

THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER — 2016 —

FEBRUARY
10

A 'REEL' CLASSY EVENING

STUDENTS GET GLAMORED UP FOR NIGHT AMONGST
THE STARS AT MEADOW BROOK BALL

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Photo by Bohdanna Cherstylo / The Oakland Post

LOON COPTER.

OU engineering team's drone wins \$1
million in international contest

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BELL, LET'S TALK.

Raising awareness to mental illness,
which many college students battle

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ON THE PITCH.

Men's soccer team brings
in talented recruiting class

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thisweek

February 10, 2016 // Volume 41. Issue 19



ontheweb

Dive deep into our reporter's harrowing tale of 24-hours without Chipotle when the chain closed on Feb. 8 for an all-staff meeting. Find the account at oaklandpostonline.com/blogs

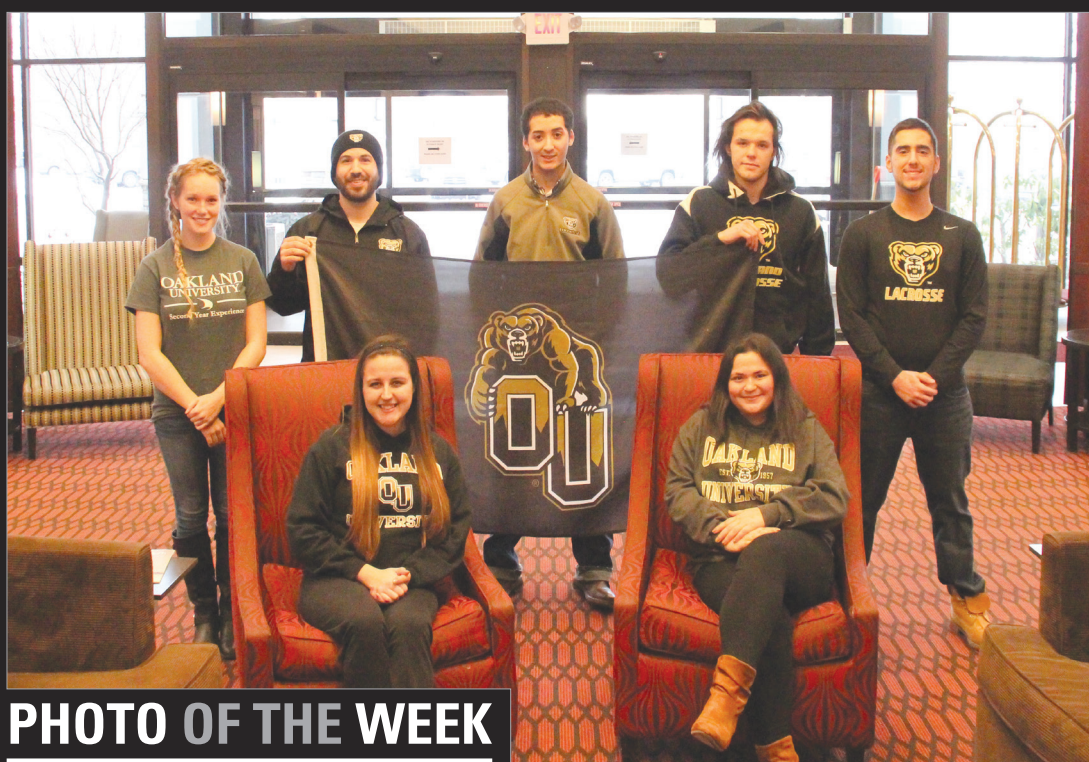


PHOTO OF THE WEEK

DECA DECIMATES // The OU DECA team had their State Conference this weekend. Anthony Piazza got first place in retail management and marketing management. Erika Barker got third place in hotel and lodging, Stephanie Pini and Austen Pratt got third place in the team event of event planning. (DECA members left to right: Barker, Kassa, Pratt, Nagy, Piazza, Pini and Boussi in front).

Photo courtesy of Erika Barker // The Oakland Post

Submit a photo to editor@oaklandpostonline.com for a chance to be featured. View all submissions at oaklandpostonline.com

POLL OF THE WEEK

Plans for Valentine's Day?

- A** A lovely evening with my significant other, Netflix.
- B** Alcohol and chocolate, man.
- C** I've actually got a date and I'm very excited for Sunday!
- D** Um midterms are coming up, ain't nobody got time for that.

Vote at www.oaklandpostonline.com

LAST WEEK'S POLL

The Iowa Caucus results are in, what is your reaction?

- A)** I'm just happy Trump didn't come in first.
12 votes
- B)** I felt the Bern in Des Moines last night!
17 votes
- C)** Can't believe Hillary is the first woman to win Iowa.
1 vote
- D)** Why is Iowa such a special butterfly, what makes them so special?
7 votes

THIS WEEK IN HISTORY

February 11, 1991

Ed Dorich, the coordinator of energy management systems, said that fixing the blinds in Wilson Hall, where nude models posed, was a top priority of campus repairs.

February 12, 1997

The Board of Trustees approved a new landscaping project around the library and a new hot water system for Vandenberg Hall.

February 11, 1998

OU student Valerie Schultz was decreed as guilty following a three-car crash caused by intoxicated driving, which killed her passenger, fellow OU student Jonathan Thomas.

—Compiled by Cheyanne Kramer, web editor



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THE SOUNDTRACK OF OU

The award-winning radio station stands out from the norm of traditional college programs with their unique set up and free-form lineup.



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4.0 FOR YOU GLEN COCO

Examining how much weight a 4.0 GPA carries compared to work experience, internships and other undergraduate activities.



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MEN'S SOCCER GEARING UP

With the team losing eight seniors to graduation, the Golden Grizzlies are getting ready for an intense schedule while retooling their dynamics.

BY THE NUMBERS

College student's mental health

50%

of college students didn't receive any information on mental health before entering college

30%

of students reported struggling with course work as a result of mental health problems

1/3

of students reported prolonged periods of depression

7%

of parents reported their student having mental health problems

1/4

of students reported having suicidal thoughts or feelings

—source: psychologytoday.com

EDITORIAL

'Use the counseling center, and use it right'

Cheyenne Kramer
Staff Reporter

According to the Detroit Free Press, one of the reasons that Oakland's tuition increased was to supply the Oakland University Counseling Center (OUCC) with two additional counselors.

The International Association of Counseling Services (IACS) recommends one to every 1,000 students. At Oakland University, the ratio of staff to students in the OUCC is one to 3,818.



Cheyenne Kramer
Staff Reporter

The University of Dayton, which has a similar enrollment and a similar

resident-to-commuter ratio, has eight counselors, while OU has five-and-a-half.

Each student at OU is told during orientation that they are supplied with six free counseling sessions. If every single student took their six free one-hour sessions it would total out to 5,250 days of counseling. Which, let's face it, is not reasonable.

The fact that this is unreasonable is a reflection of how student mental health is treated on campus.

Campus suicide and relevancy

According to a recent study conducted by the National Data on Campus Suicide, one in 12 college students will consider a suicide plan.

At Oakland University, if we use that same statistic, that would be 1,750 students struggling with suicidal thoughts.

If each of those students took their free sessions, that amounts to 72.9 full days of counseling.

This is not even accounting for the students constantly coming and going from the university. This only considers if every single student who had suicidal thoughts attended their six sessions. This does not include diagnostic tests done or services offered to faculty.

Why does this matter?

That Free Press article says that the eight percent tuition hike would pay for two more counselors to aid in the organization and availability of counselors at the OUCC.

I tried to make an appointment at the OUCC in early December. They did an interview over the phone and I was told that I would not have an appointment until the winter semester.

My first appointment was at the end of January. It went well, though started late. The next week I got a call from the center explaining that because my counselor was not able to come in and therefore there was no way, without changing times, I could have an appointment.

When students were told that we would have two more counselors to alleviate this problem at the counseling center, I was disappointed to see that I would have to wait even longer to go back for another appointment.

Schwartz said that the tuition increase led to the removal of a part-time position and the introduction of two new full-time positions that the university pays for. Before this, the center was paying for two part-time workers out-of-pocket. This means now there are five full-time staffers as well as one

part-time worker.

Though the university created two new positions, technically only one-and-a-half positions were added.

An increase needed

While they were able to increase the number of counselors, the actual demand has gone up as well.

Schwartz said that not only has demand gone up since housing has expanded, as many users of the OUCC are residents, but the severity of the problems has gone up as well.

"Our crisis and emergency work has gone up almost 300 percent in the past five years," Schwartz said.

This editorial is in no way attacking the OUCC. I'm really relieved we do have free sessions on campus and that Oakland University is trying to combat the problem of college suicides by offering these services. Schwartz even said that he's appreciative of the upper administrative recognition of what the OUCC does.

Call to action

If students show they care about the center and the services remain in high demand, it will demonstrate to the university that there is a large need.

No student should have to wait a month to see a counselor. While the center says once you're on a waitlist, you can be expedited if you call and ask to be seen earlier, but that doesn't help the countless students who don't know about this feature.

Use the center, and use it right. Keep your appointments and hopefully, show the university this is a service that is needed and that needs to be expanded upon.

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



THE OAKLAND POST

Address 61 Oakland Center,
Rochester, MI 48309
Phone 248.370.4263
Web www.oaklandpostonline.com
Email editor@oaklandpostonline.com

editorial board

Kristen Davis

Editor-in-Chief
editor@oaklandpostonline.com
248-370-4268

Scott Davis

Managing Editor
managing@oaklandpostonline.com
248-370-2537

Nowshin Chowdhury

Photo Editor
photos@oaklandpostonline.com
248-370-4266

sections

Rachel Williams Campus Editor
rlwillia@oakland.edu

Grace Turner Life Editor
gmturner@oakland.edu

Cheyenne Kramer Web Editor
ckramer@oakland.edu

Sam Schlenner Sports Editor
swschen@oakland.edu

writers

Ally Racey Staff Reporter
Katlynn Emaus Staff Reporter
Shelby Tankersley Staff Reporter
Alexus Bomar Staff Reporter
Sarah Lawrence Staff Reporter
Melissa Deatsch Staff Reporter

Jake Smith Intern
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Elyse Gregory Photo intern
Kevin Bradsher Photo Intern
Kylie Wichtner Photo Intern
Wurood Najim Photo Intern

Olivia Krafft Web designer

advertising

Hailee Mika
Ads Director
ads@oaklandpostonline.com
248.370.4269

Alvin Pitris
Assistant Advertising Manager
Amanda Bibi
Ads Assistant

advising

Holly Gilbert
Editorial Adviser
248.370.4138

Don Ritenburgh
Business Adviser
248.370.2533

Corrections Corner

- In an article published last week about learning styles, the photo caption said OU instructors use visual, auditory and kinesthetic learning styles. The Post did not look into whether OU professors use these styles.

- The human trafficking article on page 15 made reference to Great Lakes Crossing. However, according to an Auburn Hills Police Report, there has been no evidence of human trafficking at the mall.

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The Real Deal: The problem with caucuses

Ryan Fox
Contributor

You may have heard that, on Feb. 1, the Iowa Caucuses were held. Now, like many Michiganders, you may have been wondering



Ryan Fox
Contributor

what a caucus is, and why on earth Iowa of all states is so important. Well, to answer the first of those questions, caucuses are remnants of a long ago era where the parties had

complete control of the nomination process. Caucuses are inefficient, drawn-out processes that lead to sometimes ambiguous results. With this article, I plan on answering some of the most asked questions around caucuses and why caucuses are still used.

There are thirteen states and three territories that hold caucuses. Some of these include Iowa, Hawaii and Nevada. The rest of the states, including Michigan, hold primaries. Michigan's primary is open, meaning that voters that aren't in the party can vote (so if you are registered, make sure to do so). In such primaries all a voter has to do is show up at their local precinct and vote at the door in whatever party's election they choose to. Caucuses, on the other hand, are far more complicated. Voters ar-

rive at caucus locations based on their county or precinct, and then debate amongst themselves over which candidate is the best choice.

Here we find the first structural problem with caucuses: voters are debating with their friends and neighbors. The power of peer pressure has as much power as what the candidates believe, and this can make it so worse candidates do better based on whose supporters are the more convincing. Once voters gather in their caucus locations, they divide into different camps and stand in different parts of the room based on their candidates.

Now, what happens next differs from state to state, but there are multiple chances for caucus goers to change their minds until a final count. Once that count is made, whatever

candidate has the most people standing on their side of the room wins that precinct.

Iowa is a particularly important caucus because it is the first caucus or primary held in the national election cycle. The candidate who wins here has momentum going into the rest of the primaries and caucuses and thus may do better overall. The problem with this past Iowa Caucus is the sheer number of errors that were made by both Democrats and Republicans. There is evidence of fraud on both sides, and several precincts in the Democratic Party were decided by a coin flip.

Coins flips? Is that a joke? No, it's not. The Democratic Party in Iowa decided to elect who might be the leader of the free world with coin flips. There are better ways to elect

candidates to Student Council in High School.

Primaries are better in almost every single way. Voting in a primary on average will last less than an hour, while caucuses can go late into the night. Open primaries allow for voters who aren't affiliated with either party to participate, which gives easier access to independents. Finally, primaries are more cut and dry, whoever wins the state gets the delegates (in most circumstances). The caucus system is over complicated, easily defrauded, and discourages participation. Considering Michigan is so far behind on many things politically, this is one category that we are definitely leading the curve in. Hopefully all states will follow Michigan's example and switch to an open primary system.

Political focus: Obama's executive orders on immigration

Melissa Deutsch
Staff Reporter

What's the issue?

On Jan. 19, the Supreme Court of the United States announced it would consider whether Obama's executive orders on immigration exceeded his power as president.



Melissa Deutsch
Staff Reporter

These executive orders, originally proposed in late 2014, mainly aim to protect undocumented parents of U.S. citizens and permanent residents who've resided in the U.S. for at least five years from deportation. The orders also would expand upon a 2012 program, Deferred Action for Childhood Arrivals, which allows young immigrants who arrived as children to apply for a deportation deferral.

The Migration Policy Institute suggests that about four million illegal im-

migrants would be directly affected by the orders. There are about 3.71 million undocumented immigrants in the U.S. with children who are U.S. Citizens or legal permanent residents.

In addition, 290,000 new illegal immigrants would become eligible for the DACA program.

Why should you care?

Immigration has been one of the most debated topics throughout the presidential primaries. No one can seem to agree on a strategy for the illegal immigrants already here.

Republican primary candidate Donald Trump's answer is to deport all of them, though logistics and economics would make that difficult.

According to the Center for American Progress, having to round up all the illegal immigrants and deport them would wind up costing an average of \$10,070 per person. Since there are roughly 11.3 million illegal immigrants in the United States, it seems unlikely that all of them can be deported.

Even fellow Republican candidates are not supporting a mass deportation for non-economic reasons.

"It's not embracing American values. And it would tear communities apart. And it would send a signal that we're

not the kind of country that I know America is," Republican candidate Jeb Bush said in the November Republican debate.

However, does the president have the power to move forward on immigration reform without the approval of Congress?

These executive orders are Obama's last chance to have an impact on immigration reform before he leaves office. After spending years in a gridlock with the Republican-dominated Congress on immigration, the president decided it was time to take action by sidestepping them.

If the Supreme Court rules in favor of the Obama Administration, whether those orders are repealed or expanded upon will depend on which side of the debate is voted for in November.

What are the sides?

Obama's call to use his power as president to go around Congress has, as one can expect, infuriated Republicans. Since then, tension has only grown with immigration issues at the center of every presidential candidates campaign.

When the Supreme Court hears the case, they will be searching for the answer to one important question that

lower courts haven't addressed: Do the president's executive orders violate the Constitution?

The president is bound in the Constitution to enforce the country's laws.

His executive orders have been challenged by 26 states and ruled against in the lower courts.

Those courts, in alignment with the Republican viewpoint, felt that these changes would be some of the biggest changes to immigration reform in the U.S. Because of this, it requires congressional approval.

They feel that these executive orders violate the Administrative Procedures Act, which states how federal agencies can establish regulations.

Texas Attorney General Ken Paxton, who is leading the case against the Obama administration, stated in court papers that the president does not have "the power to deem unlawful conduct as lawful."

However, White House officials said that these steps of action are "consistent with the actions taken by presidents of both parties."

Because Obama's presidency is soon to come to an end, his administration had asked the Supreme Court to move quickly. The case will be heard in April and decided upon at the end of June.



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A better yOU: Benefits of stopping smoking

Graham Health Center has resources to help



Katie Rose, Contributor

Katie Rose
Contributor

Many universities around the nation are becoming a clean air campus. According to the American Nonsmokers' Rights Foundation, as of the beginning of this year, there are at least 1,475 smoke-free campuses in the country and the number continues to grow.

"Some individuals who smoke may feel that their rights are violated by the clean air policy. However, smoking does not affect just the smoker," Erica Wallace, Health and Wellness Coordinator at Graham Health Center said. "In the same way that individuals are permitted to own guns but are not permitted to have weapons on OU's campus as a precaution for the campus community, a ban on smoking attempts to ensure individuals will not be exposed to secondhand smoke."

The purpose of this smoke-free and tobacco-free campus is to protect students and employees from the dangers of secondhand smoke and to promote a clean and healthy environment. However, smokers—both student and employee—can still be seen on campus.

College campuses are not the only ones promoting smoke-free lifestyles. Popular television channel MTV has put out a Truth Campaign to encourage the millennial generation to be the generation that stops smoking. The Center for Disease Control and Prevention also airs the most terrifying commercials of the stories of real former smokers. These campaigns are out there to show the largely negative effects of smoking on health and the quality of life.

It's common knowledge that smoking is bad. But, just how bad is it? Smoking can cause increased risk of heart disease, peripheral artery disease, chronic obstructive pulmonary disease, emphysema, asthma, lung cancer...and the list goes on and on.

"It's the leading cause of lung cancer and contributes to heart disease and stroke. But smoking is still relatively high among 18 to 24 year olds, with around 20 percent of that age group regularly smoking," Wallace said.

Many of these health effects can ultimately result in death. The CDC reports there are over 480,000 deaths each year in the United States due to smoking, and smoking is one of the most preventable causes of death. Secondhand smoke also has detrimental effects on health.

"Secondhand smoke contains toxic substances and carcinogens; over 7,000 people per year die from lung cancer caused by secondhand smoke exposure," Wallace said. "Smoke can also be triggering for individuals with allergies and asthma."

It's frightening how this little tube of tobacco has the power to kill even those that do not smoke firsthand.

What happens if you stop smoking? According to Graham Health Center, "within 20 minutes your blood pressure and pulse rate drop. In 24 hours, your risk of heart attack decreases. In 48 hours your nerve endings adjust to the absence of nicotine. In 72 hours your lung capacity increases, making it easier to breathe." Smoking cessation begins to improve your health almost instantly.

If you are trying to quit, Graham Health Center on campus has a bunch of resources. Wallace encourages those trying to quit to join "Freedom from Smoking," which is an eight-session cessation program. This program is available at no cost to university employees and students. Again, this program is free! Take advantage of this resource by visiting <http://wwwp.oakland.edu/ghc/wellness/smoking-cessation/> for more information. Let's work together to make Oakland University a true clean air campus.

Disclaimer: I am not a medical professional. This article is for informational purposes only. No guarantee made as to the accuracy of this information. If you are in need of medical advice, diagnosis, or treatment, contact Oakland University Graham Health Center at 248-370-2341.

APPLICATIONS are now being accepted for the position of **DISTRIBUTION MANAGER** of The Oakland Post, Oakland University's independent student news agency

The distribution manager is responsible for distribution of the Post's weekly print edition

Duties include:

- Recruitment, hiring and training of student distributors
- Development and implementation of strategies for increasing circulation
- Expanding The Post's off-campus distribution network
- Maintaining meticulous records of distribution rates and returns and adjusting weekly as necessary
- Working with other staff on promotional campaigns to increase readership

The ideal candidate should:

- Be a student in good standing, enrolled in at least six credit hours
- Possess superior communication and organizational skills
- Have a working knowledge of news media
- Be comfortable in a leadership role
- Be an innovator

Applicants need not be journalism or communication majors

Compensation includes weekly salary

Applicants should send a cover letter and resume to Don Ritenburgh; ritenbur@oakland.edu

Applications accepted through March 4, 2016. Position effective April, 2016 for the 2016/17 academic year.

POLICE BRIEFS

Property damage in the Engineering Center

On Jan. 18, an OUPD officer was called to the Engineering Center to assess damage that was done to a lounge on the third floor of the building. The damage included a missing chair cushion, a broken light that was also pulled from the ceiling, a missing outlet and some missing screws. Unfortunately, the available camera footage of the area showed no damage being done to the lounge.

Marijuana in West Vandenberg Hall

OUPD was called to the sixth floor of West Vandenberg Hall at around 4:30 p.m. on Jan. 18 to investigate a report of marijuana usage. Upon arrival, the officers could smell marijuana in the hall. The accused student said that he had been smoking, but not in his room. However, the room had a strong smell of marijuana and the window was open. The officers found four bottles of beer and five bottles of whiskey in the student's room. He was issued a citation for smoking and the alcohol was removed from the room.

—Compiled by Shelby Tankersley,
Staff Reporter

Annual PB&J Day another big success

Golden Key produces 2,228 sandwiches for Detroit's homeless through Salvation Army

Jake Smith
Staff Intern

On Monday Feb. 8, Oakland University's Golden Key reserved space in the Gold Rooms of the Oakland Center to crank out as many peanut butter and jelly sandwiches as possible in one hour. These sandwiches were then donated to the Salvation Army's Bed and Breakfast program in Detroit.

The event ran from noon to 1 p.m. Students showed up for either a few minutes or the whole hour, armed with massive amounts of bread, peanut butter and jelly, to create an assembly line.

"The turnout was awesome, there were a lot more people that showed up than what we had expected," Jessie Polishuk, Golden Key vice president, said. "Every table we had set up in the Gold Rooms had people at it making sandwiches."

Golden Key has been putting on this philanthropy event annually for the past 15 years.

Last year, they made over 2,900 PB&J sandwiches that were donated to the Salvation Army.

"After we make the sandwiches, the Salvation Army comes to Oakland to pick them up and then they distribute

them to homeless individuals in Detroit," Polishuk said. "It's super convenient that we can focus primarily on making the sandwiches and that the Salvation Army takes care of effectively distributing them to the people who need them."

This year, Golden Key and their volunteers were able to make over 2,228 sandwiches with the support of sponsors including Meijer, who donated over \$500 to go towards supplies for the events. Other sponsors included Kroger and Trader Joe's, who donated bread. Various student organizations and administrative offices such as the Honors College, Alpha Lambda Delta, Chartwells, Theta Chi, WXOU and the Tutoring Center contributed too.

Golden Key gave away a pair of tickets that were donated by the Student Program Board for the upcoming Andy Grammer spring concert to the person that made the most sandwiches at the event.

Golden Key is an international honors society comprised of the top 15 percent of students at Oakland University with a main focus on academics, leadership and service.

Invitations go out beginning sophomore year and, after a one-time fee,



Kevin Bradsher / The Oakland Post

Student organization Golden Key hosted 15th annual PB&J Day in the Gold Rooms in the OC where students helped to make over 2,000 sandwiches for the homeless.

students are a member for life.

The organization puts on many other service events throughout the year to help the community.

One of the main philanthropies of Golden Key is SPARK a Change. According to Golden Key's national website, this organization focuses on improving the lives of students who are statistically likely to fail academically

through literacy, education and real-world preparedness.

"We want to thank everyone for coming out and we're always looking for other organizations for support and to collaborate on other service events," Polishuk said.

For more information on Golden Key, find them on Facebook and GrizzOrgs.

Networking opportunities, campaign training for OU women

Sarah Lawrence
Staff Reporter

Attention all female students with an interest in politics or pursuing public office: The Women Officials Network's Campaign Training for Women program is coming to Oakland University.

On Saturday, March 12, the Women Officials Network, in partnership with Oakland University, will hold a non-partisan campaign training event for women in Oakland County and the Oakland University community.

This day-long event will include instructional sessions from special guest Shannon Garrett of SMG Strategies, as well as a networking luncheon with a panel of female elected

officials at the local, state and federal level.

The Women Officials Network (WON) is an organization dedicated to encouraging women to become involved in public policy through elected and appointed office. WON provides a variety of networking opportunities and training programs to inspire and empower current and future policy makers.

"We are extremely excited to have Shannon Garrett join us for this event," Beth Talbert, special instructor for the Oakland University department of communication and member of the Women Officials Network, said.

"Shannon is the president and founder of SMG Strategies,

and has held positions at the national level of many organizations, and has trained thousands of people."

The morning session will focus on effective campaign planning followed by a free luncheon and feedback on the realities of holding public office. The training will conclude with an afternoon session on message development.

Oakland University students may attend the luncheon and panel free of charge though advance registration is required. If students are planning to participate in the full day of training, they must also register in advance and pay a \$50 registration fee.

"This is an opportunity for high quality, high-caliber

training for any woman considering pursuing public office in the future, however the event is also open to those who have already been elected or appointed to office," Talbert said.

"I participated in one of Garrett's trainings a couple of years ago and I thought it was a solid training with great information. Many of the women who attended have stayed in contact, which helps create a strong network of professional contacts for the future."

The event will be held in the Gold Rooms of the Oakland Center from 9:00 a.m. to 3:00 p.m. It will be open to female students who are interested in attending the event, establishing professional

references, gaining exposure and meeting with other women in their prospective field.

"Having a well-planned and organized campaign will make all of the difference in the election," Talbert said. "The women who will be part of the panel during the luncheon will help attendees by offering the lessons they have learned throughout their experiences as women in politics as tools for advancing the success of these future campaigns."

For more information about the Women Officials Network and where to register for this event, email Natalie Grassi directly at ngrassi@miwf.org, or visit the Women Officials Network website at womenofficialsnetwork.org.



Dongfu Han / The Oakland Post

Oakland's student-run radio station, WXOU, encourages students to get involved with music. The station is located in the basement of the Oakland Center and offers free items such as CDs and posters.

What OU can do for yOU series: WXOU helps students be heard

Nicole Fontana
Contributor

Awarded in 2012, 2013 and 2014 for being the best Michigan College Radio Station by the Michigan Association of Broadcasters, WXOU is a creative space where students can have their voices and music heard.

"I always felt proud to be a part of the station," Lauren Barthold, general manager of WXOU, said. "That was the first time people all across the state actually recognized the hard work we do every day."

Barthold has been working for WXOU since 2012. Before being hired as general manager in May 2014, Barthold started as an overnight DJ and was hired as the news director in May 2013.

WXOU sets itself apart because it is a free-form station. This means that there are no strict format guidelines like other college stations.

"I like the different shows by the students especially when they have guests," Kayla R. Jones, psychology major, said.

"The students seem so outgo-

"WXOU is more than a station, but a community. It is for the students, by the students. I think it is incredibly necessary at every college campus and appreciated here at OU."

Lauren Barthold
General Manager, WXOU

ing and comfortable speaking."

Some students mentioned they knew OU had its own radio station but admitted to not knowing much beyond that.

"I have listened to WXOU in the past," Drake Dawson, social work major, said. "But sometimes, I forget we have our own station here at OU and end up listening to 95.5 instead."

WXOU's slogan is "the sound track of Oakland University." The free-form style opens up opportunities for a diverse range of music and conversation.

"Every hour has the potential to be different," Barthold said. "Every DJ can play whatever

music they want and talk about topics they choose."

Students can submit comments and suggestions to WXOU at wxou.org. For those students interested in having their music aired, the station also accepts music by vinyl, CD or digital music submissions.

The station transmits in FM and is available in the surrounding areas like Rochester Hills, Auburn Hills and Lake Orion. People are also able to tune in online and listen from around the world.

"WXOU is more than a station, but a community," Barthold said. "It is for the students by the students. Something that I think is incredibly necessary at every college campus and appreciated here at OU."

Currently the station is promoting the Student Program Board's spring concert featuring Andy Grammer with special guest Oh Honey and Coin, which will take place on April 15, 2016. WXOU's current promotions can be found at wxou.org/category/promotions.

For more information visit wxou.org or call 248-370-4273.

Gold Vibrations triumphs at ICCA competition

Melissa Deatsch
Staff Position

The Oakland University a cappella group Gold Vibrations returned from Chicago two weeks ago with their first ever International Competition of Collegiate A Cappella (ICCA) quarterfinal win. Now they are focused on the semifinals that will occur the first weekend of March.

Gold Vibrations competes in the ICCA each winter. Two years ago, they advanced to the semifinals for the first time.

According to Joe Danz, group president, this time around, the group has a completely different mindset after winning first place in the quarters.

"The first time we made it to the semis ... we were shocked just being there since we had never advanced before," Danz explained. "At that time, we were just excited and having a good time and we weren't really focused on winning that round. This time around, I think everyone in the group is aware that we have a set that could place at semis and advance to finals ... Definitely a very different feeling than two years ago."

The group spent just over a month preparing their set for the quarterfinals.

The set consists of three songs with choreography. The choreography is the most difficult part to prepare, since not all of them are used to dancing.

Gold Vibrations held re-

hearsals every Thursday and Sunday for multiple hours for about three weeks in order to perfect the music before adding the choreography. The week before the competition the group had rehearsal every night from 6 to 10 p.m.

Danz explained that there was a lot of dedication that had to take place outside of the rehearsals as well.

"This meant a lot of discipline and practice from our members outside of rehearsals, coming prepared to sing all the right notes and doing it completely memorized," Danz said.

For the semis, the group is working with a trusted superior on the possibility of changing one of the songs from their set. They will be workshoping with her before any decision is made.

The groups are judged based on different aspects of the performance including intonation, vocal percussion, phrasing, vocal blend, vocal dynamics, overall tone, choreography, general effect, arrangement and interpretation.

The Gold Vibrations picked up a score of 409 out of a possible 465.

The group will return to Chicago for the semifinals on March 5. They must take first place in order to advance to the finals in New York City.

Gold Vibrations also holds concerts throughout the year. Their fall and spring concerts are open to the public.



Courtesy of Gold Vibrations / The Oakland Post

Gold Vibrations members celebrate as they discover they are going to the semifinals in Chicago on March 5.

Dubai goes loony for the Loon Copter

OU research team wins \$1 million in international drone-building competition

Jake Smith
Staff Intern

Oakland's Embedded Systems Research Laboratory's Loon Copter drone, dubbed the "Loon Copter," took first place in the 2016 International UAE Drones for Good competition in Dubai this past weekend. The group received a \$1 million check.

The Loon Copter has four propellers that allow it to move through the air and travel across the surface of water. To submerge, the drone has a pump that moves water into a tank and causes the drone to rotate 90 degrees so that the propellers can move it through the water. When transitioning back to the surface, the pump moves water out of the tank and the drone returns to its upright position. This transition occurs in just a few seconds.

The team is comprised of Dr. Osamah Rawashdeh, Iyad Mansour, Hamzeh Alzubi and

Sean Simpson.

Mansour acted as the team's software engineer that developed the control systems for air and underwater movement. Hamzeh was responsible for all of the hardware components.

One of the team's main objectives was to make the Loon Copter on a budget.

"To make it affordable and widely useable, we picked on-the-shelf products that consisted of a combination of parts from submarines and quadrotors," Mansour said.

The team also used the university's 3D printer, located in the Engineering Center, to create a few special parts.

"Our vehicle is unique, there's only one of its kind," Mansour said.

Underwater search and rescue, environmental monitoring, over-water bridge inspection and assessing oil spills are just a few scenarios the team illustrated for their presentation. There are potentially unlimited

applications for this versatile unmanned vehicle.

"This kind of drone opens a door to a new kind of technology and new problems to solve," Mansour said.

The Loon Copter team started developing their drone well before the UAE Drones for Good competition started. Once they heard about the competition, though, they felt that it would be a worthwhile challenge to take on.

"The main idea behind the [Drones for Good] competition is to promote the positive applications for drones and the various things they can do to improve people's lives since they are commonly viewed in a negative light by the public," said Mansour.

There were over 1,017 entries from over 165 countries all over the world. The Loon Copter team was one of 10 teams picked to move on to the semi-finals in Dubai to present their drone.

Each individual team had a



Photo courtesy of Osamah Rawashdeh

The team's Loon Copter took first prize in the 2016 International UAE Drones for Good Competition in Dubai this past weekend.

15-minute presentation and was scored based on three categories. Top three semifinalists moved on to the final round, where the team took first place overall.

"We are very happy and very proud as a team to win this competition as part of Oakland University," Mansour said. "We got to meet people from all over the world from different schools and companies to talk about upcoming technology and everybody was interested in our project."

The team is celebrating

their victory, though they do have plans for improving the drone even further. They're exploring different technology such as acoustic modems to improve the range and working on discovering a way to live stream video from underwater. Unfortunately, the Loon Copter won't be available to the public anytime soon.

For more information on what's happening with the team, check out their website at sites.google.com/a/oakland.edu/oar/loon-copter.

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A NIGHT AMONGST THE STARS

Students spend evening in Meadow Brook Hall, decorated in the style of old Hollywood glamor

Photos by Nowshin Chowdhury and Bohdanna Cherstylo
Photo Editor and Staff Photographer

Design by Megan Carson
Chief Copy Editor



WE NEVER GO OUT OF STYLE The two Meadow Brook Balls included various activities, such as swing dance lessons by president of Ballroom Dance Club Ria Perez, caricature drawings and a comedy show by students Leonard Kraus and Daniel Shikwana. As students entered the mansion and stepped on the red carpet, they were welcomed by live music from members of the Oakland University Jazz Ensemble and greeted by Marilyn Monroe, Audrey Hepburn and James Dean impersonators. Members of the Meadow Brook Ball Committee were responsible for putting up and taking down decorations for both nights of the event.

Rachel Williams
Campus Editor

Walking into Meadow Brook Hall is already an amazing experience. For the annual Meadow Brook Ball, the hall was decorated and made even more extravagant.

On Jan. 30 and Feb. 6, students were given the star treatment at the ball with the theme “A Night Amongst the Stars.”

The ball was first held in 1972 and is hosted at the mansion on Oakland’s campus. The event is planned each year by the Meadow Brook Ball Committee. Preparations for the ball began back in September.

Students were approached outside the enormous mansion by a valet, then made their way to a registration table inside. Just past this table was a large white backdrop and a red carpet.

To the left was a live band made up of Oakland University Jazz Ensemble students. To the right was a long wooden table holding golden film reels and programs for the evening, all of this lit by the roaring fireplace.

Making their way downstairs, students noted the the bright lights looped around the railing and glit-

“To the left was a live band made up of Oakland University Jazz Ensemble students. To the right was a long wooden table holding golden film reels and programs for the evening, all of this lit by the roaring fireplace.”

tery stars with old Hollywood actors’ names.

Once downstairs, guests were greeted by Audrey Hepburn, Marilyn Monroe and James Dean. Monroe was impersonated on Jan. 30 and Feb. 6 by Oakland students Helena Thompson and Mannon McIntosh, respectively. AlissaBeth Morton and Bobby Brooks impersonated Hepburn and Dean on both nights.

Brooks explained that the Music, Theatre and Dance students were recruited by committee member Stephanie Gryebet to entertain guests throughout the night.

“We walk around all night from 8 to 10 p.m. and people take pictures with us,” Brooks explained.

“It’s kind of like Disney,” Morton added.

Past the celebrity impersonators was a photo booth and the dance floor.

Oakland’s radio station, WXOU, DJ-ed most of the evening. They accepted song requests like Beyoncé’s

“Love on Top” and provided music for the ballroom dance lessons that were held a little after 8 p.m.

There was also a game room for students to participate in a round of poker or spin a prize wheel.

Upstairs, guests were invited to take part in a scavenger hunt around the mansion to locate picture frames holding photographs of old Hollywood stars.

A comedy show was held at 9:30 p.m. and 10:15 p.m. and a caricature artist was available to sketch guests for a one-of-a-kind keepsake.

Hors d’oeuvres, desserts and beverages were provided throughout the evening.

In between all of these activities, students were allowed to explore a few of the mansion’s many rooms and take in the amazing artwork and decorations.

When asked about her favorite part of the night, Liana Zervos, committee member, said, “I think the dancing. It’s really fun when it gets going later on tonight.”

Zervos encouraged more students to attend next year and take in all that the ball and mansion have to offer.

The Meadow Brook Ball provided a magical and glamorous opportunity for students to break out of the typical study sweats and enjoy a night in a beautiful and historic location.



Old Hollywood, new refreshments

This year’s fare included fresh and grilled vegetables, fruit, Shirley Temples’ and cronuts and other treats from the Home Bakery in Downtown Rochester.

Mental health issues arising, many schools short-staffed

Amy Swanson
Staff Intern

Mental health is a growing problem, especially among college students.

A 2015 study of 139 college and university counseling centers over five years found a “slow but consistent” growth in students reporting depression, anxiety and social anxiety, according to the Huffington Post.

Around one in six college students have been diagnosed or treated for anxiety, according to the Huffington Post.

One in every 12 U.S. college students makes a suicide plan, according to National Data on Campus Suicide and Depression. The Center for Disease Control stated it’s the second leading cause of death in people ages 15 to 34.

There are many possible factors that could contribute to the rise in reports of mental illness in college students.

First off, better diagnosis and a greater willingness to seek help certainly contribute, according to NY Magazine.

Social media is another factor.

Experts say that it can push students to make comparisons between themselves and their peers and makes it easy to feel excluded and can get in the way of a person developing real relationships.

Whether more college students are suffering from mental illness or more are now reporting their illness is contested.

Can colleges keep up?

With the increase in reporting of mental health issues, many counseling centers are struggling to keep up, according to the Huffington Post.

There are many states with twice the suggested number of students to counselors, according to NY Magazine.

Oakland’s Counseling Center, a part of the Graham Health Center, is even worse.

David Schwartz, director of the Counseling Center, said OU has five full-time psychologists and one part-time psychologist, as well as four part-time interns.

The staff to student ratio is around one to 3,818.

This is compared to the average recommended ratio of one to 1,600, according to the International Association of Counseling Services, Inc.

Over the past few years, Schwartz said they have typically seen just over 500 students and staff per year. However, he said there have been clear indicators that the demand for their services have been increasing significantly and will continue to do so.

Two full-time psychologists were recently hired as part of July’s 8.48 percent increase in tuition.

Still, many feel this shortness of staff has increased the time it takes to see a counselor.

Preston Polizzi, a second year student majoring in secondary education, has been going to the Counseling Center for about a year. On average, he said it takes a week or two to get an appointment.

With that said, don’t let this deter you from seeking help.

“We do triage every person who requests our services within [three to four] business days. This is a brief phone screener that allows us to see those students who are presenting as more urgent sooner,” Schwartz said via email.

The Counseling Center offers a wide range of mental health services, including individual counseling services, which can help with issues like depression, anxiety, relationship difficulties and sexuality.

Polizzi said that counselors have helped him tremendously.

“I know no one wants to be the kid in therapy, but your future self will appreciate it,” he said.

Schwartz feels we still have a long way to go. However, we are making progress.

“Keeping the conversation going will help increase education, normalize what students are experiencing, and hopefully make it more likely for them to seek help,” he said.

The Counseling Center is located in the east wing of the Graham Health Center. It’s open Monday through Friday from 8 a.m. to 5 p.m. To set up an appointment, call (248) 370-3465.

“Keeping the conversation going will help increase education, normalize what students are experiencing and hopefully make it more likely for them to seek help.”

David Schwartz
Director of the Counseling Center



Erika Barker / The Oakland Post

OU students are eligible for their first six sessions free of charge at the Counseling Center.

APPLICATIONS are now being accepted for the position of EDITOR-IN CHIEF of The Oakland Post, Oakland University’s independent student news agency

The EIC is responsible for managing The Oakland Post, independent student news organization, and reports to the board of directors.

The editor, among other duties:

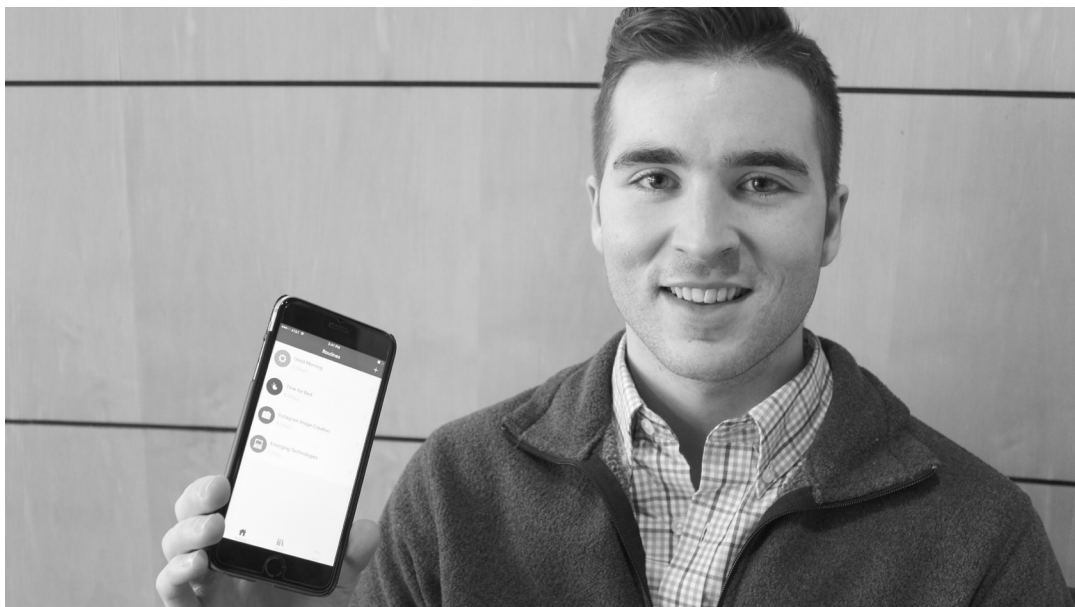
- Is responsible for daily updating of the website and a weekly print edition
- Recruits editorial department staff members and determines job responsibilities
- Determines the content and editorial position of The Post, and is aware of legal requirements and restrictions governing the media
- Is responsible for administrative functions of The Post, such as personnel management, staff recruitment and retention, and interdepartmental communication
- Works collegially, allowing the business manager and lead advertising manager to oversee those departments, but ultimately is responsible for the management of all staffs on the newspaper
- Is responsible for helping create and meet budgets
- Is available to readers with complaints and/or suggestions
- Upholds basic principles of journalistic ethics and balanced news gathering
- Is thorough, inquisitive, fair and critically-minded
- Possesses exemplary writing, reporting and editing skills, and teaches those skills to the staff
- Works in cooperation with Post advisers
- Is a leader

Applicants should possess superior oral and written communication skills, a working knowledge of news media and have a solid command of digital technologies. Prior journalistic experience is preferable. Applicants need NOT be journalism majors.

Compensation includes weekly salary and a tuition stipend.

Applicants should send a digital portfolio including a cover letter, resume and work samples to Holly Shreve Gilbert; shreve@oakland.edu

Applications accepted through February 22, 2016. Position effective April, 2016 for the 2016/17 academic year.



Elyse Gregory / The Oakland Post

Timothy Miko created two apps, both with free and paid versions, on the two biggest mobile app stores.

Sorting out life with technology

Student credits experience at Oakland for motivation to create smartphone apps

Alexus Bomar
Staff Reporter

With the help of employees on campus, students can turn an everyday problem into an everyday solution.

Timothy Miko, senior computer science major at OU, solved the issue of keeping up with daily habits, thoughts and experiences by creating two smartphone applications.

While Miko was a freshman, Lorenzo Smith, former associate dean of the School of Engineering and Computer Science (SECS), gave what Miko called an “inspirational talk” to students. He took advantage of Smith’s open door and things started working out for him.

“About three or four years ago, I switched to using Android for a while, and at the time, I’d been using an iOS app called ‘Day One,’ and when I switched to Android there wasn’t an equivalent to it,” Miko said.

After waiting for an app to be created, Miko decided to create his own for Android devices, which is similar to “Day One” and is called “Narrate.”

“Narrate” allows users record

their thoughts and experiences.

“I released this app two years ago — will be two years in August — but it took me six months to create, and for a good year, I’d just been thinking about doing it,” he said.

In terms of the creation process for “Narrate,” Miko didn’t have an official process of planning.

“That was the very first thing I created and I didn’t have much experience professionally doing it so a lot of it was on my own,” he said.

Since its August 2014 release, “Narrate” has been downloaded more than 40,000 times, with 5,000 active users every month, according to OU’s Communications and Marketing Department.

“Narrate” is free on the Google Play Store (Android).

In the fall, he released his second app, “Routines,” an iOS app that helps the user reinforce his or her daily habits, such as a morning routine or a workout.

One of the defining moments of Miko’s early career was when he started working with a startup company through OU INC, OU’s business accelerator, said OU’s Communications and Marketing department.

According to its website, “OU INC is a SmartZone Business Accelerator, in collaboration with the City of Rochester Hills, Michigan Economic Development Corporation (MEDC), and various industry partners.”

OU INC fosters a healthy environment for the growth of new startup companies, and provides support for existing entities through its facility and business development resources.

“Getting involved has provided me with a lot of business experience,” he told OU’s Communications and Marketing department. “Not only did it teach me how to work with people, but I learned how to network with people and it has opened a lot of doors for me.”

During his sophomore year, he landed a job as a software developer at Vectorform, a tech firm in Royal Oak. He still works there.

“At Vectorform, I learned a lot about how to put an app together as well as information in general about an app,” he said.

Miko said he has always been interested in technology and “if I didn’t come [to OU], I wouldn’t have that experience, that motivation and that culture of creating things.”

“You can really do anything if you put in work, think about it and find something you’re passionate about,” he said.

App Store Links

Narrate
“Journal with Narrate”
on Google Play store

Routines
www.routines.io

Stressing over good grades

Shelby Tankersley
Staff Reporter

The almighty 4.0: glorious and virtually unattainable. Student Congress has been working to make it easier to attain, causing dedicated students all over OU to breathe a sigh of relief.

Certainly flawless grades will make life after college easier, right? Or are internships and jobs more important? Maybe having perfect grades isn’t the best way to get ahead.

Our futures may include internships, grad school and real jobs. College students across the country are trying to figure out the best way to make those things into a reality. The challenge now is figuring how much our grades play into our futures.

Internships

These normally happen while we’re still in school, so grades do play a part. Brian Hlavaty, the internship director for journalism and communication, said that in his experience, most employers will look for at least a 3.0 from a student.

“They will look at your grade point average,” Hlavaty said. “They’re going to look at what you’ve been involved in on campus and what jobs you’ve had, too.”

Hlavaty added that leadership positions, campus jobs and even jobs outside of your major focus will look good when applying for an internship. He said that grades are one factor among many.

“I wouldn’t stress so much about having a four point,” Hlavaty said. “As soon as you get your first job, nobody will ask about what your grade point was. They’re going to care about how you did at your last job. But, good grades are important at the start.”

Grad School

Grad schools look at GPA as well. But, like with internships, it is one factor among many.

Erin Worman, a senior

who will be attending grad school at OU for physical therapy, said that OU looked at much more than just her grades when she applied.

“A lot of what they looked for from PT was my observation hours, extracurricular activities and volunteer experience,” Worman said. “Grades were a big part, too.”

Worman said that when she was getting ready to apply for grad school, she put a lot of stress on herself to get exceptional grades. She said that while it motivated her to do well, she probably didn’t need to stress as much as she did.

“I wouldn’t worry so much about having a four point,” Worman said. “High three points look good.”

She said that her advice is to get involved on campus and have some experience, because it’s important to be able to work well with others.

Careers

A real-world job will look at experience and leadership above all else. GPA is a factor, but they will want to see what prospective employees have already done.

“Employers want to know what you’ve done while you were in school,” Carol Ketelsen, a career consultant with Career Services, said. “They want to know if you worked, even if it’s not related to your major, and if you’ve been involved in student activities. Then they’re able to see that you can multitask.”

Ketelsen stressed that a student who has a GPA in the three-point range and has had leadership positions and jobs is really marketable going into a first job. Being able to have a job and still do well in school looks good on a résumé.

“GPA might slip a little while having a job or an internship, but most students at Oakland work and do school already,” Ketelsen said. “I wouldn’t worry about that too much. Employers will want to know what you’ve done while you’re here. That part is important.”

Knights of the traffic circle: A medieval love story

Editors of the Post search for most romantic locations on campus

Grace Turner
Life Editor

Hello, peasants. Lady Grace here. I'm going to be honest — I'd rather not be on campus.

Why? Too many people. Too many cars. Too many fluorescent lights. It's just too much.

But you know what else we're not missing? Romance. There are many places that couples can go to really feel a connection and ampeth up their love lives.

With Valentine's Day fast approaching, and many of you poor souls campus-bound, my handsome knight, Sir Sams-a-Lot (who just so happens to be the Post's sports editor), and I found spots at OU where we gotteth our passion on. Take it from the experts and check it out. But you may have to fight us for access to these spaces.

Traffic circles:

We took a romantic stroll to the traffic circle at the main entrance, and then dashed across the street. Such excitement, to dodgeth traffic with your sweetheart! No one was there and obviously the people in the cars zooming by took no notice of us. This grassy oasis would be an excellent spot for a picnic, and who doesn't love the smell of car exhaust? If you're looking for something a little more dangerous (*wink*) the traffic circle near the parking garages is smaller and circled by angry drivers who can't find a spot in P1.

Illegal parking spots:

Since horses aren't allowed on campus, (see ordinance 4.14 in the "University Housing Student Handbook") my valiant knight and I have to drive here. We make the best of the situation by parking illegally and making outeth in the car. Knowing that an OUPD officer could troteth by at any given moment to give us a ticket makes the whole affair waaaaay sexier. I'm telling you people, danger and passion go hand-in-hand.



Wurood Najim / The Oakland Post

Post editors Grace Turner and Sam Schlenner took a romantic yet dangerous stroll to the traffic circle by the main entrance to campus.

Third floor of Kresge:

This is where I knighted Sir Sams-a-Lot, so it has special significance for us. He wore his armor and I wore my medieval princess dress, so our clanking and rustling echoedeth in the silence. Swords are heavier than they look, so I accidentally dropped it with a crash on my knight's shoulders instead of just touching them. People stared in awe at our magnificence, and one person was so mystified that he asked us to leave. Ah, the class divide between the nobility and peasants.

The fish bowl in South Foundation Hall:

With all of the windows, there's such a beautiful view. And who doesn't love baked goods? My darling and I shared a brownie and kiss and watched

the students rush to their classes and ignore the "no smoking" signs outside.

The food court in the OC:

So much space, so many tables and chairs. So when Sir Sams-a-Lot said, "My Lady Grace, may I haveth this dance?" Of course I said, "Yes, though shalt." And we doth did that dancing! What a surprise when he brought out all of the best musicians from King Arthur's castle in Camelot! We interrupted the food lines and crashedeth into a few people, knocking their food on the floor. Stay out of the

way of dancing people.

Thou art welcome, dear readers, for my wisdom. I hopeth that you haveth a grand Valentine's Day and taketh advantage of these spots at OU. But please don'teth get hitteth by a car.

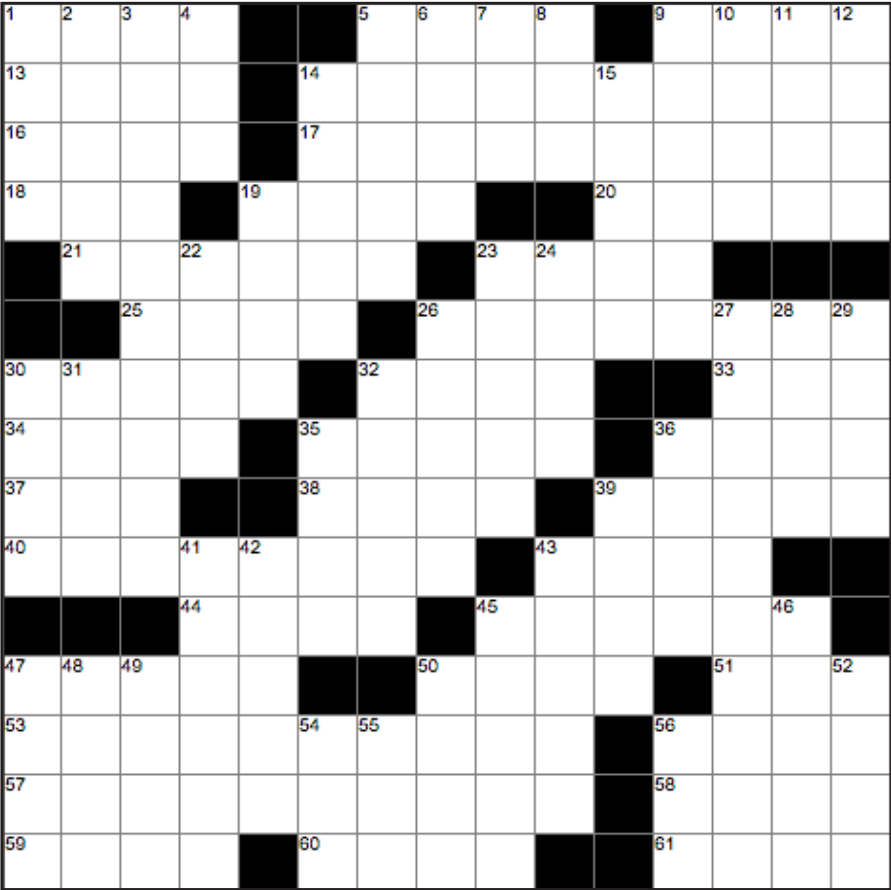


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Puzzles



Across

- 1: Isinglass
- 5: Ignore contemptuously
- 9: Clematis, for one
- 13: Skunk's funk
- 14: Lapping locales
- 16: Post-Mardi Gras period
- 17: What the letter C is?
- 18: '___ me think about it'
- 19: Cut in half, as a log
- 20: Extreme pain
- 21: Warning sounds
- 23: Bombay garment
- 25: Some votes
- 26: Stud poker's elicitations
- 30: Pug's problem
- 32: Element removed from gasoline
- 33: ___ de mer (seasickness)
- 34: Impart temporarily
- 35: Tropical trees
- 36: ___ facto
- 37: Feed one's face
- 38: 'Them' insects
- 39: 'The Turn of the ___'
- 40: Evaluates
- 43: Head for the hills
- 44: Glasgow girl
- 45: Light pudding
- 47: Summer ermine

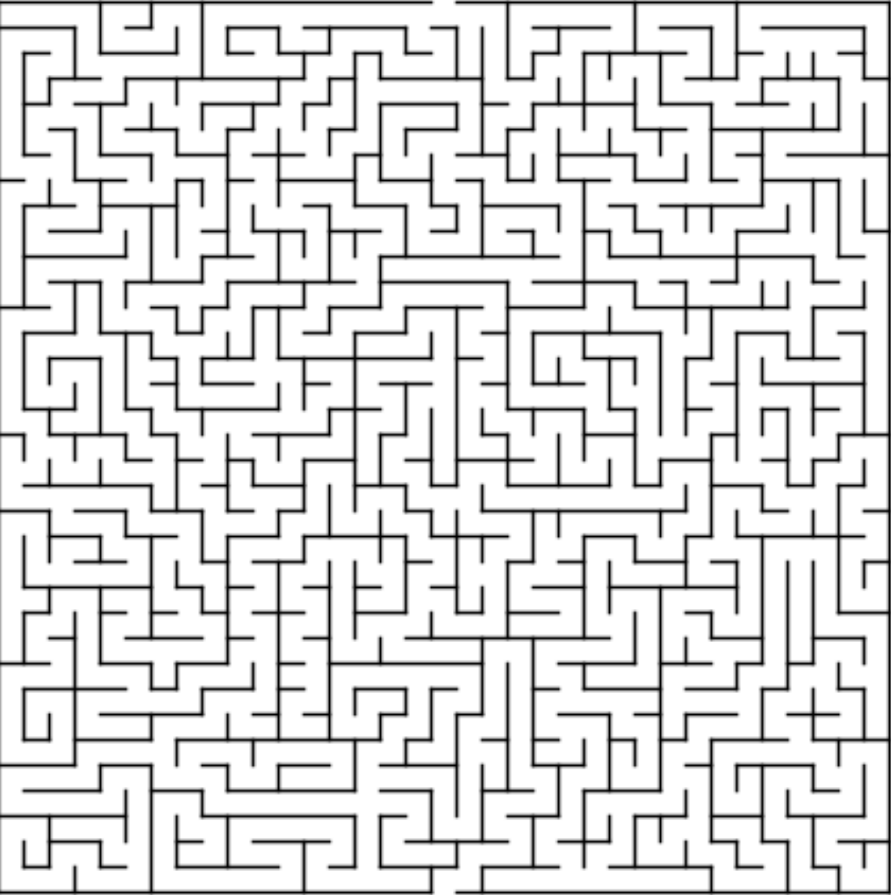
50: Type type

- 51: Mont Blanc, for one
- 53: Happening by chance
- 56: Herr's helpmate
- 57: Weakens
- 58: Ale serving
- 59: Spooks' sounds
- 60: Deuce topper
- 61: Rolling stone's lack, proverbially

Down

- 1: Gangster's gal
- 2: Nice thoughts
- 3: Some massive land areas
- 4: Gallery objects
- 5: TV Guide listings
- 6: Rock, scissors, or paper
- 7: Ossuary
- 8: Wager
- 9: Richard Branson's airline
- 10: Wild about
- 11: Lighted sign contents
- 12: Get a glimpse of
- 14: Some medical procedures
- 15: Take lessons in
- 19: Goes out with
- 22: Word in seven Hope titles

- 23: False things
- 24: They might be visual
- 26: Whip marks
- 27: Stager
- 28: Life of Riley
- 29: Sluggish
- 30: Leaping insect
- 31: Meadows
- 32: Freeway divisions
- 35: Quarterback's call
- 36: Keeps cold
- 39: Slattern
- 41: Uplifts
- 42: Slipper material
- 43: Type types
- 45: Long green
- 46: Panaches
- 47: Sign of healing
- 48: Pooch in 'The Wizard of Oz'
- 49: Not fooled by
- 50: Lavish party
- 52: Positions
- 54: Kook
- 55: Long-nosed fish
- 56: 28,800 seconds before midnight



6	1	2	9				4	
	3			8			2	
				3	4		7	
				9	5		1	
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	9		4	2				
	6		5	7				
	7			6			3	
	5				2	7	9	6

the mix

5 THINGS YOU CAN DO FOR \$15 OR LESS

I can't fathom the amount of time I've heard my friends say, "Sorry I can't afford it. I'm a broke college student." Sometimes, students aren't actually "broke," but a raise in college tuition plus the cost of supplies, food and gas, has taught many students how to budget a little better.

Well for the "broke college student" I've come up with a list of five things this week that are free or under \$15 that you can do on Oakland University's campus or within 20 minutes of campus.

1. TOUR MEADOW BROOK HALL: Perhaps with your college degree, you can afford something almost as extravagant as the founder of our university could afford. But probably not, so take a tour of what you might see in your dreams. A tour is free to OU students, \$10 for OU faculty, staff and alumni.

2. TWAS THE NIGHT BEFORE VALENTINE'S DAY CONCERT SERIES: This may be the perfect Valentine's date whether its with your best friend or significant other. Stories Untold, Shapes & Colors, The Banshee Pilot, Man Mountain, Rumors and The Scenery are all sharing their love of music with you at the Crofoot Ballroom on Feb. 13. Doors open at 6pm. \$10 ADV, \$12 DOS.

3. POETRY READING: Take a break from the downtown coffee shop scene and stop by to hear some poetry in the Oakland Center. Come and listen on Feb. 11 from 5 to 6:30 p.m.

4. KARAOKE AT LIBERTY BAR: Need to get out of your comfort zone or perhaps surprise your friends with your "amazing" talent? Then Karaoke at Liberty Bar is just the thing for your Thursday Night. Stop by on Feb. 11 starting at 9 p.m.

5. FRIDAY NIGHT LIVE: Every once in awhile, OU students are blessed with good, free events in the comfort of the dorms, one of which happens to be Friday Night Live. Although this event takes place in Vandenberg Hall, the OU website states it is open to all students. This free event takes place on Feb. 12 from 7 to 8:30 p.m.

— Compiled by Elizabeth Suchocki,
contributor

YAKS of the WEEK

Yik Yak:
The voice
of the
people



1. "I've been studying for two hours and haven't even started studying yet."

2. "The word 'lecture' is derived from the Latin word 'lectus' which means 'bed,' because that is exactly where I'd rather be during my 8 am classes."

3. "If Donald Trump wins I am leaving the country. If Bernie Sanders wins I am leaving the country. This isn't a political post, I just want to travel."

4. "Shout out to the wind for holding the doors open for me."

5. "I need to get my life together for my future dog."

6. "Upvote this Yak if you like cats or if you're a murderer. Nobody will know."

7. "This post isn't going to end like you thought it octopus."

8. "'*At my future wedding* 'Do you take this man to be your lawfully wedded husband?' Me to the group chat: 'Omg do I say yes or is that desperate?'"

9. "By far my biggest regret is liking 1,000 Facebook pages when I was 15."

10. "I've about had it with classes and I've decided to move into the forest and start my colony of deer people. Goodbye OU, you shall be missed."

— Compiled by Shelby Tankersley,
Staff Reporter

TOP TUNES

wxou albums
of the week

1. CIAN NUGENT – "Night
2. JULIEN BAKER – "Sprained Ankle"
3. DAVID BOWIE – "Blackstar"
4. FRANKIE COSMOS – "Fit Me In [EP]"
5. MASS GOTHIC– "Mass Gothic"
6. TY SEGALL – "Emotional Mugger"
7. PRINCE HITNRUN – "Phase Two"
8. HINDS – "Leave Me Alone"
9. SPOOK SCHOOL – "Try To Be Hopeful"
10. MONEY – "Suicide Songs"

ALBUM SPOTLIGHT

#10. Money — "Suicide Songs"

There is a fine line in music between tasteful layering and overproduction.

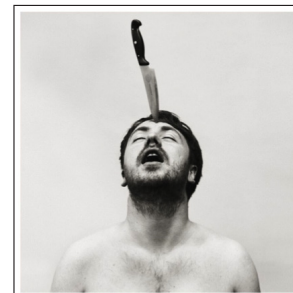
Put on "Suicide Songs," the new album from Manchester, U.K.'s Money, and you'll hear a perfect balancing of multiple tracks. Swells of brass and strings, a gospel-style choir, a perfect shaker part and an Indian dilruba all come together seamlessly in the first song, "I Am The Lord."

What follows is a record full of beautifully bleak lyrics from singer Jamie Lee that float above lush and massive instrumentations. Songs like "I'm Not Here" and "Night Came" find Lee reflecting back on his alcoholic tendencies and issues with mental health over sounds that fall somewhere between The Brian Jonestown Massacre and Oasis. In the depths of Lee's darkness, he seems to find salvation and relief towards the end of the album, especially on "All My Life," which sounds more like a religious hymn than a rock song.

Recommended if you like: The Brian Jonestown Massacre, Elliott Smith, Oasis.

Start with: "I Am The Lord," "I'm Not Here," "All My Life."

— Anthony Spak, WXOU Music Director



Men's soccer sees top recruiting classes

*Team, new members
look to continue
Horizon League streak*

Ally Racey
Staff Reporter

This year will bring the toughest schedule Oakland men's soccer has had and one of the top recruiting classes in the Golden Grizzlies Division I era, according to head coach Eric Pogue.

"You have to put yourself and test yourselves against the best to get exposed a little bit," he said.

Oakland earned its second consecutive Horizon League Tournament title last season and advanced to the NCAA Tournament, finishing with a 10-8-2 record.

With 1.15 goals allowed per game, Oakland ranked 76th of 202 teams in the NCAA for goals against.

The team will lose eight vital graduating seniors this summer: Gerald Ben, Matt Rickard, Elliott Tarney, Shawn Claud Lawson, Jacob VanderLaan, Raphael Reynolds, Matt Dudley and Derek Nowak.

"You could say that we are kind of going to be rebuilding, but I don't like that word," Pogue said.

"I think we are just going to be reloading and recalibrating."

The team will welcome nine newcomers from Michigan, Kansas, Liberia and Canada along with five transfers, including junior college transfer Wilfred Williams. Williams, a Liberia native, chose Oakland because the school doesn't offer football, meaning that soccer is the main focus during the fall, he said.

"On my visit, there were a lot of signs that led me to know Oakland was going to be my next home," Williams said.

Pogue said they are adding a good combination of quality Division I and junior college transfers and true freshman that they feel can make an immediate impact in the fall with the top-class national powerhouse schedule they have planned.

Fourteen new players are joining the squad and are exactly what Pogue is looking for. Not only talent wise, but with respect to character as well.

"We are excited about the potential of the players coming in along with the excitement the program has received picking up some of the nation's top recruits and mixing them with the returning



Nowshin Chowdhury / The Oakland Post

Oakland University's men's soccer team will lose eight seniors from the 2015-16 roster, but nine new players will join the team next year to fill the void.

young players who are hungry to prove themselves," Pogue said.

Nyal Higgins is one of the freshmen from Ontario. He was a member of the Ajax team that won the Ontario Cup.

Pogue said it is the same program they received Austin Ricci and Shawn Claud Lawson from and that there's a history of successful Oakland players coming from Ajax.

"We are extremely excited about our 2016 Oakland men's soccer recruiting class which will go down as one of our top talent-wise recruiting classes in the Golden Grizzlies NCAA Division I era on paper," Pogue said.

"Time will tell if they reach their potential, but they have all the tools to be successful in the Black and Gold."

He thanked the coaching staff, which he said worked hard.

The spring season kicks off at 9:30 a.m. on Friday, Feb. 19 with a home exhibition game against Vaughn, a club team from Toronto.

The first College Clash matchup is Saturday, March 12 against Northwestern Ohio (NAIA) at the Legacy Center in Brighton, Mich.

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Get your selfie game on! The Post will be creating a collage each week featuring student submissions of selfies with the Grizz. Just direct message your photos to @theoaklandpost on Instagram or to The Oakland Post on Facebook.



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ATHLETICS TO OFFER STUDENTS FREE HORIZON LEAGUE TOURNAMENT TICKETS

Kristen Davis
Editor-in-Chief

Oakland University's athletic department will be providing all-session tickets for the Horizon League Tournament to the first 400 students in attendance at the men's basketball home game against Milwaukee this Thursday, Feb. 11. The game starts at 7 p.m.

"With the Horizon League tournament coming to Detroit at Joe Louis Arena, we jumped at the opportunity to invest in our students and purchase 400 session passes," Director of Athletics Jeff Konya said.

"We know that the Grizz Gang is the best student section in the Horizon

League, so there is no better way to say thank you than to provide our students with the experience of the Horizon League tournament."

Students must present a valid Oakland ID and are limited to one ticket each.

The league office announced in May of 2015 that it forged a five-year agreement with Olympia Entertainment to hold the tournament at Joe Louis Arena. The tournament will take place March 5-8.

All-session tickets through TicketMaster cost \$75 for lower bowl and \$45 for upper bowl using the Oakland fan discount. The ticket will get students into each tournament game Oakland plays in.

For more information about the Horizon League Tournament, visit www.motorcitymadness/horizonleague.org.

SHOWING THEIR APPRECIATION

WHO Oakland University Athletics

WHAT Giving 400 free Horizon League Tournament tickets to students who attend the men's game against Milwaukee

WHEN Thursday, Feb. 11 at 7 p.m.

WHY As a thanks for the continued support of athletics



Bohdanna Cherstylo / The Oakland Post

The first 400 students in attendance at the men's game on Thursday will receive a ticket to the Horizon League Tournament.

Column: Renewing the faith with a six-game win streak

Kristen Davis
Editor-in-Chief

Things just looked bad.

After Oakland lost to Northern Kentucky at home on Jan. 19, it looked like the preseason hype was just talk — like this team was not what head coach Greg Kampe made it out to be before the season started.

The team that hadn't lost a league game at home the previous season had already dropped three on the black top, two of which came from teams in the bottom half of the conference, and was sitting at just a 3-3 record.

But the loss to Northern Kentucky felt like it stung worse than the others — the newest member of the Horizon League, who was picked to finish last in the conference in the preseason poll, beat the Golden Grizzlies by 17 points in front of Oakland's home crowd.

When Kampe sat in front of the microphone in the post-game press conference, he seemed beside himself. Jalen Hayes and Kay Felder hung their heads, neither saying much. The overall mood was one of disbelief.

This wasn't supposed to be happening. With the preseason player of the year, three Power Five transfers and a deep bench stepping on the court each game, this team was a favorite to win the league.

Instead, Oakland looked less like a championship team and more

like a team that was settling for a "rebuilding" season, playing with minimal heart and giving even less effort.

"It was like we were lost in the locker room after that game," red-shirt sophomore Nick Daniels said.

It seemed like nobody knew what was wrong, but everybody knew a quick turnaround was desperately needed.

Well, a quick turnaround is exactly what Oakland got.

Since the gut-punching loss to the Norse, the Golden Grizzlies haven't lost. The team has snuck its way into second place in the league after winning six straight games, five of which were on the road. The lone home game might've felt somewhat like a road game for the team too, since it stayed in a hotel the night before.

"We changed as a team after that loss to Northern Kentucky," Daniels said.

"[Felder] said he needed help being a leader on the court, so some of the upperclassmen took what he said and started to become leaders and bring everybody together, even through adversity."

With just five games left on the 2015-16 regular season schedule, this streak has provided this team, and its fans, with some renewed faith.

And after seeing the atmosphere in the O'rena after the Northern Kentucky loss, nothing was needed more than that.

The streak by the numbers



ROAD GAMES



STRAIGHT WINS



HOME GAME

Average points
scored per game:
90.2

Average margin
of victory:
14.7

DOUBLE-DOUBLE MACHINES

Jalen Hayes and Kay Felder combined for

9
total double-doubles

MAKE IT RAIN

Max Hooper sank

26
total three-point shots

ON THE BOARDS

Oakland out-rebounded opponents

228-175
in six games

FROM THE CHARITY STRIPE

Oakland shot

83.1%
from the free throw line

Individual stats

Jalen Hayes grabbed 63 total boards, averaging 10.5 per game.

Kay Felder averaged 22.2 points, 3.3 rebounds and 11.2 assists.

Percy Gibson shot 28-for-51 (54.9 percent) from the field.

Martez Walker shot 26-for-32 from the FT line and averaged 12.3 points.



Erika Barker / The Oakland Post

Hundreds of kids filled the O'rena on Nov. 13 to cheer on the women's basketball team on Education Day.

Golden Grizzly pride on the rise

Athletic communications help increase attendance to women's basketball games

KeyVonna Taylor
Contributor

Oakland women's basketball's total attendance rose by nearly a thousand people, or 12 percent, between the 2013-14 and 2014-15 seasons.

The success appears to be continuing this year. The Golden Grizzlies played in front of the third-largest crowd in program history in a Nov. 13 home rout of University of Michigan-Dearborn. They set a school record for most points in a single game with 123, beating UM-Dearborn by 85 in front of a crowd swollen by Education Day.

"I think because we play a fun style of basketball to watch has helped, but also we have an administration and team in athletics that is committed to women's sports," head coach Jeff Tungate said. "They put a lot of time and effort into making sure we have good crowds at all of our games."

The sport is headed in the right direction, according to Tungate.

"I think men's basketball will always get increased exposure for one main reason," he said. "Money. At the collegiate level, men's basketball brings in much-needed

funds to athletics. However, I think with the rule changes in women's basketball, the increased popularity of the sport, and the commitment by many schools like Oakland to women's athletics, I do think our sport will continue to grow and attract more attention."

Getting the word out

Forward Leah Somerfield gives credit to Athletic Communications.

"Our athletic department does a great job promoting OUWBB [women's basketball] and the social media is a big help," she said.

It has been using Twitter, videos and Instagram to capture the public's attention this year.

"I think we are getting more recognition due to style of play and winning record and the administration has made it a priority to promote not just women's basketball but all sports here," associate head coach Eric Stephan said.

Mind game

According to Instant Notes in Sport and Exercise Psychology (Corban, Gorely and Shaw; Garland Science, 2005), the most suggested explanation for the home ad-

vantage appears to be the crowd.

"A larger crowd has a huge impact on the psychological effect of a team," Tungate said. "Everyone likes to play in an electric environment. I don't think it matters whether it's a large crowd at home, or large crowd in an opponent's gym; players perform at a higher level when there is enthusiasm in the stands. With that being said, good teams find a way to perform well in front of small crowds."

Tungate said there are only 29 opportunities every season to represent Oakland and coaches and players want a loud and enthusiastic crowd at each game.

The effects of a big crowd are twofold, according to Stephan. At home, it can pump athletes up, giving them an extra boost of motivation. On the road, it can intimidate them.

"A small crowd at home can make an athlete feel like the 'home fans' don't care about them," he added.

Somerfield said a small home crowd is kind of embarrassing, but it's a relief on the road.

Oakland women's basketball plays Valparaiso at 4 p.m. ET on Thursday, Feb. 11 in the O'rena. Keep up with the game-tracker online.

WOMEN'S BASKETBALL

Cleveland State

The Oakland's women's basketball team (12-10, 4-7) fell to host Cleveland State (5-16, 2-9) 88-75 in overtime on Saturday, Feb. 6.

Olivia Nash tied the game at 71 with 4.4 seconds left by hitting a three and getting fouled, but sent the game into overtime after she didn't convert the four-point play.

Cleveland State then rushed Oakland, getting the win.

Nash scored 26 and got 15 boards, her seventh double-double of the season.

Taylor Gleason scored 19 points, a career-high, and went 3-for-4 behind the arc.

Elena Popkey got seven assists, the game-high, and 11 points.

Sinclair Russell tied her career-high of five blocks for the second game in a row.

The Golden Grizzlies secured their first conference win of the season against Cleveland State in a 79-69 Jan. 2 victory and lead the all-time series 4-3.

Youngstown State

The Youngstown State Penguins swept up the Golden Grizzlies in a fourth quarter rally on the way to a 67-63 Penguin win at the Beeghly Center on Thursday, Feb. 4.

Oakland had managed to hold Youngstown State to only one point for the first seven and a half minutes of the third quarter, but then the Penguins scored 15 to Oakland's one, to gain the lead back, and get the victory.

"In that fourth quarter, they gave us some problems and we couldn't answer," head coach Jeff Tungate said in the post game GrizzVision interview.

Four Golden Grizzlies scored double figures were with Taylor Gleason (14), Sinclair Russell (11), Taylor Jones (11) and Nola Anderson (10).

Senior Olivia Nash recorded 10 rebounds, a team high, while adding nine points.

The Oakland-Youngstown State series is 8-7 in favor of YSU, with the Penguins winning the meeting before this one 96-77 on Nov. 28 in the O'rena.

— Compiled by Ally Racey and Katlynn Emaus, Staff Reporters

Softball gearing up to follow historic season

Katlynn Emaus
Staff Reporter

Oakland women's softball team takes the field for the first game of the season on Feb. 19 at the USC Upstate Invitational, following up a historic season. Returning senior Sarah Hartley has full confidence in the team, although they may be young.

"I truly believe that our team outworks the rest of the conference and I think that is going to show on the field for us," Hartley said. "You can see how much our team has grown. Our confidence levels are higher and we are faster and stronger than before and I know that is going to be the difference-maker in close games."

The team has been training since September. The first semester was aimed toward building strength and stamina, according to Hartley. After winter break, the team picked up right where they left off and "jumped right into season mode and full practice," Hartley said.

"We are looking forward to our pre-season with playing many post season teams on our trips down south," head coach Connie Miner said. "We want to take the three-game series from all the Horizon League teams."

Chemistry makes the group strong, Hartley said.

"We have a small team compared to most college softball teams and that's definitely helped us get to know each other better," she said.

However, the team is very young. They graduated eight seniors last year, two of which were on the All-Horizon first team and one on the second team. Oakland softball has some young talent and is expecting the freshman to step up.

Some key returning players include Hartley, senior Laura Pond, junior Kaley Waalkes, junior Lyndsay Hill, sophomore Haley Zemmer and sophomore Sarah Pletscher.

Miner and Hartley both have faith in their young team. But according to Hartley, their biggest weakness is their youth.

"I think our weakness is inexperience because half of our team is new,"

Hartley said. "However, we play a lot of games before conference starts and I think that will help get a lot of the nerves out and get our confidence levels up."

"We are focusing all aspects of the game both physically and mentally to prepare for our preseason games which will have us ready to compete in conference play," Miner said.

Hartley would like to end her senior season on a high note and hopefully with a second Horizon League title, paving the way for her younger teammates.

"My goal as a senior is to continue to be a leader for this young team," Hartley said. "It's been a big adjustment from last year, especially since I'm the only returning starter in the field besides the pitching staff. But there is a lot of talent on this team. I just want to get my job done on the field and do whatever it takes to help the newbies adjust

and reach their full potential."

Last spring Oakland women's softball all made history. They brought home their first Horizon League Tournament title,

placed seven players on All-Horizon teams, lead the conference in nearly every stat (if not leading then within the top three) and broke many season and career records at Oakland.

Of the seven players that were placed on All-Horizon Teams, three were on the first team, two on second team, and two on the all-freshman team. The 2015 campaign was one of the most successful in Oakland softball history and landed head coach Connie Miner the title of Horizon League Coach of the Year.

"We were really very solid in every area last year," Miner said. "We focused on being a true family and believing in each other early on, and once we truly understood this, everything came together. It is our culture of being a true family in every sense of the word."

Oakland softball's first home game is at 3 p.m. ET on April 1 versus Youngstown State at the Oakland Softball Field.



Dani Cojocari / The Oakland Post

The women's softball team starts the season on Feb. 19 at the USC Upstate Invitational.

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