

THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

June 13, 2007

Volume 33, Number 28

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CALLING ALL WRITERS!

The Oakland Post is publishing, and you could be too. Stop by the Post office in the Oakland Center Monday, July 2 at noon to pick up stories and meet our crew.

Oakland University Student Congress

Interested in getting involved with Oakland's Student Congress? Let your voice be heard! Begin the legislator process today! Pick up applications in the OUSC office.

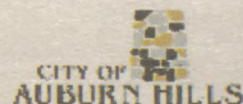
See what Student Congress is up to at our next meeting on Monday, June 18 at 5 p.m. in Lake Michigan Room (Lower Level, OC).
Everyone is welcome to attend!

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Members of OUSC visited the Capitol Wednesday, May 30 to lobby for Oakland's budget. Students spoke with senators, picketed the steps of the Capitol, and even met with Governor Granholm.



The City and the Auburn Hills Chamber invite you to the Auburn Hills Village Center for the 2007 TASTE of Auburn Hills.

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Bistro Bourdeau
Chartwell-Oakland Center
Chili's Restaurant
Costco Wholesale
Hoops Food, Sports, and Spirits
Longhorn Steakhouse
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Perspectives page 4

Smoking pot — is it really as harmless as it's perceived? The Post's former editor in chief shares his experience, research and insight.



Campus page 6

OUSC lobbies on behalf on 'remaining 12' schools at the state's capitol, and meet the new Board of Trustees student liaisons.



Local page 10

Bikers ride for a cause. Plus, are you prepared to battle the pavement? Check out upcoming marathons and road races



The Mix page 14

Students suggest products to stay stress free, and also share their favorite enlightening books.



Sports page 16

Check out a summary of Justin Verlander's no-hitter. Also, an OU athletic trainer shares tips on how to avoid common injuries.



you page 20

A how-to guide on meditation. How often should you really visit the doctor?



the Scene page 24

What do gyms have to offer students with little cash? Plus, reviews of "Hostel 2," "Life After Death: The Burden of Proof," and In Season vegetarian cafe.



MOUTHING OFF page 26

Suffering from erectile dysfunction? Laugh it off — it may make more sense than you think. Plus, Rocky on HGH — what has the world come to?

Perspectives

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www.oaklandpostonline.com

June 13, 2007

EDITORIAL

Filmmaker Moore might finally have everyone in agreement; health care reform is a must

Michael Moore's upcoming film release, "Sicko," which opens June 29, will undoubtedly provoke a lot of discussion about America's troubled health care system.

Moore's questionable tactics as a journalist/documentary filmmaker have always been scrutinized, but even his toughest opponents seem to be scrambling to find weak spots in this latest endeavor.

Appearing yesterday on "Good Morning America," he said he wasn't just taking shots this time but also proposing a solution.

"It's a system that is essentially run by greed. The only way insurance companies can make huge profits is to not pay out claims to people who get sick," Moore said.

Another stop on his promotional tour included an appearance on HBO's "Real Time with Bill Maher," where Moore — while still leaving much to be discovered only from plopping down \$10 to see the movie — presented his position with greater detail and offered some comparisons between the US health care system and other countries around the world.

"Why are we the only Western, industrialized country that doesn't have free, universal health care?" Moore asked Maher through a satellite feed. "It's absolutely insane."

The "insanity," Moore says, stems from the United States' inability to separate politics from what should universally be accepted as a basic human right.

Moore says, "In these other countries, they

have a basic core belief that if you get sick, you have a human right to see a doctor and not have to worry about paying for it."

Health care reform has always been met with resistance. Half a century ago, millions of elderly Americans found themselves facing poverty because of the astronomical costs of health care and the lack of affordable insurance. Reform advocates met with fierce opponents who were funded by well-financed, well-connected interest groups who labeled their attempts "un-American" and "dangerous."

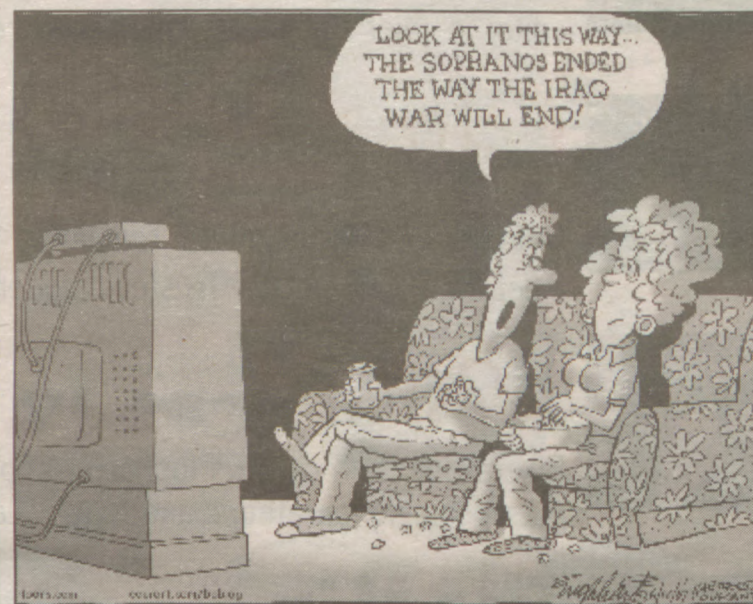
Thankfully they persevered, and after years of struggling and setbacks, President Lyndon Johnson was finally able to sign the Medicare Bill into law in 1965, providing health care for every American senior.

Now that the Cold War is history, the incredible tax burden to be inherited from universal health care has become the new political maneuvering tool. It's a very legitimate concern and it should be discussed.

What predictably will happen, though, is that some will use that as a political tool to undermine the undeniable need to change the system.

Don't allow those people to succeed. Support health care reformists any way you can.

In turn, Americans need to realize that an overwhelming number of our health problems are the direct result of some pretty self-destructive lifestyle choices. Many of us need to reform ourselves. Let's not forget about that, as well.



At least some people were pleased with the Sopranos finale.

What do you think? Have a news tip? Send your comments to The Oakland Post.

By e-mail: editor@oakpostonline.com
By mail: Letter to the Editor
The Oakland Post
61 Oakland Center
Rochester, MI 48309

Letter Policy: Writers must provide full name, class rank, phone number and field of study. Please limit letters to 250 words or less. Letters may be edited for content, length and grammar.

LETTERS TO THE EDITOR

Dear Oakland Post,
I was confused last week when I read the article published about Career Services staff. I found it interesting that you would paint such a negative image of an OU Department considering we, being part of the OU team, are striving towards the same goal. Maybe, I misread the article but it seemed to portray the fallacy that Careers Services is in a

state of confusion. The bottom line is that Career Services is here to help us, the OU student body. Please take advantage of the services offered. I encourage students from freshmen to graduate students to create a relationship with a Career Services advisor.

Danny Johnston
Senior, Management Information Systems

CORRECTIONS CORNER

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

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

— The First Amendment of the Constitution of the United States

Pot smoke clouds public perception

By JEFF KRANITZ
Former Editor in Chief

It's no mystery there are many destructive paradoxes that exist within the culture of using drugs and alcohol.

I remember thinking back in elementary school that using mind-altering chemicals would pretty much guarantee my inevitable downfall. The education I received from the War on Drugs, through egg-frying public service announcements that aired between my favorite Saturday morning cartoons, made that abundantly clear.

Sneaking a couple of beers with your friends or taking a few puffs off of a joint would automatically lead to a pattern of behavior culminating in a fiery car crash, overdosing, or getting discovered by your parents, lifeless and face down in a swimming pool.

This isn't meant to undermine the severity of the risks one inherits when choosing to use drugs or alcohol, but, if we're being real, we know that not everyone who picks up is going to hit rock bottom.

Research, and at least my own personal experience, has shown that most people who use don't end up dead or bot-tomed out.

This paradox must have a strong affect on the minds of young people, who, after being hit with all the previously mentioned scare tactics before they're ever even exposed to the using culture, see the inconsistencies for themselves when they finally are exposed. I realized this as a high school freshman when at least a few of the graduating seniors who were part of my own inauguration into the world of drugs were — in addition to being college-bound, over-achieving do-gooders — total stoners.

The education I got from the War on Drugs became entirely meaningless after that, and with wide-open and curious eyes, I set out to educate myself through LOTS of experimentation.

For me, the results were disastrous, as I was one of the unfortunates who did experience a gradual downfall. I was luckily able to get help and have been recovering ever since.

Now, with the hindsight of wasted years and the dodged bullets of my past, I am able to recognize another, extremely dangerous paradox in the drug culture:

Since the 1960s, marijuana has always been perceived as relatively harmless, having the connotation of being "natural" and thus more innocent.

What are you, people? On dope?

My personal favorite rationalization for getting high was, "I don't do drugs — but I do smoke weed," as if marijuana was worthy of a separate non-narcotic classification. If you'd have asked me back in the day, I'd probably have told you that, as a harmful vice, getting twisted

— one of the many euphemisms I used to describe smoking pot — existed somewhere between a good back rub and a hard drink.

Michigan law for "Possession of controlled dangerous substances" (MCL 333.7403) for a first offense is a felony and can carry a maximum of one year's imprisonment and a \$2,000 fine. Although marijuana is included in a Schedule 1 category along with heroin, PCP and designer drugs such as MDMA (or "Ecstasy"), it is treated differently (sec. 7403-2d). Instead of a felony, a first-offense marijuana possession conviction is a misdemeanor and punishable by imprisonment for not more than one year, a fine of not more than \$1,000, or both.

Also, a first-offense marijuana charge will more than likely be pursued by the prosecutor's office in respect to local ordinances, says David Garvelink, a Troy-based psychologist who specializes in addiction. Although they vary around the state, ordinances are typically more lenient. For example, in the Bloomfield Hills/Birmingham area it is a maximum of 90 days in jail, a \$500 fine and the removal of driving privileges for six months.

In addition, frequently with marijuana, a guilty plea for a first offense is treated under an advisory status (sec. 7411), "Probation without judgment of guilt." Upon fulfillment of the terms and conditions, the court discharges the individual and dismisses the proceedings without an adjudication of guilt. Statistics show that marijuana offenses are much more likely to be addressed in this fashion than other substances.

Popular culture has also — at least since the 1930s cult film "Reefer Madness," where marijuana was shown to cause criminal insanity in teenagers — done much to reinforce the notion

that pot use is comparatively harmless and far less dangerous than so-called "harder" substances.

The most blatant downplaying of the dangers of marijuana use that I've seen came from the Dave Chappelle movie "Half Baked," when Chappelle's character runs out of a 12-step meeting after he's made to feel unqualified for help because, as stated in a memorable quote from a cocaine addict played by none other than Bob Saget, he's never had to perform a sex act to score his drug of choice.

The fact that marijuana is treated differently is a reflection of society's reluctance to sanction it, yet demonstrates the predominant attitude that marijuana is a relatively benign, fairly non-addictive and non-problematic intoxicant. Although these enduring assumptions successfully cloak marijuana, the research demonstrates something quite different, exposing its true insidious nature.

The True Nature of Marijuana

The scientifically proven health risks, both physical and psychological, are quite significant. "Mother Nature's Herb" isn't full of nutritional benefits. On the contrary, marijuana consists of 800 known chemicals, most of which are also found in tobacco. Like nicotine, THC — the cannabinoid contained in pot that's most responsible for the "high" — is a carcinogen. In fact, marijuana smoke contains 50 to 70 percent more carcinogenic hydrocarbons than does

"...as a biophysical brain disease, addiction is measured by so much more than the process of detoxification."

tobacco smoke, according to a 2005 study conducted by the National Institute on Drug Abuse (NIDA).

Also, consider that the weed on the market today isn't the same stuff that mom and dad smoked many years ago. Marijuana is much stronger than it used to be. In the 1960s it was typically between 1 percent and 2 percent THC. According to NIDA, it is now between 6 and 18 percent.

Adding insult to injury, THC is a tar-like substance that causes extraordinary damage, the result of a user's ingesting as much smoke as possible to allow for more THC to settle in the lung tissues. This causes in lung damage associated with bronchitis and emphysema.

The "high" is present only while the drug is entering the brain but continues to impair, even though there is no sensation associated with its presence. One well-known study that was published in the American Journal of Psychiatry over 20 years ago showed that 10 experienced, licensed private pilots were just as impaired in a flight simulator 24 hours after smoking marijuana as an hour after. The difference, however, was that they knew they were too impaired to fly after an hour, but at 24 hours, they thought they were back to normal functioning.

Considering the public's perception, it's no surprise that marijuana is the most commonly used illicit drug, according to the National Office of Drug Policy. The 2005 National Survey on Drug Use and Health (NSDUH), estimated that 97.5 million Americans aged 12 or older tried marijuana at least once in their lifetimes, representing a little more than 40 percent of the U.S. population in that age group.

Research with adolescents shows that short-term memory is significantly impaired and for long periods of time, even after one's last use, which interferes directly with the ability to learn. This is especially significant during adolescence, in which there is a window of opportunity when motivation and concentration around the assimilation of information and successful mastering of emotional growth tasks, is paramount.

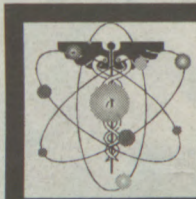
The myth that marijuana is non-addictive is likely attributed to the fact that its withdrawals are not as evident as with alcohol or other drugs. This seems to be the case, however, only because THC leaks out of the body ever so slowly, naturally detoxifying the addict over months and years. This is why, as Bob Saget so eloquently put it in "Half Baked," we don't read or hear about marijuana users selling their bodies for a lid.

Many experts believe this is why the public still generally underestimates the true nature of marijuana; we all know or have heard of the horror stories associated with a person caught in the throws of, say, an opiate addiction, where withdrawal symptoms are so severe and immediate that the cravings and related sickness are unbearable.

But as a biophysical brain disease, addiction is measured by so much more than the process of detoxification. If detoxifying the body was all that was required to cure the disease, addiction wouldn't be the global epidemic that it is.

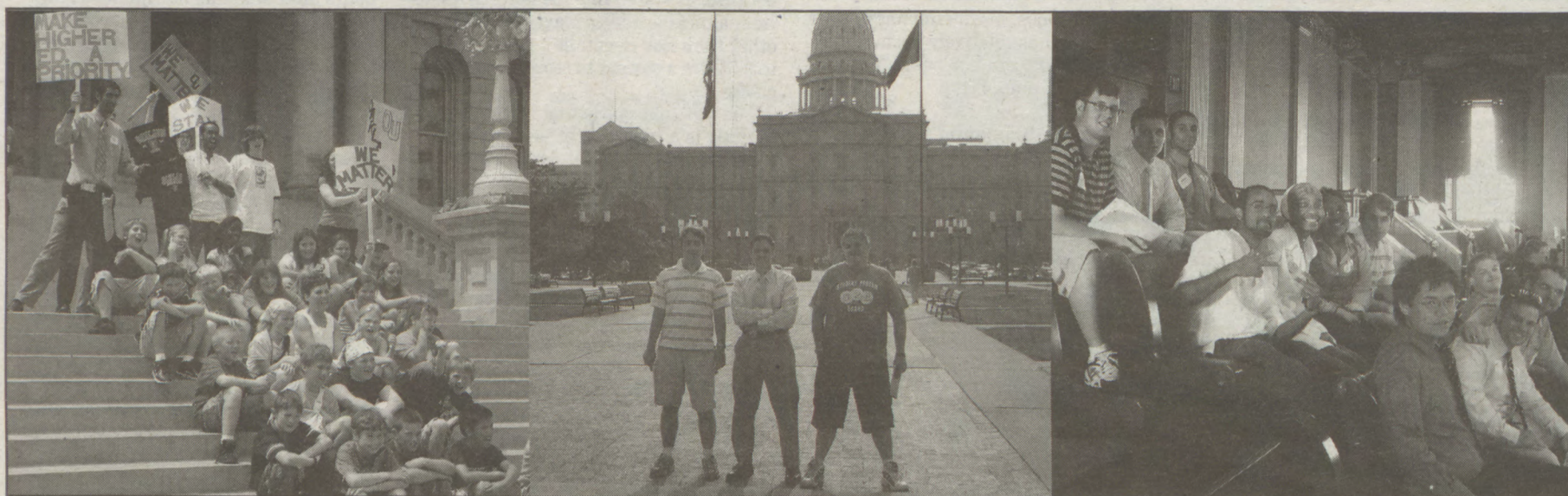
It seems that as a society we have dangerously underestimated marijuana's subtle power to harm our emotions, minds and bodies.

Schools, courts, government and society as a whole have a pressing duty to reevaluate their attitudes and approaches to this "wolf in sheep's clothing." Predictably, however, it seems that the quickest way to facilitate significant changes is through better education and better parenting.



SPECIAL FEATURE

Treatment
& Rehabilitation



OUSC members pose in Lansing during a daytrip Wednesday, May 30. Students had an opportunity to meet Governor Jennifer Granholm, sit in on a Senate session and lobby in front of the Capitol Building. Photo courtesy of Oakland University Student Congress

Capitol welcomes OUSC

By KYLE MAGIN
Special Projects Reporter

On Wednesday, May 30 a 13-student caucus along with alumni from Oakland University went to Lansing in hopes of getting all the state universities of Michigan funded equally. The group lobbied on the steps of the State Capitol Building, sat in on a Senate session, met with various legislators and had their efforts recognized in front of the lawmakers.

The proposal the Oakland students were protesting is one that would separate the funding pool for the 15 state higher learning institutions, one for the "Big Three" research universities—Michigan State, the U of M and Wayne State—and one for the remaining 12. The "Big Three" already receive nearly 60 percent of the funding available to higher learning.

"Separating the universities gives the perception that the three larger universities and the students who attend them are more important than the students who attend the other 12," said Rochelle Black from Oakland University's Office of Government Relations.

Student Congress President Jameelah Muhammad was among those in Lansing that day and agreed with Black. "I understand that we are smaller universities and may not require quite as



OUSC members pose with Governor Jennifer Granholm in Lansing. Photo courtesy of Oakland University Student Congress

much funding as the larger universities," Muhammad said. "However, as far as the proportion of funding we are receiving compared to the other larger universities, I believe that we should receive more. And if it is expected for the other 12 universities to grow in size and develop better programs and services to students, more funding is necessary to accomplish this goal."

"Separating the funding is absolutely

unnecessary," said Student Congressman Samir Hanna.

The Grizzlies started their day by sitting in on the state Senate and were introduced by Sen. Mike Bishop (R-Rochester), the ranking Republican in the state of Michigan. Next, the students had lunch and met with Reps. John Garfield (R-Oakland) and Lisa Wojno (D-Macomb).

The highlight of the day for the stu-

dents followed the meetings when they made their way to the capitol steps to participate in a protest with groups representing other schools in the aptly dubbed "Little Twelve."

"We ran into Jennifer Granholm, Governor of Michigan," Muhammad said. The governor stopped and chatted with the students about their cause and gave advice on lobbying and their capitol visit.

"It was kind of funny," said Hanna. "She was the one that proposed the split in the funding, and here she was talking with us at the protest."

The students then had a chance to talk with Bishop before heading back to OU.

"We were very pleased that OU students were willing to take time to go to Lansing and let state officials know their thoughts on the unprecedented proposal to separate the 15 public universities into two budget bills," Black said.

Mohammad and Black each encouraged students to continue to lobby on Oakland's behalf.

"I encourage everyone to go online and look up their local State Representative, and write letters or call them on this matter. You don't have to be well-versed in politics or budget issues to address your concerns as a student. Your personal story is what is most important and may have a greater impact than you believe," Muhammad said.

Summer celebration in the works at OU

By ANN PETROUS
Contributing Reporter

The Native American Student Association will be hosting its first Summer Solstice Celebration June 21, from 6:00 p.m. to 11:00 p.m.

The event, free and open to all, is scheduled to take place at the bonfire pit near the lower athletic fields at Oakland University.

Festivities planned include a three-hour performance by the Treetown Drum from Ann Arbor and a basket weaving workshop. The first 20 people to sign up for the workshop are guaranteed materials to make baskets in the traditional Native American way.

Students will also have the opportunity to try traditional Native American dishes like buffalo burgers, wild rice and fried bread. These foods are a very important part of the

Native American diet and have been a part of the tradition for many generations.

"The Summer Solstice is an important part of the Native American culture," said Jason D. Graves, president of the Native American Student Association. "Sun tribes perform sun dances, praying for rain and a good harvest." It is also a "spiritual time to honor one's ancestors."

Since the Native American Student Association is only a year old at Oakland, members decided to celebrate on this special occasion in an effort to reach out to the OU community and to raise awareness about the Native American culture.

"We do hope that future executive boards of the Native American Student Association will continue this event yearly," Graves said.

To RSVP to the event, email nasaa-tou@yahoo.com.

SPIN takes root on campus

By GRACE GAHMAN
Contributing Reporter

The Oakland University student organization Students Promoting Interest in Nature (SPIN) planted a garden near OU's Engineering Building, Friday.

The courtyards of the Science and Engineering Building have several green trees that blend in with the grass. Jessica Henry, president and founder of SPIN at OU, said she thought this area could use a little sprucing up.

"Our school needs...student personality," Henry said. "It looks more like a hospital than a school."

SPIN created a 289-square-foot garden using sunflowers, asters and butterfly weed, and plans to add landscaping stones and benches later this week.

SPIN began in 2004 and focuses on educating students about environ-

mental concerns and conservation practices. This group also works at the administrative level to gain more environmentally conscious procedures on OU's campus.

The Campus Development and Environment Committee (EDC) is an administrative association SPIN works with to achieve these goals.

The EDC serves as a subcommittee for the Oakland University Senate. Because of their efforts, a recycling program exists at the campus's hub of activity, the Oakland Center.

But Henry thinks there can be more recycling at OU. She is currently working with the EDC to update the OC's recycling bins and institute a recycling program in the residence halls, that would include cardboard, plastic, paper and aluminum.

For more information about SPIN, visit <http://www2.oakland.edu/org/spin/>.

Robot combat

Students compete in Intelligent Ground Vehicle Competition

By JESSE DUNSMORE
Senior Reporter

The signs of summer grace the Oakland University campus. The sun is shining, the birds are singing, and the robots are competing.

OU once again played host to the Intelligent Ground Vehicle Competition, June 8. Schools from the United States, Canada and Japan met to present their creations: self-navigating robots.

The competition included four events.

The design competition was judged by a panel of three judges based on a written report, an oral presentation and an examination of the vehicle.

In the navigation challenge, bots had to choose an optimal path through multiple coordinates using only GPS to guide them.

In the autonomous challenge, vehicles had to guide themselves through an obstacle course of painted lines, construction barrels and barricades in as little time as possible, with penalties for hitting obstacles.

The JAUS challenge required vehicles to accept a standardized command protocol "so different robots built for different purposes could be controlled by different controllers," said event organizer Jerry Lane. "Sort of [like] the standardization of the plug."

Lane proposed the competition to the Association of Unmanned Vehicle Systems International in 1992. AUVSI already had aquatic and aerial vehicle competitions but none for ground vehicles. Oakland has hosted the event from the first competition in 1993.

This year saw 37 teams register — the second highest turn out after last year, which had 39.

OU's bot, Zeus, didn't compete in the navigation challenge to allow the team more time to work out the bugs for the autonomous challenge.

OU graduate Brian Clark said Zeus's frame design was used on last year's robot. Changes included a stabilization platform to hold the cameras steady, an external control box so the team wouldn't have to root around inside Zeus and more powerful motors.

"I don't want to sound like a shmuck, but these motors, fully powered, will rip the door off your car," Clark said, laughing.

Professor Ka C. Cheok, faculty advisor to OU's team, said, "They work hard, but they are still learning."

"We're biding our time for next year," said electrical engineering major Micho Radovnikovich. "We're very confident in our future."

Cheok, who is also one of the event organizers, commented on the changing technology since 1993. "At that time, the technology was still like, you know, 40 megahertz processors," he said. "We've come a long way with sensors, computer vision, GPS."

One interesting piece of equipment was the omni-directional video camera used by Omnix, the robot entered by Hosei University in Tokyo, Japan. The laptop on the back of Omnix displayed a 360 degree view of the Hosei team standing around the bot.

Virginia Tech, which won the 2006 Grand Award for best overall performance with the robot Gemini, has a history of entering multiple bots, said V-Tech senior Steven Delphey. This year, they entered Johnny-5, Polaris and Chimera, which competed last year but had "some pretty extensive modifications."

Johnny-5 took first place in both the navigation and autonomous challenges as well as the Grand Award for best overall performance. Lawrence Tech's fuel-cell-powered H2 Bot won first in the design competition.

Next year's IGVC is tentatively scheduled for June 9.

POLICEFILES

■ An employee's purse was taken from her office in the OC, May 25. Surveillance video shows the employee leaving her office around 12:10 p.m. for approximately five minutes, during which time the suspect entered the office and left with a purse.

■ One man learned the hard way that if you snooze, you lose — \$2000 worth of property. On June 1, he reported to OUPD that he'd been taking a nap in the TV lounge in the OC from about 8 to 11 a.m. When he woke up, his backpack was gone. The complainant estimated the value of the laptop computer and three textbooks in the bag to be \$2000. Police were seeking surveillance footage.

■ A driver in the Wilson Hall parking lot June 1 said he didn't realize his steering wheel was turned toward a cement wall by the Wilson dock. The passenger side sliding door of his van connected with the wall, creasing the door.

■ Dude, someone got a Dell. On May 21, a faculty member reported she had opened room 40 in the OC

at 8:30 that morning for the first time since locking it on May 17 at 5 p.m. At 10:30 a.m. May 21, she noticed a 17-inch Dell computer monitor missing. The tower and cables remained. She had not been in the office continually that morning. Police were seeking a copy of the surveillance tape.

Introducing OU's student liaisons

OU Board of Trustees names student liaisons

By C.M. GRASKI

Senior Reporter/Photographer

Do you consider yourself to be an active student? Would you describe yourself as ambitious and personable with a penchant for pushing yourself to be more than a faceless student at Oakland University?

If you answered yes to these questions, then you could be the next student liaison to the Board of Trustees at OU. You will have to wait a year if you are interested, because Samir Hanna and Aaron Kochenderfer have recently been elected as the new student liaisons. If you are at least somewhat active in OU student organizations, you will likely meet them.

The responsibilities of a student liaison are twofold: to gather input from the student body regarding a variety of issues and report these findings to the OU Board of Trustees; and to keep the student body abreast of all actions of the BOT.

If you are interested in becoming a student liaison, there are several prerequisites that must be met before you are considered to be qualified to apply for the position.

According to Kochenderfer, students must have no record of disciplinary action at OU, have completed at least 56 credit hours as an undergraduate and maintain a GPA of at least 2.5.

If you have met these requirements, you are then considered to be an applicant and then undergo the next step towards becoming OU's next student liaison.

"Applicants are reviewed by a screening committee made up of two students, one faculty member and one staff member. These individuals recommend at least five applicants to President Russi, who then performs interviews along with Vice President of Student Affairs Dr. Mary Beth Snyder," Hanna said.

As the position of student liaison is unpaid, you must possess the ambition to cultivate and nurture a sound relationship between the student body and BOT, equally have an unparalleled enthusiasm for service to the community that comprises OU.

"I'm very eager to not only meet what is expected of me, but am actively looking for new and helpful ways to serve Oakland. I want to be very proactive

and think of ideas that help the BOT and the student body," Kochenderfer said.

Hanna is also a member of Oakland University Student Congress, but will be resigning from the position so he can invest all of his energy into performing his duties as student liaison as best as he can.

"I'm wholly committed to my new role in serving the student body and Oakland University," Hanna said. "As a full-time student, I realize that I only have so much to invest and I believe my decision is a sound one."

Hanna is also dual majoring in English and Political Science.

Another responsibility of the student liaison is neutrality, the mainstay of a relationship maintained by an intermediary.

"With so many student organizations, there come many different voices and interests that need to be represented. When I express student opinions to the Board of Trustees, I should not express the views from only a particular stance," Kochenderfer said.

Should you feel inclined to pursue this position, Kochenderfer has chosen the one-year term as a senior this year, so an opening will be available in 2008. Hanna is serving a two-year term, and says he looks forward to serving with anyone as passionate about OU as he is.

For more information, visit the Center for Student Activities located in room 49 of the Oakland Center.

FOR MORE information about the Board of Trustees and its student liaisons, visit their Web site at:

HTTP://WWW3.OAKLAND.EDU/OAKLAND/BOT/.



C.M. GRASKI/The Oakland Post

Aaron Kochenderfer (left) and Samir Hanna (right) are the new Board of Trustees student liaisons.

In case you were wondering...

A few notes about your new student liaisons:

Samir:

Favorite author: William Shakespeare

Ideal vacation: a tour of Europe

Major: English/political science

Health food of choice: hamburgers

Other favorites: anything that is cheap or free

Aaron:

Favorite book: Bible

Ideal vacation: Hawaii

Major: Political science

Favorite movie: Pirates of the Caribbean

Ever considered running for public office: Yes, I'm actually a Precinct Delegate in Macomb Township.

Check out pictures of a very blue Bear Lake on page 28.



Save Time, Save



Electronic banking services now available at OU

Students can participate in the following electronic banking services offered by Oakland University:

***NEW* Student Account Refunds**

OU now offers direct deposit for:

- Financial aid refunds
- Payments made by cash or check for dropped classes
- Reimbursements for expenses related to student organizations

Student Paychecks

Student employees may opt to have their paychecks direct deposited into their bank account.

For more information or to sign up, visit www.oakland.edu/directdeposit.



Student Bills

Don't write another check! Students can pay their student bills directly from their checking or savings account using eBill. For more information visit www.oakland.edu/eBill.

Stay Tuned

OU is expanding services that will help students save time and money.



Bikers take on 'cause for others'

By WENDY LYONS
Contributing Reporter

Lynne Smith does not know if she could live without riding a motorcycle. She has been on the back of one since she was three and a half years old. For her, it is freedom.

Her dad was a biker, so she grew up in the tight-knit biker's world of tattoos, carousing and alcohol.

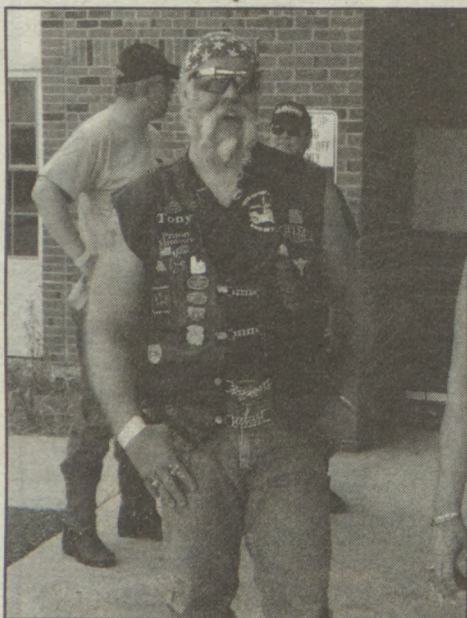
Bikers usually take care of their own, but when she found herself pregnant at the age of 17, still in high school, her father — a forceful man — gave her an ultimatum: Leave or get an abortion.

She wanted the baby, but had nowhere to go. So she had the abortion.

It was a decision, she said, that would haunt her for years.

Two weeks ago and 25 years after her abortion, riding "two-up" on the back of a purple and white Honda, Smith took part in the 6th Annual Ride for Life on June 2, which raised \$6,871 in pledges for Care Net Pregnancy Information Center of Berkeley.

Like Smith, many bikers in the motorcycle event have personal reasons that motivate them to show their support for the unborn and the women who bear them.



WENDY LYONS/The Oakland Post
Tony Brown, 51, has been riding since he was 7 years old. "It gives me a great joy to ride," he said.

Tony Brown, 51, is a burly, tattooed man with a quiet voice, but his appearance screams biker.

As he talks about his past and why he participates in the ride, the curls of his long moustache dance upon his black leather vest, which is bedecked with chains, patches and pins.

Brown has been riding a motorcycle since he was seven.

"I like motorcycles because you're living on the edge," he said. "It gives me a great joy just to ride."

He rides for Care Net because he loves kids, and he especially loves his 4-year-old grandson. Brown convinced his son and his son's girlfriend not to abort him.

"I believe that God wants us to watch out for the children and the babies," he said.

Brown's mother was only 13 years old, when she had him.

When he was around three years old and living in a car with his mom and his two younger siblings in Illinois, his grandparents took him on the pretense of taking him to buy a new pair of shoes. They took him to Michigan where they raised him.

He says he holds no grudges.

"It's just part of life. It's what God brought me through to create who I am today," Brown said.

"There're a lot of people out there who have hardships growing up," Brown said. "But to get an abortion — to kill a baby — just because it's an inconvenience to them, to me, it's wrong."

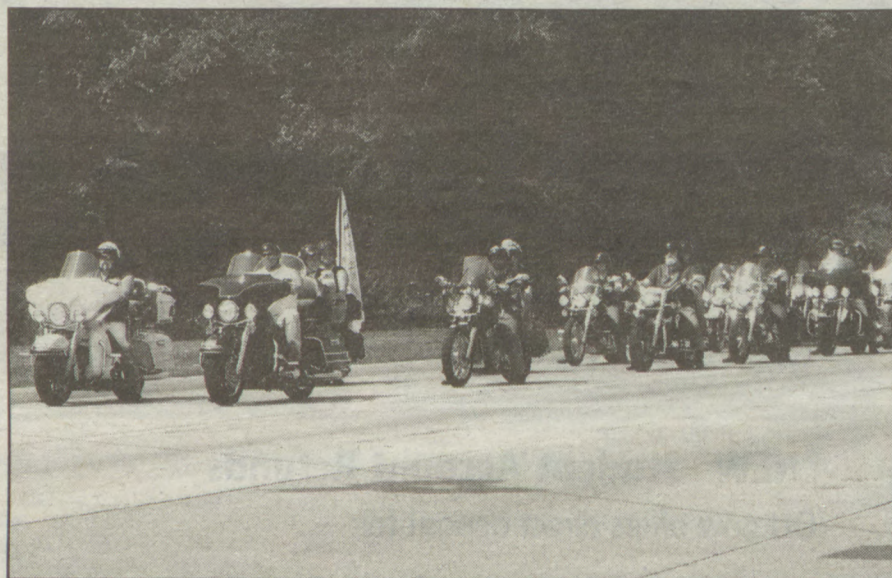
Amidst numerous pins and emblems on his vest, one patch stands out. It says, Rabbi Glenn.

Care Net board member Glenn Harris, 48, has been riding for about 25 years. He's a cofounder of the event.

"I am a Jew," Harris said, "and frankly, I find it inconceivable that any Jewish person would support abortion. Supposedly, we are the 'People of the Book.' That Book declares all human life to be precious, deserving of our protection and nurture."

But Harris has reasons for participating that go beyond theology.

"Abortion shares something in common with slavery and with the Holocaust," he said. "In each case,



WENDY LYONS/The Oakland Post
Bikers ride down Telegraph Road in Bloomfield Hills during the 6th Annual Ride For Life that took place June 2. The route took bikers 33 miles through Oakland County.

an entire group of people is singled out and then defined as 'less than human' in order to rationalize their slaughter.

"Have we learned absolutely nothing from our own suffering?"

Sitting alone on a cement curb under the shade of a tree, Pamela Kerr, 57, waits for the ride to begin. She looks deep in thought.

Kerr seems like the kind of woman who tells it like it is. And, with a resolute voice, she does.

Kerr was married at age 18 and separated at 19.

"The boy to whom I had promised myself and saved myself for, rejected me," she said. "So, I wound up treating myself as if I was as worthless as he indicated."

Kerr's lifestyle, described as dangerous, eventually led her to have two abortions — one at 23 and the other at 25.

She said she felt deceived.

"They sold it like a commodity and really did not tell me all the things that I might be experiencing both physically and emotionally when I went through an abortion."

"Having been a victim of the whole scam that abortion is helpful to women," she said, "the regrets that I have motivate me now to help prevent what happened to me from happening to other woman."

The line of Hondas, Harleys,

Kawasakis, Suzukis and Yamahas parked side-by-side on the far end of the hot asphalt parking lot grows as more bikers arrive to participate in the 33-mile scenic ride through Oakland County.

Underneath the shade of a tree, and the sounds of gurgling V-twin engines, Smith, 42, reflects on how the abortion, which her father forced her to have 25 years ago, affects her still.

"It's an emotional hurt that never goes away," she said. "And you just have to learn that God can forgive all and that you can move on past this."

She wants other women faced with a crisis pregnancy to know that they're not alone and that help is available.

"That's why we ride for the cause," Smith said.

While others may look at the Ride for Life as a novel idea, for Smith and the other bikers raising funds for Care Net, it's nothing new or unusual.

Helping others in time of need is what the biker life is about.

"They take on causes for others," she said. "Bikers are, for the most part, very loving and caring people."

For more information on organizations that provide abortion alternatives visit <http://www.pregnancycenters.org>.

For more information on abortion services, go to www.womenscare-abortion.com.

Spa's massages help with stress

By SHANEIA CALDWELL
Contributing Reporter

The lives of many consist of waking up and preparing for a day full of classes and work. After trying hard to please the boss at work, there are errands to run before going home and preparing dinner. Once homework is done and the telephone is hung up, it is time to prepare for the next day.

With life's daily demands, it can sometimes be difficult to say goodbye to the telephone or work and just relax. A massage can help relieve tension associated with daily stress and help maintain a healthy lifestyle.

"I recommend a massage at least every two weeks depending on their situations," said Larry Binkowski, a massage therapist at Advanced Health Center, in Rochester Hills.

Massage is the practice of applying pressure and motion to the soft tissues of the body. There are three main types of massages: relaxation, therapeutic and sports.

A relaxation massage is a mixture of pressure and techniques created to allow the body to unwind.

A therapeutic massage is a deep tissue massage that reduces muscle spasms and soreness.

A sports massage is geared towards the special needs of an athlete.

One common reason many people get a massage is for stress relief.

"Students can benefit around exam time; it allows them to get away from everything," Binkowski said.

A massage clinic may be the best choice for someone who wants a controlled atmosphere without noise or clashing smells. However, some may prefer to obtain the benefits of a spa.

The 1863 Victorian mansion known as La Dolce Vita Spa is located in downtown Rochester. The spa's most popular treatment is massages.

While guests relax before or after a massage, candles are lit, soothing music is playing and they have the option of having food in a waiting room filled with silk pillows, aromas and Persian carpet.

La Dolce Vita Spa specializes in a wide range of treatments from facials, waxing, pedicures and manicures to hair and makeup.

Massages range from \$45 to \$175. The use of the Jacuzzi can be added to any service for an additional \$20. Velvet robes are provided for guests who are asked to relax and wear comfortable clothing.

Beth Simonds, the spa's manager, recommends the mixed technique massage, which costs \$80 for college students. The massage is an hour long and is customized to meet specific needs. The massage therapist will consult with the client and focus the treatment on areas needing special attention.

"We run students specials on Mondays and Tuesdays for \$45 for a massage," said Gina Rewold, the La Dolce Vita Spa's owner.

The staff consists of a dozen licensed hair dressers and nail technicians. There are several massage therapists both male and female.

"We have enough staff to accommodate everyone's needs," said Simonds.

Guests can also purchase products used during their visit, which include Paul Mitchell Hair Products, Eminence face and skin care and Pevonia.

The best time to visit is during the week or by appointment, said Simonds. However, walk-ins are welcome.

People shouldn't get massages when bruised or during a problematic pregnancy, said Binkowski.

"There are more times when you should get them than when you shouldn't," said Binkowski. "It's good mentally as well as physically."

For more information on spa hours and services call 248-656-1906.



DUSTIN ALEXANDER/The Oakland Post
A customer chats on her cell phone while getting a pedicure at the La Dolce Vita Spa, one of the treatments the spa offers.

Program examines segregation problem

By KELLY DURBIN
Contributing Reporter

A nervous, middle-aged mother from Detroit steps up to the microphone in Oakland University's Varner Hall during the filming of part three of the Detroit Public Television series, "Bridging the Racial Divide: Examining the Costs of Segregation in Metro Detroit," on May 23.

She is the first of the audience to speak. "When is the media going to start using morals?" she demands of the journalists on stage.

Next.

A second woman, also a Detroit native, steps up. After her glare circles the audience, she raises her voice. "I haven't read the newspaper in 10 years," she said.

The media "disgusts" her.

The next opinion comes in an Australian accent from a Detroit suburbanite. "Why doesn't the media do more to explain the history that formed the racial tensions as they exist today in Metro Detroit?" she asks.

The U.S. Census Bureau named Detroit's metropolitan area the most segregated region in the U.S. in 2000, the year of its latest data collection.

The first two parts of the DPTV series, which exam-

ined Detroit's segregation and its consequences, aired on Sept. 26, 2006, and Feb. 5, 2007, and were recorded at Wayne State and Madonna Universities.

Part three, which aired on May 29, sought to examine the media's impact on Detroit's racial divide.

One factor of the so-called divide, according to Detroit Free Press Executive Editor Caesar Andrews, is uneven media coverage of blacks and whites in terms of crimes.

"If you don't have diversity in the newsroom, there will be uneven coverage," he said. "But the problem is much larger than the media."

The show was recorded in Rochester Hills, which according to 2000 census data had a population of 89 percent white and 2 percent black. That year's data had Detroit, by contrast, at 82 percent black and 12 percent white.

"The journalism classes I teach have not been racially diverse," said OU journalism professor Ruth Seymour, who served as Wayne State University's director of the Journalism Institute for Minorities from 1987-1994.

Seymour said classes at Wayne State were about "60 to 70 percent white and 30 to 40 percent an array of non-European" during that time.

At OU, 83 percent of students are white, according to OU's Fall 2006 statistics.

A worldwide project called Shrinking Cities, dedi-

cated to raising awareness about urban shrinkage and its ramifications, also focused on Metro Detroit's segregation problem.

From February through April, Cranbrook Art Museum in Bloomfield Hills and the Museum of Contemporary Art in Detroit co-hosted the project's U.S. debut. The exhibit's setup sought to illustrate Detroit's segregation.

A bus transported viewers between both venues "connecting the region symbolically."

The project profiles Detroit as one of the four cities from around the world as an example of urban shrinkage.

For more information on Shrinking Cities visit <http://shrinkingcities.com>.

ON THE WEB

To view part one of the DPTV series "Bridging the Racial Divide," go to
<http://www.dptv.org/ondemand/special/bridgevod.shtml>

Pounding the pavement:

By Paul Gully
Mouthing Off Editor

It can be overwhelming for those who aren't prepared.

It's just you and the unrelenting Pavement ... 26.2 miles of It — roughly the distance from Oakland University to Comerica Park.

It's a true test of mind and body; a true test of will; of determination; of mental toughness; of physical strength.

And the Pavement — the ultimate opponent — is always up for the challenge. It doesn't let up. It doesn't back down. It shows no remorse.

If you let it, It will get into your head, allowing doubt and fear to tag along. The Pavement wears on your body causing your legs to burn and knees to ache.

But crossing the finish line, going just a fraction of an inch past It's 26.2 miles, breaking through It's threshold, can be an exhilarating experience; a true feeling of accomplishment.

Battling the Pavement isn't something just for experienced runners (although jumping right into a marathon isn't suggested). Countless road races and fun-runs, ranging in distance from 5K (3.1 miles) to 10K (6.2 miles) are available for the less experienced.

Listed below are a few local, upcoming marathons, road races and triathlons, along with some running tips and facts.

Check out
these tips for
runners new
and old

INCLINE

Running on an incline, whether it be up a hill or on a treadmill, increases the number of calories burned per mile. For each degree of incline, there is roughly a 10 percent increase in calories burned.

Volkslaufe

July 4

Distance: 20K, 10K, 5K, 2K

Fee: \$10-25 (discounts for early registration)

Contact: info@volkslaufe.org

Location: Frankenmuth

Notes: 2007 marks the 32nd running of the Volkslaufe — "the people's race." Don't miss out on Volkslaufe Eve Party, which includes family entertainment, food and fireworks.

Farmington Hills Police 18 Annual Road Race

June 23

Distance: 10K, 5K, 1 mile

Fee: \$20

Contact: (248) 871-2620, RNiemisto@fhgov.com

Location: Farmington Hills

Notes: Entry fee includes a donation to the Muscular Dystrophy Association

Stoney Creek Relay

August 18

Distance: 40 mile relay

Fee: \$125 per team of five, \$100 for individuals

Contact: Bob Busquaert (586) 821-3636

Location: Stoney Creek Park

Notes: Five member teams compete

into 10 legs. Each runner runs

THE OAKLAND POST'S GUIDE TO ROAD RACES THIS SUMMER

HYDRATION

A new medical study conducted by the International Marathon Medical Directors Association, found that runners should be conscience not only under hydration, but also of over hydration. The study, which was released in May, advised to "drink according to thirst."

TERRAIN

Soft surfaces are better than hard, since they are more forgiving and generate less impact than harder terrains. Running on slanted terrains and surfaces, which forces your feet to land on an uneven path, is a common cause of injury.

DIET

While training for a marathon, eat a carb-rich diet. Whole-grain breads, cereal, fruits and vegetables are the recommended fuel for muscles. But sure to limit fat consumption and to stay consistent in the foods you eat.

Island Lake Sprint Triathlon

August 26

Distance: 1/2 mile swim, 12 mile bike, 3 mile run

Fee: \$55 (USAT members), \$65 (non-member)

Contact: Jim Jackson (734) 845-7559

Location: Brighton

Notes: This timed race will have prizes and give-a-ways, and refreshments provided by O'Callaghans.

Detroit Free Press/Flagstar Marathon

October 21

Distance: 26.2 mile, 13.1 mile, 5K

Fee: \$25 - 200 (depending event and registration date)

Location: Detroit

Notes: 2007 marks the 30th running of this world-class marathon. The course crosses the U.S./Canada border twice and features musical entertainment along the way.

for high school teams
3608, fastbob2@comcast.net

participate in a 40-mile relay, divided
into four teams, totaling 8 miles.



"We read it in high school and experienced things through him that no one talks about but everyone experiences. It was easy to relate to."



"It covers a lot of questions and morals that are still posed in society today."



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7. the optimus prime



think
you're
pregnant?

You Have Choices

Crossroads Pregnancy Center
248-293-0070



THE COOLEST THING
SINCE FACEBOOK APPS.

The new
oaklandpostonline.com

Stay stress free

Oakland students share how they maintain low tones

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\$20

target.com

Original Halo

\$19.99

target.com

Air freshener

\$1.99

autozone.com

Classic Novels
amazon.com

Nike Plus running shes

\$110

footlocker.com



Rebecca Calandro

"Yoga."

Senior
Health Science



Joe Pawlick

"Video games -
mainly Halo."

Senior
Political Science



Shannon Cook

"Run on Paint
Creek trail."

Senior
Spanish



Kyrin Brice

"Drive around, look at new
cars and dealerships."

Senior
Accounting



Patricia Warrick

"Reading classics. Like
Gabriel Garcia
Marquez."

Junior
Accounting

JUST INcredible!!!

12 strikeouts, 100 m.p.h. heat and wicked curve balls nab no-hitter for Verlander

Justin Verlander vs. Milwaukee Brewers June 12, 2007

Pitches	112
Strikes	73
Batters Faced	30
Walks	4

Inning-by-inning

FIRST INNING

Craig Counsell called out on strikes.
Tony Graffanino strikes out swinging.
J.J. Hardy lines out to centerfielder Curtis Granderson.

SECOND INNING

Prince Fielder pops out to first baseman Sean Casey.
Corey Hart grounds out, third baseman Brandon Inge to Casey.
Geoff Jenkins strikes out swinging.

THIRD INNING

Johnny Estrada grounds out, second baseman Placido Polanco to Casey.
Bill Hall walks.
Gabe Gross strikes out on foul tip.
Counsell grounds out to Casey.

FOURTH INNING

Graffanino strikes out swinging.
Hardy walks.
Fielder called out on strikes.
Hart strikes out swinging.

FIFTH INNING

Jenkins strikes out on foul tip.
Estrada grounds out, Casey to Verlander.
Hall walks.
Gross grounds out, Polanco to Casey.

SIXTH INNING

Counsell grounds out, Polanco to Casey.
Graffanino strikes out swinging.
Hardy grounds out, Inge to Casey.

SEVENTH INNING

Fielder grounds out, Verlander to Casey.
Hart lines out to rightfielder Magglio Ordonez.
Jenkins strikes out swinging.

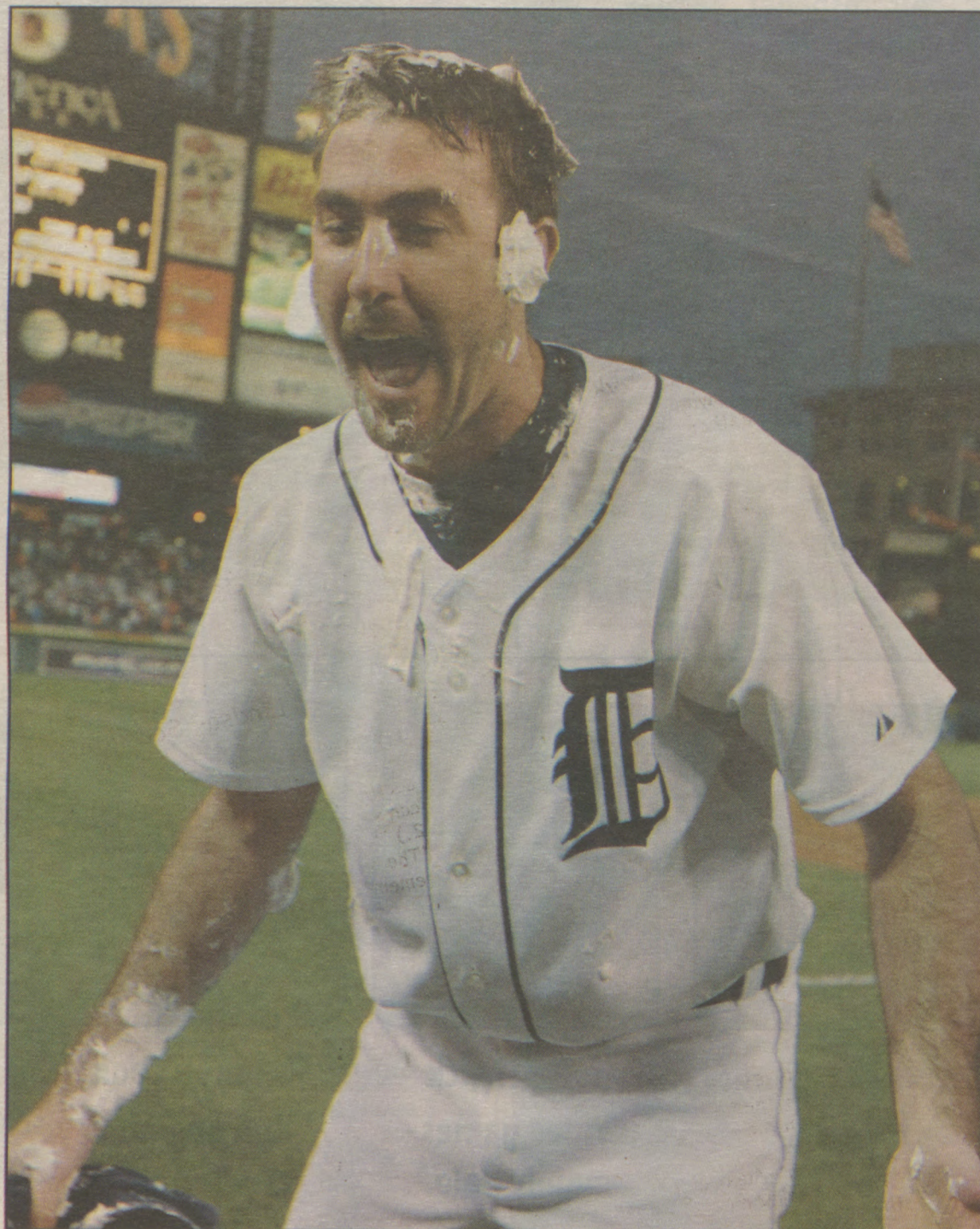
EIGHTH INNING

Estrada grounds out, Casey to Verlander.
Hall walks.
Gross grounds into a double play, shortstop Neifi Perez to Polanco to Casey.

NINTH INNING

Counsell strikes out swinging.
Graffanino strikes out swinging.
Hardy files out to rightfielder Magglio Ordonez.

Source: MLB.com



AP Photo/Duane Burleson

Verlander reacts after getting shaving cream in his face from teammate Todd Jones following his no-hitter last night.

JOCK JAMS

Golden Grizzlies share the tunes that keep them pumped

By Samantha Franz
Sports Editor

Detroit Tigers first baseman Sean Casey walks out to Pearl Jam's "Evenflow." The Dallas Mavericks were introduced to the tune of The Who's "Eminence Front" during the 2006 NBA Finals. Take a look around, and you'll see how sports and music go hand in hand. Here, Oakland University athletes sound off on the music that gets them pumped up before a big event.

Hanna Reising
Basketball

- 1.) "Til I Collapse"-Eminem
"It was on my high school warm up CD and always pumps me up."
- 2.) "Vindicated"-Dashboard Confessional
"I like the lead singer's voice, and it is one of my favorite bands."

Brandon Cassise
Basketball

- 1.) "Bounce"-Jae Hood
"The beat to this song gets your heart pumping."
- 2.) "Toy Soldiers"-Eminem
"This song talks about teamwork and loyalty and I like it."
- 3.) "You Ain't Know"-Lil' Wayne
"I like the lyrics."

Eric Zalesk
Club Dodgeball

- 1.) "Follow the Reaper"-Children of Bodom
"The keyboards add a cool effect, and I listen to this band the most when getting ready."
- 2.) "Laid to Rest"-Lamb of God
"It is fun to have this song in your head and then peg someone in the face with a dodgeball!"

Dawid Tatarczyk
Swim

- 1.) "Fine Again"-Seether
"This song brings good memories from one of the best meets of my life."
- 2.) "Grzech Za Grzech"-OSTR
"It's a Polish rap song with a lot of lyrics. It reminds me of where I come from and what I am doing here. (It's about) always moving forward."

Joe Suchoski
Track

- 1.) "Beer in Mexico"-Kenny Chesney
"It's a relaxing song and keeps me calm when I am nervous."
- 2.) "Kick a Little"-Little Texas
"The lyrics really mean something; they make me want to perform to my full potential."

Josh Mahoney
Soccer

- 1.) "Welcome to Detroit City"-Eminem
"It's a pretty intimidating song, specifically when we play teams from out of state."
- 2.) "Let's Go"-Trick Daddy
"A great beat and great lyrics."
- 3.) "Til I Collapse"-Eminem
"He talks about fighting back and not giving up."

Steve Clark
Soccer

- 1.) "Sit Down, Stand Up"-Radiohead
"It starts slow then increases the pace through the song...it's sick."
- 2.) "Message From the Queen"-Tyler Bates
"I like to listen to this song in the locker room. It's a serious song and reminds me of how much is at stake at any given day."

Lindsay Scarlatelli
Golf

- 1.) "Motivation"-T.I.
"This song gets my confidence going. I'm not cocky, but this song makes me feel like nobody can stop me."
- 2.) "Remember the Name"-Fort Minor
"The chorus says it all. I want my opponents to remember my name and feel inferior."

Josh Kozuch
Baseball

- 1.) "Here Comes the Boom"-Nelly
"I love this song as I walk up to the plate because it gets the adrenaline running."
- 2.) "Star Spangled Banner"
"It doesn't necessarily pump me up, but just hearing it before the game gets me in focus for the task at hand."

Haley Emerson
Softball

- 1.) "Scotty Doesn't Know"-Lustra
"This is for the beat of the song, and some of the girls on the team have an inside joke about this song."
- 2.) "Boston"-Augustana
"This one calms me down and lets me focus on the game."

To view more athlete playlists,
visit our Web site at
www.oaklandpostonline.com

Angela Righetti
Softball

- 1.) "Sweet Home Alabama"-Lynyrd Skynyrd
"This is my walk-out song. It's a fun song, and the beginning is great. When we don't play at home, the team will sometimes sing it when I get up to bat."
- 2.) "Anything" by Kenny Chesney
"His songs make me happy and relaxed."

Don't be on the DL

OU trainer John Ciecko discusses how to avoid common sports injuries

By SAMANTHA FRANZ
Sports Editor

Anybody who's played a sport in their lifetime, whether it was on a team for school or just for fun with your buddies, has probably had an injury of some kind.

Rolled ankles, muscle strains, cramps, shin splints. But pain in the you-know-what injuries such as these, are not only very common but also easily preventable.

For John Ciecko, an athletic trainer for our Golden Grizzly teams, it's all in a day's work to wrap, ice, treat and prevent injuries such as these.

Here, he offers insight on things we can do to avoid the lingering problems we already have and tips on how to avoid injuries that can be expected when working out or playing sports.

When Ciecko treats soccer players, for instance, he sees a lot of muscle strains due to the nature of the sport.

"They are constantly running and changing direction and speeds," Ciecko said. "So that can essentially lead to a good muscle strain if the muscles are not warmed and relaxed."

If you plan on playing a pick up game with friends this summer, or practice a workout that involves running in intervals, running fast and running slow in a pattern over a certain distance, it is recommended to prepare your legs for the workout.

"We try to do a lot of warm-up jogging and short sprint-type stuff before really getting into practice or games, as well as stretching the legs afterward," he said. "Stretching after activity can lead to less muscle soreness and cramps."

Another common injury seen in the trainers' office is ankle problems, particularly among basketball and volleyball



Photo courtesy of arc4life.com
All OU basketball and volleyball players are given ankle braces.

players, due to the amount of jumping in both sports.

"Sometimes when you jump, your body isn't ready to land, and you could land awkwardly and roll the ankle," Ciecko said.

The best solution is to stop the problem before it starts, which is why all basketball and volleyball players are put in ankle braces. Ankle taping is also common among athletes and, according to Ciecko, there are literally hundreds of ways to tape an ankle depending on the needs of the athlete.

Whether you want to prevent an ankle injury from happening or are recovering from your latest sprain, be sure to wear a brace or have somebody tape your ankles before activity. Most gyms and athletic facilities have trainers on staff to help you with taping and such.

Those who like to run for their workouts should be especially careful. Ciecko and his fellow trainers see "a ton" of shin splint injuries from his track and cross country runners.

"Shin splints" is a catch-all term that covers tons of different injuries that could be caused by things like tight calves, worn out shoes, flat feet and landing improperly," Ciecko said. "One of the types of shin splints we saw this year was Periostitis, which is an inflammation between the protective layer called the Periosteum and the actual bone. This can be caused by tons of different reasons as well."

When it comes to shin splints, the only way to battle such an injury is with what Ciecko calls "the old R.I.C.E. principle," which stands for rest, ice, compression and elevation.

In fact, most injuries are treated with R.I.C.E. to help reduce swelling. The sooner the swelling decreases, the sooner you'll be able to get back on your feet and play.

"I always say 'ice, ice, ice' after practice or games to help reduce the pain and speed the recovery time," Ciecko said.

So keep these helpful tips in mind, and go out there and play hard—just don't forget the ice.

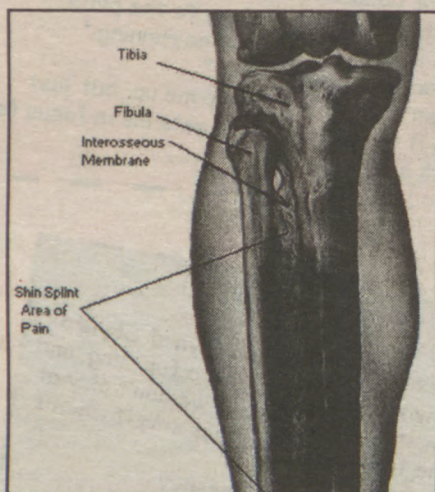
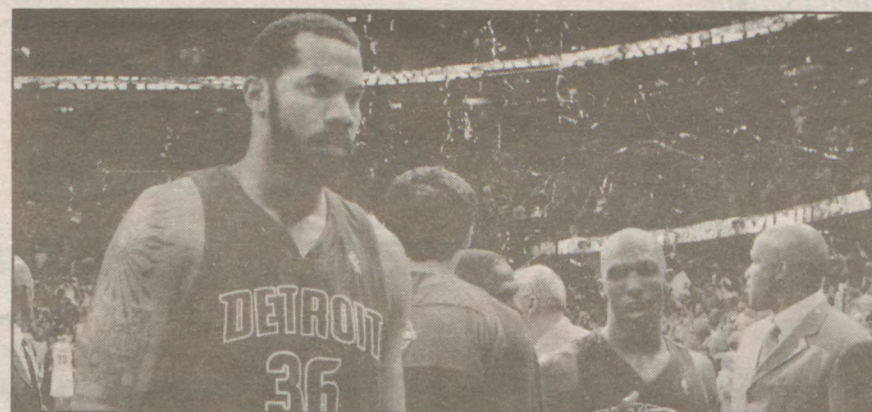


Photo courtesy of sportsdrz.com
Shin splints are very common among activities that involve a lot of running.



TONY DEJAK/The Associated Press
Rasheed Wallace and Chauncey Billups walk off the court after losing to the Cavaliers on June 2.

Sweet Success?

By SAMANTHA FRANZ
Sports Editor

In what started out as a beautiful June 2 evening, the night quickly soured as it was overshadowed by thousands of groans, screams and profanities that spewed out from sports bars, living rooms and patios across Michigan. The Detroit Pistons had just lost game six of the Eastern Conference finals, handing the series to first time NBA finalists, the Cleveland Cavaliers.

The next morning, the sports media had a field day.

The Detroit Pistons were picked apart piece by piece, like the prey of the predator, by none other than the hometown writers who once embraced them.

Suddenly, "experience," the tool that many cited as a key factor in winning the 2004 title, gave way to old age. The wheeling and dealing of President Joe Dumars, which was once considered smart and a large reason for the team's success, was now based on luck and seen as risky.

What irked me most about this harsh turn from the media was how eager they were to trade away their hometown heroes. They seemed more than ready to let Chauncey Billups, the closet thing we have to a superstar, ride the waves of free agency or to use Rip Hamilton as a bargaining tool, all because of a shoddy playoff series.

This leads me to believe that in our city's history of sports greatness, we have become very greedy. If you think about it, at least one Detroit sports team has had a successful season in the past decade.

Winning is no longer a sweet bonus that is celebrated, but a requirement that leads to resentment when not met. Big changes are called for when something suddenly doesn't work quite as well as it did a couple of years ago.

We've become spoiled.

This is why I fear the fate of the Detroit Tigers this season. After rising from the ashes and winning the American League title in 2006, Tigers

fans began to take the paper bags off their heads and brought Tigers broadcasts back to the living rooms of Metro Detroit. Now, expectations are through the roof for our boys.

Can you imagine what will happen if they don't equal or surpass their previous success this season? I can just see the columns now. They'll call for Dave Dombrowski's head, demand players to be traded and run Jim Leyland right out of town.

To paraphrase a certain balding self-help guru, we need to get real.

We've come to take our teams for granted, and we need to understand that we can't always be a winner. Look around you at the franchises that haven't had a taste of success in years.

The Boston Celtics haven't been a participant in the Eastern Conference Finals since 1986. In Detroit, we've made five consecutive trips to the Finals, two of those years in the championship series and earning a ring in 2004.

The Montreal Canadiens, a frequent home to Lord Stanley's cup in past years, hasn't hoisted that trophy since 1993. The Red Wings have won it three times in six years and have made regular appearances in the playoffs ever since.

Go look it up. I'll wait.

We should be thankful to have such powerhouses in our arsenal. Detroit is a great sports town with a rich history, a culture that has taken on a life of its own and home to consistent playoff appearances.

In few cities can you turn on the TV in late May and see your hockey and basketball teams in the second round of the playoffs and your baseball team off to a great start.

Rather than jumping the gun about how much we have to change a team when one season is cut short, let's be thankful that most of Detroit's teams have given us a fun, long season to look forward to every year.

As for the Detroit Lions? We're working on it.

SPORTS RANT

New face, new place

Roulier joins coaching staff

By **ROB TATE**
Senior Reporter

A new face will be on the sideline of the Oakland University women's basketball team come fall.

Alongside head coach Becki Francis, new assistant coach, Jenny Roulier, will be calling out plays and shouting words of encouragement to the Golden Grizzlies.

Roulier joins OU fresh off of three seasons as a graduate assistant at Florida State University. Roulier found out about the coaching position through Athletes in Action of which she and Francis are both members of.

"Where I was at Florida State, Coach Becki was held in high regard to our coaching staff down there," Roulier said.

Prior to her stint at FSU, Roulier was a four-year player at the University of Colorado, a gold medal winning player on Team USA in the World University Games and played professionally for the National Women's Basketball League's

Colorado Chill.

Roulier is looking forward to being a part of the high level of achievement the Golden Grizzlies have had over the past couple seasons, including a trip to the first round of the NCAA Tournament in 2006 and a berth in the WNIT this past March.

"The great thing about (Oakland) is that there is young talent, and there is a core of winning and that's kind of expected here so I think the younger kids have a chance to step up into that role," Roulier said.

"You look at Hanna (Reising), you look at (April) Kidd, and you look at (Jessica) Pike- those kids are ready to step up into roles to carry on a tradition that's been built here and that's to get to the NCAA tournament year in and year out."

Another thing that Roulier is looking forward to is being mentored by Oakland's Francis.

"That's one of the main reasons why I decided to come and coach under her. She's got a great system in place," Roulier added.



Jenny Roulier
Photo courtesy of Oakland Athletics



Photo courtesy of Oakland University Athletics
Kevin Carkeek was drafted by the Houston Astros June 7 in the MLB draft.

OU player drafted

But what are his chances in MLB?

By **ROB TATE**
Senior Reporter

With Oakland University catcher Kevin Carkeek being drafted in the 25th round of the MLB draft June 7, Here's a look at players who are currently stars in MLB that were also drafted in the 25th round.



Ed Betz
AP Photo

**Paul Lo Duca, C
New York Mets**
Lo Duca was drafted by the Dodgers in 1993. He has over 1,000 career hits and 74 home runs.



LM Otero
AP Photo

**Michael Young, SS
Texas Rangers**
Young was originally drafted by the Orioles in 1994 but decided to go to college. He is a three time all-star with 98 career HRs.



David Zalubowski
AP Photo

**Brian Fuentes, RP
Colorado Rockies**
Fuentes was drafted in 1995. He has 83 career saves and has made two all-star teams. He has a career 3.49 ERA.

Tee up at OU this summer

By **RYAN ARBAUGH**
Contributing Reporter

It is almost summer and warm weather is in full swing. You've got your new clubs and shoes, now all you need is a course to play on.

Before you go to your municipal course to take advantage of a decent resident rate, think about this: Oakland University has two golf courses right on campus, one of which (Katke-Cousins), offers a weekday student rate of around \$14 for 18 holes.

Afraid Oakland's courses aren't going to be "up to par" because they are on a college campus? Never fear, Golf Digest ranked R&S Sharf Golf Course 18th in Michigan and Crain's Detroit Business magazine ranked Katke-Cousins as the 11th toughest golf course in the state. Also, the courses attract big names in golf all season.

"We've had Masters Champions such as Tiger Woods, Fuzzy Zoeller, Mark O'Meara and Phil Mickelson," said Bill Rogers, golf and managing director for Oakland. "We also get a multitude of celebrities, which I won't name because they play our courses to enjoy a day out of the public eye."

Not an experienced golfer? That's not a problem because Oakland also offers a learning center.

"The center offers clinics and lessons taught by PGA golf pros," said Rogers. "Lessons are available for men, women, and seniors."

When you're making your next tee time, take advantage of the courses created and maintained by donations from Oakland University alumni.

"What I've been impressed with over the last 30 years is the students' regard for the property," said Rogers. "They treat the courses with respect because they understand that they are a gift from donors who love the university."

For more information regarding tee times and course membership, call (248) 370-4150 or visit Oakland University's Web page and look for the Golf and Learning Center link under athletics.



DUSTIN ALEXANDER/The Oakland Post
Enlightened OU student Sarah Lang quickly learned how golf can relax both the mind and body, especially with courses right on campus.

Keep Your Health Up to Par

Walk it out

The United States Golf Association advises golfers to walk the course rather than ride the golf cart whenever possible. I know it's fun to try and run over things with the cart, but think of all the calories you can burn by hoofing it across the green.

Bring the gang

Few things can jump start your mental health better than spending the day with your friends, a fact frequently cited by Mental Health America. So go ahead, get a foursome together and play some golf. You'll bond over great conversation and make enough inside jokes about hitting the ball into the water to last for years to come.

Sources:

www.mentalhealthamerica.net
www.usga.org

Make meditation your mantra



C.M. GRASKI/The Oakland Post

Meditation can be an effective preventative measure for those dealing with stress. To achieve maximum results, find a quiet place, avoid distractions, get comfortable and focus your mind.

5 steps to meditative bliss

1. Sit down in a chair, in a quiet room, close your eyes, and begin to draw deep breaths, exhaling slowly.
2. As you do this, concentrate on your body, moving your thoughts from head-to-toe, as you continue to slow your breathing.
3. Repeat a mantra, a word or phrase uttered aloud or silently.
4. Continue to slow your breathing until you can feel your body relax.
5. Repeat steps 2 and 3

By C.M. GRASKI
Senior Reporter/Photographer

According to a survey conducted by the America Psychological Association, 62 percent of Americans indicated that work was a significant source of stress in their lives. Seventy-three percent of Americans said that money was the primary source of stress in their lives.

Dr. Jacqueline Sidman is the founder of the Sidman Institute, an organization that strives to help people overcome obstacles to happiness in their everyday lives, especially stress and stress-related illnesses.

According to Sidman, external stress is caused by uncontrollable environmental stimuli such as traffic jams, weather patterns or another person's behavior. External stress cannot cause a stress-related illness. Internal stress, however, can.

"Internal stress originates from the conflict between your conscious and subconscious mind. So, while you may blame an external source for your frustrations, your own interpretations are the underlying cause. While no one ever chooses to be sick, the conflict between the conscious and subconscious mind creates inner conflict, or stress, that may cause the immune system to break down," Sidman said.

Having good mental health helps you make good decisions and deal with life's challenges at home, work and school. Doctors that prescribe meditation, either as a supplement to medication or as an alternative, are recognizing more and more that it is a viable method that can be employed to reduce stress.

"Meditation allows the body to heal itself. We're more relaxed, more productive, more easygoing. We don't get as stressed so easily, and, as a result, people are healthier," said Dr. David Sands, a proponent of prescribing meditation.

The Oxford-English Dictionary indicates that the word meditation originated from the Sanskrit word "medha," which means wisdom. Medha-tation means being the wisdom and getting in touch with the wisdom inside oneself, becoming a guide for dealing with everyday problems and situations successfully.

"In meditation, we learn to contact our inner wisdom by quieting our bodies, our feelings and our thoughts. By doing this, we get in touch with aspects of ourselves that our personalities routinely interfere with, and life takes on a deeper meaning," said Dr. Herbert Benson.

Benson is a cardiologist that has studied meditation for over 30 years and is founder of the Mind/Body Medical Institute at Harvard Medical School's Beth Israel Deaconess Medical Center.

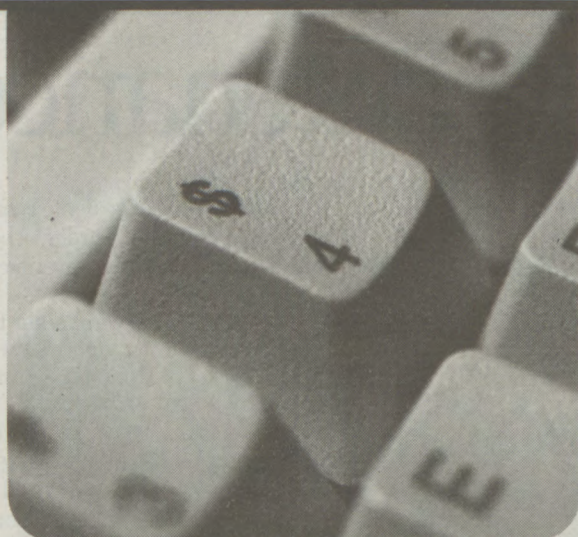
Meditation is one of several ways that one can achieve the relaxation response in the body. The relaxation response can decrease metabolism, lower blood pressure and heart rate and slow breathing and brain waves. Other methods include yoga, tai-chi, mantra, breathing or a repetitive prayer.

According to Benson, during meditation, oxygen consumption decreases between 10 percent and 20 percent. This occurs during the first three minutes of meditation, which causes other systems to slow into a calmness that facilitates the relaxation response.

To achieve the optimum results of meditation, several elements are required:

1. Select a quiet place with few or no distractions.
2. A constant stimulus to focus attention on such as a sound, a word or phrase repeated silently or aloud, fixed gazing at an object, chanting or attention to one's normal rhythm of breathing. These techniques help to keep the mind focused and prevent it from wandering.
3. A comfortable position, such as sitting, lotus (cross-legged), lying down, kneeling or swaying.
4. A passive attitude.
5. Ten to twenty minutes of meditation once per day if possible.

Adopting strategies to reduce or eliminate stress can greatly reduce total mental breakdown and poor performance at work or school and improve overall wellness. It is important to remember that meditation is one of several stress management techniques. A study by the American Medical Association indicates that approximately 70 percent of patients that visit doctors for stress-related illness can benefit from stress management.



taking care OF BUSINESS

financial PLANNING TOOLS AT

Oakland
University

Oakland University offers tools and services to students and their families to help them manage their finances. To continue their education at OU, students must be in good financial standing with the university.

☛ **Check out these financial resources to help you pay your tuition and other expenses:**

1. Financial Aid:

- Apply for financial aid early to maximize funding options. Completing the Free Application for Federal Student Aid at www.fafsa.ed.gov every year as soon after January 1 as possible will provide the best financial resources.
- Access the OU Financial Aid Web site for scholarship, grant, loan and employment opportunities at www.oakland.edu/financialaid.
- Check with community organizations.
- Visit the State of Michigan Web site at www.michigan.gov/mistudentaid for information on state programs.
- Take advantage of free scholarship search services such as FASTWEB at www.fastweb.com.

2. Tuition reimbursement programs:

- Check with your employer or have your parents check with theirs to determine if they offer employee or dependent tuition reimbursement programs.

3. OU Payment Plan:

- Sign up for the OU Payment Plan that best meets your financial needs. Learn more at www.oakland.edu/paymentplan.

4. Cash, check, online checking and savings account, debit card (PULSE or STAR networks), or credit card (VISA or MasterCard):

- Visit www.oakland.edu/sbs for billing and payment information as well as other important deadlines.

☛ **Stay informed and current with your financial aid and your bill:**

- 1. OU e-mail account.** Activate your OU e-mail account and check it regularly for important financial aid messages and eBill updates.
- 2. Financial aid requirements and awards.** Log in to SAIL at www.portal.oakland.edu to view the status of your financial aid and your awards.
- 3. eBill.** Learn about eBill, OU's electronic billing notification system, and use it regularly. For instructions on how to use eBill visit www.oakland.edu/ebill.
- 4. Mailing address updates.** Make sure to notify OU of any changes to your current or permanent address by completing a change of address form at the Registrar's Office (100 O'Dowd Hall).

☛ **New This Fall**

OU's new de-registration policy, effective fall 2007

Students who are not in good financial standing by early August (have not paid all prior semester bills) will be taken out of their fall classes. Students will be required to re-enroll for classes based on class availability if they correct their financial standing by paying prior balances in full. To stay in good financial standing, pay all OU bills on or before their due dates. For more details, visit www.oakland.edu/deregistration.



Where Innovation and Opportunity Meet.

Good health requires maintenance

Knowing when and how often to see your doctor is key to staying healthy and not going broke

By C.M. GRASKI
Senior Reporter/Photographer

The benefits of a healthy lifestyle are undeniable. Being a healthy person is both longed for and loathed often simultaneously. Committing to a routine involving hard work and discomfort at first can understandably turn many willing individuals off, and causes them to sadly turn the television on.

One routine that is easier to keep is a regular visit to a physician.

"It's only required of the patient once per year, unless special circumstances exist," said Shauna Sparks, medical assistant at Graham Health Center.

"The physician will perform a physical examination, conduct blood work, check thyroid glands, and check cholesterol levels. The annual check-up will verify your health, and also catch the onset of complications early."

Additionally, the doctor can remind

you of any previous conditions to be conscious of, and will advise you based on the case.

For women, it is recommended that a gynecologist visit be scheduled once per year, unless special conditions exist.

"Gynecologists will check for cervical cancer, sexually transmitted diseases, and pap smears are recommended for women 18 and 21, or when she becomes sexually active. The doctor may also check for other conditions, if present," Sparks said.

It is also recommended that a dentist be visited for an oral examination every six months.

"The benefits of committing to these routine check-ups ensures that you remain consistently healthy, receive consultation for any concerns or necessary treatments, and recommendations for how to maintain health based on your individual status," Sparks said.

Unfortunately, not everyone can afford

to have medical and dental insurance. According to the society for adolescent medicine, between 25 percent and 30 percent of college students have no health insurance. College campuses, through university health centers, often provide a way circumvent this obstacle in order to maintain a schedule of routine medical examinations.

Graham Health Center offers every recommended routine check-up, and many potentially necessary examinations and treatments at reduced rates. The price for an initial consultation is \$35, and each subsequent visit is \$30. Additionally, the Tetanus, Hepatitis B-3, and Meningococcal immunizations are available.

STD screenings, nutritional assessments, work and school physicals, blood pressure monitoring is available. Contraceptive, flu, and pain medication is also available at reduced costs.

Those without dental insurance can benefit from Oakland County's OC Discount Dental Program, which offers extensive dental care at a greatly reduced cost. The annual fee for membership is \$6.95 per month, or \$69 annually. Membership is available to the applicant and up to eight family members or college students.

According to a poll conducted by the

OCDDP, the average dentist visit costs approximately \$46. Through the program, members pay an average of \$24 per visit.

There are also several other things that doctors recommend that will also help their patients and the uninsured to maintain a healthy lifestyle.

"Most doctors agree that the two largest contributors to maintaining a healthful lifestyle are proper diet and exercising regularly. Also, getting enough sleep, between six and eight hours, and implementing stress management strategies such as meditation or yoga will also help you maintain your health," said Sparks.

Also, visiting health fairs, where many screenings are offered for free or greatly reduced costs is recommended. Donating blood is also a way get your blood screen for abnormalities and have your blood pressure checked for free.

While making the commitment to improve or maintain a healthful lifestyle is at first a seemingly impossible, it is critical that college students make the right decisions, and not get seduced by apathy.

For more information on the services offered by Graham Health Center, visit: http://www2.oakland.edu/GHC/hc_events.cfm.

OU students surveyed about religion and health

Most say faith in a higher power helps them feel better emotionally and physically

By VICKY LEFEBVRE
Contributing Reporter

Roughly 85 percent of people in the world believe in and follow some sort of religion. Be it Christianity, Judaism or Scientology, religious faith is important to many people across the globe. Religion is many things to many people, but what role does it play in one's overall health?

The Oakland Post conducted a survey asking Oakland University students how they feel about religion and its connection to overall well-being. The majority of students asked said that they believed in a higher power.

Laurie Casey, a senior general studies major, is a practicing Methodist who says that living a religious life leads to a healthier lifestyle.

"I think that having a higher power or a religious way of life helps relieve stress. It's an outlet, a place to go to be grounded," Casey said.

Senior Biology major Bilal Reilly also believes that wellness can be affected by

religion. He says that having faith gives people something to believe in, like hope. Reilly is Muslim, and as a part of his practice doesn't eat pork or over indulge in food. He says that these practices attribute to his physical well-being.

Many religions want practitioners to follow guidelines regarding physical wellness. For example, Buddhist practice calls for people to abstain from drinking intoxicants or taking any drugs. Christian practice, like that of Islam, encourages followers to resist gluttony.

Though these precepts exist, most of the people surveyed said that their main reason for believing in a higher power is connected to mental and emotional health, and that attributes to their physical well-being.

"When my faith is in a higher power, I feel like I'm centered more. I feel like I'm more physically and emotionally healthy," says grad student and counseling major Linda Sorscher. "It's through prayer that I maintain that health."

Sorscher is a Christian, but doesn't

attend church services.

Eastern religions like Buddhism and Hinduism promote strong belief in meditation and concentration. Yoga is a major practice in Hinduism. Prayer, another mental exercise, is highly important in Islam, Judaism, and Christianity. Muslims pray five times a day.

While many surveyed said they attributed good mental health to religious spirituality, there were those who thought otherwise.

Gabe Ouzounian, a junior journalism major, said that his beliefs lean more toward those of the eastern religions, specifically Buddhism. He believes in things like karma and reincarnation, but doesn't think those things affect his overall wellness.

"If I found out tomorrow there was no God, I wouldn't care," Ouzounian said.

Ouzounian says that in this day and age, it's hard for him to believe in a god.

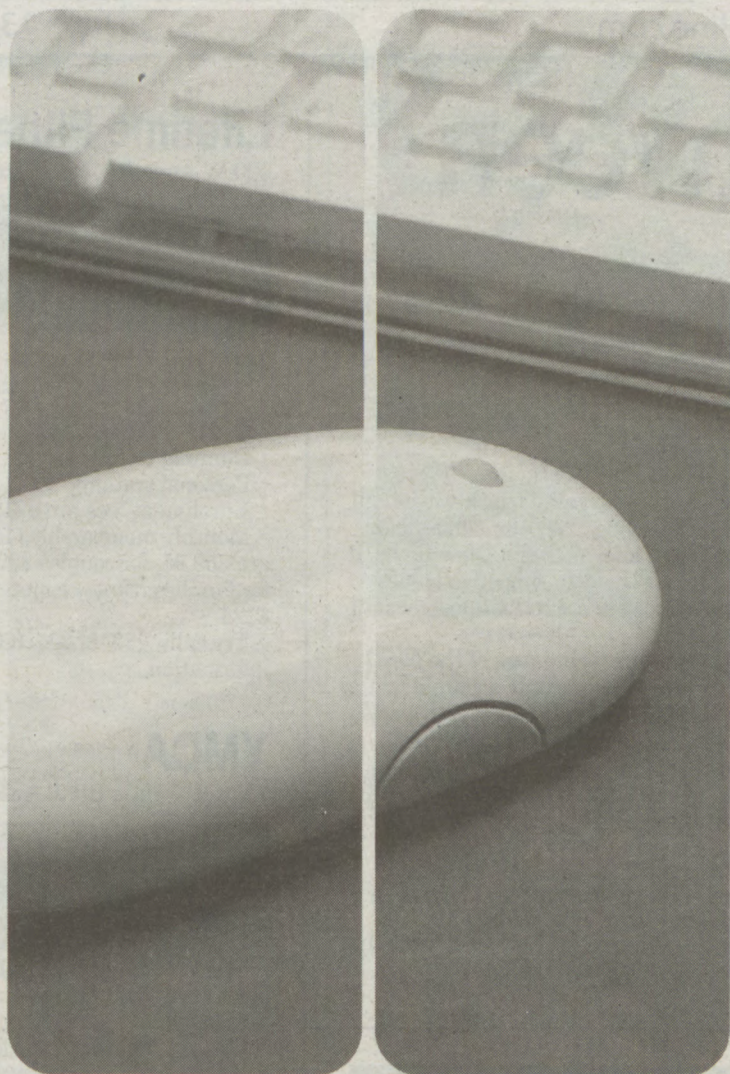
Senior management information systems major Marcus Brodfuehrer grew up Methodist but now considers himself

Agnostic. He believes that there may be a higher power, but is skeptical because there is no scientific explanation that a god exists.

"I practice being a good person...I don't believe having a particular faith determines whether you can be a good person or not," Brodfuehrer said. "I feel fine. I'm a confused individual wrapped up in logic and science and having a hard time understanding everything — a hard time understanding something I can't see or touch or that doesn't have a logical explanation."

Finding links between religion and good health can be difficult because many religions connect the two with an explanation of one thing — faith. Nothing is for certain, except for the convictions of those who believe in a higher power.

For more information about religious groups at OU, visit the link at www.oakland.edu.



New for Fall 2007 Registration:

Sign up for the OU Payment Plan each fall and winter semester and spread your tuition, on-campus housing and other charges billed to your student account into several smaller payments. The OU Payment Plan allows you to select a plan option that best meets your needs.

For more information or to enroll online, visit www.oakland.edu/paymentplan.

Save \$\$

OU will waive the \$25 payment plan processing charge each semester if you schedule your installment payments to be automatically deducted from your checking or savings account, debit card (PULSE or STAR networks) or your credit card (VISA or MasterCard).

Sign up today

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OU PAYMENT PLAN

**Offering easy payment options
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Where Innovation and Opportunity Meet.

The Scene

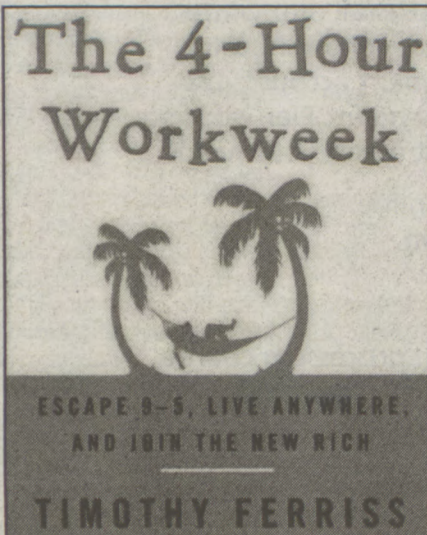
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www.oaklandpostonline.com

June 13, 2007

What you do between weekends

The ever changing approach to the working world gets its own guidebook



By NICK DEGEL
Contributing Reporter

You're probably enrolled at this fine institution of higher learning to provide yourself with a life dedicated to refining a successful career, culminating in a nice retirement package some 30-plus years down the road.

Oh boy. I can't wait.

It was the depressing reality of this time-honored formula for success that lead Timothy Ferriss headfirst into a crushing nervous breakdown. Forced by exhaustion and a self-described fragile mental state, Ferriss reevaluated his life and inadvertently stumbled on a new way to live the wealthy lifestyle without working half to death.

In "The 4-Hour Workweek", Ferriss outlines the process by which we can all join an emerging class of businessmen and women known as the "New Rich." It is a lifestyle that stresses effectiveness over efficiency and elimination over multitasking.

Applying the techniques of the New Rich, Ferriss spends only a couple hours a week maintaining a successful sports' supplement company, all the while leaving time to win kick boxing championships in China, dance the tango in Brazil, and star in a hit TV series in Hong Kong.

With help from his book, Ferriss claims that anyone can cut down their work hours, live a stress-free life, and enjoy the sun-soaked bliss of retirement sooner than you ever imagined.

Hostel 2: rethinking your Eurotrip?

By MIKE CARAVAGGIO
Contributing Reporter

The gore-fest hits the silver screen yet again as writer/director Eli Roth serves up his second installment to one of the most terrifying and macabre films in the annals of horror history, "Hostel: Part 2."

As Roth continues his career as one of the freshest and most creative faces in horror, the sequel possesses more character and story depth compared to its predecessor.

"Hostel: Part II" follows three potential American art students who are looking forward to the relaxing luxurious hot springs in Slovakia. Little do they know that their trip is about to be an unnerving, sadistic bloodbath (literally, Roth is able to pull off one of the most unsettling scenes involving Heather Matarazzo upside down in chains, a woman waiting underneath her in a candle-lit bathtub, and a giant rusty blade).

The girls find themselves unknowingly

entangled in the sick "torture for your own pleasure" club that only the filthy rich can afford. This time around, two American men head to Slovakia to fulfill their dirty deeds on the pretty faces they bid a fortune on. This sequel may not display as much brute and blood-spat as the first film depicts, but still strikes a "perfect 10" on the vomit meter.

Roth places the emphasis continually building suspense. The second half surely makes up for a slow beginning. The climax is among one the most bizarre, disgusting and yet somehow, comical, all at once.

Any film that Roth will be stirring up, you can always count on originality with a film that never sees a clichéd moment. It's been heard around the campfire that Roth will be depicting the Stephen King novel "Cell," and if you've seen "Grindhouse" Roth's hilarious trailer spoof, "Thanksgiving" was a start to what may be a full-length feature full of trailer spoofs, along with other guest

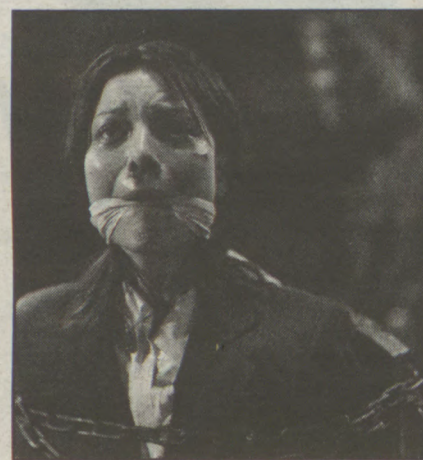


photo courtesy of Lions Gate Films

directors.

As for his current film "Hostel: Part 2" this is the next step up in gore and ought to please even the most hard core thrill seeker. Don't jump to judge at once, as the pace quickly adjusts and takes you through one of the most sickening cinema thrill rides to hit the big screen this summer.

Lifetime Fitness

200 W Avon Rd, Rochester Hills



Lifetime Fitness

- Open 24-7
- Aquatic center
- Group exercise studios
- Running track
- Personal training
- Enrollment fees are \$219.
- Monthly memberships for singles are \$59.95, for couples \$99.90, and for families (three or more people) is \$124.

Try calling (248) 267-1000 for more information

YMCA

3378 E Walton Blvd, Auburn Hills



The YMCA has an excellent workout facility, and members will be privileged to:

- Use of 72,000 sq. ft. facility
- 10,000 sq. ft. aquatic center with zero depth, children's play area, water slide, and lap lanes
- Personal training
- \$33 per month, with a \$150 joiner's fee

Call the YMCA for more information at (248) 370-0411.

Troy Community Center

3179 Livernois, Troy



- members 18 and over
 - fitness room
 - exercise studios
 - gymnasium
 - indoor aquatic area with lap lanes
 - slides and leisure area with water toys
 - a mere \$17.50 a month.
- For more information, call (248) 524-3484.

BIG GYMS, small prices

BY TYLER CAMERON
Contributing Reporter

Sometimes, finding a new gym can be just as difficult as sticking to a workout routine. Every gym has its own atmosphere, its own crowd, its own equipment and its own price for memberships. We all want the best workout environment for the most reasonable price.

The OU Recreation Center might be one of the most convenient gyms around, assuming you're a student. Students enrolled in classes that meet on the main campus are able to visit the gym.

For those who are not so fortunate, just across the street from the OU campus on Walton Blvd. and Squirrel is the North Oakland Family YMCA. Memberships at the YMCA for young adults (29 and younger) are \$33 per month, with a \$150 joiner's fee. For individuals 30 and older, the membership is \$55 per month, also with a \$150 joiner's fee.

Not far from OU in Troy is Life Time Fitness. This gym can be intimidating at first, especially if you've never seen it before. In a word, this gym is massive. The weight room on the second floor seems to be at least the size of a football field. On the first floor, there's a large pool with lap lanes, whirlpool spa, hot tub, sauna and water slide.

One thing is certain — this gym has more than enough space to accommodate a legion of people, as well as state-of-the-art equipment and machines to boot. You'll never be waiting to use anything here. All this luxury does come at a price, though. Enrollment fees are \$219. Monthly memberships for start at \$59.95 for singles. If you happen to have lots of extra money, then this is not a bad way to invest it.

If you are short on cash, then the Troy Community Center is worth checking out. Right down the road from the Somerset Mall, the Troy Community Center might be one of the best kept secrets as far as gyms go. With the Unlimited Rec Pass, members 18 and over get full access to the fitness room, exercise studios, gymnasium, and indoor aquatic area with lap lanes, slides and leisure area with water toys for a mere \$17.50 a month. Sure, you may have to wait for a machine once in a great while, but the price is unbeatable for state-of-the-art commercial equipment that includes 56 pieces of cardiovascular equipment, 25 circuit training machines and free weights.

Everything you wanted to know about Akashic Fields but were afraid to ask

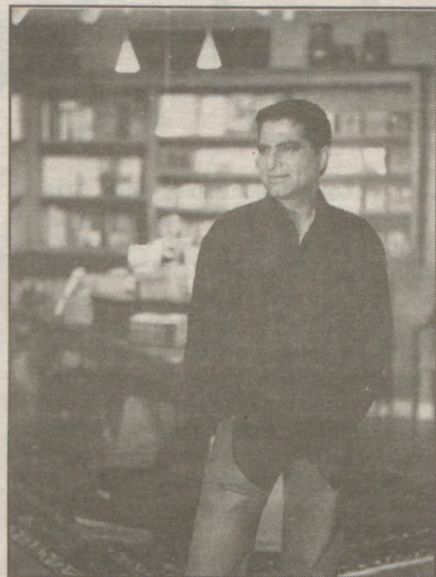


photo courtesy of The Chopra Center

By NICK DEGEL
Contributing Reporter

What happens after we die? The question scares, confuses and divides us all at once.

Some religions depict a glorious heaven

and a sorrowful hell, others believe in the ambiguous process of reincarnation, and many outside of the religious world are sure that death is an eternal, inevitable end.

If the Western world, though, seems to agree that death is a negative experience, Deepak Chopra has to ask us: "Why?"

"Our fault is not that we fear death but that we don't respect it as a miracle," says Chopra in "Life After Death: The Burden of Proof". A former chief of medicine at the New England Memorial hospital, Chopra attempts to untangle the web of confusion that surrounds the mystery of death and what follows.

While famous for his growing library of self-help books, and as a promoter of Transcendental Meditation, Chopra supplies the reader with as much scientific and medical information as religious precedent in support of his concept of the afterlife. Accompanied all along by a traditional Hindu story, "Life After Death" walks the reader through an Eastern concept of death, all the while mixing in science and western religion to fill in the holes.

If the Akashic field and other Hindi or

Buddhist rhetoric is lost on you, Chopra offers evidence of a very real afterlife in the collected accounts of near death experiences. Before their revival from a medically dead situation, a large number of patients can recall vivid and shockingly similar out-of-body experiences that occur at a time when their brains are not functioning.

The uniformity of these cases serves as proof, in Chopra's opinion, that we truly live outside of our physical bodies and in harmony with all of the matter in the universe.

Chopra is a critic of the traditional heaven above, hell below tenet: "There's no hint of an inward journey and no room for creative exploration of the soul." Essentially, his point is that perfect harmony all day every day, without change, would quickly become old and even imprisoning, making heaven no different than what we consider to be hell.

But death is ultimately an argument of belief, and Chopra understands that not everyone will agree with his take on the very troubling question. In the end, his goal is simply to supply us all with an alternative to what tradition has offered us our entire lives.

Tastes like [soy] chicken

Local restaurant serves up delicious vegetarian dishes

By CRYSTAL NELSON
Contributing Reporter

Royal Oak's alternative eatery, Inn Season is neither for the unadventurous eater, nor those hard-pressed for time. The restaurant's laid-back, friendly atmosphere caters to those who want to eat quality vegetarian or vegan food in a casual environment.

The periodic table of vegetables on the wall is further proof of the café's dedication to their food that has been serving customers for 26 years. Boasting that the restaurant serves the "freshest organic, seasonal and locally grown ingredients", diners expect to find a variety of American and world cuisine on the menu.

Start the meal out with a traditional chai, or a little more exotic, the kukicha tea if you're looking to try something new — it's thicker than the average black tea. Fresh bread is served with olive oil or butter while waiting to place your order.

Mexican food has a new twist when you try it with the soy cheese and fresh jalapenos. The Shanghai Noodle Factory's shitake-miso sauce is a bit



KARA O'CONNELL/The Oakland Post

bland and could use some doctoring up, but choose between soy, tempeh, or a sea vegetable for a kick of protein. Pizzas are available after 4:30 p.m. most days, featuring not-so-average toppings like walnuts and capers.

Although the wait time matched the laid-back attitude, the staff is very professional and knowledgeable about the

food they are serving. And for the price of most of the entrees, you get food enough for left-overs. Veggie heaven for days!

Stop by Jim's Ice Cream for a raspberry smoothie on the way home.

Inn Season Cafe
500 E. Fourth St
Royal Oak, MI 48067

MOUTHING OFF

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June 13, 2007

'If you don't laugh, you die'

*Before poppin' the prescription pills,
try a dose of laughter*

By ALEX CHERUP
Guest columnist

Prescription: Laughter.

Take: Whenever needed.

Cost: Free.

Side effects: feeling good and pissing your pants.

Don't ask a doctor for further details.

We are never written a prescription like the one above. Instead, we are given Ritalin, Prozac, Valtrex, Oxycotton — even medicinal marijuana. Prescriptions are written daily for these countless medicines, which are the solutions given to Americans looking to maintain a healthy, wholesome lifestyle.

Commercials colorfully flaunt the benefits of the endless supply of drugs on the market. But where is the commercial for laughter — the Viagra of your attitude? No matter what ailment challenges you, laughter can provide a remedy.

Laughter has a natural calming effect that makes you feel great. Trust me, I'm a comedian.

Physical or psychological, laughter plays an integral role in feeling well. Studies have shown that intense laughter elevates mood, relieves negative tension and alleviates pain. I'm not kidding.

One specific survey conducted by Dr. James Rotten, found that after surgery, patients who viewed comedic videos requested fewer aspirin and tranquilizers than those patients who watched dramas.

Honestly, I'm 100 percent healthy and I need a tranquilizer after watching "24."

Other recent studies prove that laughing can even be a calorie-burner. Dr. Jodi Godfrey, in her article "Toward Optimal Health: The Experts Discuss Therapeutic Humor," writes, "Laughing 100 times is equal in caloric expenditure to 10 minutes on a rowing machine or 15 minutes on an exercise bike."

The next time someone complains you watch too much "Family Guy," tell them to leave your work-out plan alone. (I should see if Lifetime Fitness will hire me.) And to be honest, I haven't been watching "The Colbert Report" on

a regular basis — I may need to get a personal trainer.

According to a study published in the Journal of Counseling and Development, laughter also improves the immune system. Certain antibody counts are increased with laughter.

One man, Norman Cousins, wrote a book entitled "Anatomy of Illness," depicting his use of humor and laughter (Marx Brothers' movies and "Candid Camera" segments) in healing a life-threatening illness.

**"...when a human being is
laughing, he or she cannot be
thinking of anything negative..."**

I hear Mr. Cousins is now supposedly attempting to defy gravity with Abbot and Costello sketches and "America's Funniest Home Video" clips.

Even spiritual teacher Baba Ram Dass understands the power of humor, as he noted in his book, "A Journey of Awakening: A Mediator's Guidebook." A bad day, according to Dass, will eventually lead to laughter, as we understand the "cosmic joke of our suffering." Dass believes that "meditation, because of the space it allows around events, gives you a chance to see the humor of your predicament."

It is fun to cite gurus, doctors and cats from academia concerning the power of laughter, however the true authorities on the matter are comedians. No one understands the power of humor and laughter more than a comedian.

Robert Klein, one of the most influential comedians of the past cen-

tury, wrote in his autobiography, "The Amorous Busboy of Decatur Avenue," of his first experience with the wonderful effects of laughter. "Though I could not intellectualize it at a young age, the palliative effect of laughter was obvious. People looked happy. For a time they forgot about their mother's cancer or their financial debt or their disappointment in their children, and all because of a skillful comedian."

The truth of the matter is, not even Prozac can deal with depressed kids as well as Klein.

Dennis Miller says, "What does not kill me makes me funnier."

It's a creative and powerful slogan to live by. However, judging from his current bits on "The O'Reilly Factor," nothing has tried to kill him in a long, long,

long, long time.

Legendary comedian Alan King said, "If you don't laugh, you die." Alan King is dead. It still is a good quote.

David Brenner, who holds the record for the most appearances on "The Tonight Show" (over 150), says, "All I know is that when a human being is laughing, he or she cannot be thinking

of anything negative, and, therefore, the more and longer one laughs, the farther and longer they are avoiding the negatives in their lives. For a simple test of the validity of this from-the-stage analysis, laugh or just put a smile on your face and try to think of something negative in your life."

If you think you have proven Brenner wrong, you are not really laughing. Please look into one of the following: "The Daily Show," "Monty Python" or Mark Ridley's Comedy Castle — it will do wonders. And realize that polemic pessimism transforms into the best comedy.

I am not suggesting we go see a comedian instead of a doctor when you are ill. Instead, I think doctors should acknowledge the power of laughter in healing, and consider a few suggestions these illnesses and conditions:

1) Depression: Watch two "Seinfeld" reruns per day for the next month, with plenty of water. If problem persists, rent a Mel Brooks film.

2) Strep throat: In addition to Penicillin, have someone tickle you.

3) Scabies: Apply two "yo mama" jokes to infected region every three hours. Find the unavoidable "cosmic joke" in having something named "scabies."

4) Erectile dysfunction: Your wife is laughing, why not join her?

Who knows, comedy clubs may become the new pharmacy and Medicare may begin covering the admission to attend a George Carlin show.

And now I'll conclude with the cliché you've all had in mind since you started reading: "Laughter is the best medicine."

Bet you'd never guess....

We've got Issues!

Read all about them in The Oakland Post

July 18, 2007-International Issues

August 15, 2007 - Future issues

God didn't create Rambo, HGH did

Stallone using HGH to bulk up reflects society's dependence on the 'quick fix' when it comes to health

By PAUL GULLY
Mouthing Off Editor

My world literally collapsed a few weeks ago. A longstanding role model of mine committed the unforgivable sin of going against everything he stood for. Sylvester Stallone, or as I have and always will see him, Rocky Balboa, was caught trying to smuggle human growth hormones into Australia for the filming of upcoming movie "John Rambo."

I felt sick when I first learned of the news. I fell to my knees and keeled over as if the Italian Stallion himself had thrown a stiff right to my gut.

Rocky using HGH? Come on now! The same American hero who used good old-fashioned hard work and grit when training for his epic battles with Apollo Creed, Clubber Lang and Ivan Drago, now using an illegal performance enhancing drug?

(I fail to acknowledge Tommy Gunn as a Rocky opponent because I don't consider Rocky V a legit Rocky film.)

But that's reality nowadays. Society has become obsessed with fitness and health.

However, instead of doing things the *Rocky way*, too many people are trying to cut corners, looking for the quick, easy fix — the *Rambo route*.

And the college years are a prime period for health and fitness worries. For many, it is during these years that the slow deterioration of our once healthy bodies begins. Staying in shape, living healthy and looking good aren't as easy as they once were.

For guys, there is no more daily football practice to work off the excess beer consumption. Accepting the responsibilities of carrying on the proud lineage of

the family beer belly becomes a concern.

It is during these years that many women also come to the realization that "no" is no longer an option for an answer to the question, "Do these pants make my butt look big?"

So each year, millions of dollars are spent on exercise products that promise to provide the answers to looking and feeling healthy. A myriad of fad diets, fitness videos, weight-loss books and pills, and bodybuilding supplements are available for the John Rambos looking for an easy solution.

Don't get me wrong — staying fit and living healthy is, without question, very important. But things have gotten ridiculous.

Sure, the aid of a nutritional supplement or the motivation of a fitness video may provide a little boost, but let's get

"If you are an individual that is very thin and tall and you have a flat butt, you're always going to have a flat butt — it's never going to be a 'Buns of Steel' butt or a Tamilee butt."

real. Some of these products and advice are ludicrous.

Let's take for example Dr. Phil, author of "The Ultimate Weight Solution Food Guide." What business does this hefty fellow have giving advice on weight loss? Anyone who considers themselves as visually enabled should be able to see the quandary here. Would you read a book entitled "Identifying With the Everyday Person" written by Paris Hilton, or "Learn to Control Your Anger the Right Way" by Danny Bonaduce?

Dr. Phil penning a weight-loss book is equivalent to Michael Jackson doling

out advice on proper child-rearing.

Next, let's take a look at the Atkins Diet and its founder, Dr. Robert Atkins. The Atkins Diet limits foods with high carbohydrate content in favor of foods high in protein, such as meat. Lots of meat. However, in the years prior to his death, Atkins developed a heart condition and suffered cardiac arrest. According to his autopsy report, Atkins weighed a robust 258 pounds at his time of death. (However, it is to be noted that Atkins' family attributes his excess weight to fluid retention following the failure of major organs and claim that he weighed less than 200 pounds at the time he was admitted to the hospital.)

And finally, on to my favorite fitness aid, exercise video "Buns of Steel." "Buns" promises a "tighter, sleeker lower half." However in a 2003 interview, Tamilee Webb, star of the "Buns of Steel" series (or, the buns of "Buns"), admitted that "you have to work with what you are given, and that's genetics."

"If you are an individual that is very thin and tall and you have a flat butt, you're always going to have a flat butt — it's never going to be a 'Buns of Steel' butt or a Tamilee butt."

I wonder why that quote isn't found on any of Buns' boxes.

Now, I'm no health expert, but use some common sense when it comes to your health and fitness. Try doing what they've been preaching for years.

Eat a healthy, balanced diet. It's OK, mix in a few delicious carbs

here and there.

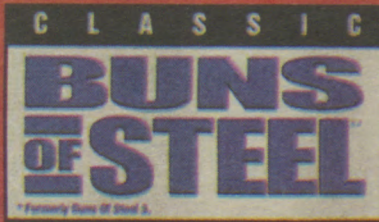
Get a little exercise — and no, playing "Dance Dance Revolution" doesn't count, even though it's now a staple in many physical education classes around the nation.

Take care of your body. You can start by tossing out those Marlboro Reds that you've been sucking on since high school.

And, if you get a chance, pound some frozen cows, a la the Stallion.

MOUTHING OFF IN PICTURES

(For all of you visual learners)



A brighter shade of teal

Bear Lake sparkles with an unusually blue tone



KARA O'CONNELL/The Oakland Post
Bear Lake exhibited a strange mix of color last week. Check out the brighter-than-average hues in these photos. Look for the latest updates and information on the recent changes at www.oaklandpostonline.com.

*More campus news
on pages 6, 7 and 8.*

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