

THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

MARCH

4

2015

GRIZZ GONE GLOBAL

Oh, the places they'll go - and went - over spring break **PAGE 10**

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CORPS.

20 countries, 22 years
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DAVIS.

Meet the 'complete package'
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Photo by Andrew Wernette/ The Oakland Post

thisweek

March 4, 2015 // Volume 40. Issue 53



ontheweb

Twenty-six minutes, eleven seniors and an endless love for performance takes the the Oakland Music, Theatre and Dance department's musical theatre seniors to the Big Apple as they showcase their skills in preparation for the future. **Read more at www.oaklandpostonline.com.**



PHOTO OF THE WEEK

SEEING STARS // "Hollywood in Detroit," a black-tie event hosted by the non-profit Detroit Passport to the Arts (DP2A), rolled out the red carpet complete with papparazzi at the Detroit Film Theater inside the DIA during break on Thursday, Feb. 26. Inside, attendees toured the museum and previewed this year's Academy Award-nominated shorts. Check out the full album at oaklandpostonline.com. *Photo by Danielle Cojocari/The Oakland Post*

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

POLL OF THE WEEK

What color was the dress?

- A** White and gold, obvi.
- B** Black and blue - don't even start.
- C** Black and gold, DUH. #ThisIsOU
- D** I don't do labels.

Vote at www.oaklandpostonline.com

LAST WEEK'S POLL

Who's ready for spring break?

- A)** ME! Can't wait to jet off to Florida.
9.7%
- B)** Seven days off? How can you do this to me?
32.3%
- C)** Spring? Yeah right.
38.7%
- D)** I've been ready since January 7. Leggo!
19.4%

THIS WEEK IN HISTORY

March 5, 1997

Oakland Country Prosecutor's office refused to issue a warrant for an individual who had left a dead animal for Chi Upsilon's former president.

March 7, 2001

OUPD started cracking down on drug enforcement due to increased complaints of marijuana in residence halls.

March 8, 2006

During their spring break, instead of relaxing on the beach, OU students visited Louisiana to help rebuild houses destroyed by Hurricane Katrina.

— Compiled by Megan Carson, copy editor



8

SEARCH PARTY

After over a year of vacancy, the campus community is looking to permanently fill the role of Dean of Student Affairs.



15

MUSICA CON SABOR

Inspired by Spanish study abroad experiences, the OU piano program is reviving its recital with a Latin twist.



18

THE FINAL COUNTDOWN

After wrapping up the regular season with a rocky 83-63 loss to Green Bay, men's basketball looks to extinguish the UIC Flames this weekend at Valparaiso.

BY THE NUMBERS

Eating disorder awareness week edition

50%

people with eating disorders meet the criteria for depression

4/100

anorexic individuals die from complications of the disease, the highest fatality rate of any mental illness

25%

of college-aged women engage in bingeing and purging as a weight-management technique

1/10

people with eating disorders receive treatment. Only 35% of people who receive treatment for eating disorders are treated at a specialized facility for eating disorders.

24 million

people of all ages and genders suffer from an eating disorder (anorexia, bulimia and binge eating disorder) in the U.S.

Guest editorial: 'Universities need to capitalize on student life'

By Annie Meinberg
Student Body President

The way I look at it, college is a time in our lives to try new things and learn as much



Meinberg

as we can. College experiences outside of the classroom are where we learn

communications skills, strong work ethic, and teamwork skills. Business leaders are looking for the college graduates that have spent their 4+ years already mastering these skills.

Fact-based knowledge is important and so are interpersonal skills that college graduates are gaining are what business leaders are seeking.

So how do colleges and universities aid in the development of their students?

How do they capture thousands of students and produce well-spoken, creative, and re-

sponsible leaders ready for the workforce?

These are the questions that I was hoping to get answered during a roundtable discussion that I attended last week.

The Students Speak Series, co-hosted by the National Campus Leadership Council, Detroit Regional Chamber of Commerce, and the Workforce Innovation Network for Southeast Michigan brought together 20 student leaders from different campuses and business leaders from various industries right here in Detroit.

We were able to talk about workforce development and the importance of internships, on-the-job training and experiences outside of the classroom.

These opportunities help develop communication skills and leadership that the businesses at the roundtable said they are yearning for.

Our universities need to capitalize on the student life portion of the institution and recruit students not just based on the academics, but on the co-curricular activities that can launch students into success.

"Our universities need to capitalize on the student life portion of the institution and recruit students not just based on the academics..."

Annie Meinberg
Student Body President

I often hear of students working for the school newspaper landing jobs at big name newspaper companies.

I see student athletes winning titles and giving back to the community. I watch student government members find their passion in politics and create change in the community.

Student leaders are landing these job opportunities due to the experiences that compliment the classroom.

These lasting and transferable skills will greatly prepare students after graduating to compete in the workforce and better navigate the skills gap.

Annie Meinberg is a junior studying elementary education and the current president of the student body. She can be contacted at ameinber@oakland.edu.



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In the Feb. 18 issue, it was misstated that around 50 people attended the Muslim Student Association's candlelight vigil for the Chapel Hill shooting. In actuality, the number was over 100.

In the same issue, it was stated that the OUSC student body presidential debate is scheduled for March 11 in Gold Rooms B and C at 11 a.m. The correct start time is noon on March 11.

Corrections Corner

The Oakland Post corrects all errors of fact. If you know of an error, please e-mail managing@oaklandpostonline.com or call 248.370.2537. You can also write us at 61 Oakland Center Rochester, MI 48309.

Letters to the Editor

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.



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Perspectives

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

Student Statesman: Call terrorism for what it is, Mr. President

Obama's address to the nation about the recent beheading by ISIS doesn't necessarily sit well with everybody

Nick Walter
Student Statesman

Let's say that you're the leader of an organization.

For instance, the president of a company that makes cars.

Let's say that there's a group of people who, for whatever crazy reason, hate cars and people who make them.



STUDENT
Nick Walter,
Student
Statesman

Let's say that this group breaks into another car company's factory and murders more than twenty of their employees.

What would your response be?

Think about it for a moment.

True, it wasn't your employees who were killed, but it's still a horrible, senseless tragedy. You have to say something; you can't act like nothing happened.

What would you say?

Personally, and I think I can guess that most if not all of you would agree, I would strongly condemn the violence and call for justice to be done to the murderers.

Seem fair? (Nod your heads in agreement; good.) Okay, let's draw this scenario out one final time.

How do you think people would respond to you if you were to say that the way to deal with people like the murderers was not to bring them to justice,

but rather to give them jobs at the factory where they murdered the workers?

That...would be bad, for the understatement of the year. The families of the murdered would rise up and condemn you for being cruel, cold and callous.

You might even be suspected of being on the side of the murderers!

Now, don't worry; I know that none of you would do something this crazy.

Unfortunately, there is a particular leader who, for reasons that I can't even begin to fathom, did just what I described for you.

Here's the story.

You've all heard of the group ISIS, the radical terrorist group

with the sickening marketing tactic of beheading or burning people and then posting the videos on social media.

In their latest barbarism, the group lined up 21 Christians from Egypt and calmly knifed their heads off.

(Forgive me for being so graphic; it's ugly but necessary.)

In response, President Obama strongly condemned the violence and pledged to help track down the terrorists.

As always, I have the facts first and then my opinion.

In this case, however, I lied: that last sentence was completely false.

President Obama did not condemn the violence and pledge to help track down the terrorists.

Instead, he claimed that the best way to stop ISIS is...to give them job training and work opportunities.

Now, regardless of his religious beliefs, I strongly believe that President Obama should at least have stated that ISIS brutally killing Christians because they're Christians (or for any reason, for that matter) is wrong.

The President of the United States has a duty to condemn violence of this kind.

But, like with the failure of our leader to attend the million-man march in Paris after the Charlie Hebdo attack, he was not willing to respond appropriately.

Mr. President, start calling terrorists what they are: terrorists, not job hunters.

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Perspectives

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

Philanthropists make a difference on campus

Students owe much of what they enjoy about OU to its generous donors

Daskyra Hood

Junior, event Coordinator,
Student Philanthropy Committee

Philanthropy. It means a lot to me as an Oakland student. Matilda Wilson's philanthropy is the foundation of Oakland University and it is important to who we are. Students come to Oakland because they have a sense of belonging here.



Daskyra Hood,
Event Coordinator,
Student Philanthropy
Committee

They feel comfortable while at OU and appreciate what the school has to offer. What students don't always realize is that they owe a major part of their education to donors.

Donors are very important to our environment and OU's very existence as a university. I learned this when I started working for the OU Telefund.

Speaking with donors, alumni and friends of the university directly and having them give graciously was an amazing experience. Our donors saw the importance and the difference that they can make for students when they give to Oakland University.

While working there and as a member of the Student Philanthropy Committee, I get to be a part of the difference that donors make. This week the committee and I are holding our first Generosity Week, which we started to highlight the importance of donors to Oakland University students.

Check out www.isupportOU.com/GW to learn more about Generosity Week activities on campus, or visit our table in the OC during lunchtime.

By having students see how different OU would be without donor support, students can see just how important donors are in playing a major part in creating the Oakland experience!

WHAT'S YOUR PERSPECTIVE?

Submit an opinion column to
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and you could see it in print.

Be sure to provide contact information,
class standing and field of study.

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Campus

Grizzlies on the Prowl



"Why is Women's History Month important to you?"



Brenton Hudak, freshman, biology

"Because people need to know what the women went through to get their rights."



Lamarn Johnson, freshman, engineering

"Because it shows the strength in how far women have come in America."



Denella Barker, freshman, psychology

"Being a woman myself, this month it shows the strength and determination and hard work of being a woman, which I am proud of."



Micha Thompson, junior, radiology

"Women are beautiful and strong and I'm glad that we are able to have recognition for those traits."

— Compiled by Nowshin Chowdhury, Photographer



POLICE FILES

Physical altercation in East Vandenburg Hall

OUPD responded to Vandenburg Hall Feb. 21 around 2:30 a.m. for a report of two males fighting. Oakland County Sheriff Office had called to let OUPD know that an assault had occurred.

An officer spoke to a witness who said that she had heard the altercation which had happened in a closed dorm room. She told police that she could hear two men and one woman arguing in the room. She told police that she then heard one of the male voices tell the other male to stop hitting the female present in the room.

The witness then told police that the female in the room yelled that she was going to contact OUPD, but she couldn't because the phone lines were down. The witness then saw one man and one female exit the room and head outside to leave in a vehicle.

Through other statements, OUPD learned that they had been in a romantic relationship previously and were arguing about it. Police spoke to the people involved and they admitted to having a physical altercation.

For more police files, go to www.oaklandpostonline.com.

— Compiled by Josh Soltman
Chief Copy Editor

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Kaylee Kean / The Oakland Post

The vice presidential candidates debated their platforms on Tuesday, March 3 in the Oakland Center.

Congress off to the races

Tickets begin the race to be next OUSC leaders

Grace Turner
Staff Reporter

Oakland University's Student Congress election campaigns officially began the Wednesday before break with an election kickoff.

All three tickets — teams of a presidential and vice presidential candidate — attended, as did nine out of 19 legislator candidates.

Each ticket had a table set up and was allowed to distribute one informational item, such as a brochure, one promotional item, such as a T-shirt, and have one poster talking about their platform.

"They [were] able to present their platform in a more professional matter," said Cassandra Hock, the administrative assistant of Student Congress. She organized the event and oversees the elections.

The following is a glimpse at each platform and what it covers.

Presidential candidate Nick Walter and vice presidential candidate Madison Kubinski:

- Change OU's attendance policy so students can miss more than two classes without losing points
- Increase the number of outlets in the OC
- Expand buildings like the OC and Varner Hall
- Create a year-round program that allows OU students to turn in gear from other schools in return for OU gear

Walter and Kubinski are currently members of OU's Student Congress and said that they feel their experiences will help them as president and vice president.

Presidential candidate Laina Townsend and vice presidential candidate Sam Harris:

- Expand the OC and add a back door to Kresge library
- Move all of OU's student service offices to one building
- Create a year-round program that allows OU students to turn in gear from other schools in return for OU gear
- Host more tailgates
- Create student voice com-

mittee that would ask students what improvements they want to see at OU

Townsend and Harris are members of the Student Congress and feel their experiences will help them as president and vice president.

Presidential candidate Katie Rose and vice presidential candidate Layla Sizemore:

- Increase Rec Center hours
- Increase number of counselors on campus
- Increase student awareness of and involvement with GrizzOrgs
- Regulate the Bear Bus system
- Increase recycling and environmental awareness
- Allow more free prints to students

Rose and Sizemore are not currently members of Student Congress, but said they feel that their outsider status allows them to be more in touch with the student body.

Contact Staff Reporter Grace Turner at gturner@oakland.edu.

Sexual assault awareness campaign moves forward

Cheyenne Kramer
Staff Intern

Student congress passed a new resolution on Monday, March 2 which formally recognizes Sexual Assault Awareness Month, among other initiatives, in order to educate the OU community.

The original bill, which called for new sexual assault education to be provided on campus, was vetoed in January.

This resolution, written by Andrew Laux and Madison Kubinski, included new and revised initiatives. Included was cooperating with the Gender and Sexuality Center and the Graham Health Center to distribute educational pamphlets in bathrooms, plan preventative events and provide information at freshman orientations.

"It begins with us," Laux said. "It's everyone's issue and to combat the problem of sexual assault, we need tools available to identify and combat the issues."

According to a recent study by the Bureau of Justice Statistics in December 2014, about 6 in 1000 female students will be raped or otherwise sexually assaulted while in college. In the same report, fewer than 1 in 5 students would receive help or report their assault to an authority.

Hypothetically speaking, within OU's 22,000 students, about 220 women are sexually assaulted or raped and 35 of those are reported.

OU, however, is a remarkably safe campus. From 2009 until 2013, nine cases of sexual assault were reported to authorities, according to a previous interview with Laux.

Though this campus has low rape and sexual assault occurrences, the problem lies in education of the subject, according to Kubinski.

"Sexual assault is still important," Kubinski said. "It's Women's History Month, and though it affects both men

and women, it's primarily a woman's issue. It's important for Oakland to show support from both men and women in the OUSC to show the entire world that OU takes this issue seriously."

The new resolution cleared up some clarity issues and made the resolution much less vague than the previous bill, according to Laux.

"We wanted to make sure if something didn't work out, we could at least say we tried," Laux said. "But the new resolution is more than clear on our initiatives."

Brittany Hall, a supporter of the bill, supported the original bill and the second attempt of it passing through.

"It's important for the voice of Oakland University to support something that should be recognized nationwide," Hall said. "Even though we haven't seen a lot on campus, not everything is reported. We can start locally, and hopefully, help spark a bigger change."

OUSC is excited to see the passing of the revised bill, according to Student Body President Annie Meinberg.

The new resolution impacts more than just women on campus, as well.

Hall presented a program called "Sex Signals," in which performances would be used to talk about consent in sexual relationships.

Sam Harris, another OUSC legislator, announced that Greek Week will recognize the new event. It will be seen as part of the activities for the popular event, allowing students who are part of Greek culture on campus to get involved.

Though this will be the first activity held as a result of the new resolution, Hall said that Oakland University is now one step closer to being serious about the problem of campus sexual assault.

OU will join major universities across Michigan in awareness of on-campus sexual assault and taking strides to prevent it.



Courtesy of NBC News

Grace Lee Boggs, a 99-year-old social activist, will be doing a Q&A about her life and film at OU's Women and Gender Studies Film Festival.

Revolutionaries continue the fight

Film Festival continues to stress gaining open-minded perspectives

LeeAnn Brown

Life, Arts & Entertainment Editor

The tumultuous '60s brought about several challenges for the American public — the nation was fragmented amongst monumental events like the civil rights movement, Vietnam and the Detroit race riots.

Many similar social issues plague our society today — 50 years later — and the revolutionary mindset is alive and well.

To honor the revolutionaries that continue the fight, the 31st annual Women and Gender Studies Film Festival is screening "American Revolutionary: The Evolution of Grace Lee Boggs" this Saturday, March 7 at noon in 1050 Human Health Building.

No stranger to concepts of change, Grace Lee Boggs has been part of every major social movement since the 1940s — a true revolutionary.

In addition to the film, which focuses on the life of 99-year-old Boggs, a Detroit-based philosopher and activist, there will be a number of special guests at the event, including the film's director, Grace Lee, who will hold a Q&A about

her work and the film.

"People of all genders are welcome to attend. Feminism is for everybody," said Ami Harbin, assistant professor of philosophy and women and gender studies. "We are excited to open up a discussion about how we can all recognize the legacy of social movements in our area and to think together about where we go from here."

"The film really emphasizes the way that personal change and social change are connected — that working for social justice can require critically thinking about our own perspectives on the world," Harbin said.

OU communications professor Sharon Howell has been involved in the film since the beginning of the project. Although the film makes clear their relationship, she has worked with Boggs since 1973 — organizing, writing and traveling.

"This film gives the audience a perspective on the last century and on the city of Detroit that is unique," Howell said. "It is especially important to audiences in Macomb and Oakland counties, as they often see and hear a distorted image of the city and the people who are shaping a new future there."

Boggs was given an honorary Doctor of Humanities degree at OU a few years ago in recognition of her contributions, not only to Detroit and Michigan, but

also to the entire country.

According to Howell, this film is an important way for people to understand the significance of Boggs's contributions to social change and to raise questions for all of us to think about.

"The questions facing us are not easily answered, but the film can help us have courage to rethink who we are and where we are headed."

"As Boggs and I have often said, another world is possible, another world is necessary and another world is happening," Howell said. "That is definitely clear in Detroit, which is leading the way toward a new kind of urban living that emphasizes self determination, collective support and respect for people and the earth that sustains us."

For students with a revolutionary mindset, or those who want to learn how to implement a positive change in their community, this event could be a good place to start. There may be no more experienced voice than that of nonagenarian Boggs.

For those that want to get involved on campus, the Gender and Sexuality Center in the Oakland Center is the place to get information. Also, there are two groups that have regular events: The Wide Range of Normal and the Feminist Activism Forum. Check out the women and gender studies Facebook page for regular events and updates.

OU still in search of new VP for student affairs

Grace Turner
Staff Reporter

A search for the new vice president for student affairs is under way at OU. So far, applications have come in from all over the country, and a search committee of 16 OU students and faculty will ultimately decide the best person for the job.

"We have been very pleased and fortunate to have so much national interest in this very important position," said Dr. George Hynd, president.

Graeme Harper, dean of the Honors College, is chair of the search committee. He said the VP is directly connected with students and must be passionate about all things student.

"The title says it all," Harper said. "This is all about the student experience."

Annie Meinberg, president of Student Congress and a member of the committee said that Hynd has nine vice presidents including this one. The VP of student affairs manages a \$40 million budget to oversee student activities, the tutoring center, the health center, the counseling center, career services and housing.

"Campus life has been expanding with more student organizations, more housing and more activities in general, so this position is going to be essential in adding to our vibrant community," Hynd said.

If students have a problem, it's up to the VP for student affairs to make sure that the problem comes to Hynd's attention, Meinberg said.

OU hired the Spelman & Johnson Group, a search firm, to help find candidates. It takes applications and creates a list of those who best fit the job description.

"This firm was selected because of their extensive experience and expertise in successfully recruiting and identifying senior level administrators in higher education," Hynd said in an email to the campus community.

The search committee will review the candidates the firm has chosen and look at resumes and experience. It will then hold interviews and select the best person for the job.

"It's a people-person position," Harper said. "It's a position that touches everybody."

The search firm is still doing its part. Harper said his committee will have a more active role starting March 9.

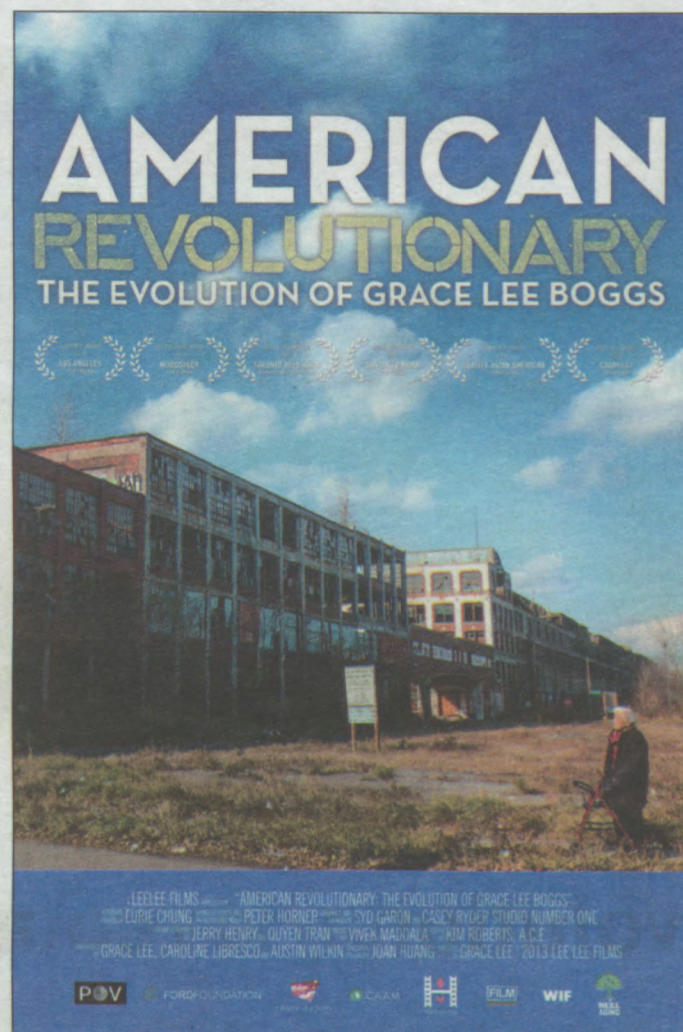
He also said the committee will keep the OU community informed.

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AMERICAN REVOLUTIONARY

THE EVOLUTION OF GRACE LEE BOGGS



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With special guests, director Grace Lee, and a panel of Detroit-based activists

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COMPILED BY KAYLEE KEAN // DESIGNED BY KELLY LARA



ALUM IN INDIA

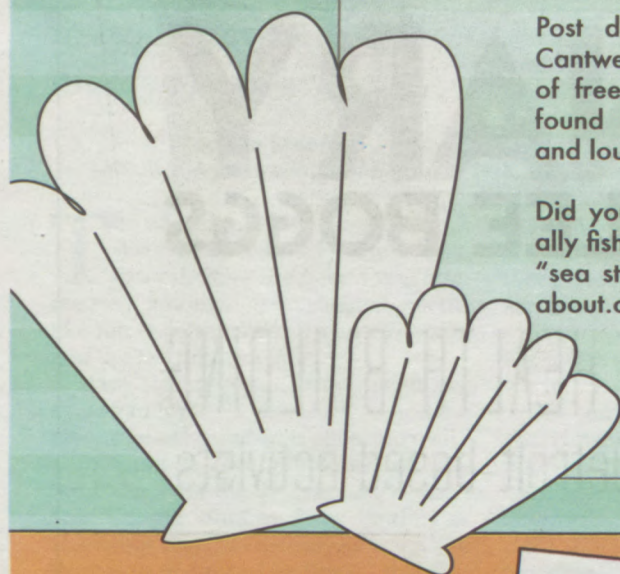
These were taken by December 2014 graduate and former Post life editor Andrew Wernette, who is currently roaming India. The first picture is of the streets of Old Delhi, and the second of the Taj Mahal.

"India is quite something. Too many things to put into words. Traffic is chaotic: there are no rules. Every kilometer there is some kind of temple or shrine on the side of the road. Very crowded, dusty and trashy, but very spiritual. Everyone we've met so far is very friendly," he said.

PURSU



BEACH CREATURES



Post distributor and junior Alexis Cantwell and family spent their week of freedom in Florida, where they found live starfish, creeping crabs and lounging lizards.

Did you know? Starfish aren't actually fish — the more accurate name is "sea star", according to marinelife.about.com. Some can have more than five arms, and instead of blood they have a water vascular system.

Alternative Spring students the opp others through is Ellen Searle' Charleston, Sou was her first tim and how it "has

"This is a picture grade girls I m we worked wit program that te job was to assi activities as well solidified my de enjoyed working



NOTHIN' LIKE N

Many students found themselves in flashy, jazzy New Orleans. On the left is junior Daskyra Hood with her friends, who participated in ABS and worked with Project Homecoming. They worked on fixing up homes that were destroyed by Hurricane Katrina (while they weren't checking out the coolest jazz performances and restaurants, that is!).

"My favorite part... was getting to go on a disaster tour of New Orleans. They showed us where it was more affected and some of the new houses built... They still need a lot of help and they are slowly getting New Orleans to the amazing city it was," said Hood.

GO

Spring break in Michigan isn't exactly during what students would consider "spring," but quite a few students took that extra week and ran with it, flying off to warmer parts of the world to explore and work for a good cause. The Bahamas, India, Florida, New Orleans — here are just a few things Grizzly students were up to during their week of freedom.

Want to share your own spring break experience? Send photos and a caption to managing@oaklandpostonline.com.

SUING PASSIONS



Spring Break provides the opportunity to get out and help through volunteering during spring break. This is Earle's second time going — she went to South Carolina with 20 other students. It was her first time and she loved the history of the city and that "has remained true to its roots."

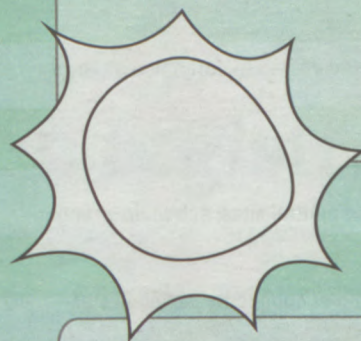
A picture of me and Talayja, one of the third graders I mentored this week. During the week, I worked with WINGS for Kids, an after school program that teaches children behavioral skills. My job was to assist the group leader in conducting the program as well as helping with homework. The week confirmed my decision to pursue child psychology as I am working with the children," she said.

BAHAMA MAMAS

Senior Emma Spak packed up and headed out on a cruise with some of her favorite friends. She and roughly 13 other Grizzlies visited the islands Cocoa Cay and Nassau, relaxed in some lovely weather and planned a few fun activities.

"There was a dance one night on the ship and it was so fun to hang out with people from other states and meet new friends."

Spak's favorite part? "Laying out and watching the ocean from above... it was strangely relaxing."



WILL TRAVEL TO BUILD

These photos were provided by Stacey Tyburski, a member of Habitat for Humanity at OU. She and 13 other students traveled to Winter Haven, Florida on the Collegiate Challenge.

"We were working on a home for a single mom and her son. This included priming, painting, landscaping, and installing doors and shelves. We also helped organize and clean the local ReStore. Overall we completed over 300 hours of community service in just 4 days."



NEW ORLEANS

The photos from the right are from Justyn Frink, who made it to New Orleans through the Student Program Board's New Orleans trip. He volunteered as well, which students had the option of doing for cheaper ticket prices.

"If New Orleans has taught me anything it is that adventure is out there and that we just have to go out there and look for it. So hold on tightly to your friends, let go of fear, and have the time of your life," he said.



MARCH MADNESS FOR DUMMIES

Even the biggest college basketball fans can get confused with all the tournament talk. With expert analysis heating up as the regular season closes, it is important for those who put money on the line to pay attention to it to increase their chances of creating a winning bracket.

But what good does tuning in do if the discussion is not fully understood? Before the madness begins, this cheat sheet should help fans to understand what the commonly used but not so commonly known terms mean to make following along with the talk surrounding March Madness a little less tricky.

SELECTION SUNDAY The day the field of 68 tournament teams is revealed by analysts.

AUTOMATIC BID A place in the national tournament secured by the 31 teams who win their respective conference tournament – the only exception is the Ivy League, whose automatic bid is given to the regular season winner.

AT-LARGE BID A place in the national tournament given by the selection committee to 36 teams that did not win the conference tournament but still have impressive resumes and deserve a spot in the national tournament.

TEAM RESUME Compilation of BPI, RPI, notable wins and season record that the selection committee utilizes to determine at-large bids.

NOTABLE WIN Victory over a ranked team that strengthen a team's resume.

RPI "Rating percentage index" – evaluates a team based on winning percentage at home, away and neutral sites, schedule strength and opponents' schedule strength.

BPI "Basketball power index" – evaluates a team based on the final score, pace of play, site, strength of opponents' schedules and absence of key players.

SCHEDULE STRENGTH Measures how challenging a team's schedule is and is used to determine the significance of a team's regular season record.

ON THE BUBBLE At-large teams flirting with the chance of either being in or out of the tournament by proving their worth late with a notable win or being upset.

MID-MAJOR TEAMS Teams that are not among the five major conferences—ACC, SEC, Big-12, Big Ten and Pac-12.

— Compiled by Kristen Davis, staff reporter

YAKS of the WEEK

Yik Yak:
The voice of the people



1. "34 degrees tomorrow. Can't wait to get to the beach!"

2. Washington D.C. legalized weed yesterday. In other news, Congress declares free nacho day because, like, they were really hungry man."

3. "In this weather, it's perfectly acceptable to keep your fridge doors open to heat your house."

4. "Do people exist that actually enjoy getting out of bed in the morning?"

5. "Snuggling on spring break with your sweatshirt and my body pillow—the only warm place I'll be going."

6. "Now I get to watch Netflix all day again!"

7. "Pretty sad you think it's a heat wave at 20 degrees."

8. "And now the Yak has died..."

9. "The fourth floor of Kresge is more lively on the first day of spring break than it was on the Saturday before midterms."

10. "Okay, though, but it's actually blue and black."

— Compiled by Shelby Tankersley, intern

TOP TUNES

wxou albums of the week

1. Cloakroom – "Further Out"
2. Father John Misty – "I Love You, Honeybear"
3. Twerps – "Range Anxiety"
4. Viet Cong – "Viet Cong"
5. Title Fight – "Hyperview"
6. Sleater-Kinney – "No Cities to Love"
7. Natalie Prass – "Natalie Prass"
8. JD McPherson – "Let the Good Times Roll"
9. Sonny and the Sunsets – "Talent Night at the Ashram"
10. Jose Gonzalez – "Vestiges and Claws"



Father John Misty - "I Love You, Honeybear"

On his second album, Josh Tillman provides the soundtrack to a skeptic falling in love in contemporary America. Tillman, formerly a solo artist and a drummer for Fleet Foxes who now performs as Father John Misty, doesn't believe in love, or at least that he is deserving of it. Songs like "Ideal Husband" and "Holy Shit" discuss his doubt in finding love and being able to commit to it.

"Binging on unearned attention / I've said awful things, such awful things," Tillman says in the first track, doubting his right to love.

"I Love You, Honeybear" takes us through the highs and the lows of finding and cementing true romance. The album is more about one man's tortured journey through courtship than it is about the final product, his recent marriage to his wife, Emma. Tillman's testament spares none of the gushy or gut-wrenching details that come along with falling in love and getting married like an average Joe.

Recommended if you like: 1970's Country-Rock, heart-ache and romance.

Start with: "When You're Smiling and Astride Me," "Chateau Lobby #4" and "The Ideal Husband"

— Anthony Spak, WXOU Music Director



Erika Barker / The Oakland Post

Academic advisers suggest that students pre-plan a schedule with alternatives, in an effort to stay flexible.

Sailing through registration

Advisers provide tips on setting up a hassle-free schedule

Selah Fischer
Blog Editor

As spring break comes to an end, planning for future semesters begins.

Registration for eligible students by class standing and credit hours begins on March 23 for the summer 2015, fall 2015 and winter 2016 semesters.

When so far ahead, students must realize the importance of how to effectively register for the proper classes.

"It's overwhelming signing up for classes because it's hard to fit in all the classes you need with other aspects of life because some classes are only offered at a specific time or in a certain semester," senior Jessica Wildey said.

How to successfully register:

First, make sure to plan ahead. Class registration for students begins at 6 a.m. Many classes are sure to fill up quickly, leaving students unable to sign up for desired or needed classes.

"Students should pre-plan a schedule with alternatives,"

Shannon Esselink, Director of Advising Services for the College of Arts and Sciences said. "The schedules are up on SAIL now, so students have plenty of time to determine the courses they want and to come up with a list of alternatives if their first choice options fill up."

Second, students should register for all semesters they plan to attend. Don't wait.

"I don't mind registering for three semesters in advance," junior Robar Gholston IV said. "However, it's difficult because I don't know if my life will change or how my classes will conflict with my schedule when it comes to that time in my life."

Although life changes and things don't always go as planned, students should seek an advisor to help them register and plan for the future. Building a relationship with your academic adviser can eliminate confusion and stress from planning.

"My number one tip is to come seek out your adviser," Meaghan Cole, adviser in the School of Business Administration, said. "We care and are here for you."

It's ideal to schedule an appointment with an adviser before registration begins, as appointment times fill up quickly, according to Sarah Mullin, an academic advisor for the School

of Nursing.

"Advisers help advocate for your needs as a student by providing support and referrals within your major department and across the university," Mullin said. "Your academic adviser has access to administrative and behind the scenes information on your student profile which may impact your registration status."

Tips to SAIL through:

- Seek an advisor.
- Don't wait until the last minute.
- Create a list of alternatives if your first choice class is filled.
- Make sure you are taking classes you need for your degree.
- Sign up for all possible semesters at once.
- Make sure the classes you choose fit in with your everyday schedule.
- Plan ahead. Since you're registering for classes a year in advance, make sure the classes compromise your lifestyle then.
- Have a backup plan if your schedule fails.
- If possible, try to take classes around the same time and days. Having your classes scattered throughout the days and week may create stress.
- Check to see that you have the appropriate prerequisite courses.

Oakland Center plays host to state chess championship

Kevin Teller
Staff Reporter

The game of chess originated in India almost 1,500 years ago. Although the names and rules have changed since then, the competitive interest in the game has withstood the test of time.

This was demonstrated Saturday when high school and junior high students from across the state gathered in the OC for the Michigan Junior High and High School Team Championships.

The annual competition, hosted by the Michigan Chess Association, was started in 1976. This is the fourth year that it has been held at OU.

"The fact that there's a food court here and there's a lot of space to spread out really lends itself to this type of event because between games," said Jennifer Skidmore-Smith, who was responsible for organizing the event through the MCA. "The kids have a lot of down time."

Skidmore-Smith and her husband Mike Smith, who oversees the high school section, also said that it is much easier to go rent the OC than to go to a high school for as many competitors as they have each year.

The following are just a few of the young talents found checking mate and capturing queens at the recent tournament.

Cameron Pender, 17

- Plans for after high school: Saginaw Valley State University, studying accounting
- Other hobbies: basketball team, golf team

Michael Hursh, 17

- Plans for after high school: Michigan State University, studying business
- Other hobbies: football team, Boy Scouts, church youth group

Ian McDowell, 17

- Plans for after high school: Grand Valley State University, studying engineering
- Other hobbies: travel soccer team

Kaleb Ethridge, 17

- Plans for after high school: University of Michigan—Flint, studying business
- Other hobbies: basketball team, soccer team, church youth group



Erika Barker / The Oakland Post

Junior high and high school students gathered in the Oakland Center Saturday for the Michigan Junior High and High School Team Championships.

First a dropout, then a music master

Musical OU alum plays the odds — and wins

By Haylee Sugameli
Staff Intern

It's rare for a high school dropout to achieve two college degrees. Oakland University alumni Ari Hajek is an exception to that rule.

"Things went so well, that I never went back to high school," Hajek said.



Photo courtesy of Ari Hajek

"I finished my degree in 3.5 years at age 19. To this day, I still like to say that I'm a high school dropout — with a Bachelor's, and a Master's."

Hajek graduated from OU in December of 2009 with a Bachelor of Music in Instrumental Performance degree. He then went on to

get his Master's at Rutgers University in New Jersey. There he was able to study with members of the Philadelphia Orchestra, New York City Ballet and New York Philharmonic.

Now, you can find him as a post-graduate student at Carnegie Mellon University in Pittsburgh. He is working on an advanced music studies certificate, which is a degree geared for those taking orchestral auditions.

Hajek lived in Rochester Hills for 22 years. His father is an attorney and his mother a freelance musician. Although music has always played a huge part in his life, it wasn't until the age of 13 that he started considering music as a career.

"I was talked out of it for a long time. My mother was able to tell me how tough the music business could be. Lots of rehearsals, late nights, gigs that don't pay much — plenty of reasons for me to know early on that I wanted a career with better pay and more stability," Hajek said.

At the age of 14, Hajek played in several youth orchestras in the area. He started to enjoy playing, but still wasn't convinced there was a future in it.

He said that all changed when he met the principal timpanist of the Detroit Symphony Orchestra, Brian Jones.

"Brian is now timpanist with the Dallas Symphony, but while he was in Michigan throughout my teens, he inspired me to become a timpanist. He sounded great and had plenty of swagger when he played," Hajek said.

It was after he took lessons with Jones that Hajek realized he didn't want to be a doctor and, in fact, wanted to be a musician.

Over the course of the next year, he dedicated his time to acquiring portable timpani to take to gigs and gradually began to get hired for more jobs. It eventually reached the point where he was sick of his academic classes in high school and would occasionally joke about dropping out and going to college.

Prior to these ponderings, Hajek had been studying with Dan Maslanka, OU lecturer of music, theatre and dance, for several years and his mom had connections within the music department.

At the end of his sophomore year in high school, Hajek was able to become a dual-enrolled student, starting his first year at Oakland's music department in the fall of 2006.

"Ari's time at Oakland was a great launching point for his rare combination of talent, intelligence and hard work," Maslanka said. "Put those together with a genuinely caring, respectful young man and there is a wonderful future in store for him. I have no doubt that Ari will have a job with a major orchestra someday, since that is his aspiration."

Hajek hopes to win a job with an orchestra, but it is a lot of work.

The musical journey for this "high school dropout" is far from over, and it is hard to tell what rules will be broken — successfully — along the way.

Anthropology alumna joins Peace Corps, makes her way to Paraguay

By Kaylee Kean
Managing Editor

Spring break is over, but the adventures aren't.

Not that Alex Morton needed a break from school; she graduated in spring of last year with her Bachelor of Arts in Anthropology. It hasn't been a full year since she walked the stage, but 22-year-old Morton is already walking the globe: last Monday she left for Paraguay, where she'll be serving with the Peace Corps for the next two years.

"I decided to join the Peace Corps in order to help those in need," Morton wrote in an email. "I hope to make an impact; even if I just impact one person's life, I will feel accomplished."

Morton said she has always wanted to join the Peace Corps and was further convinced by an anthropology professor that spoke of his own experience with the Corps. She ap-

plied herself in March 2014, wanting to get started right away.

Before her actual service, Morton said she will spend three months in training, where she will review language and technical skills and the new culture she will be working in.

After that, she will work in the community economic development sector of the Peace Corps, where she said she will help small businesses, youth and others improve their economic understandings, abilities and agencies. She says she would like to work with youth, but won't know her specific location and tasks until the training staff gets an idea of her strengths and weaknesses.

"I find it very important that the Peace Corps works with the people of the community in order to better the community as opposed to just imposing," Morton wrote.

Those who knew Morton at

"I hope to make an impact; even if I just impact one person's life, I will feel accomplished."

Alex Morton
Class of 2014

OU knew her as a very involved student; she was a member of the Honors College, a member of the Anthropology Club, an employee at the Rec Center and a study abroad participant multiple times.

"It's very gratifying to see a student that is actually interested in the world and what they learned here and putting it into practice," said Michael Pytlik, director of OU's Judaic Studies Program.

Morton worked with Pytlik through the Archaeology of Israel study abroad program, which took students to biblical sites for excavation and



Photo provided by Alex Morton

Alex Morton, 2014 graduate, will be in Paraguay for two years and three months as part of her work for the Peace Corps.

research work. The work is not easy, he said, but Morton was determined, highly motivated, and open to new experiences.

That's not the only place she's been to — Morton said she's been to twenty countries in all so far.

She's just getting started.

"I also joined for the experience; I love to learn about other cultures," Morton wrote. "This will be another life-changing experience that will

help me grow personally and professionally."

Pytlik and others who know Morton, such as close friend and fellow 2014 graduate Megan Zarachowicz, said there is no doubt the Peace Corps is the right fit for her.

"She is definitely going to do some great things in the world," Zarachowicz said. "She's a bold person and I'm just excited to see what she's going to do in her lifetime."

Soloists tickle the ivories with Spanish serenades

Piano program puts study abroad twist on performance

Kayla Varicalli
Campus Editor

O U's piano program will host a free, Spanish-inspired recital "Musica con sabor" on Thursday, March 12 at 7:30 p.m.

The program added this themed recital to its event list this year after a summer of students stepped out of the classroom and out of the country.

The Spanish-dominant theme was inspired by study abroad programs taken by piano students Karen Li, the event's coordinator, and Joshua Kolpak.

During the summer of 2014, Li travelled to Argentina and Kolpak to Spain, where they took in

the new culture, language and music. Both were rewarded with scholarships from the OU Sharp Scholarship program for their study abroad.

Li came back in August with the inspiration of sharing and teaching her overseas experiences through music. She said she hopes the recital reflects the Spanish culture her and Kolpak learned.

"We want to make this concert enlightening to our audience," Li said. "Now we have the opportunity to be educational about the cultures we learned from the study abroad programs."

Li began mentally preparing the recital idea in August 2014, but approval was given in January and official planning began then.

Featuring eight soloists, all of which are piano majors, the concert will display piano pieces from a variety of Spanish-

"Now we have the opportunity to be educational about the cultures we learned from the study abroad programs."

Karen Li
Piano student

inspired composers. Each piece teaches the audience an unfamiliar environment through music, according to Li.

"I hope this will be more than just a typical recital," Li said. "We're all performance majors, so performing at an acceptable level is our main goal."

Pulling from independent music festivals and foreign country endeavors, the performers have the opportunity to tell their own stories.

This nontraditional recital will be the first for the piano



Danielle Cojocari / The Oakland Post

Piano student Karen Li travelled to Argentina last summer and returned to Oakland full of new inspiration for her music and for this year's recital.

program. Each year, students perform a concert near the end of the semester where their performance counts as their final exam grade. Each pianist plays a piece within the given curriculum.

This added recital is the students' first opportunity to perform a piece of their choice and to express their voice. If given positive feedback, themed recitals are likely to keep occurring each year, Li said.

Though the audience is expected to gain an understanding of a new culture, possible future recitals will feature different themes.

"Study abroad isn't essential for every year's recital," Li said. "But to perform outside of the curriculum and to tell a new story is nice to do for the students."

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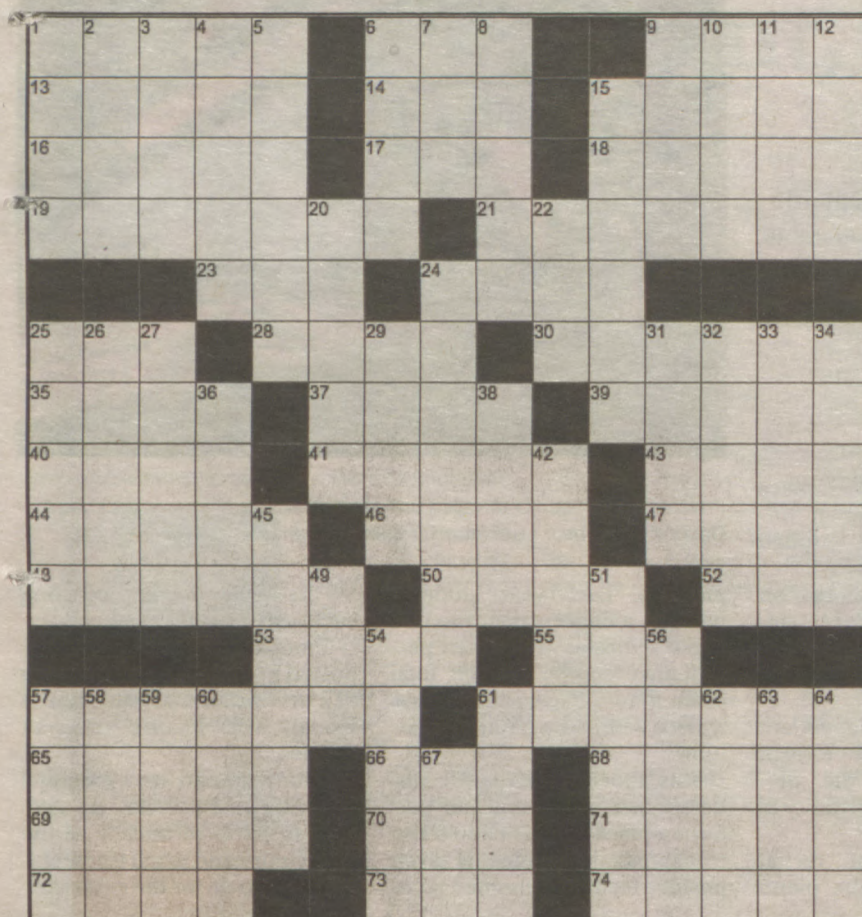
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Puzzles



Across

- 1: Far from faithful
6: Dress fancily, with 'out'
9: Soft seat
13: Mob actions
14: Deep distress
15: Joker
16: Grain fungus
17: 'What have we here?'
18: Say 'c'est,' say
19: Start of a Huxley title
21: Erases, as a disk
23: Slim swimmer
24: Trade agreement
25: Crew implement
28: Assured of success
30: Utterly destroys, as an automobile
35: 'Blast!'
37: Niven's 'Casino Royale' role
39: Muscle
40: Peace symbol
41: Warehouse
43: Pat response
44: Correct copy
46: Hearty meal
47: Package carrier
48: Lines on a screen
50: Large pitcher
52: Logic circuit element
53: Striped fish
55: Gun in the garage
57: Court where last words

are heard

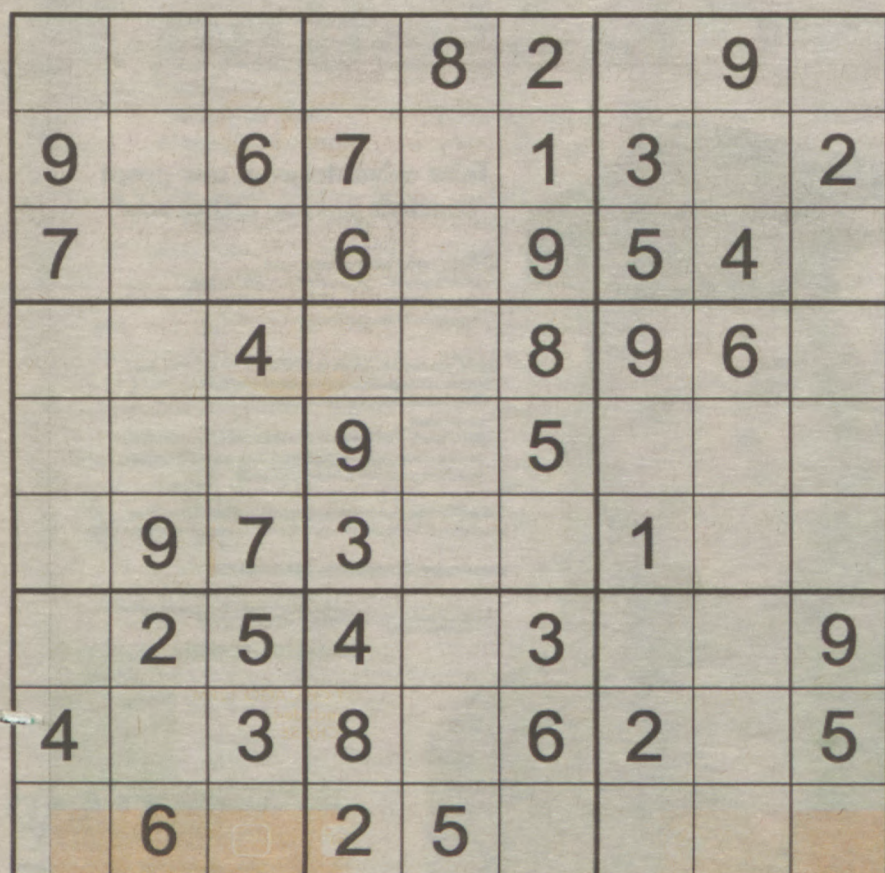
- 61: Sum and substance
65: Splits apart
66: Wrap up
68: "I am not a ____" (Nixon quote)
69: Reputation in society
70: Accomplished
71: Quick-thinking
72: Hair fixers
73: Undercover worker
74: Geeks

Down

- 1: On the house
2: Well-ventilated
3: Theater section
4: Mink wrap
5: Admire, and then some
6: 'Terrible' phase
7: Chimpanzee's hoot
8: Crystal-lined rock
9: Pump part
10: Fail to include
11: Bona ____
12: Card pack foursome
15: Double bass cousins
20: Generous helpings
22: Feed one's face
24: Indicates
25: More anomalous
26: Appetite stimulant
27: Rants go-with
29: Braille markings

31: Lean

- 32: Charged particle
33: Slowly, in music
34: Short partner?
36: Camp sight
38: Girls' books hero Nancy
42: Pretty pitchers
45: Cheapen
49: Wharf pest
51: Perform another MRI
54: Grape centers
56: Threshold
57: Fuddy-duddy
58: Frost's frost
59: Football's contour
60: Bums change
61: Small whirlpool
62: Film follower
63: Like Antarctica
64: Barely manages, with 'out'
67: Touch of winter



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SATIRE

I walk the (unemployment) line

Sean Gardner

Web Editor/Soon-to-be Unemployed Guy

Hello and welcome to the end of your undergraduate college years, I hope you had fun.

If you did it right, you have a coffee addiction, function on four hours of sleep, binge watched everything on Netflix and learned how to get out of bed with a wicked hangover.

The last few months are flying by and although you don't have a fancy receipt from a university yet, you still like to look at jobs you want, but notice they all require experience.

There must be some mistake, right? How can someone require experience for an entry-level job?

Well, they can and they do; but wait — that's where the wonderful world of internships come in.

Yes, internships - a loophole in the system where students can beef up their resumes and look desirable, but where businesses can get all of their work done for free.

I get it. Nothing is better than taking advantage of today's youth: Young, desperate and willing to do anything to get their feet in the door. It's a shame that's how the

world works.

I imagine Mr. Burns tapping his fingers together at his desk, saying "excellent" when resumes of college kids come in, practically stating, "Will do anything for no pay."

Don't get me wrong - it's a wonderful way to do business. Why pay for something when you can get it done for free?

Of course, as an intern and someone who is slowly going insane, I think of the Joker in "The Dark Knight."

"If you are good at something, never do it for free," he said. *Insert maniacal laugh here.*

So now here I am, like many of us, with a job where I get paid in experience. I've tried to convince myself and friends it is more important than money. As you can imagine, that got a big laugh.

It's a funny world for people in their early twenties: We are broke, we are in debt, we barely get taken seriously and we need three jobs just to pay for a social life.

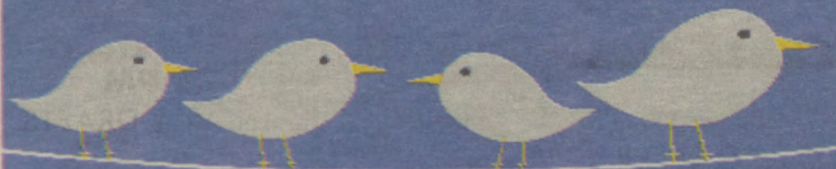
But here we are, ironing our best dress shirts, rehearsing elevator speeches and attending internship mixers — just for a shot at being an indentured servant.



Sean Gardner/Oakland Post

Every employer in the United States gives zero shits about college grads. You're welcome.

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David Jackson / The Oakland Post

Kahlil Felder scored 17 points in the last game against Green Bay. The Golden Grizzlies finished third place in the Horizon League, exceeding the prediction that they'd finish seventh.

READY FOR ROUND THREE

Grizzlies brace to extinguish UIC Flames for third time in Friday night quarterfinal

Jackson Gilbert
Sports Editor

Green Bay—Oakland wrapped up the regular season with a Horizon League loss to Green Bay 83-63, finishing with a record of 16-15 and 11-5 in the conference.

The loss means Oakland finishes in third place in the league behind champion Valparaiso and runner-up Green Bay.

"I'm very pleased with the season, very proud of this team," Oakland head coach Greg Kampe said after the game. "We were picked to finish seventh in the league and we finished third."

Oakland will play Friday night in Valparaiso against Illinois Chicago after the Flames defeated Wright State on Tuesday night.

Kahlil Felder scored 17 points for Oakland, adding five assists and two rebounds. Jalen Hayes added 14 points with nine rebounds in the effort.

Corey Petros finished with 17 as well, but was just 1-7 from the charity stripe. Oakland as a team was

9-19 from the line, compared to the Phoenix' 18-19.

On Green Bay's senior day game, Keifer Sykes scored 21 points and eight assists, good enough to wrap up the Horizon League player of the year award.

"Sykes is one of the best players ever in the conference, I thought Kay was really good too. I don't think those guys decided the game, though," Kampe said. "It was free throws and offensive rebounding."

Greg Mays recorded 21 points and 10 rebounds to cement the Phoenix' double digit victory.

Green Bay moves to 23-7 overall and 12-4 in conference play, securing a double bye in the tournament. The team will play Saturday in Valparaiso.

On Monday, the Horizon League announced selections to the all-league team. Kahlil Felder earned All-League first team honors and Corey Petros made the second team.

Both Jalen Hayes and Nick Daniels were named to the All-Freshman team. Dante Williams was named to the All-Defensive team, while Valparaiso center Vashil Fernandez was named defensive player of the year.

As expected, Sykes was named league MVP, Paris Bass of Detroit was named freshman of the year, and Valparaiso coach Bryce Drew was named coach of the year.

Also on Tuesday, Detroit defeated Youngstown

State in Calihan Hall, 77-67, to advance to play Cleveland State in the quarterfinals of the Horizon League tournament.

The Winner of that game will play number one seed Valparaiso in the semifinals.

The other bracket features Oakland and UIC, the winner advancing to play Green Bay in the semifinal.

The game between the Golden Grizzlies will be played at 7 p.m. ET in Valparaiso. The Grizz Gang is still in the process of planning a student trip to the game, stay tuned to their Twitter page @OU-GrizzGang for updates.



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Photo courtesy of Oakland University

Aaron Davis finished third in the 200m race and fourth in the 60m race at the Horizon League Championships.

Davis is 'the complete package'

Scott Davis
Staff Reporter

Aaron Davis, sophomore on Oakland's track and field team, has shined in his second year and proves that he and the program have a bright future.

The 5'7" Detroit native is having himself a standout season. He has won five consecutive 60m titles and was named the Horizon League Runner of the Week for the week of Feb. 17-23. Davis became one of only five Horizon League runners this season to break the seven second mark in the 60m when he recorded a 6.92 time at the Hillsdale Tune-Up on Feb. 21.

Davis also runs in the 200m for the indoor track season, and will be running in the 100m and 200m for the outdoor track season.

With seven top ten finishes over the course of his freshman season, Davis had a solid rookie campaign, but has gotten off to an even hotter start this year.

He says the biggest difference from last year to this year is the way he prepares for practices and meets.

"This year I zone in and focus

a lot of my energy at practice so I can be relaxed at the meets," Davis said. "When I get to the meets I think to myself, 'I got this' and know that I've worked harder than most of the runners here. I've learned to be confident at practice so I won't be nervous at the meets."

Another way he gets ready for his meets is through an unusual pre-race ritual.

"The night before every race, I have to have a can of pears," Davis laughed. "As we pull up to the site for the meet, I also say a quick prayer for my teammates and I to give us confidence and for God to give us the strength to show everyone how hard we have been working."

A leading example

Paul Rice, head coach for Oakland's track and field team, said he has been very impressed by Davis' standout sophomore season.

He said that he is a strong leader for the program and is a very coachable athlete, which he believes is a testament to what happens when athletes trust the system their coaches set out for them.

"Aaron has improved a lot

"Aaron has improved a lot from last year and when other athletes see that they start to notice the work he has put in, which carries over to the whole team."

Paul Rice
Head Coach,
OU Track & Field

from last year and when other athletes see that they start to notice the work he has put in, which carries over to the whole team," Rice said. "He's the complete package and he's great for the program."

The indoor track season concluded this past weekend as Oakland traveled to Youngstown State for the Horizon League Championships. Davis came in third in the 200m with a time of 21.91 and fourth in the 60m with a time of 7.00.

The outdoor track season begins on March 25 in Raleigh, North Carolina, where the team will compete in the Raleigh Relays.

Hydrating the smart and safe way

Professor
researchs overhy-
dration, shares a
few findings

Shelby Tankersley
Staff Intern

For athletes, overhydration can become a serious problem. Taking water breaks too often sometimes leads to death.

Tamara Hew-Butler, Associate Professor of Exercise Science, traveled to California on Feb. 20 to join other experts in her field and begin research on this problem.

Staying safe

"I was taught drinking has to be in small doses. Taking multiple mouthfuls during a workout can start weighing you down and lead to cramps," OU sophomore John Gossett said. "I don't doubt that people can start to feel sick if they drink too much during a workout."

During the winter, many people end up drinking less than they do during warmer months; they are also less likely to participate in physical activity. The question is: what's the right thing to drink when being active and how much should people be drinking?

Simply put, room temperature water is almost always the best thing for one to be drinking while they work out, according to Hew-Butler. Electrolytes found in drinks like Gatorade can also be found in food, and healthy food is often good for one to eat after he or she exercises.

Our bodies are made up of around 60 percent of water on average, so water is the best.

Sticking to H2O

So if water is the best, what are students at OU drinking

and are we drinking too often?

"I drink only water when I am exercising and on days that I know I will be working out," Gina Wroblewski said. "I do not drink any caffeinated drinks beforehand, as those dehydrate you a lot."

Gossett said that he follows a very similar routine.

"I think water is the best thing for you when it comes to keeping hydrated," Gossett said. "I will drink Gatorade from time to time to change up the taste but I usually stick to water."

All but two of 100 participants in a survey this past week said that they prefer to drink water while they participate in physical activity.

Along with sticking to water, it's important to watch how much is consumed. Wroblewski said that she only stops for water when she feels she needs it.

"The body uses water to help it perform the hard work that exercising requires," Wroblewski said. "I drink when my body starts feeling exhausted but my muscles do not yet feel pain."

Just the right amount

In last week's survey, around 73 percent of the participants felt that they kept themselves well hydrated. While drinking too much can be a problem, drinking too little also causes problems for athletes.

According to Hew-Butler, we should only drink when we feel like we need it. We control how much we drink, so we need to be responsible.

"We can consciously control the amount of fluid that enters our body and must reconsider, re-educate and reinforce appropriate fluid intake and intravenous fluid guidelines," Hew-Butler said.

Oakland swim takes a victory lap

Conquests and awards galore grace the OU swim and dive teams

Melissa Deatsch
Staff Reporter

Oakland men's and women's swimming and diving teams defended their conference titles this past weekend at the Horizon League championship meet at the University of Wisconsin-Milwaukee.

The men's team finished the four-day event with 813 points — 189 points ahead of the runner-up Milwaukee Panthers.

The women's team finished 235 points ahead of the second place Panthers with 842 points.

Sophomore Patricia Aschan scored an event-best 60 points for the Grizzlies with wins in the 200-yard individual medley, 400-yard individual medley and 200-yard butterfly.

Junior Jorden Merrilees set League and Championship records with his winning times in the 500-yard freestyle, 400-yard individual medley and 200-yard backstroke, individually.

The 800 freestyle relay team of Merrilees, Andrew Binder, Tuomas Kiviluoma and Jacob Pearson set an Oakland and Horizon League record with a



Photo courtesy of Sheila Blackman

The Oakland swimming and diving teams celebrate their victories.

time of 6:29.64.

Tricia Grant was awarded women's diver of the meet. Merrilees was named men's swimmer of the meet as well as men's swimmer of the year, while

Aschan was named both women's swimmer of the meet and of the year. This is the 37th straight conference championship for the men and 21st straight for the women.

Winning has become quite a habit for the Oakland Swim and Dive program.

Head coach Pete Havland, who received the honor of men's and women's swimming coach of the year, says that's not how the team looks at it.

"It's not something we talk about often," Havland said. "We focus on the task at hand — being the best you can be in the here and now."

Havland said the goal is for each athlete is to work hard and improve every year.

With the focus on that, championships take care of themselves.

While individual performances were impressive, Havland insists it was a team effort.

"When you have individuals performing at a high level and receiving those accolades, it generally means it went well for the entire team," Havland said. "You need those individuals to lead and encourage others to perform at their best and we certainly had that."

The trophies mark the fifth and sixth Horizon League titles for all of the Oakland Athletic teams since joining the conference in 2013.

The team returns to action on Friday, March 6 in Columbus, Ohio at the NCAA Zone C diving meet.

THE SPORTING BLITZ

Softball

The Oakland women's softball team traveled to Florida last week to compete in the FGCU/ Four Points by Sheraton Softball Invitational. The team went 6-6 with wins against Stony Brook, Ave Maria, Radford and Rhode Island. Three games were cancelled during the tournament due to inclement weather. Shortstop Sarah Hartley was named Horizon League Softball player of the week as well. The team will travel to Hampton, Virginia for the Hampton Lady Pirate Classic this weekend.

Women's tennis

The Oakland women's tennis team fell to FAU 6-1 on Sunday in Palm City, Florida. Karine Celis picked up both a singles and a doubles victory for the Golden Grizzlies. Looking ahead, the tennis ladies will travel to Ypsilanti to serve against Eastern Michigan on March 7. The following week, they'll play Ball State in Muncie, Indiana. The team will make its home debut on March 21 against Milwaukee.

Women's golf

The Golden Grizzly women's golf team traveled to Sedona, Arizona to compete in the Red Rocks Invitational. The Team finished ninth out of 20 teams as Alyssa Albright and Morgan Smith led Oakland with a final score of 155 (+11). The team will continue to enjoy the warm weather with a trip to Nevada on March 16 for the Jackrabbit Invitational hosted by South Dakota State.

— Compiled by Jimmy Halmhuber and Scott Davis

Horizon League Standings

Men's Basketball	W	L	W	L	Women's Basketball	W	L	W	L
1. Valparaiso	13	3	26	5	1. Green Bay	14	1	24	4
2. Green Bay	12	4	23	7	2. Wright State	10	4	21	7
3. OAKLAND	11	5	16	15	3. Cleveland State	8	6	19	8
4. Cleveland State	11	5	17	13	4. Youngstown State	8	6	16	11
5. Milwaukee	9	7	14	16	5. UIC	6	8	16	11
6. Detroit	7	9	14	17	6. OAKLAND	6	8	11	16
7. UIC	4	12	8	23	7. Milwaukee	5	9	9	17
8. Wright State	3	13	11	19	8. Detroit	5	10	11	17
9. Youngstown State	2	14	11	20	9. Valparaiso	2	12	6	21