

THE OAKLAND POST

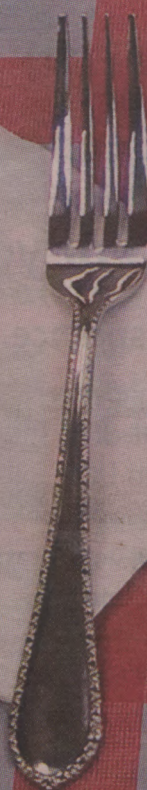
June 11, 2008

Volume 33, Number 60



SPECIAL ORIENTATION INSERT—

An insider's guide to OU's campus
The stuff you may not learn at orientation

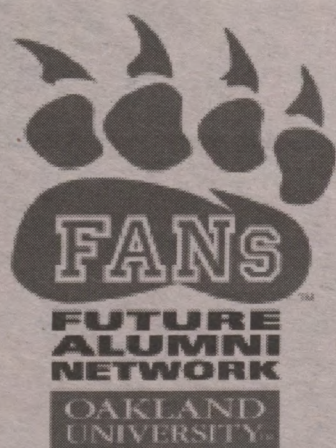


**The ins and outs
of organic food
Page 10**

**The diets of
student athletes
Page 16**

**The most expensive burger
you've ever heard of
Page 23**

Cover photo by Dustin Alexander



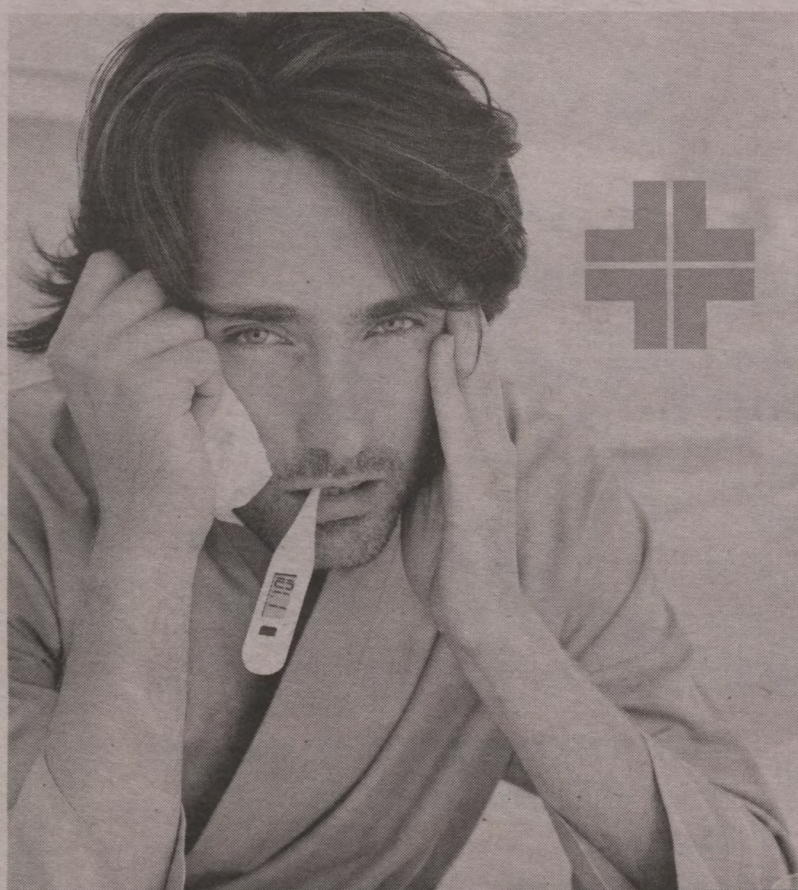
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OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

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Perspectives page 4

OU Student President Steve Clark looks to students for ideas on how OUSC should spend their funds.



Campus page 6

The board of trustees approves plan to spend the rest of the \$4.8 million deferred payment on various campus projects.



Local page 9

Democratic presidential candidate Barack Obama visits Troy High School. Plus, check out the healthy menu options local restaurants can offer you.



you page 10

Going organic is all the rage, find out more about this food craze. Also, find out what students are feeding their brains.



The Mix page 14

Find out what foods strike OU students as odd. Also, students share their favorite bd's mongolian barbeque recipes.



Sports page 16

OU baseball wraps up the season and Golden Grizzly athletes share their diet plans. Plus, the Post takes a look at sports bars in the area.



the Scene page 20

See where you can scream for ice cream at various frozen treat locales. Also, watch the competition heat up on "Iron Chef" and "Throwdown with Bobby Flay."



MOUTHING OFF page 22

The "Wed Wings" or "Red Vings" Hockeytown parade — a comic celebration for the victors. Plus, is a \$175 hamburger hurting America's reputation?



Nation | World page 24

Detroit Red Wings take home the NHL's most prestigious award. Plus, Hillary Clinton exits the race for the Democratic presidential nomination.



Campus Quest Orientation Special

Page 12 & 13

Perspectives

4

www.oaklandpostonline.com

June 11, 2008

STAFF EDITORIAL

Feed the people not our vehicles

Repeat after me: Flora is food, not fuel. The U.S. House of Representatives passed a bill on May 14 that will require 35 billion gallons of biofuel per year to be made in the U.S. by 2022. This will nearly quadruple the estimated amount produced last year.

The majority of biofuel produced in the U.S. is ethanol, which is made from food crops like corn. It takes 26.1 pounds of corn to make one gallon of ethanol.

This news is alarming because it comes at a time when millions around the world are hungry due to a global rise in the price of food. There have been food riots taking place in countries like Haiti, Ethiopia and Sri Lanka, among others.

Reallocating resources that could be used as food toward the production of fuel for cars is a practice that needs rethinking.

The Bush administration, as well as presidential candidates Barack Obama and John McCain, support ethanol and other biofuels and say they are necessary to wean America off foreign oil and become energy-independent.

The President and these two candidates are correct about one thing: America should strive to be energy-independent.

However, instead of subsidizing ethanol and funding ethanol research, the government could take more productive measures. A better policy would be to remove the ethanol subsidies and fund other alternative fuel sources for automobiles like solar power, electricity and hydrogen fuel cells.

The U.S. currently provides huge subsidies to ethanol producers, providing incentives for farmers to grow corn for fuel. The increasing use of biofuels diverts crops as well other valuable resources like land and water that could be used to grow food.

This practice is atrocious because

countless people around the world are struggling to feed themselves and starving because of a spike in the prices of food

There was a 60 percent rise in food prices worldwide over the last 18 months, as well as food related riots in more than 30 countries, according to the United Nations.

Biofuel isn't the sole cause of the rising price of food; there are other factors that contribute.

The economic rise of countries like China and India has led these countries to import more food, resulting in a decrease in supply for the rest of the world.

The increasing price of oil has also impacted food production because fertilizers cost more and a lot of food production is mechanized and requires oil. Oil is also needed for transportation of foods. Natural disasters like floods and cyclones also get in the way of food production.

Still, experts say that the increasing use of biofuels is one of the major causes of the price increases. The International Monetary Fund said in April that the increasing shift of crops from food supply to produce biofuels accounts for about 50 percent of the recent increases in global food prices. The International Food Policy Research Institute estimates the figure at around 30 percent.

We cannot change some of the factors that lead to food price increases, but we can ask our government to stop its support of ethanol. There are other, more humane ways, to be energy-independent.

Jean Ziegler, United Nations Special Rapporteur on the Right to Food, called the growing use of crops to produce biofuels as a "crime against humanity."

And he's right.

Humans should not have to compete with cars for vital sustenance.

Remember: Flora is food, not fuel.



MIKE LESTER, The Rome News-Tribune/Cagle Cartoons

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

By e-mail: oakpostmanaging@gmail.com
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The Oakland Post
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Letter Policy: Writers must provide full name, class rank, phone number and field of study. Please limit letters to 250 words or less. Letters may be edited for content, length and grammar.

CORRECTIONS CORNER

In "Presidential nominee John McCain visits OU" John McCain incorrectly referenced as the Republican nominee. At the point of publication he was the presumptive nominee.

In "Presidential nominee John McCain visits OU" OU Prof. David Dulio was incorrectly referenced as a Fox News correspondent. While he has been featured on Fox News, Prof. Dulio is not a regular fixture on the news channel.

Baseball and softball photos on pages 16 and 17 were not attributed to Bob Knoska.

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

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

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Student Congress wants your ideas

Steve Clark's office has some left-over money to spend for students

Steve Clark
Student Body
President



I like to spend money; whether it's on clothes, food, an iPod or at the bar. I think other people like to spend money too. I am inviting everyone that is involved with Oakland University to help us decide how to spend our money.

The Oakland University Student Congress has rollover money from last year and we are trying to decide the best way to use this money to better our university.

Who better to ask than the student body? Unfortunately, getting involved seems to be hard for Oakland's thousands of students.

You may be thinking that it should be easy to spend thousands of dollars — well, it isn't. Or you might be thinking you don't really care, which is OK too. And no, we are not going to spend all of this money on a football team; however I would love to

"All you have to do is stop by our office in the basement of the Oakland Center. If Halo and browsing Facebook ever get old, come get involved."

see one here at Oakland.

The congress as well as the executive board has come up with some ideas on how to spend it, including a shuttle bus system serving the campus and

outlying areas. Another idea is to put in a disc golf course on campus.

Whatever the congress and the executive board decide to do, I want opinions from people not involved with student government at OU.

OUSC is funded by students and therefore this money is essentially your money. I can assure you we won't just give you your money back, but we are looking to buy/build things to enhance students' experience here at Oakland.

Although I am very proud to soon graduate from OU, I believe Oakland is far from a perfect university. The experience of college is not only the 12 or so credits students take a semester, but the overall life experience that a school offers.

Oakland, in my humble opinion, is failing in this aspect.

You don't have to have a specific title or be someone special to give us a suggestion on spending this money. All you have to do is stop by our office in the basement of the Oakland Center.

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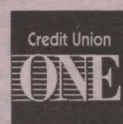
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Deferred payment allocated

After giving \$1.1 million back to OU students, board of trustees passes project to spend more of the deferred state appropriations

By MASUDUR RAHMAN
Senior Reporter

The \$3.4 million left over from the deferred state appropriation payments is being put to use on projects to improve Oakland University, and the projects span OU campus, Macomb campus and cyberspace.

The board of trustees approved \$3,410,000 to be allocated to the Special Project One-Time Funding at the board of trustees formal session on May 7.

There are five special projects: reorganizing the departments of the College of Arts and Sciences, replacing the Uninterruptible Power System of the Dodge Data Center, building offices at the Macomb University Center and the Macomb Intermediate School District, the Capital Campaign Systems and Support and expanding the Technology Learning Center.

The \$3.41 million comes from the deferred state appropriation payments that Oakland University received this January. Out of the \$4.8 million received, about \$1.1 million was given back to OU students because, according to the administration, at least part of the 13.9 percent tuition increase for the 2007-08 year was due to the payment being late.

John Beaghan, OU's vice president of finance and administration, who submitted the proposal to the board, said

that these projects will not increase or decrease the tuition rates for the 2008-09 year.

Expanding the Technology Learning Center will account for \$1,437,000.

"[This will] bring technology-dependent units together, centralize services, increase collaboration among the faculty and staff in the units and improve access for students and faculty," said Julie Voelck, dean of the Kresge Library.

The TLC project is manifold and includes relocating the E-Learning and Instructional Support from Varner Hall to the fourth floor of the Kresge Library, expanding E-LIS services and renovating the library's information commons.

Cathy Cheal, vice president of E-Learning and Instructional Support, said, "the architects are now working on the plans, remodeling will start this fall and take four to six months to complete." She said that the move is planned to take place during the winter or spring semester in 2009.

"Through a partnership with University Technology Services and E-LIS, Kresge Library will offer continuing education programs and workshops for community members," Voelck said.

Relocating the government documents from the main floor to compact shelving on the lower level, a part of the project, has started already. Voelck hopes to have the information commons ready for use

by the beginning of the winter semester or after winter break.

This project is part of Kresge Library's information literacy program, which Voelck said is "a program where librarians teach students the skills they need to identify, access, apply and evaluate information effectively and to become successful lifelong partners."

There are also new online programs being planned to be added, Cheal said. She also hoped to improve teaching and learning by encouraging faculty to use the technology to improve interaction with their students, to teach with a constructivist philosophy and to offer every-one convenience.

Another part of the one-time funding is the development of Oakland University's Macomb campus, which will account for \$500,000 of the project.

OU will build permanent offices at the Macomb University Center and at the Macomb Intermediate School District. Mary Otto, vice president of Outreach, said, "These offices will house faculty and staff who will develop academic programs and provide support to students."

According to Otto, part of the funding for this project will also go toward information sessions for the community and prospective students to inform them of available programs and to seek input about educational needs.

Otto added that this project has

already been started and will take several years to finish.

Otto also said that OU plans to add two or three new programs for the Macomb Campus, and plan to continue adding programs regularly over the next three years.

The UPS for the Dodge Data Center will be replaced, touting \$575,000 of the budget. According to the proposal, the current UPS is over 25 years old and the university has been notified by the service vendors that "support contracts are no longer available due to a lack of replacement parts and therefore should be replaced."

The UPS provides instantaneous back-up for a power failure for a few minutes for more than 120 servers in the data center.

"If there is a power failure of even a short period, if there is no UPS, all these servers would stop abnormally, or crash," said Terrie Rowe, the chief information officer of University Technology Services. "The UPS also protects against power surges."

Capital campaign services and support will receive \$164,100 of the project's budget.

The funds will go toward the last stretch of OU's capital campaign, which has a goal of raising \$110,000,000



The information commons in the Kresge Library will be renovated as a part of the Special Project One-Time Funding proposal that passed in May. DUSTIN ALEXANDER/The Oakland Post

OU student author waxes philosophical

Aleksey Bashtavenko's new book seeks the path to finding the meaning of life

By AMANDA SAOUD
Senior Reporter

While some students spend their free time searching for the newest cool place to hang out on the weekends, Oakland University senior Aleksey Bashtavenko has taken on a much bigger search, the search for meaning in life.

This age-old search has led Bashtavenko down many paths and exposed him to new ways of thinking about life and religion. He discusses these ideas in his new book, "Poverty of Conventionalism."

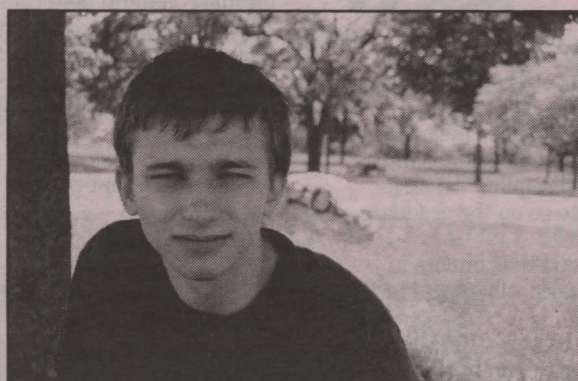
The book explores an alternative to total conformity to societal norms. Rather than just following religion in an aimless search for the meaning of life, Bashtavenko proposes that through our own thought processes and philosophical exploration of our own lives, we can find more meaning than through blindly following religious paths.

"Poverty of Conventionalism," released on May 29, is not an attack on traditional religion, however, but rather an exploration of how to find more meaning and more joy in each of our lives.

"The book is a philosophical analysis of religion as a sociological institution and a philosophical system," Bashtavenko said. "My thesis is that it is imperative for one to become an independent thinker in order to acquire a lifestyle one can truly be happy with."

His personal journey began when his own religious explorations failed to further his search for meaning.

"I started writing the book to find meaning in my life," Bashtavenko said. "At the time I was a dissatisfied



DUSTIN ALEXANDER/The Oakland Post
Aleksey Bashtavenko is an OU student and a published author.

Christian. Since then I have embarked to rectify many problems of the conventional religion in regards to finding true spirituality.

"I have tried to examine how religion impacts the individual's pursuit of meaning in life, and how it impacts society by and large, and arrived at the conclusion that philosophy is a more reliable vehicle to acquisition of meaning in life than religion."

Bashtavenko hopes that his book will help people step past their traditional understanding of modern religion and its influence in life. He examines core beliefs, rather than the one-sided extremism touted by religious clerics.

"Most books on religion seem to be emotionally moti-

vated, rather than from the standpoint of logical, impersonal analysis," Bashtavenko said.

"For this reason, the truth of the subject is often obfuscated. I seek to bring clarity to the matter by showing what religion is, as opposed to what it appears to be in light of the work of our modern day propagandists," he said.

"My book is also concerned with all the questions that religions attempt to answer, such as how do I live my life?" Bashtavenko said. "How do I deal with the questions I do not see clear answers for, such as the questions of the afterlife, for instance?"

"I provide not a particular teaching, but a method in regards to dealing with these issues. Above all, I seek to show what religion and such questions truly are about, and what the desirable ways of dealing with them appear to be."

Bashtavenko said that this new way of thinking is particularly important to stupid populations. Universities can be seen as a place for people to explore new ways of learning and thinking for themselves, and student populations tend to be particularly open to exploring new ideas, but they also tend to be particularly vulnerable to believe false truths about life.

Bashtavenko hopes his book will keep students, and everyone else, from conforming without questioning.

"Above all, I would like for my readers to consider whether or not thinking for themselves is both possible and desirable, and whether or not this is sufficient for acquisition of meaning in life," Bashtavenko said. "I would like to do all I can to give the reader whatever inspiration possible to think for himself."

LGBT mentor program offers help to new students

By RORY McCARTY
Senior Reporter

The first year of college life is stressful for many students.

Students adjusting to living away from home, learning the layout of the campus, meeting all new classmates and professors, and trying to balance classwork with the rest of their lives, can feel overwhelmed at first. But students who are also struggling to come out as lesbian, gay, bisexual, or transgender, in addition to everything else might, find it all too much to bear on their own.

These students may soon find their adjustment to college life much less stressful, as Oakland University is about to become the first college in Michigan with a the Lesbian, Gay, Bisexual and Transgender Peer Mentoring Program.

Joann Bautti-Roche, coordinator of OU's Gender and Sexuality Center, is the creator of OU's LGBT Peer Mentoring Program. The idea for the program came from Bautti-Roche's visit to a mentoring conference in Lansing, where she discovered that no such program exists

in Michigan. The program is modeled after similar programs at Pennsylvania State University and the University of Southern California.

"It's just an understanding ear, a positive role model, somebody that can listen and understands, because they've been through it," Bautti-Roche said.

"When I came out, there wasn't really anyone who I could turn to for advice or who I could look for to show me how to cope in an overwhelmingly heterosexual world," said program mentor Matt Kelly. "...There was a large feeling of being alone during the beginning of my lifelong coming-out process and I didn't want anyone else to have to feel that way."

The program is open to all LGBT students in their first or second year who are seeking someone who understands what they are going through. Mentors are upperclassmen who are already comfortable with their sexuality or gender identity and can meet with a mentee one to two hours a week, face-to-face, to talk with the new students in a friendly environment.

"I want our mentees to become more

at home with the university, as well as smooth out their own inner conflicts," said program mentor Christina Droscha. "It's hard to do that without a community to fall back upon."

Mentors will talk to the new students and help them get accustomed to the campus, in addition to talking about LGBT issues. The meetings are considered "para-professional;" they're casual meetings that are "non-sexual and non-romantic." Meetings can be anywhere, like going bowling or going to a coffee shop.

"It's up in the air because it's the first year of the program, which is kind of fun to know we can put a hand into creating it," Droscha said.

Some might think that a LGBT mentoring program is unnecessary or a waste of money, particularly with the abundance of mentoring programs already in effect at OU.

"There are so many examples that tie into specific groups of people that we forget about the LGBT community that is at high risk for the student to have been kicked out of their home, to have

been bullied extensively throughout their secondary education, to feel disconnected from the rest of student involvement," said Sean Buono, program mentor and senior mathematics and English major.

The "high risk" nature of some LGBT students makes the program all the more relevant.

Bautti-Roche is excited to be blazing the trail for LGBT mentor programs and hopes that other colleges will follow OU's example.

"We'll be able to work with different universities throughout the state of Michigan and help them to establish their own [mentor programs]," she said.

Kelly is optimistic about the program and its impact as well. "No one should think that they have no one who is there for them, I hope that this program will make sure that never happens," he said.

Although the LGBT Peer Mentoring Program is not currently accepting applicants for new mentors, students hoping to become mentees can sign up at the Gender & Sexuality Center's website.

For more information, go to www.oakland.edu/gsc.

Rhetoric to offer new BA in writing

By RORY McCARTY
Senior Reporter

Beginning this spring, Oakland University will combine the Rhetoric section with the professional writing section of the English department to make a whole new department. For the first time, students will be able to work toward a BA in writing and rhetoric.

The new department will cover both the first-year writing courses that every student must take, and the intensive professional writing courses of the writing and rhetoric degree.

"Our new BA in writing and rhetoric will offer students a three-track plan of study, depending on where they see themselves going after obtaining their degree," said Marshall Kitchens, chair of the new rhetoric and writing department.

These include the "writing for new media" track for students hoping

to write for digital storytelling and Internet communications; the "professions" track for students looking to work in writing-based jobs in government, industry and non-profits; and the "writing as a discipline" track for students hoping to go on the graduate school.

Kitchens also said that minors in Writing and Rhetoric will appeal to many students.

"While writing has been considered a soft skill for students in business and engineering in the past, more and more employers are seeing it as a key skill when hiring new employees," Kitchens said.

Ronald Sudol, dean of the College of Arts and Sciences, agrees that a BA in writing can benefit many students.

"As the new department grows, expect to see renewed emphasis on writing across all disciplines — especially in general education courses," Sudol said.

continued from page 6

PROJECT

by April 2010. According to the proposal, "resources needed to ensure the success of the campaign include continuation of campaign counsel, the campaign newsletter and collateral materials."

Susan Goepp, vice president of University Relations, said that over \$97,000,000 has been raised already, so about \$13,000,000 more needs to be raised.

Goepp said that donors have designated for different parts of the univer-

sity, including scholarships, curricular enhancements, research, faculty support, facilities, etc. "Every unit of the university has received support through the campaign," Goepp said.

Under the academic space utilization project, different departments of the College of Arts and Sciences will also be relocated to "accommodate growth and to physically consolidate related departments," according to the proposal. The \$733,900 project will "improve operational efficiencies and enhance inter and intradepartmental interaction to promote multi-disciplinary engagement of faculty and students."

POLICEFILES

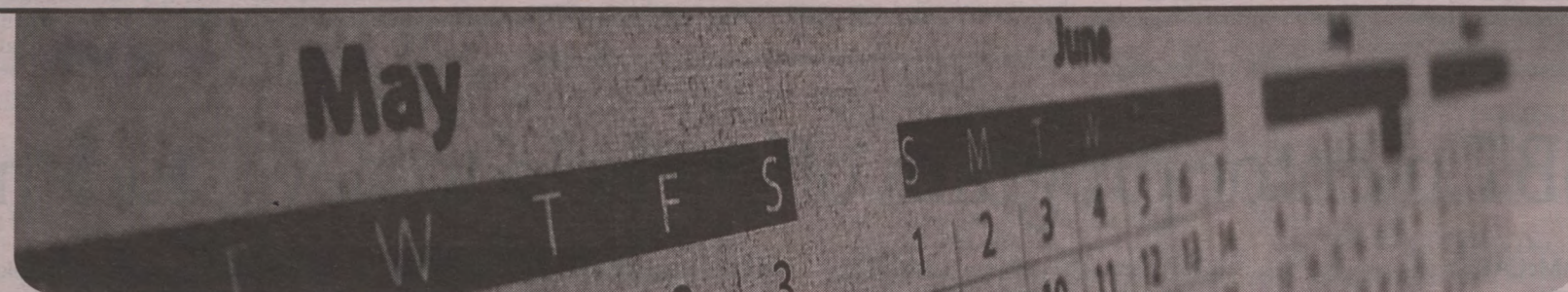
OUPD was called to the Recreation and Athletic Center May 27, after a student became dizzy and lightheaded during a workout. The student explained that she had experienced similar symptoms in the past. The Auburn Hills Fire Department was called and the student was transported to Troy Beaumont for further medical care.

OUPD was contacted May 28 regarding a suspicious person who was believed to be siphoning gas from vehicles on campus. Officers made contact with several people on campus within the vicinity of the subject, but no one could provide any information. Two vehicles were searched but officers found no evidence of gas or contraband. A coat smelling of

gas and a siphon tube were later recovered from a dumpster near Varner Hall.

A student contacted police on May 28 after returning to her car to find that the front passenger window had been smashed. A CD case with approximately 30 CDs was the only item missing. The CD case and CDs were recovered from a parking lot a few hours later and returned to the student.

A judo class instructor at the Recreation and Athletic Center called OUPD after a student in his class was injured. The student dislocated his shoulder during a move in which he was thrown to the ground. The Auburn Hills Fire Department was contacted but the student declined transportation to the hospital, and was instead driven there by another person in the class.



There is still time to take advantage of Oakland University's new summer semester

Get ahead in your studies by registering now for summer classes

In order to improve services to students, Oakland University has merged spring and summer terms into one extended summer semester. The new format helps students get ahead in their studies by offering greater flexibility in scheduling and increased opportunities to complete required courses. While most courses fall into the two 7-week sessions previously offered during the spring and summer terms, a limited number of 2-, 4-, 10-, and 14-week courses are also available.

Students can register now for the summer semester by logging into SAIL and searching for available classes using either the course name or the date range in which they wish to attend. The start and end dates of each course should be noted, as some courses are offered during multiple sessions. Students should register as soon possible for best course selection and to ensure any requests for financial aid or enrollment verifications for insurance are processed in a timely manner.

To view a complete calendar of important summer semester dates, please visit www.oakland.edu/summer2008.



Where Innovation
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Obama visits Troy High

Presidential candidate talks about job loss and tuition increases

By MASUDUR RAHMAN
Senior Reporter

Barack Obama addressed the woes of Michigan residents to a crowd of about 1,500 for a town hall meeting held at Troy High School last Monday.

"Few understand the need for change more than the people of Michigan," he said. "While the rest of the country has been speculating about a possible recession, Michigan has been in one for a long time now."

This town hall meeting was overshadowed by bigger news later that night; Obama officially had enough delegates to assume the Democratic candidacy for president, clinching the Democratic Party nomination after winning the Montana and South Dakota primaries. Obama is the first African-American to become the presidential candidate for a major political party in the U.S.

In his speech at the town hall meeting, he spoke on topics ranging from health care, jobs, oil prices and education, and how they apply to Michigan residents.

He criticized Republican candidate John McCain for focusing more on the Iraq War than the economy. He also lambasted McCain for his views on the

economy.

"[McCain] said that the economy is strong... I don't know who he's talking to, but he's not talking to you, and he's not talking to me," Obama said.

Obama also remarked that he respected McCain as a "genuine war hero," but that McCain is "running for George Bush's third term."

Obama said that he will bring home the troops in Iraq and bring the war to "an honorable close."

Pauses in his speech were filled with enthusiastic applause and chants of "Yes we can."

Obama also addressed the issue of health care and explained his policy to the audience. Anyone satisfied with their health care policy can keep it and that those who want a policy from the government will be able to get one. Also, those who can't afford it will be subsidized.



KATIE JACOB/The Oakland Post
Obama addresses the crowd gathered in Troy.

Obama spoke about the loss of manufacturing jobs, a subject close to heart for many Michigan residents. He also stressed that in an increasingly competitive global economy, Americans need to be more competitive.

"We cannot build a moat around America," Obama said.

Obama also praised Hillary Clinton for "running a strong campaign." It is unclear at this point whether or not Obama will pick Clinton as his running mate, but at the meeting he spoke of party unity and said that despite Clinton's role, "she and I will be working together this November."

After the speech, Obama fielded questions from the audience for about half an hour. A student who identified himself as an Oakland University graduate asked what Obama planned to do about the ris-

ing cost of higher education, and brought up OU's 14 percent tuition increase last year. In response, Obama explained his education policy, and said that he will increase funding for Pell Grants because they give money to "students that need it most."

He also said that he will implement a plan that will give every student \$4,000 a year for tuition. But to be eligible, students will have to do volunteer work.

Obama also said that he will strive to include mental illness under the same plan as other health problems.

"The person suffering from deep depression needs just as much care as the person with a broken bone," Obama said.

There was no audible evidence of dissent or any visible protests against Obama at the meeting.

The visit marked the second time that Obama has campaigned in Michigan since pledging not to campaign here during the primaries after Michigan broke party laws by moving its primary to an earlier date. He also spoke at a rally in Grand Rapids to a much larger audience, when John Edwards announced his endorsement of Obama.

Local eateries offer sensible menu selections

By ANDREW GRIEVE
Contributing Reporter

People are always looking for the next big thing when it comes to dieting and healthy eating. People seek out the best choices of low-calorie and low-carb food. The food can be unappetizing to say the least. However, more tasty options are becoming available.

In light foods and other healthy choices, what used to be bland and tasteless, is now vibrant and delicious. Students at Oakland University can join the craze, as there are many places nearby OU's campus to go and get your fill of lighter foods.

Located on Opdyke Road by the 7-Eleven, The Pita Pit offers seven veggie pitas, from Garden to Hummus, and also bottled water and baked chips with the purchase of a combo meal. Also, if the pita bread itself doesn't suit you, just take it off and you've got a salad.

Subway, located across campus at the intersection of Squirrel Road and Walton, and in the Oakland Center

Food Court, offers its usual Veggie Delight sub, as well as any other sub, made to order, with plenty of fresh vegetables. There is also a calorie and fat counter located on the menu, so you'll know precisely how much fat and calories a meal will contain.

Also at Squirrel and Walton is Olga's Kitchen. Olga's offers many substitutes to the typical fast food meal, using pita instead of the usual bread and hamburger buns in their sandwiches. They offer a fresh veggie sandwich, with extra vegetables on the side, for a little extra.

Jimmy John's, on University Drive, offers a veggie sub and a bread substitute for any sub sandwiches in the form of lettuce. Called the "un-wich," the sub is wrapped in lettuce, rather than the calorie-friendly bread that the shop usually serves.

Also, close to campus are Applebee's and TGI Fridays, two restaurants normally known for their bar food, that offer lighter choices now. Low-calorie additions to Applebee's menus include a grilled chili-lime chicken

salad and a tortilla chicken melt, which uses low-fat cheeses and dressings.

TGI Friday's offers two low-carb choices: Shrimp-Key West, with broccoli on the side, and Dragonfire Chicken, served over rice with various vegetables and fruits.

Buddy's Pizza, in the same location as Olga's and Subway, offers a vegetable appetizers well as a soup of the day, and several salads including an Antipasto and House salad, with their own homemade dressings. Buddy's also offers veggie pizzas, and can add low-fat cheeses or no cheese at all to make them low-calorie.

BD's Mongolian Barbecue, on University Drive, is known for its create-your-own stir-fry, offers a vegetable bowl with a wide variety of veggies in its salad and soup bars.

With plenty of low-calorie choices close to campus, the dieting student won't have a problem trying to find something delicious to eat.

you (your stories
your words
your style
your health)

Don't panic — it's organic

Organic foods are becoming a choice among many consumers

By LINA AMENT
Staff Intern

While roaming the aisles of local grocery stores, shoppers are noticing a rise in organically produced food products. The USDA Organic labels are becoming more commonplace. But what does "organic" mean?

The hype surrounding organic food has become wide spread. With growing support from food chains such as Trader Joe's and Whole Foods Market, organic food is becoming a mainstay in stores and kitchens everywhere.

According to MayoClinic.com, the term "organic" refers to the way farmers grow and process agricultural products such as fruits, vegetables, dairy and meat.

Organic produce gets a good rep because of the way it is grown. Without the added hormones and other differences that are found in conventionally-grown foods, organically produced food is becoming a hot target for shoppers.

FROM THE GROUND UP

Jane Sooby, the Organic Research Specialist for the Organic Farming Research Foundation, said that organic farming has many benefits, such as building soil quality.

"In essence, organic agriculture does not use synthetic fertilizers or pesticides," Sooby said. "The produce has the means to cycle nutrients naturally, which reduces the amount of purchased fertilizers. The price of fertilizer is sky high so it is much more economical in the long run. It's the future of food production."

Sooby also explained that when soil is improved, plants tend to have a higher quality and the ability to fight off diseases on their own.

MORE THAN JUST PLANTS

Organic farmers also use alternative methods when raising livestock.

"In general, organic animals need to be fed organic feed and not receive any feed that has been treated with chemicals. Animals are also not allowed to receive antibiotics or hormones," Sooby said. "If the animal does get sick they are required to treat the animal with antibiotics but are no longer allowed to sell the animal as organic."

Sooby added that while conventional farms keep live stock in containment systems, organic animals have a pasture requirement to accommodate natural behaviors.

According to organicfoodcouncil.org, these particular methods of agricultural care require higher costs in transportation, storage and labor. In addition, extra maintenance is needed to prevent contamination from synthetic chemicals for neighboring conventional farms.



Like the jerky above, many organic food products have "organic" printed on the bag. If not, shoppers can look for a USDA Organic label. DUSTIN ALEXANDER/The Oakland Post

These needs in turn raise the price of the goods in stores.

There has been dispute as to whether organic food is more nutritious than conventional food. Though no studies can show that one is better than the other, organic milk has become popular because hormones are not used.

"Conventional milk contains a bovine hormone which makes cows produce more milk," Sooby said. "The cows begin to produce milk in an unhealthy fashion and create infections in their utters."

Julie Thams, a physicians assistant at the Graham Health Center said she supports organic food because of lack of pesticides used when growing the food, but would not rule out non organic options.

"Organic food creates a safety profile," Thams said. "However, it can be cost restrictive. I would recommend

natural food products of the earth, such as whole grains and good nutritional elements."

WORTH THE PRICE?

With developing knowledge about organic food, college students have begun to consider it a rational option.

Rob Meyer, former student body president, said he tries to fit some organic food into his diet.

"I go out to dinner a lot, but when I grocery shop I try to buy as much organic as I can," Meyer said. "I eat organic because it is healthy and more natural."

Organic food is on the expensive side but some people think the cost is worth it because they believe the food tastes better, due to its more natural production.

"I think processed foods taste better but I have gotten used to the taste," Meyer said.

Brain food helps minds stay hungry to learn

By KATHLEEN QUANDT
Staff Intern

Busy college students have grown accustomed to ditching meals for a bag of greasy chips or fudge brownies from the vending machine. Still, there are healthier options to keep the body and mind going.

Just like the rest of the body, the brain needs certain nutrients to function well. According to an article released by Psychology Today, the foods one eats affects the brain's general tone, level of energy and how it handles tasks.

According to psychologytoday.com, the proper foods can enhance mental capacity, help concentration, tune sensory motor skills, keep one motivated, magnify memory, speed reaction times, defuse stress and perhaps even prevent brain aging.

"Some people like to say the brain is a muscle, you have to exercise it and you have to feed it right," said Joanne Talarek, RN, MSN, nurse practitioner and Director of Graham Health Center.

According to The Franklin Institute Online, there is a brain food pyramid similar to the conventional food pyramid. However, this one is a three-dimensional structure with four sides. Visit www.fi.edu for more.

Each side of the pyramid represents a nutritional aspect of food and its primary metabolic role in brain structure and function.

One side of the pyramid is fatty acids. Your brain uses fatty acids from fats to create the specialized cells that allow you to think and feel.

Another side to the pyramid is amino acids. Amino acids from proteins are used to make the neurotransmitters that allow your brain cells to network and communicate. Animal foods, such as eggs and milk products, supply the amino acids that come from the breakdown of protein.

Glucose from carbohydrates, another side to the pyramid, is the fuel your brain uses to produce the energy that moves and motivates you. It is important to eat often enough to maintain adequate levels of glucose. Not eating often enough can lead to poor concentration and low energy levels.

Although candy and other sweets contain sugar, part of the simple carbohydrate family that fuels the brain, other foods, such as fruit, contain complex carbohydrates. The carbs gradually break down and provide a steady flow of glucose to the brain rather than a quick fix.

"Your body is going to get energy from the food you eat, so eat a simple sugar," Talarek said. "Then that dumps a lot of sugar, a lot of glucose, a lot of energy into your bloodstream."

Talarek also said that loading up on too much sugar can make one feel more fatigued than energized.

"All at once and you get this surge and then a drop which can cause a lot of fatigue and so that's when people don't just feel really good," Talarek said.

Talarek said that if someone ate a balanced diet with the combination of protein and carbohydrates, they would metabolize the carbohydrates for glucose and energy. This would allow them an even level of energy

until the next meal.

Micronutrients, the last side of the pyramid, are from fruits and vegetables and are the antioxidants the brain relies on to guard its cells from damage and dysfunction. Eating the recommended five servings of fruits and vegetables every day will ensure an adequate amount of these vitamins and minerals.

But students at Oakland University have different eating habits when it comes to snacking.

Nick Zagorski, a junior and biological engineering major, said he likes to snack on M&M's or any type of candy while studying. He has tried snacking healthy.

"I try it every once in a while," Zagorski said. "It usually doesn't taste as good so I go back to candy and that sort of thing. I guess if I'm trying to be healthy, I look at the amount of protein it has."

Janell Hallauer, a pre-med student, prefers healthier snacks. She said that snacks are a common part of her nutrition, including finger foods like fruits, marshmallows, bread, cereal and granola bars.

"I don't really like to eat just one meal," Hallauer said. "I snack a little bit remotely healthy five times a day."

Power bars or granola bars make great brain food because they are portable and low in calories and provide energy.

Trail mix is made with a variety of foods like dried fruit, nuts, seeds and chocolate and can be made at home. The nuts are filling and full of protein. A more affordable option is roasted peanuts.

Dried fruit supplies vitamin C and is very portable. It is much easier to carry than fresh fruit.

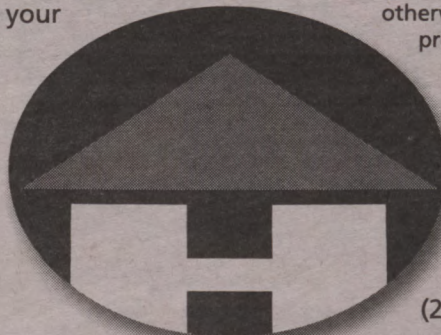
EXPERIENCE THE EXCITEMENT

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Learn more about residence life today by visiting www.oakland.edu/housing or calling (248) 370-3570.

SPECIAL ORIENTATION INSERT—

CAMPUSQUEST

So, you're here at Oakland University. What's next? You've probably been through orientation, but your OGL can only take you so far.

At The Oakland Post, we've taken it upon ourselves to make your transition at OU a little smoother.

Yeah, it's good to know where all the buildings and halls are on campus, but even more important is knowing where the most private

bathrooms are, or where to get the best view of the campus grounds.

While OU's campus pales in comparison to the size of MSU or U-M, it's still not the easiest to navigate. The map below provides an overview of the campus, but also highlights a few must-know spots and includes directions on how to get there, using the roundabout as a starting point.

KEY

	Waterway
	Building/Hall
	Road
	Parking lot



A

**O'Dowd Hall's giant bird**

While OU is a pretty safe campus, be on the lookout for the giant bird perched atop O'Dowd. The hawk, which can often be mistaken for a terradactyl, can often be spotted soaring above the campus grounds in search of mice, squirrels and small children.

- START** 1: Start out going SOUTH on Meadow Brook Road
- 2: Turn LEFT on Pioneer Drive and follow around curve
- END** 3: End at O'Dowd Hall and look up

B

**The Bonfire Pit**

Located near the lower fields, the bonfire pit is available to any student organization by simply filling out a bonfire request form and turning it in to the Center for Student Activities. Along with marshmallows, Hershey bars and graham crackers, be sure not to forget your own fire extinguisher.

- START** 1: Start out going NORTH on Meadow Brook Road and follow around curve
- 2: Turn RIGHT on Ravine Drive and follow around curve
- 3: Turn RIGHT on Pioneer Drive
- END** 4: Park in the P-17 lot and walk down a flight of stairs and cross a small field

C

**The Grizz Statue**

So maybe the Grizz Statue was a little overhyped prior to its arrival in 2006. While the life-size grizzly statue that resides in front of the O'Rena is impressive, some have said it's a little underwhelming in person. But, one thing's for sure: the statue, which was sculpted by world-renowned Hungarian sculptors, provides for a perfect OU photo op. Pose with the eight-foot-tall sculpture to show off your school spirit.

- START** 1: Start out going SOUTH on Meadow Brook Road
- 2: Turn LEFT on Pioneer Drive and follow around curve
- END** 3: End in front of the O'Rena

D

**View from atop SEB**

Standing on the roof of the Science and Engineering Building, the view is breath taking. On a clear day, not only can most of Oakland University's campus be seen, but also the Auburn Hills Chrysler tech center and the Pontiac Silver Dome, along with much more. To access the roof, take an elevator to the eighth floor and head towards room number 842.

- START** 1: Start out going SOUTH on Meadow Brook Road
- 2: Turn LEFT on Pioneer Drive
- 3: Turn LEFT on Library Drive
- END** 4: Enter the Science and Engineering Building and take an elevator to the eighth floor and go out to the roof

E

**Clean bathrooms**

- START** 1: Start out going NORTH on Meadow Brook Road
- 2: Park in the P-1 lot and enter North Foundation Hall
- END** 3: End in the bathrooms in the northeast corner of the building

North Foundation

Finding a clean, private bathroom, it's one of the first things to scout out at OU — and they're tough to find. But the men's restrooms in North Foundation Hall provide a suitable spot. Though the lighting is a bit dim, the NF bathrooms are often empty and have air fresheners in a few stalls.

F

**Clean Bathrooms**

- START** 1: Start out going NORTH on Meadow Brook Road
- 2: Park in the P-1 lot and enter the Oakland Center.
- END** 3: End in the bathrooms next to Cafe O'Bears

OC - Cafe O'Bears

Women want their bathrooms like their men — clean, refreshing and all to themselves. The bathrooms near Cafe O'Bears fits the bill. They smell good, are often spotless and are low-traffic stalls. And unlike most guys, this bathroom rarely lets a girl down.

Park it, walk it, deal with it

Everything you've heard about parking at OU is true — it's horrendous, especially during the beginning of the semester. It gets better a few weeks in, but not much. Finding prime spots is about as easy as finding cash to cover the rising tuition.

- Parking in the main parking lot (P-1) is often times a nightmare, especially on Tuesdays and Thursdays, so be smart — be there just as prior classes are getting out.
- If you park illegally, you will get ticketed. You may get lucky the first few times you chance it with an expired meter or restricted areas, but you will get caught.

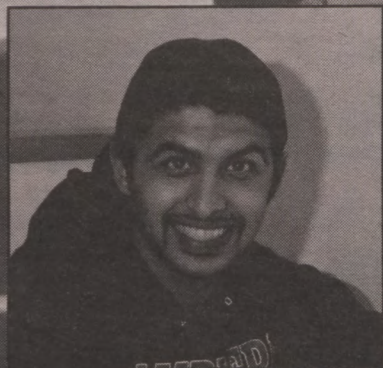
■ Most of the time, driving up and down lanes is a waste of time. Why spend 10 minutes patrolling, when, in the same amount of time, you could easily settle for a less convenient spot and walk to class in the same amount of time?

- If you're going to be on the southeast end of campus, utilize the parking structure. You can almost always find a spot and it's just a short walk from many of the halls.
- Stay away from the P-2 lot, located behind Wilson Hall — the staff at The Oakland Post will be very appreciative.

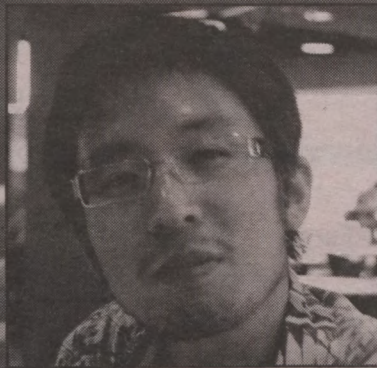


DUSTIN ALEXANDER/The Oakland Post
The parking structure, located in the southeast end of the campus, provides an adequate solution to the problems of OU parking.

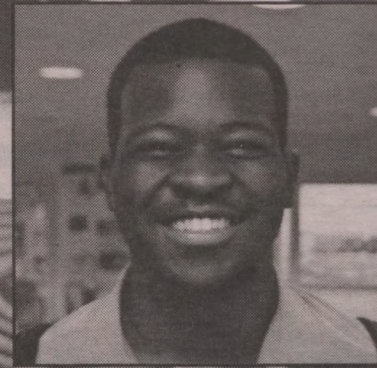
What is the worst thing you have ever eaten?



"Three day old Chinese food that hadn't been refrigerated."
Anuj Khatiwada
Senior, Pre-med



"I experienced food poisoning eating cheese pizza."
Koichi Murata
Senior, Fine Arts



"Macaroni and cheese casserole made by a 'family member'."
Celson Belton
Junior, Biology

OVEREATING?

The highest price ever paid for a sushi grade bluefin tuna was \$173,600 for a 444-pound fish.
www.sushifaq.com

Over 700 million pounds of mustard are consumed each year worldwide.
www.foodreference.com

What is the strangest thing you love to eat?



"Cabbage soup. And I put mustard on everything."
Deanna Chism
Graduate student, Nursing



"Sushi. I love eel."
Samir Hanna
Senior, Political Science and English

What do you put in your bowl at

Noodles
Steak
Sausage
Baby Corn
Water Chestnuts
Pea Pods
*"Over the years I've perfected it,
 and now I'm very exact about my recipe"*
Katie Forzley
Senior, Political Science

Sprouts
One Egg
Teriyaki Sauce
Sesame Seeds
A Pinch of Garlic

Chicken
Broccoli
Potatoes
Tomatoes
Carrots
Mango Marinara
"It's just good."
Jake Workman
Senior, Communications

bd's mongolian barbeque and why?

Eggs
Water Chestnuts
Pea Pods
Broccoli
Carrots
Teriyaki

*"I've tried a couple different kinds,
 this has become standard."*
Jessica Lamphere, Junior,
Sociology and Anthropology

Shrimp
Noodles
Vegetables
Chicken
Soy Sauce
*"I grab what
 looks good."*
Sarah Stevale
Sophomore,
Pre-Nursing

GO MONGO!

Try these bd's
 conveniently located
 around OU's campus.

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.79 miles from OU
 1 minute drive

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 Sterling Heights

14.78 miles from OU
 18 minute drive

430 S. Main Street
 Royal Oak

20.65 miles from OU
 24 minute drive

Source: www.mapquest.com

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Food pyramid schemes

To reach peak performance, Grizzlies meticulously craft diet plans

By LINA AMENT
Staff Intern

Athletes spend hours perfecting their skills, improving their endurance and learning techniques to outsmart their opponents.

Sprints, drills and plays are a huge part of success, but athletes don't become fast and strong all on their own. Whether they are stealing bases, running track or swimming laps, athletes have to eat healthy to play hard.

After four years on the Brother Rice varsity swim team, Mike Kosnik, 22, continued as an assistant coach for two years. Swimming since the age of seven, he quickly learned the ropes of an athlete's diet.

"Before a race it's important to eat carbohydrates, such as bagels or pasta," Kosnik, a junior at OU, said. "During a meet I would have two or more races, so in between I would eat quick carbs to gain energy and drink Gatorade to replenish electrolytes."

"When I became a coach I encouraged the same type of diet. During training

you want to have a balanced diet of fish and chicken and vegetables. Protein shakes and vitamins can also make a difference," he said.

During the season, athletes carefully recognize that the food choices they make can create a difference in their athletic performance.

Julie Owen, a shortstop/second baseman on Oakland University's softball team, concentrates on a healthy diet to outlast lengthy double-headers.

"I usually eat chicken and fish but no red meat," Owen said. "I try to eat the Omega-3 fatty acids, and I don't drink pop. I'll have water or tea."

To Owen, a healthy diet is just as important in the offseason.

"My diet somewhat changes but I don't really like unhealthy food so it doesn't change too much," she said.

Anthony Serio, a junior on the OU swim team, said that although he's not too picky, he tries to steer clear of sugars.

See Diets on Page 19

MENU OF CHAMPIONS



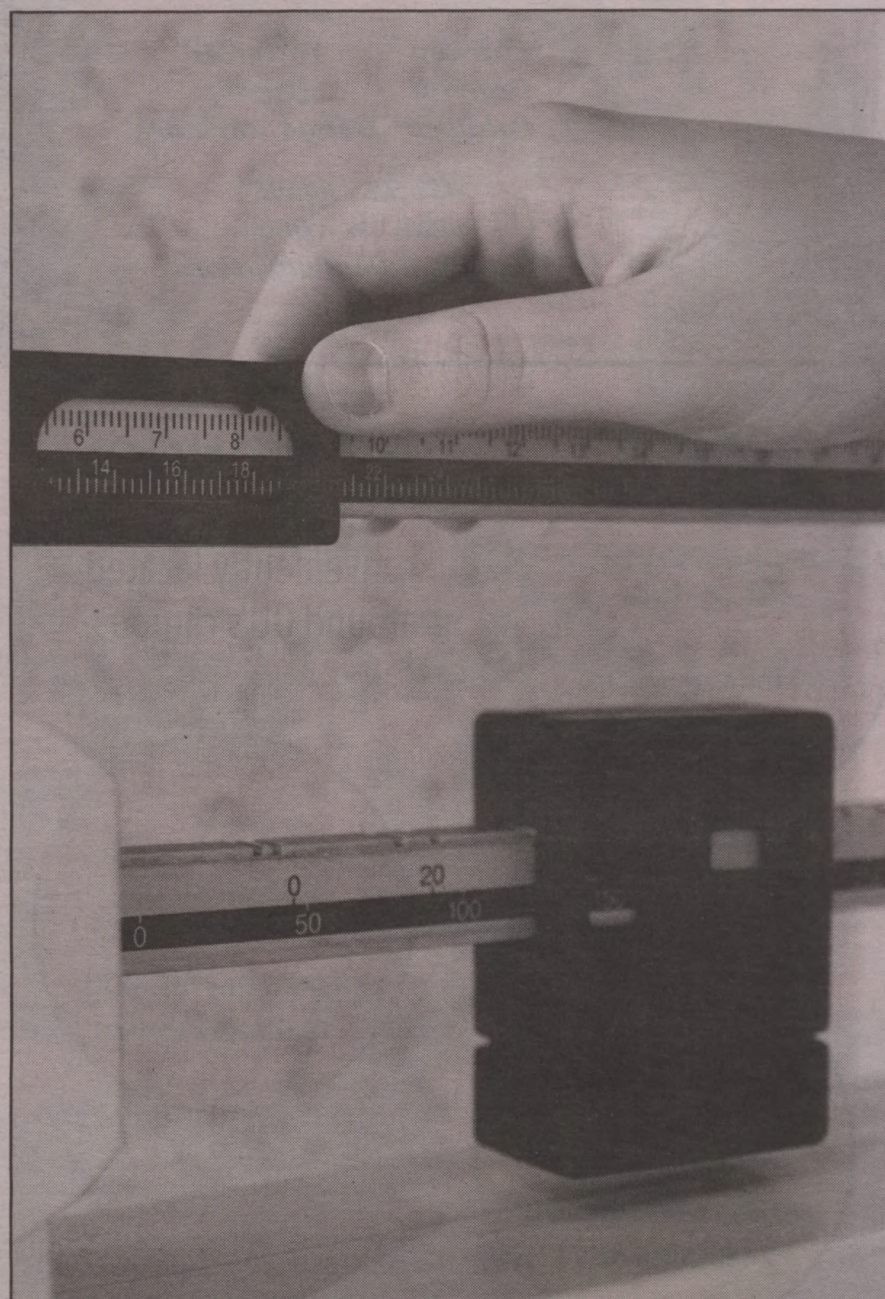
Photo courtesy of Oakland University Athletics

Anthony Serio
Swimming

Breakfast: Toast, milk and a peach

Lunch: Chips, iced tea and a peanut butter and jelly sandwich

Dinner: Mixed vegetables, steak and a salad



DUSTIN ALEXANDER/The Oakland Post

Although not every Grizzly needs to obsess over the scale, they all strive to maintain a solid and healthy diet in order to play their best. Foods high in protein and carbohydrates are especially popular.

Baseball season ends in sorrow

Grizzlies drop nine of ten to finish a disappointing spring



Junior Andrew Stafford established himself this season, both in the field at shortstop and in the third slot of the batting order. He hit .319 on the year, with five homers and 34 RBI.

BOB KNOSKA/The Oakland Post

COLUMN

By **ANDREW GRIEVE**
Contributing Reporter

One might have thought that the Oakland University Theatre Department had taken up residence at the OU Baseball Field for the past three months.

The 2008 Grizzlies' baseball season will likely be remembered for featuring more drama than "Chekhov in Yalta," instead of victories on the diamond.

A Grizzlies loss against Southern Utah on May 17 capped off a disappointing season that ended with a 15-30 overall record (7-14 Summit League) that failed to qualify them for postseason play. The finish marks OU's eighth consecutive losing season and first under new head coach John Musachio.

The Grizzlies didn't begin the season as they might have liked, starting 2-12 in an early spring schedule dotted with seven postponed or canceled games. After the harsh weather subsided, the Grizzlies improved, going 12-8 until early May.

However, spring fever hit OU hard, and the Grizzlies dropped nine of their last ten games en route to their final mark of 15-30.

The season was not a total loss, as juniors Andrew Stafford and Taylor Traub were selected to the All-Summit League second team.

The two managed an effective 6-3 combination for the Grizzlies all season long; Stafford bringing the power with five homers and 34 RBI, while Traub improved his batting average over 100 points to .303.

Traub will also be remembered for bringing one of the few bright spots to OU's rough year, a walk-off single on May 4 against IPFW that secured a memorable 7-6 victory for the Grizzlies.

The loss at Southern Utah also meant the loss of seven senior players, including three from the starting lineup. The Grizzlies bid farewell to outfielders Justin Murdock and Dustin Joffrion, as well as pitchers Matt Trausch, Mike Takashima, Dan Stinchcombe, Brad Noel and Ben Darga.

Takashima and Trausch were considered the 1 and 2 starters for the Grizzlies this season, collectively accounting for 165.2 of all innings pitched and finishing with a combined 4-11 record.

See Grieve on Page 19

Solo record-breakers highlight track finale

By **JARED PURCELL**
You Editor

The record book continued to be rewritten as the Oakland University men's and women's track teams competed in the Summit League Championships last month from May 15 to 17.

With the women placing eighth and the men placing sixth, there were plenty of individual performances that stood out.

The women Grizzlies set a new record on the final day in the 4x100-meter relay. The relay team of sophomore Melissa Martinez, freshman Jeanetta Francy, freshman Jessica Ferguson and freshman Megan Willemsen ran a time of 48.76 seconds and placed sixth.

With such a young relay team, head coach Paul Rice and his staff are excited for the possibility of more records from the women in future seasons.

"The whole womens sprint group is really young," Rice said. "They will definitely continue to set records every year."

Senior Dayna Cline ran the second fastest time in school history in the 1,500 with a time of four minutes, 50.51 seconds and placed ninth.

The men broke three OU records in the 800, the 110 hurdles, and the triple jump. Junior Joe Goike ran a

time of one minute, 51 seconds and placed second by only 0.72 seconds.

In the 110 meter hurdles, sophomore Kevin Luce ran a record time of 15.04 seconds and finished sixth after tying the old record in the preliminaries just a day before.

To cap off the broken records for the day, sophomore Joe Suchoski jumped 42 feet, 1/2 inches to break his own record in the triple-jump.

"We train these guys to peak by the end of the year in time for all of the big meets," said Rice of the men's performance. "Plus the weather was the best it's been all year and that helped our guys relax. The weather cooperated and that combined with the training made for a great day."

Sophomore Mike Craze placed first in the men's 3000 steeplechase and became the first track athlete in the program's history to be crowned a league champion in an event, taking the nod with a time of nine minutes, 26.54 seconds. As a result, Craze became the first runner to qualify for a regional championship.

"We knew [Craze] had a chance to be top three at the conference meet," Rice said. "He took the opportunity and seized it."

Craze went on to run a time of nine minutes, 42 seconds and placed 23 at the NCAA Mideast Track and



BOB KNOSKA/The Oakland Post

Sophomore Mike Craze competes in the Summit League Championships in Macomb, Ill.

Field Regional. Rice said that the Regional, held in Arkansas, was a great experience for both Craze and himself.

"It was a real special weekend," said Rice of the regional. "We were just excited to be there and it was great exposure for Mike."

Make the best of bar night

Tired of the same old dank pit? The Post advises you on the best area sports bars, where everybody knows your name

By DAVID SANDERS
Staff Intern

By breaking away from the couch by watching a Detroit game at sports bars, you can feel the thrilling excitement of people shouting at the top of their lungs when the home team scores.

On Monday June 2, many crowded the best area sports bars to watch the thrilling triple-overtime Stanley Cup Game Five between the Detroit Red Wings and the Pittsburgh Penguins.

In order to have the best bar experience, many consider the tastiest food, best seating, biggest screens and smallest prices.

Lucky Strike in Novi, is one place that fans frequent for not only the best bar experience, but the countless other amenities offered.

Lucky Strike features bars on two separate floors, an arcade, a bowling alley, pool hall, night club and an accessible roof for when the action gets a little too hot to handle.

Watching the game on the three big-screen televisions in the downstairs sports bar were friends Clay Pearson, of Novi and Tom Schultz, of Farmington Hills.

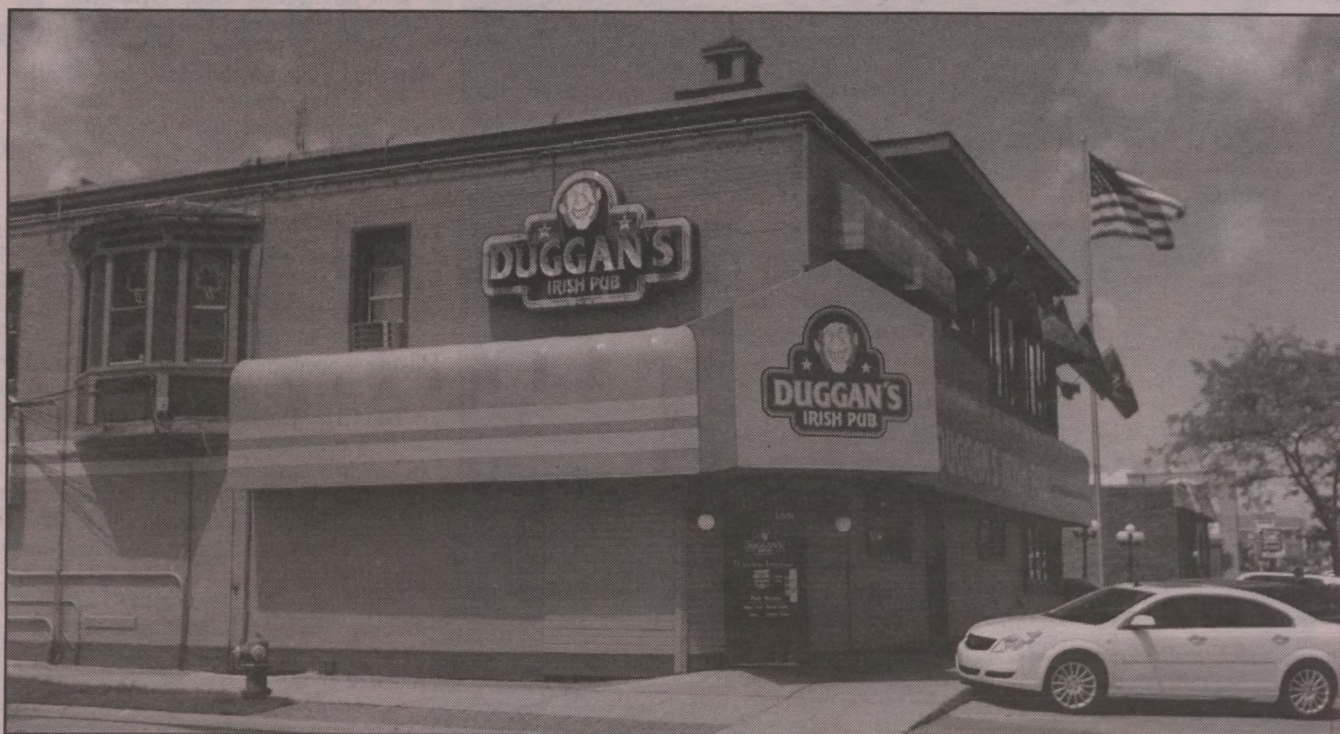
The two agreed that Lucky Strike was a fine choice to enjoy some fast-paced NHL action, in part thanks to the fair pricing.

"The prices aren't much more than the competitors," Schultz said.

Those that favor the upstairs bar partake in neon bowling fun and watch bartender Brad Howell, who performs spectacular tricks while serving drinks to amazed patrons.

"Regular seasons aren't as busy, but during the playoffs, there are a lot of people to watch the games," Howell said. "On a Friday or Saturday night, we can get up to 1,500 people."

Those that prefer a more traditional bar a little closer to the Oakland University campus may enjoy Duggan's,



DUSTIN ALEXANDER/The Oakland Post

Duggan's in Royal Oak is a popular choice for those that favor a more comfortable, casual environment, as well as the cheapest drinks and best views.

located on Woodward just north of 13 Mile Road.

The first floor is not usually crowded, which could give off the air of unpopularity. There are two areas for dining and one bar area, which lends itself to a casual atmosphere.

Walking upstairs, one finds large crowds, filled seats and a raucous atmosphere.

Erin Rogers, of Royal Oak, and Jason Smith, of Berkley, both agreed that the sandwiches, rum and Cokes, and prices were great reasons to consider Duggan's the sports bar of choice.

"The drinks are cheaper than any bar in Royal Oak," Smith said.

They both said that sitting on the balcony offered a refreshing break from the typical claustrophobic ambiance and a

terrific view of headlights on Woodward at night.

Detroit sports fans are infamous for occasional outbursts of over-celebration when the home team wins a big game. However, server Sarah Zygelmur of Troy said that as she works, she doesn't have to worry about her safety.

"The crowd is good when a team wins, and even when the team loses it's peaceful," she said.

For fans who enjoy a subdued environment while watching sports, the 24 Second Bar on 12 Mile Road in Berkley may be tops.

Jeffrey Whitmore, of Oak Park, and Mark McKelvey, of Berkley, sat near the window while they watch the Red Wings engage in battle. They agreed that the Berkley setting was more comfortable

than the fervor of downtown Royal Oak.

"It's so easy to get a seat," Whitmore said. "There's no seat with a bad angle facing the TV."

Mark Keast of Berkley agreed. "Just about anywhere you sit, you can see the game," he said.

Keast's favorite menu item is the 24 Second cheeseburger with a Labatt's Blue Light, which he often enjoys while watching his favorite players, Magglio Ordonez and Gary Sheffield of the Tigers.

He added that even as the Tigers jacked up prices at Comerica Park, the 24 Second Bar remained an affordable option.

"It's the best food in Berkley, not too spectacular and overpriced," Keast said.

Hey bar rats, miss out on the Stanley action?
Check out our website for exclusive video from the Red Wings' nail-biter at these watering holes and more!

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POST UP

As OU is located minutes from the Palace of Auburn Hills, we here in the Oakland Post Sports section were disturbed by men's basketball head coach Greg Kampe describing the newest addition to his highly touted 2008-09 recruiting class, center Ilija Milutinovic, as "comparable to Darko (Milicic)."

With that in mind, here is a list of five serious and not-so-serious suggestions that we hope Kampe considers in the future: 1) departing Grizzlies center Pat McCloskey, 2) a very hungry lion, 3) Nikola Tesla, 4) the Incredible Hulk, 5) glass cleaner.



Photo credits: Associated Press, Oakland University Athletics, amazon.com

continued from Page 16

DIETS

"I concentrate on body fat percentage," Serio said. "You don't want to be too skinny, or you'll freeze in the water."

Steve Clark, Student Body President and captain of the OU soccer team, said that, as a soccer player, you never want to be too hungry or too full.

"I eat five meals a day—nothing fried," said Clark.

"I'll have a PowerBar in the morning and then three hours later I'll have yogurt and some oatmeal. It depends on how hard I work out."

Training long term for an event can

create the need for a smart and stable diet as well. The right diet could help runners go those extra miles.

Kristen Majeske is an OU graduate training for the Brooksie Way Half-Marathon, hosted by OU in the fall. During her training she pays close attention to the food choices she makes in order to prevent injury, and gain the energy to push herself.

"I load on veggies and simple carbs—no fast food," said Majeske. "I drink a lot of water and cut back on pop. At the end of a run I eat fruit to raise my sugar level."

continued from Page 16

GRIEVE

It will be up to Musachio to recruit talent that can replace and exceed the marks that these graduates have set.

The Grizzlies have reason to be excited next season, if only on account of growing older. Indeed, as Musachio continues into his second season with the team, he is expected to become more suited to handle issues that hurt the Grizzlies this season, such as weaknesses the in the defense.

The Grizzlies finished sixth in the Summit League in team fielding, with 70 total errors on the season.

In addition, several position players will be expected to perform better with another season under their belts.

Junior Justin Wilson, who Musachio tabbed as one of the "best players in the region and best outfielders in the country" in a February 2008 issue of the Oakland Post, took a step backwards from his stellar 2007 season in which he led OU with a .350 batting average and placed first team All-Summit League.

Wilson didn't reach the All-Summit League team this season, hitting .338 with seven homers and 23 RBI.

Calling all Wings fans!
Check out the website to read Jared Purcell's web exclusive on the Red Wings' Stanley Cup octopi-and-champagne menu!
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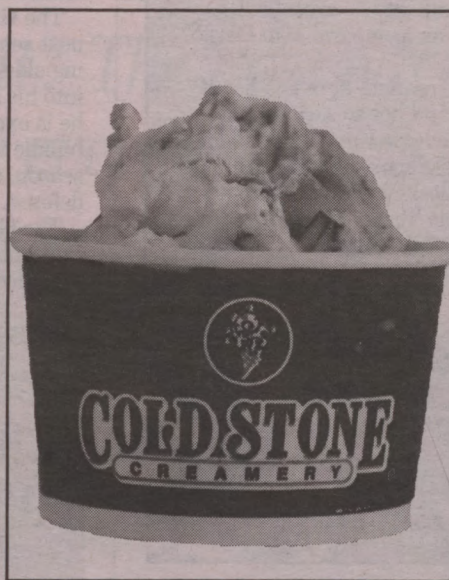
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The Scene

20

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June 11, 2008



Left: Try mix-ins like teddy grahams, sour patch kids or cappuccino chips at Maggie Moo's. Right: Try Coldstone Creamery's candy land ice cream.

DUSTIN ALEXANDER/The Oakland Post

Screaming for ice cream?

By JACYLN RINK
Contributing Reporter

When classes are over and the heat of summer has settled in, Oakland University students deserve a break from the books. To help students cool off, there are several ice cream shops around campus that offer delicious summer treats and weekly specials.

Maggie Moo's Ice Cream and Treatery, in the Village of Rochester Hills, hosts Premiere Fridays all summer long, where they feature a new ice cream creation every week. The creation could contain anything from Maggie Moo's Very Yellow Marshmallow to their Red Velvet Cake ice cream, and can include unique mix-ins like teddy grahams, sour patch kids or cappuccino chips.

You can also try Maggie Moo's Zoomers, which are fresh fruit smoothies and coffee drinks that are low fat and lactose free or take home boxes of Maggie O's ice cream sandwiches, quarts and ice cream cupcakes. The treatery also serves a college fan favorite: Jones Soda.

This week's Premiere Friday is Cookies and Kung Phu, made with cookie dough, chocolate sprinkles and fudge.

Maggie Moo's is open weekdays until 9 p.m., Friday and Saturday from 11 a.m. to 10 p.m. and Sunday from 12

p.m. to 9 p.m. Discounts are available for OU students.

Just across the street from the Village is Coldstone Creamery, on Adams Road and Walton Boulevard, where they not only have the famous cake batter ice cream, but cookie batter as well. Coldstone has recently added Ghiradelli chocolate chips and caramel squares to their mix-in assortment and are featuring them in the Chocolate Fantasy ice cream "signature creation" they are promoting all month long.

Students in the mood for a drinkable treat can try any of Coldstone's exotic shakes. Cake N' Shake is a blended mix of cake batter ice cream and yellow cake, while Cherry Cheesecake uses cheesecake ice cream and cherry pie filling. Coldstone's menu is packed with signature cakes and NrGize smoothies that are made with ice instead of sorbet, and include an added energy supplement. The Rochester location is open Sunday to Thursday from 11:30 a.m. to 10 p.m., and Friday and Saturday from 11:30 a.m. to 11 p.m.

The Carvel Ice Cream store is located in the Country Creek Commons, on Silverbell and Adams.

"We serve real ice cream, all made on site. All our hard ice creams we make here, they are fresh everyday. We use more custard than other companies," said Darcy Guidice, a sales

associate at Carvel. "We make our cakes on site as well."

Carvel uses custard in their products, and many of the ice creams already come with chunks of toppings in them. Crazy Cotton Candy and Cake Mix already have sprinkles in the batter, and strawberry flavored ice cream is topped with pieces of the fruit.

If there isn't enough "bling" in the ice cream, customers can use a gigantic self serve sprinkle machine to help fulfill their ice cream dreams.

Carvel's hours are Monday to Thursday and Sunday from 10 a.m. to 10 p.m. On Friday and Saturday Carvel stays open until 11 p.m. while Wednesdays boasts buy one, get one free for classic sundaes.

For students looking for a healthier alternative, TCBY serves 96 percent fat-free frozen yogurt. The menu offers frozen yogurt treats like sorbet fizzes that combine frozen sorbet and 7-Up. Also, the store serves frozen yogurt that contains no added sugar.

For the summer, TCBY has Dreamsicle swirls that mix frozen yogurt and sorbet. TCBY's smoothie menu is fruit and frozen yogurt based and their Frappe Chillers are healthy iced coffee blends. Hours are 11 a.m. to 10:30 p.m. daily, and the closest location to OU is on Main Street in downtown Rochester.

Staff Picks

ALBUM TO HEAR:
"WHERE MYTH FADES TO LEGEND" BY
ALESANA
ALESANA RETURNS WITH MORE
POWERFUL VOCALS AND A HARDER
SOUND IN THEIR
SOPHOMORE ALBUM.
-AMANDA MEADE, SCENE/MIX EDITOR

SONG TO DOWNLOAD:
"VIVA LA VIDA" BY COLDPLAY
THE SINGLE IS AVAILABLE ON ITUNES,
AND THE FULL-LENGTH ALBUM OF
THE SAME NAME WILL BE
AVAILABLE JUNE 17.
-JARED PURCELL, YOU/LOCAL EDITOR

MOVIE TO SEE:
"SEX AND THE CITY"
THE MONOLO WEARING, COSMO SIPPING
FABULOUS FOURSOME HAVE
ALREADY MADE
\$136 MILLION WORLDWIDE ACCORDING
TO BOXOFFICEMOJO.COM. AND IT'S NO
SURPRISE THAT THE CHICK FLICK'S
TRANSITION TO THE
SILVER SCREEN WAS A
SMOOTH ONE, AS THE T.V. SERIES
ALREADY HAD A STRONG FAN BASE.
-LINDSEY WOJCIK, EDITOR IN CHIEF

SHOW TO WATCH:
"THE FIRST 48"
GO BEHIND-THE-SCENES WITH REAL-
LIFE INVESTIGATIONS OF CRIME SCENES
WITH THIS SHOW, THAT AIRS ON A&E
LATE NIGHT THROUGHOUT THE WEEK.
-SARAH LANG, LEAD ADS MANAGER

MUSIC SPOT:
OSLO ON WOODWARD IN DETROIT
SUSHI BAR BY DAY, UNDERGROUND
TECHNO CLUB AT NIGHT,
COME AS YOU ARE.
-DUSTIN ALEXANDER, PHOTO EDITOR

Competition heats up on 'Iron Chef' spin-offs

By RORY McCARTHY
Senior Reporter

REVIEW

Cooking competition shows have blended food with game shows and a bit of reality television since "Iron Chef" was translated into English and began to gain a following in America. Now, "Iron Chef" knockoffs and spin-offs are all over television, and not just on the Food Network. Many of them are currently showing new episodes, including "Iron Chef America," "Throwdown with Bobby Flay," "Top Chef" and "The Next Food Network Star."

"Iron Chef America" is the successor to the flamboyant Japanese cooking show that started it all. "Iron Chef America" stays very close in its setup to the original "Iron Chef": A challenger and an Iron Chef, which is a culinary artist of great renown that defend their titles by competing in cooking battles in Kitchen Stadium, have one hour to make a meal using a theme ingredient which is then sampled and scored by a panel of judges.

Both shows have commentators that explain things, like what is the difference between diced and julienne carrots, and both have melodramatic chairmen that



DUSTIN ALEXANDER/The Oakland Post

announce the theme ingredient. Both end with judges trying desserts like trout-flavored ice cream.

However, the American variation takes the overly-dramatic editing of the original and cranks it up to ridiculous. The chairman makes Power Rangers-esque swoosh noises whenever he flails his arms

around, the challengers enter Kitchen Stadium accompanied by laser lights and screen wipes are covered by flying knives.

The show still manages to keep a lot more dignity than "Iron Chef USA," the failed 2001 "Iron Chef" spin-off where William Shatner was the chairman.

One of the Iron Chefs, Bobby Flay, has another gig on a Food Network competition show, "Throwdown with Bobby Flay." Here, Flay goes to meet chefs who have no idea they are going to be in a competition and he challenges them to food duels. The atmosphere is much more relaxed; there are no time limits, and the show has none of the exaggerated flair that "Iron Chef" has.

The omnipresent Bobby Flay appears again on "The Next Food Network Star," this time as a judge. The show takes the food competition and combines it with the standard reality show format, gradually eliminating a ten chefs with the promise of giving the winner their own Food Network series. In "Real World" fashion, the contestants live together and compete in other activities like food scavenger hunts in addition to cooking. The fourth season began this month.

Check out all of the upcoming television shows at www.foodnetwork.com.

TUNE IN

"Iron Chef America"

June 14 @ 5 p.m.

Flay vs. Samuelson

June 15 @ 9 p.m.

Symon vs. Bloomfield

"Throwdown with Bobby Flay"

June 14 @ 4 p.m.

"Sticky Buns"

June 14 @ 4:30 p.m.

"Crepes"

"The Next Food Network Star"

June 15 @ 7 p.m.

"FN Star on the Go"

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assistance, post-abortion healing, human development, etc.; hold bake
sales/fundraisers for local crisis pregnancy centers; Cemetery of the
Innocents display; attend pro-life movies, dinners/socials; Pro-life t-shirt day,
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If you'd like to learn more, please contact us!
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Makimoto serves up sushi

By JESSICA BOND
Contributing Reporter

REVIEW

Travel down University Drive, turn into Auburn Crossing and you will find Rochester's newest sushi bar.

Makimoto is a family owned and operated restaurant tucked into the corner of the plaza next to hot spots like Sun Oasis Tanning Center and Subway.

Step into the Sushi Bar and Asian Kitchen and you will be greeted by a friendly face eager to seat you or send you out the door with your takeout order.

Andy Chu, the manager of the restaurant since its opening just last December, said they struggled at first because of their location, and the number of competitors in the area. But now, the restaurant is gaining popularity and becoming much busier.

Chu said that he even has some regular OU students who come in and dine on the delectable assortment of sushi rolls and other Asian foods.

"We work like a family here,"

said Chu, who added that some of the chefs are related to him while others came from other sushi bars.

Sushi here is a treat, from the Makimoto, filled with spicy tuna, crispy shrimp tempura and barbecued eel, to the Sunday Morning, a deep-fried tempura roll with salmon and cream cheese.

There are also a number of vegetarian rolls like the AAC, Tofu Tempura, the Veggie roll and the California roll.

Makimoto also offers a variety of entrees with noodles, chicken, beef, pork, vegetables, shrimp, salmon, tuna or yellowtail.

The sushi bar has a number of reasonably priced lunch specials which are available from 11 a.m. to 3 p.m. and prices range from \$7.50 to \$12.50.

And don't forget about dessert. "You've got to try the fried green tea ice cream," said OU psychology major Danielle Deveson, a sushi lover who frequents many sushi bars around town.

Although Makimoto may be pricier than the campus cafeteria, the short drive and slight splurge are a small price to pay for a special dining experience.

MOUTHING OFF

The views expressed in Mouting Off do not necessarily reflect those of The Oakland Post

22

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June 11, 2008

Red Wings' cup celebration a parade of unintended laughs

By PAUL GULLY
Special Projects Editor

It's no secret that Metro Detroit has fallen on hard times the past few years.

Detroit's hip-hop mayor has been busy allegedly wasting millions of the city's money and trading sexual text messages with a **female Scottie Pippen look-alike**.

The economy has gone down more than Paris Hilton in an elevator. "Going down, that's so hot!"

And the Big Three are not so big anymore. I hear they're looking into **Enzyte** as a possible solution.

While the D has long been fodder for many social critics, Detroiters have had little to laugh about, themselves.

That all changed, June 6, when an estimated 1.4 million people turned out for the Detroit Red Wings Parade, celebrating their eleventh Stanley Cup.

The parade transformed into a makeshift comedy show, providing material for all to enjoy.

I hadn't laughed as hard as I did, watching the parade, since I first heard Mike Tyson's I-want-to-eat-his-children tirade targeted at Lennox Lewis.

In true sports reporting fashion, here is a brief recap of the parade's top comedic performances:

While nothing notable happened during the parade procession, other than the trite, repetitive questions asked by local news reporters, the real fun started at Hart Plaza, where players and dignitaries spoke.

We begin at the top — the top of Mickey Redmond's head, that is. The hat that the Wings' color commentator, who was acting as an emcee for the event, was sporting the oldest piece of headwear I've ever seen. We're talking **Chris Chelios-era old**, here.



And I can't really call what Redmond was wearing a hat. It was more of a cross between a diaper and a bike helmet.

And speaking of Chelios, the AARP representation on the team, he was the last one to arrive to the parade. Apparently driving 15 mph with your right blinker on for ten miles doesn't allow for ample time to make it downtown.

The veteran and senior defenseman missed a portion of the playoffs due to a leg injury. He'll be seeing a paleontologist later this week.

U.S. Congresswoman Candace Miller, dressed in a Wings jersey, tried to act as hip and cool as possible. Yet, Miller only succeeded in being a laughable waste of time. I'm sure the 1.4 million in attendance who came to celebrate a hockey team were thrilled to see a congresswoman give a speech.



A chorus of boos greeted Kwame as he was introduced. The mayor threw up a

few peace signs and said that "because we're all here together and having a good time, the beer's on me."

That's just great. Kwame's already wasted \$9 million of the city's cash in a settlement after sticking it to some of Detroit's finest; I'm glad he's now willing to pick up the tab for over a million people.

And if that wasn't enough, Kwame concluded with an enthusiastic "Let's go, Wed Wings!" He sounded like Elmer Fudd. It was weally, weally weird.

Kwame was followed by Wings owner Mike Ilitch. Ilitch played the part of the millionaire town drunk, as he fumbled over words and seemingly struggled to construct sentences.

It was great.

Here is an excerpt, taken word-for-word, of Mike's speech.

"And I don't want somebody to forget: I don't want



JERRY S. MENDOZA/The Associated Press

Detroit Red Wings' Jiri Hudler, front center, of Czech Republic, is flanked by teammate Dan Cleary while leading the crowd in a cheer during their NHL Stanley Cup victory parade at Hart Plaza on Friday, June 6, 2008, in Detroit. Notice the shades — Count Hudler is not used to the daylight.

North America, I don't want Canada, America, South America, Europe, the whole world to recognize — 'cuz there was a little bit of this and that going on — we are the Hockeytown."

Ilitch promptly followed the sentence with what can only be described as a Howard Dean-esque growl, and an enthusiastic thumbs up.

Hilarious.

And finally, Jiri Hudler did his best **Dracula** impression during his time at the podium. The Wings' left winger tried to fire up the crowd, leading a chant of "Let's go Red Wings," which he repeated numerous times.

Bela Lugosi would have been proud. Shortly following the parade, Count

Hudler was spotted at a blood drive.

As a side note, much was made at the parade of Nicklas Lidstrom being the first European player to captain a Stanley Cup winning team.

But, much more impressive was the fact that Dan Cleary was the first Newfoundlander to win the Cup.

Incidentally, he's the first person from Newfoundland to do anything.

If you need proof, check the Wikipedia entry: Notable Newfoundlers. You'll see his fellow Newfie's aren't as successful.

So while the city remains in a state of depression, we can always go back to that sweltering summer day, when a hockey parade provided momentary comic relief.

Here's to you, Wed Vings.



I am saving up for a hamburger

By ALEX CHERUP
Mouthing Off Editor

America is the land of the free: free speech, free religion and free napkins.

Well, not really. In contemporary America, very little is actually free. The American freedom is an abstract one, a liberty of choice. It is, basically, a menu.

We still have to pay for what is on the menu, plus gratuity.

American patriots, please stand for this abstract freedom. And while you are standing, do a few jumping jacks. This freedom has made America one of the fattest in the nation — another international success story to brag about.

This is why I am confused as to why there has not been an outcry against the latest form of dissent against America: the increasing food prices.

How can we maintain our title as the world's fattest nation if the food prices continue to rise?

I'm sure there are some overweight crazy patriots who are ecstatic about America's title as one of the fattest nations. I wonder if such individuals view Weight Watchers, Jenny Craig and

the South Beach Diet as traitors?

Anyway, true patriots should be upset, disgruntled — and hungry.

The image of America as a hamburger stuffing glutton playground is in danger from the upcoming change.

Especially when the hamburger is priced at \$175, that is.

For those unaware, the Wall Street Burger Shoppe, a restaurant in New York, offers a hamburger that is the equivalent of around 43 gallons of the currently overpriced gasoline.

Is this the Oprah meat of the bovine community? Whoever actually orders this dish must really hate rich cows.

The burger, created by chef Kevin O'Connell, is made of "a Kobe beef patty, lots of black truffles, seared foie gras, aged Gruyere cheese, wild mushrooms, and flecks of gold leaf on brioche bun."

Ironically enough, one of the main reasons the burger is so expensive is because it's made with Kobe beef. If it had been Pau Gasol beef, I'm sure it'd only be about \$75, at the most. No one would pay that much for such dirty, Lakers' meat.

In fact, Kobe beef comes from cattle

raised in Kobe, Japan, where the animals are, no joke, massaged and given beer. Supposedly, it relaxes them.

I also have made plans to move to Kobe, Japan. If the cattle in Kobe have it that good, imagine how they treat the humans. Although, I think it may be moderately dangerous — a large population of inebriated cows is sure to wreck havoc on any community. Have you seen a bachelorette party before?

The burgers are intended for successful days on Wall Street. Supposedly 20 to 25 are sold each month, while substantially cheaper burgers are more popular.

I roughly eat a hamburger in 10 bites, which makes each chomp a little over \$15, and that's before the tip.

I could've consumed 58 Big Macs, or 58 Whoppers or roughly 175 White Castle irritants.

With the massive hunger problems around the world, it is difficult to stomach that there is a stomach right now digesting a burger with this price tag.

If I were to order this piece of meat, I would be sure to demand "very, very, very well." For that price, I want to take

up as much of their time as possible.

The burger is symbolic of the idea that in America, if one is successful enough, they can have whatever they want. Essentially, we have the freedom to choose such high prices.

What is next: A \$150 Filet O' Fish made with upper class cod raised on champagne, Bach's Brandenburg Concertos and weekly classes of Tai Chi?

Chicken nuggets priced at five easy payments of \$60, served wine coolers, taught ballet, read Shakespeare and had their feathers washed in Herbal Essence?

It is rather unfortunate that we live in a society where a fast-food style meal is offered for such a disgusting price, as a person starves in the world every three seconds.

So, patriots and critics of America alike should be just as upset about such a menu item. The Wall Street Burger Shoppe not only exemplifies the glut-tony of America but damages one thing America has been succeeding at lately — poor diet and obesity.

Now, if you'll excuse me, I have to finish my White Castle.



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Are you a lifetime subscriber to MAD magazine? Do you have something to say?

Do others politely ask you to calm down or to be quiet?

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The Post is currently seeking a new Mouthing Off Editor and if you've got what it takes:

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Wild weather hits the Midwest

By KEN KUSMER
Associated Press Writer

INDIANAPOLIS — Military crews joined a desperate sandbagging operation Monday as Indiana streams flooded to record levels, while the East Coast turned into a steam bath with temperatures simmering toward the century mark.

Eight deaths had been blamed on stormy weekend weather, most in the Midwest. Wisconsin Gov. Jim Doyle declared an emergency for 29 counties and President Bush late Sunday declared a major disaster in 29 Indiana counties. Iowa Gov. Chet Culver said nearly a third of his state's 99 counties need federal help.

Flooding is expected to be a continuing problem this week in the Midwest as

rivers are swollen with the runoff from heavy weekend rainfall, topped by the 11 inches that fell Saturday in Indiana.

"This thing came on fast with such a radical deluge of water that people were describing going from a feeling of security to waist-deep water in a matter of 15 or 20 minutes," said Indiana Gov. Mitch Daniels, who canceled a trade mission to Japan.

A new storm system was headed toward the Ohio Valley from the southern Plains on Monday — Oklahoma got up to 6 inches of rain by late morning and utilities reported nearly 5,000 customers blacked out — and the National Weather Service said as much as 3 inches of rain could fall on already waterlogged Indiana late Monday.

Some 200 Indiana National Guard members and 140 Marines and sailors

joined local emergency agencies Monday in sandbagging a levee of the White River at Elnora, about 100 miles southwest of Indianapolis. The White River was forecast to crest Tuesday at nearby Newberry at 16 feet above flood stage.

Local officials said they wanted to raise nearly a mile of levees as much as 3 feet.

By Monday morning, flooding at eight sites in central and southern Indiana had eclipsed levels set in the deluge of March 1913, which had been considered Indiana's greatest flood in modern times, said Scott Morlock, a hydrologist with the U.S. Geological Survey in Indiana.

Those sites included Newberry, where the White River reached 28.04 feet Monday morning, topping the record of 26.98 feet set in March 1913.



LM OTERO/The Associated Press
Sen. Hillary Clinton, D-N.Y., waves to supporters after a speech in Washington, Saturday, June 7, 2008, where she suspended her campaign for president.

Clinton bows out

By RACHEL COHEN
Associated Press Writer

WASHINGTON — Hillary Rodham Clinton suspended her pioneering campaign for the presidency on Saturday, June 7, and summoned supporters to use "our energy, our passion, our strength" to put Barack Obama in the White House.

"I endorse him and throw my full support behind him," said the former first lady, delivering the strong affirmation that her one-time rival and other Democratic leaders hoped to hear after a bruising campaign.

Amid tears from her supporters, Clinton issued a call for unity that emphasized the cultural and political milestones that she and Obama, the first black to secure a presidential nomination, represent.

"Children today will grow up taking for granted that an African-American or a woman can, yes, become the president of the United States," she said.

For Clinton and her backers, it was a poignant moment, the end of an extraordinary run that began with an air of inevitability and certain victory. About 18 million people voted for her; it was the closest a woman has come to capturing a nomination.

"Although we weren't able to shatter that highest, hardest glass ceiling this time, thanks to you, it has about 18 million cracks in it and the light is shining through like never before," she said in a speech before cheering supporters packed into the ornate National Building Museum, not far from the White House she longed to occupy again, as president this time.

Indeed, her speech repeatedly returned to the new threshold her candidacy had set for women. In primary after primary, her support among women was a solid bloc of her coalition. She noted that she had received the support of women born before women could even vote.

N | W BRIEFS

6-05 | Eleven Islamic extremists were charged in plotting a suicide bombing targeted at Barcelona transit.

6-06 | The Detroit Red Wings hold their Stanley Cup championship parade and rally at Hart Plaza | U.S. Court of Appeals sentences a Virginia man who joined al-Qaida to 30 years in prison.

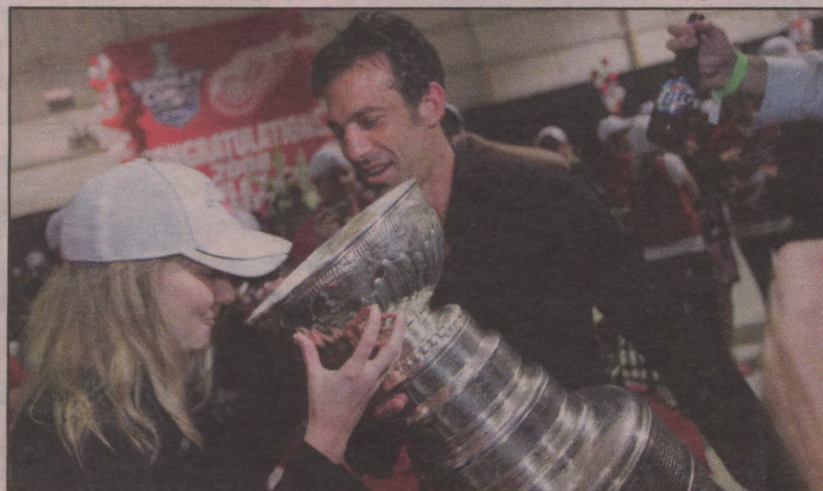
6-07 | Legendary sportscaster Jim McCay died at the age of 86.

6-08 | Laura Bush toured Afghanistan to help raise international aid. | A man in Tokyo stabbed 17 shoppers, killing 7. | Some 5,000 non felony cases were resolved in Wayne County's Fugitive Safe Surrender.

6-09 | President Bush left on his last extended trip to Europe. | The Iraqi prime minister began a three day visit with Iran's leaders.

6-10 | A Sudan Airways jetliner veered of the runway and burst into flames, up to 100 are feared to have died in the crash.

Lord Stanley comes back to Hockeytown



ROBIN BUCKSON, The Detroit News/The Associated Press
Detroit Red Wings public relations coordinator Lisa Hickok, left, is served a sip of champagne from the Stanley Cup by Red Wings' Chris Chelios at a party for the champions.

Saudi Arabia calls for summit on rising energy costs

By DONNA ABU-NASR
Associated Press Writer

RIYADH, Saudi Arabia — Saudi Arabia will call for a summit between oil producing countries and consumer states to discuss soaring energy prices, Information and Culture Minister Iyad Madani said Monday.

The kingdom will also work with OPEC to "guarantee the availability of oil supplies now and in the future," the minister said following the weekly Cabinet meeting, held in the seaport city of Jiddah.

The Saudi announcement comes just

three days after the biggest single-day price leap ever, when oil surged more than \$11 to surpass \$139 per barrel.

Retail gas prices rose further above \$4 Monday in the United States, the world's largest oil consumer, following the unprecedented price rally.

The kingdom will work to ensure there will be no "unwarranted and unnatural oil price hikes that could affect international economies, especially those of developing countries," said Madani.

"There is no justification for the current rise in prices," he said.

Thomas Petrie, a vice chairman at Merrill Lynch and an energy markets

expert, said he expects oil to be in a range of \$120 to \$150 a barrel between now and the fall, though he acknowledged trying to pigeonhole a price point is "a bit of a pointless exercise."

"I'd be surprised if we don't end the year having reached a point where we begin to see demand patterns changing, and we start to see prices come in some from that range, but not a lot."

The world's leading economies and largest oil consumers have urged oil producers to boost output, which has stalled at about 85 million barrels a day since 2005.