER FROM THE EDITOR

Progressing the conversation around mental health



TREVOR TYLE
Editor-in-Chief

Dear readers,

While we rarely publish “themed” issues of The Oakland Post, this issue is rare in that much of the content is focused on improving the conversation around men-

tal health, both on our campus and in the larger community. Tomorrow, Oct. 10, is World Mental Health Day, and while we shouldn’t limit the conversation to a single day, it gives us an opportunity to acknowledge something that is largely ridiculed, misunderstood or completely ignored within our society.

As I expressed in my introductory letter from the editor, The Oakland Post serves as the voice for the students. As a staff, we collectively and wholeheartedly felt very passionate about devoting this week’s issue to mental health because we recognize the effects it has on us and our campus community.

On page 5, we have a story on Active Minds at OU, a remarkable student organization on campus that works to educate and empower students to talk about mental health. On page 13, we’ve got a review of “Joker,” a film that, for better or worse, has forever changed the way mental health is approached in cinema. One of our contributors also wrote a great piece on Channing Smith, a young man who died by suicide after being bullied for his sexuality, stressing the significance of actions having consequences.

Our website this week also features a stunning piece from our content editor on former Detroit Lions quarterback Eric Hip-

ple’s visit to campus, where he openly described his efforts to destigmatize mental health on a broader level.

According to the Association for University and College Counseling Center Directors, 48.2% of college students suffer from anxiety, 39.1% suffer from stress and 34.5% suffer from depression. But the number of people who are openly discussing these issues does not match the height of those statistics.

We are all affected by mental health in some way, shape or form. If we ourselves don’t suffer from it, someone we know probably does — and it’s not always visible. In the past few months, I’ve come face-to-face with stress and anxiety in ways I never thought I would, and, to put it bluntly, it sucks.

But one of the things that made me OK with it was the knowledge that I’m not alone, a lesson I learned from one of my biggest influences, the incomparable Carrie Fisher.

In addition to being a badass princess in a galaxy far, far away, she was a brilliant author and an outspoken mental health advocate. Fisher battled bipolar disorder, depression and drug addictions for most of her life, and if there’s one piece of wisdom

she imparted to us that really stuck with me, it’s the importance of unapologetic self-acceptance.

“I’ve learned to celebrate my life, to embrace it,” she told the Houston Chronicle in 2012. “If I have the problems, the problems don’t have me. They’re not something I’m ashamed of.”

One of the reasons why Fisher was so revered was because she could make people feel comfortable with something that can be impossible to feel secure about.

So, in honor of World Mental Health Day, I would strongly urge all of my fellow Golden Grizzlies to be more like Fisher, and talk about mental health. Listen to those who are struggling. It’s not something to be afraid of, but rather, we should fearlessly embrace it so we can change the conversation for ourselves and our peers.

Sincerely,

Trevor Tyle, Editor-in-Chief

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Grizz statue built in 2006

BRIDGET JANIS

Staff Reporter

The cheer team, dance team, OU pep band and the Grizz mascot all gathered around to perform in front of the O'rena in honor of the Grizz statue finally being revealed at Oakland University in 2006. The Grizz statue impacted the community on campus by becoming a huge athletic symbol.

The original idea for the Grizz statue was lead by a group of OU students who believed the university's mascot should have a more impactful image. The main vision for this statue was to help boost school spirit, according to Mary Beth Snyder, OU's vice president of student affairs at the time.

"I'm very excited that the statue is coming to campus," then-Student Body President Madalyn Miller said. "Students started the push. They wanted the grizzly bear statue on campus, which I think is an excellent display of the fact that students can come together and it can happen."

Istava'n Ma'te and Lantos Gyorgyi, the parents of former Grizzly swimmer Humor Ma'te, were put in charge of sculpting the statue. They were famous Hungarian sculptors that were well-known for their pieces of art that were displayed in the Vatican. With the estimate cost, the two were willing to donate their time to OU as long as the university supplied the materials and shipping of the statue.

"This special event was forged through hard work and lots of donated

labor," Snyder said then. "Along with students at the time and members of the Student Congress, we were able to raise \$35,000."

The money raised went toward building the base of the statue and having it shipped.

Shipping the statue from Hungary cost the university around \$1,500 and another \$2,000 for materials. There was also another \$100,000 spent for the statue's base, benches and surrounding landscaping done around the statue's area.

The idea of the statue came from a smaller version of it in the Student Affairs Office, which served as the basis for Ma'te and Gyorgyi's life-size Grizz statue. While using bronze material and creating it to be 8 feet tall and weighing over a ton, this addition to campus added a representation of the mascot.

People on campus, such as then-Interim Athletic Director Greg Kampe, spoke at the revealing about how adding this statue would urge OU students to show true passion for the university's athletics.

"The statue definitely evokes school spirit and gets you excited to be a Golden Grizzly," Michael McGuinness, former student body president said. "It's very impressive, to say the least."

Today, the Grizz statue still stands tall outside of the O'rena and students believe that the Grizz statue radiates good luck vibes for students, and rubbing the grizzly's stomach before a big exam or final will allow them to receive a better grade. This iconic statue adds a lot to campus and gives students a sense of pride.



OAKLAND POST ARCHIVES

Outside the O'rena, the Grizz statue stands proud as a university staple.

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CAMPUS

Active Minds at OU brings awareness to mental health

TREVOR TYLE

Editor-in-Chief

A recent study that surveyed over 2,000 individuals found that 98% of its respondents believe mentally ill people are stigmatized and discriminated against. That same study also found an overwhelmingly large percentage of its respondents to be uncomfortable discussing mental health, whether it be with a friend, family member or even an employer.

One organization, however, is hoping to change that.

Active Minds is a nationwide nonprofit organization dedicated to improving the conversation around mental health, particularly in students. Founded in 2003, Active Minds has since expanded to more than 600 colleges and high schools across the country, including 450 student-led chapters — one of which is right on Oakland University's campus.

"There are a lot of stigmas [surrounding mental health], and it prevents students from getting help that they need or even asking for help," said senior Darian Stevenson, president of Active Minds at OU. "That's what we work to do is kind of ... get the word out there and leave that stigma so that people can get the help that they want."

An estimated one in five adults — or 20% of the overall adult population — suffer from a diagnosed mental illness. However, an even smaller percentage of adults are openly talking about it, which is where Active Minds can help. According to Vice President Leslie Cunningham, their organization seeks to "fight those stereotypes [surrounding mental health] ... and replace it with something positive."

One of the goals of Active Minds at OU is to educate the student body on mental health issues because they affect



PHOTO COURTESY OF LESLIE CUNNINGHAM

The club works to stop the stigma around mental health.

the majority of college students. While statistically, college students have more accepting views of mental health care, over 60% of college students have experienced "overwhelming anxiety in the past year," according to a report from the American College Health Association published last year. Stevenson said suicide is also the second leading cause of death among college students.

"There's a lot of stress involved in college in general," she said. "It's something that hasn't really been paid attention to in the past, and I think people are now starting to

realize that it's a serious thing."

Stevenson and Cunningham both became involved with the organization through their passion for psychology. They said it gives them an opportunity to engage with the campus community while also giving students an outlet to talk about what is often an uncomfortable topic of conversation.

"It is hard to talk about, but hearing how people are so passionate about it just makes me happy, because I want people to understand how important it is," Stevenson said.

They did, however, clarify that Active Minds does not offer counseling services or other forms of clinical mental healthcare. Stevenson said the Graham Health Center is her "go-to" resource because students' first six sessions there are free. She also stressed the importance of hotlines and talking to friends and professors.

In addition to the work Active Minds at OU does, there are other on-campus events and opportunities to expand the conversation about mental health, which Stevenson and Cunningham found to be equally beneficial. One such event, a mental health awareness forum, was held Tuesday, Oct. 8 in honor of Disability Awareness Month and featured former Detroit Lions quarterback and mental health advocate Eric Hipple.

"[Events like that] can kind of normalize the conversation around mental health," Cunningham said. "Football is such a huge sport in America, so having an NFL player share their experiences with that, I think it just raises more awareness and opens up that conversation more."

Active Minds at OU meets monthly on Thursdays from 12-1 p.m. For more information, visit GrizzOrgs or contact Darian Stevenson at dstevenson@oakland.edu or Leslie Cunningham at lmcunnin@oakland.edu.

Karate club joins campus as new student organization

TAYLOR McDANIEL

Staff Reporter

New to Oakland University's endless list of activities and recreations is the affiliated International Shotokan Karate Federation (ISKF) Karate Club.

Led by the passionate and dedicated Professor Mohammed Mahmoud, who also functions as the academic adviser and Sensei of the group, the club — although still growing — is eager to make an impact at OU and enlarge its size since beginning this August.

The club is open to all, not just students and faculty who are associated with OU. Community member Yusuke Nakamura, who will be attending OU next semester, said he has really enjoyed the club thus far, despite having no experience before joining.

"[Karate] is similar to Japanese culture in the way that it values traits of respect and strictness," Nakamura said.

Shotokan is a type of Karate style, one of the most popular, according to Mahmoud.

The sport of karate consists of sharp, counteractive movements of punches and kicks in order to block an opponent. Karate is an art of self-defense.

"When out on the street — whether you are a child, adult, senior, male, female, whoever — can use their skills [of karate] to protect themselves," Mahmoud said.

Although the activity teaches self-defense and promotes physical health, it assists with mental health as well.

"[Karate] is good exercise, leading to good posture, heart, bones, muscles," Mahmoud said. "It also helps with mental focus."

President Dr. Martin Vaughan of ISKF, also the chief instructor and regional director of the ISKF/U.S. Mid-America Region, offered to come instruct the club and train with them for free. Typically, training from an instructor of that caliber would be expensive, according to Mahmoud.

On the official website, ISKF states that its mission is to "preserve and spread traditional Japanese karate through exceptional instruction." The nonprofit organization has dojos all over the world, with Mahmoud hoping for OU's club to become one as well.

There are two official dojos in Michigan thus far: Swartz Creek Karate Club in New Hudson and Lightning Strikes Shotokan Karate Club in Flint. OU's ISKF Karate Club truly aspires to become the



SERGIO MONTANEZ | PHOTOGRAPHER

New to OU, the karate club is affiliated with the International Shotokan Karate Federation.

third in Michigan overall.

Instructor Carol Glenn of Swartz Creek Karate Club has extended an invitation to assist OU's club with training of its members, most starting off as beginners, or white belts. In order to become an official club with ISKF, the club will need more diversity in its belt rankings.

Besides diversity in belt rankings, Mahmoud would like more diversity in the club overall. Although the club is all men right now, inclusivity in gender is being strived for.

Mahmoud, who has been studying the Japanese martial arts since he was 10 years old, said the ultimate goal of Karate is the perfection of character. For OU's Karate club, he hopes they ultimately grow in size and in diversity of belt rankings.

"It's a blessing that I have this martial arts," Mahmoud said.

OU's ISKF Karate Club's meeting date, time and place, as well as any other information on the organization, can be found on the group's GrizzOrgs page.



NICOLE MORSFIELD | PHOTO EDITOR

A non-native species of grass will soon be removed from OU's biological preserves.

Invasive species to be removed from OU's biological preserves

LAUREN KARMO

Campus Editor

Plans to remove the invasive Phragmites species from Oakland University's biological preserves will go into effect this week.

Phragmites australis is an aggressive non-native species of grass, similar to the common reed, that grows in wetland marshes. They are extremely tall, brown stalks of grass with tufts at the tops of the reeds.

Phragmites have been a problem for OU's biological preserves for decades, and they out-compete the native species of plants in the marshes, like cattails, for resources. If left unchecked, Phragmites will overtake the entire ecosystem and eliminate all other species.

"If you drive on Pioneer Drive, there's a cattail marsh right there, and when I started here 10 years ago it had a little bit of phragmites around the periphery of it," said Dr. Scott Tiegs, biology professor and principal investigator of OU's aquatic ecology lab. "Every year, it has encroached toward the center. Now it's probably 80% Phragmites and a relatively small fraction of cattails."

Phragmites pose a threat not only to the other native plants in the wetlands, but to the animals that rely on those plants for food and shelter. The overtaking of Phragmites has the potential to upset the balance of the entire ecosystem in the preserves.

Tiegs, who specializes in ecology, proposed the removal this June. Before the removal was allowed to occur, authorization had to be granted to the project by OU Facilities Management and OU administration.

"Everyone was receptive to the idea, they think it's a good community engagement project," Dr. Doug Wendell, chair of the biology department, said.

After the project was approved by OU Facilities Management, Tiegs got into contact with Six Rivers Land Conservancy. Six Rivers is a nonprofit organization that helps to conserve and protect natural areas. They are partnered with the Oakland County Coop-

erative Invasive Species Management Area (CISMA), who handles projects pertaining to invasive species in the area.

The CISMA group received funding for this project through the Michigan government via the Michigan Invasive Species Grant Program, as Phragmites is considered one of the group's "priority species" to manage.

"We have identified [priority species] as having the most risk and impact to the areas they do spread to, and some of our priority species include phragmites among other things," Oakland County CISMA Director Erica Clites said. "We have some funding set aside to do treatment of Phragmites to show people that these invasive species can be controlled and treated."

Oakland County CISMA will be assisting in the removal of the Phragmites from the preserves. There are many ways to remove this invasive species, including mowing, burning and herbicide. OU and Oakland County CISMA plan to use a combination of both mowing and a broad spectrum herbicide to ensure the effectiveness of the removal.

Despite the use of an herbicide, there will not be any lasting effects to the majority of the other plants in the area due to the application technique.

"We have guys out there who are applying it by hand, very precisely to the locations of the Phragmites," Tiegs said.

The goal of this project is to manage the growth of the Phragmites, not eradicate it. Tiegs hopes to see an increase in biodiversity after the project is finished.

As with any weed, there is a chance that Phragmites will return to the area after removal. The biology department plans to have students participate in monitoring the results in the wetlands as part of course curriculum in the future.

"We've got 80 acres on campus of natural areas that we use for a lot of our teaching, research, etc., and it's nice when we can do ecological restoration to maintain the integrity of these natural areas that we have," Tiegs said.

Students share thoughts on annual safety report

DEAN VAGLIA

Staff Reporter

With thousands of students, jobs and social events, Oakland University can feel like its own city. And like any city, OU has to deal with crime within its walls. But do the feelings of OU students reflect the actual state of safety on campus?

The Oakland University Police Department (OUPD) released their annual security and fire report on Monday, Sept. 30. Distributed via email with physical copies available via Freedom of Information Act (FOIA) request, the report details crime and fire statistics across OU's Rochester Hills main campus, Mt. Clements Anton/Frankel Center, the Macomb University Center in Clinton Township and Focus: HOPE Institute in Detroit. The report covers statistics for the years 2016, 2017 and 2018.

The crimes OUPD tracks on page 40 of the report range from robberies and liquor/drug law violations to rape, hate crimes and killings (murder and manslaughter), each offense classified in line with the FBI's reporting handbook. All crimes committed occurred on the main Rochester Hills campus.

When it comes to finding out the least common crimes at OU, the easiest place to start is with the most shocking of offenses: killing or extreme violence.

"Anything that would deem the campus fully unsafe, anything that would cause a lockdown on campus I feel is least common," sophomore Jay Hayward said.

Hayward's beliefs, to the relief of many, ring mostly true to the report. Murders and manslaughters have been absent at OU for the three years monitored, while a combined 17 instances of aggravated assault, domestic violence and dating violence were reported in 2018. However, this is an in-

crease from 10 reported incidents in 2017. Arrests for illegal weapons were made twice in 2018.

Arson was a low-occurring crime, reported to OUPD only three times in 2018 and never in 2016 or 2017. Combined with an unintentional grease fire back in 2016, only four fires are mentioned in the report. An unintentional fire in Vandenberg Hall was not included in the report.

While the stats tell OU students to not be afraid of serial killers and at least be aware for the odd serial arsonist, how students see the most common crimes typically does not entirely line up.

"Probably smoking," freshman Nick Spinale said regarding his thoughts on the most common on-campus crime. While OU is a smoke-free campus, reports of smoking were not singled out in the report. Twenty-three drug violation arrests were made in 2018, down from 34 in 2017. But the most common crime was alcohol violations, reaching a grand total of 31 for 2018.

Sexual assault on college campuses is a known common crime, as sophomore Sidra Rao attests.

"I know last year there was some stuff about sexual assault, but I feel like that is common on colleges, sadly," Rao said.

There were 16 reports of sexual crimes (rape and fondling) and 13 reports of stalking in 2018, up from nine and four reports in 2017, respectively. The report also pointed out 43 prevention and awareness programs for students and six for employees that were available in 2018.

The report outlines ways for students to remain safe on campus, such as walking in groups after dark and keeping valuables locked away in a trunk or dorm — useful considering the six reported thefts in 2018. Blue light emergency phones can be found around campus and at the Greek Cottages. OUPD recommends reporting suspicious behavior on campus.

LIFE&ARTS

Nominations for Teaching Excellence Awards open

TAYLOR McDANIEL

Staff Reporter

Having an encouraging, inspirational professor can make an incredible difference in a student's life. The right teacher can ignite a passion unbeknownst to a scholar, motivate a class in ways they hadn't been before and give invaluable knowledge, supplies and resources to someone just starting out in their educational career.

One way to repay a professor for their unwavering support and brilliant words is to nominate them for a Teaching Excellence Award.

The Senate Teaching and Learning Committee at Oakland University is now accepting nominations from students, faculty or staff for tenure-track faculty, non-tenure-track faculty and online teaching.

Although the award has existed since 1982, the online teaching category is new — introduced last year.

Nominating a professor is an anonymous process, as well as being a “super easy form worth doing,” according to Meaghan Barry, associate professor of graphic design and co-chair for the committee.

The committee, made up of Barry and other university faculty, has a goal of helping facilitate better teaching on OU's campus. Besides coordinating the Teaching Excellence Award, the committee is also in charge of the vetting process of issuing out grants to faculty, who

will use the money to benefit their teaching and the students in their classrooms.

While the committee is mostly made up of faculty, students from OU Student Congress (OUSC) take part in it as well. Barry said feedback on behalf of the students has been very helpful.

“[OUSC members] mentioned that the nomination form should be simple, without a lot of legwork since [students] have busy lives,” Barry said. “The committee definitely tried to keep that in mind.”

Once a professor is nominated through the form, the committee reaches out to said nominee with an invitation to a luncheon to describe the application process to be considered for the award. The application consists of an explanation of their innovation in teaching, a letter of support from someone within their department and two examples of unsolicited student support.

The winner of the award in each category receives their name on a plaque, a cash stipend of \$2,000 and recognition of their teaching. To keep an even playing field, a professor cannot win if they have in the last five years, there is a limited word count on the “innovation in teaching” portion and only two examples of unsolicited student support can be submitted.

One such professor who has sparked for students is Special Lecturer Caterina Pieri, one recipient of the most recent Excellence in Teaching Awards. Pieri is an Italian language lecturer in the Department of Modern

Languages and Literatures, who described her teaching style as “personal.”

“I have an instinctive way of communicating to students, and I try to understand their individual needs,” Pieri said.

Though Pieri has attributed many wonderful things to OU, she has accommodated the needs of her students by being one of the leading forces behind the Open Educational Resources (OER) initiative at OU. Special Instructor Dikka Berven first approached her with the idea three years ago and — with the help of Julia Rodriguez, associate professor and nursing, health sciences and scholarly communications librarian; and Kevin J. Corcoran, dean of the College of Arts and Sciences — brought OER to OU.

Pieri said she had “jumped at the opportunity” to have affordable course materials in her classrooms and create accessible educational opportunities — similar to the way she jumped up and down when she received the Excellence in Teaching Award.

2019 recipients Pieri, Amy Rutledge and Krzysztof (Chris) Kobus will be speaking at the Teaching Excellence Award presentation Thursday, Oct. 10. Nominations for 2020 are due by Friday, Oct. 18.

To nominate professors for the Teaching Excellence award, the form and additional information can be found on The Senate Teaching and Learning Committee's webpage.

Police Files

Creepy Stalker

A female student came into the Oakland University Police Department on Aug. 16 to report a creepy man who interacted with her on a walking path. She initially called dispatch and spoke to two on-duty officers as she walked to her car. The officers established that the individual was not following her and had left campus or the area. She remained on the line until she reached her vehicle and then came into the station to report the details.

The student stated she was walking on the P-57 service road at approximately 3:30 p.m. when she encountered a shirtless, white male. The man identified himself and complimented the student repeatedly. The two exchanged phone numbers. The man then asked for a hug, which she declined.

The man then tried to persuade the student to follow him into the woods to see his favorite 600-year-old tree. He said he was “sexually attracted” to her and indicated he had an erection. He then told her he was 30 years old.

The student gave OUPD the man's contact information. He was not located afterward and no cameras captured the incident. On Aug. 23, an officer asked the man to come into OUPD to speak with them. He said he was not comfortable meeting. They explained to him that in the last two years OUPD had two reports of him “freaking out” women on campus with inappropriate conversations. He stated he just comes to OU to work out and he did not talk to women that way. The officer repeated that OUPD had received two reports and cautioned him to be careful of how he spoke to women.

*Compiled by Ben Hume,
Web Editor*



**THERE'S NO PLACE
LIKE
HOME**

OAKLAND
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STOP

story by Katelyn Hill // design by Mina Fuqua // g

Officials at Oakland University plan to get students healthy in a competitive way.

For the past five years, OU has been participating in the “Flu Vax Challenge,” which pits different colleges and universities against each other to see who can have the most vaccinated student body.

Even President Ora Hirsch Pescovitz received a flu shot at the flu clinic at Kresge Library on Wednesday, Sept. 18.

Flu shots will be available on campus at the Graham Health Center (GHC) and at different clinics around campus. The influenza vaccine is completely free for all students.

Having free, convenient flu shots removes the barriers that stand in the way of students getting vaccinated.

Nancy Jansen, nurse practitioner and director of the GHC, said students need to get a flu shot every year to be protected against the virus.

“The flu can be a very deadly disease,” she said. “Even if it’s not a serious outcome, I can guarantee if you get the flu, you’re going to miss a minimum five days of school.”

Jansen said people die of the flu every year, regardless of whether they’re young or old.

Some years are more lethal than others depending on the strain of the virus, but there is no way of predicting how bad the flu season will be from year to year.

Jansen said the “Flu Vax Challenge” is just a fun, friendly competition to help promote flu shots.

The challenge is sponsored by Alana’s Foundation, a nonprofit organization dedicated to educating people about the severity of influenza and the importance of vaccinations.

Alana was a happy and healthy 5-year-old girl. On the evening of Feb. 1, 2003, she was rushed to the hospital where she later died due to flu-related complications that caused swelling in her brain. At the time, Alana had not been vaccinated against the flu. Since then, her family established Alana’s Foundation with the hopes of preventing what happened to them from happening to other families.

Jansen said the influenza vaccine is very safe and effective.

THE FLU

graphics by Jimmy Williams // photos courtesy of Oakland University

“There’s a very high bar for safety on a vaccine,” she said. “There’s boatloads of Ph.D.s that make these vaccines, that study these vaccines. You have to trust the science.”

Jansen said since OU started participating in the flu vax challenge, the number of students vaccinated has nearly doubled.

Janine Dack is a sophomore, and though she has gotten flu shots in the past, she hasn’t been vaccinated yet for this year.

“I didn’t really realize that I had to do it every year, and I didn’t know where to go,” she said.

However, she said if she has the time, she will visit one of the vaccine stations available on campus and get her shot.

Jansen urges students to get their free flu shots.

“It’s not just something like getting a cold,” she said. “It is a very serious health problem.”

If free, convenient vaccines aren’t enough to motivate, do it for the competition. Whether students get their shots at OU or at their local pharmacy, they can take the survey online through Alana’s Foundation to help OU climb up the rankings.

“We’d better win,” Dack said.



Bears on the air: How to make it on WXOU

DEAN VAGLIA

Staff Reporter

Ever have a great idea for a radio show or podcast? Ever been told you have a great voice for radio? WXOU might be for you.

Located on the lower level of the Oakland Center a short jolt from the Habitat, 88.3FM WXOU The Grizz is the on-campus student-run radio station for Oakland University. Hosting a wide variety of live and pre-recorded programming, WXOU provides students the opportunity to get hands-on experience in the world of radio.

Of course, they do not simply hand out radio shows to every person who passes through their corner of the OC. You still need to apply, be it online or with one of the brand new paper applications found outside the station. And if you have never touched a sound mixer or recorded your voice before, that's ok — no prior radio or audio experience is required.

"It is why we are there, to help people train and to give them the experience they need," said Marty Shafer, faculty adviser and coordinator of broadcast services.

Shafer started his time at WXOU as a DJ in 2006.



RYAN PINI | PHOTOGRAPHER

Students must fill out an application form for WXOU to consider hosting their radio show.

"When I first started there, I had no experience," he said. "I learned everything that I know now basically at the radio station, so any major, any experience is more than welcome."

When the form is filled out and sent in, expect to hear from Assistant Programming Director Brendan Triola shortly after.

Along with the roughly 100 DJ appli-

cations sent in the fall semester, yours has landed an in-studio demo with Triola. A demo with Triola starts in a studio with a quick 10-minute runthrough over the equipment.

"It is a lot of people's first time using audio recording software, so that can be a bit challenging for them," Triola said. "They come in [the studio], record a two or three

minute segment. They kinda briefly talk about what they want to do for the show, but it is more about getting used to the process of the show and how it works."

After introducing themselves and getting used to identifying the station on-air, prospective DJs learn how to play introduce and play out a song and read some public service announcements from a script. A DJ will either be given a pre-recorded nighttime slot under Triola or a live daytime spot with Program Director Teyler Thompkins.

How long a show runs on WXOU is completely up to the DJ, according to Shafer.

"They can totally run all year," he said. "And after you graduate, if you want to continue to do your show, you can still do it. We have had people that graduated 10 years ago that still do their shows."

Diving headfirst into the world of radio can seem intimidating — especially to those who have never done radio work — but Triola said there is no need to be afraid.

"Just do it," he said. "I think that a lot of times what turns people away is that they do not feel like they would be ready ... I have never had a demo where someone has not asked a question, and that is totally ok."

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Sanders breaks barriers for people with disabilities

RACHEL YIM
Staff Reporter

Elijah Melvin Sanders, a junior at Oakland University, was born with cerebral palsy, a group of disorders that affects a person's ability to move and maintain balance and posture.

His disability often presents itself before his ability, which may make students around him find it difficult to approach and connect with the person within, according to Sanders. Without having friends to talk to or someone with whom he could share his feelings, he started to doubt himself and his place at OU.

During the first three years of living on campus, his loneliness and depression were deepened.

"I was lonely, and my thought process was quite dark," Sanders said.

Sanders has faced many obstacles, not only due to his disability but also because of his sexuality.

"Being an LGBTQ [IA+] is definitely an obstacle," he said. "As a bisexual individual, it's not easy making friends, and finding relationships, especially being on a wheelchair and having that on a college campus."

The Americans with Disabilities Act of 1990 allowed the general public to become more informed about disability. Though society has changed toward disability becoming more easily accepted and understood by more people than in the past, the reality people with disabilities face is quite different, according to Sanders.

"It's easy and acceptable, but when it comes to finding true relationships, it's a bit hard," he said. "It's a bit easier for me to be empathetic toward people because of my disability.

More so, it's a fear that they won't really like me, and that they are around because of what they can get out of it."

Throughout his life, Sanders has always had a concern about people's intentions to be around him. Facing contradictory stereotypes at every turn, this concern has been his daily life.

"So, it's always a question in the back of my head: Is this person really around me because he loves me or is he around because of the chair and he feels bad for me?" he said.

Despite his disability, Sanders tries his best to conquer the remaining years of his college education at OU. Sanders is double majoring in political science and history, pursuing a degree in law. With that interest, he decided to join OU Student Congress (OUSC) in 2016; not knowing this would change his life.

"But then I found Student Congress," Sanders said. "It really has been the one thing that has saved me, time to time. So, I have always had

that keep me going."

Sanders is currently an OUSC senior legislator. Before he found his position in OUSC, he said his mentality was dark, full of anger and frustration. However, soon after he became a member of this organization and earned his current position, he began to see the bright side of his future and realized what he really wants to do with his life.

Along with OUSC, he also has been in many other clubs. He is a vice president of Students Toward Understanding Different Abilities for about a year and was a member of the club Actively Moving Forward.

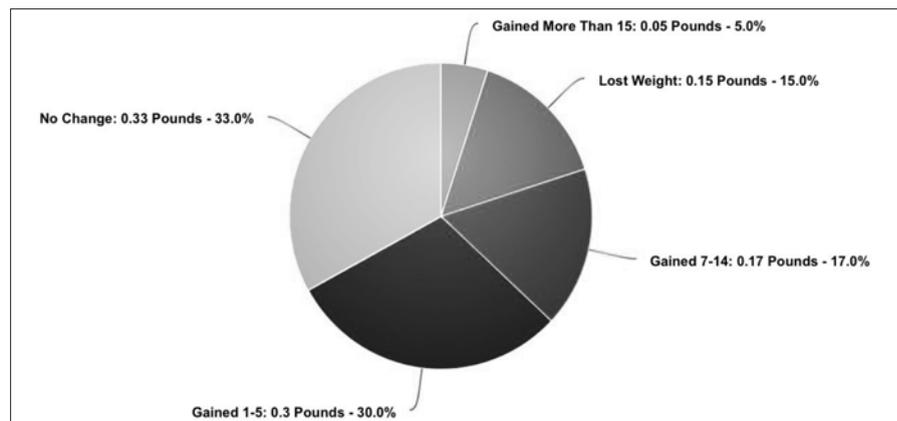
Despite many obstacles he had faced in the past and those he might face in the future, he plans on moving forward to achieve his dream.

After graduating from OU, he plans on working in a middle school, teaching history and civics to save up money to go to a law school at Howard University in Washington, D.C.



RACHEL YIM | STAFF REPORTER

Elijah Sanders was born with cerebral palsy. He doesn't let that stop him from working toward his dream of getting a law degree.



EMILY MORRIS | WXOU NEWS DIRECTOR

This chart shows how common the weight gain is among students. Stats courtesy of the University of Utah.

The freshman 15: Real or a myth?

EMILY MORRIS
WXOU News Director

Fall classes at Oakland University are now in full swing, but earning a stellar grade may not be the only concern on first-year students' minds. The infamous curiosity of the "freshman 15" may be a consideration among unregulated cafeteria buffets, Chick-Fil-A at our fingertips and ever-tempting late-night study snacks. Although new enticing foods may be available, overall, is the "freshman 15" a reality?

Research shows that the "freshman fifteen" is not actually a universal rule for college students. Roughly 60% of college freshmen gain weight during their first year of college, and about 15% lose weight. To put that in perspective, you are just as likely to gain weight in college as you are to avoid buying a college textbook. There are several factors that have made freshmen weight gain a familiar topic.

Who might gain weight?

"College can be quite stressful," said Dr. Elise Brown, assistant professor of wellness and health promotion at OU. "If the student has not adopted healthy coping skills for dealing with all of the stressors that come along with college, they may resort to unhealthy eating, drinking and sedentary habits."

Therefore, almost any student could be tempted by the new independence that college initiates. Brown admitted she had a healthy living adjustment period when she began college.

"I certainly did experience the 'freshman 15,'" she said. "Growing up, I was always very active and involved in sports year-round. Once I started college, I left all of my exercise habits behind and was sedentary my freshman, sophomore and junior years. I did not start exercising again until my senior year. Also, I did not pay much attention to my eating habits during my freshman year, and waiting ta-

bles at a delicious Mexican restaurant did not help matters."

Causes and solutions

Although the idea of the "freshman 15" focuses on first-year students, there are other demographics that have greater odds of gaining weight. According to researchers at the University of Utah, students living on campus and male students are most likely to experience "dramatic" weight fluctuation. The cause is simply because of "snack consumption, larger meal portions and decreased activity."

OU does offer a handful of activities to promote healthy living while living on campus, though — the key is to take advantage of those options. The Recreation Center has several exercise choices that are free to students, including intramural sports, group exercise classes, club sports and a wide variety of solo exercise options.

"Those who get involved in the group activities, like exercise classes and sports, tend to stick with it longer than those who go at it alone," Brown said. "Part of this is because students typically start new friendships in these group settings, and they want to come back for the social aspect as well as the fitness."

Conclusion

Even though the "freshman 15" is less common than the name inspires, college students as a whole are exposed to new schedules, stresses, food and independence that may contribute to some students' weight gain. Healthy lifestyles are personalized, though, so there is not a "one size fits all" idea to help everyone. Taking advantage of the choices OU offers to combat the "freshman 15" label can help, though.

"College is a unique phase in which students are finding a new sense of autonomy, especially those who move out of their parents' or guardians' homes," Brown said. "Part of this newly found autonomy is health behaviors."



COURTESY OF OAKLAND UNIVERSITY
OUWB's Pediatric Interest Group was named "Pediatric Interest Group of the Year".

OUWB wins AAP award

KATELYN HILL
Staff Reporter

A student organization from the Oakland University William Beaumont School of Medicine (OUWB) has been named the "Pediatric Interest Group of the Year."

The OUWB's Pediatric Interest Group (PIG) works to serve the community and promote pediatrics.

This award comes from the American Academy of Pediatrics (AAP), which is a professional association of pediatricians, and has been a huge honor for all the members.

Yvonne Lee, the president of PIG, said everyone was excited about the award.

"We are just so happy and proud to be able to impact our pediatric community, especially around OU since it feels like we're able to give back to everyone," she said. "It's great to know that our hard work paid off and that we are being recognized for it."

Vice President Savannah Fotheringham said this award recognizes that OUWB and the group did an outstanding job of upholding the values of the AAP.

Lee said the group is one of the largest at OUWB and focuses its efforts toward community service, advocacy for pediatrics and fundraising. The group is heavily involved and has many annual programs they continue even with new leadership.

One of the annual fundraisers PIG

puts on is "The Roast," which is a medical satire show where students, professors and faculty get to roast their peers. The show raises money for the CARE House of Oakland County, which is a nonprofit children's advocacy center.

"The Roast" is PIG's flagship event. Last year, the show raised over \$2000, according to Lee.

The group has also partnered with OU's Lowry Center, participating in a reading project for kids of all abilities using sing-along books created by the music department.

Lee said at first it was supposed to just help members get a little more exposure and interaction with children with autism. However, they soon ended up doing it with their whole school.

The group isn't just for those interested in going into pediatrics.

Fotheringham said members can explore all kinds of subspecialties within the pediatric field, while still serving kids and families in the community in various ways.

Lee said it's a way for people to get out of their comfort zone and relieve the stresses of college, all while staying within the realm of pediatrics.

Even though the leadership of the PIG changes every year, Fotheringham said the group will continue to maintain the outreach and advocacy programs in place.

"The world needs primary care doctors right now," she said. "So promoting the field is really important."

How to avoid EEE in Michigan

EMILY MORRIS
WXOU News Director

Lackadaisical buzzing and itchy bug bites are a calling card of mosquitoes during a damp fall season. This can be a nuisance, but most Michiganders are not accustomed to seeing the pint-sized pests as deadly — until now.

The Michigan Department of Health and Human Services (MDHHS) has confirmed the spread of Eastern Equine Encephalitis (EEE) by mosquitoes in 12 counties in Michigan: Barry, Berrien, Calhoun, Cass, Genesee, Jackson, Kalamazoo, Lapeer, Montcalm, Newyago, St. Joseph and Van Buren. The deadly disease is on the rise as weather remains warm and rainfall draws mosquito populations.

“

Long sleeves and the use of insect repellent will go a long way toward being bitten by mosquitoes that carry the EEE virus, [and] only a small number of cases have been reported in humans.

DR. SCOTT TIEGS
ASSOCIATE PROFESSOR OF BIOLOGY

”

"The increasing geographic spread and increasing number of EEE cases in humans and animals indicate that the risk of EEE is ongoing," said Dr. Joneigh Khaldun, MDHHS chief medical executive and chief deputy for health.

Mosquitoes become infected after biting an infected bird. The mosquito is then able to pass along the disease to any mammal it bites, according to the New York Health Department. EEE is only contractible through mosquito bites, and any infected person or animal is not contagious.

"Long sleeves and the use of insect repellent will go a long way toward being bitten by mosquitoes that carry the EEE virus, [and] only a small number of cas-

es have been reported in humans," said Dr. Scott Tiegs, associate professor of biology at Oakland University.

For anyone with current concerns, though, symptoms of EEE can be quite lucrative, including high fever, headache, tiredness, nausea or neck stiffness. Sometimes, there are no symptoms at all, so being cautious of all mosquitoes is necessary. The effects of EEE also include possible permanent brain damage and a 33% death rate.

The MDHHS has suggested several precautions that can be taken to safely enjoy outdoor activities this fall:

- Apply insect repellents that contain the active ingredient DEET, or other U.S. Environmental Protection Agency-approved products to exposed skin or clothing, and always follow the manufacturer's directions for use.
- Wear long-sleeved shirts and long pants when outdoors. Apply insect repellent to clothing to help prevent bites.
- Maintain window and door screening to help keep mosquitoes outside.
- Empty water from mosquito breeding sites around the home, such as buckets, unused kiddie pools, old tires or similar sites where mosquitoes may lay eggs.
- Use nets and/or fans over outdoor eating areas.

Fall is notorious for involving outdoor excursions — campfires, apple picking, hiking, hayrides and corn mazes, to name a few — so the MDHHS is encouraging officials to "consider postponing, rescheduling, canceling and/or relocating outdoor activities that occur at or after dusk." Mosquitoes become more active in the evening hours. This suggestion will remain until the first frost, when mosquito activity should conclude for the season.

"As temperatures continue to cool, insect abundances will decline, including those of mosquitoes," Tiegs said. "We'll have to wait and see if there are new cases in the spring and summer of 2020."

Although fall pastimes may look a bit different this year, any changes are in hopes of keeping everyone safe. For further information on EEE in Michigan, MDHHS recommends visiting michigan.gov/emerging.

‘Joker’ is a compelling, yet sick and twisted take on mental illness

TREVOR TYLE
Editor-in-Chief

That purple suit, that emerald green hair, that menacing laugh — whether you’ve seen a single Batman film or not, you know exactly who I’m talking about.

For nearly 80 years, the Joker has terrorized millions and cemented his status as one of the most iconic villains of all-time. But his reputation precedes him, and with all those years and adaptations comes an increasingly daunting pressure to live up to the “genius” of the Joker.

For many, myself included, Heath Ledger’s Oscar-winning performance of the Joker in 2008’s “The Dark Knight” was truly untouchable. So, Joaquin Phoenix, who boldly took on the role for 2019’s “Joker,” had a lot of hype to live up to, to say the least. Ledger is the ultimate Joker — and will likely hold that title for many years to come — but Phoenix gives a compelling performance that makes the character feel new and authentic.

That being said, DC’s latest cinematic adaptation of Batman’s maniacal archnemesis is far from perfect — even if its titular lead comes pretty damn close.

“Joker” expectedly rose some eyebrows when it was announced, not only because it’s a DC film — sorry, but “Justice League” was one of the worst films I’ve seen in a LONG time — Warner Bros. secured Todd Phillips (yes, the guy who directed “The Hangover” trilogy) to helm the project. And as great as those films may be, they’re a far cry from the darkness of, well ... anything in the Batman universe. (Thankfully, this film isn’t even remotely comparable to “The Hangover” series.)

So, what’s the problem? “Joker” exceeds the expectations



COURTESY OF IMDB

“Joker’s” controversial take on mental health is turning heads. set for it, right? Well, not exactly.

The film introduces audiences to Arthur Fleck (Phoenix), a broken man who leads a seemingly innocent life as a party clown — though we know he will ultimately become the monster that is the Joker. He suffers from pseudobulbar affect (PBA), a neurological condition that prompts uncontrollable emotional outbursts such as laughing or crying. An aspiring comic, Arthur is often misunderstood and ridiculed for being “different” — something with which most of us can relate.

“Joker” does a solid job making us feel empathy toward such a despicable individual. Where it fails, though, is in its execution. While its intentions are good, the film rather abruptly shifts from trying to make a statement on the importance of mental health to perpetuating the rather problematic view that mental illness is to blame for the rising violence in this country.

As skeptical as I was about the film’s true potential to incite

real-world violence, I can confirm that the police presence at nearly every theater screening the film last weekend was entirely justified. The framing of the film’s first act creates a character who we’re supposed to feel compassion toward, yet by “Joker’s” conclusion, Arthur’s actions — immoral as they may be — are seemingly encouraged by those around him. While I wholeheartedly believe Phillips intended for audiences to interpret that differently, “Joker” largely fails in properly addressing the psychological trauma faced by both the character and our own society.

One of “Joker’s” most glaring problems is that we’re seeing the film through the perspective of a mentally ill character haunted by his own delusions, which makes him a very unreliable narrator and, therefore, gives us an equally incoherent narrative at times. And when it is coherent, it’s typically — and dangerously — vindicating the Joker’s behavior.

Needless to say, “Joker” is far from perfect. Its visually stunning cinematography, captivating performances and daringly successful departure from the norms of traditional comic book films make it a truly riveting piece of work. But I still can’t fully recommend “Joker” to audiences. In spite of all that makes it good, it’s also a disturbing and potentially toxic attempt at glorifying mental illness.

I wanted to enjoy “Joker,” but found it to be a relatively underwhelming anthology film for a character of his magnitude. The comic book films to follow this one should absolutely seek influence in the things it did right. But as far as progressing the conversation around mental health in this country, it couldn’t have come at a worse time — for every step forward it takes, it takes another two steps back.

Rating: 3/5 stars

Political Focus: Here’s why you shouldn’t be a jerk



AUTUMN PAGE
Contributor

Channing Smith, a 16-year-old Manchester, Tennessee teenager, killed himself on Sept. 23, 2019. He attended Coffee County Central High School, and after getting into a disagreement with some classmates, they leaked Channing’s private Facebook conversations with a male classmate.

Those conversations were “graphic

texts and there was no room for Channing to be able to claim it was a misunderstanding,” his older brother, Joshua Smith, said in a CNN article.

Channing never spoke about his sexuality publicly, according to BuzzFeed News. Classmates who allegedly wanted to embarrass him posted the conversations to social media, like Snapchat and Instagram, at around 10 p.m. on Sept. 22.

Then, at around 4 a.m. Channing’s father saw the lights were on in Channing’s room. He went to check on him, and found his son’s body.

“Being in a small, rural town in the middle of Tennessee, you can imagine being the laughingstock and having to go to school Monday morning,” Joshua told WZTV.

All of this because of a disagreement. A 16-year-old took his life because he was outed when he wasn’t ready.

And this wasn’t Channing’s first run-in with bullying, either. Another classmate named Keylee Duty told BuzzFeed News that fellow classmates often made fun of Channing and told him no one liked him because he sometimes “talked in a girly voice and walked with sass.”

This is the world we live in, where de-

stroying people’s lives is funny.

“My brother committed suicide because of the actions of two kids that he trusted that turned personal screenshot messages over to social media in a deliberate attempt to assassinate his character,” Joshua wrote on Facebook. “Nobody deserves to die as they are figuring their way through this complex journey called life.”

Channing’s mother has spoken out about her son’s death.

“Just because you think it’s cute or funny to make somebody embarrassed or humiliate them, think again,” she said. “Because if somebody would have realized that, my son would not be dead.”

Channing’s family is demanding action, and for their son’s death to not be a waste.

The fact that this is happening in 2019, where people tend to be accepted for who they are, regardless of their sexual orientation, is truly disgusting. No one should have to go through what Channing did. Not even that, no family should have to go through this.

No mother or father should have to plan their son’s funeral. They’ll never see him graduate high school or go to college. Joshua should have never had to say good-

bye to his little brother without knowing that it would be the last time.

No one should have to hide their true self, whether it’s because of personal reasons or because they’re afraid of what people might say or do.

This situation is awful, and it breaks my heart that kids, teenagers even, are going through this. It breaks my heart that people still struggle with self-acceptance because of others’ needs for validation or entertainment. Someone else’s self-acceptance journey shouldn’t be undermined for a laugh or for a viral post on social media.

Know that you’re not alone, and there’s always someone to turn to.

If you or someone you know is struggling:

- **The Gay, Lesbian, Bisexual and Transgender National Hotline:** (888) 843-4564
- **The GLBT National Youth Talkline (serving youths through age 25):** (800) 246-7743
- **National Suicide Prevention Hotline:** 1-800-273-8255
- **The Trevor Project:** (866) 488-7386
- **Crisis Text Line:** Text START to 741-741

Athletics behind the scenes: Meyke Phelps

A current coordinator of athletics communication

DEVIN BOATWRIGHT
Staff Reporter

Nyameyke Phelps is another athletics employee with a lot going on behind the scenes.

Phelps, who goes by Meyke, is a coordinator of athletics communication. He joined the office in July 2015, but the road to his current position was a long and strenuous one.

Phelps originally went to Michigan State for accounting. Like his colleague Maria Rivera, Phelps quickly realized that wasn't what he set out for. Phelps made the switch to studying public relations and received his bachelor's degree in 1997.

After college, Phelps found himself working in public relations for the automotive industry, working with companies such as DuPont and Bosch. Once again, Phelps had a revelation sitting in his cubicle one day.

"I just thought ... I can't do this for the rest of my life," Phelps said.

Shortly after that realization, he decided to take a risk and make the switch to working in the sports industry. With this leap of faith came the tough notion that getting a decent job in this industry wouldn't be as easy as he thought.

"I took a leap of faith and wanted to work in sports," Phelps said. "I reached out to Mike Murray, and he gave me the cold hard truth saying that you're going to have to practically start from scratch. Everyone and their brother wants to work in sports, so I had to be committed to



PHOTO COURTESY OF OAKLAND ATHLETICS
Phelps took leap of faith when making a career change.

making this switch."

Phelps then went back to school at Eastern Michigan earning a Master's degree in sports management in 2007 while volunteering for free under Jim Streeter. Phelps volunteered for two years, but he said he "had more fun doing everyday busy work in the first two months of me volunteering than I had in five years working in automotive PR."

Phelps' work wasn't done there, as he interned at Wayne State, University of Detroit Mercy and last but not least Oakland University for several years. He finally got his chance and became a full time employee at OU.

"My story is very different from others," Phelps said. "I was already working in the real world and decided to come back and start over. To me, this isn't working. If you truly love what you

do, you never really work a day in your life. So for me that's how I cope and the journey was absolutely worth it."

Outside of Phelps' rigorous journey to the position he holds now, he is an avid shoe collector and enjoys the fact that his job allows him to showcase his collection.

"Why is my shoe game the greatest? Well, because it is," Phelps said. "I'm old. I started out with Jordan four, five, and sixes as a kid. One day I thought, I'd love to get more of those when they re-release. So it all started with me trying to collect the shoes I had as a kid, then I just kept going from there."

Phelps, like Rivera, loves his job and what he does here at Oakland, and when you walk into their offices, you can feel the enjoyment they have for what they do.

California passes law to pay student athletes

LAUREN KARMO
Campus Editor

The state of California passed a law this week allowing student athletes to accept sponsorship deals, directly conflicting with the national standard set by the NCAA. Cue the chaos. The long standing argument for or against college athletes getting paid was rekindled with a burning passion, and this law has the potential to change college sports for good.

The law titled SB 206, also known as the Fair Pay to Play Act, is set to go into effect Jan. 1, 2023. The law allows students to accept a sponsorship deal with a company as long as it doesn't compete with any sponsorship deals that their school already has.

Anyone looking to play at a California University is now in a tricky spot, because while there is an opportunity to get paid, the NCAA has threatened to kick California universities out of championships and bowl play.

The NCAA has been profiting off of college athletics for decades, especially between college football season and March Madness. Selling athletes' names, faces and talent for a quick buck without any offer of compensation in return are actions former Michigan State basketball player and Golden State Warriors player Draymond Green has likened to "a dictatorship." Many are happy to see the athletes finally get a taste of the spoils themselves.

One argument against this bill that organizations like the PAC-12 have made is that the professionalization and monetization of college sports will have a negative impact on female athletes and athletes of less popular sports. They argue that this law will change the equal opportunities given to all athletes

under Title IX because the university will not have any involvement with any sponsorship deals.

Despite the PAC-12's statement, many are saying female athletes might actually reap more benefits from this law than their male counterparts. Women have a far smaller chance of going pro after college than men, so this law will allow them to make money off their talents while the spotlight is on them.

One thing that doesn't quite sit right with the typical broke college student is the way others have been talking about this issue. Student athletes are not on-the-bottom-of-the-barrel pro athletes like Michigan Alum and Golden State Warriors player Glenn Robinson III makes them out to be. They are still getting free tuition, housing and meals that other students go millions of dollars into debt for, not to mention the influence and respect they have around campus.

On a more serious note, outside of the small world of a college campus, student athletes are constantly being taken advantage of by large corporations and institutions. Many of them agree to sign their name away to collegiate athletics as young as 14. This law will encourage athletes to stay in school longer instead of dropping out to go pro. It will also spark reform on the national level.

California has put both the NCAA and other states across the nation in an uncomfortable spot. With Big 10 giants like Michigan and Michigan State, our government will feel the pressure to either make a statement against this law or follow suit. Maybe in a few years time, we might see the next Xavier Hill-Mais walking around Oakland University's campus in a brand new Nike tracksuit and a fresh pair of Air Jordans to the boot.

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Greg Kampe's contract extended until 2023

At the end of his contract, Kampe will have led the Oakland basketball program for 40 years

MICHAEL PEARCE

Sports Editor

Head coach of the Oakland University men's basketball team Greg Kampe will remain in his current position until at least 2023. He received a three-year extension to his contract, which had one year remaining.

The Detroit News, which first reported the extension, also reported on a new feature of Kampe's deal, a "guarantee game." Under the new deal, Kampe gets one "guarantee game" per season. A guarantee game is a game where Oakland receives a payment, usually from a power five team, in order to travel and play them.

Under this clause, Kampe will receive the payout for the specified guarantee game after the travel fees are subtracted from it.

For Kampe, he's committed to Oakland for as long as he wants to coach. He even went as far as to say there was no negotiation process, because he believes Oakland is a school you don't negotiate with, out of respect.

"I have never negotiated anything here," Kampe said. "Oakland is a special place, and I don't think Oakland is a school you negotiate at. There was no negotiations. Steve (Waterfield) asked me what I was thinking, I told him what I was thinking and we talked about a couple of things. That was it."

Waterfield, the athletic director, is entering his second year at Oakland. He chose to extend Kampe based on what he saw in his first year at the helm of Oakland's athletic department.

"I spent last year evaluating the program and seeing where things were," Waterfield said. "I'm a big believer in trying to provide as much stability as possible. I liked what he was doing coaching-wise, and I thought he was doing a really good job. I was impressed with how he was approaching it. I thought with recruiting also it was important to make it clear visibly that he was here for the next four years."

By the end of this new extension, Kampe will have coached 40 years at Oakland. During the last 36, he has won 618 games, which puts him at third-most by coaches at their current school. His 618 wins are third only to Duke Coach Mike Krzyzewski and Syracuse Coach Jim Boeheim.

Since the move to the Horizon League, Kampe has a 67-39 win/loss re-



Greg Kampe will remain head coach of the men's basketball team until at least 2023. Kampe has been with Oakland for 36 years. SAM SUMMERS | PHOTOGRAPHER

cord, which puts his in-conference winning percentage at 63.2%. For Kampe, reaching 40 years with the program he has seen grow is special.

"I feel very fortunate," Kampe said. "I've been able to grow in my profession as this school has grown. We started off with about 8,000 students with 500-600 hundred on campus, and now we're 20,000 with close to 5,000 on campus. I've been able to grow personally and professionally with this university, and there are not a lot of people that can say that. It's been a privilege to be a part of the growth of this university."

Consistency over a decade within Athletics is something that Kampe has achieved, as well as other coaches like Pete Hovland (Swim and Dive, 39 seasons), Paul Rice (Cross Country, 22 seasons), Eric Pogue (Men's Soccer, 18 total seasons) and Rob Beam (Volleyball, 13 seasons).

For Waterfield, this consistency in stability is something remarkable in college athletics.

"To have that level of stability, it allows us to continue to build moving forward," Waterfield said. "It avoids what you deal with when you have a transition, which are the inevitable ebbs and flows of transitioning from one program to another."

Kampe is known for his work on the court, as well as his work off of it. He has been a staple of the local community, doing work with the American Cancer Society and other charitable organizations.

It isn't just him giving back, he also makes sure to involve his teams in community service as well. Every winter he brings his team to Detroit to hand out pre-made meals to those in need.

"People connect him with Oakland University," Waterfield said. "What I really was impressed with this past year

is seeing what he does in the community, seeing that generosity and philanthropic efforts. He is benefiting so many people in Southeast Michigan with what he does, and it shows his commitment to the area, the region and his willingness to pay it forward."

In year 36, Kampe's philosophy is still to win games, but at the same time he wants to focus on making his athletes better people once their college careers are all said and done.

"I come to work every day with the idea that I'm trying to make 15 young men the greatest players, people and students they can be," Kampe said. "All the side things, championships, they take care of themselves. My job is to focus on the student-athletes. If I can make each player be the best person, player and student they can be, then I believe I am having success."

To the people with blinding headlights

KATIE LADUKE
Managing Editor

I hate you.

You know who you are. It's the guy with the jacked up headlights in his shitty 2000 F-150.

I don't understand the need to want to blind every driver passing you so you can see a little more ahead of you. The lights that come with the car work PERFECTLY FINE.

I see these bright ass headlights in the weirdest places, like in St. Clair Shores where there are literally streetlights on every single road. But, sure, you definitely need to see 17 miles in front of you.

You might think, "Oh, but out in the country it gets really dark, and deer are crazy."

To that, I agree. But, why is it necessary to have that much extra light in a well-lit suburb or just driving down the expressway? Are you trying to send a signal to aliens on Mars?

My eyes are tired from dealing with your stupidity. If I had one dollar for every time I got blinded over school,

I'd be a millionaire.

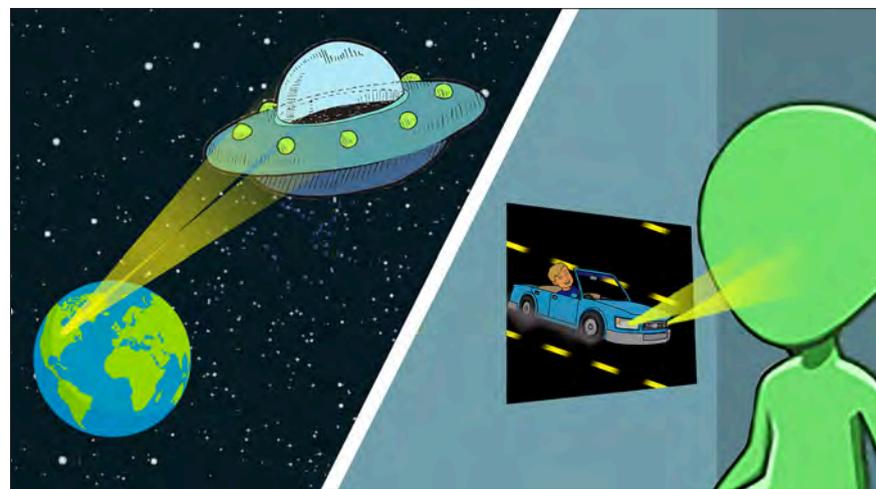
You don't need to add special LED lights to your car. It comes with brights for a reason.

Speaking of brights, the best is when you're driving down that winding road by Meadow Brook Amphitheatre, and the person coming the opposite way just leaves their brights on. Thank you, sir. Now, I can't see out of my left eyeball.

There are also the drivers who know you're in front of them, but still leave their brights on because they obviously can't see your car right in front of them. Thanks, dude. Now, I can't see shit out of my mirror.

I get that OU is in an area with fewer lights, but c'mon. The people who drive down Adams are at a totally new level of inconsiderate. Turn off you damn brights. You can see the road in front of you just fine. And if you can't, then I think you might need to get your eyes checked out.

Just a couple days ago, I was driving on Avon and saw six deer on the side of the road. And, guess what? I didn't even need my brights to see them because I'm not that damn lazy to turn my head to the



ASHLEY AVERILL | DESIGN EDITOR

The use of car brights has become an epidemic that is causing alien blindness. side a little bit.

My second favorite thing behind people leaving their brights on is those cars that are now being made with extra blinding lights. I'm looking at those Jeep Wranglers and those boujee trucks.

Do you know how many times I've

flashed a car with my brights because I thought they left theirs on and they just flash theirs back at me? It's too many to keep track.

I just want to live in a simple world with simple lights. Is that too much to ask for? My eyeballs need a damn break.

Plum Market becomes new worldwide food provider

MICHAEL PEARCE
Sports Editor

The company famous for the \$4 bowls of fruit is now the worldwide food provider of the entire Andromeda galaxy. This move is expected from no one, as they have more money than any other food company in existence.

They are famous for their \$9 sandwiches that are smaller and worse than the \$3.50 sandwiches at Subway, but yet they still stay in business. These types of business practices are great with a captive audience, which Plum Market has in the Oakland Center. These are great tactics that sports stadiums abuse all the time. It is great to see Plum Market catching up.

Plum Market CEO Martin Shkreli, who was famous for raising the prices of live-saving drugs for terminally ill people, declined to comment when I made a collect call to the local prison.

"We have no idea how Plum Market has been this successful," President Donny Trump said while squinting. "They have been huge players in the



ASHLEY AVERILL | DESIGN EDITOR

Plum Market sells overpriced food to broke students, a business plan endorsed by President Trump.

food industry for so long, with prices so high, even I wouldn't pay them. I mean, seriously, \$9 for a ham and swiss?"

In all fairness, there are some positive items on the menu at good old PM. There are water bottles that cost the same amount as anywhere else on campus, so hurray, I guess. Also, there are delicious edible

cookie dough servings for the low price of \$5. Get your entire daily dose of saturated fat for just a few bills!

Not only does Plum Market provide goods for a steep price, they also provide coffee and frozen yogurt, which is rather tasty, but often times you are left wanting more — which is why with Plum Market's new

worldwide initiative, they will have coffee vending machines that dispense cups of Joe for only \$3 per ounce. A steal in any right.

Plum Market is also rolling out a new section of store in the Oakland bookstore. They will provide all of the materials for you to complete your coursework, like pencils for

\$49 and a notebook for a small sum of a million dollars. The bookstore already provides food and other items at an inflated price, but with the Plum Market seal of approval, their success will skyrocket.

I admire the Plum Market employees, I truly do. Representing a money-hungry company that overcharges for food that students who frequent the Oakland Center might need is a tough job. They just want to make a living, and so do I, which is why I'm getting paid to trash Plum Market. I truly have no shame.

I wish Plum Market the best in their new worldwide initiative, but I hope they realize that money is not all there is in life. Maybe there is more satisfaction in selling things for less than they're worth, in order to appease the customer and make some poor, tired, sad college student (me) a little happier with a great deal on a Kickstart.

Maybe, just maybe, Plum Market's heart will grow three sizes one day, and I can buy a chicken salad sandwich there for a decent price. A guy can dream, can't he?