

THE OAKLAND POST

Oakland University's Independent Student Newspaper

Volume 44 | Issue 29 | August 7, 2019

OAKLAND GOES GREEN

On-campus groups working toward a more environmentally friendly campus

Pages 8 & 9

NEW RENOVATIONS

Varner to receive structural repairs, new athlete center in the works

PAGE 5

FITNESS FOR ALL

RecWell opens fitness court, no membership required

PAGE 5

COLIN KALINE

Grandson of Al Kaline takes helm of Grizzlies baseball

PAGE 15

PHOTO BY NICOLE MORSFIELD

THIS MONTH

PHOTO OF THE MONTH



GREENER IS BETTER With this issue's environmental theme in mind, the statue of Matilda Dodge Wilson watches over all the beautiful greenery on campus. OU's campus is located on 1,443 acres of land, so wildlife and greenery is plentiful. PHOTO / NICOLE MORSFIELD

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EDITORIAL BOARD

Trevor Tyle
Editor-in-Chief
editor@oaklandpostonline.com
248.370.4266

Katie LaDuke
Managing Editor
katelynladuke@oakland.edu
248.370.2537

Katie Valley
Content Editor
kvalley@oakland.edu
248.370.4268

EDITORS

Nicole Morsfield Photo Editor
nmorsfield@oakland.edu

Ben Hume Web Editor
bhume@oakland.edu

Michael Pearce Sports Editor
mpearce@oakland.edu

Jordan Jewell Engagement Editor
jjewell@oakland.edu

Rachel Basela Life&Arts Editor
rachelbasela@oakland.edu

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Ryan Pini Photographer
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REPORTERS

Dean Vaglia Staff Reporter
Bridget Janis Staff Reporter
Ben Nicol Staff Intern
Katelyn Hill Staff Intern

ADVISING

Garry Gilbert Editorial Adviser
ggilber@oakland.edu
248.370.2105

Don Ritenburgh Business Adviser
ritenbur@oakland.edu
248.370.2533

ADVERTISING

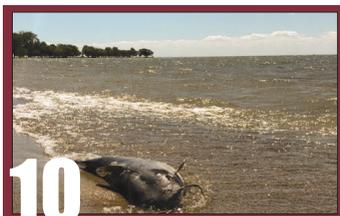
Angela Gebert Ads Director
ads@oaklandpostonline.com
248.370.4269

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7 HOME-BASED THERAPY
Professors offer PT program for older adults.
Photo/Oakland University



10 SUMMERTIME SEWAGE
E. coli levels remain high, forcing beaches to close.
Photo/Kendra Rowlands



13 BOTTOMLESS FUN
OU interns help give back to kids with pediatric cancer.
Photo/Rachel Basela

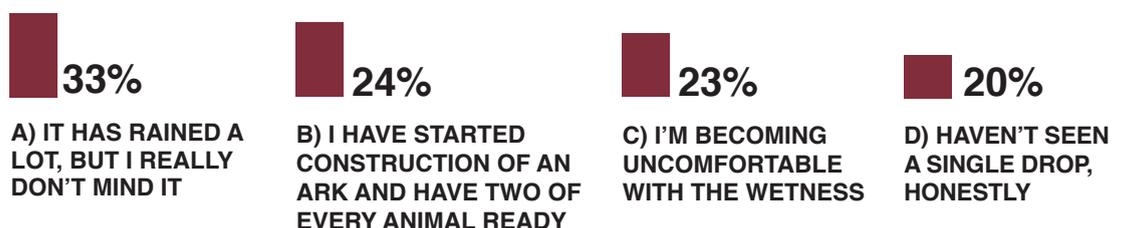
POLL OF THE MONTH

ARE YOU GOING TO STORM AREA 51?

- A) YUP, ALREADY BOOKED MY PLANE TICKET
- B) THE GOVERNMENT WILL NUKE US
- C) THEY CAN'T STOP US ALL
- D) IF WE NARUTO RUN, WE'LL BE FASTER THAN THE BULLETS

LAST ISSUE'S POLL

HOW DO YOU FEEL ABOUT THE AMOUNT OF RAIN WE'VE GOTTEN THIS SUMMER?



LOOKING BACK

Cash box stolen from Book Swap event in 2000

BRIDGET JANIS
Staff Reporter

The Oakland University Student Congress (OUSC) ran its annual Book Swap event in January 2000 with an unwanted surprise. Though it was a huge benefit to students, the event took a turn and became the second year in a row the money raised was stolen.

According to Nick Mitchell, student body president at the time, roughly 90 students gave books to sell. About 30 of those students bought books, and the total book swap money raised was \$1,300. The cash box containing the hard-earned cash and checks was taken from the OUSC office.

This book swap theft was not something new to the OUSC. The year before, the money raised was also stolen. The cash box was left unattended in the Fireside Lounge then was put inside the OUSC safe. The following Monday, an OUSC member opened the box to find nothing inside and the money missing. The mystery was never solved, but the money ended up being reimbursed by Student Body President Scott Andrews, who took money from an OUSC account to make up the difference.

While closing up the book swap in 2000, the cash box was misplaced and put on the cart with all the books instead of straight into the OUSC office.

There was a claim that the cash box was still on the cart with the books when OUSC members returned to the office on Monday. After two days of the box not showing up, Mitchell decided to contact the OU Police Department to report the cash box as stolen sometime between Monday, Jan. 17 and Wednesday, Jan. 19.

But the OU police reported there was no sign of forced entry into the office. Multiple people had keys to this office including the 27 students, maintenance and police. Another theory was the thief could have entered the office through the Student Program Board office right next door, with about 12 students possessing keys to that office.

Some of the students who bought books just for the book swap ended up losing money because of the misplacement of the cash box. Mitchell mailed reimbursement checks to the 30 students who lost money during the book swap.

“We will personally contact everyone who sold a book. We’ll send out postcards,” Mitchell said then. “I am terribly sorry for any inconvenience that this has caused to anyone. But rest assured, you will be paid.”

To repay the students, \$800 of the \$1,300 was taken from the leftover money allowed to fund the book swap and the remaining \$500 was taken from the OUSC general funds.

Hoping to prevent the theft from happening a third year in a row, Mitchell planned to sit down with the

president- and vice president-elects for the next year to advise them with the lessons and security precautions he learned.

“

I am terribly sorry for any inconvenience that this has caused to anyone. But rest assured, you will be paid.

NICK MITCHELL
2000 STUDENT BODY PRESIDENT

”

“Storing the box in the Center for Student Activities office would be the best solution to this problem,” Mitchell said.

THE OAKLAND POST
IS LOOKING FOR A
**CAMPUS
EDITOR**

RESPONSIBILITIES

- WRITING AT LEAST ONE STORY PER WEEK
- MENTORING THREE TO FOUR REPORTERS AND EDITING THEIR WORK
- ATTENDING WEEKLY BUDGET AND EDITORS' MEETINGS
- WORKING CLOSELY WITH THE EDITORIAL BOARD IN PRODUCTION OF THE WEEKLY NEWSPAPER
- HAVING STRONG WRITTEN AND VERBAL COMMUNICATION SKILLS
- BASIC KNOWLEDGE OF AP STYLE PREFERRED

INTERESTED APPLICANTS MUST SEND A RESUME, COVER LETTER AND AT LEAST THREE WRITING SAMPLES TO EDITOR-IN-CHIEF TREVOR TYLE AT EDITOR@OAKLANDPOSTONLINE.COM, OR APPLY ON HANDSHAKE.

Catching up with OUSC: Advice for the coming school year



DESTINEE RULE
OUSC President

Hi friends,

As the summer is coming to an end, here at the OUSC, we have a plethora of emotions. We are excited to begin the fall semester, eager about the outcome of initiatives and events, but overall, we are ready to conquer anything and everything

that will be thrown at us.

In my last column, I introduced you to the immense amount of experienced directors and legislators that we have in our organization this year. Since then, we have created an extensive, encompassing budget for the fall 2019 semester. Both our directors and legislators have decided to highlight and support an assortment of communities through events and initiatives.

Just to name a few, one of our legislators will be spotlighting the aftermath of treatment toward Muslim-Americans following the tragedy of Sept. 11, 2001. Our visual communications director will be drawing attention to the disparities that our art students are facing as they attempt to afford courses and the supplies that are mandated for those courses. Lastly, our legislative affairs director is preparing to undertake the conversation of excused absences on the days of elections.

With all of the hard work our organization is doing and plans we have, we are excited to see all the hard work that OU students will achieve this fall semester.

I reached out to the executive board and asked for advice for our student body.

“Stay organized and learn time management early,” said our administrative assistant, Kara Cermak. “Learn how to study now, test out different ways that may work for you. Lastly, it’s OK to fail, but get back up and

“

Never be afraid to ask for help on campus. There’s so many people who want you to succeed.

JULIA ALEXANDER
VICE PRESIDENT OF OUSC

”

don’t let the failure ruin your life.”

Being mindful of the barriers you will face during your college experience will build resiliency and determination, however, Vice President Julia Alexander wants everyone to know there are people on this campus who will help you over-

come those barriers.

“Never be afraid to ask for help on campus,” she said. “There’s so many people who want you to succeed.”

Finally, my advice for you all is to never forget where you began. The barriers and achievements you have faced made you the person you are today. Don’t get complacent with your successes, also push for more.

OUSC has plenty of resources that will equip the student body to properly execute their goals. With the events and initiatives we have planned for the fall, we want students to be mentally and emotionally prepared to embark in and complete this college journey. We also have candy, free scantrons and free printing in our office!

As Wilma Rudolph said, “The triumph can’t be had without the struggle.” OUSC is the voice for the students, and we know college is tough. I hope some of the aforementioned advice may resonate with some of you all. If you need an encouraging voice, come visit us in our office. We are students, for the advancement of students.

Stay true to yOURself,
Destinee

Inside the School of Health Sciences’ new nutrition major

TREVOR TYLE
Editor-in-Chief

The Oakland University Board of Trustees (BOT) recently approved a new Bachelor of Science in nutrition.

After a unanimous vote, the BOT opted to replace the current nutrition concentration in the School of Health Sciences (SHS), in which approximately 50 students are currently enrolled, with the new bachelor’s degree program. An additional 80 students are enrolled in the nutrition minor offered at OU, according to Senior Vice President for Academic Affairs and Provost James Lentini.

Since the idea for a nutrition major came to fruition, SHS reported approximately 278 prospective students had expressed interest in it. The new major will provide students with the education necessary to pursue careers in fields such as government, pharmaceuticals, food service, wellness centers, and community and non-profit health organizations, among others.

“The concentration doesn’t really have the breadth of information that students need to know to practice competently in the field,” said Dr. Amanda Lynch, an associate professor in the Department of Interdisciplinary Sciences and a registered dietitian.

The decision was the result of both student interest and a need to comply with changing educational and accreditation standards set by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Previously, dietetic technicians needed an associate

degree, while dietitians needed a bachelor’s degree and an internship. Since the requirements have shifted, these career paths now require a bachelor’s degree and a master’s degree, respectively.

According to Lynch, many OU students pursuing master’s degrees in nutrition have been forced to take a gap year or pay for additional classes because the current concentration doesn’t offer the necessary prerequisites for the master’s program.

Lynch said they are looking to integrate supervised experiential learning into the coursework of the new program, allowing them to move away from stand-alone internships.

“That seems to be a barrier in getting students through these programs, and they actually don’t have as many internships as they have graduating students,” she said. “So, by working these experiential learning opportunities into the classroom, it creates a more efficient system.”

One of these potential opportunities would be a food science lab, which Lynch hopes can happen through a collaboration with Rochester Community Schools to utilize one of the schools’ kitchens. She said the school district is “really excited” about the idea and expressed hopes that such a partnership could also increase local high school students’ interest in OU as an option for post-secondary education.

“Those students don’t really consider Oakland necessarily as a place to go,” Lynch said. “They want to go away to college, and they don’t really think about Oakland. But if they can see college students taking classes,

or we can have our undergraduates do some nutrition education with them, they might be able to see, ‘Oh, I can do this kind of stuff at Oakland,’ and kind of expand their ideas of where they can go to school.”

In SHS’ initial program proposal to the BOT, the school also emphasized that it would help fulfill the third goal of University President Ora Hirsch Pescovitz’s 2025 strategic plan — community engagement.

“Several courses will involve deep community engagement and/or service learning projects contributing to OU’s commitment to be recognized as a community-engaged campus,” Lentini said.

According to SHS Dean Kevin Ball, Ph.D., they hope to implement this goal through a potential partnership with the Auburn Hills Community Center.

“If we don’t eat, if we don’t eat good food, if communities don’t have good food to eat, then wellness and health falters,” he said. “Rather than spending money on a laboratory, we’ve got a laboratory — it’s down the street, in the community.”

The new degree is expected to be accredited by 2022 and will include 10 new courses, including food science, food service, management, community and public health nutrition, education, communication and clinical nutrition.

Current students in the health science nutrition degree program will be able to enroll in the new nutrition major at the beginning of the fall 2020 semester.

For more information or to read the entire nutrition major proposal, visit the BOT website.

Buildings to receive \$78 million construction project

KATIE VALLEY

Content Editor

Varner Hall and Oakland University Athletics are getting some renovations.

The OU Board of Trustees (BOT) approved construction of campus arts and athletics facilities, following a \$78 million general revenue bond issuance approval at the June 10 Board meeting.

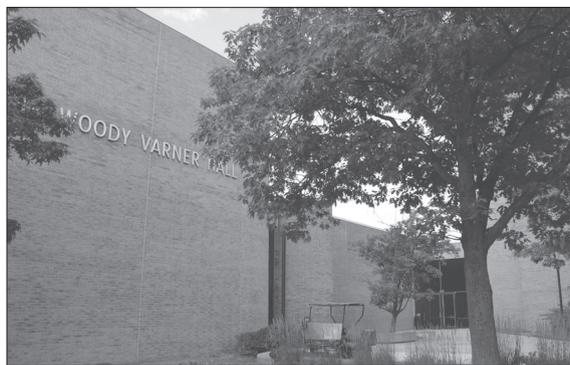
The renovations will mark the first time Varner will be updated since it was built in 1970. The Student Athlete Development Center will also be expanded to offer additional space for students.

Varner's renovations focus on modernizing the building and improving student experience. According to Amy Hardison Tully, the new School of Music, Theatre and Dance (SMTD) director, issues with heating and cooling, leaky windows and other structural problems in classrooms will be addressed.

Although the project itself is not yet approved, renovations are likely to include more space made behind the stage in the Recital Hall, upgraded technology in the blackbox theater and additional rehearsal spaces for students. The performance hall technology will also be upgraded to catch up with other, more modernized areas.

Tully said the renovations will be done with intent to improve in-class and outside-of-class experiences for students.

"Students deserve to have 21st-century facilities, and in that I include the technology that goes along with that," she said. "That's very important to every



THE OAKLAND POST ARCHIVES

New renovations will provide additional space and upgraded technology to improve the student experience.

college on campus, and certainly the students in Varner are no different."

Out of the \$78 million, Tully said Varner may receive about \$45 million, with much of the money going toward structural repairs. The Student Athlete Development Center construction will receive \$5 million, and an additional \$7-10 million will be fundraised, according to Athletic Director Steve Waterfield.

The development center construction, which will be repurposing the site of the old Lepley pool, has two main elements: the Student Athlete Development Center and a basketball practice facility to accommodate increased need for the O'rena.

Waterfield said the development center aspect will provide athletes space for academic meetings, a per-

formance nutrition area and other offices for student academic development staff, an upgrade from the current, smaller study area. The basketball element includes adding men's and women's locker rooms, a film room and coaches' offices for staff.

Waterfield's main goal is to raise the exposure and reputation of OU by granting student athletes more access to resources to promote success.

"[All of the renovations] go toward supporting our student athletes," Waterfield said. "And my primary goal is to give them the resources to reach their potential athletically, academically and personally ... I've seen how they have been able to excel with what they have, and I'm just excited to eventually — and there's a lot of work left to be done — give them an opportunity to have more resources so they can really continue to accomplish wonderful things for the university."

Pride is an important outcome of the upcoming construction, according to Tully.

"For [the SMTD], as one of the oldest buildings on campus, there's also a sense of pride in that," Tully said. "This building houses a number of different departments. Ours happens to be one that's the most visible to the public ... I think the community will also have a sense of pride when they come here and see that we are literally putting our money where our mouth is."

New research labs will also be added to campus and improvements will be made to the central heating plant. According to John Beaghan, vice president for finance and administration and treasurer of the BOT, the construction has no official start date yet.

RecWell opens fitness court for all to join free of charge

DEAN VAGLIA

Staff Reporter

After offering free summer memberships, Oakland University Recreation and Well-Being (RecWell) now brings fitness to all.

In partnership with the National Fitness Campaign (NFC), the Priority Health Fitness Court at OU will open Aug. 7 following a launch party. Use of the Fitness Court does not require a membership. The court is also open to all adults ages 14 and above in accordance with the NFC's mission to make fitness accessible.

According to the NFC website, Fitness Courts contain shock-resistant flooring and have enough space to allow up to 28 people. The courts are designed around a philosophy of seven workouts in seven minutes with 45 seconds of full-body exercise separated by 15 seconds of rest. This is achieved through the various bars through the court, and further exercises can be created through the NFC's Fitness Court app.

OU is the first school in Michigan to implement a Fitness Court and is among Stanford University, University of Colorado - Boulder and Baylor University in being one of the five schools to have Fitness Courts. Prior to Stanford, the courts were only implemented in cities.

The cost of the Fitness Court is mostly being covered by Priority Health while Oakland University Student Congress (OUSC) and other sponsors also provided funds.

"The RecWell reached out to OUSC around the end of the last fall semester and asked to come in and speak about the court," OUSC President Destinee Rule said. "[RecWell] needed financial assistance to offset the price of the court, so they came to OUSC and we were able to allot about \$5,000."

Rule cited OUSC support for the court comes from the ability for students to have access to free on-campus fitness over the summer and for local communities to utilize the OU campus.

While a RecWell membership is not mandatory for Fitness Court use, Molly Gagnon — RecWell's marketing and

communications coordinator — said a membership will have benefits. A new group exercise class centered around the court with NFC-certified instructors will be added.

“[RecWell] needed financial assistance to offset the price of the court, so they came to OUSC and we were able to allot about \$5,000.”

DESTINEE RULE
OUSC PRESIDENT

While bathrooms and drinking fountains can be used by the public during operating hours, those are the limits of free RecWell amenities.

"If somebody needed a towel or if

somebody needed a beverage, there are different things people can purchase at the membership desk," Gagnon said. "But if anybody needed locker room facilities or shower facilities or even day lockers, they would have to essentially check into the RecWell... If they were not a member at that point they would have to purchase a membership or purchase a guest pass."

The Aug. 7 launch party is one of only several events lined up for the day. The party starts at 4 p.m. with a ribbon cutting ceremony, a "Fitness Court Challenge" between teams from OU and community administrators and a "bootcamp" for those who pre-registered. At 6 p.m., the party ends and fitness is free at OU.

"Essentially at that point, fitness is free at Oakland University," Gagnon said.

There will be a second opening celebration held at the start of the Fall semester called "Find Your Fit," which will promote RecWell and its intramural leagues and club sports teams. The "Find Your Fit" event will be Sept. 10 at 7:30 p.m. at the RecWell.

College campuses take steps to ban plastic straws

Oakland may not be part of the trend yet, but there is action in place to reduce waste

ISABELLA CVETANOVSKI

Contributor

As plastic straws find ways to the garbage, reusable straws sneak through the doors of vastly student-populated locations, such as Oakland University and Starbucks. As Starbucks locations on and near campus ban the straws, OU students participate in a trend without even realizing it.

The product used to sip your favorite drink is slowly getting banned in cities and states all around the world, such as New York City, Hawaii, California, Washington, New Jersey and Florida.

But what did plastic straws do to harm anyone? What makes reusable straws so special? What are people supposed to drink out of? You're in luck — there are plenty of options.

According to National Geographic, it's estimated that 500 million straws are used every day in the U.S. alone. In July 2018, Seattle became the largest U.S. city to ban plastic straws. Because of the pollution caused by the straws, many corporate companies — including Starbucks — now plan to ban them completely within the next couple of years.

Last year, Starbucks announced plans to phase out plastic straws by 2020. As Starbucks has begun to enforce that straws are out and strawless lids are in, they have become one of the largest social media influencers to make this change active.

Not only does Starbucks use strawless lids to satisfy their customers, but they also sell metal and glass products as alternatives.

Because Starbucks is one of the largest companies involved in the plastic straw ban and one of the most utilized coffee shops by college students, the trend has become implemented without many even realizing it.

Reducing waste and sheltering the environment through minimizing the use of this minuscule product has also become a trend universities have latched onto.

In April 2018, the University of Portland became the first university in the United States to ban plastic straws, with Dart-

mouth College, Knox College and Chico State all following suit shortly after.

"Chico State University in California, Knox College in Illinois and the University of Portland in Oregon stand among the other institutions now stocking their dining facilities with paper straws," wrote Matt Zalaznick, senior writer at District Administration Magazine and University Business Magazine.

Other colleges have implemented this paper straw trend and have begun proposing a variety of alternatives. Because of this, one might wonder whether or not OU has a straw policy.

"To my knowledge, there is no plastic straw ban or any type of policy on campus," said Page Gardner, Oakland University Student Congress campus health director. "I believe Chartwells is working on replacing their plastic utensils with something more environmentally friendly, with involvement from student orgs like SPB and SAFAC. Plastic straws are a little more challenging, as a lot of people with different abilities need the plastic straws. The plastic utensils are an awesome start, though."

Plastic straws remain available for stu-

dent use in the Oakland Center and several other buildings across campus, as do similar products such as plastic cups and coffee stirrers.

"OU's catering companies currently still supply these products," said Assistant Director of Catering Carmen Perini. "I am not sure where OU stands in the plan to ban plastic straws, but as of right now, they aren't going anywhere."

Chartwells Director of Operations Patrick Strzyinski confirmed that, while OU doesn't currently have an anti-plastic straw policy, it is being considered for the future.

"There is not technically a ban on straws on campus, but we are trending in that direction," he said. "Some locations have stopped placing them near soda fountains, while others are only offering them upon request. We are also researching alternatives such as the type of lid we use or a biodegradable straw."

Are these straw bans actually as sustainable as research says, though?

Some studies say that the banning of straws are not as effective as we think. People with disabilities rely on plastic straws, and replacements may not be as great for the environment.



NICOLE MORSFIELD | PHOTO EDITOR

Ditching plastic straws is just one way to help save the environment in college.

"Going without straws can mean struggling through the physical motion of putting a drink to a mouth, or leaking liquid into the lungs or choking," wrote CNN journalist Ayana Archie.

Additionally, due to the size and weight of plastic straws, the billions of straws add up to only about 2,000 tons of the nearly 9 million tons of plastic waste that exists in oceans.

Is this an issue that students are actually concerned about?

"Honestly, I don't even realize that I haven't used a plastic straw in so long," OU student Kennedy Zaborowski said. "I get a venti iced vanilla latte and have been drinking it without a straw for months now."

Some students are drinking straw-free, but without trying to be environmentally conscious.

"I don't think I really use plastic straws, but I don't really think of it in a way of helping our environment," said former OU student Rachel Sledzinski. "I just like to carry around my own water bottle most of the time. I go to the gym multiple times a week, so it's easiest if I bring a reusable bottle that I can refill; it doesn't have a straw."

Others don't pay as close attention to whether they are using plastic straws.

"I don't really pay attention to whether or not I use a plastic straw or not," OU student Amelia Lewis said. "I mean, I guess if I think about it, I use both plastic and metal. I love a large Coke from McDonald's, so I use plastic straws from there or at restaurants. If I'm going to the dance studio or taking a water bottle with me anywhere, it's usually one of those plastic, reusable tumbler cups or a metal tumbler cup from Starbucks."

While plastic straws aren't banned from OU's campus yet, it appears that a handful of students aren't using them anyway due to the more convenient alternatives available.

The next time you're walking around campus or studying at your local Starbucks, take a second to look around and ask yourself, "What are students drinking out of?"

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Professors offer senior citizens in-home care with HOP-UP PT program

DEAN VAGLIA

Staff Reporter

For many senior citizens, a fall injury can be a devastating setback. Two Oakland University professors want to change that.

HOP-UP PT — Home-based Older Person Upstreaming Prevention Physical Therapy — is a physical therapy program designed by OU assistant professors of physical therapy Dr. Sara Arena and Dr. Chris Wilson.

“[HOP-UP] is a prevention-focused program in the home of older adults who are at risk for potentially future decline,” Arena said. “What happens is a community center refers to us to do an evaluation and provide some guided intervention that are based at keeping the person healthy, safe and in their homes.”

While the program received its first funds in 2016, it has its roots in the professors’ shared desire to solve a problem with senior care.

“We have both worked with older adults for a long time after they’ve had something happen to them — after they’ve had an injury or a fall or some type of health event,” Wilson said. “And we both kind of looked at each other and said, ‘We would love to get to these folks to prevent these injuries or accidents from happening,’ and that is where we kind of came up with the program.”

HOP-UP accounts for the obstacles of living as a se-



[HOP-UP] is a prevention-focused program in the home of older adults who are at risk for potentially future decline. What happens is a community center refers to us to do an evaluation and provide some guided intervention that are based at keeping the person healthy, safe and in their homes.

DR. SARA ARENA

OU ASSISTANT PROFESSOR OF PHYSICAL THERAPY



nior citizen, such as decreased vision, worsening balance, limited mobility and fixed incomes.

The concepts for HOP-UP were first made following a conversation with the Auburn Hills Community Center.

“[The community center staff members] were identifying these individuals who met some of that criteria, but they did not know how to address them because they were not a healthcare provider,” Arena said. “So, they came to us and, with them, we developed some of the ideas and concepts [for HOP-UP].”

The HOP-UP program works by having licensed

physical therapists go to a senior’s home to evaluate and provide participants with health recommendations and give them a free blood pressure cuff and Fitbit activity monitor. Ideally, participants then receive six sessions of in-home training with the therapists.

But since the goal of HOP-UP is to become a nationwide standard form of care accepted by insurance providers, a control group of seniors who receive their training six months after evaluation had to be established.

“We really did not think it was fair to just evaluate without eventually giving the program, so we have a crossover design,” Arena said. “Everyone will get the program, it will just be at different times and that is really only for research purposes.”

The HOP-UP program has a current limit of 150 participants, which has been reached, though the professors would like to expand their reach and capacity with additional funding.

“If people are interested, we certainly would encourage them to reach out to us about that because as more money becomes available will be able to open up more spots,” Arena said.

According to Wilson, HOP-UP has attracted the attention of communities throughout and outside of the state and has had positive feedback from participants. Along with Auburn Hills, some of the other communities working with the professors are Novi, St. Clair Shores and Van Buren County.

POLICE FILES

Not under the influence

Two officers were dispatched to lot P51 near the Sharf clubhouse on the night of June 18. The caller said one of the patrons was intoxicated and was attempting to leave. The two officers arrived on the scene and observed a white male sitting in the driver’s seat of a black Dodge Ram, eating his meal from the clubhouse.

The vehicle was not running and the driver side door was ajar. Sharf employees were with the driver and had parked their golf carts in front of his truck so he could not leave.

The officers introduced themselves and clearly observed that the man was under the influence. He said he had been drinking and was trying to find an Uber to come take him home. He agreed to take a field sobriety test and blew a .089 blood alcohol content.

The man agreed to hand over his keys and removed his belongings from his truck. The officers told him he could retrieve his keys from the station the following day. With permission from Sharf employees, he was allowed to wait for an Uber at the clubhouse. The officers explained the consequences of driving a motor vehicle while intoxicated. He said he understood and thanked the officers for their help. They cleared the scene without further incident.

Compiled by
Ben Hume, Web Editor



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Offer valid 5/23/19 to 9/28/19 for incoming fall 2019 OU freshmen only. OU Credit Union Visa Debit Card must be activated by 9/28/19. Ten debit card purchases must post within 30 days of activation to qualify. The \$100 will be deposited into your checking account within 30 days of the 10th purchase. Not valid for existing members. May not be combined with any other deposit offers.

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OU expands efforts to become a greener campus

story by Taylor Cole // design by Ashley Averill // graphics by Jimmy Williams

Recycling is on the rise at Oakland University.

For years we were taught “reduce, reuse, recycle” as a way to reduce our carbon footprint, but is simply tossing a plastic bottle in the recycling bin enough to make an impact? Or is it not as convenient as finding another garbage bin along the way?

For many, recycling can be seen as another confusing chore leaving them questioning what can and cannot be recycled. For others, this is an opportunity — one that is reaching toward the overall push to become a much greener planet by reducing what makes it into the garbage and what gets recycled.

Many on OU’s campus view recycling as an easy and rewarding accomplishment, and their goal is to educate others on how to properly recycle materials.

Two organizations on campus in particular have been doing just that.

Sustaining Our Planet Earth (S.O.P.E.) is a student and staff-led initiative to promote a more sustainable lifestyle, especially in the housing on OU’s campus.

Morgan Sumpter, a recent OU graduate, has spent three years working with S.O.P.E.

“The purpose of S.O.P.E. is to raise awareness about how important it is to be mindful of the environment,” Sumpter said. “Our goal is to transition Oakland University into an environmentally friendly campus. We coordinate education programs and promotions because some people have no idea what can and cannot be recycled.”

Riley Miller is president and co-founder of the newly established student organization, Green Greeks, which also sees a green future for OU’s campus.

“Green Greeks is a club that promotes conservation, environmental education and awareness of the impacts we have on our environment with the single biggest group of any type of club/organization on

campus — Greek life,” Miller said.

Both organizations hope to create a more eco-friendly campus by educating people on the importance of recycling and the impact our waste has on our planet.

When it comes to what should and shouldn’t be placed in the recycling containers, the lack of knowledge is a dangerous dilemma. Mixing garbage and food waste with materials that can be recycled causes contamination. This leads to the dumps filling up with items that could have been reduced, reused or recycled.

“A lot of people look at their objects and see the small triangle and recycle it without knowing what really can and can’t be recycled,” said Pat Engle, associate vice president of Facilities Management at OU.

In an attempt to resolve this issue, Engle has worked closely with Anthony Gallina, director of philanthropy for the School of Education and Human Services, to educate and promote recycling on campus with their new program, which will start in fall 2019.

“Oakland University has always recycled,” Gallina said. “But I know recycling has been talked about a lot more.”

Gallina is an OU alumnus and seven years later, he still continues to give back to the university.

Inspired by Oakland’s “Clean Air for the Bear” initiative, Gallina proposed what he calls “the grand idea” in a formal program through the Administrative Professional Assembly, with a goal to make OU a green campus.

“We have taken over a year to sustain this plan and make it successful,” Gallina said. “Recycling is the first step and with the education and promotion, our campus could start more.”

Ally Fiori, an OU student, spends a lot of her time on campus, as she is involved in her sorority, works for University Housing as a resident assistant and is the parent and family orientation assistant for



Orientation and New Student Programs.

“I think recycling is important to Oakland for sure,” she said. “I always see recycling bins across campus and I have never not had one nearby when I needed one. I feel like there are a ton of opportunities to recycle, it’s just about being active enough to care to look for those green bins.”

However, unlike Fiori, sometimes students don’t know where to look when trying to find where to correctly recycle materials, and this has become a growing concern due to the lack of resources and education.

Engle and Gallina look forward to promoting green living and providing the answers to all the student body’s questions regarding recyclables with the installment of their new ideas that will be released this fall.

“We have a really beautiful, green campus,” Engle said. “So, the dream is to have campus buy-in and engagement with our recycling plan.”

With a new name, logo, and committee for their Street Team, the plan begins with ensuring that every building has the proper recycling resources. All of the offices across campus will receive a labeled, single-stream recycling container.

With the addition of the containers on campus, there will be flyers placed above them that contain graphics displaying what can and can’t be placed in the bins to avoid the risk of contaminating the materials.

“It takes a lot of time and effort to keep a plan like this going,” Gallina said. “You have to be passionate and excited about it. And the overall goal is not having waste happen — waste minimization is crucial.”

With the support and effort of Engle and Gallina, as well as organizations like S.O.P.E. and Green Greeks, recycling is becoming more prominent and stronger on OU’s campus than ever before.

- Plastic bags from the grocery store or mall are not recyclable in your normal recycling bin. You have to keep those guys separate and take them back to a store like Meijer, Walmart or Kroger. You can even look online to find places near you.
- You cannot recycle greasy pizza boxes. If they have anything more than a quarter size of grease on the box, throw it away. It’s not worth the risk of contaminating the entire recycling cycle, because that’s exactly what those greasy pizza boxes do.
- Do you really need to use plastic water bottles? Would you still use them if there were a 10 cent deposit on each one? Because this is a very possible outcome. Many other states have water bottle deposits and it’s currently being decided on in Michigan. You could save so much money, waste and plastic by just using your own reusable water bottle. You may think it’s small and doesn’t matter if you just do it, but think about the fact that 60 million water bottles are thrown away every single day. Now multiply that by 365. Not so small anymore, right?
 - Straws are not recyclable! They go in the trash and can eventually end up getting stuck in a turtle’s nose, like that sad video you saw on Facebook — and yes, that actually happens. The next time you go to Starbucks, make the decision to ditch the straw and ask for a nitrogen lid instead. These are the lids with the open mouth piece that you can drink out of, kind of like a sippy cup. Or, better yet, buy a pack of 10 reusable straws for \$5 on Amazon, keep them in your bag and throw them in the dishwasher when you get home.

For more information on what can and cannot be recycled in Michigan, visit michigan.gov.

Information courtesy of Riley Miller.

Sewage creates problems for Lake St. Clair

KENDRA ROWLANDS

Contributor

It's summer vacation for Oakland University students, which means it's time for relaxation, barbecues and trips to the beach. With Lake St. Clair being one of the closest beaches to OU's campus, it's surely going to be a popular destination this summer. However, before putting on your swimsuits, there are some concerns you should be made aware of.

Lake St. Clair has faced issues with water contamination for years. Daniel Fuller, an environmental specialist for Fiat Chrysler Automobiles, said there are a lot of known causes for waste pollution, which include animal waste, improper sanitary systems and waste from farming and industrial manufacturing.

The biggest contributor to this problem is from the combined sanitary and storm sewer system for Oakland and Macomb Counties. The combination of septic and storm water has difficulties keeping up with harsh weather conditions and, therefore, causes a waste overflow.

"The problem is with heavy rains," Fuller said. "The system cannot keep up with the treatment of millions of gallons of waste. The system then dumps what it cannot treat, and it ends up in the lake."

OU's campus is located within the Clinton River Watershed that flows down to Lake St. Clair. As of right now, the Clinton River does not meet the standards of the Great Lakes Water Quality Agreement with storm water being "the single greatest source of contamination," according to OU's Office of Environmental Health and Safety website.



KENDRA ROWLANDS | CONTRIBUTOR
Beaches around Michigan have been forced to close.

Because of the waste that has made its way into the lake, levels of E. coli bacteria exceeding the maximum allowance has also been the cause for Lake St. Clair's multiple closures. Environmental Chemistry Professor Linda Schweitzer said E. coli bacteria can also sit within the sand on the beach.

According to the Michigan Department of Environment, Great Lakes and Energy, E. coli bacteria stay in clusters that can either float in water or sink due to gravity. When samples are taken to test for E. coli levels, they are taken from three different locations, but avoid disrupting the surface layer or bottom sediment. These colonies of bacteria are then taken to a laboratory within six hours of the sample collection, counted per volume of water and then calculated as a geometric mean.

The maximum for total body contact — meaning the water is safe for swimming — is 300 E. coli per 100 milliliters of water.

Anyone planning a trip to Lake St. Clair should stop by the park offices. Not only can they provide information about upcoming events, but they are required to show the most recent test results of the water as well. This information is also available on the Macomb Health and Community Services website.

Memorial Beach, which is surrounded by Lake St. Clair, shut down on June 18 due to unsafe water conditions. This is the second time the beach has closed within a month, and no information has been released about when it will open again.

Karen Daniels, a visitor of Lake St. Clair, said her trip to the nearby Metropark Beach was the first in many years, and she was shocked by how much the quality of the beach has degraded since her visit in the late 1980s.

Daniels remembered when the air would smell like sunscreen, and people would be sitting blanket-to-blanket on the beach.

Now, she said, it's not nearly as lively as it used to be.

"The beach itself didn't quite look so bad at first appearance, but when I walked further along, I began to see plastic, grime and dead fish being pushed onto the shore," Daniels said. "Let's just say you wouldn't find me swimming in that water."

Environmental specialist Steven Snider said wastewater problems in Lake St. Clair have been a well-known issue for quite some time. With Michigan being the largest source of freshwater, wastewater becomes an issue for everyone.

"It affects all of us, not just the people who live near Lake St. Clair or who use the lake for boating or fishing," Snider said. "At some point and time, the lack of fresh water will affect all of us."

FALL 2019 PAYMENT DUE DATE

OAKLAND
UNIVERSITY

The fall semester is right around the corner — start it off right and avoid any last-minute financial surprises by being proactive with all your financial business.

IMPORTANT DATE

- **August 15** — payment due date

You can avoid class cancellation (drop) by paying your student account in full. Consider all your financial options. An OU payment plan helps spread tuition and costs into smaller, more manageable installments and be sure to pay your installments on time. Obtaining financial aid, utilizing external sources, and/or using your own funds are other options for you. Know which charges can be paid with your financial aid (an authorization may be needed) and which charges you must pay out-of-pocket.

We are here to help. If you need help understanding payment options or how to pay for your education, please contact Student Financial Services at (248) 370-2550 or stop by North Foundation Hall, Room 120, as soon as possible.

Payment
Due

LEARN how to avoid cancellation (drop) at oakland.edu/financialservices

The root of protecting Oakland's nature

EMILY MORRIS

WXOU News Director

Tangling greenery is slinking into modern high-rise buildings that are sturdy with stilts of steel. This is possibly familiar interpretation of “The Walking Dead,” “The Hunger Games” or most other post-apocalyptic sci-fi movie settings, but this background does not just apply to fictional characters anymore. Some urbanites are taking note of expanding city greenery and even encouraging it.

The U.S. Department of the Interior reports that wildlife conservation and preservation projects overlap on over 53 million acres in the United States alone, many of which have encroaching city areas, including Oakland University's Biological Preserves. With varying methods, people are not slowing industrialization but remembering what was there before. According to Natural Happiness, nature is needed for clean air, nutrients and a healthy mentality.

Nature preservations are selected from undeveloped land and protected, but minimizing invasive species and implementing habitat restoration is still necessary. Additionally, some cityscapes with daunting prior industrialization have directed efforts alternatively by creating nature to preserve: gardening and reinventing abandoned structures.

“They [nature preserves] are beautiful places to visit and islands of biodiversity surrounded by suburbs,” said Scott Tiegs, Ph.D. and associate professor of biology at OU. “Being in an urban area creates a lot of challenges for effective resource management, though, and you have to be more active. You have to do more.”

Daunting development

OU is home to two nature preserves, known as the Eastern and Western Preserves, that amount to roughly 110 acres together. This land would compare to just over 83 football fields of rolling nature. Every inch of which is open to the public through nature trails. Although appearing effortless with its vast extension, there is more history than meets the eye at this urban oasis.

“Oakland wanted to put in two 18 hole golf courses, and in order to do that, hundreds of acres of forests were cut down to the concentration of faculty, students and others who thought this was a misuse of these beautiful places,” Tiegs said. “Two patches of forests and other habitats were designated as Oakland's biological preserves.”

The addition of OU's sprawling golf courses did more than encourage a round on the open green. The up-and-coming facility could also be translated as roughly 300 acres of deforestation. Although the preserves offered some amendment, their protected nature only allots to roughly a third of the golf courses.

OU is not shy to begin building projects, as there is projected to be 1.2 million square feet of renovation between 2015 and 2025, according to the master renovation plans. This will cater to the growing enrollment: an 8.7% increase since 2008, shown in the Public University Summary Data. However, some students caution utilizing Oakland's natural space too extensively.

Educational edge

“Protecting the nature in the area is really important, not only for aesthetic reasons — it's nice to look at,



RYAN PINI | PHOTOGRAPHER

OU's unprotected wildlife could face water pollution, air pollution and loss of wildlife due to campus expansion.

and it's relaxing — but also for all the different services it provides to everyone,” said Megan Jamison, a post-bachelor OU student with a Bachelor of Arts in environmental science.

Some classes, in fact, incorporate the nature preserves with hands-on research and hiking opportunities. Over half of the population prefers hands-on activities when learning so students are accordingly partial to the nature preserves, according to Supporting Education.

“The best approach is hands-on, and having the ability to conduct research and recreation in an area like the biology preserve is a great way to expand as an individual,” said John Hart, an OU senior studying environmental science.

OU's nature has helped produce scientific publications by students or faculty every year since 1980, according to university records. Because of its educational value, students and faculty are appreciative and watchful of the available natural land within the city.

“I really want to help maintain the natural areas on campus,” Tiegs said. “I think the preserves are pretty safe for the next 10 or 20 years, but there are lots of other natural areas on campus that are not. I worry about the areas on campus that are not within the preserves.”

Caring for unprotected nature

There are spaces that have been developed or have plans for development, but environmentalists are holding onto nature. Even through the most industrial construction, there are plants being weaved into the landscape with gardens and other controlled nature immediately outside campus buildings.

“I definitely think there can be a balance between the two [gardens and preserves],” said Kaleigh Snoddy, an OU junior studying environmental science. “In heavily urbanized areas, it's probably easier and more realistic to have gardens, but I do think that in general we need to make more of a priority to preserving the existing natural resources.”

Despite natural environments being a priority, the sites of lengthy buildings with prim cement lines cannot easily include nature. O'Dowd Hall, for example, has been free of any substantial naturally occurring wildlife since 1978 when OU recorded construction began. However, the Pollinator Conservation Club has recently stepped in to facilitate the creation of gardens.

“It definitely makes for a beautiful scene outside of O'Dowd,” said April Sonnenburg, secretary of the Pollinator Conservation Club at OU. “In urban areas, it's hard to remember trees, flowers and plants of all kinds are supposed to be there. When we keep that extra lifeline [gardens] there, it helps people remember how important it is to the Earth and us.”

What next?

A slight brushing is in the distance as a deer takes a mesmerized stare at students flooding down the sidewalks for another class period. With a fluid motion, the deer swoops back into swaying threads of green brush. This is a familiar scene at OU because of the natural habitats still available to wildlife within rivers of paved pathways and modern architecture.

The current environmental projects on campus have been achieved through people simply taking notice. What does that mean to take notice though: caring for our nature preserves, becoming an activist or creating nature where it's been absent? Each of these roles has contributed to OU's nature.

“Although the world is constantly growing, we need to remember where it all started,” Sonnenburg said.

Because of select students and faculty, OU is being pushed to balance development and natural preservation. The conversation is not over between the two, though.

“Our current rate [of development] is still incredibly unsustainable,” Snoddy said. “We need to respect the resources that we are growing on.”

OUWB professor receives Women of Impact award

BRIDGET JANIS

Staff Reporter

One of Oakland University's professors, Dr. Asha Shajahan, was honored with receiving the Women of Impact award for her community work and being a role model for younger women.

The Women of Impact awards are hosted by the Joyce Ivy Foundation, a non-profit organization with a goal to help the academic advancement and leadership development of young women around the Midwest.

"It meant a lot because most of my work is service-oriented, and I felt that it was really awesome that an organization wanted to honor someone in terms of service," Shajahan said. "A lot of people achieve very cool things, and it's like we often forget that part of our purpose of being here in the world is to give back, and a lot of what I do is around service to the underserved. So, it really meant a lot that it was recognized so that others who also want to serve may be inspired."

Shajahan is a professor within the Oakland University William Beaumont School of Medicine, an assistant professor in the Department of Family Medicine and Foundation Medical Studies, a board-certified family physician, and medical director of Community Health for Beaumont Hospital in Grosse Pointe.

Family medicine can study the behavioral effects throughout the lifespan of a person's life. While providing health care for all ages, Shajahan has assisted in improving people's well-being.

"Family medicine is the scope of medicine that starts from infancies — so when the baby's born all the way until your geriatric features — and the reason I chose that is because I was very much into health policies and wanted to understand health from the lines of every single person," Shajahan said.

After receiving her undergraduate degree in health administration, she worked as a health care legislation intern in Washington D.C. Then, she started working in Detroit, helping and serving underserved with health care. She continued her education by attending medical school at St. Matthew's University and ended doing her medical rotations in New York. She also received her master's in health services administration at St. Joseph's College. Shajahan's last step of education was starting her residency at Henry Ford.

She is also the co-host of a podcast that started last May for Beaumont Health, titled Beaumont House Call. The focus of this podcast is talking about public health information and trying to empower people to live happier and healthier lives.

"I think that people are really, the younger generation specifically, looking toward media to get health information," Shajahan said. "We thought this is a great way for people to get health information for free from experts about different health conditions such as depression and loneliness."

Shajahan is also teaching a class called "The Eight Dimensions of Wellness," which focuses around all the things that can impact health. The class educates people on how to improve in areas of health for a more well-rounded life.

Shajahan is hoping to move forward with her work and fur-

ther impact others throughout her career. In order to share more of her public health knowledge, she hopes to help more people in the future through more media spaces. She also hopes to expand herself to a bigger audience outside just the community level and reach a more national level.



PHOTO COURTESY OF DR. ASHA SHAJAHAN
Dr. Shajahan's career focuses mainly on family medicine.

History professor named to 'Men of Excellence' list

KATELYN HILL

Staff Intern

History professor De Witt Dykes has recently been recognized for the "Men of Excellence" award, given by The Michigan Chronicle.

"It's an honor, and I'm certainly happy to receive it," Dykes said. "It's occasionally nice that someone says you're doing a good job."

The Michigan Chronicle's "Men of Excellence" award recognizes local African American men who have inspired others through their work and the community service.

This year's 50 new honorees will add to the over 600 professionals who have already received the award. This new group was inducted Friday, August 2 at the Motor City Casino Hotel.

Dykes, who is celebrating 50 years at Oakland University this summer, said that of all of his achievements, the success of the students that have taken his classes and gotten something of merit out of them is his greatest.

"I've taken pride in the fact that a number of my students have done well and moved on to various kinds of professions," Dykes said.

Vice President for Student Affairs and Chief Diversity Officer Glenn McIntosh



PHOTO COURTESY OF OAKLAND UNIVERSITY

Over his 50 years at OU, Professor Dykes has published work and co-founded societies.

called Dykes "one of the most charismatic, passionate and committed faculty members" he has met in his career.

"He's very engaged when it comes to students and he always seems to go the extra mile to make sure that students are successful and that they learn, not only history, but history in the context of today's society and how it applies," McIntosh said.

Other than being a history professor, Dykes co-founded the Fred Hart Williams Genealogical Society — of which he served as its first president for six years — as well as the Michigan Black Network and the Afro-American Historical and Genealogical Society. He was also a board member in the Detroit Historical Museum and the Historical Society of Michigan.

"Our goal was not to have history merely be something for students who go to school at the college level, but to spread it to the public, many of whom didn't receive it when they were in school or who are interested enough to try to go beyond what they learned earlier," Dykes said about the organizations.

McIntosh said it's important to recognize those, such as Dykes, who go above and beyond the call of duty in the service of others. He said his body of knowledge has really been extended to everybody within his community, serving all types of individuals.

"His compassion for people always lends itself to really helping the person discover themselves, and then help them discover what's next for them," McIntosh said. "He is a jewel in the community and we're very fortunate to have him."

Dykes said he is still active and hopes to not only continue researching and publishing works of significance, but "to just keep going for another few years."

"This is a person who has been dedicated to teaching for so many years, really half a century, and he's still going strong with no signs that he's ready to stop teaching and making a difference," McIntosh said. "I want to have that much energy when I'm his age."

Professor, program director strives to make a positive impact

TAYLOR MCDANIEL

Contributor

In a hallway on the third floor of Wilson Hall, a tiny, cramped office can be found. It's a seemingly ordinary room with a computer on a desk, a few chairs, a cabinet — but then on the left is almost an entire wall filled with books, shelves of texts organized chaotically in stacks.

There are books about various subjects — from gender and masculinity and femininity, to race, to sexuality, to sociology, to public speaking and communication. According to the office's occupant, Dr. Valerie Palmer-Mehta, the books represent her personal interests.

Palmer-Mehta has been a communication professor at Oakland University — where she earned her undergraduate degree — for the past 15 years. She has been awarded the OU Honors College Inspiration Award and the Elizabeth Youngjohn Teaching Award for her zeal in teaching.

"She performs, but it's genuine," said Holly Gilbert, adjunct professor of journalism. "It's her passion that turns into a [interactive] performance in the classroom that is poetic and moving and inspiring."

Gilbert, who is also an adviser, has an office next door to Palmer-Mehta's classroom, and is often drawn to sneak a peek at

the inspiring lectures.

"Students love Val," Gilbert said. "This is very rare you hear a student talking about how much they respect and want to have a person as a professor, but at the same time say, 'They are so hard.'"

Dedicating her career to communication has allowed Palmer-Mehta to combine all of her different interests — gender, sexuality, sociology and race — into one area. The professor has taught a variety of undergraduate and graduate courses in communication and has also been published in various journals and edited collections.

For the past year, Palmer-Mehta had the opportunity to fill in as the interim director of the Women and Gender Studies program, for which she was already an affiliated faculty member. She also occupied the interim director position from 2014-2015.

"Naturally, I have a passion for the area," Palmer-Mehta said. "Anything I can do to support I would definitely do."

Outside of her departmental commitments, Palmer-Mehta strives to assist students — specifically young women — to reach their leadership goals.

"I find my most gratifying work is, honestly, helping others achieve and creating opportunities for others, more than any article I've written," she said.

Palmer-Mehta currently resides as the faculty adviser of the American Associ-



PHOTO COURTESY OF OAKLAND UNIVERSITY

Palmer-Mehta has been with OU for 15 years and works among several departments.

ation of University Women (AAUW) at OU. Her work with the AAUW and her passion for helping women rise up in education merited her the Phyllis Law Goodson Award in 2016.

Her accomplishments are far and wide, for which she said she is very appreciative, but Palmer-Mehta said she still wants to find ways to contribute.

"I feel like I'm in process," Palmer-Mehta said. "I've accomplished some things, but I'm not finished. I'm still trying to

make a contribution and make an impact on my little corner of the world."

In August, Palmer-Mehta will end her yearlong position as the interim director of Women and Gender Studies. She will return to her roots as the Communication program director, but said she truly values the chance for the role she held.

"I have enjoyed the opportunity to have these positions because I see leadership as servanthood," Palmer-Mehta said. "You're really helping other people."

Bottomless Toy Chest interns make a difference at Red Carpet Movie Event

RACHEL BASELA

Life&Arts Editor

The Bottomless Toy Chest (BTC), a 501(c)(3) non-profit organization based in Troy, Mich., serves the pediatric cancer community by providing year-round toy deliveries to hospitalized children undergoing cancer treatment. Along with this, the organization offers an internship program through Oakland University where three OU students took on the challenge of helping children in need this summer.

The 2019 annual Red Carpet Movie Event on July 18 featured a private screening of "Toy Story 4" to pediatric cancer patients and their families along with other activities. Families entered Emagine Theater in Royal Oak, where they were greeted like movie stars by the staff of BTC with a red carpet, media teams, T-shirts and Oscar-esque awards. The afternoon concluded with a pizza party that included arcade games, a photo booth, face painting and "Toy Story"-themed crafts.

Many families who were in attendance were introduced to the organization through toy deliveries at Royal Oak's Beaumont Hospital.

The Butler family attended the annual movie event, and Kent Butler discussed the impact that BTC has created in the life of his daughter, Carter.

"Bottomless Toy Chest has been in her regular routine at the hospital," Butler said. "She's excited to go to the hospital every time for her back pokes, for spinal taps, for her blood tests, because she knows she gets to go into



RACHEL BASELA | LIFE&ARTS EDITOR

A boy receives an "Oscar" from OU senior Katie Krajenke.

the Bottomless Toy Chest."

Mickey Guisewite, founder, president and executive director of BTC, found toys were also the solution to brightening her child's journey of battling cancer. This realization that pushed her to start a small toy drive around a decade ago morphed into a nationwide organization that has provided around 30,000 toys to 11 hospitals across the United States.

"I found that the more I could do to keep my son,

Jack, engaged and focused on what he could do than all the things he couldn't do, the better he responded to his treatment," Guisewite said. "It's scary to be in the hospital. It's tedious to be a patient, especially when you're a child, so I just made sure he had a lot of things to do."

Guisewite used toys to bring life to her son's hospital visits, and in the more recent years, she has welcomed interns from OU to progress her mission of lightening other children's lives.

OU seniors Rachel Pepe, Katie Krajenke and Samantha Miller are interns at BTC and were in attendance for this year's Red Carpet Movie Event. All three have an interest in working with non-profit organizations and found that BTC suited their degree paths when choosing a capstone credit.

"I talked to [Bottomless Toy Chest volunteers] at the career fair ... and I really like their energy," Krajenke said. "They seemed really personable and friendly."

This particular non-profit organization seemed to resonate with the trio as they reminisced about memorable events that BTC has put on in the past months.

"We put on an event at C.J. Barrymore's called Celebration of Life about a month ago, and it was really nice to see the families outside and having a good time together and celebrating their life, not focusing on what had happened to them," Krajenke said.

The interns encouraged OU students to get involved at the BTC through individual or team volunteering, as well as making toy or monetary donations to the organization through its website.

‘The Lion King’: a tragically flawed visual and vocal achievement

TREVOR TYLE
Editor-in-Chief

It was only a matter of time before “The Lion King” became the latest cash cow in Disney’s string of live-action adaptations of animated classics. I mean, it checks all the boxes. Beloved film? Check. Acclaimed animation? Check. Iconic music? Check.

That also meant the stakes were at an all-time high. The original 1994 film pretty consistently ranks among the greatest Disney films ever made, and just last summer, it was proven to be the most popular Disney film across the country. Achieving the greatness of the original would be no easy feat, but director Jon Favreau was up for the challenge.

Favreau has a pretty great track record. The “Elf” and two-time “Iron Man” director truly blew me away with his 2016 live-action version of “The Jungle Book” — quite possibly the only film of its kind to surpass the original — so I had no doubt he’d be able to pull it off again with “The Lion King.”

Unfortunately, I was wrong.

For the most part, the faults of the new version are not Favreau’s, or any of the cast members’. The original is simply that good that it cannot be surpassed.

The 2019 remake hardly strays from its source material, for better or for worse. It follows young Simba (JD McCrary), a lion cub and heir to his father Mufasa’s (James Earl Jones) rule over Pride Rock. While Simba “just can’t wait to be king,” his menacing uncle, Scar (Chiwetel Ejiofor), plots to usurp the throne.

Scar joins forces with the evil hyenas, who have been banished from the pridelands, to trap Simba in a stampede, knowing Mufasa will come to his aid. He seizes the opportunity to murder Mufasa, blaming Simba for his death and exiling him from the pridelands.

Simba becomes a fully-fledged adult (voiced by Donald Glover) after befriending wisecracking meerkat Timon (Billy Eichner) and flatulent-yet-lovable warthog Pumbaa (Seth Rogen), who teach him a new viewpoint on life — “Hakuna Matata,” or “no worries.”

But when Simba’s childhood best friend Nala (Beyoncé) pays him a visit, begging him to return and end Scar’s tyrannical reign, he is left with a choice to either embrace his problem-free new lifestyle or face his past and take his rightful place as king.

While Favreau’s take on “The Lion King” is far from perfect, it wildly succeeds in many ways, particularly in regard to casting. Eichner and Rogen are remarkable as Timon and Pumbaa, acting as the new version’s sole indisputable highlight. Likewise, John Oliver is perfect as Zazu, Mufasa’s uptight (literal) wingman. Meanwhile, Jones — the sole returning member of the 1994 film’s cast — brings just as much power to the role of Mufasa with his undeniably iconic vocal resonance.

Glover is fine in the role of Simba, though as his younger counterpart, McCrary’s impressive vocal performance does twice the work and gets half the credit.

The one true disappointment in the casting department — and yes, I’m already securing a restraining order against every member of the BeyHive for this statement — was Beyoncé. Her performance was surprisingly weak,



PHOTO COURTESY OF IMDB

The remake of “The Lion King” is eye-catching in live-action form, but ultimately falls flat compared to its predecessor.

and the character of Nala struggled to break free from Queen Bey’s distinct vocal chops.

Similarly, the film as a whole fails to break free from the brilliance of the original. It’s a visual and technological achievement, but with only one “real” shot in the film, the overabundance of CGI strips the narrative of both its energy and emotional value. Even Mufasa’s death — the emotional peak of the story — forces McCrary to carry the entire scene as a heartbroken Simba, because his CGI counterpart simply can’t convey that level of emotion.

“The Lion King” is a film I wanted to love and only sort of liked. In spite of the film’s strengths, my immediately noticeable lack of chills during the opening “Circle of Life” sequence set the tone for the whole viewing experience, reminding me that the feeling I had the first time I saw the original film is one that just can’t be replicated.

Rating: 3/5 stars

POLITICAL FOCUS

Challenging the status quo is the definition of patriotism

BEN HUME
Web Editor

A tweet circulated from President Donald Trump’s account on July 14 smearing a group of new, progressive Democratic congresswomen. The tweet attacked the group of congresswomen, which included Alexandria Ocasio-Cortez (D), Rashida Tlaib (D), Ilhan Omar (D) and Ayanna Pressley (D), after the congressional Democrats voted against an emergency border aid package that liberals felt did not place sufficient restrictions on the Trump administration.

The tweet was possibly the most racist and xenophobic thing to ever be said by the president, and was met with resistance from all levels of the Democratic party, including the speaker of the house Nancy Pelosi, condemning the president with a tweet of her own, saying, “[H]e reaffirms his plan to ‘Make

America Great Again’ has always been about making America white again. Our diversity is our strength and our unity is our power.”

The accusation from Trump that these congresswomen should go back to their own countries suggests their complaints about how our own country is run are unpatriotic. Besides the ironic fact that three of the four congresswomen were born in the United States, the claim that resisting the status quo is unpatriotic is nonsense. I believe there is no better way to serve your country than try to make it the best it can be, and that nearly always means we have to change the way things are.

No country, including our own, is ever perfect. To strive for perfection rather than running from our problems is a noble endeavor. In this case, no one could argue in good faith that our country does not have a problem when it comes to handling immigration.

When these four progressive congresswomen cited their grievances with the aid package, instead of being debated through normal means, they were painted as traitors to the cause.

Calling sitting members of Congress anti-American and telling them to return to “countries whose governments are a complete and total catastrophe,” despite never even setting foot in those countries is a level of racist, dirty politics that could lead to real, dangerous consequences. Many spectators to this exchange on social media voiced concern about the security of Omar especially, considering she had already been the target of a presidential smear campaign that I wrote about less than a year ago.

This should lead to a real impeachment inquiry. Even as a liberal, I do not throw around the “I” word lightly, but after so many months of incompetence that have quickly evolved

into downright villainy, I believe now without a shadow of a doubt that the president of the United States is not fit to continue in office. He has shown a lack of basic humanity when communicating with anyone in government who is not a rich white man, and this lack of humanity is putting the health and well-being of multiple members of Congress at risk. He cannot be allowed to use his position to circumnavigate the system of government and push an agenda of white supremacy.

President Trump leveled hatred at four new faces of the Democratic party in an attempt to brand them as enemies of the United States and cause divide in a seemingly fractured party. Instead, he has finally brought about rumblings of an impeachment hearing. And in my opinion, there would be nothing more patriotic than running that man out of the White House.

SPORTS

Colin Kaline takes the reigns of Oakland baseball

The former co-head coach takes the promotion heading into the 2019-2020 school year

MICHAEL PEARCE

Sports Editor

At 30 years old, Colin Kaline is a relatively young head coach for a Division I college baseball team. After sharing head coach duties with Jacke Healey for two seasons, he was announced as the sole head coach this summer.

Since he joined the coaching staff from Florida Southern College, the team has gone 20-35 in conference play and won their first ever tournament games as a program.

"I was 27 when I got that job, and I still had a lot to learn about coaching in general," Kaline said. "Having someone to lean on in my first couple of years of running a program was very valuable to all of us. It helped me ease into running a program."

Kaline, grandson of Tigers Hall of Famer Al Kaline, was a 25th round pick by the Detroit Tigers in 2011 out of Florida Southern. After many years of being an assistant or co-head coach, he feels confident and ready to take the helm of the Golden Grizzlies baseball team.

"I'm feeling very ready and very confident," he said. "We're just really excited. We have a great group of guys that are going to make this transition very easy for me."

Last season, the team struggled, going 11-37 overall and losing in the first round of the Horizon League tournament in a crushing fashion to the Northern Kentucky Norse. The Golden Grizzlies had a three-run lead in the bottom of the ninth and gave up four runs to the Norse to lose the game.

In addition to a tough season, the team was only able



PHOTO COURTESY OF OU ATHLETICS

In 2011, Kaline was a 25th round pick for the Tigers.

to play five home games.

"There's a lot of things that happened that were really out of our hands last year," Kaline said. "It's nice to hit the reset button and kind of get everybody rejuvenated and back on

the same page. We're excited about giving it another go."

Since Kaline's arrival, the Golden Grizzlies have seen success in their players either getting drafted to the Major League or having success in the MLB.

Zach Sterry was drafted in 2017 and Jake Lee was drafted in 2018, but the most recent success story from Oakland is Mike Brosseau, who has hit just under .300 and drove in 11 runs since getting called up to the Tampa Bay Rays.

"It's really special to see that," Kaline said. "Any time you can have a player from the university you're coaching at have success in the big league, and on top of that, Mike is a wonderful kid. He's one of the best people you'll meet. He comes back and helps the guys, he was a great teammate when he was here and he's still helping our kids currently."

The player on the roster that Kaline believes can be the next Golden Grizzly to get drafted and find success in professional baseball is junior pitcher Beau Keathley.

Keathley was third in the Horizon League in earned run average (ERA), with a 3.77 ERA. He also ranked fourth in strikeouts and allowed the least hits of any starting pitcher in the conference. Opponents had an abysmal .189 batting average against him.

"He [Keathley] is a guy we're really excited to see continue developing, and we know he's going to work hard and live up to the hype," Kaline said. "It will be exciting, not only for us to watch him develop, but for him, his family and teammates as well."

With a rejuvenated team and a love for the game, Kaline feels confident that he and his team can rebound after their disappointing 2019 campaign.

Jeff Tungate's new team and coaching staff

MICHAEL PEARCE

Sports Editor

After finishing 6-24, the worst record the women's basketball team has had under Jeff Tungate, the team will have a completely different coaching staff.

Feeling disappointed about the way the season ended, Tungate decided to switch up the coaching staff, promoting Crystal Bell to assistant coach, and hiring Ariel Braker as an assistant coach and hiring Ke'Sha Blanton as associate head coach.

"The new staff additions have been really good," Tungate said. "I just thought it would be nice to get new ideas, some new energy and maybe be able to expand our recruiting a little bit. I feel really confident that I found those things."

Last season the team had seniors in Taylor Jones, Nikita Telesford and Mercy Agwaniru to carry the load while surrounded by mostly freshmen and sophomores. Now, the team

will look to rely on players like Kahlajah Dean, Chloe Guingrich and Brianna Breedy with those seniors leaving.



"I think by playing more high caliber mid-major teams we can give us a better idea of where we're at and what we need to work on."

**JEFF TUNGATE
COACH**



"I think Brianna Breedy could take on a bigger role," Tungate said. "She's shown a lot of improvement and work in the spring. I also think Chloe Guingrich is only going to get better. I think she is capable of being someone who can really take that next step for us."

Dean exploded onto the scene in the second half of the season last year, scoring 30 points in a game against Detroit Mercy. She was also named to the All-Freshman first team, and formed a scoring duo with Jones, an All-Horizon League Second Team player.

Breanna Perry is a name that Oakland women's basketball fans need to keep stored away in the back of their minds. The six-foot-one transfer from Temple is an athletic rebounding forward who is eligible starting in the 2020 season. With both Telesford and Agwaniru leaving, the front court will need depth for the future.

"The biggest thing is rebounding," Tungate said. "We'll be able to get up and down the court and putting points on the board. Our guards will have to rebound more with those two gone."

Combining Perry, Dean, Breedy and Guingrich will yield a very athletic, fast team in the 2020-21 season. However, Tungate isn't focused on that, he's focused first and foremost on the 2019-2020 season.

The schedule will have less big conference teams and feature more mid-major teams, as Tungate felt last year's schedule was too difficult, playing half of the Big 10.

"When you're playing Indiana, Michigan and Michigan State, you aren't getting a true test of where you are," he said. "I think by playing more high caliber mid-major teams we can give us a better idea of where we're at and what we need to work on."

Not only was the past season the toughest for Tungate in terms of record, but personally, he dealt with back problems that sidelined him for seven games of the regular season.

"It was difficult," he said. "No one likes to lose, then you throw on top of that the health problems, and it was a very tough year. I think as long as you can learn the right lessons from that, though, it can help us."

The 2019-2020 Golden Grizzlies team will be a young one, full of athletic players who have shown growth and impressed Tungate and his new coaching staff.

Living with a shopping addiction

Sometimes all you need is a little retail therapy

KATIE LADUKE

Managing Editor

People will always try to say you have a “problem” or you “don’t need it.” To that I say, “add to cart.”

I never used to like shopping. There was once a time, long ago, when I actually despised going to stores. That was obviously when I didn’t have a credit card.

The walking seemed like a chore and lugging those bags around all the cramped aisles was the last thing I wanted to do for a fun day with my friends.

Now, I look back and laugh at my naive, teenage self. Every store is a new adventure with the best deals waiting to be unleashed. Sales are my kryptonite. I will never be able to pass up buy three, get two free at Bath & Body Works. It’s sad but true. Just look at my night stand.

Taking me to a mall is dangerous, especially when Ulta, Old Navy and American Eagle are right next to each other and just so happen to have their best sales at the same time. But online shopping is when I’m in my element.

Shopping online completely takes the hassle out of your trips to the mall and leaves you to comfortably browse the best goodies from wherever your heart desires. You can also have multiple tabs pulled up on your computer at the same time. I bet you can’t go into two stores at once.

Some people may like the instant gratification of finding the perfect pair of

pants and immediately being able to take it home. But have you ever ordered five different packages that were all supposed to come in the same week? It feels like a second Christmas.

Even now, shops like Amazon have guaranteed one- and two-day shipping, so you don’t even wait that long anyway. And if you can’t wait for ONE-day shipping, well, honey, you need to get some patience.

People are also quick to point out that shipping is an additional cost. What they fail to realize is that 99.99999% of websites have free shipping when you hit a certain total. So, am I going to pay \$35 for my order plus \$15 for shipping, or add \$15 in products that I’ll actually use and get FREE shipping? You do the math.

I would just like to point out that Amazon Prime was the best thing to ever happen to me (no, this article isn’t sponsored). That website has EVERYTHING you can possibly dream of. Phone case? The best of the best. Textbooks? Cheaper than the bookstore. Inflatable hot tub? Just let them know the size you want.

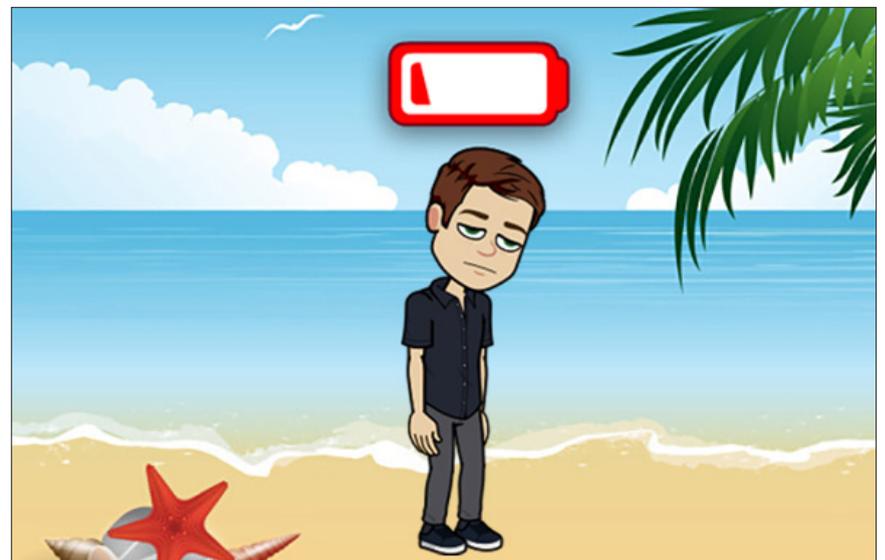
Prime Day definitely gave my credit card a good workout, but there aren’t too many days where you can get an Apple Watch for over \$100 off, an Amazon Fire Stick for \$15 and Crest white strips for more than 50% off.

So, I don’t want to hear that I have a “problem.” Retail therapy actually works, and it can be a hell of a lot cheaper than seeing a real therapist.



ASHLEY AVERILL | COPY EDITOR

A good sale might break the bank and make you question your self control, but it’s all worth it.



ASHLEY AVERILL | COPY EDITOR

The seasons come and go, but the best will always be the start of a new school year.

Get me back on campus ASAP

Summer just hits differently after the Fourth of July

MICHAEL PEARCE

Sports Editor

Oh my word, it has been a while since I got to pour out my feelings into the satire section of this here fine publication. I just wanted to start off this therapeutic session by saying something unpopular: summer vacation is kinda bad once you get past the fourth of July.

It blows, big time.

The NBA and NFL are gone. All I have as far as entertainment goes is looking out my window and watching how many people die of heat exhaustion, and all my friends are either working on my days off or have off the days that I’m working. Inject Oakland back into my bloodstream, no cap.

At least then, my friends are in a location where I can easily bust in and make myself at home even though I’m unwanted. At this point, I have to use like 3 gallons of gas to get to their houses.

Yeah, classwork can suck sometimes, but good GOD I need a phat and basically tax-free paycheck courtesy of that queen Ora Pescovitz. Taxation really does suck, I feel you, Thomas Paine. You had a point. Right now, I just scrape by after good old Uncle Sam robs me of my hard-earned moola, and I have to act like summer break is so great. It feels like ages since I had access to consistent, solid air conditioning.

Since I’m at home, my parents are worried about “money,” “saving energy,” “responsibility” and all that garbage. They keep telling me, “Michael, clean

up your room” and “Michael, stop using all of the bread to feed the ducks,” and frankly, I’m sick of it. I need my small, cramped dorm back where I can set the thermostat at 56° and watch the polar ice caps melt in real time due to my insensitive habits.

And another thing. I thought this satire gig would land me more invites to summer pool parties. You all have been severely slacking. My email is on the inside page of this newspaper, my social media is all public. I expected more from all of you. If I can’t get invited to the most hopping parties of this generation, then what is the point of all this?

All I’m saying is that if I don’t start getting some recognition for all of this, I’m going to have to resign from my post as resident-bitcher of The Oakland Post. I don’t think you want that to happen, so I’m going to need some of that there clout real quick. This isn’t a threat, it’s a promise.

Anyway, I’m happy to be one day closer to being back on the campus I love, as well as one day closer to my inevitable demise. I’m sure once I get back I’ll be complaining again about how tired I am and how shitty the snow is, but that’s why you love me. That’s why we work well together. I can’t wait to bother you weekly with my insufferable presence and remind you again and again that nothing really matters and we’re all headed toward doom and despair.

Happy summer, my friends! Also, please forward this article to the best therapist you know ... I need it.