Luncheon turns into a flop, proving how unaccessible the president is.

Today: Mostly Sunny High 55°E Low 35°F

Tomorrow: Mostly Sunny High 62°E Kew 36°F

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Award-winning independent newspaper THE OAKLAND SAIL, INC.

· OU and HAVEN will host "Take Back the Night" rally, march and speakout. The outdoor rally and march will start at 6:30 p.m. on Thursday at O'Dowd Hall. The speakout will be after the walk in the Pioneer Room of the Campus

Recreation Center.

· Alice Conner Gorlin Memorial lecture will take place at 7:30 p.m. on Thursday, April 11, in 242 Elliott Hall. Featured speaker Dean Algirdas Maniushis from the International University, Moscow will present "Modern Russia: Moving Toward the Post-Industrial Society."

· The Rhetoric program hosts the Festival of Student Writing next Monday and Tuesday in the Gold Rooms. The event, which runs from 10:30 a.m.-2 p.m., features threedimensional writing, writing projects in artifactual form.

· This year's Founders' Day festivities are Wednesday, April 17. The ground breaking of the new parking structure scheduled to open in the fall will take place. Also, eight students will be picked and given a designated parking space for one month starting in the fall. The winners will receive special spots, located in P-1 in front of the Foundation Halls.

· Just a reminder: Spring commencement is May 4.

IN THIS ISSUE

News Column... A6 Letters... B2 Horoscopes... **B**5 Sports Scores...

Edge State money stable

OU receives \$52.38 million in 62-63

By Ann Zaniewski LOCAL NEWS EDITOR

nder the Higher Education budget Governor John Engler signed April 1, OU will receive \$52,384,700 for the 2002-2003 school year.

"The money Oakland received was adequate for the size of the university and the funding we deserve," said Student Congress Legislative Affairs Director Mathew Hudson, junior, political science and communication. Hudson attended a meeting

of the Senate Appropriations Subcommittee on Higher Education in February. "The students have been well-represented.

Director of government relations Rochelle Black said she was happy with the money OU will receive

because many state departments, including Corrections, Environmental Quality and the Family Independence Agency, experienced significant funding cuts.

"The rest of the nation is experiencing an economic downturn. Lots of areas of

state budgets have been cut. We were concerned at the possibility we were going to take a hit, and we didn't," she

Senator John Schwarz (R) said the state's Higher

MONEY continues on A4

Chief returns to Nev.

By Cara Plowman EDITOR IN CHIEF

Only four months after the welcome wagon pulled out of OU's police department, it will be making another stop sooner than expected.

Director of Police and Support Services Adam Garcia's brief stint at OU comes to an end today as he heads back to Reno,

From the picture on his office wall of Reno's first supersonic passenger jet, it seems as if his heart never left.

Garcia's last day will be April 10, and retired Wayne State University police chief Dallas Schneider will replace him.

"Dallas comes to the department with a great deal of experience. I think in an interim position he'll do a great job," Garcia

Garcia said he is returning to Reno because of "personal family reasons.

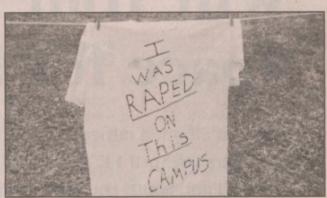
Although his tenure was short, Garcia managed to accomplish some of the goals he laid out late **CHIEF** continues on A8



Blowing in the wind

As part of The Clothesline Project, students who wanted to speak out about sexual abuse made T-shirts. A clothesline located outside of the Oakland Center displayed more than a dozen handmade shirts last Thursday and Friday. Informational flyers were also distributed in the "Rape Free

Cara Plowman/The Oakland Post



Wilson Award recipients honored for involvement

By Ann Zaniewski LOCAL NEWS EDITOR

The Board of Trustees honored three graduating seniors at its April 3 meeting.

Adam Kochenderfer, senior, political science and English, and Lani Morgan, senior, communica-

tion, were announced as winners of the Alfred G. and Matilda R. Wilson Awards, and Napoleon Harrington, senior, human resource development, was named the Human Relations Award recipient.

"When one looks at the awards and the high level of commitment

to the university these students demonstrate, one can be very proud that these students will represent OU in years to come," Assistant Dean of Students Karen Lloyd said.

A committee composed of staff, faculty and students made the selection for each \$500 award

last month from a pool of about 20 applicants.

Lloyd said students are selected based on merit, contributions to the campus and community and strong academic perform-

When Lloyd notified Lani Morgan she was an award win-

ner, she jokingly pretended the call was just to verify the spelling of her name.

"As I was about to hang up, she said 'Wait! Don't hang up. There's more!' I was shocked when she told me," Morgan said.

WILSON continues on A4

TIME: Brigid McKale, freshman, marketing, grabs a cup Oakland Center. The Board of Trustees approved phase one of the OC expansion, which includes the addition of a 100-seat coffee shop.



Board okays overdue Oakland Center expansion, adds 100-seat coffee shop

By Rachel Rybicki CAMPUS NEWS EDITOR

The first step in a proposed \$8 million OC expansion was taken last Wednesday when the Board of Trustees authorized the development of preliminary designs during the April 3 meeting.

"We have committed to the improvement of this campus, to the quality of the education and to quality of life for the students at this university," Trustee Henry Baskin said during his presentation to the Board. "This is a long overdue project. We underestimated the growth and needs of the student community. The Oakland

Center expansion is projected out towards 20,000 students. People will want to be there, and when they get there, they will have an enjoyable experience."

The OC was last expanded in 1969. It is currently 115,000 square feet and will be expanded by 29,097 square feet by August

The money for the project will come from three sources: the sale of bonds, money from a food service vender and budget reserves from the OC.

If Aramark's contract is renewed by the Board in July, the food service company plans to give \$900,000 to the project.

In a separate action the Board agreed to extend Aramark's contract for two months.

Baskin asked that the contracting group come back to the Board within 60 days with a design for the OC after the contract is

signed. "(The OC) is almost 25 to 30 percent of the campus experience. The university will require design services to expand the Oakland Center to address the current and anticipated growth of the student body," said Baskin. "The reason I added 60 days is because we are

EXPANSION continues on A8

committed. We have the money,

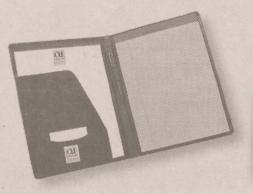


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Win Your Own Parking Space for a Month!

To enter, fill out a raffle ticket at the designated table in the OC on Wednesday, April 10, and Thursday, April 11, 11:30 a.m.-1:30 p.m. The spot will be located in Lot No. 1, in front of North and South Foundation Halls. The drawing will be held on Wednesday, April 17, at 3 p.m. in the Rec Center at the groundbreaking ceremony for the new parking structure.

You must be present to win.
You must bring your student ID to the drawing.
One entry per student.

For more information, contact
Student Congress at (248) 370-4290.

Comcast extends contract

By Heather Clement Assistant to the News Dept.

hile concerns over price increases, control and upgrades in technology still loom in the air, the Board of Trustees extended Comcast's contract with OU for the next 10 years.

The agreement increases the cost of each individual connection from \$8.09 to \$11 and would extend service to the new 133-unit student apartments, currently under construction.

At the BOT meeting March 6, Mary Beth Snyder, vice president of student affairs, presented the Comcast contract for approval as the student housing construction was nearing completion.

She told the Board that the sooner the

contract was approved, the more money OU would save because cable wires needed to be laid before the ground was closed

The Board, however, tabled the issue because of concerns raised by Trustee Henry Baskin. He brought up four problems he had with the contract, including the lack of a rate increase cap.

At the meeting last week, Baskin said the renegotiated contract was clearer.

"We were able to fix and clarify those rate increases to be the lesser of three percent or the percent increase imposed by Comcast residential customers," said Baskin

He said that prices have dramatically declined in some areas of Michigan and does not want OU to be controlled by what Auburn Hills and Rochester choose to do.

"The people around here are not as enthused about their rate reduction as the people down in Northville. We're going to be paying more money. I am trying to get the best rate for the students that we possibly can. We've got a 10-year contract here, and Comcast claims it's their bat and their ball and they own the game." said Baskin.

In March, Baskin also wanted OU to renegotiate the contract to include a provision that would allow OU some control over programming and channel selection. He also wanted to add an "out-clause" so that OU could end the contract if needed.

"Comcast was willing to allow the university to control the programming,

which is basically driven by the demographics. However, they were willing to guarantee that the programming available to the students would be identical to the programming available to the other residential customers," said Snyder.

Comcast was also willing to fix rates for standard services but is unwilling to discount that amount.

Snyder said the only way they would be willing to fix the rate for the university would be by a bulk payment.

"That would have an impact on room an board rates. Just adding converter boxes into that equation adds about \$95,000 to the cost," said Snyder. "The better thought process was that we would go back and see if the students really wanted that cost."

Festival evokes creative writing

By Christine L. Mobley
THE OAKLAND POST

The Rhetoric Program is hosting its "First Annual Festival of Student Writing" from 10:30 a.m. to 2:30 p.m. on April 15-16 in the Gold Room in the Oakland Center.

Alice Horning, director of rhetoric, first proposed the idea of the festival.

John Simecek, special lecturer in that program, is coordinator of the event.

Those attending will observe "threedimensional writing," which will include of a variety of different artifacts.

Participants' writings may be represented by posters, collages, tabletop displays, artwork, photographs, websites, music and song, computer presentations, skits, videos, modular objects, or virtually anything that can be considered an exhibit.

"Frequently, idea and thought that can't easily be translated or transcribed satisfactorily into textual form for our full comprehension can be elaborated through the adoption of a kind of 'harmonizing enhancement' hence, artifacts," Simecek said.
"Artifacts are an extension, a 'fuller representation' of ideas or perspectives that students find are evoked when they textually create."

This festival will resemble a "science fair" with a festive atmosphere with refreshments available to the guests, according to Simecek.

Tomina, Jamian stress outreach of Congress

Jennifer Janowski, president of Gamma Phi Beta Sorority,

braved the chilly weather and wind to raise money for Make A

Wish Foundation at the annual "Throw A Pie at Gamma Phi"

last Wednesday. The sorority raised \$460 for Make A Wish,

grew up in a

house where

politics was

always the

discussion.

student body vice president

main

Michelle Jamian

which is the OU chapter's philanthropy.

By Lisa Cali Managing Editor

Student Body President and Vice President Elect Brian Tomina and Michelle Jamian's first order of business for OU is to connect with as many students as possible to find out what the campus really needs.

In the face

Elected to their positions last week by one vote, Tomina and Jamian said they've been planning for this long before the election.

"I was inspired to run for student body president by my time on OUSC," Tomina, senior, political science, said. "I think I have a lot of ideas that will benefit the students of Oakland University. I know how to implement them and get things done."

Tomina has been a member of OU Student Congress for two years, where he served one year as a legislator and held the position of research and review chair this year. In addition, Tomina was one of the founders of the Chaldean American Student Association, where he served as vice president last year and president this year.

Jamian, junior, political science and French, began thinking about being involved in politics at a very early age.

"I grew up in a house where politics was always the main discussion at the dinner table," Jamian said. "My father was a politician, so I got started in politics when I was 10 years old."

Jamian has also been a member of OUSC where she served as a legislator for a semester and held the steering chair this year. Besides Congress, Jamian

founded the women's club lacrosse team and was the president for two years, helped found the Armenian Student Association, served on the Residence Halls Council for the two years she lived on campus and has been involved with

on campus and has been involved with Alpha Delta Pi Sorority for about a year. Because of their degree of involvement on campus, Tomina and Jamian said they

good team to help make a difference at OU.
According to Jamian, the two have been friends for a few years and always knew they had similar ideas about the future of OU.

decided they would be a

"We'll get together just to hang out, but we'll be talking about politics," Jamian said. "We have the same thought process and a lot of the same views."

For Tomina, the decision to have Jamian as his running mate was logical.

"I chose Michelle because elect of her level of involvement," Tomina said. "Also, she's been on Congress and has experience. She's determined to get things done and willing to listen to new ideas."

According to Jamian, Tomina has a few good leadership characteristics of his own. She said that just because he's one to make people smile and laugh, doesn't mean people shouldn't take him seriously.

"Brian has a lot of character. He is a very intelligent person, and he knows his politics," Jamian said. "He knows what he's doing, and he's a great speaker. I have all the confidence in the world of Brian, and that's why I ran with him."

Cara Plowman/The Oakland Post

For Jamian, who has spent the past two summers interning for Congressman Joe Knollenberg in Washington, D.C. and for the ministry of foreign affairs in Armenia, running for student body vice president meant making some sacrifices.

She had planned on studying abroad in France this summer, but decided to put it off to run.

"I decided that this was something I had wanted to do since I first started here, and I could always put off France," Jamian said. "So I decided to do it. This is something that I really wanted."

However, both Tomina and Jamian didn't have dreams of OU after graduating high school. Tomina attended Oakland Community College for a year, and Jamian, although she came straight

to OU, planned to attend OU for a year and transfer to Arizona State University.

Tomina and Jamian both said they were impressed with OU and decided to stay after experiencing it for themselves.

"By living on campus, I met so many

people, and that's how I became involved," Jamian said. "After my first year of being here, I loved it and wanted to stay."

Tomina had a similar experience with

becoming involved and growing to appreciate OU for what it has. He said that his favorite OU memory so far was "watching OU sufficiently handle U-M in basketball in a packed stadium with 4,000 OU fans just cheering and having a good time."

Because they have both had good experiences with student organizations on campus, Tomina and Jamian are making student involvement one of their central focuses for the next year.

"I think there needs to be more of an outreach to get freshmen involved from the beginning," Jamian said. "Brian and I feel that if Congress has meetings in the Fireside Lounge, even if it's once a month, students will walk by and see us in action. I think it's a really good way to advertise getting involved in Congress.

"We deal with a lot of issues that students are concerned about. But I don't think people know how to find out about it and how to get involved. I know if we went around screaming in the OC, 'Guess what's happening with Aramark,' everyone would be listening."

For Tomina, his first step to get the campus more involved with OUSC and other organizations is to talk to as many students as possible and find out what they want most.

"I want the students to know that they are free to stop by my office at any time," Tomina said. "I encourage them to come down, because the only way I will know what OU needs is with their input. Their input is essential in us having a good year and making progress."

NEWS COLUMN



Derek Dickow Student Body President

Elections set new trend

As many of you may know the OU Student Congress revolutionized our annual elections by implementing online ballots.

It is my privilege to report Congress has successfully set a new trend across the state and throughout the nation. Other universities have contacted us about our unique program, and we are currently reviewing ways and means to improve this system. We have successfully done our part in promoting OU's name as an institution of higher education and not just an average community college.

Student participation on this campus is growing, and proof lies not only with an increase in voter turnout but also with the increase in the amount of student organizations. The number of student organizations grew to more than 130 this year. Students are promoting more activities and events to provide various social and academic outlets on this campus. There will now be room the necessary space to facilitate this growth.

Our heart and soul on this campus, the hub for daily activities and student life will forever be changed. The Oakland Center will finally undergo an \$8 million renovation providing students with things we believe are crucial to all of us. Throughout the year and especially around noon time, it has become common practice for some students to eat their lunch on the floor because of the lack of space in the OC. These students will no longer be obligated to do so. The Vice President for Student Affairs and Student Congress compounded our efforts to convey students' needs to the Board of Trustees, and we have once again successfully negotiated change for the betterment of all students.

Another example of change involves the diplomas.

Earlier this semester I briefly discussed the role of Student Congress in adding majors to the undergraduate diplomas. The University Senate will review our resolution to add majors on future diplomas this Thursday at 3 p.m. It will not take into effect this year, but future graduates may have the option. The response from our professors has been extremely positive, with most citing student interest as reason alone.

Remember those first few weeks at the beginning of the fall semester?

Those weeks when parking, or lack of, caused many of us to walk from the corners of this campus to get to class. There were the extra parking meters added in the OC lot. Congress was approached about these meters, and our campus development committee along with the OUPD, have come to agreement on change. Realistically, OU does not offer 45-minute classes, and if you are leaving class to put change in your meter you must agree that is not productive use of time. The change is simple but will benefit of all who park at these meter spots. The OUPD has agreed to increase these meters to a two-hour maximum effective this summer.

And if your beef is with parking in general, relief is coming this fall. As OU moves forward with the Vision 2010, an anticipated growth to 20,000 students is inevitable. The only way to facilitate this growth is to add parking structures. The first will be located adjacent to the Rec Center and across from the new education building sched-

COLUMN continues on A4

CRIME WATCH

•A student reported to OU police that her OU Spirit card was taken from a laundry room on March 25. She thought she had misplaced her card so she did not report it and when she

received her new card she checked her balance and \$134.99 had been withdrawn. The inci-

dent is under investigation.

•Three dollars was stolen from a coin operated feminine product

dispenser in Kresge Library last Wednesday. Photos were taken of the abused machine. The estimated damage is \$45.

*Hamlin Hall was the location of a Dell computer theft on April

4. A female student, 21, reported to OU police that she locked her door when she left at 3 a.m. When she came back at 11 a.m. she noticed her computer, valued at \$2,100, was missing.

•An O'Dowd Hall staff member reported 30 CD-Roms, belonging to OU, stolen sometime between March 19 and April 5. The CD's are valued at \$780.

WILSON continued from A1

Lloyd said Morgan's outstanding academic performance and extensive campus involvement made her an ideal candidate for the Wilson Award.

Morgan has been active in the Department of Music, Theatre and Dance, participating in eight plays and musicals and helping to found 'The Set' improvisational group. She is a resident assistant, Women in Communications member, Honors College Advisory Council member and Office of Equity Peer mentor.

She has also done volunteer work with the Pontiac Rescue Mission, the Macomb County Interfaith Volunteer Caregivers and Hispanic Celebration Week.

Morgan plans to remain involved at OU even after grad-

Oakland

uation. She applied to be a residence hall director.

Wilson Award winner Adam Kochenderfer first became involved in school activities when he was his junior class president at Dakota High School in Macomb Township.

His involvement continued when he entered OU in the fall of 1998 and became a member of the Lutheran Student Fellowship and a student services director for Student Congress. The following year he was named president of the Law Society, and, in October 2000, became treasurer of the College Republicans.

Kochenderfer took on his most prominent position in May 2000 when he was named OU's student body president, and then was elected as one of the student liaisons to the BOT in May 2001.

"A liberal arts education hap-

pens both in and outside the classroom. (Students) get a better education if they interact with their school," he said.

In addition to school activities, Kochenderfer is a PAUSE mentor, team captain for the American Heart Walk and member of the Pontiac Alumni Association.

"Public and community service is the rent we pay for living in society," he said. "I think everybody has gifts and talents. We have obligations to share those talents just as other people share their talents with us.

"It was good to know someone thought I made a difference at OU. That's what I've tried to do the past four years."

Kochenderfer will attend the U-M law school in the fall. He hopes to practice law or serve in a public office and plans on remaining involved with OU as an alumni.

Human Relations Award winner Napoleon Harrington was working as an intern in the Dean of Students' Office when Karen Lloyd approached him one afternoon last month.

After playing a small practical joke, she told him he won the

"She pulled me aside and said I was doing a horrible job and had a bad work ethic. She told me they were going to take away the campus activity award and replace it with the Human Relations Award," he said, adding that it took him a few seconds before realizing she was kidding.

Harrington has served as the vice president of the Association of Black Students, founder and vice president of Men of Umoja, a resident hall director and admissions liaison, orientation assistant and King/Chavez/Program Student

Coordinator. "I think (involvement) is important because it helps you get a perspective of things that are available to you and open to you," he said.

Harrington plans to apply to graduate school to study counseling and hopes to eventually become dean of students at a university.

The Wilson Awards were created in 1965 and are presented annually to one senior man and woman who have significantly contributed as scholars and leaders at OU.

The Human Relations Award is an annual award presented to an OU graduate who has worked for conflict resolution among groups and toward an increased understanding of different cultures.

All three awards will be presented at the May commencement ceremony.

COLUMN continued from A3

uled to open in the fall. It is the belief of the OUSC, as well as others on campus, that this structure may not completely alleviate this innate inconvenience prevalent when discussing parking on our campus.

So exactly what does this mean to students?

This means walking, a very underrated form of calisthenics, should be an option. It means that arriving early might also be another. It means that carpooling with a friend might be yet

The bottom line is if you want more parking on campus remember someone has to pay for it, and typically at the university level that someone is the students. Otherwise, be patient with the university, and everything will come in due time. The Board and the administration is charged with providing a university of class, an institution of higher education and the best possible education for our dollars. As Student Congress it is our duty; to advocate for the best interest of all students, after all, we are the customers, clients and consumers of everything that is OU - and that will never change.

Student Body President Derek Dickow'is a senior majoring in political science and philosophy. Email him at djdickow@oakland.edu.

University

Come to OUSC's Student Body President's State of the Campus Address

Student

Date: Monday April 15. Time: 4 pm - 5 pm. Place: Fireside Lounge.

Congress

MONEY

continued from A1

Education budget totals roughly \$2 billion, and all the funds are divided between Michigan's 15 public universities and state financial aid offices.

Last January, the governor, state university presidents and the legislature agreed that for each school to get appropriations, they could not raise tuition higher than 8.5 percent. Under the provision, if a university decided to raise tuition higher than the cap, the school would not receive any state

"I'm glad the Higher Education budget was not cut as so many other budgets were. The governor made a wise choice by signing this budget." said Hudson.

Read The Post online at www.oakpostonline.com

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ENTER FOR STUDENT ACTIVITIES 49 Oakland Center, Rochester, MI 48309-4401 * 248-370-2400 * csa@oakland.edu * www3.oakland.edu/currentstudents/csa

"The Last Lecture" by Carol Halsted

Professor of Dance, Department of Music, Theatre and Dance

Friday, April 12, 2002

Noon-1:30 p.m., Fireside Lounge, OC

"The Last Lecture" is a tradition at Oakland University. It gives a retiring faculty member an opportunity to reflect on his/her career at Oakland University, the history of the University, as well as what they see as the future for Oakland University. The program gives the university community an opportunity to thank a departing member for his/her contribution to Oakland University.

> The 19th Annual Photography Contest April 15-17, 2002

\$600 in prizes (\$150 for 1st Place, \$100 for 2nd Place, \$50 for 3rd Place) Two entry categories: Black & White and Color

Entry forms and rules now available in the CSA Office, 49 Oakland Center, and the Student Program Board Office, 64 Oakland Center. Entries are due April 12, 2002.

Photos will be on display in the Fireside Lounge, OC.

Sponsored by the Center for Student Activities and the Student Program Board

Student and Greek Organization Recognition Night Thursday, April 18 6:30 p.m., Gold Rooms, OC

Nomination forms are now available in student org mailboxes and in the CSA Office, 49 OC.

Varner Arts Celebration Week April 15-20, 2002

"Behind the Scenes" at Meadow Brook Hall Monday & Wednesday, April 15 & 17, 4:00-5:00 p.m. Tuesday & Thursday, April 16 & 18, Noon- 1:00 p.m. Special tour of Meadow Brook Hall in areas not normally viewed by the general public.

Cost: Free to OU students, faculty and staff Wednesday, April 17 - Founder's Day

Varner Memorial Garden Reception

8:30 a.m. - Varner Recital Hall Lobby, Varner Hall

Dedication of the Garden and Sculpture by Sharon Que

9-10 a.m. Varner Recital Hall, Varner Hall

Varner Seminar on University Vitality 10-11 a.m. Varner Recital Hall

Programs will continue throught the week. More information available next issue of the Oakland Post and all Varner Arts Week Publicity.

AT THE CSA SERVICE WINDOW

Reservations for:

-Music Man (April 18 and 21) - Champions on Ice (April 27)

- Otello (Opera by Verdi) (April 28)

- Riverdance (May 5)

- Proof (May 12)

- Marriage of Figaro (May 21) · Tickets for:

- Women's Issues Forum Production of "The

Vagina Monologues" (April 12 & 13) - Sigma Gamma Rho's Best of the Best

Talent Show (April 19)

Thursday, April 11

"Take Back the Night" Rally, March and Speakout Co-sponsored with HAVEN 6:30-9:30 p.m.

Location: Outdoors, North Side of O'Dowd Hall - Rally and March; Pioneer Room, Campus Recreation Center Speakout

Friday, April 12 & Saturday, April 13 Women's Issues Forum Presents: "The Vagina Monologues'

7:00 p.m. 201 Dodge Hall Tickets: \$10.00/person

Patriot Act questions freedoms

By Jo Randazzo THE OAKLAND POST

Seven months ago, the U.S. watched in horror as planes hit and destroyed the World Trade Center in New York and the Pentagon in Washington, D.C., killing almost 3,000 people.

Since Sept. 11 the federal government has seen sweeping changes in the way it conducts business, from increased security in airports, proposing military tribunals for suspected terrorists.

The USA/PATRIOT Act, formally known as the United and Strengthening America By Providing Appropriate Tools To Intercept and Obstruct Terrorism, was passed by a 357-66 House vote on Oct. 26. Attorney General John Ashcroft said

the act is a necessity for national security

and bringing terrorists to justice. In statements to the press, Ashcroft said,"We have an objective ... of saving American lives ... and we'll do it in the context of respecting the American consti-

tution and our values. Constitutional watchdog groups such as the American Civil Liberties Union are critical of the Patriot Act and its potential

ramifications. Anthony Romero, executive director of the ACLU, said, "We have begun to tamper with some of the basic laws -- laws that strike at the heart of what this

democracy is about." ACLU Michigan executive director Kary Moss agrees.

"We're facing some real tests right now," said Moss. "We're fighting for our bill of

Some speculate if Sept. 11 fallout curbs civil liberties

rights and constitutional principles." In a non-scientific poll of 24 OU students, 17 students said they never heard

Steve Franey, junior, business, said, "Our generation is not informing ourselves well enough to understand. That's why things like the Patriot Act get

Dr. Martha Zingo, political science professor at OU, is critical of the Patriot Act. "It undermines the protection of civil liberties," said Zingo. "It undermines the constitution.'

Zingo argues the act "allows spying on Americans" with the revision of search and seizure laws.

Supporters of the Patriot Act feel that if people have nothing to hide, the changes in the search and seizure laws are accept-

David Roszczewski, senior, psychology, agrees with the Patriot Act in theory. "All this is making things easier on the

government, so it's okay," he said. "A lot of it, too, is Americans want to see some action, so our government is giving them what they want."

Some people are concerned the act may open the door for the government to abuse its power.

"My biggest problem is that we have a Bill of Rights because we don't trust the government," said Jenafer Hintz, junior,

history. "Our Bill of Rights is based on that principle. I don't trust them not to search my home and tap my phone lines."

Senior John Hutchinson, English, said the passage of the act is an attempt to take advantage of the new-found trust in the government.

"The difficult thing is for the government to balance freedom and protection, but the government overstepped its bounds on the freedoms we are supposed to have," he said. "I don't care what you have to do to rid us of terrorism - but not when you start trampling on my constitu-

tional rights." Even among supporters of the act, there are reservations.

Roszczewski said he did not like the 'guilt by association' portion of the act and questions the policies surrounding the largely Middle Eastern men who have been detained.

"We just have them locked up. We're looking for something to charge them with," he said.

In December, 2001, the Justice Department issued letters to more than 5,000 Middle Eastern immigrants, requesting that they come in for questioning in connection with the Sept. 11 attack. While many were questioned and released, the number of detainees languishing in prison cells is unknown.

International students were also ques-

tioned. When the Office of International Students and Scholars was contacted about interviewing international students, director David Archbold said OU immediately sent civil rights packets to all international students apprising them of their rights.

"We also offered attorney services, pro bono, if they wanted a lawyer," he said.

Archbold said that a couple of students were interviewed, and reported later that they appreciated the civil rights packet given to them. To date, Archbold said that neither the INS nor the FBI has contacted his office regarding a foreign student.

The tracking method for international students has been changed due to the Sept. 11 terrorist attack. Educational institutions will be using the Student and Exchange Visitor Information System, which allows for much tighter tracking of international students.

"SEVIS was proposed before Sept. 11," said Archbold. "It was logjammed in Congress due to lack of funding. Now there's funding."

While many students feel they are exempt from government surveillance, Zingo points out that the Constitution does not differentiate between citizens and non-citizens of the U.S.

Targeting a particular group of people -currently Middle Eastern immigrants -according to some, may lead to the erosion of civil liberties for all.

"I know at the outset I won't be affected," said Hintz. "So it's easy for those who

LIBERTY continues on A8

Depression clouds college students

By Lynsey Tenniswood

Most college students can attest to feeling overwhelmed during final exams. However, when those feelings are debilitating and make it hard to function in everyday life, these might be signs of a more serious problem: depression.

According to the National Mental Health Association's website, www.nmha.org, depression affects more than 19 million American adults annually, including many college students. A recent national college health survey found "10 percent of college students have been diagnosed with depression including, 13 percent of college

A study conducted by UCLA concluded that students are feeling more overwhelmed and stressed than 15

"More than 30 percent of college freshmen report feeling overwhelmed a great deal of the time. About 38 percent of college women report feeling frequently overwhelmed," the study reported.

Some of the symptoms of depression include a persistent sad mood, loss of interest or pleasure in most activities, changes in appetite or weight, changes in sleep patterns, difficulty in concentrating or making decisions and feelings of worthlessness or inappropriate guilt.

A junior who didn't want to be named had similar symptoms. A sense of hopelessness was the main one. "Everything was boring to me ... I was feeling was really a deep, deep sadness. I didn't want to go to work. I didn't want to go to school. I was frustrated with everything. I gained weight. I sat around and did a lot of nothing. Everything made me cry. TV shows, music, movies,

everything. Nothing was interesting, and I had a very short attention span." A lecture given every year by psychologists at the Graham Counseling Center describes depression as a serious and very common disorder of mood that is pervasive, intense and attacks the mind and the body at the same time. It often begins during young adulthood, mak-

ing college students particularly at risk. The lecture also explains that clinical depression is associated with an imbalance in brain chemistry that affects mood and other bodily systems such as activity,

sleep and appetite. Depression differs from having the blues.

"Everyone has ups and downs following disappointment. It's very normal to feel down. Usually the feeling only lasts two or three days, until something positive lifts the person's spirits. Depression is not like that," said Bela Chopp, director of the Graham Counseling Center. OU's Counseling Center offers services that could help

people dealing with depression. "Untreated depression can be deadly," she said. "In most instances, untreated depression has been linked to

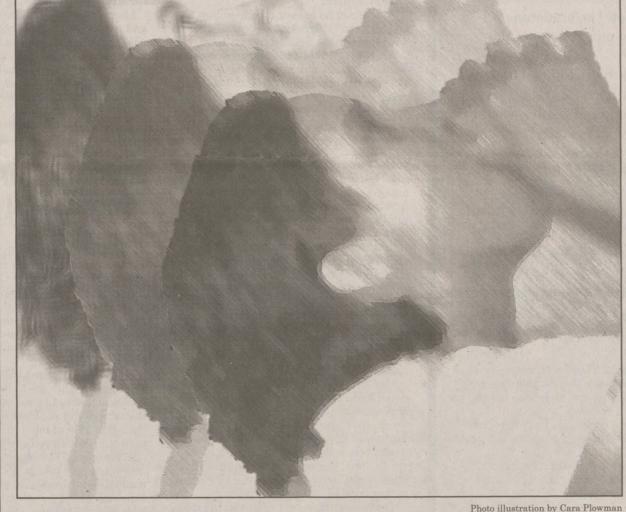
According the National Mental Health Association, "Suicide is the eighth leading cause of death for all Americans, the third leading cause of death for those aged 15-24 and the second leading killer in the college population in 1998."

Trauma can cause or enhance depression especially after the events of Sept. 11. However, there wasn't an increase in the number of people going to the Graham Counseling Center. Chopp believes this was because a lot of people turned to their existing support groups, like

family and friends, for comfort. However, for those who were already seeking help at the counseling center she said that their stress was

increased with what was happening. "Now there is an adaptation. Every client I saw, they talked about it. Now there is a lot less reference," Chopp

According to Chopp, only about 400 students utilize Graham Counseling Center's services annually.



Binge drinking fairly common at universities

By Noah Purcell THE OAKLAND POST

ccording to Harvard University's College Alcohol Study published in March, 44 percent of college students participate in binge drink-

Because the percentage of binge drinking college students has not decreased in the past eight years, programs like "A Matter of Degree: The National Effort to Reduce High-Risk Drinking Among College Students," an initiative of the American Medical Association, are trying new approaches to combat binge drinking.

"We are concentrating on dealing with large scale influences, not just telling kids not to drink," said Lisa Erk, a spokesperson for "A Matter of Degree."

The standard used to define binge drinking by the study and other groups combating binge drinking is five drinks in a row for a guy, or four in a row for a girl, in one night.

According to Erk, "A Matter of Degree" employs social norming instead of just educating students of the dangers. The program strives to attack the environmental factors that cause drinking

We are concentrating on dealing with large scale influences, not just telling kids not to drink.

Lisa Erk "A Matter of Degree" * spokesperson

such as alcohol advertising and marketing, a university's alcohol policy or local ordinances.

"The core of our program

strikes at the root of the problem," said Erk. A bar that offers dollar beer or shot nights does not fit into what

the administrators of "A Matter of Degree" or other anti-binge drinking groups feel is appropri-"It (binge drinking) won't go

away overnight. Twenty years ago, driving after drinking was acceptable," said Cindy McCue, president and co-founder of Be Responsible About Drinking.

McCue's son Bradley, an MSU junior, died after drinking 24 shots on his 21st birthday in an East Lansing bar on Nov. 4, 1998.

Currently BRAD spearheads a campaign that sends out birthday cards, featuring the story of Bradley McCue, to students on their 21st birthdays.

"You have to be smart enough to know your limit. For me, four beers at a bar is a lot," said Carrie Herron, junior, communication.

A big hurdle for anti-binge drinking advocates to get over is the feeling that drinking excessively is the part of the university experience.

"College students are college students, and they are going to get drunk," said Herron. "I would like to say that binge drinking is bad, but I think Oakland needs to be more concerned with drinking and driv-

Others attribute the pervasiveness of alcohol over consumption to the students being free from parental supervision.

"They're (students) out from the control of the home environment for the first time," said Faith Samuel, director of victim services at Mothers Against Drunk Driving in Oakland County.

By the time junior or senior year rolls around, most students do recognize that the bottle is not helping them get ahead.

"I used to drink liquor every weekend. I drink casually now. You get sick of having those hangovers all the time," said Brett Bayliss, junior, MIS.



Economics 101

Q: My roommate and I were having a discussion last night about the market. Since money can be neither created or destroyed, how can the market keep growing? Basically, since anyone with a portfolio is "winning" to the tune of around 11 percent minus inflation, who's losing?

A: What a great question. The answer is no one has to lose. But, first, let's back up. It's energy that can neither be created nor destroyed. Money is created and destroyed all the time. But when the stock market grows by 11 percent, it's not money per se that is being created, it's goods and services. Dollars are just a way to measure what is going on. Beads, wampum, pieces of paper, or electrons flowing through the guts of a bank's computer, money is just an accounting sys-

But I understand what you're saying. You're thinking, ten years ago the stock market was worth X trillion dollars and now it's worth X+Y trillion dollars. I know that the U.S. government didn't print an extra Y trillion dollars or we would have runaway inflation, so where did the Y trillion come from?

The answer is simple: Sweat and brains. Or, in more polite terms: Productivity. The increase in the value of all those companies comes down to human work and human inge-

Over decades (and centuries. too) there has been a steady growth in the value of businesses the world over. That "mostly" steady 11 percent growth you mention is the average growth of the U.S. stock market over the last 75 years or so. Not to be picky, but I also have to take issue with "anyone with a portfolio is 'winning' to the tune of around 11 percent, minus inflation." Did you ever go to bed between your late night philosophical conversation and your email?

Let's assume you meant that anyone who matched the market over a long time period experienced growth in his or her portfolio that averaged around 11 percent per year, greatly exceeding the inflation rate. Or, even more to the point, the market itself grew at that rate. How can the market get bigger without something else getting smaller?

The increase in the value of our stock market, and our economy as a whole, comes from people working harder and working smarter — finding more efficient ways to do the same thing.

Let's try an agricultural example — everyone identifies with that these days, right? When farmer Ted plants a field of corn by hand, harvests it, and sells it, he isn't selling corn. He's selling sweat. (Maybe I should have stuck with an air-conditioned, high-tech example.) Sweat, known in polite economic circles as labor, is what turned a few seeds into a crop others were willing to pay for.

If our tired and sweaty farmer decides to use the money he made from his labor to buy a tractor, his labor might suddenly be worth, say, 100 times as much because the same amount of sweat produces 100 times as much corn. Using brains (good business decisions and technology) magnifies productivity.

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Editorial

President not available for comment, again

Gary Russi is the president of this university, but when does he make himself available to the general student population? Much of the student body doesn't even know who he is.

Yesterday, Russi, along with Student Body President Derek Dickow, Interim Provost Virinder Moudgil, Dean of Students Glenn McIntosh and Assistant Professor of Education Robert Wiggins planned to meet for lunch in the Oakland Center and, according to Dickow, talk to any students who had questions.

We were invited to come by Dickow, who called to tell us about the open lunch.

This was a first for Russi, who usually keeps a safe distance from students, and we were delighted with this outreach effort. Five minutes after it began, though, it was apparent that the lunch would be a private one, and questions weren't welcomed.

This wasn't the first time Russi has shied away from the public, and it probably won't be the last. Whenever The Post has tried, Moudgil, McIntosh and Dickow have all willingly answered questions and been accessible to students.

The president is not.

We understand that Russi is busy, but, he is often the best person to answer questions about the progress being made here.

We would like to challenge President Russi to be more accessible on campus, get to know the students and make the university community more aware of the work he is doing.

This challenge also extends to the Board of Trustees. Occasional meetings in places other than Elliott hall, say the residence halls or the Oakland Center, would increase attendance and interest in campus business.

Most city councils hold occasional town meetings where the public is free to stand up and ask questions or make comments. Why not OU's Board?

If this luncheon had gone as planned, it would have set a precedent that, hopefully, would have continued. As it was, it never lived up to its billing. That's a shame.

Story Update

In last week's story about Meadow Brook Theatre ("Theatre running in deficit"), The Post miscalculated the total debt that has been accrued because the information provided for the story was incom-

Instead of total revenues, The Post was given only box office ticket sales. As a result, the theatre's actual deficit as of June 30, 2001 was

MBT finished fiscal year 2000 with a positive balance of \$99,427. In 2001, however, the theatre experienced a loss of \$389,996. When the 2000 balance was carried over, the theatre was left with a \$290,569 deficit.

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Send letters, comments, opinions and story ideas oakpost@oakland.edu

Check us out on the web www.oakpostonline.com

JOHN ENGLER LANSING, MICH. Date April 2002

Pay to the Order of

Oakland University

Stuff

1,000 more parking spots that are actually close to a building, a bigger student center, ink-release fire alarms for the dorms, more police officers, goose pooper scoopers, money for Meadow Brook Theatre, a free Rec Center, good food......

State of Michigan

Senate Appropriations Subcommittee on Higher Education

Memo

John Engler

In addition to the annual budget, the state decided on a few more things needed at OU.

Letters to the Editor

One vote can make a difference

Dear Editor,

Who would have ever imagined that the OU Student Congress presidential election would have been decided by one vote?

When I heard that the elections this year would be conducted online, I was pleased to see that the opportunity to vote was being made so accessible. I read about the candidates the week before in The Post and made a note on my office calendar to remember to cast my vote on the day the polls opened. I decided to vote for Brian Tomina and Michelle Jamian. The following Thursday, I arrived on campus for class and grabbed a paper to see who had actually won. A smile immediately came across my face...one vote...my vote. This fact is that if I or any of the other 381 students who voted for Tomina and Jamian simply decided not to vote, we would have had a different outcome.

The significance of one vote has proven itself throughout history. The following are

· In 1776, one vote gave America the English language instead of German. · In 1845, Texas was admitted to the

union as a state by one vote. · In 1868, one vote in the U.S. Senate saved President Andrew Johnson from impeachment.

· In 1941, the Selective Service Act (the draft) was saved by a one vote margin (just weeks before Pearl Harbor was attacked).

· In 1962, the governors of Maine, Rhode Island, and North Dakota were all elected by a margin of one vote per precinct.

Recently, elections for offices in the communities of Romeo and Almont actually deadlocked in a tie (broken later by the

County Clerk by drawing from a hat).

I hope that students look at this election and realize the importance of our right to vote and what it truly means. I have never met Brian Tomina or Michelle Jamian and, to be totally honest, probably never will. I do however wish them the absolute best as they settle into their newly elected offices.

Joe Rozell public administration, graduate student

Election turn-out higher, still too low

Dear Editor,

I am writing to you today to express my concerns about the voter turnout in this past University Student Congress Elections. A few weeks ago, the campus was buzzing with elections paraphernalia and candidates as well as many others pleading students to vote on-line. On a campus that houses almost 16,000 students, only 1,250

The elections were held online and most students felt that the system was easy to access and easy to vote from. Aside from the minority of students who couldn't get their Sail PIN number to work, the voter turn out could have been better.

Although OU is primarily a commuter university, this voting system should have made it more accessible to all students. But, only about 8 percent of the student body decided to vote. Do you know that the University Student Congress manages and

distributes about \$650,000 a year to student organizations and programs? Do you know that University Student Congress is the center of student life and student organization functionality on campus? That \$650,000 + is in the hands of a small group of people that decide who gets what and the majority, the large majority, doesn't even care who is the gatekeeper of this substantial amount of money, YOUR MONEY!!

Every student, graduate or undergraduate, traditional or non-traditional, has something to contribute to this University. Therefore, next year, I would strongly emphasize that you think critically about voting and the importance of your vote.

Every vote does count. This year's presidential team won by only one vote! Time and ignorance are no longer excuses for not voting. The University Student Congress is working to make voting easier for all students and to also find new ways to introduce the candidates to the student body. This is your hard-earned tuition and your home for four or five years. Make your voice heard and make sure you know whom your student leaders are.

Kelly A. Cole junior, elementary education

All letters to the editor must include a name, class rank and field of study or OU affiliation. Please limit letters to 400 words. Letters may be edited for content and length. The Post uses discretion and may reject any letter for any reason. Letters become property of The Post.

OTHER VIEWS

End of semester stress can be hazardous to health

I am SO ready to be done with school and to have this semester be over.

In the Army when we are about to end an assignment, we are said to be "short" and to have a "short attitude".

My attitude is so short that it could play handball against the curb. I am sinking rapidly into I don't care"-land and can't seem to stop myself.

I am doing very well in one of my classes and very badly in the other. I have been struggling for most of the semester in



Barbara Shea Pote Columnist

the second class. It's really frustrating because I like Spanish, the language and culture and everything about it. I think it must be my brain of a certain age (older). Is it possible that I can't remember as well as I could 20 years ago?

I missed dropping the class by two days, because I was waiting for a test grade. The grade was

terrible, but my professor convinced me to stick out the rest of the term. All of my papers in the class are decent. I participate in class and turn in my homework. I figured that my other class would balance out this bad grade. So I've stuck it

Now, here's my plug - if you have the least bit of trouble, in any class, check out the Academic Skills Center in North Foundation Hall. I have been using their tutors and finally just clicked with one of them.

Somehow, what she said and how she laid out the information worked for my brain. I got a very decent grade on the last

test - yippee!

I have another reason to be glad it has worked out so far. I really didn't want to quit when the going got tough - how would my daughters view that? They certainly could not quit a class if they were not doing well. They would have to stick it out as I've been forced to. They don't need to know I would have bolted given the chance. To them I'm just Super Mom, who struggled through Spanish 215 and succeeded in finishing the

Barbara Shea Pote is a columnist for The Post. Send comments to oakpost@oakland.edu.



Quote of the Week

Income tax returns are the most imaginative fiction being written today.



- Herman Wouk

Get more out of your summer than tennis elbow, a sunburn and sand up your bathing suit.

Classes at Eastern Michigan University offer the opportunity to earn college credits



Make the most of your summer at

EASTERN MICHIGAN UNIVERSITY...

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Spring classes start May 1, 2002 • Summer classes start June 26, 2002

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90 SECONDS

SAMEWHERE IN AMERICA, A NOMEN IS RAPPED EVERY

Study Abroad in Russia!

June 28-July 13, 2002

Program is coordinated through Miami University of Ohio and courses are taken at the Institute for Business Studies of Moscow.

Two courses taken that will transfer back to OU: BUS 375 "Business in Russia" (3 cr) and MKT 291 "The Economic and Business Environment in Russia" (1 cr).

Program includes a number of tours/side trips that include visits to Lenin's Mausoleum, Red Square, Pushkin Museum, and St. Petersburg.

Contact Information: Moira Fracassa

Coordinator of Undergraduate Advising School of Business Administration 332 Elliott Hall fracassa@oakland.edu

Contact by April 12th!

COMPLETED SEXUAL ASSAULT . APRROX 50% OF THE HOMELESS WOMEN & CHILDREN IN THE LIMITED STATES ARE

THE

WAGINA MONOLOGUES

EVE ENSLER

Presented By Oakland University's Women's Issues Forum

SPREAD THE

WORD

Friday April 12th & Saturday April 13th
201 Dodge Hall 7:00PM
Tickets: \$10/person @ CSA Box Office 370-2400
Cash and Cheque Only

"AICLIMS WHEN THE OFFENDER . IN 5 MOMEN HAVE BEEN BENTEN OR SEXUALLY ABLEED WHER LIFE

CHIEF

continued from A1

last year. In addition to obtaining seven \$10,000 in-car mobile data terminals, the computers used by officers in the field, Garcia worked with officers to create a strategic plan for the department.

The plan, which took three months to complete, focuses on growing the number of people in the police department.

"The department has remained somewhat stagnant as the university has grown," said Garcia. "The department needs to grow to meet the demands of the university community."

According to national standards, OUPD is smaller than departments at other schools, Garcia said. The added strain with resources with the new apartments will increase the need to add officers to the force, he said.

Garcia will return to his job as chief of police at University of Nevada, Reno, where he worked before coming to OU.

Garcia worked at the University of Nevada, Reno, from February 2001 through the end of October 2001.

Garcia first worked at OU from 1979-1981 when he was a patrol officer.

"I think we've done an awful lot in these four months. I'm sad about leaving, because I do like it here," Garcia said.

Director of Media Relations

Director of Media Relations Ted Montgomery said the office of Finance and Administration will begin searching for a new chief immediately.

Although applicants from the last search may be revisited, Montgomery said the new chief would likely be new to OU.

Schneider began as interim director yesterday. Montgomery said that it is not likely Schneider will be hired as the new chief. He also said that, because Schneider is new to OU, Sergeant Richard Tomczak will play a large role in running dayto-day operations.

OU will try to fill the chief position by July 1, Montgomery said.

BECAUSE OF VIOLENK

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RAPE

EXPANSION

continued from A1

and I'd like to see this expansion as soon as possible. I don't think that it is difficult to achieve within a 60 day period."

Vice President of Finance and Administration Lynne Schaefer said she would have liked a 90 day deadline until the contract was brought to the Board.

"Certainly our goal would be to get it done that quickly, but we'd like to have 90 days if we could. That would get us to the working session in July which would be a good place to talk about this. We are assured this is what we want and what we need," said Schaefer. "We've been on a fast track with this."

The expansion will add a dining area with an additional 400 seats and a coffee shop and lounge area with 100 seats for students.

A 24-hour computer lab with a lounge will also be part of the new project, along with student organization offices and more event space.

Trustee Louis Grech-Gumbo voted against the expansion.

LIBERTY

continued from A5

won't be affected by it to agree with it."

But "the first thing they do is whittle away at one group's civil liberties," Hintz added, referring to the Middle Eastern communi-

The ACLU has been aggressive in fighting for the rights of the Middle Eastern immigrants.

"Right now, we're fighting for a particular group," said Moss.

According to Moss, when the government begins to deny a particular group's civil liberties, "there is an end to democracy."

Read The Oakland Post online at

www.oakpostonline.com

EDGE

ON CAMPUS

• Eve Ensler's Obie-award winning play "The Vagina Monologues" is being performed on campus this week. Don't miss this chance to gain a better understanding of femininity through an art form. Tickets are \$10 and are available at the CSA window in the OC. The play will be performed twice at 7 p.m. on Friday and Saturday, April 12 and 13 in 201 DHE.

• Want to experience something new? Become more familiar with different cultures this week at International Night which is sponsoring "Peace through Friendship." Enjoy performances and food at 7 p.m. this Friday, April 12 in the Pioneer Food Court.

• Want to get involved with OU student Congress? Now is your chance. The Executive Cabinet positions for 2002-2003 have opened up and the deadline for applications is April 18 at 5 p.m. For more information contact either Brian Tomina or Michelle Jamian at ext. 4290.

• It's your last chance to enter your photography for the OU Photography Contest. Applications are available at CSA and SPB. The photos will be on display from April 15 through 17 during which time they will be judged for cash prizes.

• The Department of English is sponsoring OU's 4th Annual Poetry Bash during National Poetry Month. Come along for your chance to read your favorite poem aloud. It starts at 5 p.m. this Monday, April 15 in rooms 128-130 of the OC.

• The Dept. of MTD is hosting the "Composer's Forum and Improvisational Forum" through which OU students will have their work performed. It starts at 8 p.m. next Thursday, April 18 in the Varner Recital Hall.

• Need to brush up your dance skills? There are a couple of workshops you shouldn't miss then. Fuerza, the Latino Student Organization is sponsoring "Latin Rhythms" with salsa lessons at 7 p.m. and then open dancing from 8 till 11 p.m. this Saturday, April 13 in the Gold Rooms of the OC.

• The African Ensemble
"Akwaba" is performing at 10
a.m. and 8 p.m. on Friday
April 19 in the Varner Recital
Hall . Tickets are between \$5
and \$10 and are available at
the Varner Box Office at ext.
3013. This event is sponsored
by the CAS and the Dept. of
MTD.

• Universal Pictures is hosting "The Scorpion King Giveaway." Come by the Oakland Posttoday to pick up your free goodies. The movie opens everywhere April 19.

SHOWS

· The band Metaphysical Jones has performed on campus before and during their next show, "Locks of Love Benefit" they are going to donate their hair to a nonprofit organization that provides hairpieces to financially disadvantaged children across the U.S. who are suffering from long-term medical hair loss. The music starts at 10 p.m. on Thursday April 18 at the Stoney Creek Brewing Company in Detroit. For more information contact Kristine Grey at 248.935.4306 or log onto www.metaphysicaljones.com.

The road LESS traveled

By Laurie Puscas
THE OAKLAND POST

oing right from high school to college is not the right course for everyone. This is true for OU junior Lakita Phillips, 26, who entered the Air Force after graduating from

Cass Tech High School in Detroit.

"I wasn't ready for college right after high school," she said. "I didn't have direction as to what I wanted to do. I'm focused, and I know where I am now. Life experiences help you get your mind together."

The military gave her guidance, training, discipline and self-confidence. Today she is

majoring in communication.

Phillips began basic training in August 1988 in San Antonio,
Texas. She never had a problem physically, she said. She was fit from running track in high school. She would push and encourage other trainees to keep going when they ran in the hot August sun.

Lakita Phillips

She recalled throwing up on her very first day at camp. The trainees were required to drink three glasses of lukewarm water with every meal to avoid dehydration. Phillips was not accustomed to drinking such a large quantity of water and vomited much of it back up.

The biggest adjustment for Phillips was learning to follow the rules.

"I learned to bite my tongue. You can't say everything on your

mind," said
Phillips. "I had my
way of thinking
and didn't want to
conform."

She wanted to wear braids in her hair, however, they were not allowed at the school.

After basic training, she was offered two job training choices based on her test scores.
She chose command and control over air traffic control.

Following her stint in basic training she attended military techni-

cal school in Mississippi.

The position required a topsecret classification. It involved
encoding and decoding messages,
talking to pilots, using codes to
unlock weapons and briefing the
commanders. Her job was vital
because all messages on a base
come through the command post.

It was a high stress position. Her schedule included 12-hour shifts of two consecutive days and nights, followed by four days off.

"My sleeping habits are still

not right," said Phillips. One thing she enjoyed about the position was that everyday was different. It never became monoto-

During her military career, Phillips was stationed in England, Turkey and Florida.

"England, Turkey and Florida.
"England was beautiful," she said. "It is well preserved and there is so much history."

there is so much history."

The base in England was an hour from London where she travelled to enjoy the shorning

travelled to enjoy the shopping.
Her mother visited her while
she was stationed in England.
They traveled through France to
Amsterdam.

"My mom had a fascination of castles and palaces, she took a lot of pictures," said Phillips.

She was stationed in Adana Turkey, which is located just off the eastern Mediterranean Sea, not far from Syria and three hours southeast of Istanbul. It was a very crowded place with tight security. The Gendarmerie Police, carrying AK-47 rifles were everywhere on the streets and in the shopping malls, she says.

"You don't ever want to be in a position to be jailed there," she said. "If an incident occurred, the military shipped people out mickly."

The year in Florida was a difficult time for Phillips.

"It was a stressful base. There were a lot of suicides," she said. They dealt with special operations, playing war games.

While in Florida, Phillips said she was accused of shredding a document.

"I was chewed out. It wasn't my

fault." She became angry during the confrontation. She explained that she always put a big 'x' on papers that were not to be shredded.

When she talked with her supervisor about the incident, he told her she needed tact.

"I didn't have much of that

then," Phillips said.

After the incident she felt very alone unable to trust anyone.

At the same time her roommate was having a difficult time and Phillips became responsible for her roommate's share of bills. The money she had saved and invested was depleted.

Despite the difficulties in Florida, the military was a great experience for Phillips enabling to travel the world and serve her country.

"So much in Michigan is lacking," she said. "I didn't want to come back here. I dreaded it."

Phillips like the sense of security the military provided. The atmosphere was such that she was able to leave her doors unlocked.

After returning to Michigan, she moved back in with her mother in Southfield.

She saved her money while she served in the reserves and worked part time at Avis Rental Car. She began classes at OU at a friend's suggestion.

She enrolled and continued to work at Avis. She became pregnant in the fall of 1999 and continued taking classes in the morning while her boyfriend watched the baby.

Phillips is currently a full-time

student at OU. Occassionally, she supplements her income by substitute teaching at various middle schools.

Phillips feels her military training comes in handy in the classroom because of the lack of respect between students and teachers.

"Kids don't get it," she said.
She tells them, "There is something greater than you out there, and you aren't ready."

She tries to explain to the students that understanding the rules is essential.

"You are always going to have to follow somebody's rules whether you like it or not. You will never get anywhere or be able to keep a job if you don't."

Her biggest challenge now is trying to manage a little time for herself.

If Phillips could change any-

If Phillips could change anything, she said it would be people's minds and their way of thinking.

"People have a need to categorize people. They can't just be," she said. "It was sickening to watch the Iranians shoot the Kurds as they treaded through the water trying to escape to Turkey."

She feels that people should be more giving of themselves without wanting something in return, then there would be less people on the street, less people starving and less jobs being moved out of the country, she said.

When Phillips graduates, she would like to work as a consultant dealing with employee and racial relations.

'Porn Star' laughs at Jeremy, not with him

By Patrick Labadie
LIFE EDITOR

Dubbed "The Hedgehog" by fans, Ron Jeremy should be familiar to anyone who has ever seen a porno movie. Boasting one of the most impressive filmographies in adult film industry. Jeremy has appeared in more than 1,600 films ("Rump Reamers," "Ejacula

2" and
"Snatch
Masters 9"
among them)
balling more
than 4,000
women over
the past 25
years.
His rags to

His rags to riches rise from Jewish schoolteacher from Queens

to wangsman number one is explored in Scott Gill's "Porn Star: The Legend of Ron Jeremy."

Much of Jeremy's success can be attributed to his distinct every man qualities. Fat, greasy and hairy, regular guys look up to Jeremy because of his janitorial appearance. He's got a strange sort of charisma that gives him the feel of that wacky uncle that everyone has. His ability to crack a joke mid-doggystyle is uncanny.

Jeremy's vast repertoire includes the ability to

orgasm on cue, horse-like stamina (once bedding 14 women in four hours), world renowned cunnilingus technique and, early in his career, the ability to fellate himself.

Director Scott Gill is obviously one of Jeremy's admirers, and the film is more of a tribute than a documentary. At one point, Jeremy is worshiped as a god at a col-

lege frat

doesn't pro-

vide that

The Legend of Ron Jeremy"

At 75 minutes, the film goes down easy, the low-calorie porn documentary. It

out of four cameras
Starring: Ron-Jeremy
Director: Scott Gill

"Porn Star:

many discoveries, but does have a few revelations. Some of the film's more candid moments include Jeremy "prepping" himself success his disfather about his "gift" and sitting nervously through

his monthly HIV test.
Some of the films more humorous moments include a porn starlet describing Jeremy's member as "squishy."

Jeremy's self-delusion becomes apparent when he likens his technique to that of the late Lee Strasberg. "Td like to see Laurence

"T'd like to see Laurence Olivier perform 'Hamlet' with a hard on," he said.

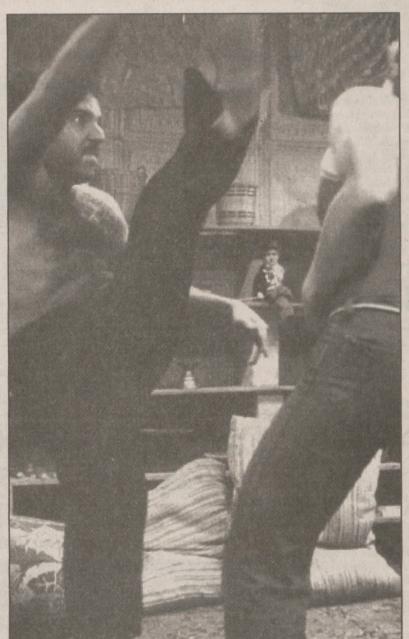
Jeremy later combines
his two loves, food and sex,
to hilarious comic effect.

In recent years Jeremy has struggled to escape the self-created legend that has enveloped his life. Now he longs for consideration as a serious actor and not the clown prince of porn, which will likely never happen.

"Td still rather have a role in a Steven Spielberg movie," says Jeremy wistfully. In recent years, he has mostly appeared as a bit player in legitimate films like "Orgazmo" and "Killing Zoe" though his characters often end up dead or on the cutting room floor.

Despite the light subject matter, there is an underlying sadness to the film. Plagued by his failed relationships with women, the premature death of his mother, his loneliness, and his desire for acceptance, Jeremy seems to long for the joys of a normal life. Though the film doesn't delve too deep, the audience gets the feeling that beneath the "Hedgehog" exterior is a damaged and lonely soul.

The film tries to make being Ron Jeremy not all its cracked up to be. However, it's hard to feel sorry for a 48-year-old man who bangs women half his age for a living.



shows off his fighting style against an unsuspecting victim in "Raw Talent." "Porn Star: The Legend of Ron Jeremy" is the new film that chronicles the major event of his life. Jeremy is a 23-year veteran of the porn industry. He has appeared in over 1,600 films and bedded over 4,000 women.

HEDGEHOG

STYLE: Ron

Jeremy

Photo courtesy of Maelstorm Pictures

'Student-Faculty' exhibiton focuses on quality, not quantity

By Debbie Smith
THE OAKLAND POST

Many OU students are entirely unaware that there is a thriving art gallery on campus that provides numerous opportunities to expand one's artistic palette. However, "Illusions and Illuminations: The 2002 Student-Faculty Exhibition" at the Meadow Brook Art Gallery, now in its eighth season, is sure to open some eyes when it opens April 19. This year, the gallery has showcased a

variety of shows ranging from Native American works to Eighteenth Century folk art. Now it is the students' turn to speak out and express themselves. Judging from past the past student exhibitions, this year's show promises to be a departure due mainly to the burgeoning professionalism stemming from the expected institution of a studio art major degree program next fall. Unlike previous student shows at MBAG, this year the judges are looking for the pieces that embody a uniquely visionary style and sensibility. With fewer pieces overall, and more polished works on display this year, the exhibit plans to give advanced art students of OU a chance to share their vision.

"(There will be) less work, but work of a higher quality, addressing issues of contemporary art," said Prof. Dick Goody, gallery director. "It's going to be art that rocks." Literally. The exhibition's opening at 5 p.m. on April 19, will feature jazz music and refreshments. If you've never been to an exhibit opening, this is the one to attend. Come and support your fellow students!

Video art will be a new feature at this year's exhibit, connecting art with the current video and TV.

"Illusions and Illuminations" offers a rare opportunity for the artistically advanced student to get their work seen.

"The gallery is starting to see an increase in student participation," said Jacky Leow, assistant to the director at the gallery. "(It is an) opportunity for students to see in what direction the studio art program is going."

Not only will the chosen artists get their artwork displayed, but cash prices will also be dealt out; best of show will receive \$200, and first and second honorable mention will receive \$150 and \$75.

To see what artwork makes it into the final exhibit, students just have to come and see for yourself.

"Illusions and Illuminations: The 2002 Student-Faculty Exhibition" opens at 5 p.m. April 19 and runs through May 19. Gallery hours are Tuesday-Friday, noon-5 p.m. and Saturday-Sunday 1-5:30 p.m. During Meadow Brook Theatre performances, the hours are Wednesday-Friday, 7 p.m. through the first intermission and Saturday-Sunday, 5:30 p.m. through first intermission.





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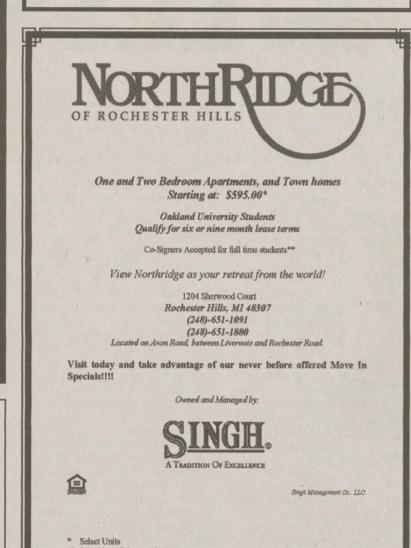
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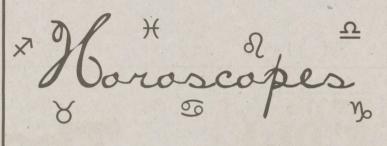


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Life has had a certain flexibility over the past month. This week, however, marks the beginning of a more stable, less dynamic time. As a result, if there are changes you want to make in your life make them now, as it will be harder to implement them after this week. Long-standing career, family and romantic situations are all changeable now, but not for much longer.

You've got what it takes, but worrying and overanalyzing something may ruin it. Slow and steady is the best way to deal with a new challenge.

You're able to get what you want this week, especially in the romance department. Don't be afraid to break a long-standing trend.

Gemini

Plenty of progress can be made at work, but there may be more friction than usual at home. Avoid pushing a partner too hard or they may push back.

50 Cancer

Explore your fears this week. A work project doesn't make much project until you put some passion into it; don't be afraid to express yourself.

Mellow out or you may end up driving away the very people you want around. Take time this week to make long-term plans.

Virgo

Avoid working yourself up over something small or, worse, insignificant. Amazing things may happen this week, so don't be afraid to give a previous failure another shot.

You're able to make things happen this week, provided you stay focused. There is an opportunity to expand your career, but it will take some patience.

Scorpio

Look at your life and figure out what you'd like to change. This week will have a good balance of passion and fun, so make time for romance.

Dagittarius

This is a great week for planning, but not so great for implementing, as you may miss a major detail; wait until things are completely clear. Spend some quiet time at home.

6 Capricorn

Feelings are more accurate than logic, so follow your gut when it comes to major decisions. Romance has a fun and innocent quality this week.

m Oguarius

Being pushy won't help a situation, but being persistent will. A career move works out better if you have other people's support.

Make changes in your routine while things are still flexible. It's easier to come up with money solutions when you aren't putting pressure on yourself.

Oakland University alum Damon Brown has studied the occult for ten years. A Chicagobased freelance writer, Damon currently contributes to Playboy.com, MSN.com, and The Source. He can be reached via his website at www.geocities.com/nomadgames/.

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Oakland

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Student

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Morissette sings her passion

By Rachel Rybicki CAMPUS NEWS EDITOR

fter two years Alanis Morissette is back with her third album "Under Rug Swept," and she is already reaching the hearts of her fans. The new CD is very similar to her first two. Her lyrics are honest and emotionally charged.

However, she has learned to sand down the jagged little edges. With her softer side now being exposed, more of her talents have really begun to shine through after her first album's

Now producing on her own, Morissette is setting the standard for today's music. Her first single, "Hands Clean," is not a accurate indication of the entire CD's sound content. While the song has solid value, it is not nearly as lyrically or musically powerful as the rest of the album.

With catchy lyrics many of her fans will be able to relate to and an amazing composition to match, "So Unsexy," another track on the album, will soon be topping the charts along with some of her other songs.

"I can feel so unsexy for someone so beautiful, so unloved for someone so fine. I can feel so boring for someone so interesting, so ignorant for someone of sound mind," Morissette sings.

The song is about how she, along with so many other women, can feel emotionally suppressed.

The first song on the CD, "21 things I want in a lover," is another song that will follow her other hits to the top.

Through messages of female empowerment and women being true to themselves and reclaiming control of their femininity, the CD's true colors are brought to light. It is uninhibitedly honest and as

Morissette describes it as, "a stream of consciousness flowing out of me when I write."

Morissette has a way about her that is not comparable to any other artist. She has proven this in all three of her albums. It is real, unlike the music the fake pop-culture produces and feeds us day after day when we tune into MTV.



MORISSETTE REACHES HER FANS: Alanis Morissette wants to

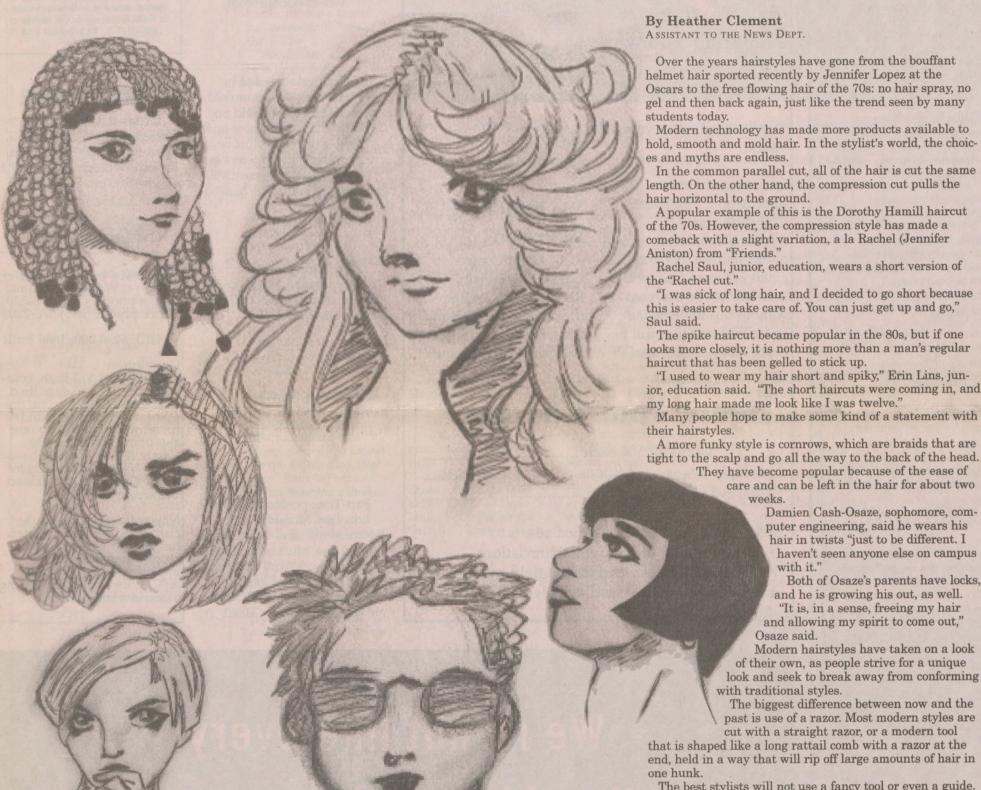
This is why she has a transcendental quality.

Her music and lyrics have the power to reach people and that

is her choice: make a difference through her art, and it's work-

impact her fans through her emotional music.

Celebrities set trends in world of hair



By Heather Clement ASSISTANT TO THE NEWS DEPT.

Over the years hairstyles have gone from the bouffant helmet hair sported recently by Jennifer Lopez at the Oscars to the free flowing hair of the 70s: no hair spray, no gel and then back again, just like the trend seen by many

Modern technology has made more products available to hold, smooth and mold hair. In the stylist's world, the choices and myths are endless

In the common parallel cut, all of the hair is cut the same length. On the other hand, the compression cut pulls the hair horizontal to the ground.

A popular example of this is the Dorothy Hamill haircut of the 70s. However, the compression style has made a comeback with a slight variation, a la Rachel (Jennifer Aniston) from "Friends."

Rachel Saul, junior, education, wears a short version of

"I was sick of long hair, and I decided to go short because this is easier to take care of. You can just get up and go,"

The spike haircut became popular in the 80s, but if one looks more closely, it is nothing more than a man's regular haircut that has been gelled to stick up. "I used to wear my hair short and spiky," Erin Lins, jun-

ior, education said. "The short haircuts were coming in, and my long hair made me look like I was twelve. Many people hope to make some kind of a statement with

A more funky style is cornrows, which are braids that are

They have become popular because of the ease of care and can be left in the hair for about two Damien Cash-Osaze, sophomore, com-

puter engineering, said he wears his hair in twists "just to be different. I haven't seen anyone else on campus

Both of Osaze's parents have locks, and he is growing his out, as well. "It is, in a sense, freeing my hair and allowing my spirit to come out,"

Osaze said. Modern hairstyles have taken on a look of their own, as people strive for a unique look and seek to break away from conforming with traditional styles.

The biggest difference between now and the past is use of a razor. Most modern styles are cut with a straight razor, or a modern tool that is shaped like a long rattail comb with a razor at the end, held in a way that will rip off large amounts of hair in

The best stylists will not use a fancy tool or even a guide. Instead, they use an old fashioned straight razor honed to a fine edge, which adds a little excitement to the cut for both client and stylist, fearing that one or the other could lose a

chunk of hair, as well as skin, at any moment. In the 90s, hairstyles turned around again. Braids twisted throughout the hair, extensions and up-dos with pieces strategically sticking out in an attempt to achieve individuality became more prevalent.

The difference in styles from one person to another and one race to another has much to do with the biological makeup of hair.

Student Picks



Illustrations by Debbie Smith / The Oakland Post

SPORTING DIFFERENT HAIRSTYLES:

Fawcett look, the classic bob, short 'n' spiky, the Twiggy look and the new

(clockwise) Cornrows, the Farrah

Hilary Mathe

junior, marketing

Cooler A-Team member: Mr. T or Hannibal?: Mr .T Breakdancing: Cool or Uncool?: Cool

Best Beatles Album: "Yellow Submarine"

Binge drinking: Yeah or nay?:

Who'd win in a fight: Cap'n Crunch, the Trix rabbit or Tony the Tiger: Cap'n Crunch Best pizza topping: Feta cheese Are you cuckoo for Coco Puffs?: No

What's your anti-drug?: Shopping

MOVIE ONE-LINERS

Guess what movie each quote is from, then visit www.oakpostonline.com to see if you're right

- 1. "I like to watch."
- 2. "One shot is what it's all about. A deer has to be taken with one shot."
- 3. "You'll shoot your eye out, kid."
- 4. "Certainly, in the topsy-turvy world of heavy rock, having a good solid piece of wood in your hand is often useful."



Ben Phenicie Guest Columnist

Nuclear weapons are dangerous

Being an informed and opinionated student, I will weigh in with my opinions regarding the much discussed topic of American foreign policy and defense.

Specifically, I find the recent posture presented by the Bush administration, particularly in terms of nuclear weapons, to be a cause for concern.

Currently the Bush administration has outlined plans for the development and deployment of new tactical nuclear weapons to use in response to terrorist groups or hostile nations. But by retracing the events since 9/11, I believe it can be demonstrated that such a posture is not only unnecessary but also dangerous.

For instance, while we have had the sense to move beyond a Clintonesque policy in dealing with terrorists (recall here the 1998 destruction of a Sudanese pharmaceutical plant), don't forget that Bush has the steely, blood-and-fire mandate of 9/11 behind his actions.

Clinton, although he was striking back in 1998 against equally atrocious attacks in East Africa, had no such vast support of the American public. With immense public support, Bush has been able to utilize many assets, such as ground troops, that Clinton did not have the political capital to use. (But hey, blame Monica.)

Furthermore, even without developing fancy new nukes, the U.S. spends more for defense than the next TEN nations behind us. Any implication that the military somehow has its hands tied financially in dealing with threats is simply not accu-

As the war in Afghanistan has shown, American military might be near-invincible. We have suffered a handful of casualties, while inflicting thousands. The courage, skill and ferocity of our troops has repaid 9/11 many times. How can the military make the argument that it needs new weapons when American military equipment, from Super-Huey helicopters, to the flying death machine known as the B-52, can crush anything out there? Isn't it worrisome that, besides 8,000 to12,000 terrorists. we have accidentally killed as many or more than 3,000 Afghan civilians? How many more innocent people would we kill with new mountain-cracking hydrogen bombs?

Moreover, any rational adversary can see how illogical using nuclear weapons against the U.S. is, given our massive capacity to retaliate. My worry is that the terrorists we face are not rational in the least. Neither are the megaton warheads sitting in silos in North Dakota. A new generation of tactical nukes are not going to deter a fanatic from blowing up Manhattan with a suitcase bomb. So what if we incinerate their mountain hideout afterwards? We can do that now with the weapons we already have.

I, along with many others, carry the hope that America can someday escape the specter of nuclear weapons. The goal of keeping America safe and strong is not necessarily in conflict with a policy of nuclear non-proliferation. In my opinion, the Bush administration does America no favor by posturing to develop new nuclear weapons. If we develop these weapons, their tactical benefits will be badly outweighed by the increased worldwide animosity towards us. The weapons we have now are quite destructive enough.

So is a Boeing 767, when flown

into a building.

Ben Phenicie is a junior majoring in history and political science. Email him at life@oakpostonline.com

Student

Updating OU

Attention Seniors

Are you getting ready to graduate and just realized you don't know what you can do with your major? Just e-mail your career questions to the counselors in the Career Resource Center at crc@oakland.edu, and we'll help you find answers. Or visit our website at http://phoenix.placement.oakland.edu/crc/home/htm for links to some great career sites.

Congratulations to AmeriCorps Oakland University AmeriCorps Oakland is one of five finalists for the Ninth Annual Governor's Service Awards as National Service Program of the Year! Also, Carol Anne Ketelsen, Program Director for AmeriCorps Oakland, is one of five finalists for National Service Program Director of the Year. Five OU students were nominated for Service Member of the Year but were not selected as finalists. The awards ceremony will be April 29th in Lansing honoring volunteers in numerous areas. The Governor's Service Awards were created to recognize and celebrate the extraordinary efforts of Michigan's volunteers.

Summer is coming....Got Housing? Be a King/Chavez/Parks mentor for the summer.

The Department of Learning Resources hosts a residential summer program for high school students interested in higher education, namely Oakland University. For four weeks during the summer, June 30th-August 1st, we host about 40 students and allow them "a taste of college life." Students stay on campus for four days and are introduced to the various academic, social,

and recreational benefits Oakland University has to offer. Mentors accompany students to academic presentations, social/recreational events, and share experiences relating to preparation and success for college life. Applications are available in 103 North Foundation Hall. Interested persons should speak with Candace Rogers.

Graham Health Center

The semester is coming to an end; however, Graham Health Center remains open year round for your health care needs. It's important for males and females to have yearly physicals. Please call ext. 2341 for an appointment or email heath@oakland.edu with any questions you may have.

BUMPERS GAME ROOM

Need a study break? Look no further than Bumpers Game Room in the Oakland Center! Questions? Call 248-370-3478.

CAMPUS REC HAPPENINGS

• Spring/Summer employment opportunities—Flexible hours from early morning until later at night or weekends. Convenience of on-campus employment in a fun environment. Stop by the Campus Recreation welcome desk at the main entrance for an application.

· Spring/Summer membership sign-up begins May 1, 2002. Students not taking classes during these sessions may join as a continuing student at discounted rates.

· Swim lesson sign-up begins April 15th for Rec Center members and April 22nd for nonmembers. Call 370-4532 for class levels, dates and times.

Prepare yourself to enjoy the springtime by attending our fitness classes. Tone your muscles, get a good cardio workout, and feel healthy! Some of the group exercise class-

es that we offer are Cycle Reebok, Strength Training, Funky Latin Dancer, Step, Box It, Water Aerobics and more. Aquatic Center Spring 2002 Special Events Competitive swimming: Oakland Live "Y"iers (OLY), North

Oakland YMCA Competitive USA diving: Oakland Aquatic Club—OAK Diving OAK Master's swimming: Oakland Aquatic Club Check our website, www.oakland.edu/unit/campus rec, to see fitness schedules, intramural schedules and stats, infor-

This Week

mation about special events, and more.

Friday, April 12, 2002

7-11 PM, International Night, Pioneer Court, Oakland Center. Come and enjoy international entertainment from the OU community and off-campus community, free international cuisine and display tables representing the multi-national organizations of OU. Please join this celebration of diversity.

April 8-April 18

Speak your mind and WIN! The Oakland Center will be conducting a survey April 8 18 to find out what YOU think about US! Every student who participates will be entered into a drawing to win gifts from the OU Bookstore, Kruse & Muer, Gameworks, Meadow Brook Theatre, Rochester Mills, Macaroni Grill, Buddy s. Applebee s, Friday s, Rio Bravo, BD s Mongolian Barbeque and MORE! Want to know more? Give us a call at 248-370-3245.

Upcoming Events

Placement & Career Services On-Campus Recruiting Schedule Update:

- · April 10, Wells Fargo, credit analysts
- · April 10, Fastenal Sales, management positions · April 15, Standard Federal, commercial lending trainee pro-
- · April 16, Hantz Financial, financial consultants · April 17, Last day for Education majors to sign-up for
- Educators Recruiting Day interview schedules · April 26, BullsEye Telecommunications, inside/outside sales

Questions? Contact Placement & Career Services at 248-370-3250 or http://phoenix.placement.oakland.edu.

9 AM-4 PM, Educators Recruiting Day, Gold Rooms and Heritage Room, Oakland Center. Open to all OU Education seniors and alums. Schedule interviews with several schools and school districts for teaching positions. Student must register with Placement & Career Services' Career Connections to participate. For sign-up instructions and upcoming related events, go to the Placement & Career Services Department web site at http://phoenix.placement.oakland.edu.

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victorassociates.com

Childcare needed in (15/Halsted) W. Bloomfield home for 23/4 year old boy. Friday 10am - 2pm plus one night if wanted. Must be responsible, have references, be very energetic, creative and tons of fun! 248.926.3733

Now Hiring for deck and

brick restoration. \$4000 - \$6000 for the summer. Call OPW @ 248.299.2515

\$250 a day potential / bartending. Training provided. 800.293.3985 x198

Part-Time position available in Troy. Mondays and Wednesdays. 9am - 5pm. Corp! Magazine. Must be familiar with Microsoft Word for general office tasks. Contact Stephanie 248.643.8447 x302. Fax resume 248.643.0861

MISC.

Fraternities - Sororities -Clubs - Student Groups Earn \$1,000 - \$2,000 this semester with the easy Campusfundraiser.com three hour fundraising event. Does not involve credit card application. Fundraising dates are filling quickly, so call today!

Contact campusfundraiser.com at 888.923.3238, or visit www.campusfundraiser.com



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Licensed, Christian homebased daycare. Birth - age 5, part-time / full-time. Meals. Pre-School program. Near OU. 7am - 5:30 pm. 248.364.3998

FOR SALE

House for sale in Rochester Hills (at Walton & Adams) Home phone: (248) 375-3381 Work phone: (248) 370-2208

PRICE \$230,000; 1980 built

Description 4 bedroom, 2 1/2 bath, colonial in very good condition with finished basement, fireplace, 2 car garage, laundry room, wet bar, 1989 square feet living area plus 700 square feet of finished basement. 1000 square yards lot. Five minutes from Oakland University.

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Wednesday · April 10, 2002

SCORE **BOARD**

BASEBALL April 3 10 Toledo OU 7 April 7 OU 5 Siena Heights 4 (First game) OU 11

(Second game) April 9 OU Eastern Mich.

Siena Heights

(Canceled)

SOFTBALL April 3 MSU OU 1 April 5 OU Southern Utah (First game) Southern Utah 3 OU

(Second game) April 6 Southern Utah 6 OU 0 (First game) 8 OU Southern Utah

(Second game) April 9 Eastern Mich. OU (First game) Eastern Mich.

OU (Second game)

WOMEN'S TENNIS	
April 5	
Southern Utah	7
OU	0
(First match)	
UMKC	6
OU	1
(Second match)	
April 6	
Oral Roberts	7
OU	0

MEN'S LACROSSE April 5 13 OU Western Mich. 11 April 7 OU 20

Central Mich.

WOMEN'S LACROSSE		
April 6		
OU	8	
Hope College	7	
(First game - OT)		
Calvin College	8	
OU	5	
(Second game)		
Western Mich.	9	
OU	3	
(Third game)		
April 7		
MSU	20	
OU	1	

Which current Tiger did pitcher John Rocker refer to as a "Fat Monkey" in his infamous Sports Illustrated interview?

Find the answer at www.oakpostonline.

Men rebound with wins

By Brendan Stevens SPORTS EDITOR

fter losing to Toldeo last Wednesday, OU bounced back against Siena Heights on Sunday, winning both games of the doubleheader to end a fivegame losing skid.

Wednesday's 10-7 loss against the Rockets came in dramatic fashion for the Grizzlies.

With two outs and two runners on base in the bottom of the eight inning, junior pitcher Jared Thomas pitched to Toledo lead-off hitter Mitch Maier. Maier got the best of Thomas in the battle, hitting a threerun homerun to break the 7-7 tie.

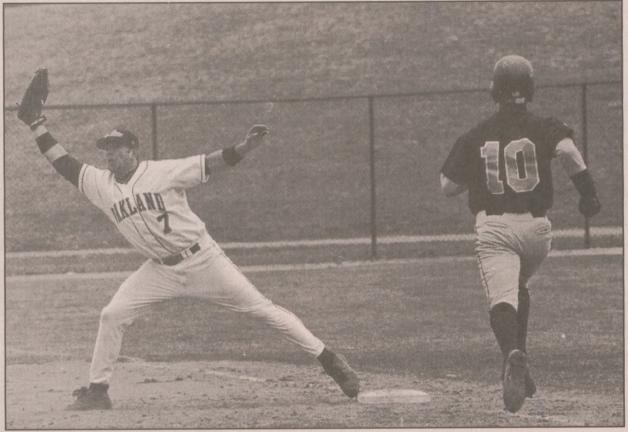
"Sometimes you get beat by good players," head coach Mark Avery said. "I had my best pitcher on the mound, they had their best hitter at the plate. And that day he beat us. I would put ourselves in that position anytime."

OU looked to be mounting a comeback in the top of the ninth inning, with the bases loaded and only one out, but the Rockets turned a double play to end the Grizzly threat and the game.

Freshman Ty Herriot led OU's offensive efforts, recording a grand slam homerun in the top of the fourth inning for the Grizzlies, his third of the

Senior outfielder Nick DiPonio hit his fifth blast of the season and junior first baseman Peter Varon cleared the fences for the fourth time this year. Both DiPonio and Varon recorded a double as well.

The Grizzlies outhit Toledo 12-8 but also com-



Bob Knoska / The Oakland Post

REACHING FOR IT: OU first baseman, junior Peter Varon, stretches to get the put-out. Varon also contributed offensively picking up his fourth home run of the season in a 10-7 loss to Toldeo last Wednesday.

mitted five errors while the Rockets committed

none in the 10-7 OU loss. Sunday, the Grizzlies fell behind the Saints but were able to come back, winning 5-4.

After Siena answered freshman infielder Kyle Boehm's homerun with a two-run blast of its own, OU scored four runs in the bottom of the fifth to come away with the win.

Freshman catcher Tony Marulli and sophomore second baseman Josh Masden each picked up an RBI. Junior outfielder Jeff Hall finished the Golden Grizzly scoring, recording the final two

Junior southpaw Brent Brown picked up the win in two and one third innings of relief for the Grizzlies. Brown gave up one hit, walked one and struck out four in his

appearance. In the second game of the doubleheader, OU dominated the Saints, defeating them 11-1. Siena did not score its lone run until the ninth inning.

Sophomore pitcher Steve Kniebbe picked up his second victory on the year with a six-inning outing. He gave up one hit striking out seven.

Senior David Viane and sophomore Spencer Hynes led the offense outburst for the Grizzlies recording three hits and two RBIs apiece. Marulli picked up one of OU's five homeruns along with Hynes, DiPonio, Varon and sophomore outfielder Josh Patton.

Michigan was canceled to uncooperative weather. OU next travels to Ohio State Wednesday, to

through the first game I

said Avery. "From that

point on, we scored 15

Tuesday's scheduled

game against Eastern

unanswered runs."

made some changes,"

face a Buckeye team ranked in the top-25. "If we play well, we should have a chance to win," Avery said. "We have a chance to beat these teams, and we have in the past. If we

just hit we should have a chance to win that game" The Grizzlies added a nine-inning home game against Rochester College for Thursday at 3

can pick up the ball and

Indiana Tech comes to

tow this Sunday to face the Grizzlies in a doubleheader and then travel to Eastern Michigan on Tuesday.

Although OU doesn't begin Mid-Con conference play until April 20 with back to back double headers against Southern Utah, the Grizzlies are looking forward to getting into league play.

"I can't wait," said Avery. "You play the whole season for your conference. It gets you a chance for the conference tournament which gets you a chance to go to the NCAAs. Everything before then truly doesn't matter. Even though you want to play well, you know that once the conference starts it's time to

SPORTS COLUMN

Randy Dudek Assistant Sports Editor

Tigers leave one bad stripe unchanged

In spite of the nonstop rain showers, Monday just might have been the sunniest day in Detroit Tiger history since the 1987 season.

But there is still room for a tad more sunshine in the baseball universe.

(Note: for those of you too young to remember, the Detroit Tigers actually won the American League East fifteen years ago. No, really. It's true. Look it up.)

The 1980s are long gone. A different pizza man owns the team now and baseball has become the fourth most popular pro sport in the area. Luckily, Major League Soccer has no plans to expand into Detroit or the Tigers could fall to fifth most popular. Just ahead of curling.

The good news started on Monday when new Tiger president Dave Dombrowski showed that he cared more about Detroit's baseball fans than its unemployment rate, firing manager Phil Garner, general manager Randy Smith and bullpen coach Ed Ott.

(Note: What in the world does a bullpen coach get fired for? That job is impossible to screw up. The bullpen coach is the guy who answers the phone and tells the relief pitchers to start warming up. It isn't exactly a high-stress job. I wonder if Ott used the bullpen phone to make personal calls. I once got fired from a company for using the phone to make personal calls.)

I hope Dombrowski's reign of terror continues. In the second round he should fire that annoying opera singing hotdog guy, late former manager Billy Martin, three parking lot attendants, and in the middle of all of the confusion, maybe he can get away with firing owner Mike Illich. Hey, it's worth a shot.

"Mike, I'm sorry, you just aren't cutting it as owner anymore. We're making a change. Thanks for your service.

"Well, thank you for giving me a chance to own in the big leagues, Mr. Dombrowski. Good Lu... Hey!"

Soggy, tasteless pizza aside, Illich has been the main factor holding the Tigers back. That the tenth largest market in baseball has only the twentieth highest payroll is a crime.

Illich is pleading poverty with his baseball team while throwing money at his hockey team like they are the New York Yankees on ice skates. How is it that Detroit is a 'small market' team in baseball, but in hockey, a sport with a much smaller following, Detroit suddenly becomes a 'major market' city?

This man actually admitted in the off-season that he was not going to spend money on baseball free agents, but instead, keep the cash flowing for the Red Wings so they could keep stocked in veteran all-stars.

The Tigers, if they were winning, would easily be the second most popular team in this town, behind only the Lions (which is a different topic for a different day). If he is going to continue to not support his baseball team financially, Illich owes it to the fans of this city to sell the Tigers to somebody who cares about winning.

I've got \$20. Who wants in?

Randy Dudek is a sophomore majoring in music education. Send comments to sports@oakpostonline.com

Four-game split with T-Birds paces Grizzlies

"About half way

By Randy Dudek

ASSISTANT SPORTS EDITOR The Golden Grizzlies softball team completed a busy week of

games over the seven-day span. The Grizzlies started off the softball week by dropping a 2-1 decision to the Spartans in East Lansing on Wednesday.

diamond action, playing six

Junior third baseman Ericka Burns got the week off on the right foot with a smash, hitting a solo homerun in the third

inning, to open up the scoring. Starting sophomore pitcher Jaymie Voss and freshman reliever Nicole Marzano made the run hold up until the bottom of the seventh inning, when MSU tied the game on a bases loaded, one out sacrifice fly.

The Spartans won the game in the bottom of the tenth inning. The MSU runner, who was placed on second base due to the tiebreaker rule that goes in effect after nine innings, had advanced to third on a throwing error by junior catcher Megan Piar. The Spartans then scored on a wild pitch by Voss, who had gone back into the game in the eighth inning.

OU fared reasonably well, splitting a four-game weekend series with Mid-Con foe Southern Utah. SUU won the second and third games of the weekend by scores of 5-3 and 6-0, while OU took the opener 2-0, and won an 8-5 slugfest to close out the weekend.

"We knew Southern Utah was going to be tough," said head coach Steve Ogg. "We had some great battles with them. They never give up,"

OU started off the scoring in Friday's first game against the SUU Thunderbirds as Burns drove in junior first baseman Jennifer Granger. Freshman DH Valene Hair gave the Grizzlies an insurance run, scoring fellow freshman left fielder

Lyndia Petrie.

Marzano went into the seventh and final inning looking for her second no-hit game of the year. She gave up a hit to the first batter she faced in the inning to finish with a one hit shutout victory, her third win of

"Marzano's really not a pitcher,"said Ogg. "She's a thrower at this point in her career. I'm not surprised that she's doing

"She can bring the ball as hard as anybody that I have ever coached. Once she develops one or two more pitches, she's going to be something to see."

OU's early inning scoring continued into Friday's nightcap as Burns doubled in the first inning and scored on a passed ball for the early 1-0 lead.

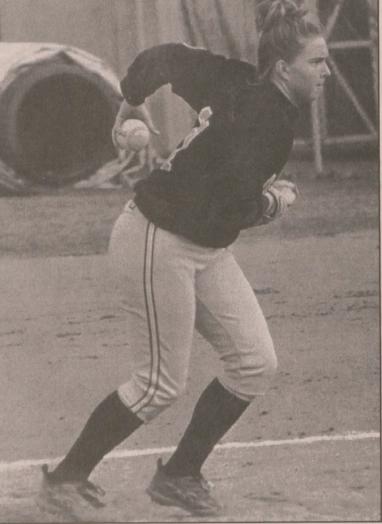
SUU responded with four runs in the bottom half of the first to jump out to a big lead. The Grizzlies cut the Thunderbird lead to one, 4-3, as OU plated two runs on two hits in the fourth inning.

The T-birds scored one more run in the fifth and went on to a 5-3 victory. Granger was OU's offensive leader in the nightcap as she went 2-3 with two RBIs. Voss was credited with the loss, giving up two runs in the first

Saturday's first game was all Thunderbirds, as SUU scored two runs in the first inning and added two more in the fourth to cruise to the 6-0 victory.

The second game went better for the Grizzlies as they jumped out to a 4-0 first inning lead, capped off by a Voss two-run homerun. Marzano kept the Tbirds off the scoreboard until the fourth inning, where they scored two runs to pull within 4-2.

SUU added runs in the fifth and sixth innings to tie the game up at four apiece. The OU offense returned in the final inning, scoring four more runs



AND THE PITCH: Freshman pitcher Nicole Marzano gets ready to throw her overpowering fastball. Marzano gave up six runs in a combined 20 innings in the past weeks action for the Grizzlies.

and the defense was able to hold on for the 8-5 victory. Marzano pitched the complete game,

striking out seven in the win. "I'm pleased that we are maturing because we've had so many close games," Ogg said.

Oakland came up short in both halves of Tuesday's doubleheader against Eastern Michigan by scores of 1-0 and 6-3, respectively. Marzano picked up the loss, pitching a complete

game in the Opener. Junior pitcher Julie Anderson was saddled with the loss in the night-

Today, the Grizzlies hit the road to Toledo for a 3 p.m. game against the Rockets. They return home this weekend for a four-game Mid-Con series as the Jaguars of IUPUI come in for a visit. The Spartans make a visit to Rochester on Tuesday, April 16 for a doubleheader.





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THE WEEKEND BEFORE

THAT CLASSES START

Grizzly lacrosse regains winning touch

By Brendan Stevens SPORTS EDITOR

The OU men's club lacrosse team recovered from a tough loss against MSU earlier this month to win two straight against Western Michigan and Central Michigan last

Playing in conditions that resembled a late season football game rather than early-spring lacrosse action, the Golden Grizzlies defeated the Broncos of Western Michigan, 13-11.

OU trailed by two after three quarters, 10-8, but was able to muster the energy to mount a late game comeback, something that has plagued the team all sea-

"They hung in there," head coach Dwayne Hicks said. "Considering we were two goals down for most of the game, and in the fourth quarter we outscored them 5-1, I am very happy with the way they played. It takes a lot of character and heart to come back like

"Every time we're down, we never come back," junior attacker John Machak said. "It felt good to get it off our back, that we finally proved to ourselves we can come back and win."

"The game, and that second half was a big stepping stone for us," said junior attacker Towbey Kassa.

Once again, the Grizzlies had to compete against a squad that had a much larger bench than their own. OU also had to deal with injuries, further limiting its bench.

players to step up," said Hicks. "I think you saw that on Friday. We needed a couple of our outstanding players like John Machak, Dan Marcus and Brandon Krieter to step up and take control of the game. Jeff Serra, who's in the midfield, stepped up as well.'

Machak earned the team's "Rawhide" award for the game's MVP, recording five goals in the contest after switching his shooting style to keep the ball on the ground more.

The Grizzlies then traveled to take on the Chippewas of CMU on Sunday, coming away with an easy 20-3 victory. Although Central's roster outnumbers OU's, as do many teams' in the league, the Grizzlies were able to use their vastly superior talent to win the game.

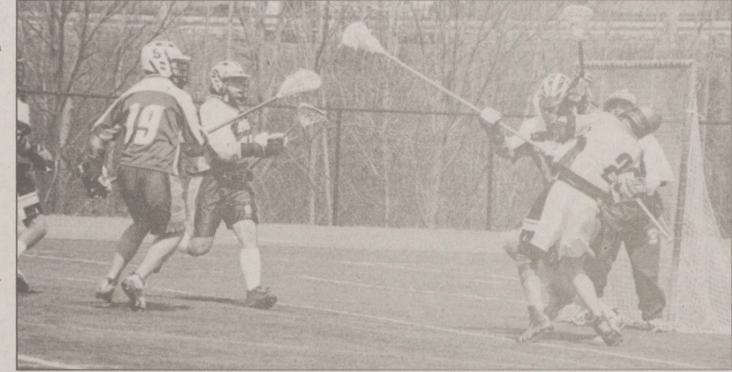
Sophomore midfielder David Scott took home the "Rawhide" award for scoring his first goal of the season.

OU faces-off against UM-Dearborn next in an away game this afternoon. The Wolves are newly arrived to the United States Intercollegiate Lacrosse Association, much like CMU, and a Grizzly victory is likely.

The schedule then sends OU to Champagne, Illinois to take on Purdue at 1 p.m. on Saturday, and battle the University of Illinois at 12 p.m. on Sunday.

Wrapping up the Grizzlies season is a home match against Missouri at 1 p.m. on April 21. Victories over programs the caliber of Purdue and Illinois, Big Ten schools, and Missouri will help put OU on the national stage.

"Illinois is nationally known as a "When players get hurt, I look to other lacrosse power in the USLIA (United



IN OVER YOUR HEAD: Junior attacker Jonothan Machak winds up for the close shot in earlier action against MSU. Machak scored five of the team's thirteen goals against Western Michigan on Friday after mastering a new shooting technique.

States Lacrosse Intercollegiate is a feather in our cap, as well as Purdue. They are both big powerhouses, along with Missouri."

"Here you have Oakland that's not nationally known, playing against teams that have athletic reputations. And if we can go in and dominate them, which I think we can, it will help put us on

more of a national stage. They will have Association)," said Hicks. "Beating them more players than us, but I think we are as talented as any team out there.'

By winning their four remaining games, the Grizzlies would put pressure on Buffalo and U-M for the number two seed in the league tournament which begins on April 26. Along with the number two seed comes a first round bye, which would allow the men to avoid

playing three games in as many days. "Most teams go through peaks and valleys," Hicks said. "I think we are going to come out and start to peak.'

"We're peaking just at the right time of the season. We've got three very important games coming up before we get to the playoffs. Those were big wins for us that we will need going into the

Women suffer three consecutive defeats

By Brendan Stevens SPORTS EDITOR

Over the weekend, the OU women's tennis squad opened its spring conference season, dropping three meets in two days.

In what is termed a conference cluster, the Grizzlies met up with Mid-Con foes Southern Utah, University of Missouri Kansas City and Oral Roberts in a round-robin meet hosted by

Friday morning, OU faced UMKC and were shutout, 7-0. The number one doubles pairing of seniors Theo Nae and Kristy Sabat came away with the Grizzlies' only victory in the meet, winning 8-4.

"We worked very well together." Nae said. "It was great to get out there and play. It all kind of came together when it was supposed to."

However, OU was still shutout in the meet's overall score because of the way matches are counted. There are six individual matches that count for one point apiece. Three doubles matches are also played but a squad must win two of the three to earn the lone point that is awarded for doubles play.

Later in the day, the Grizzlies squared off against Southern Utah, losing 6-1. Nae picked up OU's one point with a win over the Thunderbirds' sophomore Katie Zobrist in her number one singles match, 6-3, 3-6, 10-5.

Sabat gave Southern Utah junior Kendra Gleason a tough match but lost 6-3, 6-4.

A new day did not bring a new fortune for the Grizzlies, losing to Oral Roberts, 7-0, Saturday afternoon. The Grizzlies were completely shutout against the Golden Eagles, winning no singles or doubles matches.

One of the biggest issues the Golden Grizzlies have had to deal with is the team's lack of experience. Three of the players on this year's team are either freshman or in their first year on the team.

"When we face other teams I can tell they have a lot more experience than us," said Nae. "It can be very difficult sometimes when you have to play against people who have played in the conference for three years.

"Tve noticed a change since the fall. We are all more ready to play and better conditioned."

We have a lot to work on," junior newcomer Kelly Cole said. "But we're working hard and hoping to pull something together.

"We're winning individual games. We need to pull things together for match wins."

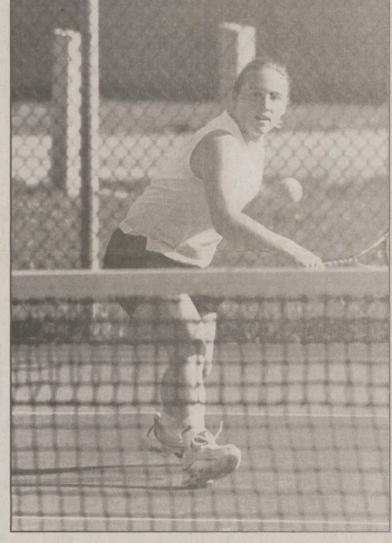
Because of the continuation of wintery weather, the tennis team has been completely unable to have any outdoor practices. While the Golden Grizzlies are being forced to practice indoors, their competition has become accustomed to outdoor conditions.

"That was our first time playing outside," said Nae. "It was challenging to play outside, but everyone played very hard."

The team finishes up the rest of its season with another conference cluster this weekend. Friday, the Grizzlies meet with Valparaiso at 3 p.m.

OU is then set to play IUPUI at 9 a.m. Saturday and will then square off against Western Illinois later that afternoon at 2

The Grizzlies' final meet of the cluster is against Chicago State at 9 a.m. Sunday. All the matches in the cluster will be



Bob Knoska / File Photo GIVE ME A (BACK) HAND: Senior Kristy Sabat finds herself in the middle of a volley. Sabat is currently 2-5 in singles play this year.

hosted by IUPUI.

"Chicago State looks to be good competition for us," Cole said. "Hopefully, we can put something together to pull out some wins.

"It should be challenging for us," said Nae. "We're playing four games instead of three. The matches should be a lot closer. I expect us to spend a lot of time on the court."

Nae currently leads OU with a 3-4 overall record in singles play and has teamed up with Sabot to lead the Grizzlies doubles play with a record of 3-4 as well.

After the final conference cluster, the Mid-Con tournament is set to take place April 26 and 27. The winner of the tournament earns an automatic bid to the NCAA championship tournament. Only the top four teams in the conference play in the Mid-Con tournament with the top seed hosting the event

Currently, OU is in eighth place in the conference, with an overall record of 1-4 and a 0-3 mark in Mid-Con play. The Grizzlies' lone victory of the season came against the Cleveland State Vikings in late March.

OU hosts tournament over blustery weekend

After the week-

end, we went to

practice

Monday and

you could just

tell everyone

was drained.

Sara Kelts

women's lacrosse

By Randy Dudek A SSISTANT SPORTS EDITOR

This past Saturday the OU women's club lacrosse team hosted an on-campus tournament featuring the Golden Grizzlies as well as five other teams from across Michigan. OU then faced off against another in-state rival,

the 12:30 p.m. Saturday opener, 8-7, in a contest that needed overa winner. Sophomore attacker Jenny Fischer netted the game winning tally in the extra session for the

MSU on Sunday.

OU dropped

Hope College in

Grizzlies. In the second

Saturday game, but three short hours later, OU moved on to face off against the Knights of Calvin College. In a closely fought contest, the Grizzlies were edged by a final score of 8-5.

"They're a really tough team to beat," said club president Sara Kelts. "They have excellent stick skills and their girls have been playing a lot longer than our team. The fact that we hung in with Calvin says a lot for us.'

In the final game of the Saturday tournament, OU squared off against Western Michigan. The Broncos used their ten substitutes to stampede the Grizzlies, who used a short bench of only three bench players. WMU rode off in the final game of the tournament for both clubs, with a 9-3 final score.

This is only the second compet itive year for the women's club

is located in an area with an abundance of filter schools for the sports of lacrosse, the together a large enough team from the small pool available in

U-M, one of the two teams OU nated Saturday's events by winning every game it played in convinc-

> On Sunday, an against the number three

MSU, playing with a full roster of approximately 40 women, outnumbered and out-

played the Grizzlies and coasted "It is absolutely killer," said

Kelts. "They say on average you run about three miles in one "So average three games a day

and we also played Michigan State the next day. We're looking at running about half marathons in one entire weekend. "After the weekend, we went to

practice Monday and you could just tell everyone was drained emotionally and physically"

OU travels to Toledo this weekend to play three consecutive games for the second straight Saturday. Once again the Grizzlies must face Albion and WMU but also have a match against Toledo. The games will begin at 9 a.m. and continue with only 10 minute breaks between each contest.

MID-CONTINENT **CONFERENCE STANDINGS**

BASEBALL

Oral Roberts 2-0 21-8 Oakland 0-0 5-18 Southern Utah 0-0 5-21

Chicago State 0-0 3-13 Valparaiso 0-0 2-14-1 Western Illinois 0-2

3-22

SOFTBALL

UMKC 7-4 17-19 Western Illinois 6-2 18-13 Southern Utah 4-4 15-19

Valparaiso 3-5 9-12

Oakland 3-5 10-27-1 **IUPUI** 1-7 4-22

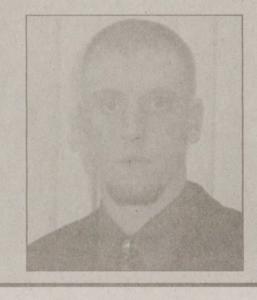
> First stat represents the team's conference rank. The second is the overall rank.

GRIZZLY OF THE WEEK

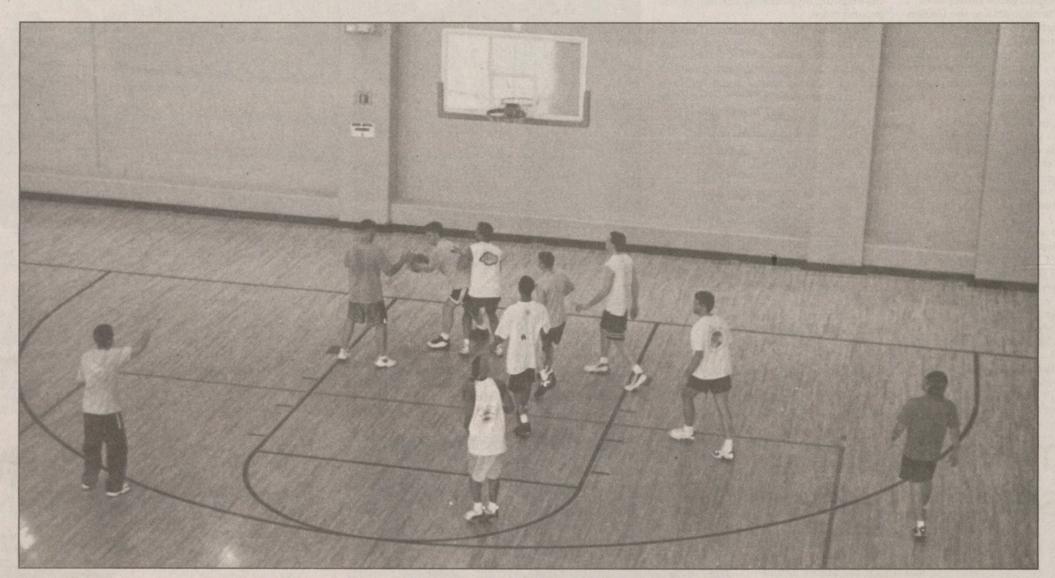
NICK DIPONIO

DiPonio went 7-13 from the plate in three games last week, including two homeruns. He is currently third among the team's regulars with an overall batting average of .321 and leads the team in both total bases (44) and slugging percentage (.564)

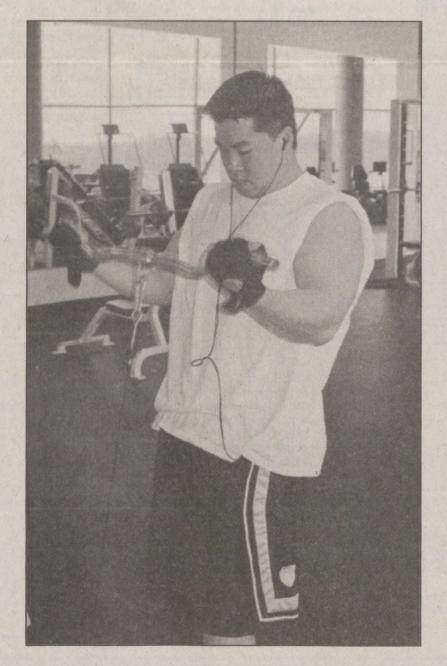
-Brendan Stevens



GETTING IN SHAPE



Photos by Dan McDuffee/The Oakland Post BODIES IN MOTION: (CLOCKWISE FROM TOP) Students get together for a game of pick up basketball at the Rec Center. Stundents Mohamed Shamshaddin, MIS, and Tinabo Han, accounting, engage in an intense ping pong battle. Brittany Dorr runs laps on the indoor track. Byung Kang, senior, mechanical engineering does bicep curls in the weight-



Students take time to focus on fitness at Rec Center; biking, lifting, swimming favored

By Ashlyn Cates THE OAKLAND POST

pring. It's the time of year when people are subjected to an endless stream of "healthy" advertising. Commercials for Bally's, Metabolife and the newest breakthrough in energy boosters convey one common message: there's no better time to get in shape than now.

Whether it be running, biking or yoga, the opportunities to increase one's health have never been so good. The vast array of "miracle diets" has given way to a slightly more believable theme: hard work pays off. There are no shortcuts and the effects of trendy health remedies are never permanent.

According to the American Academy of Family Physicians, 97 million adults are considered obese 31.3 percent of men and 43.7 percent of women. Americans spend an astounding \$30 billion on weight loss remedies per year. Although lifestyles vary, the desire to look and feel better is universal.

OU students have access to healthy living everyday through the Rec Center. It is home to numerous ways to reach your healthy goal, whatever it may be.

The facility includes a pool, racquetball courts, a track and state of the art gym. Many types of weight and cardiovascular training equipment are available as well. Not only does the Rec Center provide students with the equipment necessary to be healthy, it offers help in the forms of classes.

Aerobics, swimming, kickboxing and other types of sessions are offered. OU also offers fitness and wellness seminars, focusing on diet, nutrition and other health topics.

Equipment rental and court reservations are available to those 18 years and older. Students pay a Rec Center fee every semester, allowing them access to the facility at any time. Guest passes are available at a cost of \$6 perday or weekend passes for \$12. Students must have their student ID and proper attire to have access to the Rec Center,

Kevin Hohf, senior, elementary education believes a person's schedule has a lot to do with his or her healthy status.

"What I am able to do all depends on my schedule," he said. "During the summertime, I work out a lot more, doing things like biking, jogging and weight lifting. However, during school, it is harder to find the time for as many activities.'

Maintaining a healthy lifestyle involves some degree of discipline and the willingness to try.

Julie Romano, 33, of Fraser, is a group exercise instructor at both Fitness and NuLady Fitness. Romano teaches a variety of class techniques including Tae Bo, step aerobics, kickboxing and circuit training.

"People's motivation for exercising often depends on age," she said. "Older people tend to look towards the health benefits, while younger people focus on looking good. So often, young people, especially girls, are highly critical of themselves, comparing their bodies to those of celebrities.'

Getting into shape is not limited strictly to exercise. An ideal healthy lifestyle varies, yet many times it is a combination of exercise, healthy eating habits and maintaining personal body needs, such as sleep and

"I'm at an age where I am looking for multiple effects," said Romano. "Exercise improves your body while reducing symptoms like high blood pressure, fatigue and even depression. It helps your overall well

Everyone's body metabolic rate varies, and the body's reaction to outside stimulus, like food, vitamins and exercise, varies as well.

Lisa Holley, senior, business, believes that ideal

health is different for everyone. "It's about finding out what works right for your

body," she said. "I try to work out in the morning and drink as much water as possible throughout the day."

Putting off living a healthy lifestyle is only inviting the inevitable. With a little bit of time and effort, the results may be well worth the hard work.



