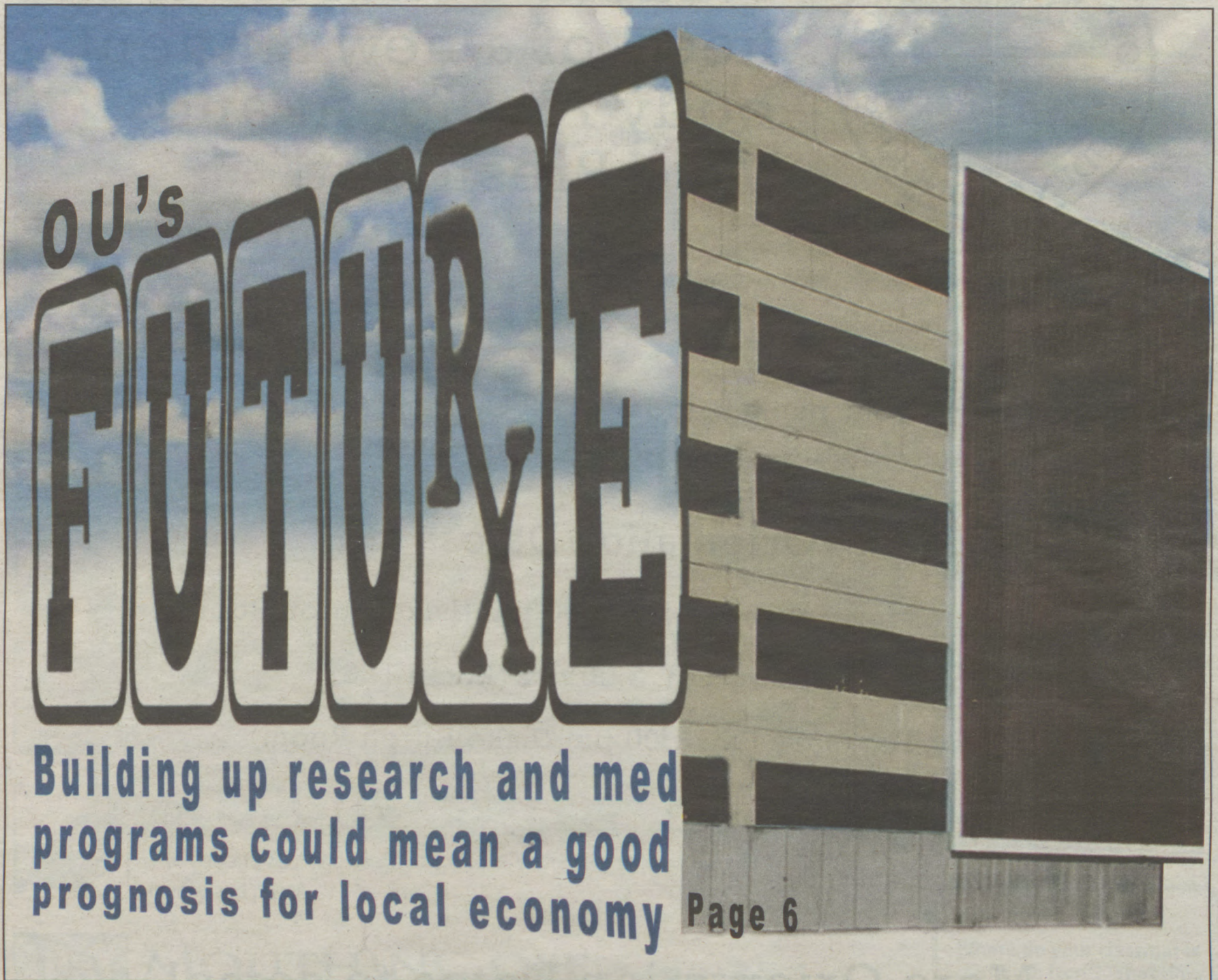


THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

January 28, 2009

Volume 35, Number 17



**Building up research and med
programs could mean a good
prognosis for local economy**

Page 6

Graphic Illustration by Thomas Rowland and Brooke Hug/The Oakland Post

CAMPUS

**Find what OUPD said to do if
a gunman shows up in the classroom**

page 9

SPORTS

**Gary Parsons is retiring after
28 years of coaching men's soccer**

page 21

THE SCENE

**Discover your green side at an eco-
friendly eatery just miles from campus**

page 23



Student Congress is in need of a new student body President and Vice President!

Pick up your packets today at 62 Oakland Center, and turn into Jennifer Doptis as soon as possible.

Orientation Dates:

Wednesday, February 4th, 3:00 pm (Lake Huron Room)

Thursday, February 5th, 3:00 pm (Room 126)

Friday, February 6th, 3:00 pm (Lake Huron Room)

More Orientation Dates to come!

Contact Jennifer Doptis for more information: jldoptis@oakland.edu

THIS WEEK 1.28.09

THE OAKLAND POST
OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

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Get Posted!

Where do your classmates commute from? What time does your professor go to bed? Find answers to these questions and more daily as The Oakland Post begins to blog.

This week on
oaklandpostonline.com.



Perspectives page 4

A columnist vents her frustration with students that take a college education for granted.



Campus page 6

Read about alternative energy proposals that OU's energy manager presented at a recent campus event.



Local page 11

Residents attempt to stop Oakland County Sheriff sharpshooters from continuing with the Rochester Hills deer cull.



The Mix page 14

It's almost Super Bowl Sunday, and OU students offer their picks and plans for the big day.



you page 16

A look into the lives of four students who were awarded for keeping Dr. Martin Luther King Jr.'s dream alive.



Sports page 18

The tri-sport athlete is a rarity — but not among OU's distance runners. Take a look into what it takes and why they do it.



the Scene page 23

The Oakland Post finds ways to spend or waste your time on the web — for money and prizes.



LOST MOUTHING OFF page 25

Try not to get lost while keeping up with all the characters in "Lost."



Nation | World page 27

Illinois' governor skips out on his own trial to make appearances on TV talk shows.

Perspectives

4

www.oaklandpostonline.com

January 28, 2009

STAFF EDITORIAL

A projected medical complex may be the cure for what ails us

As Michigan continues to top the nation's list of states with outbound-moving graduates, Oakland University continues to dig its heels into metro Detroit.

With OU's plans to bring a medical park — complete with a Human Health Building, medical school building and research facility, with other buildings to follow — the university will establish itself as a self-sustaining benefactor of economic growth and research in a state that continues to be haunted by the ghosts of the automotive industry's past.

We support this growth for both the direct and indirect benefits that it offers OU students, faculty and Michigan taxpayers.

For science students and faculty at OU, the benefits are obvious and plentiful: The experience of working alongside one another will boost each others' resumes and careers. OU's alliance with William Beaumont Hospitals will ensure that the medical school will have professionals of the highest caliber teaching as well as jobs waiting for those being taught.

For OU administration, the benefits are similarly plentiful: As medical research is completely unconnected to the automotive industry, it represents a new frontier of prospective earnings, employees and culture to metro Detroit.

OU president Dr. Gary Russi has estimated that the medical school alone will spark \$1 billion in economic activity. OU stands to profit tremendously based on that figure in the same way that the University of Michigan Health System has brought global acclaim to U-M.

Students and faculty at OU who aren't in

the science department may wonder where they fit in the plan. Even with the national economic downturn, tuition rates continue to climb and Michigan taxpayers are being asked to pay \$40 million of the estimated \$65 million it will cost to build the Human Health Building.

There remains concern that the OU administration may be pushing its growth too far, too fast. A lot of the growth seems simply dependent on taxpayers' trust in the decision-making of OU's administration.

Dr. Virinder Moudgil, senior vice president for Academic Affairs and provost, told The Oakland Post Tuesday that the inaugural medical school class is still on course to start in 2010 despite the national economic downturn. Unlike the Human Health Building, the med school is being funded privately.

However, the indirect benefits offered by the medical park to the next class of OU graduates are nearly as far-reaching as those in the inaugural medical school class. Any improvement made to OU now or in the future increases the value of our degrees, just as a successful Golden Grizzlies team helps students outside of the athletic department. For example, if you want to go to a graduate school in California, they may have heard of OU because its new medical research dominates the headlines.

To taxpayers, the indirect benefits are numerous as well: Construction of new buildings will call construction workers in for work, graduates staying in the area for medical jobs will buy groceries from local stores and so on.

OU's commitment to the success of the



MIKE KEEFE/The Denver Post, Cagle Cartoons

What do you think? Send your comments to The Oakland Post or stop in the office, 61 Oakland Center.

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Letter Policy:

Writers must provide full name, class rank, phone number and field of study. Please limit letters to 250 words or less. Letters may be edited for content, length and grammar.

CORRECTIONS CORNER

On page 9 of the Jan. 7 issue, Stefanie Bair's name was spelled incorrectly in "Disposed dining to be donated by Chartwells."

The Oakland Post corrects all errors of fact. If you know of an error, please e-mail oakpostmanaging@gmail.com or call (248) 370-2537. You can also write us at 61 Oakland Center Rochester, MI 48309.

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Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

— The First Amendment of the Constitution of the United States

Education is too precious to waste on Facebook



Katie Wolf
Guest Columnist

It never occurred to me that I was one of the lucky ones. When I was young, I thought every child had the same opportunities that I was given. I loved school, and it confused me that the other children in my class didn't always feel the same way. Then I learned that some children don't get to like or dislike school at all, because it isn't available to them.

I've been told by multiple professors to relish my opportunities at Oakland University. Being college students makes us part of the elite. I agree with them completely. But I wonder if my collegiate peers haven't learned that lesson yet.

My attitude towards learning hasn't diminished — if anything it has only grown more intense. My attitude towards class clowns has changed dramatically. I'm no longer confused, I'm angry. The reason I'm angry is simple: I think a lot of students take the education they receive for granted.

The ones who make me the angriest are college stu-

dents. I don't understand why any person would pay for an education and then squander it by skipping class and neglecting homework. Drinking at the bar until 2 a.m. on a school night makes it easy for a student to hit that snooze button all the way through the next morning's 8 a.m. class.

Distractions like Facebook.com, juicycampus.com and AIM make it difficult for a student to finish the paper that's worth a third of the grade. The sports highlights on ESPN stop being background noise and instead become the main focus of the study group that is trying to prepare for an exam. Despite the lists of multiple "better" things to do, none of these seem as important as the work students are putting off — yet they still take precedence for so many of us.

A portion of you reading this probably just looked sheepishly down at your shoes out of embarrassment, because I'm talking about you. Good — you should be embarrassed. The majority of you probably just rolled your eyes and told me to get a life. Go ahead* — you're going to be sorry for that attitude when you have noth-

"The majority of you probably just rolled your eyes and told me to get a life. Go ahead — you're going to be sorry for that attitude when you have nothing to back up your degree."

ing to back up your degree.

One of my professors recently told my class that approximately one percent of the world's population has a college degree. Only one percent, yet so many students have the nerve to shrug off their responsibilities and move on to something less strenuous.

I see myself surrounded by brilliant professors, and I want to soak up what they have to offer like a sponge.

Then I see the guy next to me asleep, and the girl behind me with her headphones on. I ask myself:

"Why doesn't this person appreciate the opportunity to receive a college education?" I sometimes feel like telling these students to go waste somebody else's time. I want to tell them to let a person who really wants this opportunity take their place.

It's unfortunate that education is a privilege, instead of a right. It doesn't seem like that's going to change any time soon. So until changes are made to ensure every young adult receives a college education, maybe the people who are lucky enough to have one should start treating it like what it really is: a precious gift.

Loose Threads

Double-Burden

By: roxy_emm

I definitely agree with this column! Looking at the term "housewife" in a negative light does more harm than good. Being raised by my mother who was a housewife in the past, who presently works full time in an administrative position at Beaumont, I've seen and been told many times that both positions take time and effort. Women should be celebrated, no matter what sphere they decide to work in, either public, or private.

Read "A rebuttal: No such thing as 'just' a housewife" and the column that inspired it, "Editor ditches old standards for validation," at Oaklandpostonline.com.

Speak Out

By: Judy Pinckes

Regarding the deer cull in Rochester Hills, we need people to show up at the City Council meeting to fight this on Mondays at 6:30 p.m. Thank you.

Read the staff editorial, watch the editorial video and follow the developments on this topic at Oaklandpostonline.com.



NOMINATIONS NOW BEING ACCEPTED FOR THE FOLLOWING STUDENT AWARDS:

WILSON AWARDS

Nominees for the 2009 Alfred G. and Matilda R. Wilson Awards must be graduating seniors in Winter 2009 or have graduated in Spring, Summer, or Fall 2008.

The awards recognize one female and one male who have contributed as scholars, leaders, and responsible citizens to the Oakland University community. Nominees must have a strong academic record of a 3.5 or higher GPA.

HUMAN RELATIONS AWARD

Nominees must be graduating in Winter 2009 or have graduated in Spring, Summer, or Fall 2008.

The Human Relations Award recognizes a senior student who has made an outstanding contribution to inter-group understanding and conflict resolution in the Oakland University community. The major consideration of the award is the individual's service to the community.

A minimum GPA of 2.5 is required.

Nomination forms are available online at www.oakland.edu/deanofstudents/ under "Scholarships and Awards" or at 144 Oakland Center. Call 370-3352 for more information.

Deadline for both awards is Monday, February 2, 2009.

Expanding footprints

Three new buildings to be erected on campus by 2014

By SEAN GARNER
Senior Reporter

The leadership at Oakland University has taken steps to make OU a prestigious research facility. They are now prepared to take a giant leap by creating a new research hub on campus.

Three buildings will provide the infrastructure for the to-be-named research hub. According to OU spokesperson Ted Montgomery, the hub may be located on the northwest section of campus near the intersection of Walton and Squirrel.

Ground is expected to be broken this year on the Human Health Building — one of the planned buildings — with the rest of the research hub to be completed by 2014. The Human Health building will be home to both the school of nursing and the school of health sciences.

The two other buildings are still in the preliminary planning stages, and not much detail about them is available yet.

Easy access

Dr. Kenneth Hightower, dean of the school of health sciences, said the hub represents an exciting opportunity for collaboration between health related departments to serve the community.

"The idea of this new space is to bring people together under one roof to facilitate discussion, teaching, clinical internship development for students and research for and with the community, always with the students' interest at the core," Hightower said.

"In this new environment, students will be able to work in interdisciplinary terms — nursing students working and studying with health science students from physical therapy to medical laboratory sciences."

Hightower said he hopes classes at the Human Health Building will begin in the fall of 2011, and will not be limited to nursing and health science classes.

More space is helpful

Bradley Roth, physics professor and director of the Center for Biomedical

Research at OU, said he believes the hub, along with the upcoming establishment of the OU William Beaumont School of Medicine will make OU an attractive option to students and faculty interested in innovative research.

"It will provide a lot of avenues for biomedical research so that is obviously something I am excited about," Roth said. "I think it will certainly feed off the medical school, and provide a lot of new opportunities for our students and faculty to engage in cutting edge research."

Roth said that simply by having these facilities, it will help alleviate the biggest limitation the CBR faces.

"I think most people in Michigan realize that this state needs to grow past the manufacturing sector."

- Bradley Roth, physics professor and director of Center for Biomedical Research at OU

"If you want to grow research-wise, you have to have lab space," Roth said.

"One thing that the new buildings will bring is just give us the kind of space we'll need to do the kind of biomedical research we are trying to promote."

Effect on nursing unclear

Linda Thompson Adams, dean of the school of nursing, declined to comment on the hub, saying that the project was in the early stages of development and many details still need to be worked out.

Virinder Moudgil, provost at OU, said the school of nursing is preparing students to enter a high-demand field.

"We have a shortage of nurses and [we're] going to continue to have a shortage of nurses," Moudgil said. "Oakland is addressing this state, community and national need."

Moudgil said that OU has been on the cutting edge of nursing education, citing OU's one-year accelerated B.S.N. degree for students with bachelor degrees.

Many advantages

Hightower said the hub will help the

departments provide a richer experience for the students, both academically and practically.

"From a dean's perspective, you can never be too ambitious when it comes to improving and enriching the faculty/student environment," Hightower said. "We are providing so many new opportunities to engage with the community. Being active in the health care community provides even more real world experiences for students, not to mention our faculty committed to transitional research."

Roth said the research facilities are reflective of OU, Oakland County and the state's commitment to making health care a vital part of the new economy. He said it will make attracting donations much easier.

"I think this will show people that Oakland University is very committed to biomedical research," Roth said. "Medical school is evidence, with this in addition to it, shows that OU is very directionally bound and the whole Rochester area is trying to develop a focus on healthcare for the future, and I think this is going to tie in well with that."

Growth despite slump

Both Roth and Hightower said that there is no controversy in undertaking such an expensive project in the current economic climate, saying the benefits far outweigh the costs.

"I think most people in Michigan realize that this state needs to grow past the manufacturing sector, in particular the auto industry," Roth said. "One of those industries that will provide jobs is the industry of health care. It is one of the steps we need to take to diversify our economy. I think people will see it as a good investment."

"As a dean who is looking to advance our school to provide the best learning environment for students, timing is not an issue," Hightower said. "Inactivity or paralysis when there are problems would be more worrisome."

"Both OU and Michigan will gain as enhanced programs are offered," he said.

Medical School Update Plans

Name: Oakland University William Beaumont School of Medicine

What it is: A private allopathic medical school in collaboration with OU and Beaumont Hospitals.

When approved: August 2008

Founding dean: Robert Folberg

Current progress: In the process of hiring faculty and administrators

Preliminary Accreditation: Aimed for summer 2009

Inaugural classes: Planned to begin in fall 2010

How funded: Not through public funds or regular student tuitions, but through private donations, medical school student tuition, research.

Raised so far: \$25 million in private donations

Goal of raising: \$100 million by 2010

Where classes will be held: Basic classes and research at OU's O'Dowd Hall, clinical classes and research at Beaumont Hospitals.

Its separate building: Planned to be done by 2012

Funding for building: Aiming for \$200 million by 2012

First class to graduate by: 2014

Emphasis of school: Pre-symptomatic treatment, preventative medicine and alternative medicine.

OU's expectation of school: Generate \$1 billion for local economy and create 11,000 new jobs.

Virinder Moudgil, OU vice president of academic affairs and provost speaks about the school: "The economic climate and the economic impact of the medical school is so huge that it is not only timely that we become leaders in southern Michigan. By developing a medical school, we're going to infuse large resources into the state and industry."

Financial aid to increase in 2009

By RORY MCCARTY
Senior Reporter

With the changing economic climate, lost jobs and home foreclosures, some students' financial situations may not be as steady as they were a few months ago.

To try to help those students, Oakland University has recently created a Special Assistance Fund for students whose changing circumstances would have made them otherwise unable to afford school this year.

The fund was set up with \$250,000 worth of grant money for students who are required to send in a summary of what has happened recently to qualify them for the assistance money.

That's one of many things OU has been doing over the past few months to help students afford classes. Last year, OU offered to let students with less than \$1,500 in outstanding tuition payments register for classes for the Winter semester, when normally students with outstanding debt may not register.

Also, President Gary Russi requested ideas from students and faculty in November to help maintain OU's financial health.

According to Mary Beth Snyder, vice president of student affairs, OU has received over 500 inquiries about the fund, and among those, 51 students submitted a summary of what had occurred in their lives. So far, only 14 students have qualified to receive emergency funds, which range from \$500 and \$4,000 per student.

"We are continuing to encourage students who experi-

ence a sudden change in their economic conditions to visit the financial aid office to see if they qualify for help from the emergency fund or from other forms of aid," Snyder said.

One new alternate scholarship options that will be available next year to incoming freshmen include the \$1,000 per year University Recognition Award. To receive this, applicants need high school GPAs of 3.2 and 21 or higher ACT score.

Two other new scholarships for non-Michigan residents are the Out-of-State Opportunity Scholarships for freshmen and the Out-of State Opportunity Scholarship for transfer students.

Another is the "100% Tuition Award" for in-need freshmen that let qualified students take classes loan-free.

Students with scholarships need to maintain 3.0 GPAs full-time student status, and complete all credits that they enrolled for to continue receiving funds on a yearly basis.

Many students at OU rely on financial aid, like freshman mechanical engineering student Demarcus Green. "If I lose my financial aid, I'm screwed," Green said. He said he has to pass 60 percent of his classes and maintain a 2.0 GPA to keep his financial aid.

Other students, like junior journalism student Jonell Barr, are concerned with getting through school quickly so she can start earning an income.

"I don't have the luxury to take my time," Barr said.

Barr said that her financial status hasn't recently

changed, so it's unlikely that she will qualify for the Special Assistance Fund.

"I'm still poverty stricken," she laughed.

OU also offers grants that must be applied for through the Free Application for Federal Student Aid, or FAFSA, in addition to the scholarships. Green and Barr said they haven't yet filled out a FAFSA form this year, but they intend to. OU recommends that the FAFSA be filled out as soon as possible, as aid is given on a first-come, first-serve basis.

The deadline for filing FAFSA for the 2009-10 year is March 1 in Michigan. Students must file a FAFSA to receive financial aid.

The average award through the "hardship" fund is \$2,500 according to Dave Groves, OU spokesperson. He said OU is committed to provide assistance to all students and eligible students need not worry about the fund being exhausted.

He also said that in spite of the economic downturn, OU itself is prepared for the oncoming hard times.

"Through prudent and conservative budgeting over the years, Oakland University is well-positioned to weather the economic downturn," Groves said.

Groves said that as of now, there are no plans to cut jobs, programs or salaries. A change in tuition won't be decided on until next month, when the governor's budget and the recommendations for university funding are received.

- Katie Wolf contributed to this report

Surviving a shooting

By JOE GUZMAN
Staff Reporter

On Tuesday, Jan. 27 the Oakland University Police Department held a presentation entitled "Surviving an Active Shooter Incident." OUPD captain Mark Gordon provided strategies that the average student can employ if such an incident were to occur at OU.

The event focused on students developing skills to be better equipped to react with purpose and efficiency.

Gordon said that since the Virginia Tech shooting, OU has made a concerted effort to refine its prevention systems, including the formation of Threat Assessment Team, timely emergency e-mails and the voice message/text messaging alert notification system.

But, even with those safety nets in place, he said familiarization with survival concepts is important because a shooter's determination could be strong enough that he slips past every preventative measure the campus implements.

Gordon said it's important to have a trained survival mindset, grounded in three core attributes: awareness, preparedness and rehearsal.

He presented the following tips to keep in mind:

— Be aware of your surroundings, use all your senses and trust your intuition, you will be much more prepared for spontaneous violence.

— Make mental notes and ask yourself "what if this situation occurs?" to decrease the time it takes to react.

— Three basic choices you should decide between in case a shooting is taking place are these: get out, hide out or take out.

— **Get out:** A person's first option should be to escape, get to safety and call the police.

— **Hide out:** Pre-plan safe places that are near frequently visited buildings like classrooms, the Oakland Center or the library.

— **Take out:** The last resort of surviving an active shooter incident, if there is no other way, is to take the gunman out. Depending on the time you have, turn phones on silent, text authorities or outside assistance, quietly plan and rehearse the actions each member can take to rush collectively rush the assailant.



Can Grizzlies get a chance to be Lions?

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Blogs on 10 different topics updated daily.

POLICEFILES

On Jan. 15, a parent of a female student contacted OUPD, fearing that her daughter was missing. The dispatcher notified the head resident on duty who used his key to enter her dormitory. Nobody was in, and there was no sign of forced entry. The mother then met with OUPD two days later, where she said she had not talked to her daughter in three days. The mother claimed she and her daughter talked daily, and that the break in communication was unusual behavior for her. The mother said she left several voice messages on her daughter's phone, none of which were returned. On Jan. 19, the mother called OUPD informing them that her daughter was on campus and safe.

Energy proposals could save university money

By MASUDUR RAHMAN
Campus Editor

Three alternative energy initiatives could, if approved and implemented, decrease Oakland University's energy costs and its carbon footprint.

OU's energy manager Jim Leidel presented the initiatives on Thursday, Jan. 22 at "Energy at OU," an event hosted by OU Environmental Coalition, a student organization.

All three concepts, still at the proposal stage, are awaiting approval and funding from OU.

Running power with the wind

To produce electricity from wind at OU, a commercial-sized wind turbine generator is necessary. Leidel suggested that OU get two wind turbine generators, which would cost about \$3.3 million.

OU funded a wind power study in 2006. OU facilities management has been collecting wind data from a 50-meter tall wind sensor tower for two years to see if there is enough wind at OU to produce some electricity.

Leidel reported in 2007 that "the winds are not ideal, but they are sufficient to power an economically viable project."

To make the cost more achievable, he recommended a 15-year payment plan that would cost \$222,833 a year instead of one lump sum. This zero-interest plan would be provided by the federally funded Clean Renewable Energy Bond.

Leidel said that wind power energy, if implemented, could provide for some of OU's electricity needs, and would save OU money and eventually pay for itself.

"Although the upfront capital requirements are not insignificant, the resulting economic payback is fixed and definite due to the zero cost of fuel," he said.

In the 2007 report, he estimated that savings in the first year of installment would be \$268,056, and that in 15 years, the total savings would be \$4,396,610.

He said other benefits of approving this proposal are positioning OU as a "regional leader in alternative energy education" and "garnering significant media attention."

Leidel said recently that he's waiting for the economy to turn around and hopes that the proposal will be approved.

Sun as a source

OU facilities management received a \$100,000 grant in 2002 from the state of Michigan to undertake a "large scale

solar photovoltaic demonstration project," which has been completed. OU also provided \$30,000 for this project.

For this, they installed a photovoltaic solar panel in the 4000 University Student Apartments, done through the local provider United Solar Ovonic.

Leidel said that the installment was successful and the performance in providing energy was within expectations. In 2003, he reported to OU that \$1,000 a year could be saved with the energy created by the solar panel.

There are currently no plans to add solar panels elsewhere in campus.

Leidel said the objective of the grant was to demonstrate PV technology to the public, and this objective was reached.

Burning wood for energy

In 2007, OU facilities management received a \$25,000 grant from Southeast Michigan Resource Development Council to install and study a biomass boiler.

The biomass boiler burns urban wood waste to create fuel and heat.

"Wood is a relatively inexpensive source of fuel, and the relative abundance of locally derived urban waste wood has the potential to make this project financially attractive," Leidel said.

He said that the biomass boiler burns wood cleanly and doesn't produce any waste but water and carbon dioxide.

After the study was done, he said that a biomass boiler system, if implemented campus-wide to provide fuel and heating, "has the potential to produce significant operating savings for the University, based on reasonable expectations for future fuel and power prices."

He said a biomass boiler can cost from \$14 million to \$27 million, and estimated that savings per year could be around \$1.7 million. In fiscal year 2007, OU's energy cost was \$5.7 million.

Plans for the future

Leidel said he has also been asked to look at proposals from third party companies to provide OU's energy. He said he hasn't received any funds for this yet.

"We may end up [continue to] doing it ourselves," he said.

Edward Thompson-Mathews, co-president of the Coalition, said he thinks the energy proposals sound good, but understands that funding may be difficult.

"I know an university has higher priorities," he said.

Visit www.oakland.edu/energy for more information about OU energy.



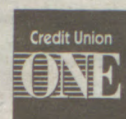
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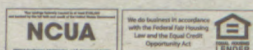
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Getting in grad school

By KATIE WOLF
Contributing Reporter

Applying to graduate school can be complicated and challenging. Over 40 Oakland University students attended a seminar to get tips on those challenges on Saturday, Jan. 24.

It was hosted by OU's Department of Psychology and Psi Chi, a National Honors Society for psychology.

The program was oriented towards psychology majors, but there were helpful tips for students in any major. Dr. Andrea Kozak, an OU psychology professor, outlined what's needed to apply: grade point average, Graduate Record Exam, recommendation letters, vita and personal statement.

Kozak advised students to take higher level seminar courses as undergraduates and "avoid the fluff classes."

She said that the difficulty of the undergraduate courses a student takes does play a role in the admissions process.

OU psychology professor Dr. Debra McGinnis recommended taking six months to a year to prepare for the GRE, which assesses analytical writing, verbal and quantitative skills, by using sources like preparation books or www.gre.org.

Kozak said to submit three or four

recommendation letters, and that letters from employers are inappropriate "unless it is relevant to your field." She said to try professors the student worked closely with.

A vita is an extended, detailed résumé. It documents a person's academic and professional background.

McGinnis advised that students treat the personal statement more like a professional statement, explaining the applicant's interests and future goals.

She said it's important to tailor the personal statement to each school.

Both Kozak and McGinnis stressed that getting into graduate school is a challenge, but should be seen as an opportunity for adventure.

Nick Wrobel, a senior psychology major, said he wants to go into industrial organization psychology. He plans to get a master's and maybe a Ph.D.

"It's competitive [to get into graduate school] especially with psychology," he said.

Psi Chi is hosting several programs this semester that will focus on each of the different aspects of applying to graduate school.

Their next event, "How to Succeed on the GRE," is on Thursday, Jan. 29 from noon to 1 p.m. in the Lake Huron Room in the Oakland Center.

Prof: Nazis utilized religion

By MICHAEL SANDULA
Contributing Reporter

Derek Hastings, an Oakland University history professor, said the Nazis' ability to appeal to people's desire to belong to something bigger than themselves gave them their destructive power.

The Oakland Center's Oakland Room was filled last Wednesday with people who came to hear Hastings' hour-long lecture on Nazism as a political religion. It was the first installment of this year's "History Comes Alive" lecture series hosted by OU's department of history.

Hastings said the Nazis employed religious symbolism and the image of Adolf Hitler as a messianic figure to create a "measure of transcendence."

For example, 16 Nazis killed in a shootout became martyrs for the Nazi party, hailed as "secular saints."

Hastings showed images of Hitler with doves and crosses above his head that were used as propaganda and said that such symbolism was combined with fervent preaching of German

pride. Hastings said Hitler gave radio addresses on "family values" and "racially pure children [being] the key" to Germany's future, and that these attitudes culminated in the Holocaust.

"Inclusion requires exclusion," Hastings said.

He said that nothing since has come close to the extremity of Nazism, but still cautioned people to be wary of politicians who aren't honest or objective.

"Beware when the goal of a politician isn't trying to engage your brain, but is trying to sweep you up in a tide of emotion," Hastings said.

Elizabeth Kondrat, a history major, said the lecture gave her a "new way of looking at the Nazi regime."

Hastings' book, "Rethinking the Roots of Nazism: Religious Identity and the Birth of the Nazi Movement," will be published this fall.

The "History Comes Alive" series has two more to come this semester. The next installment takes place Feb. 18, when Professor Don Matthews will discuss President John F. Kennedy, Gamal Abdel Nasser of Egypt and the challenge of Arab neutralism.

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mick@oakland.edu or 248.370.2024

Student orgs celebrate Asian heritage

By KATHLEEN QUANDT AND BRAD SLAZINSKI
Staff Interns

With the commencement of another year on the Chinese calendar, multiple student organizations are taking the opportunity to celebrate Asian heritage, as well as educate their peers on Asian culture.

One event, the Virtual Tour of China, has already passed, but on Wednesday, Jan. 28 there will be the Chinese New Year Celebration and on Thursday, Jan. 29 there will be the Asian American Culture Show.

Virtual tour of China

In the Fireside Lounge Wednesday, Jan. 21, Chinese music played in the background as OU graduate student Tingfeng Luo talked about China, quizzed attendees and gave out prizes. The presentation was hosted by the International Students and Scholars Office.

The topics discussed included the Spring Festival, also known as the Chinese New Year, China's long history, the different types of people who live in China and the food eaten during the Spring Festival.

Luo also talked about etiquette and how it has an effect on the people eating around you. She pointed out the differences between Chinese and American etiquette and how at times it was confusing for her.

ISSO will host another virtual tour next month. The country that will be presented has yet to be announced.

Chinese New Year Celebration

Chinese New Year Celebration will offer authentic calligraphy, crafts, food, music and live performances.

The event is co-hosted by the China Club and the Chinese Friendship Association and will be on Wednesday, Jan. 28 from 3-6 p.m. in the Oakland Center's Gold Rooms.

Jenny Htang, president of the China Club, said there will be a presentation from Dan Szubielski about the Chinese New Year. Oakland University professor Shuishan Yu will play the Qin, a combination of the Chinese harp and the Chinese piano. A group will sing traditional folk, doing a ribbon dance and playing the Hulusi, a free reed wind instrument from China.

Food at the celebration will include chicken dumplings, spring rolls, Mongolian beef, mushroom fried rice, vegetable lo-mein, mixed fruit and fortune cookies.

Students can make Chinese lanterns and play Mahjong, a board game that four people can play.

Volunteers at the event will write the Chinese translations of attendees' names and pronounce it.

Christie Lin, vice president of the China Club, said she was very excited for the celebration.

Htang said this is a great time of year to celebrate the Chinese tradition with friends and family.

"It's a great time for people to come together and celebrate the accomplishments from the past year and to set new goals for the coming year," she said.

Asian American Culture Show

The Asian American Association Culture Show will feature an Asian clothes fashion show, Asian food and live entertainment.

The Asian American Association is hosting the event on Thursday, Jan. 29 from 7-9 p.m. in the OC.

Justin Yee, representative for AAA, said that they will display a variety of Asian style clothing.

"We're going to do two shows," he said. "The first show is going to be traditional clothing, and the second show is going to be a modern style."

The majority of the clothing was donated from family and friends of group members and some of it was purchased, Yee said.

The models are all students at OU and are members of the AAA. The clothing shown will be Hmong, Vietnamese, Chinese, Japanese, Korean, Indian and Thai.

Between the two fashion shows there will be live performances.

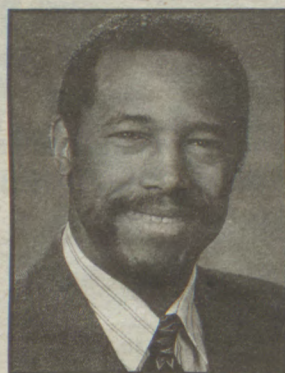
"There are a few professors here on campus that are going to play some Chinese instruments for us," Yee said.

In addition to the instruments, students from off campus will sing two Hmong-American songs.

Yee said there will also be three choreographed dances — two Hmong dances and one Vietnamese dance, performed by students.

2008-09 Lecture Series

Presented by OAKLAND UNIVERSITY'S Student Life Lecture Board



DR. BEN CARSON

Ben Carson knows what it means to feel overwhelmed by life. As the son of a single mother from the inner city of Detroit, Carson was running with the wrong crowd and failing in school — feeling as though he had no way out. He could easily have spiraled downward, but instead, he chose another path.

Driven by a passion for science and helping those less fortunate than himself, Carson pursued an academic career — an unlikely aspiration for someone with his limited resources. Carson graduated from Detroit's Southwestern High School with honors, and then attended Yale University, where he earned a degree in psychology. From there he went to the University of Michigan Medical School. While at U of M, his interest shifted to neurosurgery, and after medical school, he went to work at Johns Hopkins Hospital in Baltimore, where he became the Director of Pediatric Neurosurgery at only 33 years old.

Carson is one of the most respected pediatric neurosurgeons in the world, and is renowned for separating conjoined twins and performing other medical miracles. In 2008, he was presented with the Presidential Medal of Freedom. Now, he also provides audiences with an inspirational look at the philosophy that helped him meet life's obstacles and leap right over them. Prescribing his personal formula for success, Carson demonstrates that maintaining discipline and exhibiting good character are at the core of true success, while stressing the importance of using personal success to benefit others.

Thursday, February 5, 2009

7 p.m. in the Banquet Rooms of the Oakland Center

This lecture is free; no tickets are required. Seating is on a first-come basis.

The Oakland Center is located on the main campus of Oakland University, one mile east of I-75 off the University Drive exit. Free parking is available in lot P-1.

For more information about this program, or to request special assistance with attending this lecture, please call the Center for Student Activities at (248) 370-2400. Additional information can also be found on Oakland University's Web site at www.oakland.edu/csa.

This program is co-sponsored with the Student Program Board and presented with the support of student tuition and the Division of Student Affairs.



Center for Student Activities

49 Oakland Center
2200 North Squirrel Road
Rochester, MI 48309-4401
(248) 370-2400
csa@oakland.edu

Sharpshooting to resume in Hills

Oakland County judge denies a restraining order against the city

By ADAM CHERRY
Contributing Reporter

The Rochester Hills deer cull will continue after an Oakland County Circuit Court judge denied a motion filed last week on behalf of two residents seeking a temporary restraining order against the city to stop the program.

Judge Nanci Grant's opinion stated that the city council did not violate its own ordinances banning hunting or the discharging of firearms when it passed a resolution in November enabling Oakland County Sheriff's Office sharpshooters to kill up to 200 deer.

The resolution aimed to curb the city's deer population, which is estimated at over 1,000. Overpopulation has led to 219 reported deer-car crashes in 2007, the highest number in the state.

Rochester Hills resident and Oakland University student Stephanie Fujiwara doesn't feel killing the deer is the best solution.

"They should just move the deer somewhere," Fujiwara said. "If people are concerned about hitting them they should just drive slower."

Lindsey Houser lives in a campus apartment and said she nearly hit a deer while driving a few years ago. She said she understands overpopulation is a problem, but would prefer city officials



COLLEEN MILLER/The Oakland Post

Deer have made a home in the unfenced yards of Rochester Hills, but up to 200 of them may be shot.

take different action.

"I wish they could build a deer zoo," said Houser. "Killing should be a last option."

The residents' attorney, Margo Miller, believes the operation presents serious safety issues.

"Nobody has said this is about animal rights," Margo said.

Miller said her clients, Martha Black and Craig Bauman, are concerned stray bullets may cause injury or property

damage to nearby persons or households. They also fear wounded deer may flee into ongoing traffic.

The Oakland County Sheriff's Office maintains safety is its biggest concern and that the public parks used for sharpshooting will be secured.

Judge Grant praised the city for the "surveys, reports, and extensive safety measures" it undertook before conducting the operation.

The OCSO Special Response Team will

conduct the cull at no extra charge to the city. Sharpshooting will occur at night, with shooters elevated on tree stands.

The meat will be sent to volunteers for processing and given to local food banks.

Lance DeVoe, the city's naturalist, confirmed the cull began Jan. 14 at the city's nature center, and four deer were killed.

Dates, times, and locations of the shootings have not been released to the public. Miller said this constitutes a denial of her plaintiffs' due process rights. She believes the information is being withheld to keep protesters away.

"America is all about protest," Miller said. "What kind of message does this send?"

Miller said her clients are considering further legal action.

Rochester Hills is not the only city locally to think about the use of sharpshooting when animals become a safety issue or nuisance.

Bloomfield Hills and Grosse Pointe Shores both have considered sharpshooting as a solution to coyote problems, and Grand Haven will begin sharpshooting deer this month.

Grand Haven, however, will send e-mail alerts to citizens before hunts. Police will also use caution tape and post signs at sites to assure residents are aware hunts are in progress.

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MELANIE SOCHAN/The Saginaw News, AP

Tri-City Chinese Association dancers perform "Dunhuang Fantasia" at the TCCA 2009 Chinese New Year Celebration on Saturday evening, Jan. 24, at Bullock Creek High School in Midland. The dancers portray Guan Yin, a Buddhist deity with 1,000 arms. The Chinese New Year officially began on Monday, Jan. 26, 2009 — the year of the ox.

For Chinese New Year celebrations held on Oakland University's campus, see the story on page 10 in this issue of The Oakland Post.



BROOKE HUG/The Oakland Post

Nemo was one of many ice sculptures in the Under the Sea Ice Sculpture Show at the Fire and Ice Fest in downtown Rochester Friday and Saturday. Other activities at the festival included: a toboggan run, ice skating, dog sled rides, cross country skiing/snow shoeing and entertainment.



Check out the photo gallery from the Fire and Ice Fest on oaklandpostonline.com

— Kathleen Quandt, Staff Intern

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93-year-old froze in his own home

Associated Press report

BAY CITY — A 93-year-old man froze to death inside his home just days after the municipal power company restricted his use of electricity because of unpaid bills, officials said.

Marvin E. Schur died "a slow, painful death," said Kanu Virani, Oakland County's deputy chief medical examiner, who performed the autopsy.

Neighbors discovered Schur's body on Jan. 17. They said the indoor temperature was below 32 degrees at the time, The Bay City Times reported Monday.

"Hypothermia shuts the whole system down, slowly," Virani said. "It's not easy to die from hypothermia without first realizing your fingers and toes feel like they're burning."

A city utility worker had installed a "limiter" device to restrict the use of electricity at Schur's home on Jan. 13, said Bay City Manager Robert Belleman. The device limits power reaching a home and blows out like a fuse if consumption rises past a set level. Power is not restored until the device is reset.

There was no word Monday whether the device had blown out or confirmation of the amount Schur owed to Bay City Electric Light & Power; city officials did not respond for comment.

Belleman said he didn't know if anyone made personal contact with Schur to explain how the device works.

The body was discovered by neighbor George Pauwels Jr., who said Schur had almost \$1,100 in unpaid electric bills. Pauwels told the newspaper he saw cash clipped to those bills on the kitchen table on the day he found Schur's body.

"His furnace was not running, the insides of his windows were full of ice the morning we found him," Pauwels told the Bay City News.

Belleman said city workers keep the limiter on houses for 10 days, then shut off power entirely if the homeowner hasn't paid utility bills or arranged to do so.

He said Bay City Electric Light & Power's policies will be reviewed, but he didn't believe the city did anything wrong.

"I've said this before and some of my colleagues have said this: Neighbors need to keep an eye on neighbors," Belleman said. "When they think there's something wrong, they should contact the appropriate agency or city department."

Schur had no children and his wife had died several years ago.

Bay City is on Saginaw Bay, just north of the city of Saginaw in central Michigan.

Governor candidates line up for '10 election

Associated Press report

LANSING — State Sen. Tom George said Monday that he'll form a campaign committee to explore a 2010 run for governor.

The 52-year-old Kalamazoo County Republican said his campaign would focus on the state's economy.

George, a medical doctor, was elected in 2002 to the Senate after serving one term in the state House. He has supported a statewide smoking ban and wants to require Medicaid recipients to lead healthier lifestyles in return for benefits.

If he runs, George could face a crowded field. Democratic Gov. Jennifer Granholm can't run for re-election in 2010 because of term limits,

and the open seat has drawn a large number of hopefuls to the race.

Among the Republicans considering the governorship are Oakland County Executive L. Brooks Patterson, Secretary of State Terri Lynn Land, Attorney General Mike Cox and U.S. Rep. Pete Hoekstra. U.S. Reps. Mike Rogers and Candice Miller, businessman David Brandon and Oakland County Sheriff Mike Bouchard also have been mentioned as possibilities.

Democrats looking at the race include Lt. Gov. John Cherry, Flint Mayor Don Williamson, Wayne County Executive Robert Ficano, Macomb County Sheriff Mark Hackel and former Michigan State football coach and current university trustee George Perles.

RA Appreciation Week 2009



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HANK-SEAN-MEGAN
ANDREW-KARL-JUQUATTA

Battle for the Vince Lombardi Trophy

Arizona Cardinals vs. Pittsburgh Steelers, who's your pick?



"Steelers, because my family would go for them over the Cardinals."

Samantha Castello
Junior, elementary education



"Cardinals, because I always root for the underdog, because they're the ones who are unexpected."

Jonathan Denison
Freshman, undecided



"Pittsburgh, because they won a few years ago and I'm not sure about the Cardinals. I feel more confident in the Pittsburgh franchise."

Curtis Childs
Senior, communication



"Arizona, because it's their first time [in the Super Bowl] and the Steelers won a couple years ago."

Jennifer Lunde
Sophomore,
secondary education

What are your plans for Super Sunday?



1

"Having a Super Bowl party at my house."

Jordan Macintosh
Freshman, political science



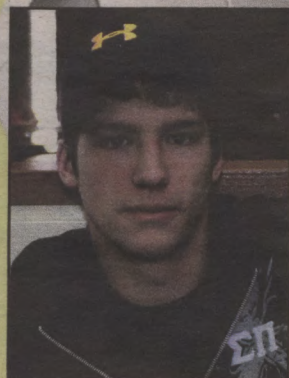
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"My dad will probably have it on TV and force me to watch it."

Nicole Hanel
Senior, elementary education

Would you rather...

Watch college or pro sports?



"Professional, college has too many teams to watch."

Aaron Flatt

Freshman, political science



"College because my cousin is on the Michigan team and I like seeing him play."

Jennifer Conover

Sophomore,
secondary education

COLLEGE

Posties Super Bowl Picks

Steelers — 36-17 — Jillian Field
Cardinals — 24-17 — Amanda Meade
Cardinals — 42-0 — Tim Rath
Steelers — 28-7 — Katie Jacob
Cardinals — 24-21 — Jared Purcell
Cardinals — 30-16 — Brad Slazinski
Steelers — 37-10 — Sean Garner



ATTENTION PHOTOGRAPHERS!

Don't forget to submit your photos for the winter semester photo contest.

Whether you're a photography buff or you just like to take pictures, submit your original works to oupostphotocontest@gmail.com.

Two participants will be chosen every other week and their work will appear in The Mix. Students will be able to vote on their favorites on www.oaklandpostonline.com.

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you (your stories
your words
your style
your health)

Getting to know YOU

A series telling the stories of those who make OU unique

The Post catches up with the Keepers of the Dream

By MACKENZIE ROGER
Staff Reporter

Last week, four Oakland University students received the Keeper of the Dream scholarship award from the Center for Multicultural Initiatives. Each student serves as a leader to their peers, and seeks to further Dr. Martin Luther King Jr.'s legacy of peace and acceptance.

NORRIS CHASE

Currently in his fourth year at OU, Norris Chase has devoted his time to "breaking down barriers" and discouraging everyday stereotypes. A business management major, Chase has always been involved in campus life.

In the past several years, Chase has been a Center for Multicultural Initiative Peer Mentor and helped plan programs such as "Don't Judge a Book by its Color," where OU students acknowledged and then discarded their personal prejudices.

Chase also co-founded the RED COW (Revive Experience and Dream. Change Our World.), initiative. In the future, Chase plans on continuing his work with breaking barriers.



RELANDO THOMPkins

Since his freshman year at OU, Relando Thompkins strove to set an example. A social work major, Thompkins filmed, produced and presented a short film examining the usage of the "n-word" among his peers and society as a whole. The film was presented in accordance with the former OU student group Men of One Accord, in which he was involved.

Thompkins also participated in the Diverse Student Leaders weekend, and is a member of the Social Work Club at OU. Thompkins credits his success to his "mind to want to improve race relations between people."

In the future, he also hopes to pass his message of acceptance to younger generations, possibly as a professor in a teaching position.



LISA DAILY

Starting in high school, Lisa Daily, currently a junior nursing major, laid a strong foundation for a lifetime of social responsibility and volunteerism. From her freshman year on, Daily spent her spare time volunteering with the local animal shelter, and graduated third in her class.

At OU, Daily has been an resident advisor for the past two years, was a campus advisor last summer and participated in the Resident Hall Council for three years.

This summer, Daily is planning a trip to Ghana where she will "try to tie in the medical aspect of AIDS with the reality" and spread global awareness of the disease.



JASMINE RUDOLPH

As a senior nursing and biomedical engineering major, Jasmine Rudolph's commitment to ending prejudice has been evident since her freshman year.

Rudolph has participated in the Gaining Early Awareness and Readiness for Undergraduate Programs for the past several years — prepping children from sixth grade through high school for college, while serving as both a mentor and role model for the participants.

Coupled with GEAR UP, Rudolph also co-founded the RED COW initiative with Chase. In the future, Rudolph hopes to inspire and "encourage everyone ... to be accepting to change."



Program helps Asperger's students adjust to campus life

By RORY MCCARTY
Senior Reporter

Jacob Furchak is a student like any other at Oakland University. He wakes up early in the morning and commutes to school. He is a management information systems major, attends classes throughout the day and takes study breaks in between. He eats his lunch in Vandenberg Hall and plays video games in the computer lab.

But because he has Asperger's syndrome, meeting people and keeping in contact with them can be difficult for Furchak.

Things like keeping up with assignments and getting involved socially can become overwhelming, especially for Asperger's students who are new to OU.

OU's Peer Transition Assistance program helps students like Furchak with things that might be difficult due to having Asperger's or ADHD. Students in the program are paired with consultants that they meet with regularly for help.

"It helped me get back on track," Furchak said. "I needed to get in contact with someone because I was spending a lot of time alone."

Kelley Watson, the program coordinator for the program, said that Asperger's

is a neurological condition that creates difficulties with processing information.

"It impairs the way they can relate to other people," Watson said.

"With that said, there could be someone with Asperger's who has superior intelligence, but still has difficulties in social situations."

Watson said that the program participants meet with their assigned consultants one to two hours a week to touch base, check if they're doing their assignments, and see that they are involved socially.

"There are many things they can help them with, but each person is so uniquely different," Watson said.

Furchak has had three consultants over the past year. He said that the first time he met his consultant, they looked up a list of student organizations and clubs. He said his consultant also does things like attend a "meet and greet" lunch with him.

"It was nice to have someone to go with me to those kind of groups because I really wouldn't invite other people to go with me," Furchak said.

There are many different levels of functioning within Asperger's syndrome, and Watson said that what the consultant does with their peer will vary.

"On any particular day we help teach social skills, plan, tutor, model, counsel, organize, network, have meetings ... It seems like a lot, but it's a worthwhile experience every day of the week," said program consultant Michael Fiorillo.

Watson said that anyone can sign up to be a mentor, but that they look for someone who is social, really wants to help and has a course load that lends themselves to helping.

The program was originally designed for incoming students with Asperger's or ADHD, to help them become adjusted to life on campus. One of the biggest things, Watson said, is just showing the participants where everything is on campus.

"It's all about exposure to college life while keeping him as comfortable as possible," Fiorillo said. "After he's comfortable in a particular setting, I'm just a wingman."

The program has been running since the middle of last year, and some participants said they feel that the program is making a difference in the lives of students with Asperger's syndrome. Fiorillo said he thinks the program has not only helped students, but helped reduce the dropout rate of Asperger's students as well.

"Starting college is stressful enough,

but then imagine not being able to read emotions and having very little skills in the social realm. You don't have anyone to sit with at lunch and it seems everything you say comes across as awkward or negative and you don't know why," Fiorillo said. He said he believes the program recognizes these shortcomings and provides support.

However, Watson said that the program is not necessarily for all Asperger's students. She said that some students may be too high-functioning to need a consultant and ideally, some students will no longer need consultants after a transition period.

Rachel Puente, Furchak's consultant, says she is helping Furchak put together a resume for when he graduates this year. "When I go with him to do this, I can help him put together a stronger resume and make sure he doesn't back out when he isn't sure what he needs to do," she said.

She is also encouraging Furchak to go to job interview training that OU offers.

Furchak said that he is concerned about some of the same things that many outgoing college students are.

"I think what I need at this point is a good job, my own residence ... and some exercise."

OAKLAND UNIVERSITY
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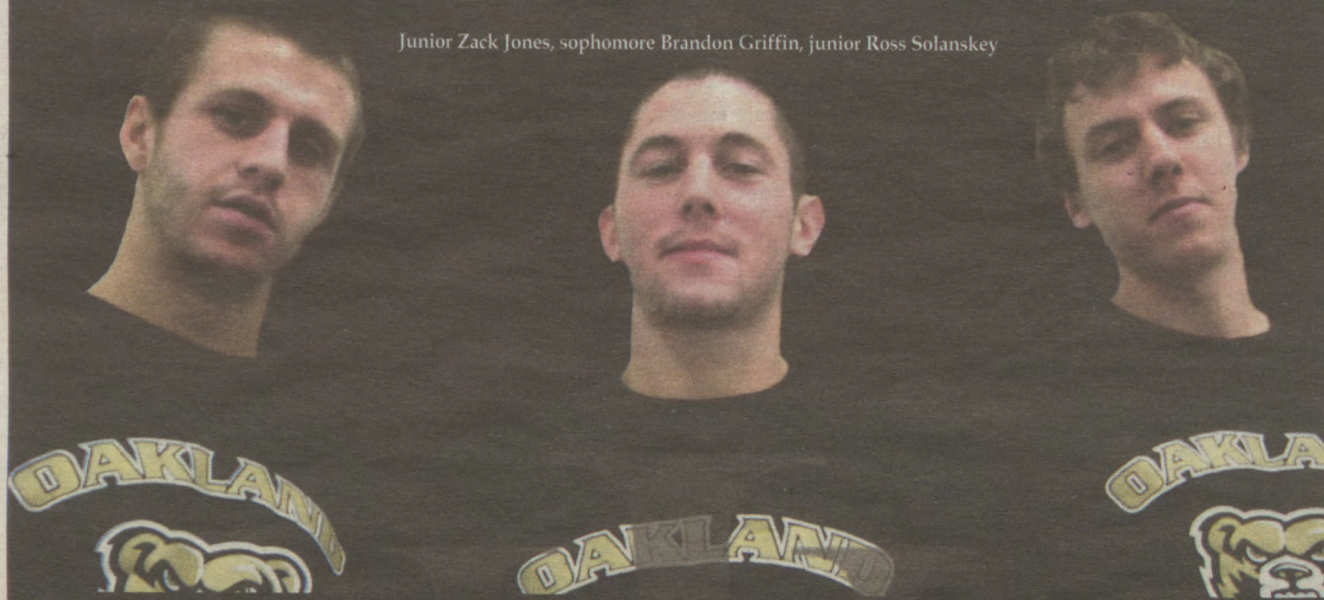
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OAKLAND UNIVERSITY'S DISTANCE RUNNERS

TRI-SPORT ATHLETES

Thirty-four runners.
Three seasons.
Countless miles.

Junior Zack Jones, sophomore Brandon Griffin, junior Ross Solanskey



The work they do earns your respect.
Now it's time to give them your attention.

Photos by JARED PURCELL/The Oakland Post
Illustrations and editing by BROOKE HUG/The Oakland Post

Junior Sara Lieblein, sophomore Sarah Thompson, sophomore Kelsey Carmean



By JARED PURCELL
Sports Editor

They can run up to 80 miles a week, up to 18 miles at a time. Blisters, shin splints and general soreness are things that they have no choice but to get used to. They don't run for attention but because they want to.

"We all love it," said sophomore runner Sarah Thompson with a bag of ice taped to her shin. "We'll complain a lot because we do get in pain and everything ... but it feels like one of the most rewarding things. Every time we complete a race or a workout, it feels amazing because we know that we just did something a lot of other athletes say they couldn't do."

Cross country, indoor track and field and outdoor track and field are three seasons in which the distance runners of Oakland University find themselves training for year-round. They put in running miles that can rival the amount that many of us put on our cars to commute to class. They run in ways that people would interpret as cruel.

"Running in other sports is punishment," said sophomore Brandon Griffin. "But it's definitely all worth it."

Apples and oranges

Even though most distance runners have three seasons, a common misconception is that each season is pretty much the same. But it's more than just a bunch of running, right?

"In a way, they're right," Rice said. "It is all running when it comes to the distance runners."

Still, it doesn't mean it's all the same. Each season offers its own challenges and adjustments for runners to face.

"[People] don't understand that they're different," said junior Sara Lieblein.

"Everyone is like, 'How did your track meet go?' during cross country ... If anyone knows anything about running, they know about track. They just imagine you running on a track even though you're running cross country."

In fact, there are more differences between the seasons than one may think.

Cross country is the season where miles and endurance greatly outweigh speed in comparison to the track seasons. Terrain and weather conditions can vary greatly from race to race.

"I've always liked cross country," Thompson said. "Everywhere you go it's always a different course. It's different from any other sport because, if you're playing basketball, you're always on the basketball court, the same field all the time. But in cross country, it's different everywhere you go and that's exciting."

Also, cross country meets consist of

only two races: men and women. Men usually run 8 kilometers and the women 5 kilometers.

"It's definitely a shorter day," Griffin said. "You go and you run a men's and women's race and you're done. You don't have to wait around for your event all day out in the sun [like in track]."

When it comes to the track seasons, saying indoor track and outdoor track are the same is like saying arena football is the same as NFL football.

Indoor tracks are usually 200 meters which is half the size of an outdoor track. The smaller track size for the indoor season can actually affect the times of the distance runners because the turns are sharper and runners tend to slow down in order to turn more sharply.

"A key difference is, indoors, it's harder to breathe," Griffin said. "A lot of the tracks that we run on aren't banked — meaning the corners — and it takes a lot to maintain pace on corners."

Junior Zack Jones said his times are "about 10 seconds off" compared to his outdoor times due to the tightness of the indoor turns.

Indoor track provides relief from weather conditions and offers a variety of distances that aren't offered in the outdoor season.

"The nice thing about getting to the indoor season is they get a chance to experience some shorter events," said Paul Rice, head coach of both of the track and field teams and the cross country team. "They all love to do the 3K because you're coming out of cross country and a 3K feels easy to them."

In the outdoor track season, the track is 400 meters and distance runners can compete in the 1,500 meter, the 5K, 10K and the steeplechase.

Brandon Griffin is a steeplechase runner. His race consists of running just under 2 miles as fast as he can and having to jump five barriers every quarter mile with one of the barriers having an unavoidable water pit on the other side. So, not only does he have to jump hurdles, he has to do it with soaking shoes.

"Steeple is a unique event," Griffin said. "You have to worry about pace, hurdle form over your barriers, and then form over the water jump. It takes a lot more thinking and focus."

While most of the runners expressed that cross country was their favorite season, junior runner Ross Solanskey enjoys the uniformity of track and field.

"I like outdoor track," Solanskey said. "Mainly because it gets warmer than colder." After a quick smile, he adds, "I also like that everywhere it's the same. There's no discrepancy between the courses. You always know what everyone is going to be running and how to deal with it. You're always on the same terrain."

No pain, no train

Each season comes with a different workout approach. Whether there is a focus on long runs of 10 miles and further in cross country, or to the speed workouts in track and field, each runner gets tested in every aspect of running.

"For cross we do more endurance and pace work for longer distances [for most of the season]," Solanskey said. "Indoor and outdoor track, the endurance is only worked on towards the beginning of the season. Once you get to the middle, is more of clicking off paces and when you hit the end you're running speed constantly."

It can be difficult for some freshmen to adjust to the collegiate type of training for distance runners because of the more advanced training and greater demand of year-round running.

"It was really hard for me," said Lieblein about adjusting to training as a freshman. "I nearly doubled my mileage. I used to run 30 miles a week and then my freshman year I ran 50 for two months ... There is no going easy. You're always working hard, and someone is always going to push you."

Lieblein said that at times she felt overwhelmed with the demand of training.

"I remember our first long run," Lieblein said with a smile. "It was like 11 miles at seven-minute pace and I had never run faster than nine minute pace on a long run. I thought I was going to die."

R-E-S-P-E-C-T

With all of the physical punishment they go through, the efforts they give seem to go relatively unnoticed by pedestrian views.

"I think people respect us because they know we work hard," Lieblein said. "But they really don't want to get involved."

Rice thinks that gaining respect has never been a problem for runners.

"All of our athletes get tons of respect from different avenues," Rice said. "But when it comes to the attention, they probably don't get as much."

It's hard not to agree with Rice. During the cross country season in the fall, soccer and football garners a lot of attention. When the winter indoor track and field season comes around, basketball captures the attention of college students. In the spring, baseball and softball and various other sports take some of the attention away from outdoor track and field.

Solanskey doesn't think being in the spotlight is a big deal.

"It's kind of nice that we don't get the attention because it would get annoying after a while to have to avoid it all," Solanskey said. "It's just not a huge thing."

In order to be a distance runner, you have to come to terms that not many

people are going to want to pay attention to what you do.

"It's just not that exciting for [other people] I guess," said sophomore Kelsey Carmean.

A purpose

With all of the miles and all of the different training and races, there has to be a reason to why someone would do all of that.

Jones finds that team camaraderie and success makes his experiences worthwhile.

"The whole cross country season is really fun," Jones said. "We're a pretty good team and very tight. We work well with each other and it showed. When we were at the line for Regionals at Purdue, there was mud everywhere and we were all getting pumped up together."

The team friendships developed outside of training and racing can make the pain and difficulties easier to handle according to Carmean.

"Whenever we get on the bus to travel, I'm always just thinking about how grateful I am to be here," Carmean said. "And our team dinners the night before meets — those moments."

Perhaps what makes it worth it for a distance runner to go through the training they do is that they simply just enjoy the opportunity to run. In fact, Lieblein would prefer to run just for the hell of it.

"If we weren't competing and if we weren't on the team, we'd still be running," Lieblein said.

Runner's High

Distance runners get high all the time — without the use of drugs.

"Runner's high" is known to occur when strenuous exercise takes a person over a threshold that activates endorphin production.

"Nothing hurts," as Lieblein described it. "Your whole body just wants to run as fast and as far as it can."

The same type of endorphin reaction is said to happen during excitement, pain and orgasm. Maybe a bit of hard running from time to time wouldn't be too bad...

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Golden Grizzlies Game of the Week

MEN'S BASKETBALL VS. WESTERN ILLINOIS

Kangas sets 3's record in win

By TOM MURPHY JR.
Senior Reporter

Oakland University senior guard Erik Kangas became the Grizzlies all-time leader in three-point field goals, with 293 Saturday night at the O'Rena during OU's (13-9, 6-3) 86-46 victory over the Western Illinois Leathernecks (6-14, 3-7).

With 7 minutes 31 seconds to go in the second half and the Grizzlies up by 37 points, Kangas hit the record-breaking three after receiving a pass from junior point guard Johnathon Jones.

OU head coach Greg Kampe quickly called time-out after the shot was made and Kangas received a standing ovation from the crowd which was listed at a season-high of 3,125 people.

"I'm glad it happened here and I'm glad that we were way ahead so that we could do that," Kampe said. "If it had happened in a two-point game, obviously I wouldn't waste a timeout."

Kangas scored a game-high 27 points in the victory going 7-12 from behind the three-point line.

"It means a lot considering that's what I've been my whole career, a three-point shooter," Kangas said when asked what holding the record means to him. "So I guess it just means that I've done a good job consistently throughout the years."

The record was previously held by Jason Rozycki (1999-02).

"If you had to get into favorite players, [Kangas] passed one of my all-time favorites in Jason Rozycki," Kampe said. "I mean I love that kid ... so for him to pass a kid that I had such a high respect for, I'm really happy because I have that

same type of respect for Erik. He's a kid that has made himself a player."

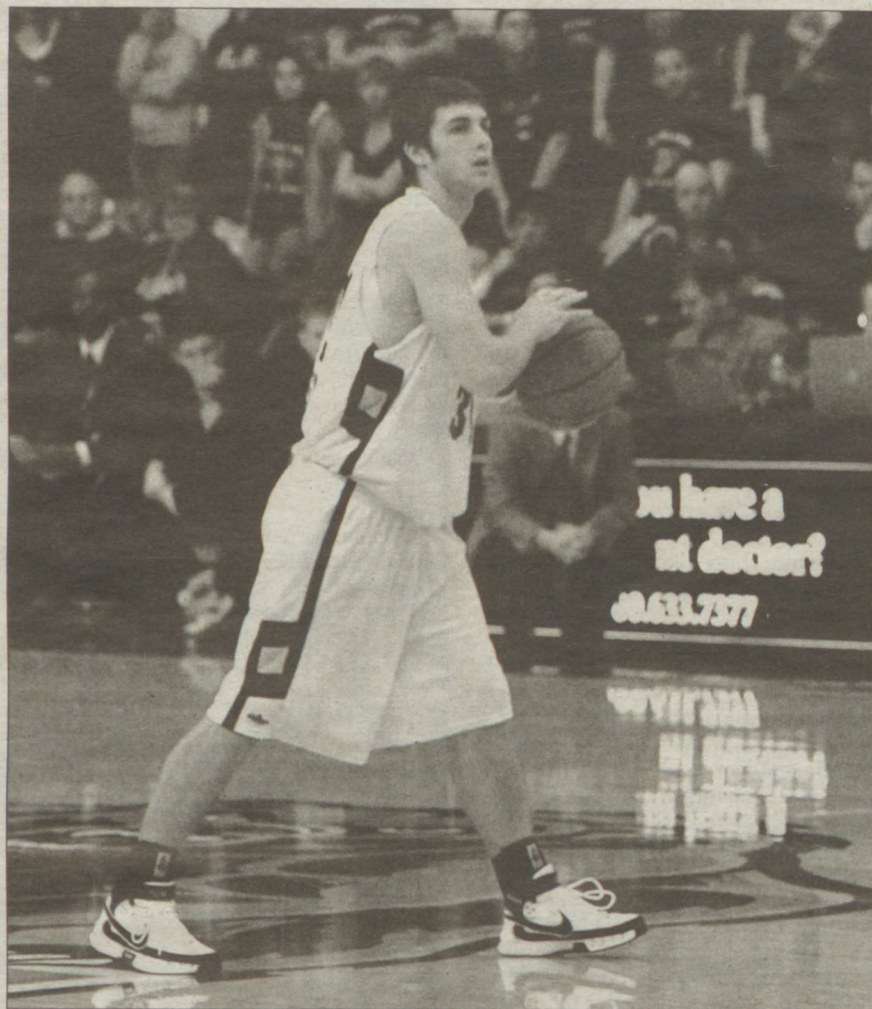
The Grizzlies dominated the Leathernecks in all aspects of the game from beginning to end. They jumped out to a 16-3 lead and never let up. The Leathernecks had no answer for OU's inside game. Sophomore center Keith Benson led the Grizzlies in the first half, scoring 18 points and grabbing seven rebounds. He was 7-8 from the field and 4-4 from the free throw line. Sophomore forward Will Hudson added nine points and three rebounds in the first half. Their performances helped guide the Grizzlies to a 43-20 halftime lead.

"We challenged Hudson and Benson," Kampe said. "You're a foot bigger than every one of their kids and it's time to dominate ... When we play a team that's this small you have to dominate. And I think Benson really took that to heart. Hudson has really gained great confidence ... He's getting better and better. You got to remember that they are both sophomores and big kids take time to develop but once they come, they come fast and both those kids are coming."

Jones ended the game with 11 assists. He currently leads the Summit League with 6.5 assists per game.

Senior guard Ricky Bieszki and junior guard John Kast — who average little minutes — each were able to get into the game and contribute. Bieszki scored four points and Kast had two.

The Grizzlies will be heading west this week to take on the North Dakota State Bison (8-1, 14-5) on Thursday and the South Dakota State Jackrabbits (3-6, 8-13) on Saturday.



Erik Kangas sets the record for most most career three-pointers in OU history by scoring his 293rd. BOB KNOSKA/The Oakland Post

GRIZZ OF THE WEEK

Beckie Francis
Women's basketball
Head coach

Francis has coached OU to its best record through 20 games (16-4) while riding an eight-game winning streak.



Courtesy of OU Athletics

Coming attractions

GAME SCHEDULE FOR WEEK OF JAN. 28-FEB. 3

MEN'S BASKETBALL

1/29 @ NDSU — 8:00 p.m. (Fargo, N.D.)
1/31 @ SDSU — 8:30 p.m. (Brookings, S.D.)

WOMEN'S BASKETBALL

1/31 @ SDSU — 6:00 p.m. (Brookings, S.D.)
2/2 @ NDSU — 8:00 p.m. (Fargo, N.D.)

INDOOR TRACK & FIELD

1/30 @ Tri-Meet — MEN (Ypsilanti)

T&F CONT.

1/31 @ Mich. Intercollegiate — WOMEN (Ypsilanti)

ICE HOCKEY

1/30 vs. U-M Dearborn — 8:00 p.m. (Onyx Arena, Rochester)

SWIMMING AND DIVING

1/31 vs. MSU — 1:00 p.m. (Rochester)

Gary Parsons retires with long legacy

By JARED PURCELL
Sports Editor

After 28 seasons, Gary Parsons announced his retirement as the head coach of Oakland University's men's soccer team. Parsons leaves behind a long list of accomplishments including being in the top 10 in all-time Division I wins with 363. He was also the 15th DI coach to ever win more than 350 games.

"I've been thinking on this for probably six or eight months," Parsons said of his decision. "I didn't want to make an announcement before the season started because I didn't want that hanging over our heads for the season."

A long time coming

Parsons' retirement comes after one of OU's most successful seasons in which the OU won a DI school record of 14 games and posted another record with five consecutive shutouts. Their 0.54 goals against average broke a Summit League record and tied a school record, and the 12 shutouts posted was also a league record. OU wound up losing in a shootout at the NCAA tournament to Ohio State, the eventual national runner-up.

"One thing I've known all along is that he always said when he left, he was going to leave in the best shape it could possibly be in," said OU athletic director Tracy Huth. "So I wasn't surprised in regards to Gary leaving even though it's a little unusual to see a coach step away when they are having that kind of success."

The players didn't see the retirement coming and were caught a bit off guard.

"Everyone was extremely shocked when he said he was leaving," said Jonathan Evans, a sophomore midfielder.

Junior forward Sebastian Harris said the team is still coping with Parsons' departure but is prepared for what lies ahead.

"Mentally, in the back of our heads it like, 'Man, is he really gone?'" Harris said. "But we're going to pick up right where we left off because he left us right where we need to be."

Parsons is also a three-time Summit League Coach of the Year (2005, 2006, 2007). He has taken the soccer team to two at-large bids to the Division I Men's Soccer NCAA Tournament (2003, 2008), another first in the league. Parsons has more wins than any coach in the history of the Summit League and had a league record of 38-15-3 (.703) in 10 seasons.

Throughout his career, Parsons has seen changes to the game and in his coaching.

"It's such an evolution of your coach-

ing career over 28 years, in the players and the game itself," Parsons said. "The greatest satisfaction you get out of it is dealing with the players and working with the players and what you get out of your relationships with those guys."

Of all of the accomplishments that he has garnered over the years, Parsons gets the most pride from the way his players dedicated themselves.

"The thing that makes me most proud is all the players that I've had and how many of them are involved in the game," Parsons said.

The greatest impacts

Machel James, a junior midfielder for OU, came from Trinidad and he credits Parsons with guiding him to a smooth transition.

"I learned so much from him," James said. "[Trinidad] is a different style and he taught me the American style of soccer."

His steadfast and optimistic mindset are some of the qualities that helped Parsons excel.

"He would try to make a bad situation a positive situation for you," James said.

Huth said that Parsons' legacy will live on through the success of the program that he is leaving behind.

"I think his legacy will be the fact that he was able to be successful no matter what level we were competing at," Huth said. "I think his real legacy will be the fact that he developed the program and has been a long-standing story of success."

Huth gives Parsons credit for developing players on and off the field.

"His ability to develop players and develop student athletes," Huth said. "If you're going to play for him, you're going to be a hard worker, tough minded and your mindset was 'Let's go create our own success.'"

Not only did Parsons have a great mind for the game, he also could develop great relationships with his players.

"The relationship was like friends," said Harris. "We'd see him almost every day of the week and we'd go to his house for team dinners. We were pretty close friends."

Evans said that one reason why the team performed so well is because they enjoyed playing together.

"Gary made our whole team have more of a family atmosphere," Evans said. "He really did just whatever he could for the team."

The road ahead

Parsons said he plans to continue to create his own success in the sport of

soccer as he has a new coaching opportunity on the horizon with the Michigan Bucks, a Professional Development League team that takes the top college players from around the country.

"I'm going to assist the head coach for this summer ... and I might take over that when [the head coach] is done," Parsons said.

In terms of finding Parsons successor, Huth said that they don't want to wait too long as the team is in the middle of the recruiting season.

"We probably won't wait long," Huth said. "But you never know who's going to contact you. We're moving right now to try and fill the position and certainly they will be some big shoes to fill."

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Hankering for a national ranking

Women's basketball performance demands some more national attention

COLUMN

By JARED PURCELL
Sports Editor

If you haven't been a follower of OU's women's basketball team, now is the time to start taking notice. In fact, the national polls should be closely eyeing the Golden Grizzlies.

The team currently has its best 20-game record in school history (16-4) and is on a seven-game winning streak. The streak includes a decisive 67-51 win over Summit League foe and current ESPN/USA Today No. 20 South Dakota State on Jan. 5. The win puts Oakland in control of its own destiny when it comes to the Summit League standings.

Depth perception

Oakland owes its success to its depth. Head coach Beckie Francis has used words like "sincerely deep" to describe this year's team and it has showed. Francis has been blessed with a roster that she can tinker with at anytime and still get a winning result.

Since the Southern Utah loss, Oakland is 12-1 with its one loss suffered at the hand of Marquette, a respectable opponent who plays in the power-house Big East Conference. Even though losses are losses, Oakland has risen to a new level since the beginning of the season.

Senior guard Jessica Pike is living up to her pre-season Summit League player of the year status, leading the team with 15.3 points-per-game, shooting .442 from the field and shooting a golden .883 from the line.

The addition of freshman guard Sharise Calhoun this season has proved beneficial. Calhoun's speed has her moving up and down the court with ease and helps her stick with her assignments. Plus, her ability to average 22.4 minutes a game can come in handy. In fact, she played 38 minutes in her most recent game against IUPUI. She

might not be impressive on the score sheet yet but she can definitely play solid while others get to rest.

Senior guard April Kidd is athletic like Calhoun, but offers more experience on defense. Her 61 steals leads the team by far and provides a good role model for fleet-footed players like Calhoun.

Perhaps the greatest development is the play of sophomore center Brittany Carnago. Her triple-double performance (14 points, 11 blocks, 10 rebounds) against Centenary on Jan. 12 was the first triple double in the Summit League since December 2006. That was no fluke either.

Starting every game so far this season, Carnago has accounted for 61 of the team's 101 blocks — only six other players in the nation have more. She is also third on the team in scoring along with averaging 10.6 points-per-game and 8.1 rebounds. Not bad for someone who only started one game and averaged 4.5 points per game with 25 blocks last season.

Here and now

At the beginning of the season, it was hard to see Oakland in its current position after losing two straight games to two ranked teams in Georgia and Purdue. After that, OU had an uncharacteristic one-point loss to Summit League bottom feeder Southern Utah.

Yet, if the poll masters focus on the teams current play and depth and discard the team's early season disappointments, this team screams for national attention. Even if Oakland is getting some attention right now, if they keep rolling the way they are, the spotlight will come sooner than later.

Oakland will once again face SDSU in its next game on Feb. 3. If the Grizzlies manage a victory on SDSU's home court — where SDSU hasn't lost all season — the Grizzlies should without a doubt be recognized as a Top 25 team.



Photo by BOB KNOSKA/The Oakland Post

The development of 6'3" center Brittany Carnago this season has been one of the many reasons for Oakland's success so far. Her triple-double against Centenary this season was the first in the Summit League since 2006.

The Scene

January 28, 2009

www.oaklandpostonline.com

23

Feed your mind, body and spirit

By KAY NGUYEN
Staff Reporter

Imagine an eco-friendly and fully sustainable restaurant housed in a building built in the 1890s. Inspired by the mantra of "Reduce, Reuse, Recycle," Mind Body & Spirits' menu of organic foods and pioneering design makes the restaurant an exotic alternative to the downtown Rochester fine-dining game.

"We want to prove the point that we can have slow food," said restaurant manager BJ Craney. "It can all be done right here in Michigan."

The two-story restaurant features sit-down dining on the first floor along with a relaxed lounge setting above. The menu includes dinner and lunch entrees, as well as tapas, artisan desserts and an extensive wine, beer and specialty beverage list.

"It's dining with a purpose," said Mind Body & Spirits employee and Oakland University senior communications major Aimee Jones. "People thought of [the customer] in the design and food of the restaurant."

Menus are seasonal, as chefs handpick ingredients and communicate with local farms about their needs. An added touch is also given during service, though it often goes unnoticed.

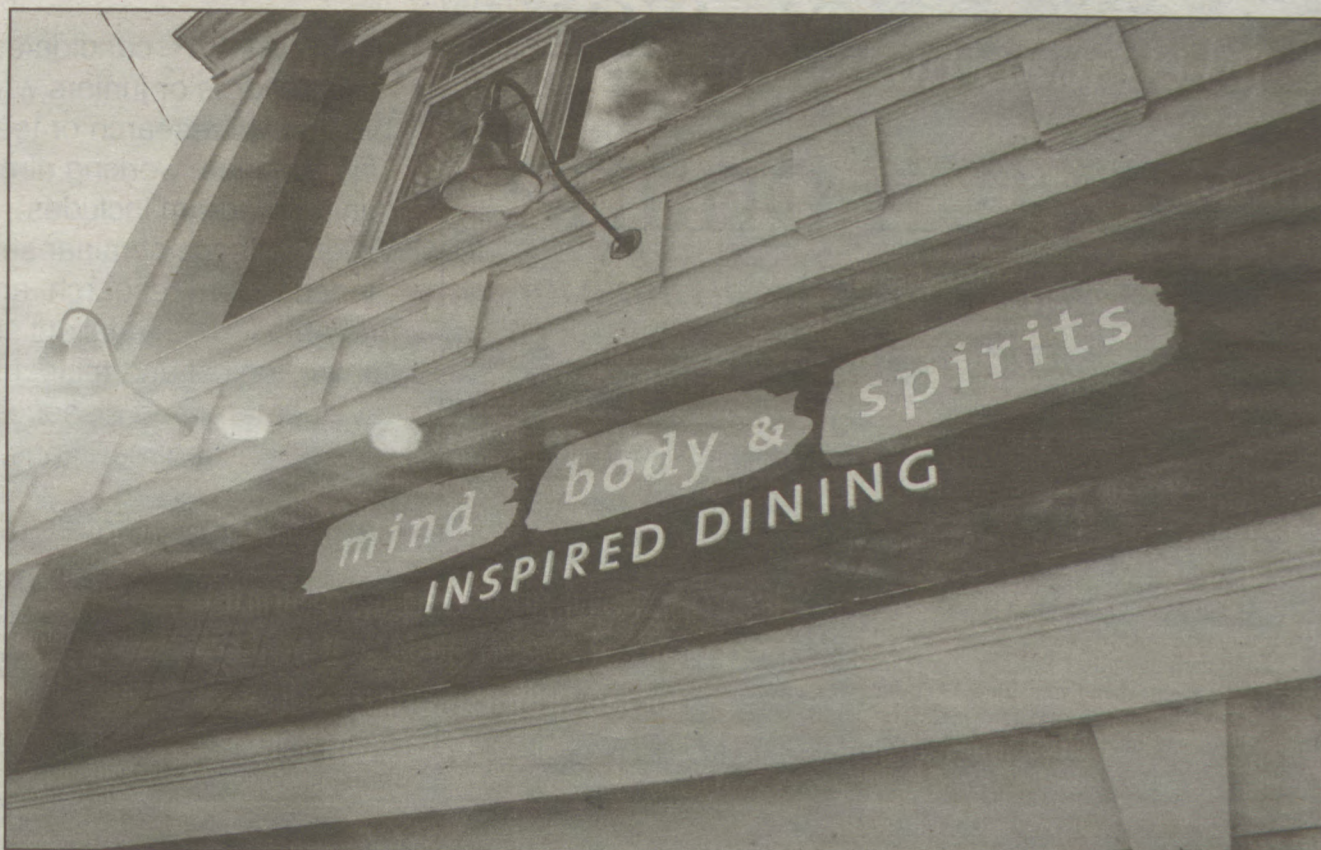
"We're actually all trained in energy work," said Mind Body & Spirits employee and OU junior human resource development major Lauren Long. "We focus on energy transfer when we're preparing tables or pouring water and fill the air with good energy for the next customer."

Options are available for vegetarians, vegans and those with gluten or dairy allergies, and meat eaters. Drawing from restaurateur Mike Plesz's experience at the Rochester Mills Beer Company, the drink menu includes beers brewed exclusively with organic materials.

"Working here makes you pay attention to what you're eating," said Mind Body & Spirits employee Maria Leonardi. "Mind, Body, & Spirits was the perfect place for me because the energy is so positive."

The restaurant's slogan "inspired dining" is demonstrated through the use of innovative green technologies and a natural modern ambiance. The aim of the restaurant is to give customers an enjoyable and well-thought-out dining experience while employing green practices.

Unlike a traditional eatery, the res-



Eco-friendly restaurant Mind, Body & Spirits is located in downtown Rochester, housed in a building that has been around since the 1890s. BROOKE HUG/The Oakland Post

taurant serves fine organic cuisine while striving to make a negligible imprint on the Earth. With the goal of becoming America's first fully-sustainable restaurant, Plesz has sunk over \$3 million into the project.

"There are no footsteps to follow," Craney said. "It's basically one big science project: We find any problems, assess it, and then fix it."

Green features of the restaurant include geo-thermal heating and cooling systems, solar energy and energy recovery ventilators. The restaurant was constructed with a combination of recycled materials like reconstituted brick and eco-conscious bamboo and cork.

Environmental awareness is practiced throughout the restaurant. An extensive recycling program and use of eco-friendly cleaners are just two of the green programs.

"I think of my family, especially the younger generations, when I work here," said Mind Body & Spirits employee and

OU senior public administration major Sara Arbenowske. "We need to care. They will be on the Earth longer than us and they deserve a healthy one."

Water is important to the restaurant. Drinking water is purified using reverse osmosis and bathroom water cycles from the sink to the toilet through a greywater — non industrial wastewater — system in order to conserve.

Most waste materials are composted and sent back to farms to be used as fertilizer. Old cooking oil is made into biodiesel that fuels the restaurant's catering van. Broken beer and liquor bottles from Rochester Mills are embedded in the floor to give color.

The staff is well-informed about environmental sustainability and organic products. Many practice eco-friendly behaviors outside of the restaurant.

"We all take a part in recycling and composting and are all very willing to learn new things," Arbenowske said. "We are committed to the cause and have

lived the lifestyle for some time."

Placards with factoids placed on tables inform customers exactly how the establishment is run and give tips on how to live a sustainable lifestyle. Everything on the menu is organic, apart from a few Michigan wines which are brought in from local farms whenever possible.

An in-house organic greenhouse supplies the restaurants with most of the herbs used in the kitchen. A rainwater catching system is used to water the plants. Trombe walls — sun-facing walls built from material that can act as thermal mass — and solar hot water tubes are used to warm the greenhouse in the winter.

"The restaurant is [based on] a new, innovative idea that helps others and yourself," Jones said. "It's not just about going green or being sustainable; people want to make a difference. Bringing back principles from the '60s and '70s: It's like a new era for hope, freedom, and change."



Graphic illustration by Brooke Hug and VectorVeezy.com.

Free stuff online

Ways to spend (or waste) your time for money and prizes

By RORY MCCARTY
Senior Reporter

With the current economy, many people are looking for alternate ways to make money to supplement their income. While browsing the Internet, you may find yourself assaulted by ads that promise to reward you for doing practically nothing online. But are they valid ways to spend your time, either for income or for entertainment? And are they legitimate?

Websites vary in their requirements for signing up, and the rewards can be just as varied.

Microsoft's Live Search Club — **Club.live.com** — requires only that participants provide a valid e-mail address and then allows them to play an assortment of flash games through their website to be rewarded "tickets." The tickets can be redeemed for prizes, which can be as simple as a T-shirt or as extravagant as an XBOX 360.

The games are mostly based on word puzzles, such as games like "Spelling Bee" that gives you seven letters and challenges you to come up with as many words as you can using them, not unlike a game of Scrabble.

There is also the crossword-like "Flexicon," which gives clues so obtuse that the game provides an Internet search option to look up the answer. Some of the games are repeated but with different backgrounds, so "Spelling Bee" with a baseball theme becomes "Word Slugger."

Sites like **SurveySpot.com** ask visitors to sign up and fill out simple surveys from advertisers with questions like "How old are you?" and "How many all-terrain vehicles do you own?" The website pays participants for each survey they fill out, but site

owners won't issue a check until eight weeks after the time that a participant signs up.

Inboxdollars.com has a similar method, but pays participants for reading advertisement e-mails that they receive in whatever e-mail inbox they provide.

Like Live Search Club, both **Inboxdollars** and **SurveySpot** run based on advertising, but ask that participants provide their street address to send a check to, and **Inboxdollars** even requires a phone number. The website FAQs say this information is also used to send "relevant product samples" to program participants.

My Coke Rewards is yet another "something for nothing" program. Though more widely publicized, it allows people who collect codes from Coke bottles and boxes to enter their codes online and redeem them for prizes similar to Club Live. However, the product lineup on **My Coke Rewards** is frequently changing, and the only constantly available prizes are things like Coke T-shirts and subscriptions to "Entertainment Weekly." Among the websites, examined above, **My Coke Rewards** takes the least amount of time, but also limits participants to enter only 10 codes a day, meaning that it's also slower than the others.

How useful these websites are will depend on how willing you are to sift through ad e-mails that reward you a few pennies each or a 10-minute survey for three bucks. **Live Search Club** actually gives you a bit of fun in exchange for your time spent, but it takes many hours to afford a decent prize. None of them can replace a regular job, but even for someone who has time to kill, time may be better spent doing something else.

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MOUTHING OFF

January 28, 2009

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25

Claire Littleton

Claire arrived on the Island pregnant and soon gave birth to her son, Aaron. She's spent many nights fretting that someone might try to take her baby or harm her baby, usually with good reason. But recently, she met the ghost of her estranged father on the Island, had a sudden change of heart and abandoned her baby to wander off into the woods. Kate later ended up taking care of Aaron, and figured, "Hey, free baby."

My theory

Claire is aging in reverse. Though we have little idea of what Claire's early life was like, she was more responsible than she was when she left her Island-dumpster baby. The remainder of "Lost" will feature Claire becoming a little girl, then a space baby, then seeing herself as an old woman. Or something.

Charlie Pace

friends

dated

killed by

The Others

kidnapped by

Hugo "Hurley" Reyes

Hurley won the lottery using the ominous "numbers," but came to believe the money was cursed when his friends and family began dying or deserting him. His luck remained mostly unchanged when he came to the island and his close friends died. After he was rescued from the Island

as one of the Oceanic 6, he had himself committed to a mental institution, after apparently being haunted by dead people he knew on the Island. So Hurley's a "glass is half empty" kind of guy.

My theory

Hurley's connection to the Island has made him immortal. Not only does it explain why he survives unharmed while people all around him are being killed, it explains why he remained fat while he was running around on a virtually foodless island.



Photo courtesy of amazon.com

Land of the 'Lost'

By RORY MCCARTY
Senior Reporter

"Lost" is a show that undoubtedly lives up to its name. The show began when Oceanic Flight 815 crashed on a tropical island, and 48 of the passengers survived to try and find rescue. The story followed the lives of several of the passengers, told through flash-backs, as well as the lives of 40 other nameless passengers. It was a seemingly simple premise before the smoke

monster showed up.

After four years of flash-backs, flash-forwards, underground science facilities, and plot lines that increasingly incorporate time travel, even hardcore fans are lucky to know who's dead and who's alive at this point.

Luckily for you, I've painstakingly mapped out the main points of "Lost" on this handy flow chart, including my personal theories about the characters of "Lost." Hopefully, you will "find" yourself amused by them.

daughter of

Christian Shephard

father of

Jack Shephard

Is Jack secretly jealous of the passionate romance between Kate and Sawyer? Does he pretend not to care? Do I care? I'm not sure of the answers to any of these questions, but one thing is absolutely for certain: the love triangle between these three castaways, which has been going on since nearly the first episode, is just about complex enough to be its own TV show. Jack has been told since an early age by his surgeon father that he will never make a great leader, and seems to fight this

My theory

The love triangle between Kate, Sawyer and Jack will eventually morph into a "love square" when Jack wins over Kate and Sawyer begins to date Jack's one-time squeeze, Juliet, out of sense of revenge. In a confused sense of revenge towards Sawyer, Jack will attempt invent a "love pentagon" and court the ghost of Cleopatra.

criticism with each passing episode, showing a sort of natural-born poise as he navigates the survivors through the tumult of their day-to-day existence while repressing his own emotions. All of those emotions except of course, his love of Kate.

healed by

The Island

antithesis of

John Locke

Off the Island, Locke was a nobody working minimum wage jobs with a father who conned him into donating his kidney and then ditched him. But on the island, Locke can walk and he can do a lot more. He's looked on as a sage and he recently became the leader of The Others. So, it's understandable that he's blown up things and murdered people to keep everyone on the Island. Well, maybe not.

My theory

Locke is Claire's son, Aaron, but from the future. Aaron will at some point return to the Island, travel back in time using a Dharma station, and be put in the care of Locke's abusive parents by The Others so that he could one day lead them. The reason Locke has never directly come into contact with Aaron is that, as we all know from the movie "Timecop," when the same matter occupies the same space, they both melt.

See Lost on page 26

continued from page 25

LOST

we left off with
John Locke ...

led The Others

Benjamin Linus

Ben was taken into the Dharma Initiative by his father at a young age, but his abusive dad led him to kill the entire Dharma Initiative and defect to The Others. As the leader of The Others, Ben excels at manipulating people and being generally creepy. He takes orders from the "invisible man," Jacob, and pals around with Richard Alpert, who doesn't age. But since he moved the Island using an ancient teleportation device, he has apparently been banished from it.

hired by **Charles Widmore** father of

engaged to

Penny Widmore

freighter crew

kidnapped by

My theory

Ben is a wizard. If you had never heard of "Lost," and for all I know you haven't, and I described someone to you who can teleport, manipulates people's minds, commands a smoke monster, hangs out with immortals, talks to an invisible man and has creepy, intense eyes, what would you picture? Someone with a pointy hat and wand maybe?
Wizard.

Desmond Hume

Desmond was found inside the hatch when the survivors of Flight 815 discovered it. After his boat shipwrecked on the Island, he wound up pushing the button in the hatch for years. According to helpful island physicist, Daniel Faraday, Desmond is "unaffected by the rules of time travel." This means he's the only person in the world who could do something like go back in time and kill Hitler.

My theory

Desmond lives to the end of the series, where he gets a "Quantum Leap"-styled spinoff show, titled "The Constant." Once a week, Desmond does things like go back in time and kill Hitler.

Now there should be little doubt in your mind as to who is a ghost, who has escaped the island, who is sleeping with whom and who is a wizard. You will even be able to discern which characters are traveling through time and which are simply living in the future. You are now prepared to watch "Lost."

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Governor skips his trial to hit morning show circuit

BY CHRISTOPHER WILLS
Associated Press Writer

SPRINGFIELD, Ill.— Gov. Rod Blagojevich's historic impeachment trial began Monday without its defiant defendant, who has refused to participate because he says its rules are unfair.

Illinois Supreme Court Chief Justice Thomas Fitzgerald ordered the proceedings to begin as if Blagojevich had entered a plea of not guilty.

Blagojevich, meanwhile, was hundreds of miles away in New York, where he hit the morning show circuit, appearing on ABC's "Good Morning America" and "The View" before a scheduled appearance on "Larry King Live."

"I'm here in New York because I can't get a fair hearing in Illinois, the state Senate in Illinois," Blagojevich said in

between appearances. "They've decided, with rules that are fixed, that don't allow me as a governor the right to be able to bring in witnesses to prove that I've done nothing wrong."

Blagojevich was arrested Dec. 9, accused of scheming to benefit from his power to name President Barack Obama's replacement in the Senate. He was impeached by the House earlier this month on additional charges of circumventing hiring laws and defying decisions by the General Assembly. A two-thirds majority of the Senate could convict him at trial and throw him out of office.

Blagojevich made clear he would only defend himself through a media blitz.

"I'm talking to Americans to let them know what's happening in the land of Lincoln," he said on ABC. "If they can do it to a governor, they can do it to you."

Blagojevich claims he can't call witnesses who would say they talked to him about Obama's Senate seat and Blagojevich said nothing improper.

But the governor would be able introduce public statements from such people — for example, White House chief of staff Rahm Emanuel saying on a news show that Blagojevich did nothing wrong when the two of them talked.

Also Monday, Blagojevich revealed he had considered naming Oprah Winfrey to the Senate. Winfrey said she would have turned him down.

"I'm pretty amused by the whole thing," Winfrey told "The Gayle King Show" on Sirius XM Radio. "I think I could be senator too. I'm just not interested."

Lt. Gov. Patrick Quinn would replace him, becoming Illinois' 41st governor.



LOUIS LANZANO/Associated Press
Illinois Gov. Rod Blagojevich exits the building after being on "Good Morning America."

NIW BRIEFS

01-22 | Michelle Obama's press secretary said the first lady objects to Ty Inc.'s Sasha and Malia dolls, which the company says are not meant to resemble Michelle and President Obama's daughters. | Nashville voters rejected a proposal that would have required all city business be conducted in English.

01-23 | U.S. suspected in two missile attacks that kill 18 in Pakistan. | Forty-five West African towns are devastated by Liberia's worst caterpillar infestation of crops in 30 years.

01-24 | A monster truck show promoter was fatally injured in Wisconsin by a monster truck during a monster truck show.

01-25 | An avalanche drags 17 Turkish hikers 1,600 ft. Ten of them were buried by the snow and died.

01-26 | Four American troops killed in helicopter crashes in northern Iraq.

Streep wins, without a doubt



MARK J. TERRILL/Associated Press

Meryl Streep reacts to winning the award for outstanding performance by a female actor in a leading role for "Doubt" at the 15th Annual Screen Actors Guild Awards Sunday in Los Angeles. Entertainment Weekly said Streep, who acted surprised and said she didn't even buy a dress for the occasion, had the best reaction of all of the winners at the award show.

Japan to tourists: Don't lick the tuna

BY SHINO YUASA
Associated Press Writer

TOKYO — Tourists are known for acting silly, but licking the tuna?

Overwhelmed by a growing number of misbehaving tourists, Tokyo fish-mongers banned all visitors from one of the city's most popular tourist destinations — the pre-dawn tuna auctions at the world's largest seafood market.

The ban, imposed during the peak New Year buying season, was front-page news before it was lifted last week, but the debate goes on: Can tourists be trusted around the tuna?

"We understand that the sight of hundreds of frozen tuna looks unique and interesting for foreign tourists," said Yoshiaki Takagi, deputy director of the market. "But they have to understand the Tsukiji market is a professional place, not an amusement park."

One of the more notorious recent cases was that of a tipsy British tourist — caught on tape by a Japanese TV crew — who licked the head of a frozen tuna and patted its gill. Two others, also caught on video, rode around on a cart used by wholesalers.

"Tuna is a very expensive fish," Takagi said. "One tuna can easily cost more than 1 million yen (\$11,000). But some tourists touch them and even try to hug them."

So, when on Jan. 5, a premium bluefin tuna fetched more than \$107,000, the highest price in nearly a decade, no tourists were anywhere in sight.

Obama targets greenhouse gases, fuel efficiency

BY BEN FELLER
Associated Press Writer

WASHINGTON — President Barack Obama took aim Monday at making the nation more energy independent, ordering reviews that could lead to tougher auto emission standards in states and higher pressure on automakers to produce more fuel-efficient cars.

Obama directed his administration to get moving on new fuel-efficiency guidelines for the auto industry in time to cover 2011 model-year cars.

"It will be the policy of my administration," he said, "to reverse our dependence on foreign oil while building a new

energy economy that will create millions of jobs."

The president wants the EPA to take a second look at a decision denying California — and the other states that want to follow its model — permission to set tougher tailpipe emission standards.

Obama sought to show he was not waiting to put his stamp on energy policy.

"Year after year, decade after decade, we've chosen delay over decisive action," Obama said. "Rigid ideology has overruled sound science. Special interests have overshadowed common sense. Rhetoric has not led to the hard work needed to achieve results — and our


leaders raise their voices each time there's a spike on gas prices, only to grow quiet when the price falls at the pump.

"The federal government must work with, not against, states to reduce greenhouse gas emissions," Obama said. He added: "The days of Washington dragging its heels are over. My administration will not deny facts; we will be guided by them."

California's proposed restrictions would force automakers to cut greenhouse gas emissions by 30 percent in new cars and light trucks by 2016.

At least 13 other states have already adopted California's standard.

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