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THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

April 12, 2006

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50 cents

POLITICIAN ON CAMPUS

Levin focuses speech on U.S. foreign policy

By JEFF KRANITZ
Senior Reporter

United States Sen. Carl Levin visited he campus of Oakland University yesterday to discuss pressing political and economic issues at the state and federal level with students and other members of the community.

The senator focused his speech around his opinions his opinions on current foreign policy — specifically the military conflicts in Iraq and Afghanistan.

He stated that while he supports the current plan in Afghanistan, he is very much opposed to the way

President Bush is executing policy regarding the current conflict in Iraq.

"What we have in Afghanistan is obviously a great challenge, but there are a couple facts that exist there that don't exist in Iraq that leave me to be more optimistic about the situation there," Levin said.

"First of all, we have allies," he said. "We're not there just as a Western country with Western allies. We have broad international support."

The second point Levin made was that he had no doubt about the wisdom that went into making the decision to go into Afghanistan.

"It was a direct response to an

Levin, Stabenow withdraw their disapproval of judicial nominations

WASHINGTON (AP) — Sens. Carl Levin and Debbie Stabenow have ended their procedural holds on two Bush administration nominees to the federal bench, signaling the potential for movement after delays in the seating of Michigan judicial appointments. Levin and Stabenow withdrew their objections on Wayne County

attack on this country. We were attacked by people who came and were trained on Afghan soil," he said.

Levin also cited the growth of the Afghan army and the support of local tribes, Afghan citizens and the rest of

Circuit Judge Sean Cox and Midland County Circuit Judge Thomas Ludington last week, spokeswoman for the Michigan Democrats said Tuesday. Ludington and Cox are awaiting consideration on their nominations to the U.S. District Court in the Eastern District. The Senate generally does not consider a candidate when one of the nominee's home senators raises objections.

the world as reasons why he believes the situation is going well.

He said he felt differently about the situation in Iraq, however. "In Iraq we have some underlying real tension."

He said the only way to succeed in

Iraq would be with a political settlement between Kurds, Sunnis and Shiites.

He said there would be no military path to victory — and that pressuring the current Iraqi leadership with the idea of an approaching U.S. pullout would force them to politically unify.

"President Bush has recently asked the Iraqi people to be patient. That's the wrong message. The political leaders in Iraq are feuding while Baghdad is burning," he said.

Levin's visit was sponsored by the Center for Student Activities. Levin serves as the second ranking member of the Senate Intelligence Committee.

You've got... love?

Internet dating Web sites more popular among Americans

By JENNIFER BROCK
Contributing Reporter

Internet dating is emerging as the latest trend among young Americans in today's dating scene.

Nearly 31 percent of American adults know someone who has used the Internet for dating purposes, according to a March 5 report by the Pew Internet & American Life Project.

The survey, conducted September through December 2005, found that of the 10 million Internet users who say they are currently single and looking for romance, 74 percent say they have used the Internet to further their amorous quest.

Dating Web sites, a popular venue to meet other singles, are not the only avenue explored by singles looking for love.

The report found that three out of four Internet users who are single and pursuing romance have also searched

prospective date's profiles, flirted with someone online and looked into information about local singles scenes.

The Pew Internet reported that 11 percent of all Internet users and 37 percent of those who are single have browsed dating Web sites.

"I have never been to an online dating site," said Lauren Jeziorski, 21, a photography major at Oakland University. "It's kind of scary because how do you know the truth about someone?"

Maddox Blache, 23, a resident of Birmingham, has used Internet dating sites as way to meet new people and for dating purposes.

"I've had mostly good experiences. I've made some new friends and it's not any worse than meeting or dating people through other situations," Blache said.

"There are some strange people on the sites, but overall, I don't think anyone I've met online is any crazier than anyone I've met at the bar or coffee shop," she said.

Have you met someone online? Care to share your story with The Post? E-mail editor@oakpostonline.com

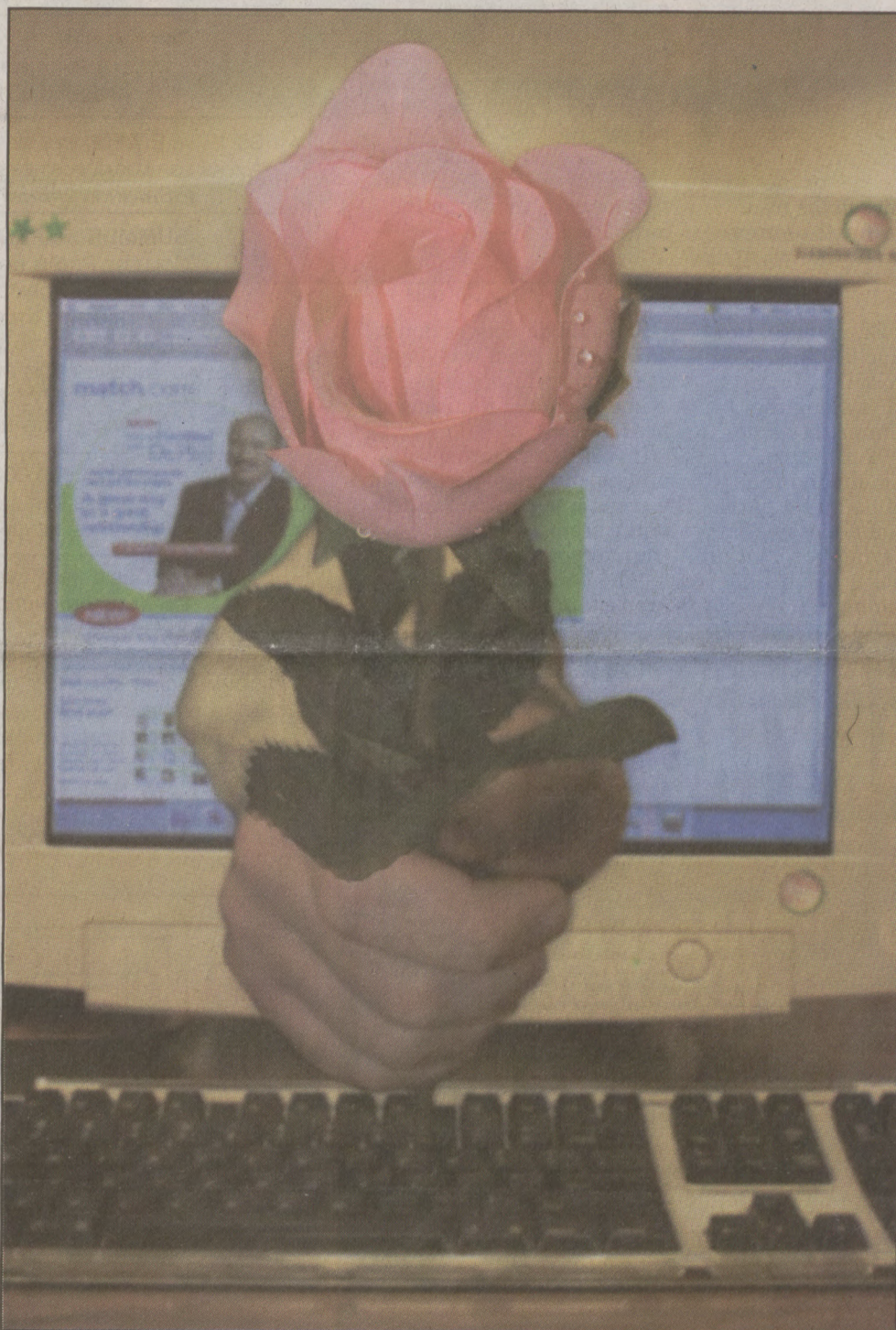


Photo illustration by DANTE CIULLO/The Oakland Post
Surveys show that Internet dating is a growing trend among today's young Americans.

FEATURE

Heart transplant does not keep freshman from fulfilling dreams

By JEFF KRANITZ
Senior Reporter

Freshman Stephen Filipek, a business major, is currently wrapping up his first year of college — and he loves going to school at Oakland University.

He chose OU after graduating from Warren De La Salle Collegiate High School last spring, and he now lives in Vandenberg Hall.

If you know who he is, then chances are you've frequently bumped into him as he's made his way from building to building this past year.

Stephen is warm, welcoming and always willing to chat if he's heading in the same direction you are.

Like most of us, he's trying to get the most out of his college experience as he possibly can — and hoping to have some fun in the process.

But, unlike most of us, Stephen has a unique sense of appreciation for being here and having the opportunity to get a degree.

He's been battling health problems since he was an infant, and a series of crippling conditions and resulting surgeries have left him mostly reliant on a motorized scooter, called an Amigo, to get from place to place.

He doesn't have much use of his right arm, and though he is able to walk short distances, it's with a slow limp.

"I was born with a single ventricle, so they wanted to open up another so that I wouldn't have to have a heart transplant," Stephen said in an interview with The Post.

Please see **HEART** on A2

Detroit rapper killed in nightclub shooting

By TOM KRISHER
The Associated Press

DETROIT — In a seedy nightclub along the road made famous by Eminem, one of the rap superstar's closest friends lost his life to gunfire.

Proof, a member of the rap group D12, was killed early

Tuesday at the CCC club on Eight Mile, the dividing line between Detroit and its northern suburbs. Police said he and another man were each shot in the head. The other man lived but was critically injured.

Officers responding to 911

Please see **PROOF** on A2



CARLOS OSORIO/Associated Press file photo
Proof, shown at right, a member of rap group D12 and a close friend of Eminem, was shot to death early Tuesday.

Immigration legislation under fire

By DAVID ESPO
The Associated Press

WASHINGTON — The two top Republicans in Congress, confronted with internal party divisions as well as large public demonstrations, said Tuesday they intend to pass immigration legislation that does not subject illegal aliens to prosecution as felons.

A written statement by Speaker Dennis Hastert of Illinois and Senate Majority Leader Bill Frist of Tennessee, did not say whether they would seek leg-

islation subjecting illegal immigrants to misdemeanor prosecution or possibly a civil penalty such as a fine.

"It remains our intent to produce a strong border security bill that will not make unlawful presence in the United States a felony," the two men said. An estimated 11 million men, women and children are in the United States illegally.

The Republican-controlled House passed legislation late last year that is generally limited to border security measures. It makes illegal

Please see **GOP** on A2

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Last week's winner: Amanda Rymiszewski — This is our last issue of the semester. Look for our spring/summer edition coming soon



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GOP Cont. from A1

immigrants subject to felony prosecution.

Senate efforts to write a broader bill — covering border security, a guest worker program and a path to citizenship for many of the 11 million in the country illegally — are gridlocked with lawmakers on a two-week vacation.

Frist has said he intends to

bring the issue back to the Senate floor, although he stopped short of a flat commitment and the prospects for passage of an election-year immigration bill are uncertain.

The late-afternoon statement by the top GOP leaders in both houses came after days of large street demonstrations by protesters opposed to criminal penalties for illegal immigrants.

Additionally, in a Washington

Post-ABC News poll published during the day, only 20 percent of those questioned said they favored declaring illegal immigrants to be felons and barring them from work. More than 60 percent indicated support for the general approach envisioned in the leading Senate proposal. It includes a requirement that illegal immigrants be required to pay a fine back taxes as part of a process of qualifying for eventual citizenship.

HEART Cont. from A1

Because of this, at the age of two, Stephen underwent an open-heart procedure known as a Fontan, where surgeons create a passageway that allows blood to bypass the right ventricle, which is usually responsible for pumping oxygen-poor blood to the lungs for fresh oxygen.

"But as time went on I was told that it didn't work. It worked for a little while, but then it stopped."

To make matters much worse, in 1992 Stephen suffered a stroke that somehow affected his back and brought about what he said were two tremendous curves in his spine.

The resulting surgery placed two metal rods in his back, and doctors also fused several of his vertebrae.

Later, as the result of complications from the Fontan procedure, Stephen's body began to experience a massive loss of protein, and he was eventually forced to have a heart transplant — at the ripe old age of 11.

The Filipek family long-sufferingly waited for a donor to arrive, and fourteen months later one finally did.

The surgery took place at the University of Michigan Medical

Center in Ann Arbor. When it was over, the doctors said the seven-hour procedure had been a complete success.

"When I woke up from that surgery I felt like I could run a mile — but I knew I couldn't because they had cut into me so deep that I had to learn how to walk all over again."

Stephen had to relearn basic physical movements while his body adjusted to the new heart.

"But I felt great," he said.

Following the recovery, Stephen's family was finally able to rest their worries and began to resume their normal lives.

Stephen returned to school with plans of attending college as a business major with an emphasis on accounting.

"I have always loved dealing with numbers," he said. "My father is an accountant as well, so he knows a lot of businesses out there so when I graduate maybe he can help me out. But I'd rather find my own way."

Stephen displays a remarkably positive and self-resilient attitude.

"Even though it's all taken a toll on me physically, it has opened up my eyes to a whole different world. I see how people treat others and how people overcome and conquer all kinds of bumps in the road."

"It's always fun to overcome

something and say, 'Ok. I did this. What other challenges do you have for me?'"

Just recently, Stephen has been experiencing pain and discomfort in his back — a chronic condition resulting from his previous surgeries.

The "bumps in the road" are real now, he says, because every bump he goes over in his Amigo is absorbed by his back and gives him pain.

Despite this, Stephen remains remarkably optimistic.

"Other than my situation these past few weeks, I wouldn't change anything. It's a challenge to be here and it's a challenge to go on," he said.

It hasn't been easy though, and as Stephen told The Post, not everybody he's met along the way has believed in him or given him encouragement.

"I had this one teacher way back in elementary school. She was my health teacher. She told me that I couldn't make it in college — that I wouldn't be able to make it at a university. And now I'm here at Oakland University."

But Stephen's not just "here." As any of his instructors would tell you, he's succeeding well beyond anybody's standards.

And he's got a message for that teacher: "thanks for the motivation."

PROOF Cont. from A1

calls found the bar empty when they arrived, and police said the victims were taken to hospitals by private vehicles.

Proof, whose real name is Deshaun Holton, was dead on arrival at St. John

Conner Creek, an outpatient treatment facility that used to be a hospital.

He was shot along the road that shares its name with the 2002 film that starred Eminem and in which Proof had a bit part.

"It's kind of a messy affair, and we're trying to sort it all out," said police Chief Ella Bully-Cummings.

She said detectives don't know what Proof was doing at the bar, which was operating outside of its licensed hours.

Investigators face a unique challenge because no victims were present at the crime scene, Bully-Cummings said.

"The circumstances really aren't the best," she said.

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DAN WILKINSON/The Oakland Post

Above: Students collect money outside the Oakland Center for Leader Dogs for the Blind. Above right: Balloons filled with paint burst when students celebrated the Indian festival of Holi. The event ushered in spring.



DANTE CIULLO/The Oakland Post



BETH HOLLAND/The Oakland Post



DANTE CIULLO/The Oakland Post

A grizzly Hummer H2 joined the recruiting staff this year and can be seen around campus, including in front of the Rec Center.

From puppies to paint fights, and Hummers to Habitat for Humanity, The Oakland Post takes a look at some of the highlights on campus from this semester.

With finals week getting closer and stress levels rising, it may help to remember some of the fun times from the last three months.

—Kristin Sommer



Courtesy of Oakland University

Above: Michael Mitchell conducts the Oakland Chorale and University Choir. Left: Twenty students traveled to Slidell, La. with Habitat for Humanity during spring break to help rebuild after Hurricane Katrina.

POLICEFILES

■ Oakland University Police Department was dispatched to South Foundation Hall for reports of a woman passed out in the women's bathroom. Upon arrival, officers found the woman sitting on the ground, confused and slur-

ring her words. She had a swollen lip and blood on the side of her face. She was transported to Troy Beaumont Hospital.

■ A female student reported that her credit card has been stolen. She had had not noticed it missing until her mother called and informed her that someone

had tried to get a \$6,000 cash advance from the card. Her credit card company also stated that someone had used the card 21 times the day before, despite that she had used it herself since late last month. The student said the last time she saw the card was in her purse and that the only time it could have been stolen was when

she was showering and her roommate was in her room. OUPD will continue with case upon receiving paperwork from the credit card company.

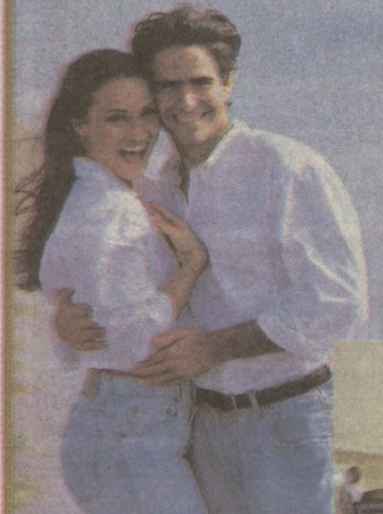
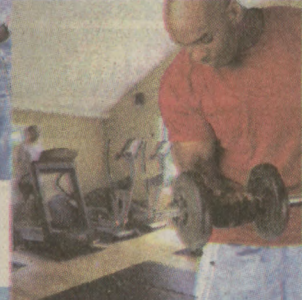
■ After failing to signal while turning and crossing over the left fog line numerous times, a vehicle was pulled over by OUPD near

Walton Blvd. and Adams Rd. The officer asked the driver to perform field sobriety tests but stated that he could not complete them all because he was "too drunk." A preliminary Breathalyzer revealed that the driver had a blood alcohol level of almost twice the legal limit. The driver was placed under arrest for operating while intoxicated.

■ Officers responded to the Dodge Hall of Engineering last week for a possible fire alarm. Officers found the pulled alarm near room 201 in the west tower of the building. No smoke or signs of fire were present. The Auburn Hills Fire Department arrived and checked the building before giving an all clear.

Auburn Hills

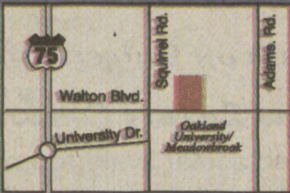


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IN THEATRES JUNE 16

OUSC members sworn in

By KRISTIN SOMMER
Senior Reporter

It's official. Michael McGuinness and Madalyn Miller were sworn in as president and vice president of Oakland University Student Congress Monday.

Kori Lynn Caver, this year's vice president, did the honors. Once she took the oath of office, Miller swore in the 21 legislators elected nearly two weeks ago.

The new Congress wasted no time getting down to business.

Chairs for four committees and an archivist were nominated and elected at the meeting. Secret ballot votes were

used for all five positions.

Danielle Fallis, a legislator and past member of the Disciplinary Committee won the position of chair of that committee by a 13-8 vote. She defeated Legislator Mike Mersol-Barg.

Mersol-Barg, running against Legislator Dan Kubicek, became the Scholarship Committee chair. The vote was 15-6.

Former Financial Affairs Director Brendan Stevens took the seat of Research and Review Committee chair by one vote.

He beat Legislator Jordan Twardy 10-9, with two abstentions.

Legislator Josh Miller was

re-elected Steering Committee chair by a vote of 20-1, with one vote for Kubicek.

Kubicek was named archivist when he defeated Legislator Renee Blackburn 12-1, with eight abstentions.

Director of the Oakland Center Richard Fekel announced changes for the upcoming school year.

Following an overwhelming response, Noble Roman's Pizza will be replaced with New-York based Famous Famiglia Pizzeria in the fall semester.

Instead of serving personal pan pizzas, Famous Famiglia will serve "generous sized slices," Fekel said.

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BOT votes to upgrade SFH

By JEFF KRANITZ
Senior Writer

Despite nearly a dozen picketers gathering outside Wilson Hall, the Oakland University board of trustees met last Wednesday and quickly got to work.

Members of the OU Professional Support Association held picket signs expressing concerns and frustrations about working for nine months without a contract.

University administrators have been working with mediators from the group, which represents about 240 clerical and technical support staff, to iron out details for a possible contract. Negotiations will continue May 2.

During Wednesday's meeting, in a single motion, the board passed items on the consent agenda, including the approval of the revised OU Student Congress Constitution and the addition of the three new graduate-level degree programs — master of science in safety management, doctor of nursing practice and doctor of philosophy in music education.

The board also voted to renovate the second floor of one of OU's oldest and most recognizable buildings, South Foundation Hall, and replace the cooling system for the Dodge Hall Data Center.

Renovations took place last year to the first floor of South Foundation. Now, the new upgrades to the second floor will aim to duplicate the work that was done last year one floor below.

The board approved the heavily used building to receive upgraded instructional technology, acoustical enhancements, ceiling repairs, wall repair and painting, improved classroom lighting, additional electrical circuits and new classroom furniture.

The proposed costs are \$865,000, which will also include repairs to South Foundation's stairwells and one elevator.

The board also presented the Alfred G. and Matilda R. Wilson Awards and the Human Relations Award, which, according to Vice President of Student Affairs Mary Beth Snyder, are the top three prestigious awards at OU.

All three awards are evaluated based on the collective four or five years a student has been on campus.

The Alfred G. and Matilda R. Wilson Awards are presented annually to an OU senior male and female who have contributed as scholars, leaders and responsible citizens to the OU community.

This year, those students are biology major Tim Doig and art history major Kathleen Hill.

Doig, a member of the Academic All Mid-Con team and captain of the Golden Grizzlies baseball team, has volunteered hundreds of hours on Oakland's campus and in surrounding communities.

Hill, a mother of three, volunteers with the Girls Scouts organization and at Rochester Adams High School.

She has also earned prizes in the annual writing contests of both the art and art history department and women's studies program.

The Human Relations Award is presented to an outstanding senior who has made significant contributions to the improvement of inter-group and multicultural understanding across the campus.

The 2006 recipient of the Human Relations Award was biology major LaTorya Ellison. Ellison served as student co-chair for the 2006 African-American Celebration and served as a mentor to new students during orientation.

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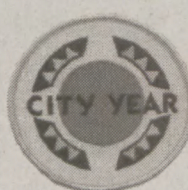


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Arrivederci Oakland, fare thee well!



Dante Ciullo
Staff Farewell Column

When I came to Oakland a few years back it was just to get the 20 credits I needed so I could accept a full scholarship at the University of Oklahoma. I already had an associate degree in computer science from Macomb, and the National Security Agency's Cyber Corps Scholarship at Oklahoma would let me finish my bachelor's degree. Twenty credits here

and then two years there and I'd be working for the Federal Government ... NSA, CIA, etc. Little did I know that calculus would turn out to be a worthy yet victorious nemesis.

I had to give up the NSA scholarship and change direction. I'd tired of being laid off every two or three years. The supposed green pasture or computer programming was really a barren field with all the work going overseas.

Frustrated, I decided to go back to my first love, photography.

Needing an edge, I switched to general studies with a minor in journalism. I figured I could be more valuable if I could shoot and write ... especially with my computer background. So, in January 2005 ... after being laid off

from Delphi a few months earlier ... I walked into the office at The Post and inquired about the open "photo editor" position. Little did I know how "just something to do during my layoff" would affect me.

What I found wasn't "just something to do during my layoff." What I found was some place to belong. What I found was something I'd never had up to this point in higher education. I found people I did want to get to know ... people I wanted to be friends with ... people who made the last two years at Oakland demanding, frustrating, stressful and the best damn two years of school it could have been.

I don't have the space to comment to everyone so I'll hit the highlights.

Roqaya, I know we butted heads professionally more times than I'd care to count but I never took any of those conflicts personally. I'll see you for dinner

somewhere in the Mediterranean ... someday.

Alicia Sossi and Dustin Frucci ... paesani mio! It's been a pleasure working with you both. Venite vedermi in Italia.

Paul Kampe ... From I-75 in the rain to the 2006 Auto Show in Detroit. The adventures haven't been numerous, but they have been different. Thanks for the ride.

Jeff "The Agnostic Jew" Kranitz.

Thanks for the entertaining inside jokes. When you break that big story, gimme a call. Have camera will travel. Watch your back around those politicians!

Julie, Julie, Julie ... what's to say? Believe it or not ... I'll miss the witty banter and so much more. Ciao!

Kelly Reynolds ... Yes, I skipped the "L" on purpose. See what you get for being so demanding!

Kristen Sommer ... my fellow Clemite comma I'll never listen to rock music the same comma see you backstage next time our pal James Earl Jones is in town.

Samantha Franz. You ever need a road-trip buddy, don't hesitate to call and don't forget your road banana!

Mark, Jennifer and the others who have been in and out of the Ads Dept. this year ... thanks for keeping the ship afloat.

Dan. See you in the middle of B.F.E. someday. Remember, your eye can only carry you so far. Learn all you can and you'll be a great photographer. You ever have questions, don't hesitate to call.

Lastly, Sheila ... bella amata mia! We started this together, but you left before we could finish it together. That's o.k. ... We'll always have K.C. Arrivederci tutti!

Posties, readers, students: thank you, I'll miss you



Kelly L. Reynolds
Staff Farewell Column

After a year here at The Post, I have gotten to know Oakland University and its students more intimately than anyone could ever imagine.

I transferred to OU after spending two and a half years at Northern Michigan University.

Needless to say, OU is significantly different ... in a good way, no, in a great way.

I'm not leaving OU, in fact, I'll be here for another year, but I have chosen at this time to leave The Post.

What this past year has meant to me cannot easily be expressed in words. The friendships that I have made and the experience I have gained have meant the world to me.

I started out here a year ago as the assistant money/health editor. After seven position changes (haha!), three months later I became managing editor.

There have been some tough decisions, some rough patches, some arguments and some feelings hurt, but none of that compares to the laughter, the love and the joy that has been shared between us all in this office.

Alicia, HOLLA! You have become one of my best friends over these past few months. I love your smile and your laugh and the friendship you have brought me. Your loving, caring spirit and your outlook on life has taught me so much, I will always remember what you have done for me and what you have brought to this newspaper. Continue being yourself, keep your determination and you will go far.

Dustin: we butted heads a few times early on, but once we got to know each other we quickly became friends.

You're a crazy guy, but you have a heart of gold. You always know how to make people laugh and how to tell it like it is. Keep up the good work and good luck in law school.

Julie. We'll always have Sagebrush. You are truly one of the greatest people I know. You are always laughing and always surprising. Stay true to yourself and keep your great spirit alive. I love ya!

Paul, you are so talented and so driven. You were always a joy to work with, with your jokes and funny little tidbits of information. You will go so far in life with your attitude and determination.

Kristin. You are the funniest person on the face of the earth. The newsroom would not have been the same without you.

Jeff. You are one of my best friends. I'll miss walking to class with you and your knowledge and outlook on life. You always brought great ideas and insight to our paper. Next year is yours to shine. Keep up the great work and you will take this

paper far.

Dante, thank you for always putting up with us. Without you The Post would be nothing.

Mark, Chris and Crystal, our ads gurus: even though we didn't work together much, you were always reliable and always worked so hard for us. Without you guys, we wouldn't have a quality paper, or the money to put it into production. Great job guys!!!

Chris. You did a wonderful job making sure people read our paper. Our readership has gone through the roof and I'm convinced it's due to your marketing. Thank you so much for all of your hard work.

To all of our reporters, especially Craig and Sam, you guys are amazing. Without you our paper would be boring and we wouldn't have stories. Keep up the great writing and stick with it, you guys will go far and make a name for yourselves.

Kara, thanks for always making sure the paper was out on time. You did a wonderful job.

Lastly, Roqaya, Holly and Sheila. I

love you three ladies more than anything. You have taught me so much and brought me so much happiness.

Ro and Sheila, you are both so talented and I know will go so far in your lives. You have made me who I am today and been so great to me. I'll miss seeing you three every week and putting the paper to bed with you guys. Words can't express what your friendship has given me.

This paper has taught me so much about journalism, writing, design, life and friendship. These people have given me more than these words can express.

I'll never forget the dinners at Ro's house when people still thought I was a kind person, the imitations of Sheila, late-night giddiness, trips to Starbucks, "rack of lamb," and so, so much more. Thank you all for everything. Keep in touch and stay true to yourselves. I love you.

Most of all, thank you to the students of OU who have read The Post, always encouraging and standing behind us in our every endeavor.

GUEST COLUMN

I encourage students to be willing to contribute to the 'arena of ideas'

By **BRIAN KOSS**
President of College Republicans

Oakland University lecturer Alan Epstein once described the capitalist system as an "arena of ideas" where people compete to acquire notoriety by developing new ideas for the purpose of selling them, for profit in the marketplace.

His argument was aimed to criticize what he sees as the failure of the capitalist system to provide adequate protection of people from the market.

While I have strong disagreements with Professor Epstein and many other professors, I am not willing to suggest that they should be restricted from expressing their opinions, however radical they might be.

The phrase "arena for ideas" that

my professor spoke of, I would like to use to apply to what I believe the role of the university should be in our society.

Recent talk by many conservative pundits regarding the left-wing bias in academia has been a response to some of the radical statements that have received media coverage.

University of Colorado Professor Ward Churchill, just last year made comments relating to the Sept. 11 attacks; suggesting that those who died in the twin towers deserved what they got, because they were "tools" of American imperialism.

He justified all attacks on America essentially under the premise that our country was founded on the extermination of native people.

Although I find Churchill's comments to be extremely distasteful,

disrespectful and inaccurate, I am hesitant to suggest that he should be fired.

It has long been a criticism by conservatives that academia is controlled by leftists; and for the most part this is true.

Too often conservatives would rather complain about their leftist professors than explore the rich history of intellectual conservative thought.

Many of my fellow conservatives may not know the roots of the modern conservative movement that in many ways can pay tribute to William F. Buckley, who wrote "God and Man at Yale" as a student; offering a challenge to the collectivist teachings of his professors.

Buckley went on to establish groundbreaking National Review

magazine, lecture at Yale, and is regarded as one of the most profound thinkers and writers of the 20th century. Many of my conservative (and libertarian) friends may not be astute to the works of Adam Smith, Edmond Burke, Alexis De Tocqueville, Fredrick Hayek, Ayn Rand, Russell Kirk, Francis Fukuyama and numerous other right-wing intellectuals whose works have made a tremendous impact on the success of our society throughout the past few centuries.

Instead of educating ourselves and challenging the academic establishment with our own well grounded philosophy, conservatives would rather call academic leftists bias and dangerous.

As a political science student, I

realize that my course of study is to explore political systems.

It requires the combined study of history, philosophy, sociology, religion, economics; which I believe is an important foundation for anyone to have.

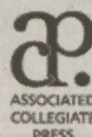
Despite my disagreements with many of my instructors I have found them all to be highly intelligent, highly qualified and willing to entertain opposing viewpoints.

I view my Oakland University political science degree in high esteem, thanks to the quality of instructors the department has to offer.

I encourage all students of all political persuasions to know the intellectual foundations of their own politics and be willing to contribute to the "arena of ideas."



THE OAKLAND POST
OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER



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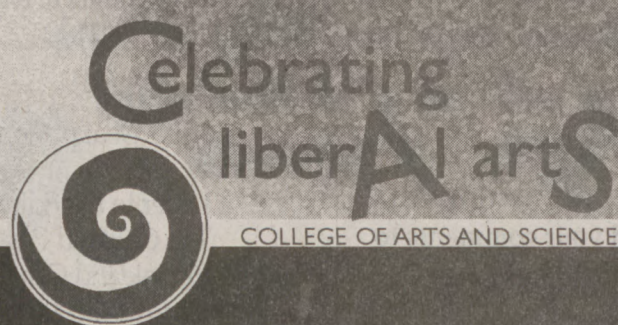
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DEBATE ...

"Immigration is the No. 2 issue after civil rights. Civil rights right now is what's keeping people from demonstrating."

— Osama Siblani, publisher of The Arab American News of Dearborn, regarding the debate over legislation to legalize undocumented immigrants. Southeastern Michigan has an estimated 300,000 people of Arab descent.

In-state tourism to see increase

MSU study expects 5 percent rise in tourist spending

By CRAIG A. COLE
Contributing Reporter

According to a recent study performed by Michigan State University, Michigan tourism revenue increased by four percent in 2005 compared to 2004.

The study also said that the statewide tourism industry is expected to grow by another 2 percent in 2006.

Tourist spending in Michigan for 2006 is estimated to increase by 4 to 5 percent compared to 2005.

The study cites the weakness of the American dollar as a possible impetus for the increase, as this year more Canadians are likely to cross the border for recreation and taking advantage of a better exchange rate.

Jim Rink, AAA Michigan spokesperson, said the results of MSU's study seem quite reasonable.

He said that even with high gas prices few people would cancel a summer trip, adding that when gas prices are high fuel expenses will only add about \$10 to \$15 to the expense of a trip, which he said isn't a major deterrent.

"About 60 percent of the tourists in Michigan are state natives," Rink added.

He said the "shoulder season" of September and October

are



Images from <http://www.united-states-map.com/road/uppermidwest.htm> and http://www.crownpoint.com/artists/raetz/binocular_view.html.
AAA Spokesperson Jim Rink said that 60 percent of the tourists in Michigan are natives of the state. More than six million people venture to Cabela's in Dundee, making it the most popular Michigan destination.

nearly as good as the summer months, particularly because of the state's casinos.

"The (Michigan) economy has not kept pace with the national economy," Rink said, and he attributes the increase in Michigan tourism to that fact.

"This economic lag often causes people to take an in state vacation opposed to taking lavish expensive vacations, because people can make the trip relatively cheaply.

Rink said that even though there was an overall increase in tourist spending in

Michigan, not all areas benefited from it.

He said that due to the record warm winter weather, ski resorts and the like were depressed this past winter season.

Linda Altese, owner of the Book-Couzens Travel Agency

in Rochester countered Rink's travel outlook.

Altese said that last year was bad for northern Michigan tourist attractions because of a sluggish economy. "It's going to hurt again this year," she said.

Rink said that Cabela's in Dundee is the single biggest

tourist attraction in the state with over six million visitors clicking through its turnstiles.

The single biggest reason tourists visit Michigan is because of the abundance of possible outdoor activities and because of the abundance of state parks, Rink said.

Places to visit in Michigan

- ☛ The Detroit Zoo
- ☛ Mackinac Island
- ☛ The Soo Locks
- ☛ The Sleeping Bear Dunes
- ☛ Michigan's Adventure Amusement Park
- ☛ Greenfield Village and The Henry Ford Museum
- ☛ The Walter P. Chrysler Museum
- ☛ The Michigan State Fairgrounds
- ☛ Cranbrook Institute of Science and Art Museum
- ☛ Summer Celebration
- ☛ Isle Royale
- ☛ The many lighthouses in the state.

Graduates meet the real world

Real estate is one option for grads looking for a home

By PAUL KAMPE
Local News Editor

Many students may wonder what step comes next after graduation. Sending out resumes and job hunting are some things that come to mind. But some students may be faced with domestic issues either immediately after graduation or soon thereafter.

There are different options for those seeking a new home, apartments, homes, condominiums and mom's basement, but recent graduates may not be as fast to hop out onto the housing market as someone who might be ten years older or so.

However, Cheryl Gates-Beers of Garrow and Loftis GMAC in Clarkston, said that more younger people are thinking about buying rather than renting a place to live.

She added that now is a good time for college graduates to buy homes and that there are homes available in the Waterford and Auburn Hills areas that can be purchased at a price range for the recent graduate.

"It's a buyer's market with a lot of good deals out there," Gates-Beers said.

She said that one mistake that graduates make in the home-buying process is waiting too long because the market is "all about supply and demand."

She pointed out that interest and property taxes accumulated as a homeowner are income tax deductible.

She attributes the emergence of the buyer-friendly marketplace to the job downsizing seen in the



The Associated Press
Real estate agents said that the sluggish economy is good for potential buyers because of the number of foreclosed properties, but bad because of a fear of job losses.

automotive industry, and that she started to see foreclosed properties hitting the market last year as a result of job casualties.

Keith Sirlin, a Waterford

attorney and real estate agent, said that he has not seen any recent college graduates looking for homes. The reasons he listed were: not enough credit, not enough

income to secure a loan and not enough courage to go and buy a home right away.

Sirlin said that all trades were hurt by reductions in the automotive industry. "When people see others getting laid-off, there's a tendency not to try anything new," he said that people may feel as if they could also lose their job, and in that case, they would not be in a good position to buy a home.

Gates-Beers said the old phrase, location, location, location, because of certain factors that come with a new neighborhood such as living on a main road or a residential street and the proximity of commercial progress.

Sirlin added, "real estate is the best investment that there is."

The Office of Federal Housing Enterprise Oversight released a study of average house price index in March, and following the realtors sentiment, Michigan placed 51st (Washington D.C. is listed also) in a ranking of house appreciation by state. Homes appreciated at a rate of 3.76 percent in 2005 compared to 2004, significantly less than the national

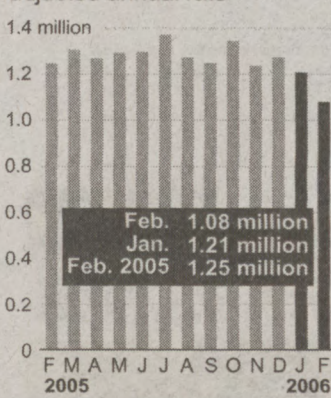
average of 12.95 percent though.

None of the midwestern states ranked higher than Illinois at no. 27, which had a 9.4 percent appreciation rate. Ohio had a rate of 4.03 and homes in Indiana increased their value by an average of 4.69.

OFHEO's house price index report is released on a quarterly basis and tracks changes in home prices for repeat sales or refinances of the same single-family properties.

New home sales

Sales of new single-family homes at a seasonally adjusted annual rate



SOURCE: Department of Commerce AP

Oakland University's

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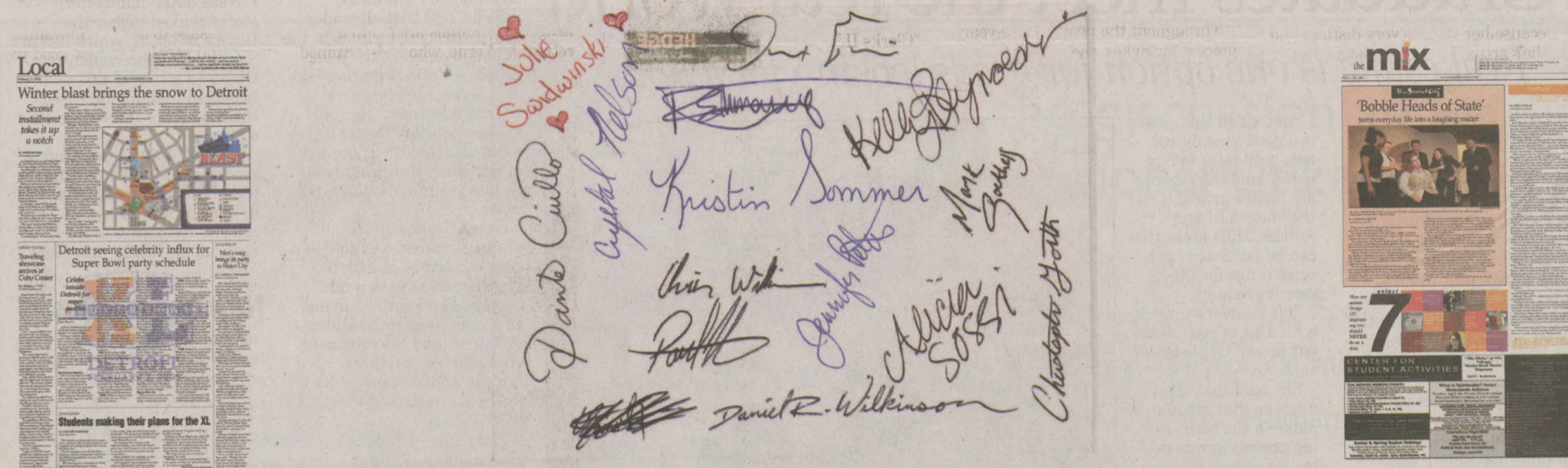
The Staff in the Student Affairs Division wishes OU students the best of luck on finals. We also hope you have a safe and enjoyable summer!



See you next year!

The Oakland Post would like to thank you, our readers, for supporting us throughout the year. Continue reading The Post, and don't hesitate to stop by with a suggestion, comment or story idea. Have a wonderful spring and summer. Stay healthy and safe, and we'll see you next year.

— The Oakland Post



CELEBRITY BIRTHDAYS ...

If today's your birthday, you share it with: talk show host David Letterman, country singer Vince Gill, actress Claire Danes, actor Nicholas Brendon and singer Nicholas Hexum from 311.

Wanda Sykes is animated star



Wanda Sykes plays Stella the skunk in DreamWorks' "Over the Hedge." Sykes said her role in the movie was rewarding because it is a product that an entire family can go see.

By **PAUL KAMPE**
Local News Editor

It's a bit of a change, but comedienne Wanda Sykes said she would do it again — an animated family film.

Sykes stars as Stella, an aggressive skunk, and joins a star-intensive cast in "Over the Hedge," produced by Dreamworks Animation and due in theaters May 19.

Director Tim Johnson said Stella's character was perfect for Sykes because her voice is very distinct and "she's actually fearless about being

vulnerable and fearless about being in your face."

Sykes said she thinks the producers gave Stella some of her mannerisms, possibly the attitude. "I really approached it as, I'm playing this character, I don't want to go out there and be (myself) doing a monologue or anything," she said.

Sykes admits she was hesitant about being in an animated feature because actors are not working with other actors during the recording process.

Throughout the nearly three-year process for Sykes, she said the

writer's vision of what they wanted for the picture had changed. "It was hard not to take it personally," she said.

Sykes also decided after viewing a working copy of the film to re-record some of her lines.

Sykes liked doing this film but wants to continue performing stand-up comedy, one of the many jobs she has on her résumé.

"I will probably always do stand-up because it's my passion, and I make a living at it," she said. "It allows me to only take projects I connect with, projects that I think are good. All of this stuff to me is just icing."

Sykes has found time to perform this year, and she plans to shoot an hour-long special performance in Seattle next Friday. She has recently appeared on the NBC's "Will and Grace" and the new comedy "The New Adventures of Old Christine."

She is also an author: "Yeah I Said It" was published in 2004. She used her writing savvy on "The Chris Rock Show," where she spent five years as a writer and performer and earned an Emmy Award in 1999.

Sykes also created, produced and starred in her own show for the Fox network in 2003, "Wanda at Large," and executive produced "Wanda Does It" in 2004 for Comedy Central. She can also be heard and seen in puppet form on Comedy Central's "Crank Yankers" as Gladys Murphy.

It's no surprise that she's staying busy these days. Sykes co-stars in "My Super ex-Girlfriend," a romantic comedy.

Sykes' voice will also be heard in the upcoming animated release, "The Barnyard," and she has a role in a pair of sequels, "Evan Almighty," and "Clerks II."



Photo courtesy of DreamWorks

Characters from DreamWorks new film "Over the Hedge" starring Wanda Sykes.

MOVIE REVIEW

By **PAUL KAMPE**
Local News Editor

"Over the Hedge" is a funny perspective of society from another point of view — the animals'. This picture shows family solidarity in the form of a tight-knit family unit of animals.

"We eat to live and they live to eat," says RJ, a loner and drifter-type raccoon, played by voiceover veteran Bruce Willis. RJ does what he needs to survive and stumbles upon a befuddled clan of animals that has awoken from winter hibernation to find suburbia surrounding their forest quarters.

Developers built hundreds of acres of new homes and streets, while the family of animals, including porcupines led by Lou (Eugene Levy), an up tempo squirrel Hammy (Steve Carell), a single-father possum, Ozzie (William Shatner) and his daughter Heather played by singer Avril Lavigne, a sassy skunk Stella (Wanda Sykes) and their cautious leader Verne played by Garry Shandling, is left with only one small triangle of forest undeveloped.

Upon the discovery of a giant hedge, the animals are led to a retreat by Verne, who is determined to follow the feeling in his tail.

Then, RJ arrives after being issued an imminent death sentence from Vincent, a fearsome grizzly bear played by Nick Nolte. RJ has one week to gather a wagon-fill of food for the bear and manipulates his new friends into helping him in his subdivision invasion spree.

RJ introduces the animals to the world of packaged foods and "the chip," as he proudly exclaims to the group, while holding what seems to be a cheese Dorito.

With intentions to deceive the clan into helping him recoup his lost bounty of food, RJ is confronted with a family presence and people, or animals in this case, that have come to love him.

"This is a story about what it means to be a family and make sacrifices for that family," Director Tim Johnson said.

The movie drops a few hints of social satire, such as the presentation of the SUV in which RJ says, "They roll around in these because they're slowly losing their ability to walk." The show is a hilarious retrospective of society filled with excellent animation, detailed settings and excellent points of view.

Johnson said it makes him angry when films sometimes don't have any message to them. "We wanted to remind people just how good you have it as a human being," he said.

International students celebrate

By **LIRIA IVEZAJ**
Contributing Reporter

Crowds awaited performances, good food, and cultural entertainment at this year's "We Are the World" International Night, which took place Friday in the Oakland Center Pioneer Food Court.

Loud drums were heard, choreographed dances seen, ethnic foods tasted, folklores told, ritualistic pieces presented and songs sung.

Performers were from the Polish Club, Albanian American Student Organization, Akanke African drum and Dance Troupe, FUERZA, United States of Brasil, Latin America Club,

Chaldean American Student Association, German Club, Zeta Sigma Chi Sorority, Pakistani Students Association, Indian Students Association and the Arab American Student Organization.

Student organizations displayed artifacts, flags, books, maps and much more to educate onlookers about their country.

Joanne Lim, a junior at OU majoring in finance, represented the country Malaysia. According to Li, international festival was a good way to unite many from different countries.

"It's good to get everybody together," Lim said. "We're all foreigners."

Ale Hejase, a junior majoring in

finance, says events between organizations should happen more often.

Hejase was one of the members from the Arab American Student Organization representing Lebanon.

"The approach to representing our countries was the will to show everyone the interesting aspect about the Arabic culture, and we tried to show everyone a good time," Hejase said.

The main purpose of the international festival was to open everyone up to culture and to present OU's diverse student body.

This event has carried on at OU for more than for over two decades and continues to exemplify the diversity on campus.



DAN WILKINSON/The Oakland Post

Students show off their ethnic dance as a part of International Night in the O.C.

CENTER FOR STUDENT ACTIVITIES

49 Oakland Center, Rochester, MI 48309-4401
(248) 370-2400 • csa@oakland.edu • www.oakland.edu/csa

CSA SERVICE WINDOW EVENTS:

Discount tickets for the following shows and events are available to members of the Oakland University community. You can purchase tickets or pick up a detailed schedule of dates, times and prices at the CSA Service Window, 49 Oakland Center.

- Aida (April 26, 28)
- Alvin Ailey American Dance Theater (May 25, 28)
- Cinderella (May 17, 19)
- Wicked (May 31, June 1, 4, 8, 11, 18)
- Salome (June 7, 9)

The Last "Learn to Lead" Series Event: "Will Summer Make or Break Your Organization?"

Thursday, April 13, 5-6 pm,
Lake Michigan Room, OC

Do you want to learn how to utilize summer as a growing time for your organization? Come find out tips and strategies for how to start off the

Fall Semester the right way!

Pre-Register by email: hardenbu@oakland.edu
Walk-ins welcome!

CSA Current Events Panel TODAY! Wednesday, April 12 12 - 1 pm

Fireside Lounge, OC

Peter Trumbore & Dave Dulio from the Political Science department serve as panelists, representing their differing perspectives: liberal and conservative on topics such as immigration, policy and international elections. Their quick wit and bantering is very educational and entertaining!

Good Morning Commuters! Monday, April 17 9 - 11 am

Parking Lot Entrance @ Varner Hall
CSA and the OU Commuter Council would like to give you an exam treat!
Please stop by and get some goodies and say hello to your Commuter Council Representatives!

The Center for Student Activities Presents:

"Leadership Live"

The 28th Annual
Student & Greek Organization
Recognition Night

TODAY! Wednesday,
April 12

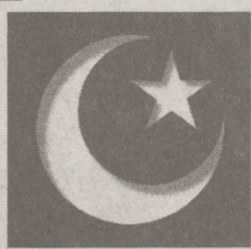
Showtime at 7:15 pm
Doors Open at 7 pm
Gold Rooms, OC

The concession stand will be open
during the show!

Applications for the Student Life
Lecture Board Student Co-Chair
position are available in the CSA Office.
They are due back to the CSA Office by
this Friday, April 14th at 5 pm.

Lunch & Learn Series Presents
Egg Decorating Demonstration
TODAY! April 12
Noon - 1 pm
Oakland Room, OC

The Oakland Post would like to wish everyone an enjoyable summer. See you next year!



What do you believe?



The college years are a popular time to question what you believe in. This is a time to examine what you've always been taught and evaluate it for yourself.

ISLAM

FACT: Islam is the world's second largest religion. Muslims believe in one God, and in many of the biblical prophets as prophets and messengers of God. They believe Muhammad is the final prophet and messenger sent to mankind. The five pillars of Islam include: the declaration that there are no gods but Allah and that Muhammad is his messenger, establishing of the five daily prayers, the paying of alms, fasting and pilgrimage to Mecca.

STUDENT PERSPECTIVE: "I think its amazing how we have to pray five times a day because it makes us stop what we're doing and realize that we're only here to serve God," said Sadia Chaudhry, a junior at OU, and member of the Muslim Student Association.

GET INVOLVED: Visit the Muslim Students Association Web site at <http://www.oakland.edu/org/msa/index.htm>.

JUDAISM

FACT: Jews believe in one God who created the world. They believe they are the chosen people and the descendants of Abraham. Jews are required to follow 613 commandments. One of them is to eat Kosher food. Judaism is not a faith of choice but a faith that stems directly from past generations.

STUDENT PERSPECTIVE: "The basis of Judaism revolves around truth and logic. We don't believe in Jesus as a survivor," said graduate student Shahar Ben-Dor.

GET INVOLVED: Check out Hillel, the Jewish student organization that is nationwide. This organization has members at various college campuses in the area and holds events at OU. Visit their Web site at <http://www.hillel-detroit.org/> for more information.



Photo Courtesy of <http://www.hasilvestre.org>

You can this information about some of today's popular religions to guide you in your quest to find the truth. These are just glimpses into some of the beliefs held by many students at OU. There are, of course, many additional faiths to choose from. All provide unique insights on the purpose of life.

— Compiled by Stacey Morse and Alicia Sossi

CHRISTIANITY

FACT: Christianity is categorized into many denominations. Catholics and Protestants all fall under this broad category of Christianity. The main belief that joins these factions is the belief in one God, who is Father, Son and Holy Spirit. Christians believe that Jesus died on a cross to save them from their sins, rose three days later and ascended into Heaven.

BIBLE VERSE: "For God so loved the world, that He gave His one and only Son, that whoever lives in Him will not perish but have eternal life."
— John 3:16 (New International Version)

GET INVOLVED: Campus Crusade for Christ and InterVarsity Christian Fellowship are just two of the Christian groups on campus. Check out <http://www.oakland.edu/org/ivcf/> for more information.

WHAT IS SCIENTOLOGY?

Although not a mainstream religion, Hollywood stars like Tom Cruise and John Travolta have made this belief popular in the media.

FACT: According to <http://www.scientology.org>, scientology literally means "the study of truth." The belief was developed by L. Ron Hubbard and offers a precise path to complete understanding of personal spirituality.

It emphasizes the man instead of God and teaches that spiritual salvation depends on the self.

CELEBRITY PERSPECTIVE: "As a Scientologist I have the technology to handle life's problems and I have used this to help others in life as well. I would say that Scientology put me into the big time."

— John Travolta

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www.emich.edu

Spring classes start May 8, 2006 • Summer classes start July 3, 2006

When you feel like you can't do it on your own ...
Or you just need someone to talk to ...
It may be time

to seek therapy



MARK GOETHALS/The Oakland Post

Studies show that therapy has become increasingly important in our society. Experts say that while stigmas associated with therapy do exist, they have decreased significantly.

Clients share experiences; experts give insight on mental health

By ROQAYA ESHMAWI
Editor in Chief

"I'm a cutter," says Nicole Bates as she sits in The Oakland Post office sharing her experience with therapy.

"It's a form of self-injury," she says. "And somebody thought I needed professional help."

Bates, a 22-year-old senior, started therapy in high school.

Friends had told the school nurse that Bates engaged in self-injury, and she was approached by a professional recommending she seek help.

"I started therapy when I was 13," says Anne-Able Leitner. "I was in a relationship with a guy who was four years older than me, so it was complicated. And my parents had just gotten divorced, and we had a lot of family issues."

Bates and Leitner are two of a growing number of individuals seeking therapy, both at Oakland University, and across the nation.

A study conducted on behalf of Psychology Today and PacificCare Behavioral Health in 2004 found that mental health care has become an increasingly important aspect of American life.

Bella Chopp, a licensed psychologist and the director of the Graham Counseling Center, agrees.

"There has been an increase. That's been definitely the trend," she says, adding that the increase is also apparent at the counseling center.

Defining therapy

While media portrayals of therapy often involve a therapist on a leather chair scratching away at a notepad while the client lies on a sofa, hands crossed at the chest and discussing a problem, therapy experts give insight as to what actually happens behind those closed doors.

"Therapy is not usually something that becomes a matter of public awareness," says James Franklin, a licensed psychologist.

"It's very important for people to know that their therapy work is held in close confidence," he says.

While mental health professionals like Franklin, who is a staff psychologist at the Graham Counseling Center, cannot disclose any information on any client, they can define therapy and its goals.

"Therapy is the process by which a person gains much greater insight and self-understanding of their motivation, of who they are, and what their wishes and goals are," Chopp says.

Pamela Warner Marsh, a licensed psychologist, adds that therapy offers individuals a way to sit down and talk about issues that are troubling them with an individual who is trained in psychological theory and practice.

Types of mental health professionals

Psychiatrist — a medical doctor who has received specialized training in the diagnosis and treatment of emotional and mental illnesses

Psychologist — a counselor or therapist who possesses an advanced degree from a graduate program in psychology and has engaged in 2 or more years of supervised work in the field, and who has been trained to diagnose and provide therapy to individuals or groups

Licensed professional counselor — a counselor or therapist with a master's degree in counseling, psychology or a related field, and who has been trained to diagnose and provide counseling to individuals or groups

Mental health counselor — a counselor or therapist who has a master's degree and has engaged in several years of supervised clinical work in the field

Clinical social worker — a counselor who has a master's degree in social work and who has received training on making diagnosing and providing counseling to individuals and groups

Marital and family therapist — a counselor who has a master's degree, has had received special education and training in marital and family therapy and has received training on diagnosing and providing counseling to individuals and groups.

— Information compiled from the National Mental Health Association

The client can then receive help in dealing with those problems, says Marsh, who is a staff psychologist at the Graham Counseling Center.

Nahawand Abou-Eissa, a therapist at Macomb Family Services, says it's important for clients to know that the therapist is not the one who will be solving the problem.

What a therapist does is show individuals how to deal with situations they feel they cannot do anything about.

"Usually you build insight with these people," she said, "and then they can do something about their own problems."

Goals of therapy

The goals of therapy differ with the individual, experts say. They are usually developed by

both the therapist and the client.

"When I write therapeutic goals for clients, they are not what I want for them, they are what they want for themselves," Abou-Eissa says.

Chopp agrees, saying that the goals depend on what the client presents as a problem, and how he or she would like to progress.

"Rather than imposing my own idea of where I think this person should go, it's very important to listen to the client and have them define what the goals of therapy would be," she said.

Leitner says she started therapy because she felt depressed and upset, and she wasn't happy with the way her life was progressing.

She first started family therapy at the age of 13. "My parents just argued all the time in front of us, and me and my siblings weren't very close, so it was needed and necessary to actually function as a family," she says.

Bates started therapy after friends had told a school nurse that she engaged in self-injury.

"I remember I'd read an article about it in Teen Magazine when it first came out, and up to that point, I'd never heard about it," she said of cutting.

Prior to this, Bates had attempted to seek therapy.

"I asked my parents at one point to be in therapy, but they didn't want it getting out that their daughter was seeing a therapist," she says.

"So they ignored it. They didn't flat out say no, but they weren't very enthusiastic about finding out about therapy or helping set up an appointment."

Feeling that she was desperate for any type of release, she says, she resorted to self-injury.

"I cut, and it was the best feeling in the world, which is really sad to say," Bates said.

"I felt very trapped, I had no other way out. It was getting to the point of suicide, and this was kind of the only other means that I had to stabilize myself."

Bates said she also cut to prove that she was still alive. "It was a mental body check. That way how much I hurt on the inside reflects outside."

Barriers to therapy

Stigma:

While there is an increasing tendency for people to be more accepting of the idea of seeking psychotherapy, Franklin says, preoccupations with not being regarded as strange can present a barrier for some individuals.

However, regardless of whether clients feel stigmatized by therapy or not, it is a private issue. "The things one works on in therapy are typically very personal," he says.

Types of psychotherapy

Psychotherapy is defined as talking to a therapist in person.

Cognitive — attempts to identify and correct patterns of thought that can lead to troublesome feelings and behavior

Behavior — attempts to change patterns of thought and behavior through stress management, relaxation training, biofeedback, etc.

Psychoanalysis — attempts to uncover unconscious motivations to resolve issues and to understand how they may influence present feelings and actions

Family — attempts to bring the family together in discussion and problem-solving sessions

Group — attempts to bring a group of individuals together to discuss their problems with the guidance of a trained therapist and to help each other with problems

Movement/Art/Music — attempts to use movement, art or music to express emotions

— Information compiled from the National Mental Health Association

A stigma perceived to be associated with therapy can also be at the root of some attitudinal barriers, Chopp says.

"When people feel this will reflect badly on them, that they'll be seen as weak or of poor character, these cultural directives are internalized," she says.

While Marsh says she feels there is somewhat of a stigma, it has been decreasing.

"The taboo is less of 'If I go to therapy, I'm crazy.' I hear it more along the lines of, 'I should be able to handle this on my own.'"

Bates said she felt labeled when she began therapy, and it was hard because "once you're labeled, you're basically labeled for life."

She had many friends who stuck by her when she started therapy. But when it first came about, "it was hell," she said.

At one point, classmates from her high school did not want to associate with her, telling her they didn't "want to catch what you have."

Others didn't want to associate with her because she "was the crazy one," she says.

Please see **THERAPY** on B4



Tackling the therapy taboo

It had taken me almost a year to find sources willing to speak publicly about their experiences with therapy or counseling.

While I could not fully understand why clients may not feel comfortable sharing their experiences, I was able to appreciate their stance after I interviewed several therapists for a story I was writing on therapy.

After all, I had to interview several experts, and for every interview, I had to walk to the agency, enter the building and enter the therapist's office. However, anyone who saw me entering or exiting would assume I was a client, not an interviewer.

So, I set off for my first interview with a therapist at Macomb Family Services.

I arrived at the agency about 15 minutes before my appointment.

I went inside and put my eyes to the floor, trying to avoid making eye contact with anyone in the office.

Arriving at the receptionist's desk, I quickly gave her my name and the name of the therapist I was to interview, in a voice barely above a whisper, hoping no one would hear my name.

I didn't want anyone to know who I was, nor did I want anyone to see me, and I didn't want to be thought of as weak, weird or even crazy.

And I was quite conscious of my appearance as a Muslim.

With negative, false stereotypes flooding the media about Muslims, what would people think when they saw me in a therapist's office appearing to seek help? That I was oppressed? Beaten on? Made to wear 'that thing' on my head?

I sat in a chair in the farthest end of the room waiting for to be called in. The therapist opened a side door, called my name in what I thought was a rather loud voice, and I hurried inside, hoping that no one had the chance to see me while she called my name.

My second interview was at the Graham Counseling Center.

As I walked toward it, I kept glancing around me, making sure no one would see where I was headed.

When I entered the center, I found that it was shared by both the health and counseling centers, with each center at either side.

Waiting chairs faced either the counseling center or the health center. Since my interview was with a therapist in the counseling center, I couldn't exactly sit on the other side, although I really wanted to.

So, instead, I walked around looking at brochures and pamphlets, hoping the therapist I was going to interview would lead me inside the office before anyone saw me there.

As I walked out of the center after my interview, I saw a young man walking in.

I quickly pulled out my tape recorder and my notes, hoping to appear to be a journalist and not a client.

My second interview was almost the same.

As I sat waiting for my interview, I began to think about Nicole and Anne-Abel, and how they were brave enough and strong enough to share their stories with me and my readers.

And then I felt ashamed of myself for succumbing to an unjust, pathetic stigma.

After all, I don't see therapy in a negative light. Not only that, but I hope to practice it one day and to become a counselor myself.

But I would never go that far if I was too worried about what others thought.

So, I decided to hold my head up high. My experience with my third interview improved dramatically.

I walked toward the counseling center not bothering to see if anyone could see where I was heading.

I entered the center and sat down in the first seat reserved for counseling. I crossed my legs and again held my head up high, making eye contact with everyone in the waiting area.

Overcoming my fear of being stigmatized, I was ready to take the next step and see if I had it in me to become a counselor.

I would like to thank Nicole and Anne-Abel for sharing their stories with me and my readers.

It takes a lot of strength to be able to do that, and I admire and respect you both. I would also like to thank the four experts who were willing to take time out of their busy schedules to talk with me about therapy and to shed light on a subject that is becoming increasingly important in our society.

THERAPY Cont. from B3

"At the time it felt like I really was infected, and that made the situation a lot worse."

Franklin says media portrayals of therapy have helped decrease the stigma.

"They are typically fairly sympathetic, if not always typically accurate," he said, and they present the therapeutic relationship as a positive one that enables individuals to resolve serious life problems.

"I don't really tend to care what people think," Leitner said, adding that she feels most people don't want to admit they're in therapy because of what others may say.

"But I think it's helpful, and I respect people who go to therapy," she said.

"I think it shows a lot if you can put yourself out there to talk about your problems with somebody."

Cultural Barriers:

Chopp agrees with Marsh on her analysis of the stigma, and adds that within the American culture, there is also a tendency for individuals to encompass attitudes of wanting to do things on their own.

There is a deep sense of individualism in the American culture, she says. "In our culture, if you've got a problem, you handle it by yourself."

Bates said her parents told her she was emotionally weak because she couldn't handle her problems on her own, and that she felt ashamed at seeking therapy at first.

"Over the years, I've learned that it's a strength, that it takes a strong person to go in and get help," she said.

More traditional cultures, Chopp says, encourage individuals to seek help from within the family or religious establishment.

Culture also presents different barriers with regard to gender.

"Men are supposed to be strong," Chopp says, adding that when the culture encourages them not to acknowledge their feelings, they often express their difficulties via alcoholism.

Statistics show that women are more apt to seek help than men.

"Our culture allows women to express their feelings more openly and to acknowledge their feelings more openly than it allows men to," Chopp says.

Marsh says it's important for therapists to understand that culture can impact the way people think and feel about things.

Differences attitudes are not "necessarily pathological, but it's part of their culture," she says, adding that

"I wish that people could see that we will come one day to a point where people see mental illness and mental health problems in the same neutral way that we see physical problems.

Bella Chopp
Licensed psychologist

therapists learn about multicultural treatment through their training.

Cost and availability:

Insurance companies often present barriers to seeking therapy, experts say.

"They provide very poor coverage for mental health, very restricted coverage," Chopp says. "Very few insurance plans offer the same kind of coverage for mental health as they would for physical health."

In some areas, she added, availability of mental health care is scarce.

For some individuals, Franklin says, finding the right therapist can be a factor.

"Since this is not something that people typically just want to entrust to anybody, a person may think, 'I ought to go into psychotherapy, but how do I find a good therapist?'"

Abou-Eissa says another barrier is building trust between the therapist and client.

"There is a difficulty to share information with someone else and to open up to a stranger," she says.

"Trust needs to be built before a person feels comfortable about the therapist and the therapeutic relationship."

A problem that may occur after the therapeutic relationship is created, Abou-Eissa says, is that some clients become extremely dependent upon their therapists and are concerned about their separation.

"The role of the therapist is to empower the client and make them feel that they can do it on their own," she said, adding that the therapist often ensures the client that he or she is available if the client decided to seek further therapy.

Looking back

"I love therapy," Leitner says.

"She doesn't really tell me what to do, but just by talking with her, I realize things in myself that I don't like, or problems or things that I do that hold me back," she says of her relationship with her therapist.

"I like it because I find out who I am and I have a better understanding of myself," she says.

Leitner, who is a 21-year-old single mother of a 4-year-old child, says her

daughter has also helped in her in dealing with her problems.

"I'm thankful I had her," Leitner says of her daughter, Kaleigh. "Before I got pregnant, I wasn't really headed down the right path. But when I got pregnant, I couldn't think about myself anymore."

Bates says she's "improved dramatically" after seeking therapy.

She also advocates it to friends and family, she says. "If a friend is having a problem, I always try and advise them, 'Go see somebody about it, see a counselor or therapist.'"

When to seek therapy

While everyone has things that are hard to deal with, if the normal healthy coping mechanisms are not working, or not working well enough, then it may be a good idea to seek help, Marsh says.

"If you're seeing yourself use more unhealthy coping mechanisms, if you can sit outside yourself and say, 'This is kind of destructive,' then it's a good idea to come in."

Some unhealthy behaviors, she says, include like drinking, doing drugs, having multiple sexual partners, spending too much money that shouldn't be spent, eating too much or not eating enough.

Most people who seek therapy are feeling a lot of distress, Franklin says.

"For some people, when they first come to therapy, it's the worst day of their lives, and they really need to talk to somebody," he says.

Marsh advises individuals to seek therapy before problems become harder to deal with.

"A lot of people wait until things get really bad, and the truth is if you came in earlier they may not have slid that far," she says.

"I wish that people could see that we will come one day to a point where people see mental illness and mental health problems in the same neutral way that we see physical problems," Chopp says, "and that it is seen as part of taking good care of ourselves and seeking the appropriate type of help rather than going to more destructive things."

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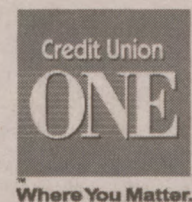
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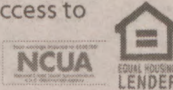
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GUEST COLUMN

Awareness can reduce risk of sexual assault

By NAN GELMAN
Oakland University Police Officer

April is National Sexual Assault Awareness Month, and although this designation allows us to focus on this terrible crime, sexual assault should be something we carry with us throughout the year.

The purpose of National Sexual Assault Awareness Month is to increase public awareness about the myths and misconceptions, as well as dangers, of sexual assault.

Sexual assault is an act, verbal or physical, which can include rape, fondling, date/acquaintance rape, incest, exposure and sexual harassment.

Sexual assault can, and does, happen to anyone. Children, grandmothers, college students, infants, wives and even males are the victims of sexual assault.

Sexual assaults can happen anywhere and at any time, in public or in your own home.

Sexual assault is a humiliating, terrifying and often brutal crime, and one that often negatively affects a person's physical and psychological well-being.

Contrary to popular belief, sexual assault is usually not motivated by lust or sexual desire. Sexual assaults are acts of violence and control. It is not the result of "uncontrolled passions." How the victim is dressed has nothing to do with whether or not they will be sexually assaulted.

Many convicted sexual assault assailants are unable to remember what their victims looked like or were wearing.

There is no portrait of a "typical" rapist. These men, like their victims, are all ages and come from all racial and social backgrounds. They can be college students, doctors, teachers or unemployed transients. Most are not crazy or deranged men looking for sex. In fact, the majority of offenders are highly intelligent,

married men with families and have ready access to consensual sex; but they rape to control, dominate and humiliate the victim. Sexual assaults are not impulsive acts but are planned. Seventy-five percent of all assaults are planned in advance.

In keeping with the Awareness month, the Oakland University Police Department and Resident Halls Programming focused on informing student about the myths and misconceptions surrounding sexual assault.

On March 20, OU invited students to participate in a Mock Sexual Assault trial in Hamlin Hall, pictured at right. In attendance was the honorable Judge Lisa Asadoorian from the 52nd 3rd District Court, the Honorable Judge Cheryl Matthews from the Oakland County Family Court and District Attorneys Tom Beadle and Brian Surma from Wayne County Prosecutor's Office to help us put on the program by acting as actors in the trial. The trial lasted for over an hour or so, and then the audience was asked to be the jury.

Following the trial was a great discussion facilitated by the actors on sexual assault and how to identify some of the signs of a potentially bad situation. Good and poor decision making was the center of the discussion, and the facilitators offered suggestions on how to consistently make good decisions.

While college can mean more freedom for students, it also means students have to be responsible and make mature decisions. One of these means being educated about the risk of sexual assaults.

By learning the facts about sexual assault, we can empower ourselves to take action against it. Together, we can work toward the day when sexual assault no longer is the public health and safety danger that it is today.

Know the facts about sexual assault ...

■ Fifty-seven percent of college sexual assault victims are attacked by their dates.

■ One in every eight college women experience sexual assault; almost 90 percent knew their assailants.

■ Twenty to 25 percent will be sexually assaulted during their college career.

■ The risk of being sexually assaulted is four times greater for women aged 16 to 24 than any other age group.

■ Forty-two percent of college women who are sexually assaulted tell no one about the assault.

■ One out of every 15 college men reported committing a sexual assault or attempting to commit a sexual assault in a year.

■ Seventy-five percent of the assailants and 55 percent of the survivors had been drinking at the time of the assault.

■ The rate of "false reports" of sexual assaults is 2-3 percent, no different than that for other crimes.

■ Almost 5000 rapes and attempted rapes were reported to Michigan law enforcement agencies in 200.

■ In 1999, only 28 percent of victims reported their assaults to law enforcement.

■ Reasons for not reporting an assault include fear of retribution, fear of the criminal justice system and fear of not being believed.

If you've experienced sexual assault, contact your local law enforcement agency.

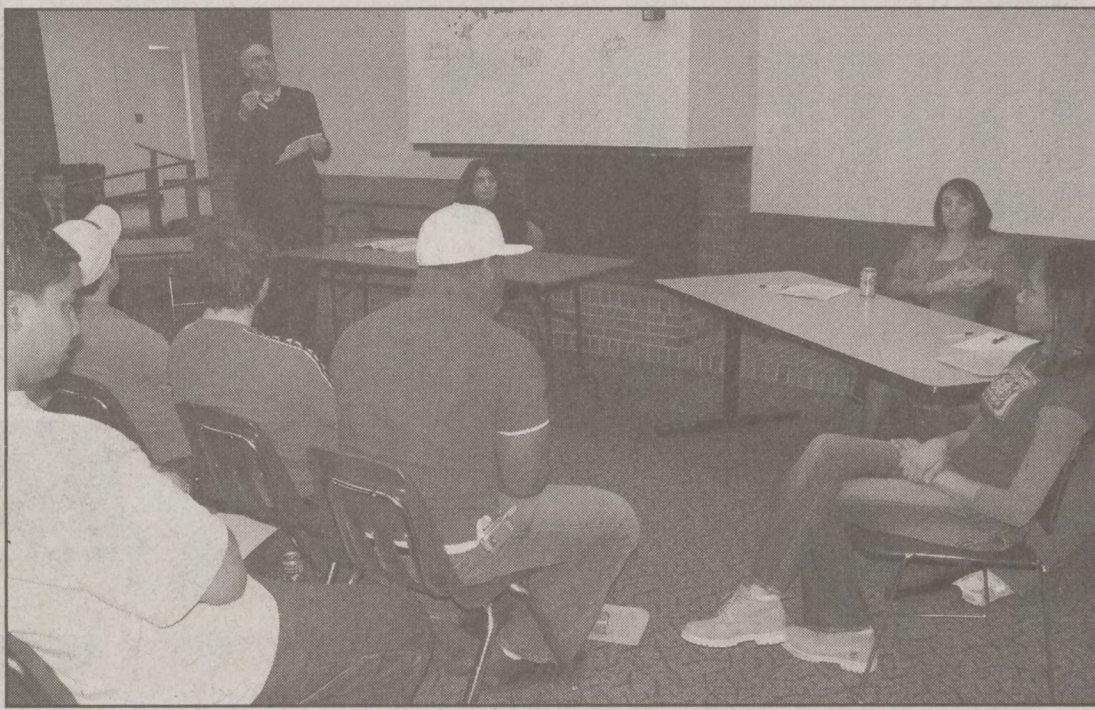


Photo by DAN WILKINSON/The Oakland Post



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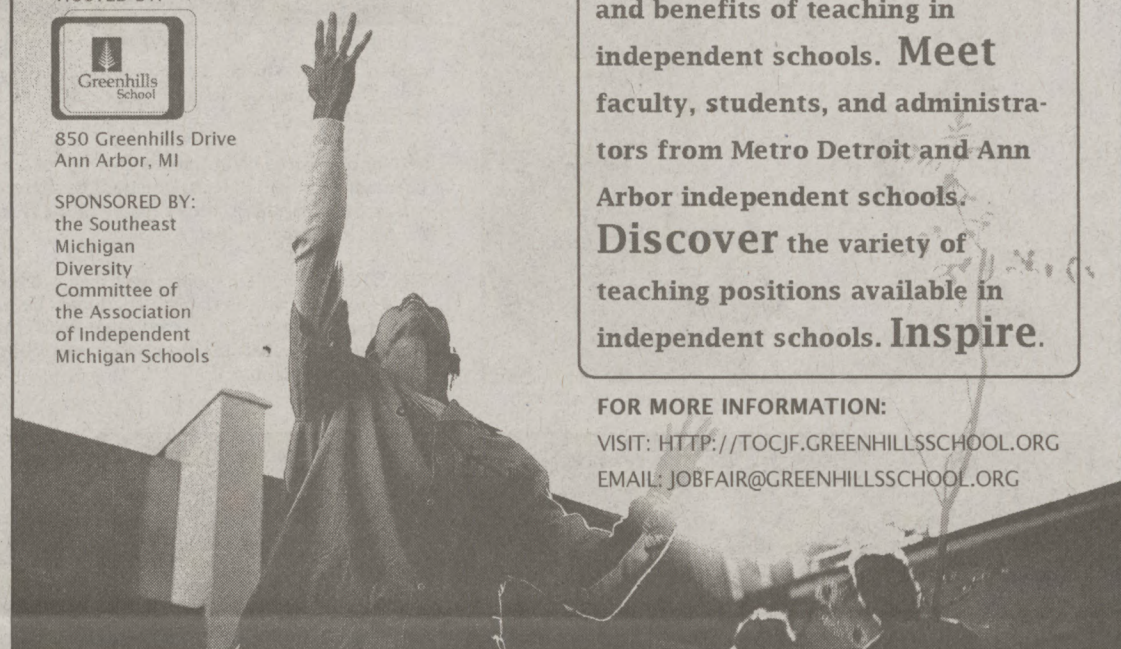
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OU sports scores...

Baseball: Oakland 13, Chicago State 4; **Oakland** 7, Chicago State 2
Softball: Western Illinois 5, **Oakland** 1; Western Illinois 2, **Oakland** 0
Men's Golf: Norm Bullock Collegiate Classic — Morehead State 898, Cleveland State 904, Youngstown State 909, **Oakland** 914

Our best of their best

A picturesque year in review of Golden Grizzlies' sports



DANTE CIULLO/Oakland Post file photo



DANTE CIULLO/Oakland Post file photo

Above: Senior Whitney Lane attempts to spike the ball through a Valparaiso defender. The volleyball team finished 6-26 overall, 5-9 in the Mid-Con.

Left: Sophomore David Carson goes up for a jump shot. The men's basketball team finished the season winning two of their last three, before losing in the first round of the Mid-Con tournament.

Right: Junior Nicole Piggott drives past a defender early in the season. The women's basketball team became the first team to beat the top three seeds en route to a Mid-Con tournament title, earning their second-ever birth in the NCAA tournament.



DANTE CIULLO/Oakland Post file photo



BOB KNOSKA/Oakland Post file photo

Above: Senior Jessica Brubaker unloads a pitch as the softball team begins their season.

Below: Senior Jeff Wiese grabs one of his numerous saves over his four year career. The men's soccer team finished 10-9 on the season and nearly overcame a three-goal deficit in the Mid-Con tournament title game.



DANTE CIULLO/Oakland Post file photo



DANTE CIULLO/Oakland Post file photo

Above: Senior Silge Peltopera sends a volley past an Oral Roberts defender. The women's soccer team finished the season 9-8-1, but like the men, fell in the championship game of the Mid-Con tournament. Valparaiso beat OU, 3-1, in the title game.

Right: The baseball team played a non-conference slate to forget, but opened the Mid-Con portion of its schedule with four straight wins over Chicago State.



BOB KNOSKA/Oakland Post file photo



DANTE CIULLO/Oakland Post file photo

Left: Junior Marianne Samdal goes all out for a loose ball during the fall. Samdal had three game-winning goals during the season and finished with 17 points. The women's soccer team put five players on the all-conference squad this season. Three — Samdal, senior Kristi Swaving and junior Cat Panabaker — were named to the first team. Swaving was named Offensive Player of the Year after leading the conference in goals (12) and points (27).

A photograph of a person standing on the roof of a dark-colored SUV, with their arms raised in a 'V' shape. The person is wearing a dark t-shirt and a light-colored baseball cap. The car is parked on a paved surface, and a white building is visible in the background. The overall tone is warm and celebratory.

It's time to
MOVE ON

the oakland post
special edition — life after graduation
april 12, 2006

Welcome to the



The Associated Press

FEAR FACTOR: The transition to the workplace can be intimidating to some recent graduates, but OU alumni say life after graduation is not frightening and may not be so different from undergraduate life.

Life after graduation shouldn't be feared, alumni say

By ERIN MALLARD
Contributing Reporter

"THE REAL WORLD."

The phrase has haunted you throughout your education.

"In the real world," your fourth grade teacher shouted down the hall as you marched toward detention, "you can't be late."

"In the real world," your professor says, "you won't have makeup exams."

"In the real world," your parents say, "you'll have to work for your money."

As a senior preparing to graduate,



this alternate universe looms frightfully near.

But fear not OU seniors, there is hope! Since the first class graduated, OU alumni have been stepping out

into the land of briefcases, corporations and mortgages.

And they're here to tell you that it's not so frightening, or so different, after all.

As expressed by senior Kalee

Iacoangeli, the transition from undergraduate studies to the workplace or graduate school can be intimidating.

"This is it, you know. My life's beginning. It's exciting and nerve-wrecking all at the same time," Iacoangeli said.

However, the OU alumni reply, there are some parts of life after graduation that bear a striking resemblance to college.

"In college you have to be self-motivated," said Jeff Frankowiak, OU alumnus and Vandenberg Hall director. "In the real world, that applies the same."

According to OU alumnus Adam Kochenderfer, "The difference is that in undergrad there is a safety net. You have a network of support in your faculty, the administration, and your advisors and the student organizations, whereas in the real world, there's not necessarily someone out there looking

REAL world...



Photos by The Associated Press

EXPERIENCE: Alumni say they have used many of the skills they learned during their college years in the workplace, including how to present good arguments and interact with others.

out for you.' A little bit of that safety net is taken away."

Calm down, seniors, there's more.

"But that's alright, because you become comfortable with the situations that you've been placed in," he said.

Whew.

Kochenderfer graduated from OU in 2002, and from the law school at the University of Michigan in 2004.

He now works as an attorney for a large firm in Detroit, and has dealt with corporate clients like Delphi and General Motors.

According to Kochenderfer, OU seniors can take comfort in the fact that the skills they acquire in their undergraduate experiences can be used to survive in the "real world."

In his own life, Kochenderfer recently used the skills he learned as student body president at OU in the courtroom.

"In giving the closing argument to the jury, I realized that I was using all the same skills as when I was student body president talking to students. It's the same principle," he said.

But don't get too many warm and fuzzy feelings about life post-graduation just yet. The "real world" may be a lot like the one you're in now, but there are some differences. Family relationships, social life and even how you spend your free time may change significantly.

"I think naturally you just start growing apart just because you don't wake up and see them every day," Frankowiak said of his relationship with his parents.

Kochenderfer moved out during graduate school, as many seniors are preparing to do.

"I definitely talked to them less," he said of his parents. "And I was only in Ann

Arbor." He said there were pros — you have your own place — as well as cons — there are less people to talk to when you come home at the end of the day.

Kochenderfer has moved back in with his parents for a while, so "family dynamics haven't really changed that much," he said.

However, "It's a little different in the sense that you have a real job and didn't before, and you have some additional obligations now."

OU alumna Andrea Sossi also lives with her parents, but she said their relationship has improved since graduation. "I don't take it for granted that I live at home still. I realized I'm saving a lot of money. I just appreciate it more, so I think that helps with the overall relationship," she said.

Free time is sacred, whatever world you live in, and alumni have found

that they have different amounts — sometimes more, sometimes less — than they did in college.

Sossi juggled two jobs and classes while she was at OU.

With only one job to focus on now, she gets more sleep.

"I loved school, but it's like I have more of a life now than I did then. This is a little bit more relaxed," Sossi said.

Even though graduate school will involve many of the same experiences as undergraduate — in terms of studies, professors, textbooks and lectures — seniors can expect some changes.

"Undergrad and graduate school are two different beasts," Kochenderfer said. "Graduate school is more focused. It gives you more time to specifically focus on your chosen profession," he

Please see **REAL** on C4

Mother, daughter will cross the same stage

By **ANDREA KRUGER**
Contributing Reporter

Graduation is a turning point in a student's life, and most students share such experiences with family.

But few get the privilege of experiencing it like Lilian and Linda Jaboro will this May.

Linda is a 21-year-old journalism major with a minor in communication; Lilian, her mother, is a sociology major.

They have been attending Oakland University together for most of their college careers, and they will be graduating together on May 6.

Not every student would be excited at the prospect of going to college with her mother, but Linda's experience is a distinct exception.

"My mom and I have such a close relationship. It didn't affect me in a negative way," Linda said.

"It established a closer relationship between us. It's been more positive than anything," she said.

Lilian is a Chaldean-American who moved to the United States from Iraq when she was 12. She married at 22.

Lilian works part time as a travel agent and is also a probation officer at the Oakland County Circuit Court.

"Being bilingual, I've been helping with translating for Chaldean families," she said, adding that sometimes children who have parents who don't speak English don't tell the judge everything their parents are saying.

"Those are sticky situations, and I enjoy using my knowledge and language to help families," Lillian said.

She hopes to continue this work after she graduates, supplemented by what she has learned at OU.

Lilian has mostly overcome challenges of learning a language foreign to her, English.

"English is a second language to me. It's still hard sometimes being able to communicate with teachers," she said.

But she also said she values what she has learned in her time spent here.

Her major is a direct benefit to her career as a probation officer.

"I really enjoy what I do, and being a sociology major helps you see how your behavior affects society, and if you don't change your behavior,

this is where you're going to end up," Lillian said, adding that the children she works with "see how life could be behind bars."

Linda said she has a great deal of respect for her mother.

"She's superwoman. She works, goes to school and has kids. I'm more excited for her graduating than for myself," she said.

Lilian has three other children besides Linda; Michael, who is 19; Amanda, who is 16; and Matthew, who is 12.

Michael currently attends OCC and will be attending OU next year.

Linda puts her study of journalism to use for the Chaldean News, a local newspaper in West Bloomfield, and she also manages an IT consulting firm in Southfield.

Lilian also has pleasant memories of her college experience with Linda.

"It was really a nice experience. My second semester, we'd meet around noon in the OC and she would be hanging around me more than her friends," she said.

"We would sit and have coffee for one hour. Our schedules were so hectic, and that one hour was just for us," she said.

Linda has also inspired her mother. "She inspires me because she works so hard. She's my pride and joy," Lillian said.

**"It established
a closer
relationship
between us."**

Linda Jaboro
Graduating senior

REAL Cont. from C3

said. The leap from the undergraduate world to graduate school or corporate life is intimidating, no matter how you look at it.

"At 21, 22 years old, to decide what you want to do for the rest of your life is quite a daunting task. There are so many options, it's really hard to narrow in on something that's going to make you happy," Iacoangeli said.

So, who is there to look to for help?

Alumni to the rescue again. Having experienced both undergraduate life at OU and the wide world of business attire and board meetings, they offer a unique perspective and some valuable advice.

Fear of getting stuck, of missing an opportunity and of not finding the dream job, are common among seniors and graduates who are new to the work world.

OU alumni addressed this "real world" culture shock with a clear message to seniors: chill out.

"I think that college students put too much pressure

on themselves when they think, 'I'm preparing for the next thirty years of my life,'" Frankowiak said, adding that "the average adult goes through six or seven career changes in their lifetime."

Although starting at the bottom of the corporate ladder may not sound appealing, Sossi reminds graduates, "You have to get some type of experience to get yourself going. Your first job doesn't have to be your last job."

She also added, "You might have to go through five to find the perfect job, and that's OK."

Upon entering the work force, graduates may have to consider opportunities beyond their original plans.

"When you set out, if you can, keep all your options open, especially with location," Sossi suggested.

Although it's generally true that setting your sights for the moon will land you somewhere in space, Frankowiak suggests that it's important to set your sights first.

"When you have a place you're working toward, you'll definitely get there faster than just walking aimlessly. Getting there is the easy part."

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The Oakland Post would like to congratulate all graduating seniors. We wish you the best.

Networking is key to landing your first job

By ALICIA SOSSI
Assistant Features Editor

It's nearing the end of April, and for many Oakland University students, graduation is just months away. What you are going to do after graduation is probably the question that soon-to-be grads have been hearing the most of lately.

The most popular response from students seems to be, "I'm going to get a real job." And for seniors graduating in the spring and summer, now is the time to be searching for that position.

Where do you start?

Visiting OU's Career Services Center in 275 West Vandenberg Hall is a great way to start looking for potential jobs.

The department provides students with many resources, including free access to an online database called e-recruiting where employers post job openings.

The Career Services Web site also gives job search resources, career development links and a schedule of helpful upcoming events, such as on-campus recruiting, senior job search seminars and interview practice clinics.

When should you start looking for a job?

"Definitely start now," says Denise McConkey, professional employment coordinator at Career Services. "It will take several months to a year to find a job. Don't expect things to happen overnight."

How do should you look for a job?

According to McConkey, there are many ways, in addition to e-recruiting, to look for a job.

Some of the most effective ways are career fairs and specific Internet searches. McConkey recommends using local online posting boards, such as Michigan Career Builder, as opposed to large sites like Monster, where jobs posted receive tons of applications and there are no direct contacts given.

If you're looking to work at a specific company, McConkey suggests doing a few things. First, go to that company's Web site and see if there are job postings.

Next, try contacting a specific person within the company and asking if you can conduct an informational interview about the industry and what they enjoy about their job.

It is also helpful to send a resume to that company just to see if there are any job openings.

Key to success

"The key thing is networking," McConkey says. "This could be with students, professors, advisers and anyone who can get the word out to people directly in your field. Word of mouth is still key."

What else should you consider when looking for a job?

Consider the Michigan economy, as well as location, travel, salary, benefits and room for advancement.

It is also important to decide if you want to work at a small or large company. Typically, employees at a small company are assigned a greater variety of tasks.

Also be sure to research the company and the industry so you have an idea of the salary you should be making.



INTERVIEW:
Because of a difficult job market and a great deal of competition, experts suggest putting together a successful marketing package for yourself before going to the interview.

DANTE CIULLO/The Oakland Post

Learn to market yourself

By JEFF KRANITZ
Senior Reporter

You've spent hours, perhaps days, fine-tuning your resume and cover letter. You then carefully circulated them within a broad network of potential employers. You also probably had them published on eRecruiting@OU — an online recruitment program sponsored by Career Services. Soon enough, you have successfully secured a few interviews. Now what?

Career Services Director Robert Thomas says the importance of putting together a successful marketing package for yourself has become even more accentuated due to a difficult job market and a great deal of competition.

"Doing a good sales job in your interview is very crucial," Thomas said. "No longer do you just walk in and get a job just because you have a college degree." Thomas said he finds interviewing to be the most interesting part of the process because it has to do with personal dynamics.

He tells students that there are five major principals involved with pulling off a solid interview, and calls them the 'five p's.'

Preparation

Before going to the interview, Thomas says applicants need to do some homework. "They need to know about their own background, and they need to know about the employer that they're interviewing with," he says. "The interviewee should know what the company does, what the job is and the types of skills that are used in the position they've applied for."

Perspiration

"Dealing with the anxiety and the stress levels of an

interview is difficult — and you have to be able to cope with that." Thomas said the best way to deal with nervousness is to be prepared. "Take your time and be careful — don't rush into any questions and practice before." Thomas added that it's probably wise not to eliminate all anxiety and stress because sometimes, in small doses, it can keep you on your toes.

Practice

"Do mock interviews with anybody you can, preferably with someone who knows about interviews," Thomas said. Your best bet might be to take advantage of the workshops offered by Career Services, some of which include mock interviewing. Career Services also provides worksheets that include sample interview questions, as well as suggested response methods.

Presentation

"You have to practice, but the final line is how you perform in the interview itself. Let yourself come across in an interview and put your best foot forward — you don't want to tell them anything negative." Thomas said if they ask you about something negative, tell them how you dealt with it and turned it into a positive.

Persistence

Finally, after the interview itself is over, you need to do follow-ups. "Let them know that you're still interested in the position, either by sending an e-mail or writing a follow-up letter." Thomas also said you can include two or three items you thought were crucial to you about the organization, and anything that you might have forgotten to say during the interview.

For professional advising visit Career Services at 275 West Vandenberg Hall, or online at OU's Web site, <http://www.oakland.edu>.

Backpack your way around the globe

By ERIN MALLARD
Contributing Reporter

"Travel abroad!" says your professor. "See the world! Meet new people! Eat strange food!"

"You're broke!" screams your bank account, your wallet and your parents.

What's a college student or recent graduate seeking to be well-rounded and culturally informed to do? Here's some pita and hummus for thought: backpacking is a unique and affordable way for students to see the world.

While study abroad has many benefits, it can come at a high price — the cost of international travel plus tuition.

Backpacking is a redefinition of the term "study abroad." In this new definition, the role of the student or recent graduate remains the same.

However, professors and classrooms, along with their price tags, are replaced by museum curators, international traveling companions and the great outdoors.

"The best way for a college student to study abroad is backpacking — the absolutely best way," said Jude Nixon, professor of English and director of the Honors College.

"If you're not doing a study abroad, or in lieu of a study abroad, that's the way to see the world."

The nature of backpacking is cheap, light and somewhat unstructured travel.

It's for the adventurous individual who's tired of the classroom environment and has limited funding for international travel.

Several Oakland students have tried this alternative approach to international travel.

They met new people and tried strange foods — for much less. Along the way, they picked up a textbook's worth of international travel knowledge.

Junior Ashley Andre has backpacked all over the Western Hemisphere, from Chile to Canada.

"It's simple," she said of her favorite method of travel. "Just you and the woods. All you have to worry about is finding water and shelter."

Last summer, Andre spent nearly a month trekking through the wilds of Alberta and British Columbia, Canada. This trip was her favorite, she said, "because the national parks did a really good job with preservation. It's very natural."



DANTE CIULLO/The Oakland Post

ITALY: At nearly a mile above sea level, Palazzina Pepoli rests comfortably atop the mountain city of Erice in Sicily.



WASHINGTON: The blossoms are almost in full bloom on the cherry trees at the Tidal Basin in Washington near the Jefferson Memorial, Thursday, March 30. The 2006 National Cherry Blossom festival which began two days later marked the 94th celebration of the original gift of 3,000 cherry trees from the City of Tokyo to the people of Washington in 1912.



EGYPT:
Two foreign
tourists,
one
wearing a
headscarf,
watch a
solar
eclipse in
Salloum,
Egypt
Wednesday,
March 29.



TAIWAN: Dancers from the Slovak National Folklore Ballet-Lucnica perform during a press rehearsal at the Taipei Zhongshan Hall, Monday, April 3, in Taipei, Taiwan.



CHINA: Dancers perform during the Qingming Festival, or Tombs Sweeping Festival, at the Mausoleum of Huangdi (the Yellow Emperor), a legendary ancestor of the Chinese nation, in Huangling County of northwest China's Shaanxi Province Wednesday, April 5. Tens of thousands of Chinese from home and abroad gather Wednesday to worship the Yellow Emperor who unified tribes along the Yellow River Valley 5,000 years ago according to historical records.

Photos
by
The
Associated
Press



NEBRASKA:

A male orangutan, born at Omaha's Henry Doorly Zoo on March 2, sucks on a finger belonging to zoo director Dr. Lee Simmons, Thursday, April 6, in Omaha, Neb. The baby orangutan is being raised by zoo staff after it's 21-year-old mother showed little interest in it.

Junior Charles Sealander spent a semester studying abroad in France.

He devoted his weekends to exploring, and even stuck around an extra week to get a taste of the local culture on his own terms.

He lived out of his backpack and stayed in youth hostels. To save money, he learned to buy groceries rather than eating at restaurants.

"You don't have to go to expensive restaurants to get the experience," Sealander said.

Senior Sandra Mierzejewski spent a month in England with Oakland's Oxford study abroad program. She stayed an extra weekend to go backpacking in Edinburgh, Scotland.

"I took a Chaucer course while I was there, but this isn't the first thing that comes to mind," Mierzejewski said.

What does come to mind, she said, is being submerged in the culture, "seeing things you wouldn't see in America."

Ready to experience escargot and the Louvre for less? Hold on to your passports, because there's a few things you should know before you go.

Plan ahead — it's cheaper that way

If you don't already have a passport, don't procrastinate. It can take up to six weeks for passports to be processed and delivered.

However, if you were too busy studying your Portuguese phrase book, expedited delivery is available. The charge is \$60 plus overnight delivery costs and regular application fees.

The U.S. Department of State Web site, <http://www.travel.state.gov>, is the one you show your parents before you leave to prove that you've done your homework.

It provides the latest information, including how to get a passport, travel warnings, health and safety tips, and an avian flu fact sheet.

If you are planning on backcountry travel, be sure to call the park or campground ahead of time to avoid peak seasons for bugs, bears and other tourists.

Rangers at park welcome centers can also be great resources for helping you plan your trek, depending on weather, time available, your gear and your skill level.

[Http://www.travelindependent.info](http://www.travelindependent.info), a Web site full of information for first-timers and old pros alike, suggests a few countries for easy traveling.

This "easy street" list, boasting "great times and not much to worry about," includes Thailand, the Philippines, Turkey, New Zealand, Nepal, Guatemala, South Africa and Greece.

To get the most bang for your buck, travel in the off-season.

Richard Stamps, professor of anthropology, has made several trips to China.

"Watch the seasons and see if there is an off-season. In the wintertime, when it's cold and no one wants to go to China, airlines and hotels work together," Stamps said.

There are also a few countries where the American dollar goes a long way. In the May 2005 edition of National Geographic Adventure, journalist Andrea Minarcek describes Argentina, China, Greece and Mexico as "countries on sale," where the exchange rate works in favor of Americans.

Another money-saving concept, unfamiliar to most Americans, is youth hostels.

A cheap alternative to hotels, hostels can be found

Please see **TRAVEL** on C9

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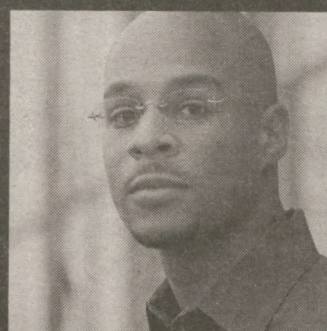
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TRAVEL

Cont. from C7

in most big cities almost anywhere in the world.

Guests in hostels have the option to room with other guests for reduced costs.

Many students have found that this to be a great way to meet friends and learn about international culture.

During her excursion in Scotland, Mierzejewski stayed in a youth hostel.

She played Simpson's Clue with a couple from the Netherlands.

"You get to meet a lot of really cool people," she said.

No matter what your plans, try to make your reservations early.

Mixed-gender shared rooms are the last to fill in hostels.

If you'd like to avoid these, call at least a few weeks in advance.

Don't forget to bring your student ID card for discounts at some museums.

Andre suggests buying national parks cards for backpacking in the U.S. and Canada — \$50 in U.S., \$55 in Canada.

The cards get you into the parks as often as you like for a year, and will save you money if you're a frequent visitor.

The world is a big place, and not all of it is friendly to American college students.

Be sure to check the state department Web site for health and safety warnings issued for your destination.

Use the buddy system

For issues of safety, traveling with a friend is a must.

"Backpacking is simple, but you have to do it as a gang.

"You never want to do it alone because you have to kind of look out for the other person," Nixon said.

Andre remembers hiking some trails in Canada where groups of two or more were required because it was grizzly bear season.

The necessary accessory

If you're going to splurge anywhere in your travel preparations, your backpack is the thing to invest in.

"Cheaper is not always better," said Tammie Heazlit, manager of the Moosejaw store in the Village of Rochester Hills.

"Comfort level is not something to skimp on," she said.

Heazlit pointed out that "anything that's slightly uncomfortable when you start will increase with time."

Andre and her backpacking gang coined a term for this unfortunate case of under-preparation: "hamburger hips."

They noticed that curvaceous female hikers seemed to suffer from it the most.

"When your backpack doesn't fit right, your hips just get gouged," she said.

Heazlit also warned against buying packs just because you've heard of the brand.

"Don't just buy a name you recognize. Look at what is available and asses the way they are made."

Many packs are designed with more than one way to reach the inside and bottom of the pack from the outside.

This means you won't miss any Kodak moments digging for your camera that's buried at the bottom.

"Look at features," Heazlit suggested. "Anything that is going to make your pack more accessible is going to be highly desirable."

Think light

Living as a backpacker is akin to living as a snail — you carry everything you need on your back.

"Bring a scarf and vitamin C," Sealander said.

For those of us whose definition of need is a little bit broader, <http://travelindependent.info> suggests:

- No more than two T-shirts
- One long sleeve item for sun and mosquito protection
- Two pairs of pants — one light and quick drying, the second heavier for cool weather
- One thin fleece that is light in weight
- Three to five pairs of underwear
- swim wear
- No more than three to five pairs of socks
- Convertible skirts for women, especially when traveling in countries where too much skin exposure will result in unwanted attention.

The site warns against wearing shorts.

"Shorts will generally make you stick out as a tourist, sometimes command less respect and will not allow you to enter most churches, mosques and temples," it states.

The site also suggests that a few "sturdy items from specialist outdoor or travel clothing companies will insure hard-wearing and functionality."

Rolling clothes instead of folding saves space in crammed packs.

When packing for backcountry trips, Andre strongly advised leaving scented deodorant at home.

"Don't bring things that are going to attract animals or bugs," she said.

She also suggested packing Gold Bond to help keep feet dry for swampy treks or travel during rainy seasons.

Some of your packing will depend on the climate of your destination; esti-



DANTE CIULLO/The Oakland Post

ITALY: A popular Roman pastime is the nightly stroll from the Spanish Steps shown above.

mated length of stay and availability of washing facilities.

Be a chameleon

That bright yellow parka? Daisy Duke shorts? Leave them at home.

As a guest in a foreign land, the last thing you want to do is draw attention to yourself.

"You have to blend in," Sealander said.

"You want to be a traveler, not a tourist. You want to absorb the culture, not force your own."

Andre strongly suggested that, as an

international traveler, "know your customs and your culture that you're going to be experiencing."

A few basic language skills and a little research will help you avoid faux pas and cultural misunderstandings.

"You'll have a much better experience if you can connect with people," Andre said.

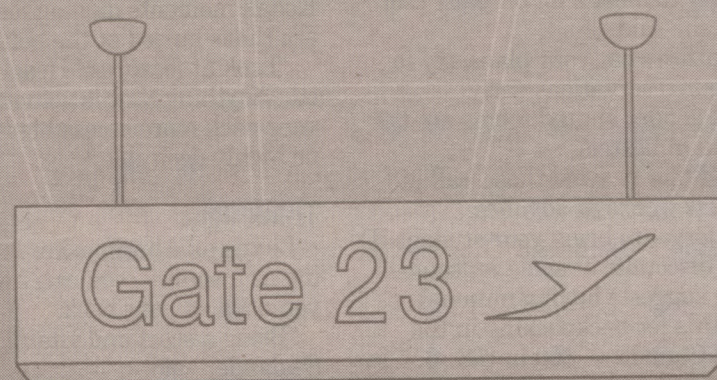
The only drawback to international travel, Mierzejewski said, is the possibility of addiction.

"I just want to go back," she said. With so many ways to see the world on a budget, maybe she will.



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Thinking of leaving the state? You may have to

By HEIDI ROMAN
Contributing Reporter

Your mom will probably cry, your dad will overwhelm you with advice, and as you board the plane to a foreign city, you'll probably second-guess your decision.

Moving to a new city is never easy, but with Michigan's economy as poor as it is, it's becoming more and more likely that Oakland University students will have to find jobs out-of-state after graduation.

"Students should be aware that things are rapidly changing in Michigan," says Robert Thomas, director of Career Services at OU.

Historically, Michigan has been the home of many Fortune 500 companies, but most of those companies are dependent on the automotive industry.

The auto market has been struggling recently, which Thomas says has had a ripple effect on related businesses, such as automotive suppliers and even medical services, as employees lose health benefits.

If these problems continue, OU graduates may need to look outside of Michigan for jobs.

Although Michigan's

job market is down in the dumps right now, there are many cities across the United States that are thriving.

According to the U.S. Census Bureau, Las Vegas is the currently the third fastest growing city in the United States behind Port St. Lucie, Fla. and Elk Grove, Calif.

Growth in Las Vegas may be a result of

the low tax rate, as the gaming industry pays for many of the services that taxes normally would, Thomas said.

The gaming industry in Nevada supports a healthy job market for prospective residents, and teachers are also in high demand near the bustling city, he said.

Experts find that in the south, Atlanta and Charlotte are growing at a steady pace, but that the job market in Texas is not as healthy as some might think.

The economies of Houston and Dallas are heavily dependent on the oil industry, which are suffering, Thomas said, and have been affected by the recent hurricanes, too.

newspaper, The Cortez Journal.

After graduating in May of 2005, Larson spent two months as a freelance sports writer while applying for permanent positions all over the country.

When Larson was offered a job in the small town of Cortez, he accepted, excited at the opportunity to be

an editor right away. "It's nice because the smaller communities really get excited about their sports teams," Larson said.

"If you wanted to rob somebody out here, do it on a Saturday noon because the entire town will be at the local football game," he said.

Larson adjusted to the move by devoting himself wholly to his job and traveling to the nearby cities that are new to him.

From Cortez, it's only a day's drive to Las Vegas, Los Angeles or Denver.

With Larson's family and girlfriend still at home, though, he sometimes gets lonely and wishes he were back at home.

"It's hard, it's definitely hard," Larson says. "But if you insist on staying in Michigan, you're really limiting yourself and your options."

Thomas would agree, and suggests that students broaden their job search, even if it's just for seeing what else is out there.

But the glass is still half full. Right now, Oakland County is the best in the state in terms of the job market, and is regarded as the leader of business activity in Michigan, according to Thomas.

And County Executive L. Brooks Patterson is developing a new program to diversify the area's workforce by attracting new and emerging business sectors into Oakland County.

Brooks cites 10 of the top emerging industries as targets for the strategy: alternative energy and power generation, homeland security, bio-technology, advanced electronic and control systems, advanced materials and chemicals, communications, medical devices and instruments, nanotechnology and robotics.

Nonetheless, Thomas says students should keep their opportunities open. Finding a job in other states is easy with online resume and job postings.

The chambers of commerce in most cities and counties also have information on new jobs and area industries.

Students can also check job postings through other universities. Although non-students cannot usually access other university's job postings, students can request reciprocity through Career Services. Career Services will write a letter to the university on the student's behalf requesting access to their recruiting service, and they may choose to grant it as a courtesy.

"At Career Services, we can help you approach the job market in other states," Thomas said. "We won't do the research for you, but we can discuss it and tell you how to do it."



Computer science majors may have a more difficult time finding jobs in Michigan than if they were to move West, as experts find Los Angeles and San Diego are hot spots in the computer industry.

Computer science jobs were abundant in this area in 1999 and 2000, but have since begun to fizzle, Thomas said.

Arizona is quickly growing, with two cities placing on the United States Census Bureau's list of top 10 fastest growing cities.

OU alumnus Mike Larson moved to Cortez, Colo., not for the beauty, but for a sports editing position at a small daily

Applying for grad school? Here's what you've got to do

By JENNIFER BROCK
Contributing Reporter

Adam Hamilton, 24, is a graduate student studying counseling at Oakland University.

Hamilton, who has an English degree from the University of Michigan-Flint, said he was excited to continue his education. "Continuing school is pretty advantageous, and counseling is what I ultimately want to do, to help people."

Hamilton used the Internet to research master's programs at Wayne State and OU. "Oakland was affordable, close to home, and the counseling program has a good reputation in the commu-

nity," Hamilton said of his choice.

If, like Hamilton, you are considering graduate school, here are some steps you should take to get there:

Requirements

OU has 84 graduate programs ranging from accounting to systems engineering. The programs each have specific requirements, varying from undergraduate courses to supplemental applications.

For admission, OU requires a bachelor's degree from a regionally accredited college or university, and in some cases specific to a program, the GMAT, Graduate Management

Admission Test, or the GRE, Graduate Record Examination, are required.

Other programs do not require such tests. "I did not have to take the GRE for my area of study, but there will be more tests to take to get my certificate in counseling," Hamilton said.

If you are interested in studying at other universities, visit their Web sites and see what types of graduate programs they have and what the requirements are.

Preparation

Courses held by The Princeton Review or Kaplan can help with

studying for the GMAT or GRE.

Informational and reference books have practice questions and problems, which are helpful tools to study for the tests.

Application Process

Most graduate schools have applications online, which can be easily printed and mailed.

OU's application fee is \$50, and fees range from school to school. Many graduate schools require interviews, personal essays and letters of recommendation.

Deadlines

"The most important thing is to pay attention to deadlines for application requirements," said

Paul Trumbull, a graduate specialist at OU. "Start researching the summer before your senior year in college."

Trumbull suggested getting all necessary materials into schools by April. "It's better to be early than to be late," he said. The same application deadlines apply for those who have graduated a few years ago and want to return for their master's degree.

Hamilton said the application process was easy, overall, but not always fun.

However, he knows it will be worth it when he graduates with a master's degree in the summer of 2007.



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