



# RATES ON THE RISE

LATEST DATA REVEALS INCREASING GRADUATION AND RETENTION RATES  
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Photo by Kevin Bradsher / The Oakland Post

CHARTWELLS CHANGES.  
New semester brings more  
transfer meal options  
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KEEPING THE DREAM.  
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Story behind the recruitment of men's  
basketball's newest teammate  
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# thisweek

January 13, 2016 // Volume 41. Issue 15



## ontheweb

Carved Out entertained crowds at the Pike Room on Jan. 9, alongside other local bands. Find our review on [oaklandpostonline.com/blogs](http://oaklandpostonline.com/blogs).



## PHOTO OF THE WEEK

**THE COLD BOTHERED ME ANYWAY** // Temperatures dropped to below freezing and students experienced their first snowfall on campus since moving back to campus for winter semester. Students walked across the bridge over Bear Lake as they endured the harsh weather conditions.

Kylie Wichtner // *The Oakland Post*

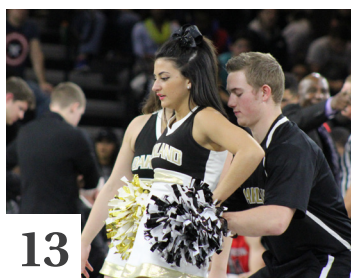
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### TIME FOR THE BALL

Guys and gals get dolled up for the only formal dance that is offered at OU, the Meadow Brook Ball, which has the theme of Old Hollywood this year.



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### SPIRIT FINGERS

Oakland University's cheer team welcomes five new members to take the floor alongside the spirit of the Black and Gold.



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### GRIZZLIES ROLL ON BY

The men's basketball team played University of Illinois Chicago this past Sunday and extinguished the Flames.

## POLL OF THE WEEK

Colder weather has finally settled on campus, how are you dealing with the chill?

- A** This 8 AM class is the biggest regret I've ever had.
- B** I'm driving to class even though I live on campus...
- C** I love the cold, possible snow days and winter sports!
- D** Hibernation is upon us Grizzlies, I haven't left my room in days.

Vote at [www.oaklandpostonline.com](http://www.oaklandpostonline.com)

## LAST WEEK'S POLL

What are you looking forward to most in 2016?

- A)** The Presidential Election, love me some good campaigning.  
3 votes
- B)** The Summer Olympics, love me some good athletes.  
8 votes
- C)** Graduating and entering the real world...wait  
2 votes
- D)** ALL THE SUPERHERO MOVIES!!!  
5 votes

## THIS WEEK IN HISTORY

### January 19, 1994

Three people were arrested for misdemeanor trespassing charges in relation to poaching threats on campus.

### January 15, 1992

Two hundred students and faculty members participated in the annual Dr. Martin Luther King, Jr. march. The march started at Vandenberg Hall at noon, headed east around Anibal house, then finished outside the OC with a rally.

### January 10, 1996

Three years after the historic pool that Matilda Wilson had built in 1936 was shut down permanently, officials found that the pool was still sitting abandoned.

— Compiled by Cheyanne Kramer, web editor

## BY THE NUMBERS

Disney World

\$52.7

billion dollars, the global revenue of the Walt Disney Company

40

square miles, making it the size of San Francisco

25%

is permanently set aside as nature preserves

60,000

cast members in the Walt Disney World resort

134.33

million people attended Walt Disney theme park attractions in 2014

— source: [www.statista.com](http://www.statista.com)

## COLUMN

# Obama introduces gun control reform

Everything you need to know on the latest, most controversial presidential gun control plans

**Melissa Deatsch**  
Staff Reporter

### What's the issue?

President Obama said gun violence will be his main focus during his last year of presidency. On Jan. 5, the president announced his plans for executive actions throughout 2016 to try and curb gun violence.

The actions include, most notably, creating a clearer, more detailed definition for which businesses need a federal license to sell guns and conduct background checks on every buyer, as well as a rule that would allow for the federal background check registry to have access to mental health records.

"Anybody in the business of selling firearms must get a license and conduct background checks, or be subject to criminal prosecutions," the president stated. "It doesn't matter whether you're doing it over the Internet or at a gun show. It's not where you do it, but what you do."

### What are the popular viewpoints?

Even President Obama himself has acknowledged the lack of dramatic impact these executive actions will have. However, he says they are an important first step. Many Republicans argue that they will have no impact on gun violence in the United States and will only infringe on the Second Amendment.

In an interview with Fox News, Republican candidate Marco Rubio said the actions "undermine the Second Amendment and will do nothing to keep people safe." Jeb Bush took to Twitter to call it a "gun-grabbing agenda."

However, Obama continues to insist that he is not after the guns of law-abiding citizens. He feels all of his executive actions are in line with the Second Amendment.

Obama has made 20 executive actions to curb gun violence during his presidency and we are still seeing many mass shootings. There's a mix in speculation on whether these executive actions will see a different result.

Senator Rubio backs his point of view by saying that these actions won't help because criminals don't follow the law and law abiding citizens will just be inconvenienced. Republican candidate Carly Fiorina feels the president should focus on enforcing the laws we already have.

On the Democratic side, the presidential candidates applauded President Obama's address. Hillary Clinton tweeted, "Thank you, POTUS, for taking a crucial step forward on gun violence. Our next president has to build on that progress — not rip it away."

### Why should you care?

There were 372 mass shootings in the United States in 2015 according to gunviolencearchive.org. In this collection of data, a mass shooting is defined as an incident in which four or more people are killed or wounded — 475 people were killed in gun violence last year and 1,870 were wounded.

The president was brought to tears during his address on his new gun control plans at the memories of the mass shootings that have taken place during his presidency, most notably the shooting at Sandy Hook Elementary. On



**MELISSA DEATSCH**  
Staff Reporter

Dec. 14, 2012, 20 first graders and six adults were killed when a gunman entered the school.

With an election coming up later this year, it's important to keep in mind that any progress made this year by the Obama administration is likely to be reversed if a Republican candidate takes office and advanced upon if a Democrat is elected.

It's important to know the facts as well as where you stand on this debate when casting your vote in November.

### What do students think?

Millennials have proved to be a driving force behind cultural change in the US. It's the current president's hope that they buy into his reform plans and push for change regarding gun control.

However, a Pew Research Center study shows that millennial split almost right down the middle on the issue of gun control. 49 percent of millennials believe it's more important to control gun ownership than protect gun rights.

The views expressed in Perspectives do not necessarily represent those of The Oakland Post.



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# The Real Deal: You might be a feminist and not even know it

*How feminism has been misrepresented, true meaning, motivation behind the gender equality movement*

Nick Walter  
Contributor

In my short time being involved in politics, I've noticed a surprising trend. Most people seem to refrain from identifying as being a feminist. Even my liberal and progressive colleagues will refrain from the term, and this is because of the negative connotations the term has earned due to pop culture. When many hear the word feminist they think of rallies and "feminazis." This however is not even close to the true goal and meaning of feminism. In fact, you might be a feminist. So, let me shed some light on what a feminist truly is.

Do you think men and women should be treated equally under the law? Do you support men and women being treated equally in the work place? What

about in the classroom? If you said yes to these questions, then you already support the idea of feminism when it comes to legal equality.

Many people have the idea that feminism is the idea that women should rise up and dominate the world, and that is not what feminism is at all. Feminism simply calls for men and women to be treated the same by their bosses, police, teachers, etc. Feminism is gender equality for all genders, plain and simple.

Of course feminism is not just a political ideology. Feminism calls for certain changes to be made in our society as well.

You would have to be living under a rock to not have noticed that women are far more sexualized in the media than men are. Women on average in their lifetime will make only roughly



RYAN FOX  
Contributor

80% of what a man makes. Fifty-two percent of America's workforce is made up of women, but women only account for 14% of chief executive positions. Only 20% of the seats in congress are held by women. The most common crime committed on college campus is not theft, not

vandalism, but sexual assault. It is so common that one out of every four female college students will be sexually assaulted and a great deal of the cases will never be solved.

Does any of that bother you? Do any of those statistics make you think: "Maybe we need to change that?" Well then, you might just be a feminist after all.

So you might wonder, why do people who agree with feminists avoid calling themselves feminists? One reason that many men refrain from calling themselves feminists is because they think it is an exclusively women's movement. Well, that is not true by any means. In fact, the first person to ever coin the term "feminism" was a French man named Charles Fourier.

I am a man, and I've been a feminist since I've understood what the word meant. Anyone

can be a feminist.

Now, there are yet other reasons that people avoid calling themselves a feminist. Just like any ideology, there are those that have taken feminism and radicalized it. There are people on the internet that do genuinely believe women should subjugate men. These people have given feminism a bad image, just like how Islamic extremists have given Islam a bad reputation in the West. But just like how Al Qaeda and ISIS do not accurately represent Muslims, these radicals are not accurately representing true feminists.

Now that we have talked about what feminism is, it should be easy for you to decide: Do you support the equality of all genders? Do you want there to be change so that women have a level playing field? Yes? Then you are a feminist.

# A better yOU: New year, new yOU

Katie Rose  
Contributor

The new year is a time to reinvent yourself. According to University of Pennsylvania research, only about 40% stick to their resolutions after six months. That's great that you want to be a super model or climb Mount Everest. But it is important to come up with goals that are within your reach and that can be well-adjusted to your lifestyle and schedule. Let's look at some realistic environmental, health, and wellness resolutions.



KATIE ROSE  
Environmental, Health and Wellness Director

**Clean out your kitchen.**

Go home after class and get rid of all the toxic foods in your kitchen. Look at the nutrition label and decide which items your body will thank you for not eating. Get rid of the sugary ice cream, cookies, chips, soda, etc. Substitute those for fruits, veggies, protein bars, air-popped popcorn, and yogurt. This

doesn't mean you can never have a cookie ever again... It only means that you won't be tempted to eat a whole box in one sitting.

**Get a gym membership or use the Recreation Center more**

If you are paying for a gym membership, you may be more inclined to actually go. Yes, you are technically paying for a membership to the OU Recreation Center through your tuition. Since you're already paying for it, why not use it? If you walk into a gym with no idea what to do, take a class! The OU Recreation Center offers a bunch of programs and classes throughout the week. You can find these listed on their website, [www.oakland.edu/campusrec](http://www.oakland.edu/campusrec).

**Don't be afraid to park further**

I'm always hearing people say we have a parking problem at OU, but maybe it's more of a walking problem. There are always parking spaces available in P35 and P37 off of Pioneer Rd. Instead of driving around for 20 minutes to find a parking spot in P1, you could park somewhat further away and walk an extra 20 minutes. For healthy adults, it is recommended that you walk 10,000 steps per day, which is about 5 miles.

Parking further away is one way to get those extra steps in! Nowadays, you can track your steps by downloading a pedometer app on your smart phone or by wearing a FitBit.

**Use reusable bags**

When you go grocery shopping, bring a couple reusable bags with you. Think about it: every time you go to the grocery store you would normally use about 4 plastic bags. Let's say you go grocery shopping about every 2 weeks. That's about 8 plastic bags per month or 96 plastic bags per year. According to the United Nations Environmental Programme, global plastic consumption has increased from 5.5 million tons to 110 million tons in the last 50 years. That's a lot of plastic! And where do these plastic bags end up when you throw them in the trash? The landfill. Plastic is made of non-biodegradable petroleum and natural gas, and will leak pollutants into the soil and water over the hundreds of years it takes to decompose. There are many different types of plastic, which means that plastic can rarely be recycled due to contamination between the various types of plastic. Some of these plastic bags also end up in oceans and threaten marine life.

Reusable bags are relatively cheap, and can be bought at most grocery stores. Think of all the plastic you'll be saving if you use reusable bags!

**Skip the bottled water**

Again, stop using so much plastic! There are hydration stations in almost every building on campus where you can refill your bottle with filtered water. Stop by the Student Congress office to get one today!

UPCOMING EVENTS: ENVIRONMENTAL, HEALTH & WELLNESS	
JAN. 13	12 p.m.-1 p.m. American Red Cross Club General Meeting, Lake Superior A Room in the Oakland Center.
JAN. 28	12 p.m.-1 p.m. Leaders for Environmental Awareness and Protection General Meeting, Lake Superior A Room in the Oakland Center.
FEB. 3	2 p.m.-5 p.m. Student Congress Recycling Games, Banquet Room A in the Oakland Center.



POLICE FILES

Simple assault in Kresge

Before finals week last semester on Nov. 23, two female students reported a charge of simple assault to OUPD. One of the students was studying on the third floor of Kresge Library when a male student sat across from her without asking. He proceeded to stare at her and took off his shoes and touched her feet. The victim took OUPD officers back to Kresge and helped identify him. OUPD spoke to him and the student said that he has an “uncontrollable urge to touch women’s feet with his bare feet.” OUPD took him to the Graham Health Center and he was later taken to a hospital.

Marijuana possession in P2

On Dec. 16, OUPD officers found an illegally parked vehicle in P2. The student in the driver’s seat of the car rolled down his window for the officers. The car smelled of marijuana and the student had bloodshot, glassy eyes. OUPD could also see two marijuana cigarettes on the floor of the vehicle and found more of the substance bagged inside the car. The student was given a citation for illegal possession of marijuana.

Compiled by Shelby Tankersley,  
Staff Reporter

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# Grizzlies on the Prowl



*“What precautions do you take when driving in winter weather?”*



**Joe Fitzgerald**  
Junior, mechanical engineering

“I imagine everyone else does not know how to drive [in] the snow, so I need to be very cautious.”



**Sam Langmesser**  
Junior, communications

“I make sure my four wheel drive is [on] one and watch [out for] the crazy people speeding through the parking lots.”



**Michael Bossner**  
Sophomore, mechanical engineering

“This is why I bought a snowmobile.”



**J. Lenox**  
Senior, history

“I drive slowly and make sure the breaks work.”

— Compiled by Elyse Gregory,  
Photography Intern

## 2016 Wilson and Human Relations Awards

### Nominations are now being accepted.

**THE ALFRED G. AND MATILDA R. WILSON AWARDS** recognize one female senior student and one male senior student who have contributed as scholars, leaders and responsible citizens to the OU community. **Nominees must:**

- be graduating seniors in winter 2016 or have graduated in summer or fall 2015
- have a strong academic record of 3.5 or higher GPA

**THE HUMAN RELATIONS AWARD** recognizes a senior student who has made an outstanding contribution to intergroup understanding and conflict resolution in the OU community. Nominees must:

- be graduating seniors in winter 2016 or have graduated in summer or fall 2015
- demonstrate service to the community
- have a minimum 2.5 GPA

Nomination forms are available at [oakland.edu/dean\\_awards](http://oakland.edu/dean_awards) or in 144 Oakland Center. The deadline for both awards is Monday, February 15, 2016.

**For questions, contact:**

Dean of Students Office | 144 Oakland Center | (248) 370-3352

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## 'It's On Us' campaign begins

*OUSC to spread awareness about sexual assault*

**Jake Smith**  
Staff Intern

**O**n Jan. 6, Oakland University Student Congress hosted the kickoff event for their "It's on Us" campaign. The campaign will spread awareness and encourage prevention of sexual assault this semester.

The goals of the campaign are to raise awareness about the resources available to Oakland students and faculty, and to promote a safer environment on campus.

"There has recently been a huge increase in the amount of sexual assaults being reported, but there are still so many that are not," Patrick Cassidy, Center for Student Activities and Leadership Development intern, said. "This campaign will help provide OU students with resources and tips to increase their awareness so that we can all help prevent more incidents from occurring on campus."

According to the "It's On Us" website, the campaign promotes four main ideals. These are to "recognize that nonconsensual sex is sexual assault, identify situations in which sexual assault may occur, intervene in situations where consent has not or cannot be given and create an environment in which sexual assault is unacceptable and survivors are supported."

There are various resources available to OU students involved in sexual assault, including the Oakland University Police Department, the Graham Health Center and the Gender and Sexuality Center.

OUPD offers a safe, confidential and go-at-your-own-pace means to report a sexual assault. The OU Counseling Center at the GHC provides confidential counseling to students and the first six appointments are free. The GSC is a safe place to talk with peers and receive additional resources.

Sexual assault and how to handle it has been a hot topic



*Photo courtesy of ItsOnUs.org*

Oakland University Student Congress officially kicked off its "It's On Us" campaign on Jan. 6. The campaign's goal is to increase awareness of resources available to OU students and promote a safer campus.

in legislation over the past year. Currently, the federal law outlines specific guidelines and requires states to set their policies within those guidelines.

**"This campaign will help provide OU students with resources and tips to increase their awareness so that we can all help prevent incidents from occurring on campus."**

**Patrick Cassidy**  
Intern, Center for Student Activities and Leadership Development

While many states have set their own uniform policy on how to respond to and prevent sexual assault, Michigan instead allows each individual university to set their own policy.

"We're at an advantage. Even though the state of Michigan doesn't have one uniform policy

for handling sexual assault that each university follows, many universities have adopted similar platforms such as 'It's On Us,'" Zack Thomas, OUSC legislative affairs director, said.

Thomas explained that the lack of a state policy allows for the university to adapt their programs to fit Oakland's campus.

OUSC will be putting on more events in the campaign series throughout the semester. Dates are still tentative at this time but Oakland students and faculty can expect to see a mock sexual assault trial, movie screening with a guest speaker/campus talk and more resources in April for Sexual Assault Awareness Month.

"OU is looking to move forward and provide the safest campus possible for its students," Cassidy said. "However it's on the campus as a whole to understand that their attentiveness and support can have a huge effect on creating a safer environment."

## Students head south for spring break

*SPB offers seven-day trip to Disney World, Universal Studios*

**Sarah Lawrence**  
Staff Reporter

**I**t is never too early in the semester to start thinking about spring break.

The Student Program Board of Oakland University has revealed the mystery destination of their annual spring break trip.

For \$395, SPB is offering a seven-day, six-night trip to Walt Disney World resorts in Orlando, Florida. The cost includes charter bus transportation, lodging and a three-day pass to the Disney parks.

"Students will also be offered the option to purchase a \$65 Park Hopper pass for Universal Studios Orlando Resort," Liz Iwanski, travel director for Student Program Board, said. "The first three days will be for students to visit the Disney parks and the fourth day will be for Universal Studios or enjoying the hotel commodities."

Oakland University students will depart at 7 p.m.

on Saturday, Feb. 20 and will return to OU by 7 a.m. on Sunday, Feb. 28. Participants will be housed at Disney's All-Star Sports Resort, located less than two miles from Animal Kingdom, for the duration of the trip.

"The trip is open to Oakland University students only," Iwanski said. "Individuals must present their Grizzly ID at the CSA window and may not purchase tickets for other Oakland students. All ticket sales are final and no refunds will be made."

Ticket sales will open at 9 a.m. on Wednesday, Jan. 20 at the CSA ticket window.

"After months of planning, I am very excited to attend this trip and I think students should be too," Iwanski said. "Disney really is a place of magic that can combine both fun and learning opportunities. I can't wait for our group to have a chance to experience all that the parks have to offer."

For more information and updates about the trip, be sure to "like" the Disney World Winter Break Trip Ticket Sales page on Facebook or contact SPB at [spb@oakland.edu](mailto:spb@oakland.edu) or (248) 370-4295.



*Kylie Wichtner / The Oakland Post*

Oakland University's Student Program Board announced that its annual spring break trip will be to Disney World this year.



# Changes coming to Chartwells

*Chartwells analyzes data from last semester, makes adjustments to student meal plans*

**Cheyenne Kramer**  
Web Editor

Earlier in the year, Oakland residents were surprised with an increase in their transfer meals which allow them to use dining plans to eat around campus. The fall 2015 semester allowed students an unprecedented five transfer meals a week.

"I don't know if what we are going to do will go well, or if I screwed up," James Zentmeyer, director of Oakland University Housing, said on Thursday night upon arriving to the Resident Halls Association meeting.

As of this RHA meeting, Oakland University students who have resident meal plans can now use seven transfer meals per week.

This is not the only news coming from Chartwells. The downstairs level of the Vandenberg cafeteria has closed its doors for good, except for a new extended breakfast.

Zentmeyer explained that this

closure was due to the lack of attendance, with a drop of over 30,000 meals from the fall semester in which it opened to the fall semester of 2015. Transfer meal usage went up by 38,000 meals.

"The adjustments will help you get what you paid for and get what you want out of your meal plan," Zentmeyer said.

In addition to a new breakfast plan, Vandenberg hours have also changed. Dinner on weekends in the cafeteria has been extended until 7 p.m. according to various signs on each table in the dining hall.

Despite these new changes, rumors continue to spread about the quality of the cafeteria. Some students claimed that Chartwells failed a health inspection.

"We don't know where these kinds of rumors come from," Mark McCormick, resident district manager of Chartwells, said.

McCormick explained that if they had failed a health inspection,



Kylie Wichtner / The Oakland Post

The downstairs level of Vandenberg cafeteria has closed its doors for good this semester, except for a new extended breakfast.

everything would have to close for an investigation.

One attractive feature to the now defunct Vandenberg II was its numerous healthy alternatives and vegetarian options. Zentmeyer promised students that some of these options would see their way upstairs.

Furthermore, late night snack will be

revamped to include more options and promises were made to improve made-to-order options on the weekend breakfast plans.

Despite these promises, Chartwells employees shut and locked the doors to the dining hall at promptly 6:30 p.m. on Friday night. Workers were completely unaware of the new schedule changes.

## Rec center starts new weekly meditation class for stressed students

**Jake Smith**  
Staff Intern

The Making Meditation a Habit program kicks off on Thursday, Jan. 14 at 12:15 p.m. in the Oakland Recreation Center. The program is free to students and staff and will run weekly on Thursdays for seven weeks.

Meditation classes were offered previously at OU as part of a wellness program and due to positive feedback, the rec decided to bring it back as its own program.

"Stress is a huge problem for college students. Some millennials get so stressed that they can't even sleep," Jennifer Giordano, psychiatrist and instructor of the program, said. "Meditation is another tool available to them to help relieve everyone's stress lev-

els and possibly improve academic performance."

Giordano has been instructing meditation classes since 2011 and has taught over 1,700 people how to meditate.

The form of meditation taught in the class, Isha Kriya, was designed to help individuals deal with the fast pace of modern-day life by pausing the world around them and piecing together their own existence. It's a form of meditation that is currently gaining a lot of popularity all over the world.

The class is open to all and requires no previous experience with meditation. The first class will illustrate the basics of how to meditate and the following classes will be a place where participants can come together and meditate.

"It's easier to actively medi-

"Stress is a huge problem for college students. Some millennials get so stressed that they can't even sleep."

Jennifer Giordano  
Psychiatrist and Instructor of Making Meditation a Habit

tate if you have a group to meditate with, just like going to the gym with a friend," Giordano said.

Participants will also be encouraged to meditate for 15 minutes everyday outside of the class.

Another aspect of the program will consist of a before and after survey to compare stress levels prior to consistent meditation to stress levels after meditating every day for 15 minutes for seven weeks.



Dongfu Han / The Oakland Post

On Thursday, Jan. 14, the Making Meditation a Habit program will start offering meditation classes in the Recreation Center.

The survey hopes to illustrate the effectiveness that meditation has on reducing stress in college students.

So far, 28 people have signed up for the winter semester

program and if the feedback continues its positive trend, the class will return for the fall semester. Visit [oakland.edu/campusrec/](http://oakland.edu/campusrec/) for more information.



# Graduation, retention rates on the rise

*Following latest data release, Oakland projects continued increase for future cohorts*

**Sarah Lawrence**  
Staff Reporter

The latest data released from the Oakland University Office of Institutional Research and Assessment shows a steady increase in overall graduation and retention rates.

Recently, the office announced a 45.6 percent graduation rate for students who completed their programs in five or six years. These students entered Oakland University as freshmen in 2008 and 2009 as new members of the cohorts.

Additionally, there is new information regarding the retention rates for the 2012 and 2013 cohorts. The 78.1 percent of students who have returned to Oakland University following their first year is one of the highest retention rates in Oakland University history.

"Historically, first year retention rates have fluctuated between 70 and 75 percent," Reuben Ternes, Assistant Director at the Oakland University Office of Institutional Research and Assessment, said. "We have seen a recent increase in the number of students returning with enough credits to be considered sophomores which is one of the best indicators the university has that students are on track to graduate on time."

In an effort to continue the increase in student graduation rates, Oakland University has implemented over 33 student success initiatives, including GradPath, Completion Committee, Student Success Conference and the Center for Multiculturalism CORE and OUTAS programs. These programs have significantly helped maintain the increase in numbers.

"Looking at first-time students who started in 2008, you will see that in 2014, after six years, that 45 percent have graduated from OU, 10 percent are still enrolled at OU, 12 percent are enrolled elsewhere and 15 percent have graduated elsewhere for a total of 82 percent of students succeeding," Dr. Susan Awbrey, Senior Associate Provost at Oakland University, said.

This overall student success rate is attributed mostly to the implementation of the First Year Advising Center in 2012, the 28 campaigns and overall improve-

ments in class quality. The success of these programs is paired with the university-wide emphasis for students to obtain the right credits toward their degree.

"We are very excited to see the graduation rates continue to rise," Ternes said. "It's looking good for the future, and we are projecting that the graduation rates for future cohorts will break 50 percent."

All students looking for ways to stay on track and receive their degree on time need to recognize the importance of becoming engaged with faculty, staff, fellow students and campus organizations.

"Remember to stay on track, and visit your adviser who can assist you in making sure all of the credits you are taking will count toward your degree, Awbrey said. "Those who take too many unnecessary credits are less likely to graduate on time and are at a higher likelihood to run out of financial aid or become discouraged."

The increase in graduation and retention rates is great news for Oakland University. These factors play a huge role in attracting potential students as well as encouraging alumni as the university continues to transform and grow.

## BY THE NUMBERS

GRADUATION RATES:

**45.3%**

of students who entered Oakland University in 2008 and 2009 have graduated.

RETENTION RATES:

**78.1%**

of students who entered Oakland University in 2012 and 2013 have returned following their first year.

The Oakland University Office of Institutional Research and Development projects graduation numbers will break

**50%**

for 2012 and 2013 graduation cohorts.



Kevin Bradsher / The Oakland Post

With 78.1 percent of students returning following their first year, Oakland University's student retention rate is one of the highest in history.

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# Internships, worth it?

*Finding the positive side of being an intern*

**Shelby Tankersly**  
Staff Reporter

The Google search “why you shouldn’t have an internship” yields over 1.7 million results. On top of that, there are editorials written by former students published in news outlets like Forbes and USA Today on why they regret their internships.

Yet many majors require one, and colleges around the country will vouch for the importance of an internship. Even the bad internships must have some good qualities if they are worth it, right?

The answer is yes. Even the worst internships have takeaways that are valuable.

## Learn to be positive

Not every internship is full of rainbows and butterflies — some are hard or less than enjoyable. Every day at a real job won’t be easy and fun either. Learning to roll with the punches gives any intern a taste of the real world.

“I’ve had internships that I hated and that didn’t work out well at all,” Holly Lustig, a senior studying anthropology, said. “However, those are the internships that I learned more in because I was able to figure out what I liked and didn’t like about a job. I learned how to handle negative things in a positive way, which has been so helpful.”

## Figure out what doesn’t work

There are internships made for each kind of person. Maybe the right one hasn’t shown itself yet. It’s better to figure that out now than after being given the diploma.

“Start to get experience early,” Carol Ketelsen, a career consultant for Career Services, said. “That way you can try on different jobs to see what you like and don’t like. Don’t just get one internship during the last semester of your senior year. That happens far too often.”

Ketelsen said that Career Services has alumni come in who don’t know what kind of job they want. Getting more than one internship during the college years fixes that problem.

## Figure out what does work

Statistically, about 60 percent of students change their major at least once while in college. Most of that population change their major three times, according to a study done at the Uni-

versity of La Verne in California. Work-related experience can be very helpful in figuring out a person’s interests. So don’t be afraid to take that interesting internship that has nothing to do with your major.

“I was offered an internship for undergrad and graduate recruitment for housing. I just took it just to try something new,” Lustig said. “I liked it so much that I ended up questioning what I wanted to do with my life.”

## Connections

“Internships build relationships with the people around you,” Ketelson said. “Those people know people who can get you that job.”

USA Today published an article last year stating that friendships and connections made during internships often result in a reference or a job offer. Making those connections can be as simple as being friendly or attending a company event.

Never deny a job that may be presented in any format, there is always something to learn from every experience. Bulking up that resumé is never a bad thing and lessons can be learned from even the worst of jobs.



Dongfu Han / The Oakland Post

The Career Services office, located in North Foundation Hall, offers internships to students before they graduate.

# Cellphones proving to be more than just a distraction

**Alexus Bomar**  
Staff Reporter

According to the 2015 National College Health Assessment, 30 percent of students reported that within the past year, stress had negatively affected their academic performance — for example, some received a low grade or failed a class. Within the past year, 59 percent of students said they felt overwhelmed and anxious.

In short terms, too much stress can cause anxiety. Over long periods of time, elevated levels of stress hormones can harm the immune system, cause heart, respiratory and gastrointestinal problems and may lead to chronic anxiety and depression, according to a story in the Atlantic magazine.

Being a college student has its positives and negatives; students enjoy freedom away from parents, but negatives vary, from paying for loans to health concerns such as stress and anxiety.

Here at Oakland University, the Graham Health Center (GHC) is the place that students should go for health concerns or to talk to a psychologist.

Erica Wallace is the Health & Wellness Coordinator for GHC, and her job is to promote ways to stay healthy and manage stress through education and programming.

One of the most popular programs, iPause, teaches students mindfulness techniques, Wallace said. An easy strategy for immediate relief is taking a few deep breaths and focusing on the moment.

Dr. David Schwartz, psychologist at the Counseling Center at GHC, encourages students to have some form of stress management or relaxation activity built into their daily schedules.

Some ways to not become stressed so easily is to practice regular mindfulness by learning to become more aware of our thoughts, feelings and body sensations, Schwartz said. It’s good to be in the moment.

Students can come into the Counseling Center for an appointment or join one of the workshops, but can

also find an almost infinite amount of free mindfulness and relaxation activities online and through apps to learn better coping skills.

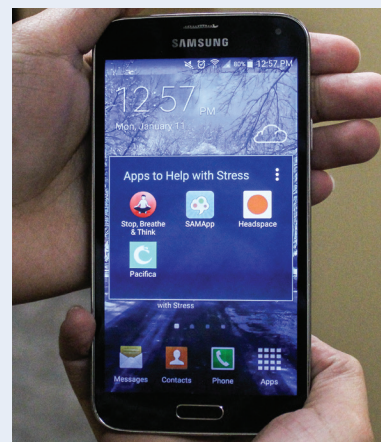
“Self Help for Anxiety Management” (SAM), “Headspace,” “Pacifica” and “Stop, Breathe & Think” are a few apps available for both Android and iPhone that can help with stress and anxiety.

According to the Google Play Store, SAM is a psycho-educational tool to help a person understand and manage anxiety. It was developed by a university team of psychologists, computer scientists and student users.

“Headspace” is a service that provides guided meditation sessions either online or through a mobile app. According to the 47 studies analyzed by the JAMA Internal Medicine, or the American Medical Association journal, meditation helps manage anxiety, depression and pain.

“Pacifica” was number one on BuzzFeed’s “Amazing Apps for Anyone Living with Anxiety” list. This app provides tools to help address anxiety and stress by tracking the user’s mood and providing relaxation techniques.

The final app won the 2015 Webby People’s Voice award for health and fitness. “Stop, Breathe & Think” is a free app that helps users track how they feel on a day-by-day basis. Once choosing emotions, the user will receive a guide for recommended meditations.



Kylie Wichtner / The Oakland Post

All the apps mentioned are available on the Google Play Store and App Store.



# Grizzlies glam up for Meadow Brook Ball

*Now offered two nights, OU students get ready for traditional dance inside a national historic landmark*

**Grace Turner**  
Life Editor

Students will have a chance to glitz it up this dreary January and February with Oakland University's oldest student tradition — the Meadow Brook Ball.

Forty-two years strong, guests will experience the old and the new — an evening in the mansion with more entertainment options that revolve around an old Hollywood theme, or “A Night Amongst the Stars.” The event is offered Jan. 30 and Feb. 6.

“It’s a full package of activities,” Jean Ann Miller said. Miller is the advisor for the Meadow Brook Ball Committee, the group that organizes the event.

That package takes quite a bit of planning. The committee keeps costs down by recruiting OU students for entertainment.

“It’s a lot of home grown talent,” Miller said.

This year’s ball will feature two comedians, both OU students, Miller said. One won OU’s Got Talent two years ago. Theater majors will impersonate iconic Hollywood stars.

Music will be provided by WXOU and Phi Mu Alpha Sinfonia, an on-campus group that will play jazz. The Ballroom Dance Club will offer dance lessons.

There will be some outside entertainment as well, such as a photo booth, caricature and letter artists, and a scavenger hunt on the upper floor of the mansion. Food will be catered by the mansion and will include hors d’oeuvres and alcohol-free cocktails, Miller said.

The cost for both nights is \$20,000, Miller said. The committee partners with the Student Activities Funding Board and fund raises so it can keep ticket prices down, according to Ashley Kolomyski, secretary of the committee and a fourth-year student studying elementary education.

Tickets this year were \$20 per person.

“It really is a bargain,” Miller said.

The theme was picked shortly after last year’s ball, and planning began over the summer with purchases made by the decorations sub-committee. Regular meetings started in Septem-

ber. The public relations sub-committee deals with advertising and the donations sub-committee works on fundraising, Kolomyski said.

Everything is on schedule this year, Kolomyski said. Even so, decorations can’t go up until after mansion touring hours the day of the ball — around 3 p.m. The month before the ball is the busiest.

“I don’t think it ever won’t seem hectic,” Kolomyski said.

All the work is worth it, Kolomyski said. She said she likes planning the

“People like being in the mansion a lot because it’s a nice piece of history, overall it’s just a fun night.”

**Ashley Kolomyski**  
Meadow Brook Ball Committee Secretary

ball and the committee always gets good reviews.

“People like being in the mansion a lot because it’s a nice piece of history,” she said. “Overall it’s just a fun night.”

Matilda Dodge Wilson, founder of OU, lived in Meadow Brook Hall. It is a National Historic Landmark and was built in the 1920s.

Miller said she went to the ball when she was an OU student and had a great time.

“It was awesome, but it gets bigger and better every year,” she said.

She doesn’t remember having as many activities available when she went.

“It was just the ambiance that stayed with me,” she said.

Kolomyski’s parents went to the ball when they were students and kept their photos.

Miller pointed out how special the ball is — how many college students get to spend an evening in an on-campus mansion? Guests understand the significance of what Miller called an elegant and sophisticated event. Everyone dresses up and students are respectful, Miller said.



Nowshin Chowdhury / The Oakland Post

On Jan. 30 and Feb. 6, students will gather at the Meadow Brook Hall for the 42nd annual Meadow Brook Ball.

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Photo courtesy of oakland.edu

From back, left Myshia Liles-Moultrie, Christina Root, Tasha Tinglan, Betira Shahollari, (in front) Carlie Austin.

## Keeper of the Dream award

**Alexus Bomar**  
Staff Reporter

According to the Center for Multicultural Initiatives website, The Keeper of the Dream Award (KOD) was established in January 1993 to recognize and honor OU students who have contributed to interracial understanding and good will. The KOD scholarship award celebration honors the late civil rights leader, Dr. Martin Luther King Jr.

This year's keynote speaker, LeVar Burton, is mostly known as the host of the Emmy-winning PBS children's series "Reading Rainbow," along with his iconic role as Kunta Kinte in the television series "Roots."

The event starts at 11:30 a.m. in the Banquet Rooms with the scholarship award presentations, and the keynote address at noon. After, there will be an African American Celebration Month (AACM) kickoff from 1 p.m. to 3 p.m. in the Pioneer Food Court.

AACM goes from Jan. 18 to Feb. 18. During the month, there will be a series of events highlighting the importance of diversity and raising awareness of African American contributions to society with the theme of "Preserving Our Heritage."

Up to six scholarships are

awarded to students who best show exceptional leadership qualities through campus and community involvement, as well as removing both racial and cultural stereotypes. On Monday, Jan. 18, five students will be recognized for their efforts.

The five students being recognized are:

### **Carlie Austin, nursing**

"It feels sort of surreal. You know a lot of people only bring up Dr. King nowadays during the month of February, but to be recognized by CMI as someone who works to represent his vision daily is awesome, and something I, my family and my community are very proud of."

### **Myshia Liles-Moultrie, social work**

"It's a huge honor to be recognized for my efforts to make Oakland a more inclusive community. At a predominately white institution it is often easy to over look the students of color and the problems that come along with their color. This award is a small way to remind the community of Dr. King's vision and inspire others to make a change. Dr. King's vision will always guide me in my future career and I will always promote diversity and inclusion."

### **Christina Root, social work**

"I feel so privileged to be recognized as a young college student who has a passion to keep Dr. King's vision alive!"

### **Betira Shahollari, finance**

"It is an extraordinary experience to be recognized for displaying Dr. King's vision. I am very thankful to be able to show one of the things I am most passionate about and truly believe in, embracing and promoting diversity, through my involvement on campus. It is an amazing feeling to be recognized for the work and efforts put towards making a positive impact on the OU campus. Everyone around me has been very supportive and happy for me, and there is no better feeling than this."

### **Tasha Tinglan, social work**

"It is a tremendous honor to be recognized as a keeper of the dream. My mother raised me to treat and see everyone as equal. The color of our skin should not determine how we are treated. Dr. King had a dream that everyone would be treated equally and I will make sure that I always do my part in making that dream come true."

For more information about Keeper of the Dream and AACM 2016, visit the Center for Multicultural Initiatives website.

## The Vagina Monologues return to campus

**Cheyenne Kramer**  
Web Editor

The Gender and Sexuality Center (GSC) will be putting on a performance of "The Vagina Monologues" on Feb. 5 and 6 at 7 p.m. in Dodge Hall.

Grace Wojcik, coordinator of the Gender and Sexuality Center, said that it's been performed on and off at Oakland since 2010. This will be the first year that the monologues have come to campus twice in a row.

"The performance [last year] was much bigger than we anticipated," Paige Rowland, sophomore and performer last year, said. "But we hit our goal of about \$2,000 from ticket sales and chocolate vagina lollipop sales. We couldn't have been happier."

Eve Ensler wrote the monologues based upon a series of more than 200 interviews she conducted with women on topics ranging from birth, sex, abuse and the difficulties of transgender women.

Ever since Ensler wrote the monologues, organizations across the country have been performing these pieces for over 10 years.

"They're impactful and a great way to raise money for important organizations," Wojcik said.

This year's proceeds will be going to Turning Point and

Haven, two Michigan-based charities.

"This means that the money students contribute will be making a difference here where they live," Wojcik said.

According to a press release from the GSC, the "Vagina Monologues" was performed in over 200 countries last year and raised over five million dollars for various charities.

The Oakland performance is part of V-Day, a program in which various organizations take part. V-Day is officially on Feb. 14 and is a day where groups and college campuses world-wide put on performances like the Vagina Monologues and campaign to end violence against women.

According to the GSC press release, V-Day is "a catalyst for mobilizing women and men to heighten awareness about violence against women and girls."

"People tend to act like vaginas should be something taboo to talk about for some reason," Rowland said. "It's really freeing to be able to talk about them so clearly and uncensored."

Tickets are \$10 in advance or \$15 at the door and can be purchased from the CSA window. More information can be found at [www.oakland.edu/csa/gsc/](http://www.oakland.edu/csa/gsc/) or on the various pink posters across campus.

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(49 Oakland Center)  
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Service Window Hours:  
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Wednesday 9am-6:30pm

Gender & Sexuality Center  
Presents:  
V-Day  
Oakland University

**February 5, 7pm**  
**February 6, 7pm**  
**201 Dodge Hall**

**The Vagina Monologues**

Proceeds will benefit HAVEN and Turning Point, Inc.

Performances will be American Sign Language interpreted.

"The performance [last year] was much bigger than we anticipated. But we hit our goal of about \$2,000 from ticket sales and chocolate vagina lollipop sales. We couldn't be happier."

Paige Rowland  
Former Performer

# Oh, I think that I found myself a cheerleader

*Male cheerleaders find reward in joining the Golden Grizzlies cheerleading squad, increasing school spirit at basketball games*

**Rachel Williams**  
Campus Editor

If you have been to a Golden Grizzly basketball game this season, you may have noticed a few additions to the spirit section.

Five new male members were added to help support the university's athletics and entertain the crowds at home games.

Oakland's 2014-15 cheer team, coached by Claire Mozer, was made up of 22 women.

This year, a few of the cheerleaders approached the football team at a practice to pitch their idea of adding male members to the cheer team.

Some of the new team members had no cheer experience prior to Oakland's team.

"Cheerleading was something I was never expecting to be in-

volved with, however, I am glad I did," Grant Grabowski said.

Now the team practices four days a week — Tuesday, Wednesday, Thursday and Sunday. These practices don't include outside practice on stunts and tumbling in order to perfect their skills.

The team cheers at every home game, but was not present at the OU vs. MSU game at the Palace of Auburn Hills.

The addition of the male members has allowed for these students to step out of their comfort zone while working hard towards a common goal.

"The way practice is ran, we only prepare for success," Grabowski said. "There is only hard work and dedication involved in the many hours of practice."

In December, the team hosted

"Cheerleading was something I was never expecting to be involved with, however, I am glad I did."

**Grant Grabowski**  
Member of the Golden Grizzlies Cheer Team

an Oakland Cheerleading Golden Grizzlies Youth Cheer Camp. The camp allowed kids to learn a routine and perform alongside Oakland's cheer team during a women's basketball game.

These types of events and the overall group dynamic bolsters an encouraging and driven atmosphere for the team.

The new male members are already reaping the benefits of



Bohdanna Cherstylo / The Oakland Post

Five new male member were added to the cheer team to help support the university's athletics and entertain the crowds at home games.

joining the cheer team.

Grabowski stated that the most rewarding part of being on the team so far has been "becoming an overall better athlete, the use of better equipment and being able to meet

amazing people."

Keep an eye out for these new Golden Grizzlies cheerleaders at the next home game on Thursday, Jan. 14 when the women's basketball team takes on Northern Kentucky.

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# Mouthing Off

The views expressed in Mouthing Off do not necessarily represent those of The Oakland Post.

## Life after college sucks more than you think it will

**Josh Soltman**  
Former Chief Copy Editor

A lot has happened in the past seven months: North Korea threw a couple firecrackers off a roof while claiming it detonated a hydrogen bomb, Donald Trump made a sexist/racist claim again and again and again ... and a group of hillbillies decided to occupy federally-owned land in Oregon with nothing but the cut-off flannels on their backs and the mint Skoal in their pockets (oh yeah, and assault weapons, too).

An eventful few months to say the least, but I've still found myself preoccupied with adjusting to life post-college, which hasn't been easy for this sensitive young man.

But rather than throwing a tantrum, I decided to wait for an opportunity to bitch about everything. You guys are that lucky platform.

If any of you kiddies have read any of my previous stuff that I did while working at the

Post in recent years, then you already know 95 percent of what I do is complain (the other 5 percent consists of beer-drinking and continuous screenings of "Star Wars: The Force Awakens"). For all the newcomers: Be glad I don't do this on a regular basis anymore.

For the most part, I literally haven't grown at all as a person since graduating, but I have learned one thing. Life after college is a constant barrage of disappointment and hell. Just like college life only with more bills and less sex (is there an amount less than none?).

Now, maybe it's just me. Perhaps I shot myself in the foot by obtaining an increasingly fruitless degree in a dysfunctional field.

As one of the most self-hating people on this hemisphere, I'm finding it hard to think it was my sky-high expectations and optimism that are letting me down. No, I think it's something on a much baser level — life sucks even more than I

thought it did.

I've never been an optimistic person, but I always thought that the next phase of my life would be a little more superior than the last. I guess all that Chik-fil-A modified my DNA and filled me with a false sense of security.

Since graduating, I've found myself floating around a bit. Over the summer, I ended up residing in Florida with a baker and a Haitian man who practiced Santeria on a regular basis. But after a few weeks of swimming through that humidity, I had to get the hell out.

Then I wound up renting a house up in Traverse City. I thought this would be great until I realized that my roommate made Buffalo Bill seem like a saint. Partner that with crippling debt and starvation...

And thus, I ended up back here. Right back where I started. Six months had passed and I had accomplished nothing, except unexplainably gaining a ton of beer weight, despite the fact that I had been broke since



Photo by Josh Soltman

the day before forever.

So I slumped back home, tail between my legs, and tried to pick up the pieces. Since then I have procured gainful employment — which I am absolutely happy about — but I still find myself pondering when this shit is supposed to get fun.

I never thought I'd find myself yearning for the days of spending exorbitant amounts of money for bitter coffee in the OC, or that I'd miss that mar-

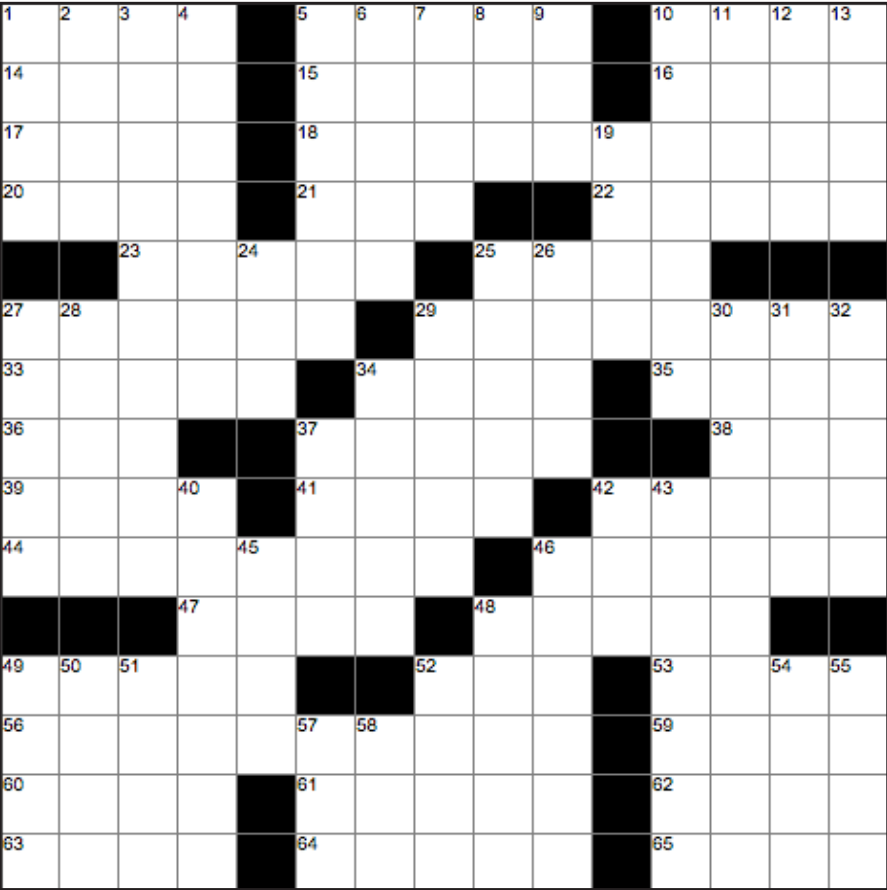
velous feeling one gets when straight up skipping a class for no reason at all.

So, if you ever find yourself really struggling at OU, just remember that it only gets worse from there. Go enjoy your Panda Express and clock tower while you can, because soon you'll be getting bent over by the real world. And in the real world there are no Panda Expresses. At least not by my house.

# GOT SOMETHING TO MOUTH OFF ABOUT?

The Oakland Post is looking for satirical scribes, witty writers and comical columnists. Submit your best efforts to [editor@oaklandpostonline.com](mailto:editor@oaklandpostonline.com) and you could get published for the world to see.

# Puzzles



### Across

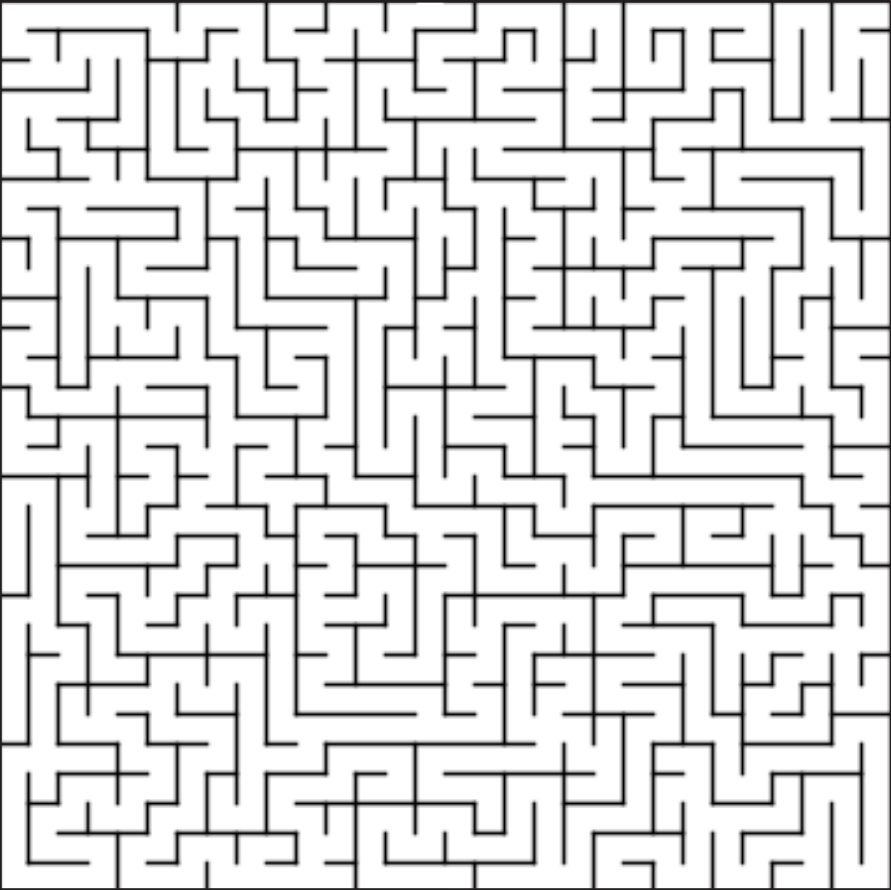
- 1: Waterproof cover  
5: Hit strings  
10: Meditate (on)  
14: Type of arch  
15: Hairdresser's offering  
16: Run gracefully  
17: Kind of shake  
18: Gave rise to  
20: Java vessels  
21: NPR has none  
22: Desert refugees  
23: Punches  
25: Word of frustration  
27: Certain secretaries  
29: Housekeeper  
33: Duds  
34: Unspecified amount  
35: Every one individually  
36: Wharf pest  
37: Metallic quality  
38: Life story, for short  
39: Roman date  
41: Jack of 'Hawaii Five-O'  
42: Skye and Man  
44: Lotharios  
46: Hang together  
47: Obnoxious  
48: Weathercocks  
49: San Antonio hoopsters

- 52: Video recorder, for short  
53: Church recess  
56: Doubtful  
59: Ripped off  
60: Sluggish  
61: Barbecue area  
62: Logical flaw  
63: Is short and shy  
64: Blueprints, briefly  
65: Budgets make them meet

### Down

- 1: Vegan's staple  
2: Emulsifying agent  
3: Placed into again  
4: One's image  
5: Round and strip, e.g.  
6: Looks after  
7: Shoddy clothing  
8: Employ  
9: American voters before 1920  
10: Decontaminate  
11: \_\_\_ d'oeuvre (appetizer)  
12: Olympic weapon  
13: Ties the knot  
19: Stadium topper  
24: Coquettish

- 25: Like the Pantheon  
26: Last word in prayer  
27: Garments worn by the Ganges  
28: Make a swap  
29: Industrious group  
30: Add 15 to this for a cup  
31: Less friendly  
32: X'd, as a candidate's name  
34: Place for a summer home  
37: Kane's dying thought  
40: Fringed carriages  
42: Cyclotron bit  
43: Cover a point?  
45: Use foul language  
46: Minor roles for big stars  
48: Prophetic  
49: Farm tower  
50: Forepart of a boat  
51: Strongly advise  
52: Adorable  
54: Listened to the bears  
55: Barely manages, with 'out'  
57: Photo \_\_\_ (campaign events)  
58: Full circle, on the track



8		7				6		
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4			8	2		1		
		3				8		4



## TOP 10 THINGS TO DO IF YOU WIN THE POWERBALL

The powerball is up to a colossal \$1.5 billion this week. The next drawing will take place Wednesday, Jan. 13. The Oakland Post staff compiled a list of things to possibly do with millions of dollars. How would you spend the money?

- 1. PAY OFF DEBT:** Pay of my debt, my family's debt, my friends' debts, maybe some of my coworker's debt.
- 2. BUY A NEW CAR OR TWO OR SEVEN:** What better to spend the powerball money than on buying a different car for every day of the week?
- 3. BUILD ANOTHER CLOCK TOWER:** Because one isn't enough!
- 4. TRAVEL THE WORLD IN 180 DAYS:** Who wouldn't want to be like Jackie Chan and Owen Wilson? Oh, and the sights might be worth it too.
- 5. BUY MY OWN PERSONAL PARKING SPOT:** The university wouldn't have a problem with it if it got a million dollars for it...
- 6. BUILD AN IRON MAN SUIT:** Robert Downey Jr. made it look easy so it obviously can be done. Plus that will make me one step closer to being friends with Thor, the Hulk, Black Widow, Captain America and now Spider-Man.
- 7. HIRE SAM SMITH TO PERSONALLY SERENADE ME:** He would be forced to "stay with me" all the time.
- 8. BUILD A MANSION TO MAKE LeBRON JAMES JEALOUS:** Oh, you have your own movie theatre LeBron? That's cool. Have you seen my indoor exotic zoo featuring a 50-foot-waterfall?
- 9. BUY AN ISLAND:** Life could be like Castaway, only better, and with more volleyballs.
- 10. HAVE MORGAN FREEMAN NARRATE YOUR BIOPIC:** No explanation needed.

— Compiled by the Oakland Post staff

## YAKS of the WEEK

**Yik Yak:**  
The voice  
of the  
people



- 1.** "First you chemistry, then you chemiscry, and then you chemisfail."
- 2.** "7 TRANSFER MEALS A WEEK IT'S A CHRISTMAS MIRACLE."
- 3.** "I can't feel my face when I'm outside. I don't love it. No I don't love it. Ohhh."
- 4.** "I feel more unloved than a flight of stairs next to an escalator."
- 5.** "If you're a teacher and make the class introduce themselves one by one to the entire room, chances are I don't like you already."
- 6.** "What do you mean I can't major in being a Pokemon master?"
- 7.** "Joe Biden recently spoke about his decision to not run for president. 'I regret it every day,' said the

VP in a statement written in crayon."

**8.** "Remember how in grade school we all hated assigned seats... But now we give them to ourselves."

**9.** "Distractions. Distractions everywhere."

**10.** "I wish my GPA was more like me on an attractiveness scale... A solid 4."

— Compiled by Shelby Tankersley,  
Staff Reporter

## TOP TUNES

wxou albums  
of the week

- 1.** FRANKIE COSMOS — "Fit Me In [EP]"
- 2.** MARK MCGUIRE — "Beyond Belief"
- 3.** JOANNA NEWSOM — "Divers"
- 4.** PALM — "Trading Basics"
- 5.** KING GIZZARD AND THE LIZARD WIZARD — "Paper Mache Dream Balloon"
- 6.** MARTIN COURTNEY — "Many Moons"
- 7.** TY SEGALL — "Ty Rex"
- 8.** PROTOMARTYR — "The Agent Intellect"
- 9.** CAR SEAT HEADREST — "Teens Of Style"
- 10.** JACK MOVES — "The Jack Moves"

## ALBUM SPOTLIGHT

**#4. Palm** — "Trading Basics" (*Exploding in Sound*)

There's something in the water in Philadelphia, Pennsylvania. The "City of Brotherly" love is drawing lots of national attention to its music scene where some of today's best underground music is being made. The city's newest gem is from one of its most experimental bands, Palm.



Spastic rhythms, twinkling guitars and odd time signatures benefit "Trading Basics" because there is never a dull moment on the record. Drummer Hugo Stanley's playing is erratic but always in time, accentuating offbeats with a very distinct jam block. Combining Stanley's right-brain drumming with Gerasimos Livitsanos' blissful bass high notes and the dark interplay of guitarists/vocalists Kasra Kurt and Eve Alpert results in a dense listen, but one that is darkly alluring. This is post-punk at its smartest and sharpest.

Recommended if you like: Can, Viet Cong, jam blocks

Start with: "Egg In A Frame," "Second Ward" and "Garden"

— Anthony Spak, WXOU Music Director

## Freshman guard lives up to high expectations

*Taylor Jones is dazzling on the court in her first season as a Golden Grizzly*

**Ally Racey**  
Staff Reporter

**T**aylor Jones, a three-time Horizon League freshman of the week this season, chose to further her love for basketball at Oakland University and has definitely lived up to her coach's expectation of her.

"I expect big things from her this season," head coach Jeff Tungate said at the start of the 2015-16 season.

The Detroit native Jones said Tungate wants her to become freshman of the year.

"Ever since he told me that, I knew that was something I wanted to achieve," Jones explained.

To accomplish that, she knew she would have to change her work ethic and do things other freshman weren't willing to do.

"I started to focus on the areas I struggled in the most and began looking for ways in which I could become better," she said.

"Although I am not nearly close to being perfect, I am still trying to improve on a daily basis. I believe I can only get better from here on out."

Besides being close to home, Jones explained that she came to Oakland because she felt she could help make a difference there. Throughout her recruiting process, she believed to have had a connection with the coaching staff and team.

"They made me feel apart of their family and welcomed me with open arms," Jones said. "Coach Tungate made it clear to me that he was building a great program here and I just knew that I had to be apart of it."

Jones mentioned that the transition from playing on her Farmington Hills Mercy High School team to the college level has been a complete change from physicality to the pace of the game.

"All the coaches here have high expectations for me. Back in high school, I could get away with a lot. However, that no longer works here. Everything has to be done with a purpose," Jones said.

"I'm required to give 100 percent effort in all that I do."

During the weeks of Nov. 16, Dec. 28 and Jan. 11, Jones was named Horizon League Freshman of the Week. She felt blessed because there were days when she felt nothing could go right on the court.

She stayed positive because she knew her time would come no matter how long it took. She knew she would be ready.

"Although I am proud of those achievements, I am not satisfied," she added.

On top of her Horizon League Freshman of the Week titles, Jones is ranked ninth in the conference for steals.

She says she has always been one of the top steals on previous teams because of her long arms. She explained that she just goes for a steal when the time is right.

"I try to read their eyes and once I see where they look, I go for it," she said.

Be smart, play aggressive and let the game come to me. These three pieces of advice run through her head during each game. To get herself motivated, she listens to music and prays on game day.

Jones has been playing basketball since she was four years old. She loves the intensity it brings. Watching her two older brothers play made her want to become involved in the sport.

"As soon as I was old enough to walk I knew I wanted to partake in it as well," she said.

She later added volleyball to her list of talents, but invested more time in basketball because volleyball was just a sport she liked while



Dongfu Han / The Oakland Post

Jones was named Horizon League Freshman of the Week three times this season.

basketball is something she truly loves and finds enjoyment in.

Her family, especially her mom, motivates her to be the best basketball player she can be.

"My mom made a lot of sacrifices for me growing up. I just want to do my part and make her proud in return," Jones said.

Between basketball and her education, Jones prioritizes her time and gets her work done in the classroom, stating that she puts "the same amount of effort I put on the court" into her studies.

Jones' favorite thing about the basketball program at Oakland is the team as a whole.

"I love the coaching staff and truly feel that all of the girls on the team are my sisters," she said.

Jones is currently enrolled as a communication major at Oakland. In five years, she hopes to continue playing basketball or work within a career that she enjoys.

Jones and the rest of the team return to the blacktop at the O'rena to face Northern Kentucky on Jan. 14 at 7 p.m.

### WOMEN'S BASKETBALL RECAP

The Golden Grizzlies women's basketball team picked up their fifth consecutive win against UIC on Jan. 7, 78-76.

Player of the game Taylor Gleason recorded a career-high in points (15) and assists (10) for her first career double-double.

"At the end of the day we got the job done and did what we needed to do to win the basketball game," head coach Jeff Tungate said.

Freshman Taylor Jones scored a game-high 21 points and made 9-of-10 free throws to tie her career-high.

Seniors Olivia Nash and Elena Popkey each reached double figures. Nash added 20 points while Popkey collected 12 points and went 4-4 from the line.

On the defensive end, Oakland held UIC's Ruvanna Campbell, who is second in the league for scoring, to only eight points on 3-of-15 shooting.

"I'm really happy for our team. It's a really hard place to come play. They are a really talented team, I mean Campbell is obviously one of the best players in the league," Tungate said.

The black and gold shot 18-for-20 from the free throw line and had 20 points off of turnovers.

The five-game win streak came to an end after the team's 81-66 loss to Valparaiso on Jan. 9.

"We took a lot of quick shots and didn't run our offensives the way we needed to run it," Tungate said.

Player of the game Nash scored 17 second-half points with 11 rebounds to claim her fourth double-double of the season, while Jones recorded a career-high 11-of-12 free throws.

Sinclair Russell tired career-high with five blocks and scoring 10 points hitting her first 3-pointer of the season.



# Girodat goes for gold

*Oakland track and field student-athlete looks forward to season, winning championships*

**Katlynn Emaus**  
Staff Reporter

As cross country season comes to an end, indoor track season starts up. Indoor track is almost like a preview of how the outdoor season is going to go. Junior Nick Girodat's indoor season sets him up well for outdoor season. Girodat's specialty is sprinting, the 200 meter dash to be specific. With a time of 21.69 seconds in the event during indoor season, Girodat is ranked first in the Horizon League and 11th in the nation.

"I would like to win both the 60 meter dash and 200 meter dash for the 2016 indoor track and field season," Girodat explained. "For the outdoor season I would like to win the 100 meter dash, 200 meter dash as well as the 4x100 meter relay."

Before his race, Girodat is very confident. According to him he "already has the race won."

"I visualize myself crossing the finish line before all of my competition," Girodat said. "I think about all the work that I have done and the sacrifices I have made to get to where I'm at. I also think about my family and all the support they have shown throughout my years of life and athletics."

With Girodat's best race being under 22 seconds long, he doesn't have much time to think. He just let's his body to what it is trained to do, what it knows to do. According to Girodat "it goes by in a blur."

"Once the race is finished I let my mind rest and relax," Girodat said. "I celebrate with my teammates and coaches by a series of intricate handshakes, high fives and hugs. I then thank any family members or friends that came to show their support and continue to cheer on my fellow teammates for the remainder of the meet."

According to head coach Paul Rice, Girodat is a great contributor to the team. As a freshman, Girodat won the 60 meter dash at the Horizon League indoor track and field championships as well as being named newcomer of the year.

Since then, Girodat has had some setbacks regarding his health, Rice explained how he would like to see Girodat "get healthy and stay healthy."

"Nick is one of the hardest working guys on the team," Rice said. "He is a very positive person and always cheers

for his teammates and is the first to congratulate them when they finish a race or a hard workout."

Rice would like to see Oakland University as one of the top teams in the conference, to be "the team the league is talking about."

"If we don't win the championship, we want to make the top teams really earn it," Rice said. "We are beginning to develop some nice depth and are ready to make that next step to the top of the podium. If Nick can contribute at that level on a regular basis, especially at championship time, then our men's team continues to climb the ladder to a top contender in the league."

"I visualize myself crossing the finish line before all of my competition. I think about all the work that I have done and the sacrifices I have made to get to where I'm at. I also think about my family and all the support they have shown throughout my years of life and athletics"

**Nick Girodat**  
Track team member

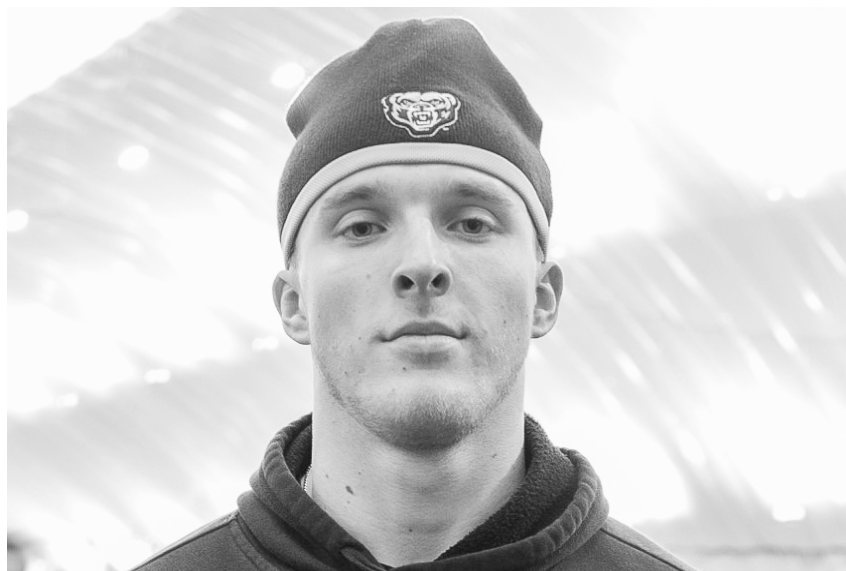
In fact, one of the reasons why Girodat choose Oakland was because it's growing track and field program.

This was the first year that OU cross country has ever claimed both Horizon League titles. Along with building the excitement for indoor and outdoor track season, it also helps out with recruiting.

By accomplishing his goals, Girodat also hopes to run a time quick enough to qualify for the 200 meter dash at regionals as well as national held in Eugene, Ore.

Girodat also has high expectations for his team. The cross country program brought home Horizon League Championships on both the men's and women's sides, Girodat expects the same from the track program.

"With the work and effort I have seen my team putting in I don't believe there is any other team in our conference who is working harder than us," Girodat said. "So I believe that if everyone can stay healthy and continue to work hard we will win both an indoor and outdoor conference championship."



Dongfu Han / The Oakland Post

With a time of 21.69 seconds in the 200 meter dash during indoor season, junior Nick Girodat is ranked first in the Horizon League and 11th in the nation.

## NON-ALCOHOLIC EVENT

Double elimination PLUS prizes for 1-5 place!

# FEBRUARY 13, 2016

Sign In: 8:30-9:00 PM

First game will begin at 9:15 PM

# BEAR PONG

Door Prizes, Food, & Fun Activities!

All participants must be Oakland students  
**Must have student ID**

Hang out with friends, student athletes, and members of the Greek community



Sign up online | Registration ends February 7

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# Unplanned encounter lands Palombizio at Oakland

*Valentine's first recruit as a college coach leaves prep school semester early to join the Golden Grizzlies*

Kristen Davis  
Editor-in-Chief

**W**hat does it mean to be in the right place at the right time?

For Chris Palombizio, it means a chance to play Division I college basketball at Oakland University.

And for Drew Valentine, it means a chance to land his first recruit as a college coach.

On July 25, 2015, Valentine sat in the stands of the Spiece Fieldhouse in Fort Wayne, Ind. alongside Michigan State head coach Tom Izzo at an AAU tournament. The pair watched Oakland recruit Brailen Neely and MSU recruits Miles Bridges and Cassius Winston of The Family face the Illiana Warriors in the GRBA National Championship.

Although Valentine was at the game to watch Neely, a 6-foot-7, 210 pound forward from the opposing team who was tough and could shoot the ball well caught his attention.

"This kid is just killing [The Family], and they got a team full of Division I players," Valentine said as he recalled the mid-afternoon game. "[The Family] was arguing over who was going to guard him and he ended up with like 35 points."

That player was Chris Palombizio, and after Valentine searched his name on Google, he learned he was the son of the 1981 Mr. Basketball of Indiana and hall of fame player Dan Palombizio, who played college basketball at Purdue and Ball State before playing professionally overseas.

"I was like, this kid seems like the kind of kid I want to get in on and Coach Izzo said, 'yeah, you better get on him Drew,'" Valentine said.

So he did.

## Signing day

Palombizio signed with the Golden Grizzlies in November and decided to opt out of his final semester at Don Bosco Prep, a fifth-year prep school in Indiana, to come to Oakland a semester early.

An Indiana native and graduate of

Chesterton High School, Palombizio initially signed with Western Michigan. He made the decision to attend Don Bosco Prep instead because he wanted offers from bigger schools.

Also factoring into his decision to attend prep school was a fifth metatarsal break he suffered his junior year of high school, which put him out about five months and interfered with his performance during what would've been his final AAU basketball season. By attending Don Bosco, he was able to play another summer of AAU.

"For him to go through AAU again and have the end of summer and the fall that he had in the weight room and the court is definitely the reason why I think he's in the position that he's in," Valentine said.

"I think it also speaks to him individually because sure, the prep school he's at is a pretty good prep school, but if Chris wouldn't have made the decision

and worked as hard as he did, I don't think he'd be in the position he's in."

By coming to Oakland a semester early, Palombizio will have several additional months to adjust to the faster paced, more physical college game and "learn the system" before officially suiting up for the Golden Grizzlies this fall.

"It's really going to help me just because my freshman year, I'm going to be ready," he said.

"I'm going to know what to expect. I got a chance to play right away just because I have this extra semester to learn the plays and just get better with the coaches and understand what they want from me."

## A special bond

Palombizio said Valentine played a big role in his decision to come to Oakland. He said they've built a good relationship with one another and he liked Valentine's "track record," and Valentine said he feels a sense of pride since this is his first recruit as a coach at Oakland.

"It's very exciting if your first recruit can have the impact that I think he can have. He just brings something kind of different that we haven't had from his

position," he said.

"We've always had really good shooters but he's 6-7 and more of like a three or four. He's tough and he can rebound. He's just a different player than we've had here with his size and skill level."

"It's very exciting if your first recruit can have the impact that I think [Palombizio] can have. He just brings something kind of different that we haven't had from this position ... He's just a different player than we've had here with his size and skill level."

Drew Valentine  
Assistant men's basketball coach

Palombizio added that the ultimate reason he came to Oakland is because he feels it's where he will reach his full potential.

"It's been my dream to play Division I college basketball," he said. "I'm just looking forward to getting involved and just being a part of this great organization."

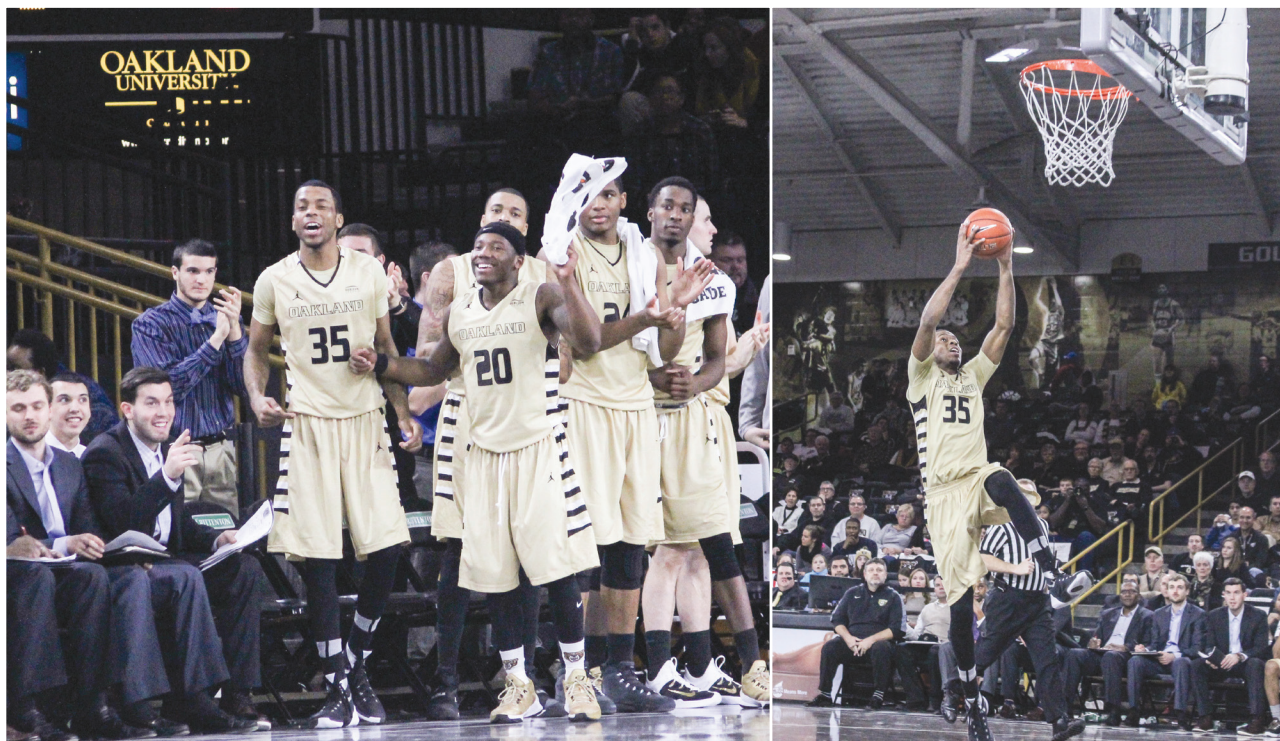


Chris Palombizio (right) cheers during the men's basketball game last week. Palombizio left prep school a semester early to come to Oakland and will play for the Golden Grizzlies this fall.

Nowshin Chowdhury / The Oakland Post



# Golden Grizzlies end two-game skid, blow out Flames at home



Bohdanna Cherstylo / The Oakland Post

The men's basketball team celebrated a win on Sunday afternoon inside the O'rena against University of Illinois-Chicago.

## Kay Felder leads Oakland to 25-point victory over University of Illinois-Chicago

**Scott Davis**  
Managing Editor

Oakland ended its four game home stand on a high note, drubbing the University of Illinois-Chicago Flames 86-61 on Sunday afternoon.

After two straight disappointing losses on its own blacktop, Oakland (10-7, 2-2) got back to its balanced attack on offense and held a struggling UIC team (2-12, 0-3) to just 37.5 percent shooting on offense to get back in the win column.

Kay Felder led the Golden Grizzlies in scoring with 26, continuing his streak of scoring at least 20 in every game this season. Jalen Hayes and Brad Brechting both scored ten points, while collecting six and five rebounds respectively.

Head coach Greg Kampe said at the postgame press conference that he was impressed by how efficient the offense seemed to be running Sunday afternoon. He said that he thought the team was trying to score too quickly in previous contests.

The efficiency was a point of emphasis at practice in between games and will be for the rest of the season.

"We went back to our roots and where we were the first day of practice and started over, I'm very pleased with the results," Kampe said.

"That doesn't mean we are there, but I think we are refocused and back to having a plan that can make our team the best it can be. We got away from that plan and that was my fault."

Kampe made an interesting move by not playing center Percy Gibson until the second half. The redshirt senior had started every game for the Golden Grizzlies prior to Sunday's game, and finished with nine points and two rebounds.

"If Percy can play at the level of intensity and physicality in the second half tonight, we have a chance to achieve greatness with this team. There are not a lot of players in the Horizon League that look and can move like Percy Gibson," Kampe said.

"I need to as a coach figure out the best way to motivate him to play at

peak performance and it has been a struggle for me to do that so far this season."

Felder and Hayes said after the game that the win came at a perfect time for the team after losing a heartbreaker to Youngstown State and a blowout to Valparaiso last week. The team will have the week off before heading to face its rival Detroit (9-6, 3-1) on Saturday afternoon.

"We came out, executed and did what we were supposed to do. Hopefully this can start something great for us and we can get on a winning streak," Felder said.

With 14 games left to play, Oakland sits in the middle of the pack in the Horizon League with Valparaiso leading the league, owning the only perfect record.

The Golden Grizzlies will not meet the Crusaders until the end of the season, but face a crucial stretch of games with six of their next eight being on the road.

The Golden Grizzlies will travel to Calihan Hall this Saturday afternoon with a 3 p.m. tip. Oakland split its two games against Detroit last season.

The game will be broadcasted on WADL TV and 1130 WDFN radio.

## GRIZZLIES BOX SCORES

### FRIDAY, JAN. 9 VS VALPARAISO

**67-84** OAKLAND shot just 34.3 percent on 70 shots taken from the field in Friday night's loss against the league-favorite Crusaders. Kay Felder led the way for Oakland with 20 points and six assists. Max Hooper sunk four three-pointers for 12 points and Jalen Hayes finished with 13 points and six rebounds.

>> READ FULL GAME STORY ONLINE — [www.oaklandpostonline.com](http://www.oaklandpostonline.com).

### 86-61 SUNDAY, JAN. 10 VS UIC

FELDER continued his streak of scoring 20 or more points every game this season scoring 26 points and leading Oakland to a comfortable victory over UIC. Jalen Hayes and Brad Brechting followed his efforts with 10 points each and six and five rebounds, respectively.

## STAT LEADERS

**POINTS** Kay Felder leads Oakland and the entire Horizon League in scoring with 25.8 points per game.

**REBOUNDS** Jalen Hayes leads the Golden Grizzlies with 7.9 boards per game this season.

**ASSISTS** Averaging 8.7 assists per game, Felder leads the team and league in this category.

**FREE THROW PERCENTAGE** Felder is shooting 83 percent from the line this season, which leads the team.

**BLOCKS** Freshman Brad Brechting is leading the team with an average of 1.1 blocks per game.

**THREE-POINT PERCENTAGE** Max Hooper is shooting 45 percent from beyond the arc this season, which leads the team.

**STEALS** With an average of 2.1 a night, Felder leads the team in this category.