

TIME TO GET FIT

Healthy Pontiac, We Can! coalition
establishes new fit park in Pontiac
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BOT MEETING

Board of Trustees approves a 3.8
percent increase in tuition

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OUTREACH CENTER

New hub in Detroit gives Wayne
County residents access to OU

PAGE 5

ANIMAL THERAPY

Health practioners utilize animals
to further their clients' goals

PAGE 10



PHOTO OF THE MONTH

APRIL SHOWERS BRING... JUNE FLOWERS? // Allergy season is back with a vengeance. If you've been feeling a little under the weather lately, it might be from the blooming buds of Michigan's delayed spring. Be sure to stock up on all your allergy needs since we don't know which season we'll have next. **NICOLE MORSFIELD** // *The Oakland Post*

Submit a photo to editor@oaklandpostonline.com to be featured.



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NEW MUSIC TECH DEGREE
School of Music, Theatre and Dance receives new bachelor's degree program
Photo/Sergio Montanez



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STAR WARS GOES SOLO
Movie reviewer Trevor Tyle gives his opinion on the latest Star Wars movie "Solo"
Photo/IMDb



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HOW I LONG FOR YOU
Sports Editor Michael Pearce reminisces about all the things he misses about OU
Illustration/Erin O'Neill

POLL OF THE MONTH

How would you describe Post Malone?

- A** Krustier than the Krusty Krab
- B** Daddy material
- C** A high functioning alcoholic
- D** A thicc boi

Vote at www.oaklandpostonline.com

LAST ISSUE'S POLL

What are your plans for summer?

- A) Working for the man
53 votes | 48%
- B) Is it really summer if it's
26 votes | 24%
- C) Crying. I'm graduating with no job
16 votes | 15%
- D) Sitting on my butt all day
15 votes | 14%

THIS MONTH IN HISTORY

JUNE 14, 1963

Detroit Horse Show at the Bloomfield Open Hunt added selecting a Hunt Fair Queen to the list of festivities.

June 1, 1964

A month-long electricians' strike threatened the progress of Hill House's construction.

June 11, 2003

OU's Board of Trustees approved a 9.91 percent tuition increase to bring the average semester's cost to \$250.

**BY THE
NUMBERS
STUDENT DEBT**

\$1.5

trillion of total
student debt held
by Americans

42%

of people who've
gone to college
took out loans

2/3

of women hold
nearly all student
debt in the U.S

\$2,740

amount of money
women owe more
than men in debt

Looking Back

History of Oakland Center construction



Oakland Post Archives

The OC was built in 1959 and since then has gone under five different expansions due to the growing number of students.

Patrick Sullivan
Web Editor

It feels like the Oakland Center has been under construction for 30 years.

While that is a slight exaggeration, it is starting to get hard to remember what the OC looked like before construction started in April 2017, or why it was needed in the first place.

The Oakland Center was originally built in 1959, and its purpose was to serve as a gathering hub for students between classes. The building was dubbed the 'Oakland Center' by Woody Varner, Oakland University's first president.

"Woody Varner named it the 'Oakland Center' because he wanted everyone to use it," said Bill Marshall, a previous director of the Oakland Center, in an interview with The Oakland Post in 1998. "Woody told me 'This is the only gathering place on campus so we want faculty and staff and the community to use it. We want to build a sense of community.'"

The Oakland Center has gone through numerous additions and remodels in its 59 year lifespan. There were additions created in 1970, 1993 and 2003. The Pioneer Food Court, a main feature of the center, was added a little over 20 years ago in 1997, and renovations have happened as little as three years ago.

So why the need for expansion again?

To put it simply, there are just more students that the center needs to accommodate for.

"The food court opened in 1996, today, it is critically undersized," said Richard Fekel, previous director of the Oakland Center in an interview with The Oakland Post in 2015. "As a

result, the OC is a congested dining experience and is sub-par due to a lack of space and ease of service."

The expansion is adding 60,000 square feet to the existing 140,000 square feet of the center. While space has been a priority in this expansion, so has ease of access. Additions include increased food court space, more food options and a larger upper floor.

One of the announced new features of the Oakland Center is Plum Market. Plum Market will serve students by providing them with a variety of food items such as soups and sandwiches.

"We could not be more excited to open this Plum Market location," said Matt Jonna, Plum Market co-founder and CEO.

The Oakland Center hasn't been the only building that has been worked on in the past few years. Over the course of the past decade, new buildings such as the Human Health Building, Elliott Tower, Oak View Hall and the Engineering Center have sprouted up around campus, with the addition of Hillcrest Hall being finished in the fall.

From 2012 to 2017, the university has spent \$340 million on construction and renovations, according to The Oakland Press. Along with the buildings mentioned, there has also been construction on parking structures and changes to a variety of buildings on campus.

While it may seem like the OC construction has been going on for 30 years, the reality is that it has been happening for a lot longer than that. The remodeling may be tedious and sometimes hard to get around, but time will tell what the final product has to offer Oakland students.



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Board of Trustees approves 3.8 percent increase in tuition

AuJenee Hirsch
Editor-In-Chief

In a crowded Elliott Hall auditorium, the Oakland University Board of Trustees raised tuition, selected a new chair and vice chair and made a change in donor policy during a two-and-a-half-hour meeting Monday, June 4.

Tuition increase

The BOT unanimously approved a 3.8 percent undergraduate tuition increase for the 2018-19 academic year, matching the limit set by the state. John Beaghan, vice president for finance and administration and treasurer to the BOT, proposed the tuition increase after taking into account the university's mission, academics, student services and minimizing the net student cost.

Each public university in Michigan receives funding from the state for every student. Oakland currently receives the least amount of funding from the state with \$2,872 per student, while Wayne State University receives the most with \$8,914 per student. Since the amount of state funding can play a roll in how much tuition will cost for the next academic year, many members of the OU community have gone to Lansing to lobby for more state funding.

Trustee Marianne Fey said she was con-

cerned that there has not been a discussion about what Oakland can do to change the amount of funding the university receives from the state. Rochelle Black, vice president for government and community relations, explained why Oakland has not been able to increase the amount throughout the years.

"What we do in our office is measure how Oakland University fares relative to the overall increase for higher education," she said. "There was a point in time many years ago when we were getting close to double digit increases based on funding per student but now, for example, the budget John is presenting will show that the overall increase for higher education is 2 percent and the percentage slated for Oakland is 3.1 percent. Because everything is relative, that's the best we can do."

The 3.8 percent tuition increase means Oakland undergraduates will be paying \$17 more per credit hour in 2018-19. The average tuition cost for full-time resident freshmen will now be \$12,892.50 per year.

Donor policy change

The BOT approved a change in the university's donor policy that makes all donors anonymous. In previous documents that listed gifts given to Oakland, the donor's name would be next to the amount donated to the university; however, this practice

was surprising to some administrators because it did not follow industry standards.

Trustee Ronald Robinson expressed concern over keeping donors anonymous due to transparency.

"I think from a standpoint of transparency and disclosure, people should know who's gifting money to the university and maybe where they're directing it," he said. "I'm just wondering why we switched that."

President Ora Hirsch Pescovitz explained that the only time a donor should be named is when the donor makes a large-scale naming gift.

"Mike Westfall [vice president for University Advancement] said that the industry practice is to maintain confidentiality of the donors unless it's a large naming gift, like for example the Elliott Tower, then it's typically a name gift which is largely known," she said. "For the most part smaller gifts are kept confidential."

While the BOT approved the change in policy, there will be further discussions on the matter.

Additional agenda items

In addition to setting tuition for the upcoming school year, the BOT unanimously appointed a new chair and vice chair who will serve two year terms. Vice chair David Tull was appointed as the new chair, replacing Richard L. DeVore, and BOT mem-



Michael Pearce / The Oakland Post

The BOT discusses new policies for Oakland.

ber Tonya Allen was named vice chair.

Chief Operating Officer Scott Kunselman asked the BOT for approval of a contingent lease and gift transaction for Cobblestone Manor on University Drive in Auburn Hills. According to the proposal, Mocer Companies would buy the building, lease it to the university for two to three years and after a few years gift the property to OU.

After six months of waiting, the Higher Learning Commission finally approved OU's new mission statement. The BOT approved the new mission statement in December 2017, and a fourth strategic goal was officially adopted into the university's strategic plan. The date and time of the Board of trustees meeting is yet to be determined.

CAS welcomes new Bachelor of Music in Music Technology

Laurel Kraus
Managing Editor

Of the 1,895,000 bachelor's degrees earned in the United States during the 2014-15 school year, 96,000 were in visual and performing arts, according to the National Center for Education Statistics.

The Oakland University Board of Trustees approved a Bachelor of Music in Music Technology on April 24, 2018 which, although it still needs to go through the music governance body, will begin fall of 2018 with a full class.

"My initial thought process of the degree was that when I came to OU, I saw that we had very traditional degree programs in music," said Jeffrey Heisler, co-author of the proposal and assistant professor of saxophone and conducting. "I saw what was missing was a technical degree since the field is growing and has a lot of interest and many schools around the country offer this."

While University of Michigan, Western Michigan University and Wayne State University already have this degree option, OU's will differ by focusing more on music to become a technical degree for performers or composers. The programs at Oakland's sister institutions lack advanced theory, advanced history and keyboarding classes, reported Heisler.

According to Terry Herald, technical coordinator and lecturer for the School of Music, Theatre and Dance, students in this degree will take the same courses as any

other music major for the first two years. This includes music history, music theory, world music components and the requirement to either sing or play an instrument.

Students will then begin the major study and become equipped with technical expertise.

The new courses will include Career Building for Musicians, which is an entrepreneur class for performance and music technology majors, Interactive Computer Music, Acoustics for Musicians, and Orchestration and Arranging which could be labeled as creating a virtual orchestra.

Students may also work with Herald in the Varner Recital Hall recording concerts to gain experience in the area.

The capstone, or senior project, will be a synthesis of all previous courses where students present or curate a recital of music they've created or composed, or create a large scale recording project.

A music industry internship will also be required in last semester, as OU has current partnerships with The Detroit Symphony Orchestra and The Detroit Institute of Arts.

"I think it's important to give students who graduate the broadest possible options for a career in music," Herald said. "There are needs for really good musicians in all the technical aspects of the business."

Different career possibilities include radio, television, car audio engineering and staff audio engineers,

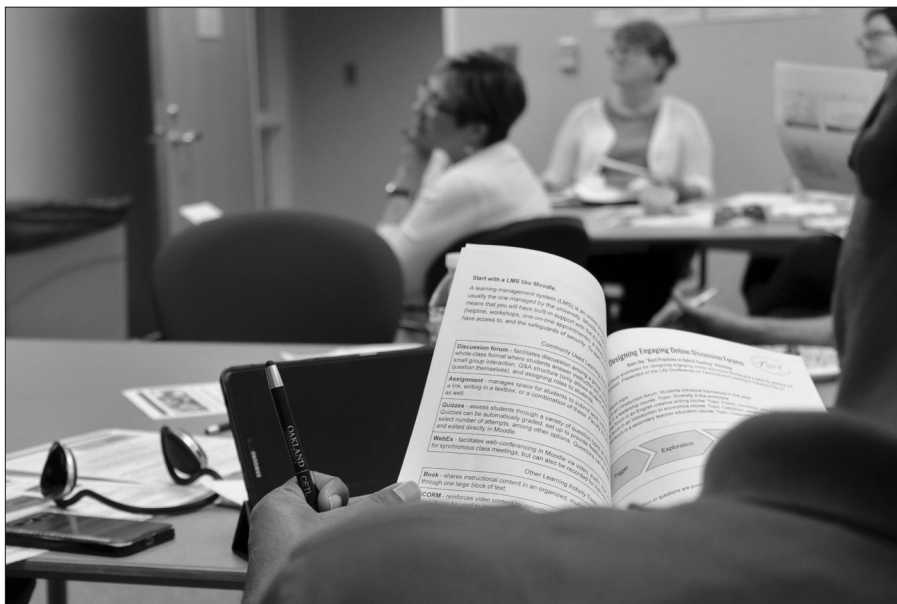


Sergio Montanez / The Oakland Post

The music in music technology major is set to begin in Fall 2018. or sound reinforcement, at venues such as Fox Theatre, Fisher Theatre and DTE Energy Music Theatre.

The degree will join the already existing Bachelor of Music in Music Education, Bachelor of Music in Performance and Bachelor of Arts in Music.

"I think this gives us another niche of expertise to help recruit students and help give students a more varied and appropriate education for a 21st century in music," Heisler said. "I think that the degree program would be vital for keeping with the interest of the incoming students as well."



Nicole Morsfield / The Oakland Post

Hybrid courses give students a chance to apply what they've learned in class to different scenarios.

Hybrid teaching comes to the classroom

Jordan Jewell
Staff Reporter

In addition to the wide variety of online and in-class courses offered at Oakland University, a third option has recently been introduced—hybrid teaching.

These hybrid courses typically feature in-class note-taking and online forum discussions. These forums give students a chance to apply what they learned in class to different scenarios. The online portions of the class are featured through Moodle, and the Center for Excellence in Teaching and Learning (CETL) is working with faculty to take full advantage of these online teaching opportunities.

OU is also experimenting with “flipped” classrooms. These courses involve students watching videos or reading notes on the class material before class and then reviewing and discussing the material in face-to-face class meetings. This type of teaching helps professors share their information in a more interactive way while still maintaining their in-person meetings with students.

“Each department here has the opportunity to choose what courses will be offered as hybrid,” said Christina Moore, virtual faculty developer at OU. “These types of courses provide flexibility for students and faculty.”

While hybrid courses do utilize online teaching methods, it was important that they still integrated face-to-face meetings, according to Moore.

“A hybrid learning environment does not mean that students merely spend their online classes reading articles or writing essays,” she said. “Instead, online learning activities can revamp the way students and faculty interact.”

The online portion of the class enables students to learn at their own pace and formulate their thoughts without the typical pressures of an in-class environment. Hybrid courses also

benefit OU’s large population of commuters, lessening the time they need to spend on campus.

“In hybrid classes, faculty receive many of the same benefits as students: variety to learning activities, opportunity to engage more students in robust discussion, more efficiency in teaching—e.g. not answering the same question multiple times—and fewer commutes to campus, among others,” Moore said.

CETL encourages professors to use the video features on Moodle to their advantage. It’s now possible to embed questions and small quizzes into videos to ensure that students are paying attention and retaining the information.

“Seventy-nine percent of students on a national level prefer online material to in-class meetings,” said Daniel Arnold, manager of Support Services at e-Learning and Instructional Support. “That percentage is consistently increasing each year.”

Based on these statistics, CETL feels that incorporating hybrid teaching into some of the courses offered at OU will be in the best interest of the professors. Hybrid courses can include video conferences, forum discussion and collaborative debates, among other features.

Forums offer students who have trouble speaking in front of large groups a chance to formulate their opinions and share them with the class.

“More and more educators are incorporating forum discussions into their courses,” Arnold said. “Having students reply to each other can really open up their eyes to different viewpoints.”

CETL hosts seminars where they provide professors with an overview of integrating hybrid learning into already established courses.

Further information about these seminars can be found on the CETL website.

Motor City becomes a hub

Mary Siring
Staff Reporter

A number of offices at Oakland University will be utilizing the Franklin Wright Settlement in Detroit to house outreach and education programs.

“What our goal and purpose is, is to really use this as a multipurpose outreach center as a base for activities that the university does that are currently underway in the city of Detroit,” said Nicole Wells Stallworth, assistant vice president of the Office of Government and Community Relations.

The hope and goal for this space is to create a hub of access to Oakland for the Detroit area, providing events and information to a new crowd.

The Office of Government and Community Relations will have permanent office space in the building, but the building will also allow for many key campus stakeholders including Undergraduate Admissions, Student Financial Services, and Professional and Continuing Education.

“For Undergraduate Admissions specifically, as a means of acting as champions for access, the space would be used as a meeting place for Detroit residents interested in learning more about OU offerings,” said Shane Lewis, associate director of Undergraduate Admissions. “Admissions Advisers would have the opportunity of offering appointments for prospective students during select times, to assist them through the application and admission process.”

Undergraduate Admissions will be hosting a number of college readiness events and programs as well.

“These could include college readiness workshops [and] financial aid literacy workshops, like teaching students how to

fill out an admissions application or learn about FAFSA,” said Dawn Aubry, director of Undergraduate Admissions.

Student Financial Services also has big plans for utilizing the space.

“We will use the space for financial aid related presentations and workshops to help students and their families learn more about the financial aid available to pay for college, how to apply for financial aid and how to evaluate their financial aid awards,” said Carrie Gilchrist, senior financial aid outreach advisor. “Having an OU home in the city offers the ability to hold events in Detroit more frequently and to a wider audience.”

The Office of Professional and Continuing Education hopes to transfer existing outreach programs and offer them to the youth in the Detroit area.

“We can bring a lot of things for the younger crowd, like SAT preps, this is a location that would be well suited for those types of activities,” said Lori Crose, director of Professional and Continuing Education. “We do advanced placement here, and we would like to use the space to get together with teachers from Detroit and do some programming that would work around advanced placement teaching.”

The space at the Franklin Wright Settlement will provide access to OU resources and information, expanding influence in Detroit.

“It is our hope that this space will provide us with an opportunity to enhance our outreach efforts,” Lewis said. “Also, to ensure that we are being intentional about leveraging our university and its resources to make a positive impact on the quality of life within our immediate and surrounding community, including the City of Detroit.”



Ryan Pini / The Oakland Post

The Franklin Wright Settlement will be utilized to house outreach and education programs.



Michael Pearce / The Oakland Post

Student employees will be able to receive more hours after task force reviews Affordable Care Act.

Student work hours increase

The increase raises the amount of hours a week from 20 to 25

AuJenee Hirsch
Editor-in-Chief

Broke college student. These three words are what just about every college student uses to describe themselves. Between paying for books, everyday items and the rising costs of tuition, college students are resorting to taking out more student loans. More student loans equals more student debt.

After listening to student opinions about the rising cost of college, Oakland University administration decided to try and combat this by increasing the number of hours students can work on campus. After creating a task force composed of OU alumni, administrators and staff, it was decided to increase the student work hours from 20 to 25 hours a week during the academic year and keep it to 40 hours a week during break periods and the summer.

This is not the first time student work hours have been set to 25 hours a week. Students with an on campus job could work 25 hours a week until the administration decided to decrease the hours in April 2016 in order to stay in accordance with the Affordable Care Act and U.S. Immigration and Customs legislation regarding international students.

"Around 10 years ago we weren't following the policy and informally students were permitted to work up to 25 hours a week, but we stopped at 25," said Greg Jordan, director of University Recreation and Well-Being. "When the Affordable Care Act was passed there is also a piece of that that says if an individual works so many hours during a year they are really considered an employee and should be offered healthcare benefits."

The idea for looking into increasing student work hours came about from

various conversations Vice President of Student Affairs and Chief Diversity Officer Glenn McIntosh had with OU students. Students were taking out more student loans and getting a second job off campus in order to pay for their schooling. This became a concern for McIntosh.

"For me it becomes an issue that goes back to student retention and student success," he said. "I think I have a philosophy that if we can keep students on campus and keep them engaged with our faculty and staff, students are more apt to make connections to do well in the classroom, get involved in student organizations and leadership positions, and have a better college experience."

After listening to students and reviewing the Affordable Care Act, the task force found students working 25 hours a week during the academic year did not violate any federal legislation.

"I think the Affordable Care Act set some parameters as far as the number of total work hours for a specified period of time," McIntosh said. "So, when we looked at that law and actually looked at the data of how many hours on average our students were working for a year we found out that our students weren't coming close to that threshold amount."

Jordan encourages students to find jobs on campus because on campus employers are more understanding of student needs.

"We understand students," Jordan said about on campus employers. "Employers on campus know and understand the rigors that students have and the demands that students have and we adjust. Where the job down the street and an outside employer they don't care in general."

OU students will be able to work 25 hours a week starting fall 2018.

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It's time for Pontiac to get "fit"

Grant from CDC inspires Pontiac Fit Fest and an active community

AuJenee Hirsch
Editor-In-Chief

On an unusually chilly Saturday morning in June, members of the Pontiac community came together for the grand opening of Pontiac's new adult fitness station, or "Fit Park," at Beaudette Park. Oakland County Health Division's Healthy Pontiac, We Can! (HPWC) coalition hosted the Pontiac Fit Fest on Saturday, June 2. This is the second FitPark to be placed in Pontiac. The first is at Oakland Park on Glenwood Avenue.

The event featured nine stations including a bike giveaway, helmet decorating, Oakland County Sheriff PAL registrations, free cupcakes from state representative candidate Kone Bowman and live fitness demonstrations from Max Maine, CEO and owner of Max Out Fitness in downtown Pontiac. Maine has been involved with HPWC for three years.

"It's a big overall goal," he said.

"Number one is we want to try to lower the obesity rates. Number two is we want to try [to] implement fitness with the children because more and more children are becoming prediabetic. That's the big goal, but other than that it's about letting kids know that it's OK to get outside the house and use your limbs. Don't just use your fingers."

At the event, HPWC gave away 150 bikes to adults and children who live in Pontiac. After receiving their bikes, the recipients were given a bike safety demonstration, and a free lock and helmet.

"This is such a wonderful event for the community," Pontiac resident LaShonda Green said. "I remember growing up and seeing people, adults and children, outside being active, but now you don't see that anymore. This event was definitely needed and hopefully can help bring more life back to Pontiac."

The FitPark at Beaudette Park was made possible in part by the

Centers for Disease Control and Prevention's Racial and Ethnic Approaches to Community Health (REACH) grant. According to the CDC's website, the purpose of the grant is to reduce health imbalances among racial and ethnic minorities such as African Americans, Hispanics/Latinos, Asian Americans, Pacific Islanders, American Indians and Alaska Natives.

The grant was awarded to Oakland University on behalf of HPWC and aims to reduce chronic disease and make healthy living easier for members of under served populations. According to Elizabeth Pare, special lecturer of sociology at OU and monitoring and communications manager for the School of Health Sciences, the City of Pontiac is predominantly African American, there is a larger than average Hispanic/Latino population at 16 percent and the minority is the Caucasian population.

"We always say nutrition was



Sergio Montanez / The Oakland Post

The goals of this event were to lower the obesity rates and inspire kids to fitness.

made to make the table more inclusive, but really it's to transform the table so that everybody is seated at it," Pare said. For many members of HPWC, the new Fit Park doesn't just mean that the community will be more active, it also means that Pontiac residents can feel comfortable within the city.

"I think parks are one of the things within a community that makes it a place that people want to live, where they can

play just down the street from their house," said Jennifer Lucarelli, associate professor of interdisciplinary health sciences at OU and chairperson for the Healthy Pontiac, We Can! coalition. "The improvements that we have made with the installation of the adult fitness park means that now adults have a place where they can workout right beside their children and everybody can be active at the same time."

Personal trainer certification program coming to OU

Trevor Tyle
Life Editor

The Professional and Continuing Education (PACE) program at Oakland University has partnered with World Instructor Training Schools (W.I.T.S) to bring a personal trainer certification program to campus.

The program, which has been in the works since November 2017, is the result of a growing demand both on campus and in the professional world.

"Anywhere from nursing homes to hospitals to places you wouldn't normally think of—they all hire personal trainers to work with physical therapists in various capacities," said PACE Assistant Director Amy Olind. "You can tailor it to what your other interests are."

After careful consideration, PACE decided to partner with W.I.T.S to provide the program because, unlike many other companies that offer personal training certificates, the course offered is not exclusively online.

"What drew us to World Instructor Training Schools was it still had those legitimate accreditations, but they had a

practical component [too] that required people to meet with another master personal trainer and actually perform some of the exercises with a fake client," Olind said. "Any time you're working with people, you want to have them demonstrate how they would actually do it with a client. You don't want to just, 'Hey, I have an online certificate that says I can do a job that's very heavily people-involved, you know?'"

The program will allow students to obtain Certified Personal Trainer - Level 1 status through 30 hours of coursework, 15 hours of lecture and 15 hours of hands-on training.

The course will be taught by Eric Davidson, Fitness Programs and Services coordinator of the OU Recreational Center.

"I am excited to work with the W.I.T.S personal training students and help them to develop and prepare to work in a field where they can have a positive impact on other people's lives," Davidson said. "Personal training can be a very rewarding career, and I hope the participants feel confident after the course is finished to go out and develop workouts and work one on one with clients. I hope participants

learn a lot and have a positive experience in the course."

The tuition cost is \$700 for current OU Rec Center members, which includes students and members of the campus community, and \$800 for non-members. Included in the tuition cost is the \$350 testing fee, a four-month membership to the Rec Center for non-members and an optional internship that will allow students to further engage in hands-on training. The internship requires a minimum of 30 hours of work and will qualify students for Certified Personal Trainer - Level 2 status.

"This is a content-heavy class, but it's not going to be the same as an undergraduate-level credit class," Olind said. "Students don't need to feel like it's something that's going to go on the entire semester and have all kinds of homework. It's designed as a continuing education class. We understand people are busy, they have other jobs, other things that they're doing, so a lot of the work that you're doing is in-class. You use the in-class opportunities to complete those activities."

PACE currently has plans to offer the course twice a year. The first offering will



Oakland Post Archives

PACE partnered with W.I.T.S to create the personal training certification program for OU.

take place on Monday and Wednesday nights from July 23 to August 22. Registration is currently open, but the course will be limited to 20 students to maintain interpersonal interaction.

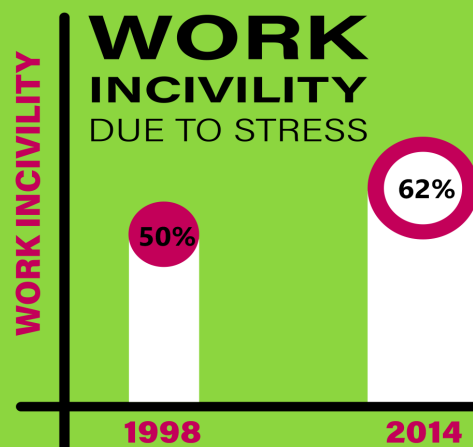
Individuals who plan to enroll in the course must be 18 years of age or older, have a minimum of a high school diploma or equivalent, and have a valid adult CPR and AED certification, both of which can be obtained through the Rec Center.

For more information and to register for the course, visit the PACE website. Students can also sign up for registration updates here.

WORK LESS, SLEEP MORE:

Workplace stress causes sleep loss

AUJENEE HIRSCH
Editor-in-Chief



IN 2017,

62%

OF AMERICANS REPORTED WORK
AS A SIGNIFICANT SOURCE OF
STRESS.

— AMERICAN PSYCHOLOGICAL ASSOCIATION

Design by
KATIE LADUKE

Graphics by
PRAKHYA CHILUKURI

51%

OF WOMEN
IN 2014

REPORTED THAT THEIR
SLEEP WAS AFFECTED
BECAUSE OF **STRESS**



Stress. It seems to be something everybody of all ages is experiencing these days. In studies conducted by the American Psychological Association, millennials feel the effects of stress more than Generation X— though the Gen Xers aren't too far behind. It's also no secret one of the key factors that contributes to stress is work.

What people may not know is that workplace stress affects sleep. A recent study led by Oakland University professor Caitlin Demsky, Ph.D., reveals that stress experienced in the workplace can, in fact, affect sleeping patterns. The study was published in the *Journal of Occupational Health Psychology*.

"Sleep quality is crucial because sleep plays a major role in how employees perform and behave at work," Demsky said of the study. "In our fast-paced, competitive professional world, it is more important than ever that workers are in the best condition to succeed, and getting a good night's sleep is key to that."

The American Institute of Stress (AIS) reported 40 percent of people have said that their job was "very or extremely stressful." As the number of people who are stressed at work increases, so does work incivility.

According to Demsky's study, work incivility is "low-intensity deviant behavior with ambiguous intent to harm the target, in violation of workplace norms for mutual respect." There has been an increase in work incivility, going from 50 percent in 1998 to 62 percent in 2014. Work incivility can affect psychological and physical well-being, lead to reduced job satisfaction, and increase stress and irritability.

People who have experienced rude or negative behavior at work were linked to experiencing insomnia or symptoms leading to insomnia such as waking up multiple times throughout the night, according to the study.

Attitudes are changing in the workplace and most of the negative behavior people experience comes from coworkers. AIS states that 14 percent of people have wanted to hit a coworker, but didn't, and 18 percent of people had experienced some sort of threat or verbal intimidation.

OU junior Jessica Harper has worked in the restaurant industry for six years and has been a manager for three of those years. She has experienced multiple accounts of workplace incivility at her job at Taco Bell. The most recent incident occurred last week.

"The most stressful part of my job is the customers, but I've had a couple of incidences with my coworkers as well," Harper said. "Last week I had an employee that was just hired tell me that I didn't know how to do my job when I have been working at Taco Bell for five years. I was the manager on duty and I put her in her place by saying that

if this were a corporate level job and you spoke to your boss like you did to me just now, you would be fired. She stopped talking after that."

Demsky's study focused specifically on negative work rumination, which refers to preoccupied negative work experiences and the inability to switch off work related thoughts. Harper often deals with work from home when she is not in the office.

"I usually get calls while I'm at home from work," she said. "The other supervisors with less experience than I have are usually calling me to ask questions, or I have to come in because someone called off. So usually whenever I'm at home I'm working or thinking about work. I'm never fully relaxed."

Fortunately, there is a way to reduce workplace stress by taking "mental breaks," according to Demsky. This is especially important for people who are working while going to school.

"Workplace stress is something that students deal with and struggle with especially if they are going to school and working at the same time," Demsky said. "They have an extra layer of stress added to them. So if you're a student and you're going to classes and you're juggling a part-time, sometimes full-time job, you're juggling expectations from multiple roles... It can be really difficult to balance those two."

While most people want to go straight to bed after work, it is important to partake in a relaxing activity that will erase thoughts of negative work experiences. Some of these activities can include exercising, meditating, watching TV and reading a book.

OU sophomore Jordan Taylor works at the front desk at LaVida Massage. The massage therapists at his job cause him stress. Taylor always destresses after work by going to the gym.

"I'm really into boxing," he said. "I usually go to the gym after work and punch on a punching bag to get out all my aggression. It definitely helps a lot and I don't end up going home in a bad mood, which if I do usually leads into me getting into an argument with my sister or mom."

Constantly thinking negative thoughts about work may also play a part in several health problems including cardiovascular disease, increased blood pressure and fatigue, according to the study.

These microaggressions are a part of everyday life and an inescapable part of a work environment. But while these issues come with being an adult, it is best to find a way to deal with them in a healthy manner. Take time to relax, work will be there in the morning.



Photo courtesy of Jim Nugent

Emily Francis is the first recipient of the Department of Writing and Rhetoric's newly named award.

Excellence in Teaching award renamed to honor late professor

Trevor Tyle
Life Editor

The Oakland University Department of Writing and Rhetoric has renamed its annual teaching award to commemorate the legacy of one of its late professors.

OU special lecturer Timothy J. Briggs died in August 2017 after losing a lengthy battle with depression. Briggs was a long-time member of the campus community, having received his Bachelor of Arts in English at OU and returning to teach in 1995, shortly after receiving a master's degree from Eastern Michigan University.

According to Associate Professor and Department Chair Lori Ostergaard, Briggs' work at OU extended outside of the classroom into other areas of the Writing and Rhetoric department.

"His work with digital media influenced some of the assignments Writing and Rhetoric faculty use in their classes," she said. "He also served as a technology support person in the department, offering workshops and one-on-one assistance for anyone who wanted to learn how to teach video composition in their classes."

Due to his commitment to his students and fellow educators, Briggs celebrated several notable accomplishments throughout his career, receiving the university's Excellence in Teaching award in 2007 and the nationally recognized Kairos Teaching Award in 2011. It was this dedication that inspired members of the OU Writing and Rhetoric department to rename their annual teaching award—now known as the Timothy J. Briggs Award for Teaching Excellence—in his honor.

"We wanted to rename the award because Timothy exemplifies what good teaching is all about," Ostergaard said.

"He was always working to improve his teaching. He was an active, engaged and enthusiastic member of the department, but he was also involved in the larger field of writing studies, presenting at conferences, publishing his research, attending workshops and classes to learn new things and contributing to the discipline with, for example, his work with the Digital Archive of Literacy Narratives."

The award was presented to Special Lecturer Emily Francis during a luncheon at Meadow Brook Hall for the department's annual spring conference on April 30. Briggs' wife Cheryl, oldest son Kenton, sister Laura and father John were all in attendance.

"I can't think of a better way to remember him," said OU Special Lecturer Christina Hall, a former student, office mate and colleague of Briggs. "Earning the teaching excellence award was already a great honor, but now that it is the Timothy Briggs Teaching Excellence Award, it's an even greater honor because we all know what a respected, dedicated, talented and well-loved instructor he was. Because the award is annual, we'll be able to honor and remember him every year."

In addition to the award, the Department of Writing and Rhetoric will be making donations to the Graham Health Center in Briggs' name. The decision felt appropriate because he was a "passionate advocate for his students," according to Ostergaard.

"He was so enthusiastic about teaching writing and researching innovative methods to use in the classroom," Hall said. "I was inspired by his relationship with his students as co-learners and try to always have that same environment in my classroom."

"He always made it clear that as an instructor, he wanted to not only teach, but learn alongside all of us."

Animal assisted therapy offers many opportunities

Laurel Kraus
Managing Editor

Despite the fact that occurrences of animal assisted therapy have been taking place since the 1700s, there have not been many large-scale research studies to assess its effectiveness.

"Animal assisted interventions is the overarching umbrella of people who do human/animal interactions in general," said Amy Johnson, director of the Online Animal Assisted Therapy Certificate Program at Oakland University. "If you're doing therapy, you have a person who is trained in a specific profession who operates within their scope of practice, but they're working with an animal with intentionality."

In the 1700s, psychiatric hospitals would use birds and small animals to interact with the patients, which allowed them to focus on nurturing and empathy so that they required less medication and were less violent.

In the 1860s, Florence Nightingale utilized an owl named Athena for a similar technique with those suffering from chronic illness.

In the 1960s, Doctor Boris Levinson became the father of animal assisted interventions. Sigmund Freud even used a Chow named Jofi to get a better temperament from his patients.

"I think we live in a very individualistic culture and we tend to not want to reach out for help and show any vulnerability, and sometimes a friendly, fuzzy, warm dog can be a safe place to do that," said Angela Moe, professor in Sociology at Western Michigan University. "We might not trust another human but maybe we'll trust a dog."

While dogs are the number one therapy animal and horses are number two, others include pocket pets such as rabbits and guinea pigs. Johnson reported one practitioner is even training a therapy snake.

Utilizing these animals in therapy can come in many different forms.

Mental health providers might work with animals, such as a dog, to allow the client to share feelings that he or she wouldn't want to admit or even realize about his or herself. Johnson once worked with a 9-year-old girl who was able to speak about herself through suggestions of how to prevent a dog from getting anxious.

In occupational therapy, a client can brush a dog rather than making the same motions on a machine, which makes the person more motivated to participate. This causes cortisol levels to go down so the ability to heal is quicker.

At risk youth is an especially popular area for animal assisted therapists, according to Johnson who worked with detention kids.

She would bring in rescue dogs who the children could relate to, and it would cause them to feel safer.

"One of the kids, he was always like 'I'm fine, I'm good, I can handle this,' but when he first started working with this dog, he kept saying things like 'I wonder how he does at night, do you think he's scared, do you think he doesn't like having the lights off?'" Johnson said. "Which said to me, okay he's not feeling safe and comfortable at night."

Therapy animals can even be used in speech therapy where one might practice sounds to an animal who won't judge, such as 's' sounds using sit and stay.

Moe stated animal assisted therapy is a resource that could be utilized far more.

"My feeling is, if there's something we can do to help people feel better and healthier, why not do it?" she said.

On February 1-2, 2019, experts Patricia McConnell and Melissa Winkle will be speaking on animal assisted interventions at OU.



Nicole Morsfield / The Oakland Post

Animals such as dogs, horses, rabbits and guinea pigs are popular when helping with therapy.

Professor intersects politics with science

Dean Vaglia
Staff Intern

If someone decided politics and bio-science should never go together, they forgot to send the memo to Ken Mitton.

Mitton, who has been at Oakland University since 2001, has not only been a biochemist, professor and researcher but is the immediate past president of the OU Chapter of the American Association of University Professors (AAUP).

The AAUP is the union at OU that represents professors and faculty. The AAUP has only one paid employee, an executive director, with all other government members being volunteers.

OU's AAUP chapter has had to step up and carry out their mission over the years, which is something Mitton had to do several times over the eight years he has been a part of the chapter. During his voluntary role as president from 2015-2017, the first major event Mitton faced was having to manage the faculty

reaction to the surprise creation and hiring of a COO by the Hynd Administration in 2015.

In his academic career, Mitton received his Ph.D. from the University of Western Ontario in 1995 and did post-doctoral training from 1995 to 2001 at schools and organizations such as Virginia Tech, University of Michigan and the National Institutes of Health.

Mitton chalked how he became a bioscientist up to serendipity. As an undergrad, Mitton discovered that he liked the chemistry and the biochemistry field, and he became interested in the retina when he studied the eye in postgraduate.

Mitton conducts research at the OU Eye Research Institute with interests in VEGF mechanisms which are related to hypertension and vascular disease, the effects of valproic acid and biotechnology.

As to how similar being a scientist and a union leader are, Mitton reported that they are more alike than some would expect.

"When you have a contract and

you're both looking for things to stipulate and agree upon, you're bringing your arguments to the table, and arguments need facts," Mitton said. "You win more often if you have facts to back [arguments] up, and it just turns out that academics naturally do that every day."

According to Mitton, most non-academics go into negotiations planning to win through bluffing; however, academics can call the bluffs "because people can't attack reality if you have some on your side."

Along with the handling and use of facts, another way that academic and union work cross paths is through service to the university, mainly through serving on committees such as OU Senate subcommittees.

With contract negotiations coming up in 2020, the AAUP will be looking to address the pay rate, the lives of part-time professors and a merit pay system that was created for the 2015 contract that Mitton claims has not been run well.

As for Mitton, the future holds a mix of staying put and moving forward. He is planning on publishing what he has found so far from his VEGF research to obtain grants and is hoping that he can move up from an associate professor to an actively funded one.



Photo courtesy of Ken Mitton

Professor Mitton looks forward to continued progress in VEGF research and funding.

Oakley receives Professor of the Year award

Patrick Sullivan
Web Editor

Being recognized for something you have put a lot of work into is a high that everyone strives for. Validation for a person's efforts shows that the person is making a difference in what he or she is doing.

When Barbara Oakley won Michigan Distinguished Professor of the Year in April, she was surprised and humbled.

One of her more popular courses, "Learning How to Learn: Powerful mental tools to help you master tough subjects," available on Coursera, has been taken by around two million students from 200 different countries. Oakley attributes winning the award to her making her work widely available online to any student that may find it useful.

"As professors, we often wish we had the means to make an impact on people's lives," Oakley said in regard to her contributions to students. "New online ways of outreach have given extraordinary opportunities to academicians."

Along with creating one of Coursera's most popular online classes, Oakley has also had a wide variety of experiences outside the world of teaching. From serving in the U.S. Army to working as a Russian translator on Soviet trawlers to serving as the radio operator at the South Pole Station in Antarctica, Oakley is able to pull from these experiences in order to connect with a wider pool of students.

"Today's visionary professors can leverage their abilities and move online, where many more students can benefit," Oakley said. "If I can serve as one example of this phenomenon for other professors, I am happy."

Oakland University's President Ora Hirsch Pescovitz was one of many that were delighted to hear that Oakley had won the award.

"Professor Oakley is not only a first-rate scholar and a teacher of young minds she is also an inspiration to our students, faculty, and entire Oakland University community," Pescovitz said in regards to why she thinks Oakley was chosen.

Pescovitz is also on the board of directors for the Michigan Association of State Universities, which is responsible for the Distinguished Professor of the Year award. Pescovitz did not have any input on the selection of Oakley.

The Michigan Association of State Universities, or MASU, is a group composed of Michigan's 15 pub-

lic universities. The MASU's goal is to promote the value of higher education to the state of Michigan, as well as develop policies to improve the quality of that education.

"My role as a member of the MASU Board of Directors is to do my best to see that OU interests are advanced along with the other colleges and universities," Pescovitz said.

Dan Hurley, the CEO of MASU since 2015, provides resources and advice to the public universities within the MASU. Hurley hosts and oversees the selection for the Distinguished Professor of the Year award.

"The calling of the professoriate is the ability to change the human condition," Hurley said. "When I look at professor Oakley's work, she exemplifies that statement of using her abilities as professoriate to improve the human condition."

The selection process for the award involves a selection committee that consists of members of the association's Academic Affairs Officers committee. Nominations from each university were received and evaluated in February, with recipients being notified in March.

The MASU awarded Michigan Distinguished Professor of the Year to three professors this year, including Oakley, Anne Ruggles Gere from the University of Michigan and Deborah Herrington from Grand Valley State University.

Currently, Oakley is working with Microsoft and Arizona State University in order to create a series of videos to help teach English to kids and teenagers. She also has a book coming out on August 7, 2018 that expands upon "Learning How to Learn."

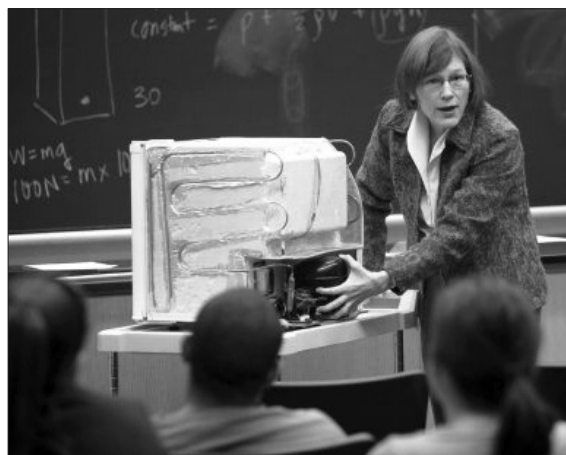


Photo courtesy of Oakland University Office of Communications and Marketing
Oakley has reached over two million students through education.

Puzzles

1	2	3	4		5	6	7	8		9	10	11	12	13
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17					18					19				
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48	49					50	51				52	53	54	
55						56					57			
58						59					60			
61						62					63			

- Across
1. Beverage nut

5. Party spoiler

9. Ten-cent pieces

14. Smell

15. Teen complaint

16. Vote into office

17. 1945 Phyllis Thaxter/Edmund Gwenn film

19. Baryshnikov’s nickname

20. Opposite of WNW

21. Like bad winters

22. Irish patriot De Valera

23. Communications prefix

24. Promptly

26. Attack vigorously

29. Soon, to the bard

30. Yank’s war foe

33. Steam or mist

34. Ebb and neap

35. Lyricist Gershwin

36. Seamen’s assents

37. ___ mignon

38. Industry kingpin

39. Alcatraz, e.g.: Abbr.

40. Played in Atlantic City

41. V-formation fliers

42. Online chuckle

43. Frosted, as a cake

44. Like Jell-O

45. Poet Stephen Vincent ___
47. Legs, in slang

48. ___ for the ride

50. Sans escort

52. Scrape up, with “out”

55. Bea Arthur title role

56. 2000 Brendan Fraser film

58. Word before city or circle

59. Detroit footballer

60. Toward the sheltered side

61. Pop

62. Spaniard’s “this”

63. Actor Sean
- Down
1. Honshu city

2. Praiseful poems

3. Actor Rob

4. Shipping magnate Onassis

5. Bogart’s “Key Largo” costar

6. Reddish yellow

7. Small bills

8. Not a good way to be caught

9. Lowers in dignity

10. Sacro attachment

11. 1986 Jodie Foster film
12. Bounce back

13. Musial of baseball

18. “...over ___ flock by night”: Luke

23. New Mexico art colony

25. Frost or Burns

26. Benefit

27. Authority

28. 1945 Hitchcock classic

29. Had a fever, e.g.

31. Rub out

32. Displayed openly

34. Train schedule

37. Watch part

38. Cartoon frames

40. Like some Chinese dishes

41. Morticia’s mate

44. Teresa’s “tomorrow”

46. Concluded

47. Beckett’s “Waiting for ___”

48. In the thick of

49. Turner of film

51. Hawaiian wreaths

52. French pronoun

53. Mentally acute

54. Perfect place

57. Skip over, as commercials

NOVICE

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9					3	5	7
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	8						5
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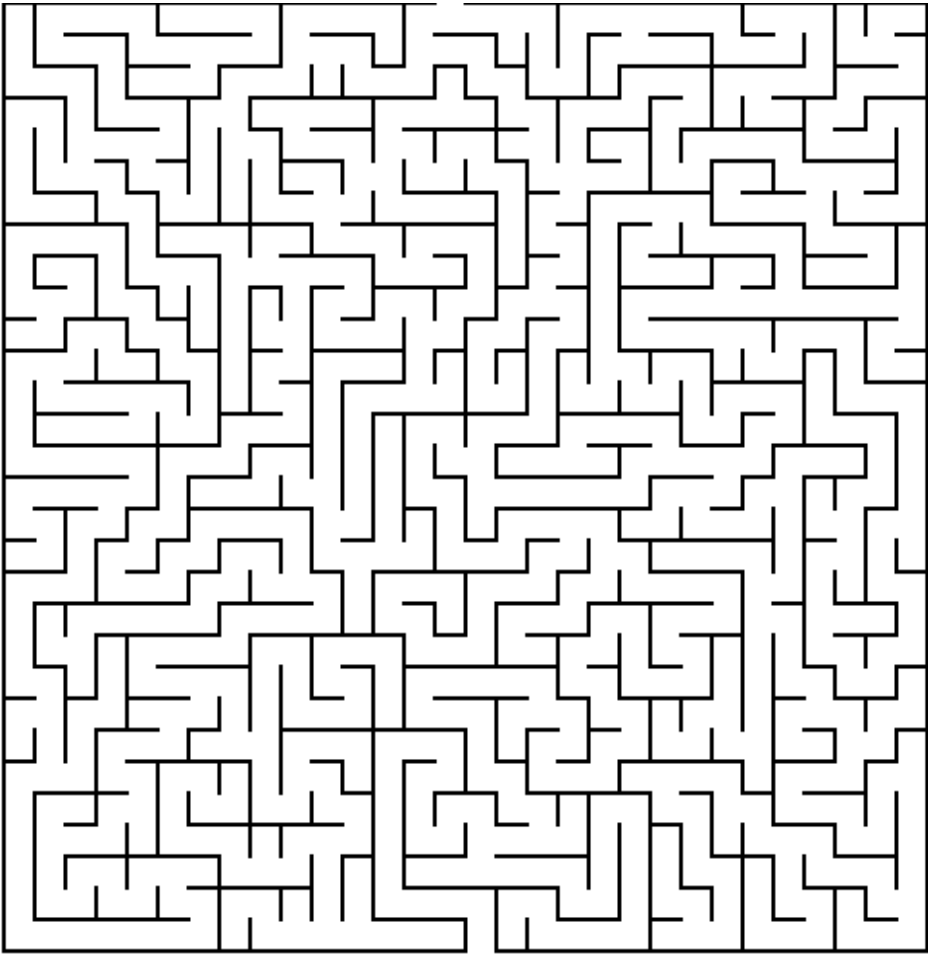
TOUGH

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				9	3		

INTERMEDIATE

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				6			1

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Information overload in the world of politics



Isaac Martin
Contributor

While you were away:

The economy

Starting the roundup near to home, President Donald Trump through one and a half years of office has already made history—and not just for the amount of hoopla surrounding his administration. Last Friday the Bureau of Labor released a jobs report with excellent news on the economy. Through the month of May, the unemployment level of Americans is at 3.8 percent or statistical full employment. Even more encouraging, African-American and Hispanic unemployment is at or near the lowest levels on record.

Israeli heist

In early January, over 50,000 documents and 10,000 CDs containing classified information were extracted from Tehran by agents of Mossad, Israel's intelligence agency. It wasn't until April 30, however, that Prime Minister Benjamin Netanyahu of Israel—in an unveiling reminiscent of the late Steve Jobs—revealed the documents to the public as evidence that Iran had lied to the international community regarding nuclear weapons.

U.S. withdrawal from JCPOA

The following week, citing the documents taken in Mossad's heist, Trump announced that the United States was pulling out of the Iran deal and imposing sanctions on the Persian country. Trump is not operating on the assumption that Iran is essentially a good-willed nation and instead believes Iran's leaders to harbor hegemonic aspirations for the Middle

East. The Persian theocracy is perched in a precarious position: nationwide unrest, high unemployment and severe corruption among bureaucrats compound the effect of the new sanctions.

Iran attacks Israel

Two days after Trump's announcement, Iran and Israel exchanged fire in a potentially conflagratory confrontation. On the morning of May 10, Iran launched 20 rockets toward Israeli forces in the Golan Heights. Four rockets were intercepted by Israel's Iron Dome defense system while the remaining 16 missed their targets. Israel responded quickly with an air strike on several key Iranian military positions in Syria. Though the exchange precipitated no major conflict between the two nations, experts were concerned at the time; the encounter marks the largest direct confrontation between Israel and Iran and very well could have escalated further.

A birthday surprise

After a brief respite, Israel's 70th birthday was marred as riots erupted along the Israeli-Gaza border on May 14. Over 40,000 Palestinians gathered along the border, some attempting to breach the fence with IEDs, others attacking Israeli forces. According to estimates from a Hamas' front group, 58 rioters were killed as the terrorist group attempted to distract from the historic event in West Jerusalem. There, led by Jared Kushner, a delegation of U.S. officials opened the first ever U.S. embassy in Jerusalem. The US recognized Jerusalem as the capital of Israel in a bold yet nuanced move—respecting Muslims' claim on Eastern Jerusalem in a manner consistent with a two-state solution.

Korean peace?

Last Friday, the Trump administration confirmed that the US-North Korean Nuclear summit is happening next week. This comes after the Summit was canceled two weeks ago by Trump. Though many are hopeful that North Korea will agree to relinquish their nuclear arms, Ronald Reagan's maxim "Trust but verify," has been the watchword of the hour. If an agreement is forged at this summit, enforcement and strenuous verification of Korea's promises must be agreed. While peace is preferred, negotiations must not sacrifice security in order to appease a dictator à la Chamberlain. The United States must adhere to a strategy of peace through strength.

Standing for nothing

NFL makes rule preventing kneeling during anthem



Ben Hume
Staff Intern

The NFL has finalized a decision that would force players on the field to stand during the duration of the national anthem, with substantial fines for players who do not comply.

This decision comes in the wake of Colin Kaepernick's kneeling protests during the national anthem. These protests were meant to bring attention to police brutality targeting minority groups. Kaepernick's protest caught on with a substantial number of players throughout the league, and became a hot-button topic throughout the 2016 presidential election. He has not been picked up by a team since he dropped his contract in March of 2017, and with this decision by the NFL to officially silence these protests, it would seem the discussion is finally over.

Or is it? Kaepernick's kneeling may have begun with a narrow focus, but the repeated attempts to prevent these protests have widened the scope to encompass everything to do with race relations in America. So let's start back at the beginning.

The first time Kaepernick decided to protest, he sat on the bench rather than kneeling. It wasn't until a few games later that he sat down with Nate Boyer, the former Green Beret who would advise him on a method of protest that would still

be respectful to those who serve. After this meeting, Boyer suggested kneeling would be more respectful. Kaepernick immediately took his suggestion to heart and from then on kneeled instead. However, criticism did not stop there. After Kaepernick's teammate Eric Reid joined him in protest, players across the league began to join in, and the number of angry fans multiplied.

So, why is everyone so riled up in the first place? Even after Kaepernick found an army veteran to help him remain respectful to our flag, he still received a huge amount of backlash.

A 2016 CNN poll at the onset of this issue revealed that "43 percent of those polled believed players were doing the right thing to express their political opinions," while 49 percent said they were in the wrong. It would seem that, despite his best efforts, a majority of people think these protests are unpatriotic and disrespectful.

There are a few answers to this, of which I believe only one fully explains the situation at hand. This is an issue of race. This entire problem stinks of the civil rights era, when African Americans were told to "wait for a more convenient season" for them to protest. There might not be any segregated bathrooms to be fought against, but the NFL making the decision to force everyone to stand sounds strikingly similar to banning sit-ins in the '60s. Kaepernick went out of his way to try and respectfully bring attention to an issue that he felt needed addressing, and in response, he and other players have been silenced.

Is it unconstitutional? Debateable—the NFL is the employer of all of these players, so the answer gets blurry. Does it still give me a disgusting feeling in my stomach? You bet it does. Players of color across the league are being told they are no longer allowed to sit, to kneel, to do anything but stand and face the flag.

And if they want to continue exercising their First Amendment rights, they have the option of remaining in the locker room, far from the gaze of any "patriotic" fans.

"Solo: A Star Wars Story" is fan service at its finest

Trevor Tyle
Life Editor

Those who know me best know that I can probably count the things I love more than "Star Wars" on one hand. I've been a devoted fan of the franchise since I was 5 years old, making my expectations for every new "Star Wars" film rather high.

The series' latest installment, "Solo: A Star Wars Story," was no exception. In fact, it was the first "Star Wars" release since Disney's acquisition of Lucasfilm in 2012 that I had reservations about. But in spite of my skepticism, "Solo" is mostly worth the wait.

The film follows everyone's favorite smuggler Han Solo, 10 years before he was made famous by Harrison Ford in the original "Star Wars." In this adaptation, the iconic role has been taken over by Alden Ehrenreich, who does a fine job holding his own in spite of his lacking likeness to Ford. Though initially difficult to accept the two actors are indeed the same character, it doesn't take long to realize "Solo" simply represents a completely different era in Han's life.

At this point in his life, we see Han in his final days as an Imperial soldier,

gravitating toward the life of a smuggler after chance encounters with his future copilot Chewbacca (Joonas Suotamo) and the ruthless Tobias Beckett (Woody Harrelson). After a failed attempt to steal a shipment of expensive starship fuel for crime lord Dryden Vos (Paul Bettany), the trio is forced to redeem themselves or pay with their lives.

They join forces with Vos' top lieutenant, revealed to be Han's childhood friend and lover Qi'ra (Emilia Clarke), as well as the smooth-talking smuggler Lando Calrissian (Donald Glover) and his sassy droid counterpart L3-37 (Phoebe Waller-Bridge), to retrieve more fuel from the spice mines of Kessel. Boarding the Millennium Falcon, the crew embarks on a journey that will shape some of the most important heroes and villains the galaxy has ever known.

If it sounds like a lot to take in, that's because it is. "Solo," unsurprisingly, thrives on intense action sequences and daring escapades, but suffers from occasionally clunky dialogue and poor pacing—in just over two hours, it feels more dragged out than the nearly three-hour runtime of last year's "The Last Jedi," which masterfully utilized its every last second. Within that timeframe, there's still a fun

adventure story that audiences will surely embrace, but it leaves much to be desired in the background of a beloved character whose mysterious nature was probably better left untouched.

First and foremost, "Solo" is a film built on fan service. It's rather predictable—sans one killer cameo toward the film's conclusion—but never feels exclusive to diehard fans. However, in spite of its unwillingness to take risks, Director Ron Howard has still delivered something fresh and new to the franchise, a difficult feat given the film's unprecedented director change late into production.

While the groundbreaking new additions to the "Star Wars" universe may be limited in "Solo," the film is encompassed by a brilliant cast. The aforementioned Ehrenreich is surprisingly delightful. Clarke, Harrelson and Bettany are all unsurprisingly delightful, but it's the unstoppable Glover and his remarkable reincarnation of Billy Dee Williams' Lando that really steals the show. Glover's spunky droid cohort L3—who is vocal about her fervor for feminism and droid rights, and unafraid to tell Han Solo to move his "presumptuous arse"—is equally charming with enough clever one-liners to keep audiences roaring with laughter.



Photo courtesy of IMDb

The movie is strictly likeable from a fans' perspective. If you're not fan don't even bother.

Overall, "Solo" is a solid "Star Wars" movie, but fails to leave the impression the previous three Disney installments did. It's a whole lot of fun, but often struggles to induce the thrills of the original and sequel trilogies or "Rogue One."

But you best believe if the sequel teased at the film's conclusion becomes a reality, I've still got a good feeling about this.

Rating: 3.5/5 stars

James Bay embracing the phrase "new hair, new me"

Jessica Leydet
Social Media Editor

British indie rocker James Bay released his sophomore album "Electric Light" on May 18, 2018. After the debut of his first album, "Chaos and the Calm" (2015), fans were swooning over his raw vocals in "Let It Go" and "Hold Back the River." For his new record, he cut off his long locks, lost his rustic hat and went back to the drawing board. Don't worry, it is just as infectious as the last—but this one packs a punch.

Bay experimented with the genre of this new release, by infusing his trademark sound with a synth-pop edge. His new songs "Wild Love" and "In My Head" really take on the form of this new persona he created with electrifying lyrics that spell it out for you—"I'm fed up with this profile." In addition to that, he still pulled through with those deep-rooted love songs we know and love with "Us" and "Slide," and they will totally tug at your heartstrings.

One of my favorites on the album is the tune, "In My Head." There are some incredible lyrics in this song that perfectly describe what it is like to be single for a long time, but then you meet someone who kind of shakes you up and catches you off guard. It reveals the thoughts that we all have sometimes and no one ever really wants to say out loud. "I'm confused and I'm lonely/ So is everyone else/ Where are

you in this ocean of static and nothing/ much else?" It also describes feeling like you have to depend on this person to save you from feeling isolated with lines like, "Say that you can see me, I'll speak up I swear" and "I swear I got somethin' worth heart/I know you could find it."

The song "Pink Lemonade" is definitely a party anthem because of the hypnotizing guitar riffs and drum beats that pair so well with the repetitive yet borderline genius lyrics. The song is basically a one sided argument, so the recurring lines, "Do you wanna talk?/ Do you wanna talk it through?" /Swear I ain't got anything on my mind/ I don't wanna talk to you" tire you out just like the conversation would—but in this case it's only from dancing.

Aside from full length tracks, Bay included an audio recording at the beginning titled, "Intro" which made the whole album feel like it was a part of a larger picture. The recording appears to be a conversation between a woman and a man outside of a party. She asks what is bothering him, and he replies "I don't... I don't know how I... I feel about... this... us." This is the entire premise of the album: what does it mean to be exclusive? More importantly, what does it mean to love someone?

He also includes another audio recording mid-album titled, "Interlude." It is the same voices, a woman and a man, and it sounds as though they have left the party and have another conversation about



Photo courtesy of Skiddle

"Electric Light" was the second album released by the artist on May 18th.

how they will get home. If you really read into it, you could guess they go home together because the track leads into, "Just for Tonight" which is a song that is basically about hooking up.

I think it is really cool to see Bay reinvent his sound and artistic approach. I also like that with this one he stuck with an overall theme and it transported you into the relationship of the people in the recordings. Even though I prefer his last album's rugged yet sweetly unembellished approach, I think fans will stick by this new fully charged and intoxicating James Bay. Either way, I adore the way he wears his heart on his sleeve when it comes to songwriting.

Rating: 4.5/5 stars

Isaiah Brock and Chris Gilbert transfer to GVSU

Michael Pearce
Sports Editor

Two former Golden Grizzlies will be suiting up in Allendale next season when they begin the basketball season. Both Isaiah Brock and Chris Gilbert have transferred to Grand Valley State University (GVSU) and will be playing basketball at the Division II level.

Last summer, Brock decided to step away, only to come right back to the Golden Grizzlies. This summer, however, Brock made the decision to leave Oakland University.

It was announced on GVSU's website that "The Grand Valley State men's basketball team and head coach Ric Wesley announce the signing of transfer center Isaiah Brock from Division I Oakland University."

Gilbert announced his intent to transfer through an Instagram post, which read "I would like to thank the Oakland Grizzly Family for allowing me to call it home for 2 years. I will be transferring from Oakland university and continuing my athletic and academic career at Grand Valley State university. I would also like to thank my coaches, teammates, classmates, professors, and everyone else associated with the university that have contributed to my experience at Oakland."

Gilbert's decision was announced days after Brock announced his on social media as well.

Brock's decision comes out of the blue for the coaching staff at Oakland. Head Coach Greg Kampe had no idea of Brock's decision to leave until someone brought a picture of Brock and GVSU Head Coach Ric Wesley into his office.

"I have no clue why he left," Kampe said. "I have no clue what he is thinking. He told me when the season ended he didn't want to play basketball anymore, like he had the year before. I talked to him in the meantime, we talked about the possibility of playing somewhere else. They were all very brief conversations and in the very brief conversations I had with him, it

sounded like he didn't want to play basketball anymore."

The six foot eight inch center from Baltimore, Mary. was a force on the block for Oakland, leading the team in blocks per game (2.9) and tied for first on the team in rebounds per game (8.1) with forward Jalen Hayes. Brock played in 30 of 33 games in the 2017-18 season, averaging 28.2 minutes per game, ranked fourth on the team.

After his first season ending at Oakland, Gilbert has also decided to transfer to the Division II level. Gilbert, a recruited walk-on, saw increased playing time after injuries to Brailen Neely and Martez Walker, and gained enough attention from DII schools to receive a scholarship at that level.

"We had a long talk with Chris after the season was over," Kampe said. "We believed with what he showed at the end of the season that he could get a DII scholarship. He proved he was worthy of that, and he liked the idea. We wanted him to have that scholarship, and I'm happy he got a chance."

Gilbert recorded 60 minutes over the last week of the season and the tournament, and never turned the ball over once. Kampe believes the most impressive part of his play, however, was defense.

"He played really good defense during the last week of the season and in the tournament," Kampe said. "He didn't shoot like he could, but his energy and effort on the defensive end were great. I didn't want him to leave, because I felt like he was a good piece of our puzzle, but he should be getting a scholarship."

Last season was Gilbert's first playing for Oakland, as he sat out his first year due to an ACL tear.

Kampe expressed optimism in the possibility of redshirt junior Brad Brechting filling Brock's role of rim protector and lead rebounder this upcoming season.

"We thought Brad was going to be a major piece this year," Kampe said. "He broke his foot before we had to play, and that lasted 13 weeks. I have very high expectations for Brad. I



Oakland Post Archives

Brock led the team with 2.9 blocks and 8.1 rebounds per game.

thought this year was going to be big for him, and it was a major blow to our team when he got hurt. He's going to be one of the tallest players in the Horizon League, he has two years of experience under his belt, and I expect he will get better as he gets older."

The team has now lost its top five minutes leaders due to graduation or transferring, and five new players have been brought in through either via recruiting or transferring.

"We're going to have a very different team," Kampe said. "We scored 2,580 points last year, we have 222 of those points coming back, about 7 percent. I couldn't tell you who is going to do what. We have five newcomers and seven guys coming back, practices should be very competitive. I don't think Oakland has ever put a bad team out there, and I suspect we won't again."

Golden Grizzly takes on the world in weightlifting

Mary Siring
Staff Reporter

Kaitlyn Cooper, an Oakland University student, will be competing internationally at the FISU World University Weightlifting Championships in September 2018.

Founded in 1949, FISU stands for International University Sports Federation. Their main responsibility is the supervision of both the Summer and Winter Universiades, an international multi-sport event, as well as the World University Championships.

The World University Championships represent the continuity of university sports and allow the federation to be better known.

Weightlifting entered the program of the FISU World University Championships in 2008 with a first edition organized in Komotini, Greece, which welcomed 159 weightlifters from 32 countries. Since then, two other editions were attributed on two continents, and each attracted around 100 participants.

"University worlds is an international competition," Cooper said. "You have to be a full-time student. Also you must have been a

clean athlete and in the anti-doping pool for six months."

Cooper is a health sciences major with a focus on exercise science. Outside of class, she is a gymnastics coach and began weightlifting in August 2016.

"Growing up I was a competitive gymnast until my junior year of high school when I quit after a shoulder surgery I had to have," Cooper said. "After gymnastics I started competing in crossfit and then I signed up for a weightlifting camp at a gym that was strictly for weightlifting."

Cooper credits the weightlifting camp she attended after her injury as her inspiration to continue the sport and allow her to represent the United States in the World University Championships.

"I learned so much in those three days I ended up going on their team, 4 Star Strength," Cooper said. "I would never be where I am today without my amazing team and coaches I have behind me supporting me. They all inspire me to be the best I can be."

Weightlifting has not just become a daily routine, but a passion for Cooper.

"I love everything about this sport, I love the challenges and battles it puts me through," she said. "Being out on the competition platform and competing is my favorite part and it brings me more motivation in training for the next one."

On a normal day, Cooper will wake up and drive to the gym to complete her workout, then either relax in her hot tub or head to work.

"When I get to the gym I stretch and warm up my body," Cooper said. "Then I put on my shoes and write down my programming for that day in my journal. I start warming up with a barbell. In an average day of programming I have snatches, clean and jerks, squats and pulls."

Cooper pushes herself each day, seeing what she can achieve and what she can make of Olympic weightlifting.

"I'm super excited because being on team USA was one of my main goals and I love being out on the competition platform," she said. "I'm not nervous because I know I have my team behind me supporting me and I just have to go out there and give it my all."



Photo courtesy of Kaitlyn Cooper

Kaitlyn Cooper is headed to the FISU World University Weightlifting Championships in Biala Podlaska, Poland.

Missing yOU so much

Michael Pearce
Sports Editor

Dear Oakland, It has been almost a month and a half since we were separated by the cruelty of the winter semester ending. I long for you like no other. Since I've been gone, I have no words to describe the pain I am in without you. This is a suffering comparable to that of searching for a parking spot on your campus, just torturous. Oh how I wish I could stroll across your campus and wonder, "Why do geese even exist? What purpose do these angry little garbage birds serve?" How I long to receive free cardiovascular exercise due to your innate ability to make my walks longer with construction blocking me. What I would give right now

to sit in a gen ed class and think "I'm a journalist, why the hell do I need to know about cellular respiration? What even is my professor's name?"

Ah, the good old days. Nowadays, all I do is sleep in until 11 in the morning and get sunburnt from spending so much time outside with my friends. I hate it so much, I'd so much rather be waking up two hours before the sun comes up to study for a test I will inevitably fail. I'd so much rather make the trek to Vandy for a delicious meal before I face imminent doom and despair from my classes. I guess you just don't know what you have until it's gone. I took you for granted, I know that. I hope you can accept my generous donation of \$20,000 to repair our relationship for one more year.

I know that's what everyone gives you but I miss you so much, my heart aches like that of a wild grizzly bear with no fish to feed its belly. The pain is indescribable, even though I've just used about 300 words in this letter to describe it... ignore that.

Anyway, I just hope you can find it in your heart to forgive me. I know I haven't been the nicest. I'm kind of a jackass... but if you'll let me, I'll be your jackass. I'll represent this university with a professionalism and candor unknown to mankind, and I'll make you proud to have graduated me. Sure I'm kind of snarky, but nobody is perfect. Neither are you honestly. Your lake generates some pretty strong breezes that almost turn me into a bootleg Mary Poppins, and you kind of smell sometimes. No mat-

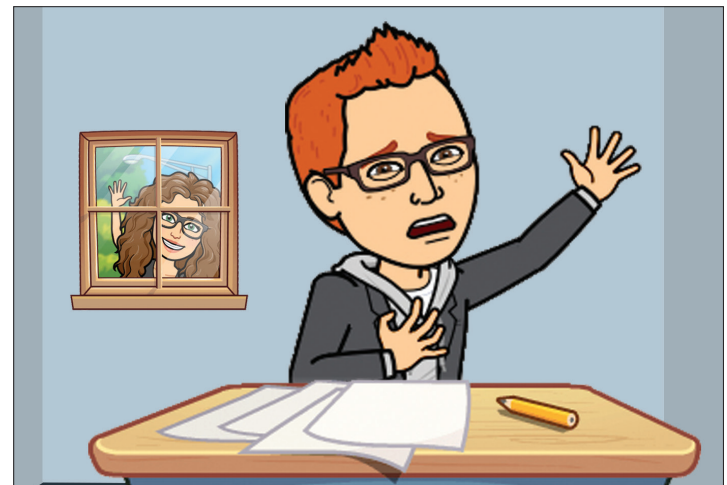


Photo illustration by Erin O'Neill / The Oakland Post

Since the end of the winter semester, life has been awful without Oakland.

ter your faults Oakland University, I'll always love you, and I hope you love me too. There's no one else I'd rather spend eight months and \$80,000 on. You're the peanut butter to my jelly, you're my

cinnamon apple. I love you Oakland, and I hope to see you soon, but not too soon. This summer vacation thing is pretty fun, not going to lie. I miss you more than ever, and I'll see you soon.

SUMMER 2018 PAYMENT INFORMATION

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IMPORTANT DATE

- **July 6** — cancellation (drop) date for students who have not paid their charges

You can avoid class cancellation (drop) by paying your student account in full, obtaining financial aid, utilizing external sources, and/or using your own funds.

We are here to help. If you need help understanding payment options or how to finance your education, please contact Student Financial Services at (248) 370-2550 or go to North Foundation Hall, Room 120.

Payment
Due

VIEW all payment and cancellation (drop) dates and **LEARN** how to avoid cancellation (drop) at oakland.edu/financialservices, then Payments & Refunds, then Payments & Cancellation.