

THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

SEPTEMBER

21

— 2016

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getting involved

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Photo by Dongfu Han / The Oakland Post



ontheweb

Online update on the Student Veterans of Oakland University's Road March to End Hunger, which took place Sept. 9 and doubled last year's donations

www.oaklandpostonline.com



PHOTO OF THE WEEK

TEACH ME HOW TO DOUGIE // Several students competed in a dance-off on the foam-covered floor at Housing's annual Midnight Block Party last weekend. Participants were given 30 seconds to show off their best Dougie, and a winner was selected based on the crowd's cheering. *MARY MITCHELL // The Oakland Post*

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



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RUNNING AROUND

Looking for something to do on campus? Check out the Running Club in this week's Student Org Spotlight.

Photo / Dongfu Han



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STAYING SHARP

A Microsoft study reports that humans now have shorter attention spans than goldfish, thanks to technology and multitasking.

Photo / Mary Mitchell



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OLIVIA NASH GOES PRO

Catch up with Oakland alumna Olivia Nash as she prepares for her post-graduate career playing basketball in Finland.

Photo / Nowshin Chowdhury

POLL OF THE WEEK

Brad Pitt and Angelina Jolie are getting a divorce. Thoughts?

- A** Love is dead and 2016 is cancelled
- B** My heart will go on . . .
- C** Literally, who cares?
- D** [GIF of Jennifer Aniston laughing]

Vote at www.oaklandpostonline.com

LAST WEEK'S POLL

What's your opinion on pumpkin spice?

A) #sickofit

13 votes | 24%

B) It runs through my veins

15 votes | 28%

C) I'm indifferent

14 votes | 26%

D) Where's my peppermint mocha?

12 votes | 22%

THIS WEEK IN HISTORY

SEPTEMBER 30, 1966

Oakland University announced a plan to provide transportation to Rochester, Birmingham, the Pontiac Mall, and Northland. Today, we have the Bear Bus.

SEPTEMBER 15, 1967

Dorm curfew hours were officially lifted for female students over 21 or with sophomore status. Since the creation of the university, female students had an earlier curfew than male students.

SEPTEMBER 18, 2002

An Oakland Post test revealed that at least three of the 10 blue light stations on campus were not working. The problems in 2002 mirrored a similar problem a few years back that has since been fixed.

**BY THE
NUMBERS**
GREEK LIFE

\$7 billion

raised for charities each year
by U.S. Greek organizations

85%

of Fortune 500 executives
were Greeks in college

850,000

hours volunteered
by Greeks annually

9 million

students take part in
Greek Life each year

12,000

undergraduate chapters
in the U.S. and Canada

Looking Back

The history of Bear Lake: Campus “water wonderland”

Cheyenne Kramer
Web Editor

Bear Lake is a landmark on Oakland University's campus. Between Vandenberg Hall and the Oakland Center, the bridge connecting Vandy and the OC has actually been there longer than the lake itself.

The mud pit used to be home to campus events like tug-o-mud and a famous mud fight.

Back in May of 1966, the area where the lake is used to be a giant mud hole. There were no plans for the lake to be home to any wildlife, and it was explicitly forbidden for students to boat on the lake. By 1967, the lake had been stocked with fish.

Originally, the lake was to be finished when construction was finished on Vandenberg, but union strikes halted the completion of the lake.

The original Oakland Observer article unveiling the lake's plan called it a “water wonderland,” and a “scenic lake.” The lake was part of a university-wide attempt to “beautify” the campus.

By September of '66, the lake had taken up the name “Beer Lake.” The story goes that a student threw a beer can into the mud and christened the area Beer Lake. The paper called the finished lake a “swale-hole.” One story stated that George Karas, the director of the physical plant, had no knowledge of the lake being called Beer Lake.

At the time, rumors were circulating that there were surveying stakes in the water to “pierce the first unsuspecting swimmer.”

This, of course, was only a rumor. The water, according to the article, came from surface drainage and was “anything but polluted.”

And those weird cement structures still in the water today? They are to regulate the water level of the full lake.

A year later, a rumor circulated that Vandenberg Hall was slowly sinking into Beer Lake. Another rumor was that there was a sink from a junkyard sitting at the bottom of the lake.

Beer Lake was also known for students playing ice hockey on it. But in the winter of 1966, two students fell through the ice. At one point, the ice thawed enough for goalie nets to sink to the bottom, but they were eventually recovered.

Another rumor was that a student promised that if his bowling team won a tournament, he would drop his bowling ball off the seventh floor of Vandenberg. They won the tournament and

fulfilled his promise. It took him three attempts to recover the bowling ball from the lake.

In 1968, the Oakland County Department of Health stated that Beer Lake was “unsuitable as a public bathing beach.”

The reason? The water could be unsanitary because of possible pollution from a county drain and the effluents from the heating system in Wilson Hall.

In addition, a preliminary study conducted by two OU students said that bacteria of the family Enterobacteriaceae were inhabiting the water.

This type of bacteria can cause serious intestinal disorders like typhoid. At the time, William Forbes of the biology department said Beer Lake was poorly planned, and that there should have been more consideration for the risk of pollution. He said the lake could be a danger to anyone in the surrounding area.

But bowling balls, sinks and beer cans weren't the only thing to be found at the bottom of the lake. Numerous cars found themselves taking swimming lessons after rolling out of the OC's parking lot.

Most students remember the car that rolled in from P2 in 2014, but did not know the history behind the lake's many victims.

Between 1980 and 1985, three cars found their way into the lake in the exact same spot. In 2002, another car found its way there.

The Oakland University Alumni Association Facebook page recently posted a photo of a Big Boy statue found in the lake.

“I woke up in the morning and looked out my dorm room window, it was foggy but there rising out of the fog in ‘Beer Lake’ was Big Boy,” alumni Marshall Copeman was quoted on the page.



Oakland Post Archives

This photo of Vandenberg Hall and “Beer Lake” was published in the May 27, 1966 issue of The Observer.



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Corrections Corner

On Sept. 14, we published an article titled “OU Art Gallery exhibits prints donated by DIA.” The prints were actually loaned, not donated, to the gallery by the DIA. The Oakland Post apologizes for the error.

The Oakland Post corrects all known errors of fact.

If you know of an error, please email editor@oaklandpostonline.com or call (248) 370-4268. You can also write us at 61 Oakland Center, 312 Meadow Brook Road, Rochester, MI 48309.



Elyse Gregory / The Oakland Post

Students can swipe their Grizzly ID cards and earn points to collect rewards.

Orgs want active grizzlies

Jessica Leydet
Intern Reporter

Getting involved on campus isn't always easy and can be especially hard for new students or commuters. A new program called Active Grizzly has begun this week and is designed to inform and encourage all students to get involved on campus by giving them an incentive.

It is based on a point system, which keeps track of the student's attendance to events, meetings and programs when they swipe their Grizzly ID card as they enter.

Student Activities Funding Board Chair Jorge Garcia helped create this program. He explained that points are gradually earned because the amount of points a student can earn per event varies.

"Meetings for student organizations are usually worth one point, because they generally only last forty-five minutes to an hour, but larger events will be worth two to three points depending on the length of the event," Garcia said.

Once a student reaches a certain amount of points they can win prizes. Ten points earns a water bottle, twenty points earns a T-shirt and a water bottle, and thirty points earns a Grizzly hoodie, a T-shirt and a water bottle.

In order to join this program, students must log into GrizzOrgs, click on "forms" and complete the "Active Grizzly Registration Form." Once students are officially registered, they will receive an Active Grizzly Newsletter via email every Friday, which includes information about the events considered in the program.

To redeem points, students must visit the GrizzOrgs home page, click on their

names in the upper-right hand corner, scroll down and click on the tab labeled "Involvement." There they can find all the events they have participated in.

Click on the tab labeled "All Dates" and change it to the current semester. Students can then print off the webpage and turn the sheet into the Oakland University Student Congress office.

In addition to students benefitting from the program, Stephanie Jurva, assistant director of Student Organization Programs explains that student organizations will benefit, too.

"This program will help the student organizations by exposing their events to the campus community," Jurva said. "Students that may not have attended will have the extra incentive of the Active Grizzly program to earn points, but then could find they really enjoy some of the events and will return on their own without the extra incentive." She said she believes this program is going to help all organizations grow because it will attract not only the students who stay on campus, but commuters.

"The commuters may easily be attracted to the free swag, but once they become involved they will find out about all that OU has to offer and it will encourage them to attend other events that they are interested in," Jurva said.

In other words, the CSA recommends every student to get involved with Active Grizzly. Being active on campus can help students find their strengths and passions to better themselves.

Students may even meet lifelong friends in the process, which is always a plus. Most importantly, they can earn free Grizzly merchandise. All they have to do is register on GrizzOrgs and wait for the email that will be sent out each Friday containing the upcoming events.

Career Services now offering tips and a better Handshake

Shelby Tankersley
Campus Editor

In the hopes to better help students and create more Oakland University success stories, Career Services has made several changes to their model.

This includes a new site called Handshake, new offices and new positions for their staff.

"I'm hoping that all of this will help students be aware of us and help them become better prepared job seekers," said Kelly Dorner, associate director for Career Services. "This isn't an isolated thing, just in our office. It'll be all around them."

Handshake

In the past, OU used a site called Career Link for students to build resumes, make connections and apply for jobs. On July 1, it launched a new site called Handshake that replaced Career Link.

Wayne Thibodeau, senior director for Career Services, said Handshake is more user-friendly than the previous site.

"It has a much more creative and innovative feel for students. It has a Facebook look and feel to it," he said. "We have found it to be very user-friendly in helping employers find students based on their interests and resume preparations."

Dorner added that Handshake will also enable students to schedule Career Services appointments online instead of having to go into the office or call.

More campus presence

To become more accessible, Career Services has added offices in the School of Business Administration and the Engineering Center on top of their main office in North Foundation Hall.

"This means higher-level service for the students' academic programs for the business and engineering schools," Thibodeau said. "Our focus is to try and help get students prepared for the market and promote career readiness. This will help with that."

Business, engineering and computer science majors will now have career consultants in the buildings in which they have most of their classes.

Dorner said they are hoping this will encourage those students to take advantage of Career Services.

More staff

In order to oversee this new model, Thibodeau was promoted to senior director this past year. Two directors of employer relations will assist him in helping the student body.

"In our old facility we never had enough

personnel to facilitate employer engagement and facilitate new partnerships," Thibodeau said. "I felt a strong need to put people in those two biggest schools that have permanent focus on bringing employers here."

"This means higher level service for the students' academic programs for the business and engineering schools," Thibodeau said. "Our focus is to try and help get students prepared for the market and promote career readiness. This will help with that."

Wayne Thibodeau
Senior Director for Career Services

The two employer relations directors will focus on bringing employers and students together in networking and internship opportunities. They will help students build their own brands and foster talent recruitment between companies and students.

Dorner added that the move to add more offices and staff was to make things more convenient and less intimidating for students.

"This can now be an ongoing thing for their entire academic career," Dorner said.

Career Services held two career fairs in the last week to provide networking and internship opportunities. They also hold etiquette dinners, speed networking events, internship mixers and meetings with student career ambassadors that are offered throughout the academic year.



Bohdanna Cherystlo / The Oakland Post

Career Services switched over to Handshake from OUCareerlink.com in June 2016.

Student Org Spotlight: Running Club

KeyVonna Taylor
Staff Intern

College is the time when students can explore their interests and broaden their horizons. Student organizations at Oakland University allow students to do just that.

OU has over 350 student organizations. From academics and Greek life to club sports and more, students are bound to find a group that excites them. One organization that is available for students is Running Club.

"Students should join because it's fun," said Danielle Elder, a linguistics major, biology minor and president of Running Club.

"Running with others is way more enjoyable than running by yourself, and Running Club is a super low-commitment club that is a great way to meet new people."

Vice President Courtney Sharbaugh is pursuing a psychology major with a minor in communication and has been involved in Running Club for three years. On campus, she is also a member of Young Life and Barbelles.

Sharbaugh thinks being a part of this organization is a good way for students to form relationships with one another and discover more about themselves.

"It's a great way to meet people and find your place, figure out who you are or help you find people who are interested in the same things you are," she said.

Sharbaugh does not like running, but she likes how she feels after. "I love how it makes me feel after and meeting people," she added.

"[You] grow relationships and make connections with people, kind of like networking because you never know what could happen."

"We meet four days a week," she said. "You don't have to come every day, whenever you get the chance too. It's real laid-back and relaxed."

Elder encourages more first-year college students to join. "We have tons of new members this year, mostly freshman!"

"Running club accommodates all levels of runners, even those with low experience, or who are trying to get back in shape," she added.

"I only started running last year and I'm president! We love seeing new faces and we would be so excited to have you!"

As one of those newcomers, Michael Grinols looked forward to joining this organization despite being a recent OU grad.

Grinols graduated in May with a degree in mechanical engineering.

"I moved to Rochester Hills about two months ago from St. Clair Shores," Grinols said. "I joined Running Club to put a better focus on my shorter running distance as well as get to know the running areas around Oakland since I just moved out."

"I am extremely grateful for the opportunity to get to know everyone and improve myself alongside new friends. It makes tough workouts much easier and almost something to look forward to."

Interested in joining this student organization or have questions? Running Club can be found on Facebook, Twitter and GrizzOrgs, or students can email oaklandrunningclub@gmail.com for more information.



Dongfu Han / The Oakland Post

Vice President Courtney Sharbaugh encourages runners of all levels to join.



Nowshin Chowdhury / The Oakland Post

The food truck will be available at select Oakland Athletic events, it made its debut at the men's soccer game.

National Coney dogs heading to town

Robert Andrews
Staff Reporter

Fans who attended last week's Oakland's volleyball match or the men's soccer game had the opportunity to taste the food provided by National Coney Island at the concession station in the O'rena and at National's new food truck, parked outside Oakland's Soccer Field.

The new partnership between Oakland University Athletics and National Coney Island started last week, but plans for the partnership go back to last spring when Athletics began to bid out the concessions operation to interested parties.

Bob Nichols, vice president of operations at National Coney Island, noticed the opening for the concessions while attending past basketball games at the O'rena and thought it would be a great opportunity for National Coney Island. With Oakland's recent growth and success in athletics, the two were able to close a deal.

"We are proud to be part of Oakland University, which is a growing and great university. We feel it will be a great partnership," Nichols said. "We hope to expand our food truck outside of athletics and more onto Oakland's campus."

Founded by James Giftos in 1965, National Coney Island currently owns and operates 20 restaurants in Metro Detroit, according to its website. Being part of Metro Detroit for over 50 years, they have already branded their name in the community with their all-American classic food, reasonable prices, fast and friendly services, but most importantly, their famous Coney dogs — all of which caught the attention of the Golden Grizzlies.

"We were fortunate that National Coney Island was interested in getting involved," Director of Facilities Andy Adrianse said. "They are a great company, have been around for a lot of years, and are well-established in the area. They have a great infrastructure in place along with a strong support staff, which was a big plus for us during the negotiation process."

Game day experience

Food and beverages during athletic events are not deal breakers for most fans; however, having a variety of freshly prepared food at an event could

make the experience better. Oakland wanted to provide that by offering hot foods and an overall enhanced menu at Athletics events. The food that National Coney Island will be providing at the concession inside the O'rena includes some National Coney Island items, such as their Detroit-style Coney dog, topped with their famous chili, mustard and onions.

The new operation will also serve freshly prepared hot dogs, pretzels, popcorn and nachos, in addition to other options. Depending on the event, there may be additional special menu items offered.

Food truck

In addition to the concession operation inside the O'rena, National Coney Island will also be providing a new food truck at select Oakland Athletics events.

The food truck had plenty of customers while parked outside during the men's soccer game against Michigan State University on Sept. 14. Fans from both teams lined up at the truck to get a taste of what it had to offer.

The food truck menu included Coney dogs, fries, chili cheese fries, chicken tenders and other small snack foods. Prices for food and beverages ranges from \$1-5.

"The food truck in particular is really a cool thing because food trucks in general have become so popular in recent years," Adrianse said. "Being able to offer that at one of our first big soccer games of the season, with over 1,300 people out there, really added an element to the atmosphere that guests hadn't been able to experience before."

The food truck caught the attention of the broadcast booth and Neal Ruhl, Oakland's play-by-play announcer.

"We heard a lot of positive comments, received lot of praise through social media and also had the game broadcast through ESPN. Neal Ruhl gave Athletics and National Coney a plug on air, which was great," Adrianse said. "These are the type of things we want to continue to do to help spread good will with our valued partners and continue to establish better relationships with all those who support us."

SPB presents Toga at the Tower event

Students, alumni are invited to homecoming event featuring food, music, dancing, other entertainment

Amy Swanson
Staff Reporter

What better way to celebrate homecoming weekend than partying in a bed sheet? Toga at the Tower will be held Sept. 23 from 7 to 10 p.m. at the Elliott Tower. While a toga isn't required, it's strongly encouraged. This will be an evening of music by WXOU and dancing. In addition, there will be novelty entertainment like a photo booth and airbrush tattoos. And what's a toga party without the delicious Greek delicacies? Stop by the food tent sponsored by National Coney Island to get your fix. There will also be non-alcoholic beverages. All Oakland University students and alumni are welcome to attend. This is the first year OU is trying out this

event. It is being put on by the Student Program Board. Jean Ann Miller, director of the Center for Student Activities and Leadership Development, explained that the event was created by the executive members of the Student Program Board at their annual summer retreat. "There were no homecoming activities associated with the Elliott Tower and a need for a homecoming event for OU students," Miller said. "The two 'needs' were put together and Toga at the Tower was created." Miller said the event was developed with OU students in mind. "Homecomings tend to be alumni-oriented, but our current students, who will be OU alumni in the near future, should be part of the celebration too," she said. "Elliott Tower was donated to be 'a rallying point for student activities and cre-

ates a stunning visual centerpiece for Oakland's campus," Miller . "What better and clever way to kickoff OU's Homecoming and Reunion Weekend than with Toga at the Tower!" "There were no homecoming activities associated with the Elliott Tower and a need for a homecoming event for OU students. The two 'needs' were put together and Toga at the Tower was created." Jean Ann Miller
Director of the Center for Student Activities and Leadership Development In addition to this event, there are plenty of other festivities coming up. Homecoming and Reunion Weekend begins on Sept. 23 with a carnival-themed kick-off event. It will run from 11:30 a.m. to 1 p.m. in the Oakland Center. Attendees can load up on classic treats like caramel

corn, cotton candy, hot dogs, corn dogs, lemonade and soda pop. One highlight is the Karaoke for a Cause, where belting out some Adele can help out the Oakland University Disability Support Services. It will be held in the Gold Rooms, with a suggested donation of \$3. There will also be a T-shirt Exchange at the Fireside Lounge, where bringing a T-shirt from another school will score you an honorary Homecoming T-shirt. All shirts will be donated to the Baldwin Center's clothes closet. Other activities will include balloon darts and a bean bag and ring toss. Another must-attend event is the Homecoming Barbecue on Sept. 24 from 1 to 3 p.m. All members of the OU community are welcome to join this grilled food fest, sponsored by the Oakland University Credit Union and Liberty Mutual. It will be located on the lower deck of the P-29 parking structure, with general parking in P-26. Handicap parking will also be available in P-29 on the street-side first level.

HOME COMING

WEEK OF SEPTEMBER 21-27

WEDNESDAY

10 A.M. - 1 P.M.
Fall Career Fair
Recreation Center

FRIDAY

11:30 A.M. - 1 P.M.
Homecoming Kickoff
Oakland Center

3-9 P.M.
HAP Brooksie Way
Fitness Expo
Recreation Center

7-11 P.M.
Toga at the Tower
Elliott Tower

SATURDAY

9 A.M. - 7 P.M.
HAP Brooksie Way
Fitness Expo
Recreation Center

10 A.M.
Golden Grizzly 24-Hour Filmmaking
Challenge Check-in and Start
Varner Hall, Room 112 & 228

1-3 P.M.
Homecoming BBQ
P-29 Parking Structure,
Lower Deck

1-3 P.M.
OUSC Student Tailgate Party
P-29 Parking Structure,
Upper Deck

1-3:30 P.M.
Center for Multicultural Initiatives
and Black Alumni Homecoming Social
OC Banquet Room B
Registration is required

3:30 P.M.
Men's Homecoming Soccer Game vs. University of Dayton
Lower Fields

4 P.M.
Men's Club Football Game vs. MSU
Auburn Hills Civic Center

7 P.M.
Women's Homecoming Soccer Game
Recreation and Athletic Outdoor Complex

7:30- 8:30 P.M.
Music, Theater and Dance Performance "Black and Gold"
Varner Recital Hall

SUNDAY

8 A.M.
HAP Brooksie Way Half Marathon, 5K
and 10K
Meadow Brook Amphitheatre
and Music Festival

10 A.M.
Golden Grizzly 24-Hour Filmmaking
Challenge Video Submission Deadline
Varner Hall, Room 228

4 P.M.
Golden Grizzly 24-Hour Filmmaking
Challenge Showcase and Awards
Ceremony
North Foundation Hall, Room 156

MONDAY

4-6 P.M.
OU Student Congress
General Body Meeting
Oakland Center, Oakland Room

TUESDAY

7-9 P.M.
Freshman College Survival Guide
Oakland Center, Gold Room C

The Drug-Free Schools Workplace Guide for Oakland University & Employees and Students

Oakland University (OU) is committed to providing an environment that is free from the misuse or unlawful possession, use, and abuse of: alcohol, drugs, and prescription drugs. To address these matters, OU is required by law to adopt and implement a program (“Program”).

The Program addresses: campus standards of conduct, University sanctions, and legal consequences for violations of local, state, or federal law related to illicit drugs and alcohol, health risks, a description of applicable counseling, treatment, rehabilitation, or re-entry programs; and a biennial review of the program. Pursuant to the law, OU is issuing the statement set forth below.

DRUG & ALCOHOL COUNSELING, TREATMENT, AND REHABILITATION CONTACTS

NOTE: This is a partial list of substance abuse facilities. More programs and centers may be listed in local and other area telephone directories.

On-Campus

Graham Counseling Center
(248) 370-3465
Graham Health Center
Oakland University
Rochester, MI 48309-4401

Local Facilities

AA of Oakland County
(248) 332-3521
168 University Drive
Pontiac, MI 48342

M.A.D.D. Oakland County

(248) 528-1745
625 E. Big Beaver, #200
Troy, MI 48083

Narcotics Anonymous

(248) 543-7200
726 Livernois St.
Ferndale, MI 48220

Oakland Family Services

(877) 742-8264
(248) 858-7766
114 Orchard Lake Rd
Pontiac, MI 48341

St. Joseph Mercy Hospital

(248) 858-3000
44405 Woodward Ave.
Pontiac, MI 48341

National Hotline Numbers & Assistance Groups

Alcoholics Anonymous
(800) 252-6465

Food & Drug Administration
(313) 393-8189
(Consumer Complaints)

M.A.D.D.
(800) 438-6233

National Cocaine Hot Line
(800) 378-4435

S.A.D.D.
(508) 481-3568

Oakland County Health Office of Substance
Abuse Services (OSAS)
(248) 858-5200
1200 N Telegraph, Bldg. 32 East
Pontiac, MI 48341

STANDARDS OF CONDUCT:

The unlawful possession, use, or distribution, of illicit drugs and/or alcohol by students or employees and the misuse or abuse of prescription drugs in the workplace, on OU property or as part of a University activity is specifically prohibited by OU Ordinances and/or by state or federal law. The possession of a Michigan marijuana registry identification card does not exempt students or employees from this prohibition. The use and possession of marijuana remains illegal under federal law and, as a recipient of federal funds, Oakland University is subject to the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989, and could lose federal funding for any violations of these Acts, which require Oakland University to take measures to combat the use of drugs and alcohol. The OU Ordinances governing the use of alcohol and drugs are available in the Student Code of Conduct (www.oakland.edu/studentcodeofconduct) and University Administrative Policies and Procedures, Section # 600, Health and Safety. In addition, the misuse or abuse of prescription drugs is prohibited conduct.

UNIVERSITY SANCTIONS:

OU will impose sanctions for violations of this statement consistent with local, state, and federal law and with applicable collective bargaining agreements, employee handbooks, student handbooks, and University ordinances. Violations by faculty, staff, or students will result in disciplinary action up to and including termination of employment, expulsion, and referral for prosecution. The discipline imposed will depend upon the seriousness of the offense. In addition to, or in lieu of, discipline, violators may be required to complete an appropriate rehabilitation program. Additional information is available in the Student Code of Conduct (www.oakland.edu/studentcodeofconduct), Academic Human Resources, and University Human Resources (<http://www.oakland.edu/uhr/>).

LEGAL SANCTIONS:

There are legal sanctions under OU Ordinances, and under state and federal law, for the unlawful possession, use, or distribution of illicit drugs and alcohol. Any violation of an OU Ordinance is a misdemeanor punishable by a fine of not more than \$100 or by imprisonment for not more than 90 days or both. Violations under state and federal law may result in punishment for a misdemeanor or felony, depending on the nature of the crime, including fines, imprisonment, and loss of certain licenses and forfeiture of real and/or personal property. Descriptions of the state and federal sanctions for illegal possession and distribution and, in some cases, use of a controlled substance are included in this guide. Sanctions may change from time to time.

HEALTH RISKS:

The psychological and social consequences of illicit drug use and alcohol abuse can be devastating. This can lead to various health and other risks including feelings of depression or anxiety; diminished or impaired work or academic performance; absenteeism; poor decision making; poor morale; low self esteem; financial problems; conflicts with co-workers, classmates, families, friends and others. Loss of job, friends, divorce and the creation of a dysfunctional family system are common consequences of substance abuse. Additional risks include sexual assault or other unplanned sexual relationships; unwanted pregnancies; irreversible drug-induced psychotic state and/or delusions of omnipotence which trigger life-threatening behavior. Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and intellectual disabilities. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Additional information is available at Graham Counseling Center (<http://www.oakland.edu/GHC>). Employees working on federal grants and contracts: As a condition of employment, all employees working on federal grants and contracts must abide by this statement. Such employees must notify their supervisor or department head of any criminal drug statute conviction occurring in the workplace no later than 5 days after the conviction. The supervisor or department head must then promptly report the violation to the Director of Sponsored Research.

If treatment for substance abuse is needed, please contact your insurance carrier to obtain proper instructions for seeking treatment. Students covered by University health insurance should contact the Graham Health Center staff for benefit coverage.

If you have questions about any of the issues addressed in the guide, please contact one of the following departments:

Faculty:	Office of Academic Affairs	(248) 370-2190
Students:	Office of Dean of Students	(248) 370-3352
Staff:	Office of University Human Resources	(248) 370-3480

Suicide prevention walk to raise money, awareness

Simon Albaugh
Intern Reporter

Stony Creek Metropark's Out of the Darkness Walk for suicide prevention is in its third year of benefiting the American Foundation for Suicide Prevention (AFSP).

Suicide is the 10th leading cause of death in America, according to the Centers for Disease Control and Prevention.

The walk provides both a cathartic experience for participants and an opportunity to support local and national efforts to reduce the rate of suicide.

Since being brought to this location by Lisa Hook in 2014, Stony Creek's Out of the Darkness Walks have raised over \$85,000 dollars, all of which benefits the AFSP.

According to their website, the AFSP's goal is to bring about change through establishing public policy initiatives as well as funding research and education.

But the walk's benefit doesn't come solely from the money it raises, or the number of walkers it hosts. The continued success of the event comes from its offering an opportunity for healing as a community.

"You're never going to forget some-

one's life," said Hook. "But just to have some closure and some bondage is really a beautiful thing."

Margaret Gupta, a volunteer for the event in 2015, recounted her experiences of the walk with the story of a man she met.

"There was this big guy there," Gupta said, "and he didn't actually go on the walk, but he was there because he needed to tell a story. His son committed suicide."

"If Lisa [Hook] hadn't asked me to volunteer, I wouldn't have known how powerful that walk was," she added.

Hook's goal for this year's walk is to reach \$47,000 in donations to the AFSP. She hopes to attain this through the help of more than 375 people who are expected to attend. The event raised \$35,000 in 2014 and \$50,000 in 2015, according to Hook.

"Coming out of the darkness," Gupta said. "I think you can look at it many different ways. Out of the darkness of stigmatism. Out of the darkness because they feel so alone. There's different ways you can understand it all."

There are many people who still feel the sting of a loved one lost to suicide, but celebrating the lives they lived and



Courtesy of Lisa Hook

The walk provides a chance to remember loved ones and raise money for suicide prevention.

the things they gave to the world can be a meaningful experience. The Out of the Darkness Walk is a collective effort that makes this kind of experience possible.

The event will take place Saturday, Nov. 5 at Eastwood Beach in Stony Creek Metropark. It begins at 10 a.m. and will end at 2 p.m.

Participants can register online until the Friday before the event or in-person on the day of the event.

Visit afsp.org for information about other ways to get involved with the American Foundation of Suicide Prevention.

Obstacle course gym to provide new way to work out

Laurel Kraus
Intern Reporter

Grit Obstacle Training, one of the first indoor facilities of its kind, will be celebrating its grand opening on Sept. 24 by means of staff demonstrations, raffles and discounted rates.

With televised obstacle courses like "American Ninja Warrior" and "BattleFrog" rapidly growing in popularity, people are becoming increasingly interested in obstacle course racing.

"Adults get bored with just going to the gym," said Jason Verbrugghe, owner of Grit Obstacle Training. "So this type of training provides that really intense cardio and strength workout, but it's also a lot of fun."

Aside from physical fitness, the draw to obstacle training for students, like all forms of

exercise, is the alleviation it can offer to the mental strains of a crippling course load.

"Working out helps relieve stress by exerting energy and even just distracting you," said Oakland University psychology major Patience Paine.

The nearly 4,800-square-foot facility, housed in the same building where the Pistons' cheerleading team practices, is located near the east end of campus.

It features infamous obstacles such as the Quin Steps and Warp Wall from "Ninja Warrior," along with other assorted obstacles. From Cannon Ball Alley and the Hercules Pull, which involves lifting a 200-pound bucket of sand through a system of pulleys to a balance beam made of PVC pipe on wheels, it is certainly a creative workout.

"My goal here is to really expand it past just 'Ninja,' so

we're looking at anything obstacle-course related and at bringing that training indoors," Verbrugghe said.

Grit Obstacle Training is open to a large age range and people of all skill levels. Classes run for 4-year-olds to adults; specific groupings consist of ages 4-5, 5-8, 9-12 and adult, with open gym days as another option.

The seven trainers — including Wes Whitlam, who participated on the televised version of "Ninja Warrior" last year — utilize techniques to make every obstacle accessible to beginners and even more challenging to the advanced.

"When you are pulling your body weight up a wall, it's a much different challenge than probably anything you've experienced before," Verbrugghe said.

Beyond classes, open gym and personal training sessions,

Grit Obstacle Training offers booking for parties and corporate team building.

"If [Grit Obstacle Training] encourages people to not just workout, but to get involved in courses, getting America going, so to say, then I think it's a good thing," electrical engi-

neering major John Pak said.

During the grand opening on Sept. 24, open gym will be available for \$10. More information about pricing can be found at gritobstacletraining.com, www.facebook.com/GritObstacleTraining, or by calling (248) 829-0401.



Bohdanna Cherstylo / The Oakland Post

Grit Obstacle Training features American Ninja Warrior-inspired equipment.

Microsoft claims humans have worse attention span than goldfish

Amy Swanson
Staff Reporter

A study by Microsoft Corporation found that in the last 13 years, humans' attention span dropped from 12 to eight seconds. What does this mean?

We have a shorter attention span than goldfish.

These finned creatures beat us, reportedly focusing for an average of nine seconds, according to The New York Times.

Scientists surveyed 2,000 Canadians and studied the brain activity of 112 others using electroencephalograms, which record electrical impulses produced by cells, according to IFL Science.

Those tested with more digital lifestyles — people who began using technology early on, frequent social media, consume multiple forms of technology at once, or just more technology in general — found it difficult to focus at times when prolonged attention was needed, according to The Telegraph.

The study's findings include that 45 percent of Canadians get "side tracked from what they're doing by unrelated thoughts or day dreams," and that 44 percent have to "concentrate hard to stay focused on tasks."

The study specifically mentioned that these "heavy multi-screeners" often find it challenging to weed out irrelevant stimuli and are therefore more easily distracted, constantly looking for the next exciting thing.

Researchers did have some positive findings. They reported that a human's ability to multitask has improved.

"While digital lifestyles decrease sustained attention overall, it's only true in the long-term. Early adopters and heavy social media users front load their attention and have more intermittent bursts of high attention," according to the study.

Technology usage trains individuals to figure out what they want to pay attention to and to need less time to process that information and encode it to memory, according to the study.

However, some don't think this



Mary Mitchell / The Oakland Post

Scientists found that people with more digital lifestyles who use more technology find it more difficult to pay attention for longer amounts of time.

ability is beneficial.

"Multitasking reduces your efficiency and performance because your brain can only focus on one thing at a time. When you try to do two things at once, your brain lacks the capacity to perform both tasks successfully," according to Forbes.

It may even be harmful to intelligence.

A study at the University of London found that the IQ of participants who multitasked during cognitive tasks dropped, comparable to a score they would receive after pulling an all-nighter. Some men lowered 15 points, which is the average range for an 8-year-old child, according to Forbes.

David Schwartz, psychologist and director of the Oakland University Counseling Center, is also hesitant.

"What I know about multitasking, from previous research, is that humans are generally very poor multitaskers," Schwartz said. "When most people refer to themselves as being a 'good multitasker,' what they are usually referring to is the fact they may be skilled at switching quickly between tasks — i.e. serial versus multi."

Schwartz said that one should be cautious when accepting the findings of the study.

"I am suspicious of the comparison between humans and goldfish. That seems like the type of thing that was distorted somewhere along the way from research to press coverage," Schwartz said.

That said, he stated that Microsoft's results do seem to represent

the possible effects of technology on this population.

So, how can we better navigate this digital environment?

First off, Schwartz suggests having a diagnostic evaluation done by a psychologist if an individual finds themselves struggling to concentrate.

"This will typically include a very thorough set of tests that helps a person understand their strengths and weaknesses," he said. "It will usually help identify any possible learning difficulties or ADHD and the person walks away with a list of helpful recommendations."

This testing can be done at the OU Counseling Center.

He also recognizes that all of this technology is here to stay. Therefore, a "technology vacation" may provide some much needed relief.

"Especially with this coming election and the amount of anger and vitriol that is going to be continuously pumped out into the web, it is going to be very important for people to recognize their limits," Schwartz said.

"If you find your hands shaking after reading a Facebook post because you are so upset, and we have all been there, it is probably time to reflect and disconnect for a few days."

Ultimately, Schwartz ended with a good takeaway:

"I like to ask people to honestly evaluate if the technology they are using is adding to their well-being or taking away from it. If it seems to be adding more negativity to your life than positivity, it might be time to rethink how you are using the technology."

Drew's Review: Top ten hip-hop/rap albums of 2016

Drew Hagge
WXOU Sports Director

1. "Coloring Book" — Chance the Rapper
2. "Blank Face LP" — Schoolboy Q
3. "Malibu" — Anderson .Paak
4. "Blonde" — Frank Ocean
5. "The Life of Pablo" — Kanye West
6. "Still Brazy" — YG
7. "Untitled unmastered" — Kendrick Lamar
8. "Jeffery" — Young Thug
9. "The Sun's Tirade" — Isaiah Rashad
10. "Birds in the Trap Sing McKnight" — Travis Scott

Chance the Rapper was music's most improved player this year. The release of "Coloring Book," his third mixtape, placed Chance among hip hop's most interesting and important voices. "Coloring Book" forced the conversation of hip-hop's best artists, which usually revolved around Kendrick Lamar, J Cole and Drake, to include the Chicago native.

Before "Coloring Book," Chance developed a somewhat cult following based off two fresh-sounding mixtapes, "10 Day" and "Acid Rap." So, worst case scenario, if Chance never made a good record again, he could have a Kid Cudi-esque career.

"Coloring Book" is easily Chance's most creative and concise body of work. The album's production is as rich and fulfilling as any other hip-hop record in recent memory. Chance's voice is every bit as instrumental as the actual instruments. He ranges from beautiful spoken word on tracks like "Blessings (Reprise)" to more familiar rhyme schemes on "Mixtape."

The star-studded track list, which features the likes of Justin Bieber, Kanye West and 2 Chainz (who seems to be enjoying a third prime in a near 15-year career) complement Chance's gospel influences perfectly. Never before has gospel-based music been so excitingly palatable and relevant.

POLICE FILES

Vodka, wine and brandy, oh my!

On Sept. 4, OUPD arrived at a room in South Hamlin Hall and discovered seven people with an empty fifth of vodka, wine coolers and brandy. One said they did not drink due to health problems, but six of them admitted to drinking. The six were given a preliminary breath test. When OUPD was able to confirm that they were intoxicated, the six were given minor in possession citations. Housing was informed for further disciplinary action.

What's that smell?

On Sept. 8, OUPD arrived on the first floor of a residential building and were led to an area with the strong scent of marijuana. They walked toward a room with a towel hidden under the door and asked the resident inside if there was any marijuana. Inside, OUPD saw a bong on a dresser. Afterward, the resident handed an officer a prescription bottle filled with marijuana with the words "Crit Hog" written on it. OUPD confiscated pipes, a burner, a marijuana grinder, bongs and over .15 ounces of marijuana. The resident was given a misdemeanor for marijuana use.

Compiled by Robert Ogg
Intern Reporter

Gary Johnson speaks to the Detroit Economic Club

Libertarian presidential nominee describes platform and policies during Q&A session

Alex Stevens
Political Columnist

On Friday, Sept. 16, the Commission on Presidential Debates announced that Gary Johnson — former two-term governor of New Mexico and Libertarian Party nominee for president — had missed the 15-percent threshold to be included in the Sept. 26 presidential debate.

Two days prior to that, on Wednesday, Sept. 14, the Detroit Economic Club hosted Johnson.

During a Q&A moderated by political writer Abdul-Hakim Shabazz, Johnson addressed a variety of topics concerning his platform and his personal history.

Echoing common Libertarian

Party themes, Johnson laid out a combination of fiscally conservative and socially tolerant policies.

Regarding the economy and taxes, Johnson assured the crowd that under his leadership, they would not see an increase in their taxes.

"Taxes will not go up in a Johnson presidency," Johnson said. "Government will get smaller."

Johnson also commented on social issues including drug legalization and the Black Lives Matter movement.

"I do believe we are going to legalize marijuana," Johnson said. "When we do that, this country is going to take a quantum leap of understanding when it comes to other drugs. [We will] recognize that the drug issue is a health problem as opposed to a criminal

justice problem."

Johnson also expressed support for criminal justice reform, particularly as it applies to the African American community. He explained that he believes that "all lives matter," but then went on to emphasize that "black lives matter."

"I don't think life in this country has ever been better . . . we get along with one another better than ever and our kids are smarter than ever."

Gary Johnson
Libertarian Presidential Candidate

In regard to police misconduct and its impact on African Americans, Johnson stated that he believes people, including himself, have looked the other way.

"We have our heads in the sand," he said. "I've had my head in the sand on this issue. But we will come to grips with this. We will come to grips with this faster, more accurately—we will put things in place. As President of the United States, I will be in charge of the Department of Justice. We can look at the best [police] practices in communities and the worst [police] practices in communities . . . so that we can overcome the problems that we are facing."

Johnson was also asked about a series of issues that were specifically relevant to Michigan.

He addressed the 2008 and 2009 auto industry bailouts, saying that he would not have supported such measures if he were president.

"I would not have bailed out the auto industry," he said. "I would not have bailed out Wall Street. They made horrible choices. They should have been re-

warded for their horrible choices by going bankrupt."

In a moderate deviation from the Libertarian Party platform, Johnson expressed his support for government's role in protecting people from pollution.

Johnson described the Flint water crisis as a "catastrophic failure" and also expressed support for the Environmental Protection Agency in resolving environmental issues.

Johnson concluded his remarks by emphasizing his sense of optimism in regard to the state of American life.

"I don't think life in this country has ever been better," he said.

"We get along with one another better than ever, we communicate better than ever and our kids are smarter than ever."

Following the event, Johnson took questions from reporters and emphasized the importance of participating in the presidential debates for his campaign.



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A Closer Look: To have serious conversations about campus assault, we have to abandon bad data

Alex Stevens
Political Columnist

This past week, an article published by The Oakland Post drew important attention to the “red zone”—a period between Labor Day and Thanksgiving when students are more likely to become victims of sexual assault.



The article cited a statistic from the National Institute of Justice that asserts one in five female college students will be victims of sexual assault. The reporting of this statistic is highly misleading, as the study it comes from cannot be extrapolated to national trends by reporters acting in good faith.

Furthermore, attempts to affirm this statistic with more widely applicable data have been met with similar skepticism. In an article for Time Magazine, Christopher Krebs and Christine Lindquist, two of the researchers involved in the study from which the one-in-five statistic is derived, explained why it is inappropriate to extrapolate that study as a baseline for national sexual assault statistics on college campuses.

Christopher Krebs and Christine Lindquist wrote:

As two of the researchers who conducted the Campus Sexual Assault Study from which this number was derived, we feel we need to set the record straight. Although we used the best methodology available to us at the time, there are caveats that make it inappropriate to use the one-in-five number in the way it's being used today, as a baseline or the only statistic when discussing our country's problem with rape and sexual assault on campus.

First and foremost, the one-in-five statistic is not a nationally representative estimate of the prevalence of sexual assault, and we have never presented it as being representative of anything other than the population of senior undergraduate women at the two universities where data were collected — two large public universities, one in the South and one in the Midwest.

Second, the one-in-five statistic includes victims of both rape and other forms of sexual assault, such as forced kissing or unwanted groping of sexual body parts — acts that can legally constitute sexual battery and are crimes. To limit the statistic to include rape only, meaning unwanted sexual penetration, the prevalence for senior undergraduate women drops to 14.3 percent, or one-in-seven (again, limited to the two universities we studied).

Third, despite what has been said in some media reports, the one-in-five statistic does not include victims who experienced only sexual-assault incidents that were attempted but not completed. The survey does attempt to measure attempted sexual assaults, but only victims of completed incidents are included in the one-in-five statistic.

Fourth, another limitation of our study — inherent to web-based surveys — is that the response rate was relatively low (42 percent). We conducted an analysis of this nonresponse rate and found that respondents were not significantly different from nonrespondents in terms of age, race/ethnicity or year of study. Even so, it is possible that nonresponse bias had an impact on our prevalence estimates, positive or negative. We simply have no way of knowing whether sexual-assault victims were more or less likely to participate in our study. Face-to-face interviewing tends to get higher response rates but is considerably more expensive and time-consuming. That said, given the sensitive nature of the questions, the anonymity and privacy we afforded respondents may have made women comfortable with responding honestly. Overall, we believe that the trade-offs associated with low response rates were overcome by the benefits of cost-efficiency and data quality.

Given the data's limitations, reporting this statistic without providing the appropriate context in which the data was gathered crosses the line of responsible reporting.

It undermines the legitimate concerns regarding sexual assault on college campuses by providing argumentative fodder for those who are quick to dismiss the issue.

Operating under the assumption that sexual assault is an epidemic specifically on college campuses (as it was described

in the aforementioned Oakland Post article) is an unfortunate oversight given the great degree of conflicting data in reference to that claim.

For example, a nationally applicable study provided by the Bureau of Justice Statistics found that female college students are less likely to be raped than individuals within the same age group who are not enrolled in college.

This study follows common trends in violence as wealthier and better-educated individuals (two traits that are generally applicable to college students in relation to others in their age group) are less likely to experience violence than those less well-off.

Because of this, it's possible that by focusing on inapplicable statistics and ignoring studies that don't affirm our assumptions about the college social environment, we are misallocating resources to alleviate sexual assault in places where it may occur less than in other parts of society.

It should further one's skepticism that, as I noted above, it is the case that college students are generally wealthier

and better educated than their peers. From a purely egalitarian standpoint, it's reasonable to question data that claims people with more wealth and better education

are victims of sexual violence at higher rates than those of lower socioeconomic standing.

In addition to possibly eschewing efforts to combat sexual assault, this type of reporting heightens unsubstantiated fear among college students and puts pressure on poorly-trained college administrators to intervene in criminal and investigative procedures — a role they are in no way suited to handle.

To be clear, my intention is not to minimize the seriousness of sexual assault or to detract from the horrific experiences of those who are victims of these disgusting acts.

Quite the opposite: I want to make the case that by reporting poor data and approaching the subject without regard for our own biases, we are derailing a legitimate conversation about sexual assault on college campuses from ever taking place.

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Political Focus: Gun violence

Presidential candidates strategize about the dangers of firearms

Melissa Deutsch
Political Columnist

The statistics surrounding gun violence are staggering. The total number of instances involving guns in the U.S. this year has reached 40,321. Total number of deaths due to gun violence in the U.S. so far this year: 10,345. Total number of injuries due to gun violence: 21,523.

Additionally, there have been 278 reports of mass shootings. All of these statistics are from the Gun Violence Archive, a nonprofit existing to provide free access to gun violence information by conducting extensive research of media, law enforcement, government and commercial sources.

These statistics point to a problem that no presidential candidate can ignore.

The current background-check system

The candidates agree on very little, but there is at least one thing they do agree on: the current background check system is flawed.

Under U.S. federal law, a person cannot purchase firearms if they have been convicted of felonies or certain misdemeanors, are drug abusers or have been involuntarily committed for mental health issues. From there, states have their own laws on any additional limitations.

However, the follow-through on these records being uploaded to the background check system are inconsistent. According to The New York Times (NYT), criminal records are uploaded most consistently, but there is a drop-off for records of drug abuse and even more so for records of mental illness.

Enforcement falls entirely to the states and the results vary dramatically, with many states complaining about the cost of inputting the records.

When federal funding increased to combat this in 2007 after the Virginia Tech shooting, the number of prohibited gun buyers in the federal database tripled, according to the NYT article.

The candidates' differing strategies

In his attempt to combat the issue of gun violence, Trump wants to crack down on those who use guns to commit a crime. In the Second Amendment Rights section of his campaign website, Trump cites a law in Richmond called Project Exile. The program sent any person who used a gun to commit a crime to prison for five years.

Project Exile received strong criticism by many who called it racist because it would have a disproportionate effect on the black community because of its area of implementation. However, the undeniable statistics after its first year in effect were a 33 percent and 20 percent decrease in homicides and armed robberies, respectively.

Hillary Clinton's main strategy to combat the problem of gun violence aligns similarly with that of President Obama: close the loopholes.

The loopholes Clinton has set her sights on include the so-called Charleston loophole, the gun show loophole and the internet sales loopholes.

The Charleston loophole's name comes from the incident in Charleston that left nine worshipers in a historically black church dead from a gunman who reportedly purchased his gun because of this loophole.

Under current federal law, if a background check is not completed by the National Criminal Background Check System in three days, the gun seller can move forward with the sale.

The internet and gun show loopholes allow certain people who sell guns through those means to not have to conduct background checks on their buyers. Even though gun rights and gun control advocates have worked together to try fixing the flawed background check system, 40 percent of gun sales are still being conducted without background checks even involved.

Clinton has also stated that she wants legislation that will allow victims' families to hold gun sellers accountable when their negligence results in a violent crime. Additionally, she wants to add domestic abusers to the list of those who cannot purchase a gun.

One area the candidates entirely disagree on is the limitations on the types of guns available to the American people. Clinton has noted that she plans on limiting access to military-style weapons. Trump, however, notes on his website that the government "has no business dictating what types of firearms good, honest people are allowed to own."



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Puzzles

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- Across**
1: Drink to excess
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9: Upsilon follower
12: Very familiar with
13: Hearth heap
15: Flipped fish fancier
16: Onerous
18: Causeway fee
19: 'Shoot'
20: Tiniest protest
21: Frasier's family
23: Wire diameter units
24: Song for two
25: Jellied side dishes
28: High-payout wager
32: Slaves
33: Whip mark
34: NBA target
35: Problem source
36: Anxieties
37: Communally owned
38: Holiday nights
39: Fired
40: Grand Canyon feature
41: Brought back
43: Deep cuts
44: Galley propellers
45: Portend
46: High-class
49: Mountain goat's perch
- Down**
1: Oktoberfest horn
2: Important work
3: Type of belly and barrel
4: Wrap up
5: Juries
6: Dunderheads
7: Word after union or comparison
8: President pro ____
9: Drudge
10: Golfer Irwin
11: Misfortunes
14: Makes fast
15: Where politicians aren't 'fed'
17: Extended and dramatic narratives
- 50: Little lie
53: 'Spenser: For ____' (Urich series)
54: Remove from the face of the earth
57: Responsibility
58: Oater omen
59: Sailed right through
60: Quarterback Brady of the Patriots
61: Youngster
62: Gropes for words
- 22: KO caller
23: Major events
24: Took out
25: Traffic light color
26: Dry white Italian wine
27: Cone droppers
28: Cut back
29: Suaveness
30: Flourless cake
31: Church recesses
33: Polishes, in a way
36: Continue to rant
40: Star in a western?
42: Acorn dropper
43: Small, pointed beard
45: Sharp and stimulating
46: Whiskey measure
47: Cold duck guzzler
48: Jack-in-the-pulpit
49: Satiating
50: Confront
51: Short newspaper piece
52: Where oysters grow
55: Repetitive computer program
56: Sound of a fan

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Photo courtesy of Oakland Athletics

Seniors and twins Andrew and Jacob Bowman will not be competing for Oakland cross country this year.

Bowman brothers redshirting

Cross country duo taking season for development

KeyVonna Taylor & Christian Miller
Intern Reporters

Oakland men's cross country is working to stay healthy amid the redshirting of seniors Andrew and Jacob Bowman. The team is confident they can maintain the momentum from last year's Horizon League Championship title.

The Oakland Post caught up with the Bowmans over email. Answers have been edited and shortened.

Major and minor?

Andrew: Majoring in environmental science.

Jacob: Environmental science, biology.

When did you start running in general and for Oakland?

A: I competed in my first 5K at seven years old. So every year from then on my mom would enter my brother and I into a couple of local 5Ks in our hometown of Marlette, Michigan. By our senior year we were in touch with Coach

Rice and a couple other schools, but something about Oakland just made sense.

J: I started running at age seven. It started off with a curiosity as to where my mom was disappearing to every morning, eventually to running junior high races in sixth grade, helping my high school team place second at states, and finally to a call from Coach Rice leading me here.

How has your schedule changed as a redshirt?

A: As a redshirt you still do all the same things you would normally do being on the team, minus the racing.

J: Nothing has really changed. I'm still doing all the workouts and mileage, but I don't get to run any of the meets with the team.

Have you ever had, or do you currently have, any second thoughts about redshirting? If so, why?

A: No, right from the beginning I knew I wanted to be here for a minimum of five years to see how good I could actually get.

J: I really dislike the thought of not being any use to the team this year.

What is your biggest

accomplishment since you've been an athlete at Oakland?

A: Finishing 12th in the steeplechase at the NCAA East Preliminary Round.

J: Helping my team win its first Horizon League Championship.

How has being in Oakland athletics helped you grow as a student and person?

A: I've found that there's a deep sense of satisfaction and joy that comes with every successful run, workout or race. Running in my mind is the pursuit of excellence, and that pursuit is the aspect I enjoy the most as a runner.

J: It has taught me the true importance of dedication and hard work. It has also taught me to be more focused and to manage my time better.

How do you like being on the same team as your brother?

A: It feels the same as always. He's always been one of my greatest competitors, and I'm thankful that he's here to keep pushing me to be my best.

J: We butt heads at times, but the competitiveness we have causes us both to be better than we would be on our own.

Former Oakland star Nash joins professional team

KeyVonna Taylor & Christian Miller
Intern Reporters

Oakland's women's basketball season has not officially begun, but some former players' dreams are coming true.

Olivia Nash is one athlete who has signed a contract to play professional basketball internationally. Nash has joined Vimpelin Veto (ViVe) under Head Coach Jarkko Havu. The forward from Escanaba, Michigan, is moving to Vimpeli, Finland, to play in the SM-sarja league.

The Oakland Post caught up with Nash over email. Answers have been edited and shortened.

Why did you choose to play basketball over any other sport?

Nash: I chose basketball over other sports mostly because it was what I grew up with. I started playing at such a young age, which allowed me to develop my skills better than any other sport.

When did you start playing?

I started playing basketball when I was in second grade.

What is your favorite part about your sport?

[My] favorite part about basketball is being able to be on a team and having the chance to meet new people. Also, the opportunities it has given me.

Did you ever have an obstacle at any point during your time as an athlete? If so, what is it and how did you overcome it?

Overcoming a few injuries my freshman year, and also dealing with the coaching changes going into my sophomore year. I overcame my injuries by being persistent in my physical therapy. To overcome the coaching change I relied on my team and the new coaching staff to come together.

What did it feel like the moment you committed to Vimpelin Veto?

It was a very exciting moment. It almost didn't feel real until I officially signed the contract.

Who is your biggest fan?

My family.



Nowshin Chowdhury / The Oakland Post
Alumna Olivia Nash will play in Finland.

Do you have a special ritual or anything that you do to get pumped before a game?

I usually try to be the first one on the court before a game, where I shoot a series of shots.

What is a lesson that Head Coach Jeff Tungate taught you during your time at Oakland that you will take into your professional career?

A lesson that Tungate taught me was that, "99 percent of the things you worry about don't ever happen," and to always stay positive!

What has your experience been like thus far as a professional basketball player?

I leave Sunday, Sept. 18! Looking forward to a change.

What do you miss most about participating in college athletics?

Being with my team every day.

What is your most memorable moment as an Oakland student-athlete?

Beating Green Bay at home during senior night.

What legacy do you hope to leave at Oakland?

I hope the legacy I leave at Oakland is to play every game like it's your last.

What advice would you give to current and future Golden Grizzlies?

Have fun and don't take anything for granted!

How would you explain your experience as a collegiate athlete in one word?

Memorable.

Women's soccer starts league play with win

Oakland splits games, beats Youngstown, loses to CMU

Christian Miller and Sam Schlenner
Intern Reporter and Sports Editor

Oakland women's soccer (4-5-1, 1-0-0) split a pair of games this Friday and Sunday, clinching a 3-0 win at Horizon League opponent YSU State (2-5-1, 0-1-0) on Friday and losing 1-0 at Central Michigan (8-0-0, 0-0-0) on Sunday.

W 3-0 at Youngstown State, Sept. 16

The Golden Grizzlies displayed their offensive ability with 22 shots to YSU's 12, 10 on goal to YSU's six. Oakland led the stats in corner kicks, five to YSU's three.

Oakland established their offense early in the game and peppered YSU's goalkeeper Katie Montgomery with three shots during the first four minutes. The team's defense worked to keep the ball in YSU territory.

Senior defender Aly Rawson kept up the early momentum with a header that deflected off the goal post.

YSU returned with two shots in the 10th minute, but two fouls offered Oakland an opportunity to capitalize.

Regrouping, Oakland coordinated two strikes on YSU. The first, by senior Alice Palmer in the 18th minute, resulted in a shot landing high. Sophomore Lauren Bos followed in the 21st minute, ripping a shot that landed wide outside the net.

The Golden Grizzlies played aggressively, garnering 12 fouls and four yellow cards during the game. The Horizon League opener for both teams was a test of wits, with all goals coming late in the second half.

Oakland returned focused and refreshed from halftime.

In the 48th minute, Bos was first to penetrate and fired a shot that was saved. Her teammates followed and capitalized on YSU's weaknesses, maintaining pressure and forcing a corner kick in the 54th minute.

Following up her own corner kick, sophomore Sydney Gagner was the first to break the gridlock with a goal in the 77th minute. Gagner then netted her sixth goal of the season in the 78th minute. Both goals were assisted by Cecilie Dokka and Vlad Gurovski.

YSU rushed to answer, but despite a substitution and three shots on net, the team's drives were stifled by the Golden Grizzlies in the backfield.

"I'm really happy with our performance in the back and with our goalkeeper making sure that we come away with a clean sheet," Head Coach Mags Saurin said in a GrizzVision interview with Dan Gliot.

Goalkeeper Alison Holland provided a defense on par with her team's offensive efforts.

With five saves, the redshirt senior recorded her second shutout of the season.

Rearing from an offside call, Oakland gathered for one final push on the net. The fate of the game was sealed when Bos scored in the 89th minute, assisted by Gurovski.

"Once we scored the goal, I'm really happy that we kept our foot on the gas and continued to create and put two other chances away once we put that first one in," Saurin said.

She offered only praise.

"I thought we did very well tonight," she said. "Obviously a three-nil victory is fantastic, especially on the road. You always want to try to pick up points on the road."

L 1-0 at Central Michigan, Sept. 18

Central came out aggressive, garnering two headers and corner kicks in the first eight minutes.

Palmer managed a header in the 18th minute that went high. Central countered with two shots in the next three minutes.

It was scoreless going into the half. The goal came in the 58th minute. Central's Taylor Potts shot from the top of the box and landed it in the upper right corner of the goal.

Palmer followed up with a couple of shots on goal in the 75th and 78th minutes, but they were saved by Central goalkeeper Kristen Knutson.

Oakland had a couple more tries in the 85th and 88th minutes, but Sydney Gagner and Ali Amante's shots went wide.

Central shot 15 total to Oakland's seven and got six on goal to Oakland's two. Holland played all 90 minutes and made five saves.

"Until the last maybe fifteen minutes or so, we didn't create enough," Saurin said. "Although we had a lot of possession, I don't think it was possession with a purpose."

That's practice this week.

"[We'll] take a lot moving forward to prepare us for some of the more aggressive, more physical conference opponents and learn from it," Saurin said.

Oakland resumes conference play at home against Cleveland State at 7 p.m. ET on Saturday, Sept. 24. It's Homecoming.

THE SPORTING BLITZ

VOLLEYBALL (8-6, 0-0)

First regular season tournament win (Bucknell Invite) since 2014. Melissa Deatsch got 1,000 career kills.

W 3-0 at Buffalo, Sept. 16:

Darien Bandel led with 11 kills, Deatsch got six service aces, Deatsch and Gutschow with nine digs.

W 3-0 vs. Bucknell, Sept. 17: Sammy Condon with 13 kills, Deatsch with six aces and 13 digs.

W 3-1 vs. Cornell, Sept. 17: Deatsch with 16 kills, Bandel and Deatsch with five aces, Gutschow with 10 digs, Condon with seven block assists.

MEN'S GOLF

Oakland finished fifth out of 13 at the JD Memorial tourney. Jake Kneen (T9) led the team, followed by Marc Norton (T24), Connor Jones (T24), Jacob Johnson (T37) and Chris Handy (T49).

MEN'S SOCCER (2-4, 2-0)

L 1-0 vs. MSU, Sept. 14: Alex Serwatka with two shots on goal, Austin Ricci with one. Liam McQueenie with 90 minutes in net, three saves.

"I wasn't overly impressed [with MSU's attack]," McQueenie said.

It was scoreless at the half, but MSU scored in the 53rd minute off an own goal by Oakland.

"I think in the first half we played a good game overall," head coach Eric Pogue said. "It's a 50-50 game. They were able to finish their opportunity and we weren't. I think we'll learn from that and get prepared for an important game against Green Bay."

Oakland beat Green Bay (see p. 16).

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Men's soccer building Horizon League record

Oakland splits a pair of home games, continues undefeated in conference

Sam Schlenner
Sports Editor

Seems like that tough non-conference schedule is paying off. After going 0-4 against UC Santa Barbara, Virginia Tech, Penn State and Michigan State, Oakland men's soccer is 2-0 in the Horizon League, beating Green Bay 2-0 on Saturday night at home.

Chase Jabbori and Austin Ricci scored the Oakland goals. Jabbori got right up in Green Bay's grill and scored from five yards out in the 32nd minute with a little help from a deflection off Green Bay's keeper Kyle Ihn, who saved a shot from Oakland's Wilfred Williams. Then, in the 51st minute, freshman defender AJ Shaw crossed to midfielder Austin Ricci, who threaded the needle from the middle of the penalty box with a ground-hugging shot.

Nebosja Popovic shot three and got one on goal. Jabbori, Williams and Alex Serwatka each had a shot.

For the Phoenix, Sidney McClain, William Nordenstrom and Vincent Nguyen each had two shots.

Ricci put up seven shots of Oakland's 13, four shots on goal to the team's seven. In other words, he was a madman Saturday night. It was also one day after a full moon. Coincidence?

"Just trying to get things started," Ricci said. "I had a slow start to the season, and I just thought if I keep shooting, keep doing things, eventually stuff's going to start to happen."

Ricci was a Horizon League Co-Offensive Player of the Year in 2015 and got on the All-Horizon First Team.

"He's kind of a marked man," Head Coach Eric Pogue said. "It's hard for him. Because if he stays too high, he's going to get beat up by the big centerbacks there."

So they tried to do the False 9, letting Ricci go back toward Oakland territory for a bit, making the defenders take the risk of going after him or the risk of letting him choose his approach.

"Once he gets going, he's a handful," Pogue said. "If he can get a shot off, most of the time he's going to put it on frame, and he's either going to score or he's going to require a big save out of the keeper."

He draws attention, giving the forwards some breathing room.

Wilfred Williams was a peculiar case, listed as a defender, but travelling the field like a back and midfielder at once. It's the thing to do in the pros, he said.

"A defender's job is not just defending,"

Williams said. "His job is to get up and down the field and helping in the attack and getting balls in. Just being that extra winger."

So that's what he worked on.

"With the games we've been playing and the teams we've been playing, it's a little bit more difficult to do because we're defending a lot," Pogue said. "I don't think we've totally seen the great benefits of a guy like Wilfred Williams."

"It's helping our team," Williams said.

Evidently. The ricochet that preceded Jabbori's goal was off the Green Bay keeper, courtesy of a package from defender Williams.

The stacked non-conference and exhibition schedule stored the potential of this Oakland team. After tempering themselves with preseason nationally-ranked competition, the Horizon League looks different.

"You see more mistakes happen," Ricci said. "We're just more prepared. I feel like we're ahead of everyone else in our league right now."

The non-conference was education, Pogue said.

"We're playing the game; we're breaking down the film," he said. "Tweaking each and every game a little bit. And I think we did a nice job [tonight] of controlling the play through the midfield and getting our outside backs involved in the



Nowshin Chowdhury / The Oakland Post

Austin Ricci scored the final goal against Green Bay with an assist from AJ Shaw.

play."

The defenders were key and stifled some Green Bay opportunities, Pogue said.

Next game is at Detroit at 5 p.m. ET on Wednesday, Sept. 21. There's not much time, so the team will mostly rest and study the Green Bay game film. Still:

"That [Detroit] game's all about heart," he said. "You can scout each other all you want, but everybody knows each other. It's gonna be a grudge match."

Swimming legacies join Golden Grizzly family

Sam Schlenner
Sports Editor

This year's swimming and diving recruiting class is good, according to head swimming coach Pete Hovland.

"I wouldn't classify it as a great class," he said.

He ended the sentence with "yet."

"It's a class on the women's side that's full of potential," Hovland said. "No superstars, even though we have some high school state champions."

The squad is going to need to develop and receive a lot of coaching.

"But that happens every year," Hovland said. "That's part of the process."

Freshmen Sarah Stine and Angelique Wise fill an empty roster on women's diving. The men's side is one man short because of



Photos courtesy of Oakland Athletics
Abbasse (left) and DeJonge (right).

sophomore Stirling Fordham's departure on a Mormon mission trip after his second year at Oakland. He may be attending Brigham Young University upon his return, Hovland said.

Joe Smith and Adam Polosky, the two remaining divers, will have some work to do.

Two swimming recruits are Kirstyn Abbasse and Micah DeJonge. They're both legacies.

"DeJonge is the son of one of the greatest female swimmers in

school history [Nancy Schermer DeJonge]," Hovland said. "He's a high school state champion in the middle distance events. He really fills a need and fills a hole on the men's program."

DeJonge will swim middle distance and distance in the freestyle. Although he doesn't fit perfectly into a vacancy on the team, the mid and long free are always needed.

"You can never have enough," Hovland said.

Especially of someone who performs like DeJonge.

"I think Micah was rated the fourth or fifth best high-school recruit in the state of Michigan last year," Hovland said. "I think he's got a bright future . . . Getting in a college environment is going to be really, really beneficial to him. I think he's only going to continue to grow and blossom."

DeJonge's even got a chance, if he improves, of getting on the 4x200 yard free relay this season.

"His time coming in, in the 500 freestyle, is faster than Devon Nowicki's," Hovland said. "As a freshman, Devon won the 500 last year [in the 2016 Horizon League Championship]."

A guy who can compete at the top in his first year is a good find, Hovland said.

Even though DeJonge's mother swam successfully at Oakland, his father went to Michigan, and Wolverine sports reigned supreme in the household.

"I really didn't ever think about coming to Oakland seriously until end of my junior year," DeJonge said.

But now he's here.

"Upperclassmen are showing me how everything's done and getting me up to speed with some of the team traditions,"

DeJonge said. "It's kind of cool seeing all that and experience it for the first time."

Abbasse is the daughter of two former Oakland swimmers, Darin and Dana Abbasse, who were both All-Americans, according to Hovland. She'll be swimming freestyle sprints and middle distance, which is needed, Hovland said.

Abbasse's parents sang the graces of Oakland. They also lived close to the university. Oakland was at the top of Abbasse's list, but she didn't seriously consider attending until the beginning of her senior year. She went on one official visit, and that's all it took for her to decide.

"Everybody's really nice and really helps you blend in and merge and get to know all the routines," Abbasse said. "I think that helps a lot."