

THE STAGE IS SET

SPEAKERS ANNOUNCED FOR SECOND ANNUAL CONFERENCE
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Photo by Bohdanna Cherstylo / The Oakland Post

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HOMECOMING.
Celebration photos
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GRIZZLIES FIGHT.
Recap of weekend's action
PAGE 22-23

thisweek

September 23, 2015 // Volume 41. Issue 4



ontheweb

Johnny Depp stars as the notorious Whitey Bulger in the new movie "Black Mass." Is it truly one of the year's best films or just another typical gangster film? Review at oaklandpostonline.com/blogs.



PHOTO OF THE WEEK

CELEBRATING 50 YEARS // On Saturday Sept. 19th, the Lowry Center for Early Childhood Education held their 50th Anniversary and Rededication. Anticipating another 50 years of achievement, a time capsule was filled with various items, some of which were birthday cards made by the children who attend Lowry currently.

Photo by Dani 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 would you do if you won \$1,000 a week for the rest of your life?

- A** Save up and buy a beach house in Florida. I hate Michigan weather!
- B** Have the club going up every Tuesday!
- C** Buy some season tickets for Oakland basketball every year.
- D** Pay off my tuition after that 8 percent raise...

Vote at www.oaklandpostonline.com

LAST WEEK'S POLL

What's your favorite part of homecoming and reunion weekend?

- A)** The sporting events. Go Golden Grizzlies!
36.4%
- B)** Returning to campus to see old friends. I'm a proud alum!
4.5%
- C)** FREE STUFF.
4.5%
- D)** Well, unlike every other weekend at OU, there's actually people on campus.
57.1%

THIS WEEK IN HISTORY

September 22, 1968

A new federal law put students on hold with their financial aid process. This was the first year students had to apply for the Pell Grant if they wanted to apply for loans, even if they knew they'd be denied.

September 19, 1988

The Oakland Center faced a problem worse than a lack of space: Cockroaches. The university then spent 40\$ a week on exterminating the bugs, which were seen so often, many students refused to eat in the Pioneer Food Court.

September 18, 1996

OUPD faced half a dozen false alarms from the Blue Light towers across campus. It was believed to be a technical problem and not a student abusing the system.

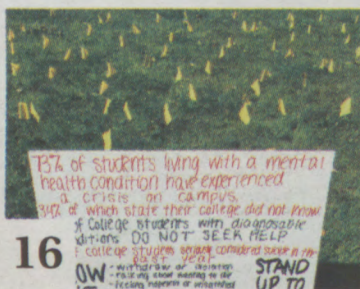
— Compiled by Cheyanne Kramer, Staff Reporter



11

50 YEARS AN ALUMNA

Past Oakland University interim president and current vice president for organizational development Betty Youngblood graduated from the College of Arts and Sciences in 1965. Half a century later, she's still involved at OU.



16

SUICIDE PREVENTION MONTH

September is National Suicide Prevention Month and one student organization on campus is working to raise awareness and inform those suffering about how to get help.



20

HOMEcoming WEEKEND BRINGS IN STUDENT-ATHLETE ALUMNI

Friendly competition took place over the weekend between graduated Golden Grizzlies and current student-athletes.

BY THE NUMBERS

2015 Health Plus Brooksie Way

3

Age of the youngest competitor in last year's race

86

Age of the oldest competitor in last year's race

17:15

Fastest overall female 5K time in last year's race

4,218

Number of competitors registered for this year's run as of Sept. 22

\$16,912.10

Amount distributed to the Oakland County Community through Brooksie Way minigrants last year

Grizzlies on the Prowl

"Which political issues are most important to you?"



Ann Marie Eovaldi,
sophomore, human
resource development
"Definitely the social
issues. Mainly equal rights
and women's rights."



Vito Saracino, senior,
financing
"I think the political stance
on the war on drugs is
interesting. I've written lots
of papers about it."



Alexa Cordray,
sophomore, elementary
education
"I think public education
funding is really important."



Jacob Pettinato, senior, nursing
"All of them. Mostly health care."

— Compiled by Dani Cojocari, Photo Editor

Corrections Corner

Last issue, we published a story about the WXOU record swap in which we made a few errors. Anthony Spak is not only a DJ for the radio station, he is also the station's music director. We misspelled DJ Kobe and we didn't called DJ Jake Reading by his full name. We apologize for our errors.

We misspelled Brian Curtin and listed him as a copy editor when he is an intern.

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.

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



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Part time on call work available for 2 bus persons to work during wedding dinners held at Meadow Brook Hall (on the other side of campus) on weekends. Not every weekend required. Call (248) 364-6233 for details. Leave your name, phone # and best time/day to call you.

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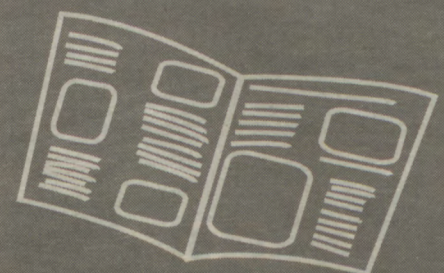
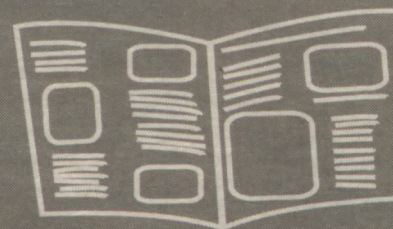
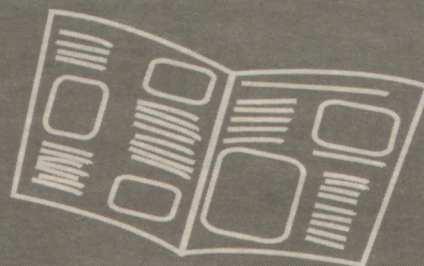
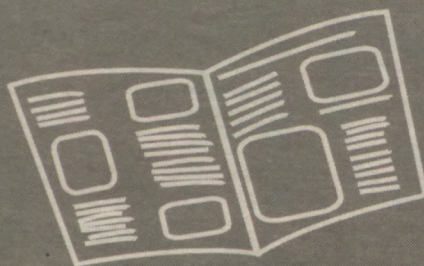
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A better yOU: Time to catch some Z's Grizzlies

Students can better manage their time and sleep patterns, which are crucial to being healthy, happy

Katie Rose
Contributor

It is 2:30 a.m. and you're trying to cram the last bit of information in for your 8 a.m. exam tomorrow. Don't do that. It's bad for you. For most of us college students, sleep is not a priority. Some of us procrastinate a little too much, take on too many activities, work too late with 8 a.m. class the



next day or would rather hang out with friends than get a good night's sleep. Some of us think of sleep as a burden on our daily lives. Think of ALL that extra time we would have if we didn't have to sleep!

According to Russell Foster, a circadian neuroscientist, we sleep about 37 percent of our lives, which means sleep is obviously important. So, why is sleep NOT a waste of our time?

Well, no one is entirely sure why we need sleep. However, there are many theories behind it. Restoration Theory states that sleep is essential to rebuilding and revitalizing our neurological processes that help us function properly. When we are asleep, our brains are still "awake" restoring what has been lost during our consciousness.

Another theory involves energy conservation. The idea behind this theory is that when we sleep, our metabolisms slow and,

ultimately, conserve energy. However, the amount of energy conserved is only about 110 calories, which is about equivalent to a slice of bread. Some scientists believe that this small amount of energy saved is important to reducing an individual's demand for energy.

If those theories haven't convinced you enough, hopefully the Consolidation Theory will. This theory focuses on improving memory, problem solving, and creativity through synaptic consolidation and system consolidation. Without getting too complicated, this basically means that the brain will convert short-term memory to long-term memory due to increased synaptic strength, which allows more signal transmissions between neurons.

Now, let's take a look at what happens when you don't get enough sleep. According to the National Sleep Foundation, a surprising 37 percent of drivers admit to falling asleep at the wheel, and four percent of drivers report they have been in an accident or near accident secondary to drowsy driving. It has also been reported that disasters such as Chernobyl, Three Mile Island, The Challenger explosion, and the Exxon Valdez oil spill have resulted from sleep-deprived workers.

Lack of sleep can cause decreased cognition, poor memory, poor judgment, and poor decision-making. Our bodies also start to crave stimulants to make up for the

loss of energy. This can lead to drug and alcohol abuse, smoking, caffeine dependence, weight gain from overeating, etc. Stress and anxiety from sleep deprivation can cause loss of memory, irritability, suppressed immunity, increased blood pressure, and also releases more glucose into the bloodstream, which can lead to diabetes.

How can you get a better night's sleep? The number one way is to manage your time and daily activities. If you start that group project earlier, you won't have to stay up all night the day before to finish it. If you drink too much regular coffee at 10 p.m., knock it off! Increase your melatonin production at night by reducing light exposure, turning off electronics, reducing noise, and getting cozy in your bed. Creating a regular bedtime will also reinforce your body's sleep-wake cycle. Take naps during the day if you weren't able to fit in a whole eight hours the night before, but make sure you are napping smart! Naps should generally be about 90 minutes, which will complete one full REM cycle and won't disrupt your ability to fall sleep the following night.

If you have a sleeping disorder, I urge you to seek help! The Graham Health Center is on campus, and is available to students for counseling and other resources. Otherwise, it may behoove you to make changes in your life to get those recommended eight hours (or more) per night!

UPCOMING EVENTS: ENVIRONMENTAL, HEALTH & WELLNESS

SEPT. 24	4-7 p.m. Student Congress Wellness Carnival: lawn between the north OC entrance and Bear Lake
OCT. 2	12-1 p.m. Leaders for Environmental Awareness and Protection general meeting, the Lake Superior A room in the OC
OCT. 7	10 a.m.-12 p.m. Leaders for Environmental Awareness and Protection Weekly Clean with the Clinton River Watershed Council, Riverbends Park
OCT. 7	2-3 p.m. Aspiring Surgeons General Meeting, Gold Room B in the OC
OCT. 8	11 a.m.- 1 p.m. Student Congress Talkin' Trash Campus Clean-up, meet in Fireside Lounge in the OC

Disclaimer: I am not a medical professional. This article is for informational purposes only. No guarantee made as to the accuracy of this information.

Stereotypes, incarceration shows why black lives matter

Johnny Ricks
Contributor

Black lives matter because America tends to forget. All lives matter, you say?

All lives do matter, but not equally.



When protests and unrest erupted in the streets of Baltimore earlier this year, it happened because the people in Freddie

Gray's community were tired of constantly being shown that their lives do not equally matter.

Gray was illegally arrested for being in possession of a knife that he was in legal possession of, and was ultimately killed while in police custody. His life did not matter to authorities that were supposed to protect it, and black folks in Baltimore

were fed up with that persistent reality.

All across America, statistics show that there are great disparities in the way law enforcement and the judicial system interacts with black Americans. From "stop & frisk," to the racial profiling of motorists, to gross disparities in criminal sentencing, the evidence is as plentiful as it is clear — government sanctioned persecution of black Americans, under the guise of criminal justice, is real.

The number of black Americans in custody or under the control of our criminal justice system is egregiously disproportionate, and quite frankly a national embarrassment. In 2009, one in 11 black Americans were under some form of correctional supervision, according to a report from Pew Center on the States.

In her book "The New Jim

Crow: Mass Incarceration in the Age of Colorblindness," Michelle Alexander points out that the U.S. incarcerates a higher percentage of black people than South Africa at the height of apartheid.

According to the U.S. Census Bureau, black males represent a mere 6 percent of the nation's population, but according to the U.S. Department of Justice, constitute close to half of all incarcerated Americans.

For a nation that prides itself on setting the standard for liberty and justice in the free world, these facts expose hypocrisy, and cannot be justified, nor easily dismissed.

In our media and popular culture, black people are often imagined as immoral, and a de facto criminal demographic. Law enforcement and our justice system excel at making them de jure criminals.

In nearly every case of police violence against unarmed black Americans, the victim is not fully appreciated as the victim, and is typically presented as somehow complicit or responsible for their own demise.

In America, a victim's character is often evaluated to determine whether or not they are worthy of the moral capital correlated with victimhood, and because of persistent stereotypes and pernicious narratives perpetuated in the media, race is a major factor in the judgment of character.

Just being black, you're both consciously and unconsciously associated with latent or innate criminal predisposition and immorality. Criminal behavior, particularly street crime, is associated with being black.

Further complicating the issue is the idea of so-called "black on black crime," which

is a misnomer. Most crime is committed among people living in close proximity, and in largely homogenous communities, that usually results in intra-racial crime.

Hence, most crime against caucasians is committed by caucasians, and the same goes for black people and other ethnicities.

The idea of whiteness has always severely limited the ability of people that believe they are white, or believe in whiteness, to fully appreciate the humanity of anyone not perceived to be white or conform to its norms.

That is why black lives matter.

Generally speaking, all lives do matter, but until we can consistently remember that black ones matter just as much as white ones, the black lives matter hashtags and movement must continue.

The Real Deal: The state of discrimination in 2015

While progress has been made, there remain steps that need to be taken towards equality

Aditya Tiwari
Contributor

"We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness." Our forbearers, across our history, have fought for those principles in some way shape or form, and today's generation of Americans enjoys a higher level of freedom and a greater understanding of what it means for all to be created equal. While we have made progress, we cannot ignore the darker elements of our past still haunting us in the present: those elements of racism, xenophobia, and bigotry. If these elements still persist in my generation, I cannot say in confidence we have reached the vision of our founders.

The most remembered move-

ment in our history is the continued fight for racial equality, and the goal to end prejudice upon the mere basis of race and ethnicity. With figures such as Abraham Lincoln and Martin Luther King fresh in the public memory, we know that as a country we have made great strides in overcoming the atrocities of slavery and segregation. We have the lasting presence of the Civil Rights Act and the Emancipation Proclamation to prove it. Yet, still, we see the wrongful deaths of unarmed black men, from Ferguson, MO to New York, at the hands of overly aggressive cops (who in turn dishonor righteous police officers), based on ideas that profiling upon the basis of race will somehow end crime for good. Despite the rightful indignation of the "Black Lives Matter" movement in response to these tragedies, there are still those who say that prejudice is

"What is unique about discrimination is that as a society we don't limit it only to ethnicity. We've also been doing so upon the basis of sexual orientation."

Aditya Tiwari

not a factor.

The African American community is not the only minority affected today, though. American Muslims have also been unfairly targeted in the wake of 9/11, and the recent unfair arrest of 14-year old Ahmed Mohammed for bringing a homemade clock for a science class and having it mistaken for a "bomb" goes to show how rampant and ignorant the phenomenon of Islamophobia is.

Similarly, Latinos face prejudice, and are called 'parasites' by anti-immigrant dogmatists when they try to make a better life here in the US. Presidential candidate Donald Trump, the biggest face of this new xenophobia, subscribes strongly to such ideals. It would do him well to remember that his grandfather Friedrich Drumpf was a German immigrant who came to New York to seek a better life, all the while facing anti-immigrant sentiment along with incoming Italians, Russians and Irishmen.

What is unique about discrimination is that as a society we don't limit it only to ethnicity. We've also been doing so upon the basis of sexual orientation. While the recent supreme court ruling in Obergefell V. Hodges was cited as a major leap in progress for LGBT community, making same-sex marriage legal in the United States, the community still struggles with



Photo contributed by Aditya Tiwari

a lack of legal protections. In other words, if you are gay, you now have the right to marry your spouse, but there is no guarantee you will be protected under federal law from harassment or unfair workplace firings, or that you won't be discriminated on the basis of your sexual orientation when you apply for a job.

All in all, we have differing ideas of our rights and freedoms as Americans, but I am convinced that the idea of equality is paramount to our experience and culture. While injustice persists, we must remember that to stand against it is a reflection of that belief, and that we have an obligation to stamp it out while we still can.

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Bohdanna Cherstylo / The Oakland Post

Members of the Gay-Straight Alliance inform students about their organization and other programs.

Limitations on new LGBTQ+ minor

Miscommunication between WGS program, CAS leads to confusion

Cheyenne Kramer
Staff Reporter

The Women and Gender Studies (WGS) program helped to found a new program this summer, the LGBTQ+ Studies minor. Though this fall would be the first semester for students to enroll in the program, many students have been met with a roadblock — WGS majors cannot get an LGBTQ+ Studies minor.

"From my understanding, the LGBTQ Studies minor is similar to the Women and Gender Studies program in the way it's a lot of theoretical work" said Grace Wojcik, director of the Gender and Sexuality Center, "It's an interesting way to kind of evaluate the different institutional systems that play into different forms of homophobia and transphobia within our society."

Jo Reger, director of the WGS department, said that after being informed by a confused student this summer, the WGS Program has put together a packet of information for the College of Arts and Sciences.

This was done to review the similarities and differences between individual class syllabi, personal letters from students and reports from other universities which allow for a WGS major and an LGBTQ+ Studies minor.

According to Reger, the findings support the notion that while not identical,

the courses in each area of study are complementary.

"That's what makes a good education — it links everything together," Reger said, "Women and Gender Studies and LGBTQ studies are linked, they inform each other, but they don't replicate each other. They aren't the same material"

On Sept. 17, an event was held through all five different LGBTQIA+ resource groups on campus: the Gender and Sexuality Center, the Gay Straight Alliance, the LGBT Media Club, the LGBTQIA Employee Resource Group and Transcend.

"It's important, especially at this university, to study LGBTQIA+ issues because we encourage and support different diversity and inclusion efforts," Wojcik said. "I think this is another way for people to get familiar with issues that maybe they aren't super familiar with. It's an opportunity to gain new perspectives."

According to Wojcik, the welcome reception is the first event in which all five organizations and departments have gotten together to host one singular event. At this event, the president of the Gay-Straight Alliance, Jasmine Semma, was presented with a scholarship from the LGBTQIA+ resource group.

"I found [the resource group] to be inclusive, and people are willing to get to know you and accept you, and they really do value diversity here at OU," Kristine Diaz, of the LGBTQIA+ resource group, said.

Reger said that the Women and Gender Studies program hopes for a "speedy" resolution and hopes the information they have passed on to the College of Arts and Sciences will aid them in their decision making over whether or not students can obtain both degrees.

Richard J. Burke Lecture in Philosophy, Religion and Society

The Ethics and Politics of Non-Violence

Dr. Judith Butler

Thursday, Oct. 8, 2015 | 7:30 p.m.

Oakland Center, Banquet Rooms A&B

Non-violence is often regarded as a principled position that allows for no exceptions. At the same time, it is a position that is usually accompanied by all sorts of qualifications. Join this lecture as we explore questions around non-violence:

- Is a principled position on non-violence possible?
- Can we agree on a clear distinction between violence and non-violence?
- Can we maintain an ethical position on non-violence that is not reducible to a political one?
- What is the relationship between ethics and politics?

To reserve a seat, email zimmerm2@oakland.edu or call (248) 370-3390

oakland.edu/phil



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cas11909/8.15

TedX tickets attract students, community

Highlights of the event will include technology, entertainment, and design aspects

Rachel Williams
Staff Reporter

Golden Grizzlies, mark your calendar for Oct. 23. The TEDx Oakland University conference is returning and is now open to the general public.

Amy Rutledge and Laura Dinsmoor are the co-chairs for the committee for TEDx Oakland University, coordinating the entire conference with the help of volunteers from all departments and the TEDx student organization.

As the conference date fast approaches, an eight person committee selected the 21 speakers set to present out of nearly 60 applicants. Students and staff can expect to see some familiar faces with Oakland alumni, student groups and professors presenting.

In order to present at the conference, Rutledge stated that applicants "had to provide a video sample, so that we could see if they would be a dynamic speaker." Speakers are expected to encourage attendees by bringing new ideas to light. A signifier of a good speech in Rutledge's eyes is if the speech would make her "want to go tell someone about this."

Attendees will arrive at the O'rena around 8 a.m. and experience all of the interactive labs that the conference offers, including virtual reality goggles and

a 3D printer. Labs will be open throughout the morning and through lunchtime. After lunch, which is provided, people will be moved to the other half of the O'rena for the speakers.

"We wanted to make sure it was a well-rounded program, so in planning the day we made sure to cover T,E and D - technology, entertainment and design," said Rutledge.

Keeping this in mind, the speaker selection committee ensured a balance of technologically driven speeches interspersed with performances by groups like OU's music, theatre, and dance Take Root dance group, and comedian, Pj Jakokes.

Several Oakland alumni will be presenting at the conference as well, including Anne Ruthmann, an architecture and interior design photographer, and Gregg Garrett, CEO and president of CGS Advisors.



Dani Cojocari / The Oakland Post

Tickets cost \$30 before Sept. 30. Starting Oct. 1, ticket prices will raise to \$40.

Students are offered discounted tickets for the conference at the Center for Student Activities Service Window. For \$15, they will be provided a lunch, wristband and access to all of the labs and speakers at the conference.

For more information follow TEDx Oakland University on Facebook and Instagram, and visit their website at tedxoaklanduniversity.com.

OU members some of the key speakers

DocApella

The William Beaumont School of Medicine's a cappella choir, featuring medical students with a passion for music and performance.

Dr. Kim B Serota

A Special Instructor in the School of Business Administration, presenting a speech titled "Why People Lie."

Dr. Lisa L.M. Welling

Assistant Professor presenting on the influence of testosterone on romantic partner preferences.

Robert Folberg

Founding Dean of the Oakland University William Beaumont School of Medicine, who has "recruited a diverse and talented team to design and implement an innovative paradigm for medical education," according to tedxoaklanduniversity.com

For more speaker profiles, visit tedxoaklanduniversity.com.

Hynd hikes to Lansing alongside EMU president to defend tuition

Breaking the increase cap, Hynd addresses committee

Rachel Williams
Staff Reporter

Oakland University's tuition increase this past summer has been a highly contested issue. On Thursday, Sept. 24, President Hynd and Eastern Michigan University's Interim President Kim Schaetzel will speak to Michigan lawmakers concerning their respective school's tuition increase.

The tuition increases (8.48 percent for Oakland and 7.8 percent for EMU) violate the cap of a 3.2 percent increase for public universities set by Governor Snyder back in 2012. According to the Detroit Free Press, because of the two school's decision to surpass the cap, they will not receive money allocated by the Michigan

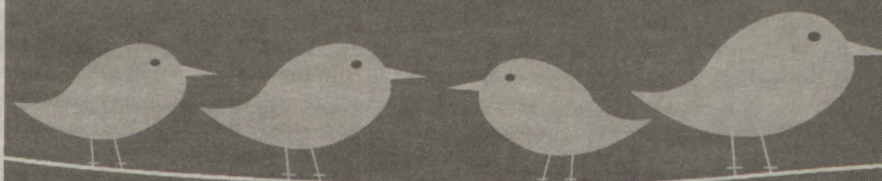
government in performance aid.

However, the schools saw it as a benefit, despite losing the public aid. Instead of receiving \$1.2 million in funding, Oakland is expected to gain \$12 million from the tuition increase.

According to legislature.mi.gov, Hynd and Schaetzel will be addressing the Higher Education Committee with the Senate. The meeting is scheduled for 3 p.m., on Sept. 24, and will hopefully lead to clearer answers as to why the tuition increase was necessary, in spite of the financial concerns it has caused Oakland students.

The Oakland Post will be present at the meeting next Thursday; keep your eyes out for our article concerning the details in our Sept. 30 issue.

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Erika Barker / The Oakland Post

The Alumni Awards was held during Homecoming and resulted in nearly every seat being filled in the banquet rooms at the OC.

2015 distinguished alumni honored

Alumni awards held during Homecoming Weekend recognize excellence

Kristen Davis & Scott Davis
Editor-in-Chief/Managing Editor

Supporters and graduates of Oakland University gathered on Friday, Sept. 18 for the 21st annual Alumni Awards Banquet — an event that brings together some of OU's finest products for a night of mingling, reminiscing and honoring a select few for their achievements.

This is just the second time the event was a part of the Homecoming and Reunion Weekend festivities. Some say that since the event now takes place during this time, more people come back to town to attend.

This was apparent Friday night, when nearly every seat in the banquet rooms in the Oakland Center was occupied.

The night was organized by the Oakland University Alumni Association (OUAA), whose goal is to connect OU alumni and friends with the university community.

"The Alumni Association is privileged to serve a dedicated and involved alumni committee. As we all know, a thriving alumni program is essential to any major university and our programming and our alumni engagement ac-

tivities impact not only our alumni, but our current students as well," Sue Helderop, director of alumni and community engagement, said in the welcome ceremony.

After welcome remarks and dinner, awards were presented by Neal Ruhl, the voice of the Golden Grizzlies. Ruhl is also a 2008 graduate of the Oakland College of Arts and Sciences. Eight awards were handed out to honored alumni, who received their award and gave a small speech.

The Distinguished Alumni Service Award, the biggest honor of the night, was awarded to Tony Moscone for his supervision of the construction of the OU Sports Dome.

The recipients of the Honorary Alumni Award were Don and Jan O'Dowd, the President Emeritus and Former First Lady of Oakland University.

"We're fortunate this year to have the O'Dowd's, that's huge for us. They're such a big part of our history and we needed to honor and recognize them," Erin Sudrovech, associate director of alumni and community engagement said.

More information on the OUAA can be found at oualumni.com.

Award Recipients

Robert Gibbs — Distinguished Alumni Achievement Award

Garry J. and Holly Shreve Gilbert — Spirit Award

Kelly Kozlowski — Outstanding Young Alumni Award

Tony Moscone — Distinguished Alumni Achievement Award

Don and Jan O'Dowd — Honorary Alumni Award

Mary Beth Snyder — Honorary Alumni Award

Thomas A. Tanghe — Alumni Community Service Award

Steven D. Townsend, Ph.D. — Odyssey Award

Hectic housing leads to overflow

Cheyenne Kramer
Staff Reporter

Having over 300 students on a waiting list for any department can be unnerving. But when the need to get students off the waiting list directly corresponds with the student's ability to attend OU — with issues ranging from lack of transportation to living out of state — the pressure is even worse.

With the introduction of Oakview Hall, OU housing added over 500 beds last year. The growth rate of students applying for housing has increased so much, though, that there is still no way to accommodate all students.

Every one of the double and single rooms that the Extended Stay America Hotel had available is currently being occupied by an OU student, James Zentmeyer, director of university housing, explained. This resulted in a max of 82 residents being moved into Extended Stay America.

Zentmeyer also said that every day, students are being moved out of the hotel and into the residence halls.

"People are still signing up for housing as recently as today," Zentmeyer said on Sept. 18.

Hotel staff at Extended Stay America said that almost once a day, a new student moves into the complex from OU housing with no warning.

"I thought the deadline for students to move into the hotel was Sept. 3," a desk worker at the Extended Stay said.

Resentment has spread to students like Keeley Higgins, a freshman resident in Extended Stay America. After a roommate conflict, she explained how a new girl came in claiming she had been informed an hour earlier that they were new roommates.

"I never got an email from housing saying I was getting a new roommate or anything," Higgins said, "It felt sort of unprofessional and confusing how we were all being shuffled around."

Zentmeyer said he's doubtful that all students on the waitlist will make it into housing come January. However, he has high hopes for all students to be out of the hotel by the end of the winter recess, due to a typical drop in residents after the holiday.

THE DRUG-FREE SCHOOLS AND WORKPLACE GUIDE FOR OAKLAND UNIVERSITY EMPLOYEES AND STUDENTS

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

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

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

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

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

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

Additional information is available at Graham Counseling Center (<http://www.oakland.edu/GHC>).

EMPLOYEES WORKING ON FEDERAL GRANTS AND CONTRACTS:

As a condition of employment, all employees working on federal grants and contracts must abide by this statement. Such employees must notify their supervisor or department head of any criminal drug statute conviction occurring in the workplace no later than 5 days after the conviction. The supervisor or department head must then promptly report the violation to the Director of Sponsored Research.

DRUG & ALCOHOL COUNSELING, TREATMENT, AND REHABILITATION CONTACTS

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

ON-CAMPUS

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

M.A.D.D. OAKLAND COUNTY
(248) 682-2220
35255 Elizabeth Lake Rd., Suite B
Troy, MI 48083

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

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

St. Joseph Mercy Hospital
(248) 858-3000
900 Woodward Ave.
Pontiac, MI 48341

National Hotline Numbers
& Assistance Groups
Alcoholics Anonymous
(800) 252-6465

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

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

National Cocaine Hot Line
(800) 378-4435

S.A.D.D.
(877) SADD-INC

Oakland County Health Office o
Substance Abuse Services (OSAS)
(248) 858-0001
1200 N Telegraph, Bldg. 34 East
Pontiac, MI 48341

LOCAL FACILITIES

AA OF OAKLAND COUNTY
(248) 332-3521
168 University Drive
Pontiac, MI 48342

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

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

Youngblood bleeds black and gold

Alumna reflects on career as a Golden Grizzly

Kevin Teller
Campus Editor

To many, going to work each day can be a begrudging experience. However, for some it can have quite the opposite effect. Vice president for organizational development and strategic planning Betty Youngblood identifies with the latter.

"One of the things that's kept me young throughout my entire career is that I'm always around [young people]," Youngblood said about her current experience at OU. "Oakland University was — and is today — an incredibly special place."

Interacting with students is only part of what connects Youngblood so closely to her work though, as she is a graduate of OU herself. She said that this connection is a large part of why she still feels so passionately about the faculty and students to this day.

Graduating in 1965, Youngblood attended OU at an interesting time in the school's history. When she first began attending in 1962, it wasn't even OU at all. At that time the campus was referred to as Michigan State University — Oakland.

"Nobody actually graduated from Michigan State University — Oakland," Youngblood said. "But many of us were admitted. I had sweatshirts that said MSU — O across the front."

Because of the historical oddity and significance of it, Youngblood said that she wishes she had kept some of those sweatshirts around.

While the school didn't fully gain constitutional autonomy until 1970 when Don O'Dowd became the first president, the name did officially change in 1963, according to Youngblood.

The O'Dowds [Jan and Don] are two people that Youngblood highly credits for her positive experience attending OU. So much so in fact that she still retains close communication with them to this day, going to breakfast with them just last week while they were in town.

Youngblood credits the care and passion of all faculty members in those early days of OU's history as

a large part of the reason that she was able to succeed.

After graduation, Youngblood pursued a master's degree in South Asian area studies and Ph.D in political science from the University of Minnesota. It was then that she began a career working in academia in various places, most notably Georgia and Oregon.

Returning to OU to work full-time in 2011, Youngblood was hired to transfer programming over to the Macomb County campus, the Anton Frankel Center.

It was during this time that she made multiple presentations to the Board of Trustees concerning her

"One of the things that's kept me young throughout my entire career is that I'm always around [young people]."

Betty Youngblood,
Vice President for
Organizational Development
and Strategic Planning

work. Doing this turned out to be beneficial because after President Russi's departure in 2013, Youngblood was asked to fill the role of interim president for the university.

Last year when George Hynd filled the permanent role of president, Youngblood stuck around. She was named vice president for organizational development and strategic planning by Hynd last September.

"Oakland's complexity has grown so significantly, but it has grown out of that strong foundation that the early faculty and staff created here," Youngblood, said. "And several decades of university history is really quite short. We're still regarded as a young university."

With this optimistic view on OU's history, Youngblood also noted the evolution and potential for growth in and around the university's current plans for development.



Dave Jackson / The Oakland Post

Betty Youngblood, who graduated from OU in 1965 and served as interim president of OU, is now the vice president for organizational development and strategic planning.

OAKLAND UNIVERSITY

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WHAT IS THE CLERY ACT?

By Jackson Gilbert
Sports Editor

The Jeanne Clery Act, passed in 1990, is a law requiring all colleges and universities that receive federal funding to disclose crime statistics on their campus.

This information is made available through the university's annual security report, which will be released on Oct. 1 for Oakland.

The act provides survivors of sexual assault, domestic violence, and other crimes options to change academic and living situations and requires assistance in reporting law authorities if the victim chooses to do so.

The act also mandates that the institutions outline disciplinary processes and procedures for investigating reports of crime.

Taking a stand to end sexual assault

On-campus assault case is closed but community organizations make ongoing efforts to reach out and address the issue

By Kristen Davis
Editor-in-Chief

The first on-campus sexual assault case of the 2015-16 academic year was closed by the Oakland University Police Department on Sunday, Sept. 20 but efforts to prevent future incidents are being made across campus.

The original report came on Tuesday Sept. 15, a week after an unnamed female student arranged to meet a man she met and had been conversing with on an unknown social media website in the parking lot of the Ann V. Nicholson student apartments.

Chief of Police Mark Gordon said the student entered the man's black car on the evening of Tuesday, Sept. 8 where she was sexually assaulted.

"What happened was after the assault occurred, she sought medical attention," Gordon said.

"During the course of medical attention, she signed a waiver to provide a local police department with the evidence kit that was collected. With the evidence kit came some information about the assault."

Upon receiving the kit, OUPD immediately sent out alerts to notify the community of the assault, which was done through text messages, emails and yellow flyers posted around campus.

The department is required to alert campus as soon as they become aware of a sexual assault case because of the

Clery Act.

The case was closed because the victim asked police to stop contacting her.

Although Oakland prides itself in its campus safety, the report did have students and the community concerned, with local news stations and newspapers rushing to campus to get more details about what had happened.

Sexual assault on college campuses has become a huge area of concern in recent years.

The Center for Disease Control (CDC) posted results from a 2011 survey that revealed about one in five college girls are victims of sexual assault.

In 2014, President Barack Obama and Vice President Joe Biden launched the "It's On Us" campaign which focuses specifically on ending college campus sexual assaults.

The White House also posted the "Not Alone" report: "The first report of the White House Task Force to protect students from sexual assault."

It calls for colleges to take action on identifying and preventing sexual assault, responding when it is reported and improving federal government's enforcement of laws.

These efforts have been followed at institutions throughout the nation, including here at Oakland.

Oakland University Student Congress (OUSC), the Residence Halls Association (RHA), Graham Health Center and OUPD have been taking steps towards ending sexual assault and educating students on how to be safe.

Taking action after a sexual assault

By Sean Gardner
Web Editor

Let's face the facts: Sexual assaults happen, even in the safest of places. That's why everyone should have a plan, just in case. Here are the steps Oakland University advises students to take.

1. GET TO A SAFE PLACE

According to the OU Counseling Center, the first thing a victim should do is find a safe place and call a support person and the authorities.

There are three phone lines that can be contacted. HAVEN's Toll-Free Crisis Line (877-922-1274), 911 and the Oakland University Police Department (248-370-3331).

2. DON'T DESTROY OR MISPLACE EVIDENCE

It's important for victims of a sexual assault to not destroy any evidence, in case one chooses to press charges.

The counseling center and police state to not change clothes, shower, bathe or douche. In case of oral penetration, do not brush your teeth, smoke, chew gum or eat.

3. GET A MEDICAL EXAMINATION

The victim should head to a hospital or the Graham Health Center to take a physical examination in case of internal injuries and STDs.

At the physical examination, a medical-legal exam will be documented. This will help with going to court and help the police in their investigation of the crime.

'It's On Us' campaign reminds that assault is an 'everybody problem'

By Rachel Williams
Staff Reporter

OUSC launched its "It's On Us" campaign at the beginning of the school year. The goals of the campaign are to raise awareness, educate the Oakland community and provide aid to victims of sexual assault.

The passing of resolution C.R. 15.03 in January of 2015 allowed for OUSC to create flyers about the resources available for sexual assault victims. According to OUSC Vice President Madison Kubinski, OUSC hopes to create more flyers in the future suggesting area specific resources such as the Haven organization in Pontiac.

OUSC filmed the "It's On Us Video," which can be found on OUSC's YouTube page, as a kick off to the campaign educating students on sexual assault and reinforcing Oakland's no tolerance policy.

"Our 'It's On Us' campaign is basically trying to draw on administrator support trying to get our university based resources across, trying to really get the point across that it's on all of us to stop sexual assault," Kubinski said. "It's an issue pertaining to

everybody - it's not a gender specific issue, it's not a heterosexual problem, it's an everybody problem. We have to come together and start trying to address it and stop it."

In working with the Student Association of Michigan, Kubinski explained that these campaigns will be popping up all over the state shortly, with Oakland being one of the first.

For those concerned about assaults on campus, Kubinski suggested, "use your resources." These include OUPD, who will assist students to their cars and across campus, the Dean of Students, Graham Health Center for counseling and check-ups, as well as the Companion app which alerts friends when people leave a location on campus and when they arrive. The Companion app also has a button to call the police and will send a GPS location to them should the phone be dropped or if they press the "I'm Nervous" button.

OUSC is also partnering with Haven and Graham Health Center, and is hoping to build more connections locally to get information out.

Security: a campus collaboration

By Cheyanne Kramer
Staff Reporter

Training in the area of sexual assault is critical and extensive for Oakland University's housing's professional, graduate and undergraduate staff, academic peer mentors and night watch workers. All student workers get trained on how to notice suspicious activity and how to accurately report suspicious activities.

Housing has on full-time professional resident directors, instead of just graduate resident directors. This addition provides each building with a contact for students and workers who experience problems.

Director of University Housing James Zentmeyer explained that OUPD officers find the housing staff to be approachable when issues come up and added that OUPD is just as approachable by housing staff.

This relationship is demonstrated at the OUPD Liaison Office on the first floor of Vandenberg Hall, where an OUPD officer is easily accessible to students.

Zentmeyer also said that the old "dinosaur" wired system of the Blue Light stations was changed out this summer with a completely digital one, making all of the towers actually function the way they are supposed to.

All possible cases of sexual assault are reported to the Dean of Students just in case the information present in one case matches up with another case.

Even something small like inappropriate drawings on a white board could possibly identify a further motive, or connect two cases together. Zentmeyer also explained that in most cases, a student's anonymity can be kept.

"I'm glad OU feels like home to students, it should, but I encourage students to take advantage of safety and security protocols on campus, no matter how safe you may feel," Zentmeyer said. "Take well-lit areas, be aware of your surroundings and emergency sources, use a buddy if necessary. It's not always needed, but it's better to take that extra step up front."

He also encouraged students to be on guard with social media.

OUPD safety suggestions

- If you meet someone online and are going to meet them face-to-face, **bring a friend.**
- **Meet in a public place** and **prepare potential escape routes** beforehand just in case.
- **Walk in pairs or groups** after dark.
- Stick to a **well-lit path.**
- **Be aware** of your surroundings.
- **Walk with purpose** and **have your keys in hand** if you're going to your car.
- **Call OUPD** at (248) 370-3331 to have a patrol car follow you to your destination if you don't feel safe.

SEXUAL ASSAULT AT OAKLAND

IN THE LAST FIVE YEARS

39
CASES REPORTED
TO OUPD

40%
INVOLVED
ALCOHOL

1
CASE REPORTED
BY A MALE

4. TALK TO THE POLICE

The police will protect a victim's anonymity and urge them to be open and detailed during the questioning process for a formal statement.

"Once reported, we investigate immediately. Unless the complainant wishes to remain anonymous," Lieutenant Nicole Thompson of OUPD said.

Questions will focus on the events prior to contact with the assailant, an account of the behavior and words used by the assailant, circumstances of the assault and a description. The counseling center recommends writing down the event in advance.

Further information
for victims and
support persons can
be found at the OU
Counseling Center.

5. REACH OUT AND HEAL

The OU Counseling Center said reaching out for help is a crucial step in the recovery and in healing process.

Talking to someone trustworthy and supportive can be done by calling HAVEN's 24/7 Crisis Support Line and counselors at Oakland University, available Monday through Friday from 8 a.m. to 5 p.m. The center offers a walk-in policy, allowing those to see a counselor as soon as possible.

the mix

FIVE CLOCK TOWERS OVER 150 FEET TALL

Last week, it was announced that the Elliot Tower won "The Michigan Plaque" award from the Keep Michigan Beautiful (KMB) foundation. The tower, which was donated to the university by long-time Oakland supporters Hugh and Nancy Elliott, was officially completed and dedicated on Sept. 19, 2014.

Since its completion, the Elliott Tower has become a trademark of Oakland's campus. It's no surprise that it's being recognized for its beauty, either.

Standing 151 feet tall, it can be seen and heard from miles away and it's the perfect accessory to a sunrise, sunset or mid-afternoon day. It's become a popular site for student activities and wedding proposals, too.

Here are five other clock towers located on university campuses throughout the country that surpass the 150-foot mark.

1. THE PURDUE BELL TOWER AT PURDUE UNIVERSITY: The 160-foot-tall landmark was completed in 1995. What makes this particular tower unique is that there's a time capsule located at its base that isn't set to be open until the year 2095.

2. THE MCGRAW TOWER AT CORNELL UNIVERSITY: The tower located on the campus in New York has been standing 173 feet tall since 1891.

3. MEMORIAL TOWER AT LOUISIANA STATE UNIVERSITY: Officially dedicated in 1926, the 175-foot clock tower sits in the middle of LSU's campus and is a memorial to Louisiana natives who lost their lives in World War I.

4. THE MAIN BUILDING AT THE UNIVERSITY OF TEXAS: This tower is not one, not two, but 307 feet tall, making it one of the highest buildings in the city of Austin.

5. SATHER TOWER AT UC BERKLEY: Also standing 307 feet tall, the tower located on the California campus has 61 bells located inside of it that ring out for all to hear.

— Compiled by Kristen Davis, Editor-in-Chief

TOP TUNES

wxou albums
of the month

1. Beach House — "Depression Cherry"
2. Yo La Tengo — "Stuff Like That There"
3. Mac Demarco — "Another One"
4. Tame Impala — "Currents"
5. Ben Folds — "So There"
6. Arcs — "Poison Season"
7. Various Artists — "Daptone Gold II"
8. Panda Bear — "Crosswords"
9. Destroyer — "Poison Season"
10. Lou Barlow — "Brace The Wave"



Various Artists — "Daptone Gold II"

Funk and soul are alive and well at Daptone Records in Brooklyn, New York.

This independent label has consistently put out some of the best current

music of these two genres in the past few years. Old-school production styles and instrumentation on their releases nods back to the golden age of soul when Chess, Stax and Motown ruled the airwaves.

The label's most recent release is a compilation of favorites from the last few years, singles and unreleased tracks from Daptone artists. A varied listen, the album contains everything from the sultry singing of Sharon Jones, Daptone's most well-known act, loud and proud horn section instrumentals from The Budos Band, show-stopping love songs from Charles Bradley and more.

"Daptone Gold II" is an inviting mixed bag of yesterday's warmest sounds given a touch of modern flavor and is not to be overlooked.

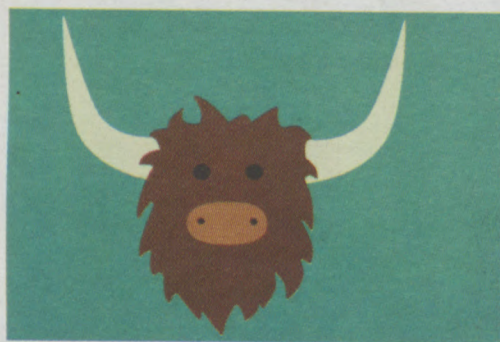
Recommended if you like: Sharon Jones & the Dap-Kings, Motown, Otis Redding.

Start with: "Look Closer (Can't You See the Signs)," "Strictly Reserved for You," "Retreat!"

— Anthony Spak, WXOU Music Director

YAKS of the WEEK

Yik Yak:
The voice
of the
people



1. "Every day it seems becoming a drug lord is a more viable option than classes."

2. "What do you mean you are out of American cheese, what country is this?"

3. "*Hides from everyone I used to go to high school with.*"

4. "Left some adderall in my Ford Fiesta. Now it's a Ford Focus."

5. "Two long boarders just went past each other and I'm disappointed they didn't high five or something."

6. "Before I graduate I will have scaled the Clock Tower dressed as a gorilla."

7. "Math will satisfy my foreign language requirement, right?"

8. "My favorite type of men is ramen."

9. "The correct pronunciation of Au Bon Pan is 'Café O'Bears.'"

10. "College is nice. You can wear the same shirt two days in a row if you have to because your MWF people don't know about your TR life."

— Compiled by Shelby Tankersley,
Staff Reporter



Welcome home Golden Grizzlies

Students, alumni enjoyed homecoming festivities

Dani Cojocari
Photo Editor

Oakland University held its second fall Homecoming Weekend from Sept. 18-20. Dozens of events were held for students and alumni, including several sporting events, tailgates and alumni reunions. For more Homecoming photos, check out our Homecoming Photo Album on Facebook.

1. On Saturday, Sept. 19, the Department of Music, Theatre and Dance put on their "Black and Gold" extravaganza. After dances performed outside in Varner's courtyard, the show moved into Varner's Recital Hall, where students performed musical and comedic scenes. The night ended with the Oakland University Chorale and Wind Symphony Orchestra.

2. Early in the morning on Sept. 20, the School of Engineering celebrated its 50th anniversary. Alums from the past fifty years came to celebrate.

3. Due to the rain, the OUAA Family Festival was moved from the top deck of P-29 lot to the Rec Center. There, children could play on the bounce houses and meet with Grizz.

4. While writing her statement, Gilson imagined the personal feeling of the African animal. I imagined putting on the headdress and feeling the weight of it changing how I moved.

5. Located in the P-29 Lot was the OUSC Tailgate Party. Carnival games and food was provided for students and families before the men's soccer game.



Photos by Dani Cojocari & Dongfu Han

Obama's college plan not cutting it

President travels to Michigan to rally support for his proposed plan to make community college free

Shelby Tankersley
Staff Reporter

On Sept. 9, President Barack Obama paid a visit to Macomb Community College to promote his idea of free community college for anyone who is willing to put in the work. Students would have to attend at least part time and maintain good grades to go to school for free.

Back in February, The Oakland Post provided coverage of this idea when Obama was first starting to promote it. Over seven months later, he is

still struggling to find support for the law.

Political sciences professor David Dulio said he thinks the president is having a hard time gaining support simply because he and Congress don't see eye-to-eye.

"There are probably a number of different things affecting this," Dulio said. "One is simple partisan disagreement. You've got a Democratic president with a Republican controlled Congress. When you have a strained relationship like this president and this Congress have had, it only am-

plifies the difficulty."

Dulio, along with fellow political sciences professor, Nicole Asmussen, said that they haven't seen the president make an attempt to get this law drafted.

Asmussen even mentioned that she thinks having a Republican support the law might have helped it gain some support.

"If he wanted it to be bipartisan he would get a Republican and a Democrat to sponsor it jointly in the house, but that isn't what's going on," Asmussen said.

So far, the only Republican helping President Obama gain support for this law is the former Governor of Wyoming, Jim Geringer.

There is also the question of why President Obama decided to pay Michigan a visit instead of going somewhere else. As of recent, Macomb is the only place the president has come to gain support for this proposal.

"He could just be making the rounds," Dulio said. "In the last several presidential elections, Michigan has voted Democratic. So in that way this is relatively friendly territory, but many other states fit that same bill. So I imagine that the White House likes to spread him around and not just go to the same place over

and over again."

That could be the case, seeing as Obama's last visit to Michigan was in February of 2014. Asmussen said she thinks he came here because he thinks Michiganders would get behind this idea.

"This is somewhere he thinks people would be receptive to going to community college," Asmussen said. "A lot of people here have experience working in factories and might want their kids to get a college degree, but they don't have an attachment to a four year college."

The bottom line is that Obama will have to do some serious leg work to get Congress behind this idea. Whether or not his trip to Michigan helped has yet to be seen.

Giving hope to those in the dark: A look into campus aid for depression

Parris Page
Contributor

September is the month where classes begin, cider mills open and the weather cools down — at least off and on in Michigan. But for those who don't know, it's also National Suicide Prevention Month.

When students walk around on campus, no one really knows what's going on with another person or what they may be thinking. That person may be smiling and happy on the outside, but in reality could be going through severe depression or anxiety, according to collegedegreesearch.net.

On campus it's so easy to get caught up in organizations, parties and social media that students often forget that it can all be too much to handle for some.

About one million people die by suicide each year, and there are more than 1,100 suicides on college campuses per

year according to collegedegreesearch.net.

OU's student organization "To Write Love On Her Arms (TWLOHA)" — whose goal and purpose is to present hope while finding help for people struggling with depression, addiction, self-injury and suicide. They placed yellow flags in the grass outside of the Oakland Center to represent all of the lives lost to suicide, while also having posters with 'warning signs' to look for on display.

Some signs that someone may be going through depression include giving away meaningful possessions, being withdrawn, having extreme mood swings and not interacting or enjoying the things that they would normally enjoy.

"We want to make sure that students are aware," Jennifer Oresti, president of TWLOHA, said. "Transitioning into college is so hard for so many people and it can bring on many different mental chang-

"Transitioning into college is hard for so many people and it can bring on many different mental changes."

Jennifer Oresti
President of TWLOHA

es on college campuses."

For those who aren't sure what to do in a situation where a friend or classmate may start showing signs, contact the Graham Health Center on campus, just north of the Meadow Brook Theatre.

"Our purpose is helping students to make their way through college, while also helping them to transition into adulthood," Dr. David Schwartz of the counseling department said.

Graham Health Center offers six free sessions of counseling, diagnostic testing for people who may think they have learning disorders and outreach workshops for students.

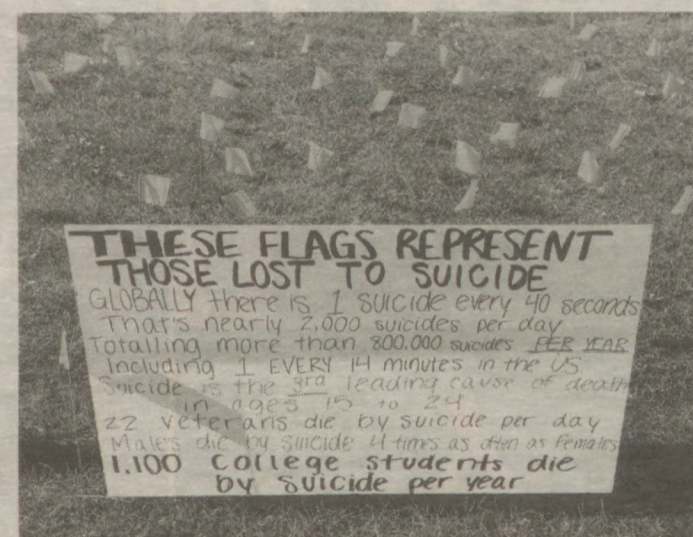


Photo by Parris Page

Yellow flags were placed by TWLOHA in the grass outside the Oakland Center to represent all of the college student lives lost by suicide.

Help is at hand:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- suicidepreventionlifeline.org
- Graham Health Center: 248-370-2691

Signs to look for:

- Thinking about being a burden
- Acting anxious
- Feeling isolated
- Talking about wanting to die
- Increasing the use of alcohol or drugs

OU soprano belts for Obama

Music student 'honored' to sing national anthem for president

Faith Brody
Copy Editor

It's not very often that someone gets the chance to sing the national anthem at an event. It's even rarer when it's for the president of the United States.

Claire Toupin, a music education and vocal performance major at Oakland University, did precisely that.

"They [government officials] kept asking me, 'What do you do in Washington?' And I had to keep explaining that I'm just here to sing the anthem."

Claire Toupin,
Music Education and Vocal
Performance

President Obama made an appearance at Macomb Community College in Warren on Sept. 9. According to the Detroit Free Press, he pitched the idea of free community college to anyone with good grades and announced a College Advisory Board that will expand programs that already provide free community college.

Toupin had attended Macomb before transferring to Oakland and dazzled audiences while performing in the community college's show choir, The Macombers. Her former Macombers' director texted her one day to ask her if she would like to sing the national anthem for "someone special." She turned him down because she had class all day.

"About three hours later, [the director] texted me and

said he found out that it was President Obama and he was wondering if that changed anything," Toupin said. "So I said, 'Um, yeah I'll do it!'"

Before she stepped onstage, Toupin underwent a background check by the Secret Service. They even watched her rehearsal.

"I definitely saw a ton of Secret Service guys," she said. "You could kind of tell who they were because they were very official looking and wore black suits. I'm sure there were a bunch that were wearing street clothes."

Right before she performed, Toupin also had to go through what she described as "sort of a plane ride check," where she walked through a metal detector and police officers searched her purse.

Even with the security measures, she had VIP seating with important people, such as state representatives and Macomb bigwigs. She was even seated right behind Jill Biden, Vice President Joe Biden's wife.

"I felt very official," she said. "They all kept asking me, 'What do you do in Washington?' And I had to keep explaining that I'm just here to sing the anthem."

Despite some preshow jitters, Toupin said as soon as she got onstage and started singing she wasn't nervous.

"I saw many people singing along with their hands over their hearts," she recalled. "This may sound cheesy or whatever, but I'm a very patriotic person, and being able to sing our national anthem for the leader of our country, no matter how I personally feel about him, was an amazing experience."



Dongfu Han/The Oakland Post

Claire Toupin, a music education and vocal performance major and an alumna of Macomb Community College, was recently honored with the opportunity to sing the national anthem for President Obama. Obama visited Macomb on Sept. 9 to talk about making community college free for students with good grades.

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The 2016 Presidential Election

Student debt is playing a huge role in the upcoming presidential campaign. According to Forbes, 40 million Americans are saddled with an aggregate \$1.3 trillion of student loan debt. Here is what four of the presidential candidates have to say on the issue:



Hillary Clinton (D)

Clinton plans to put college within reach for everyone by making sure no student has to borrow money to pay for tuition. "The bottom line is college is supposed to help people achieve their dreams," Clinton said. "But paying for college is actually pushing people's dreams further out of reach and that's just wrong." According to Forbes, her plan is estimated to cost \$350 billion over 10 years and limiting itemized tax deductions for the wealthy would pay it.



Bernie Sanders (D)

According to Forbes, Sanders' goal is free tuition at every public college and university in America. "Education should be a right, not a privilege," Sanders said. Sanders will provide \$47 billion a year to eliminate undergraduate tuition and fees. He will pay for this plan with a Robin Hood Tax, which would enforce speculation fees on Wall Street.



Ben Carson (R)

Carson feels that students should work through college and debts. According to The Huffington Post, he dismissed President Obama's proposal to offer two years of free community college. "There is a four letter word that works extremely well, it's called w-o-r-k, work," he said.



Rick Santorum (R)

Santorum doesn't agree with President Obama's idea of giving every American access to two free years at community college and therefore labeled Obama a "snob." According to the Huffington Post, he voted against an amendment to the yearly budget resolution that would have increased funding for higher education.

— Compiled by Alexis Bomar,
Staff Intern

Here is what political student organizations at OU have to say:

College Democrats of Oakland University

The College Democrats "strive to educate students about the Democratic party, as well as encourage smart voting." They would like to help the education of political science majors or people who want to stay involved in the news. They also aim to help members volunteer on campaigns and in political movements.

"I believe Bernie Sanders will be the greatest benefit to college students," said Tyler Fox, president of the College Democrats at OU (CDOU). "He has a planned out plan on how to make college tuition free to college students. All four years. Free. That's the type of president college students need."

Fox said CDOU will not be endorsing any of the Democratic candidates because they support all Democrats, and will continue to educate members on the election's issues.

College Republicans of Oakland University

The goal of the College Republicans is "to bring together like-minded, young professionals who are self-driven and who want to be personally involved in our efforts to bring a better future for our country by establishing and reinforcing conservative principles."

"We need a president who recognizes the issues of the college student but looks long term into solutions that will benefit the economy as a whole, which will in turn create an environment that allows college students, as well as graduates, to succeed," said Andrew Baker, president of the College Republicans of Oakland University.

"While I do not have a personal endorsement for any one candidate at this time, I am very comfortable with the options that myself and the American public have to choose from as the Republican nominee," Baker said.

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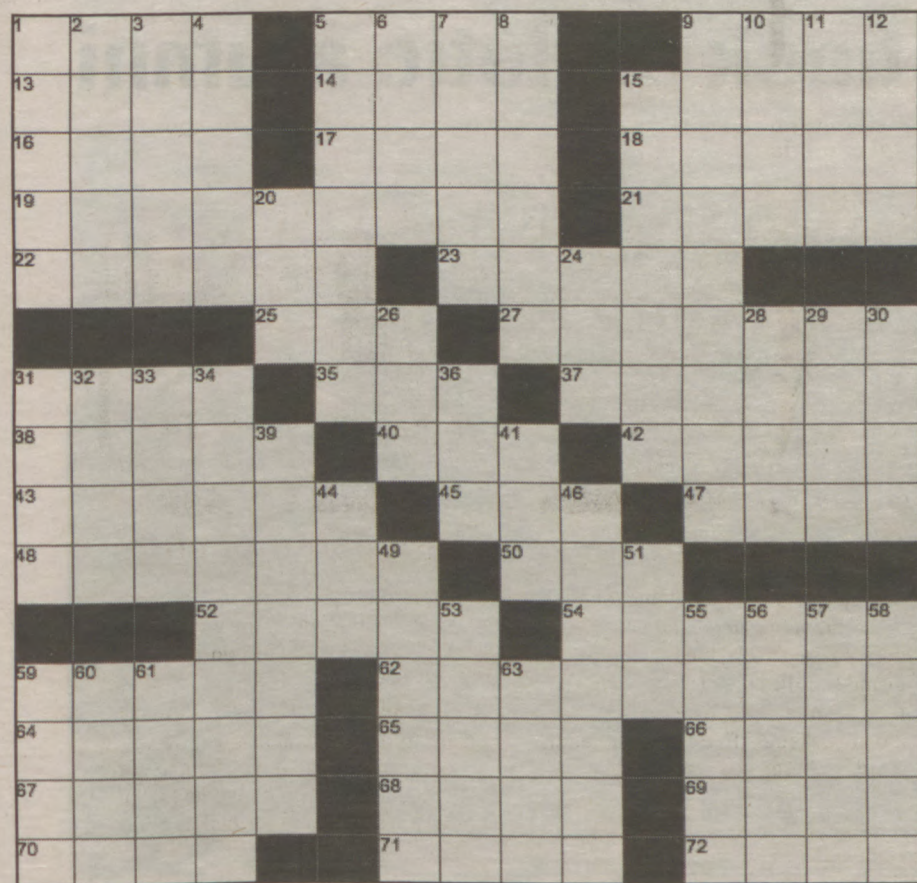
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Puzzles



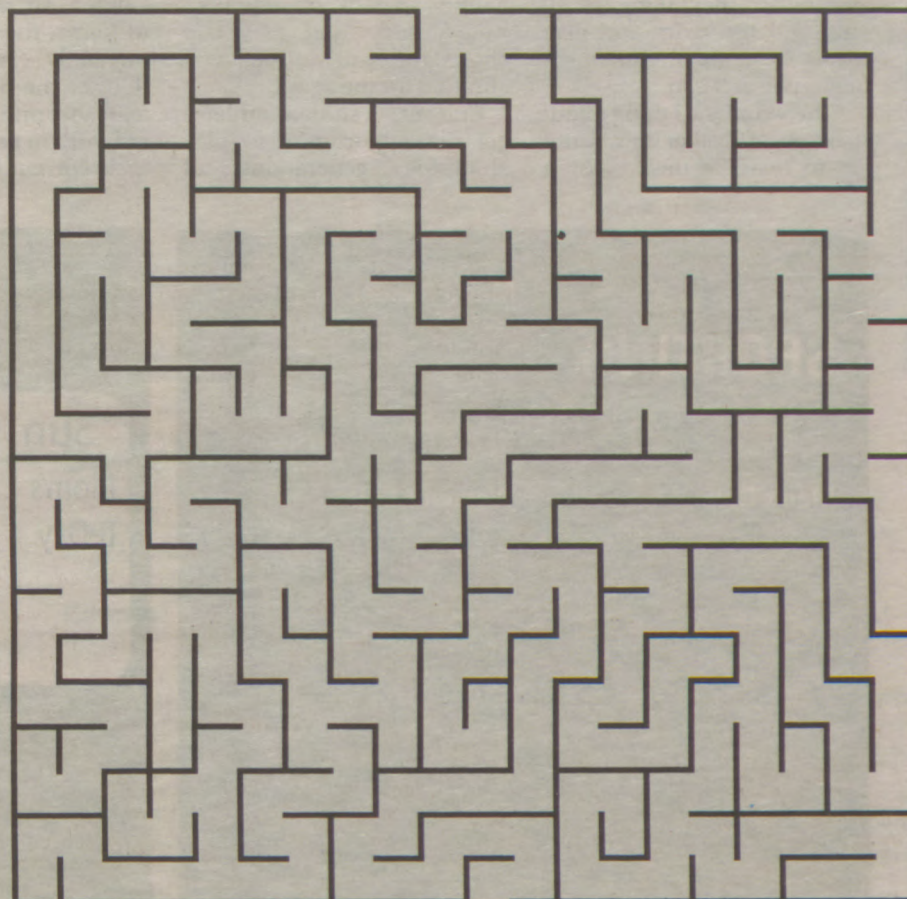
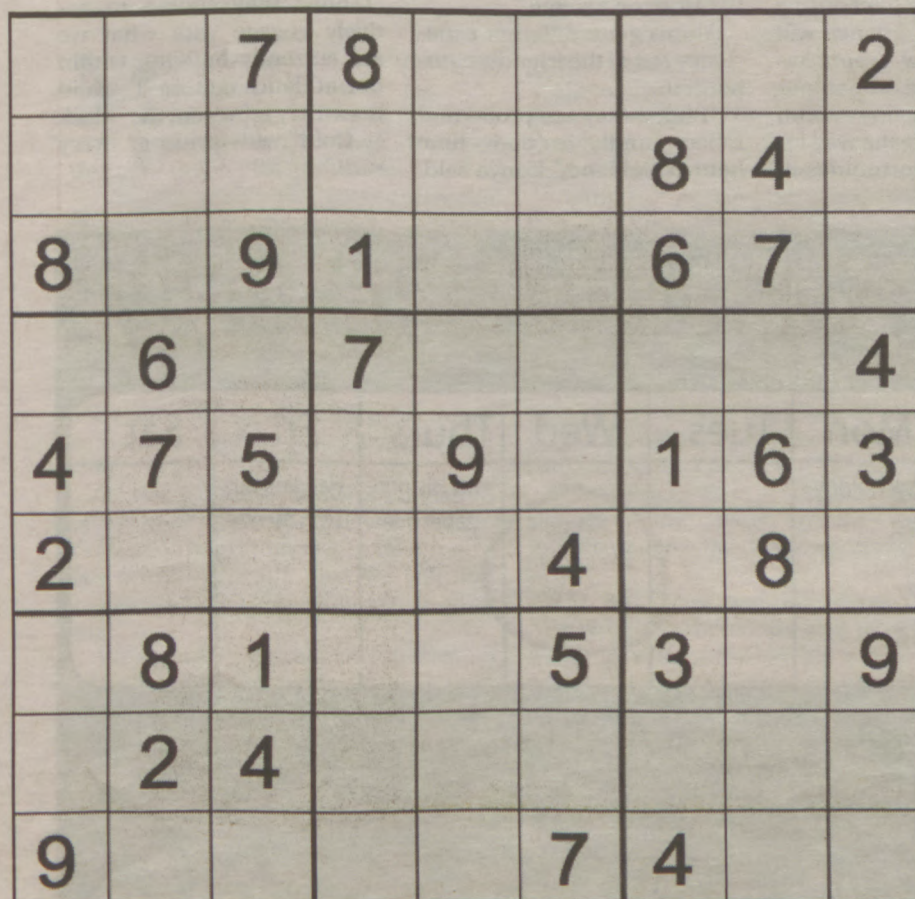
Across

- 1: Greatest amount
5: British baby buggy
9: Medicinal amount
13: At all
14: Logical flaw
15: From now on
16: Stinger target
17: Fishing gear
18: In base 8
19: Estranges
21: Displays one's cheekiness?
22: Tenants sometimes break them
23: Send, as to a specialist
25: Four-poster, e.g.
27: Sonora shawls
31: Behaves
35: Verbalize
37: Joint
38: Concealed
40: Scrooge's exclamation
42: 'You've got some ____!'
43: Feels sorry for
45: Verbal zinger
47: Girls' books hero Nancy
48: TV provider of 'a word'
50: ____-relief
52: Wealthy one
54: Inexperienced sailor

- 59: Room with a number of wives
62: She's often on her toes
64: Eager, to the max
65: Soft cheese
66: Track figures
67: Spikes
68: Qualities of the conceited
69: Hang on to
70: Neck line?
71: Monthly payment, for many
72: Small whirlpool

Down

- 1: Purple Heart, e.g.
2: Little egg
3: Brown pigment
4: Giant sequoias, e.g.
5: Musical units
6: Word with beer or cellar
7: Rot-resistant wood
8: Complicated situations
9: Adorned
10: Not fooled by
11: Read quickly
12: They get into sushi
15: Big hit for the club members, and what might elicit the shaded words
20: Lincoln loc.
24: Not masc.
26: Smidge
28: Happy cat's sound
29: Roof rim
30: Did in, old-style
31: PC software
32: Curtail
33: Pooch in 'The Wizard of Oz'
34: Web-making part of a spider
36: Thanksgiving staple
39: Seeds for buns
41: Quoits target
44: Turn on the waterworks
46: Like the Taipei 101 skyscraper
49: Kind of baron
51: Take to court
53: River transport
55: Penniless
56: Sat tight
57: Finito
58: Irritable
59: Word before baked or dollar
60: Way off
61: Jambalaya grain
63: He has his pride



Weekend games bring back athletic alumni

Current Golden Grizzlies enjoy opportunity to play with, against former student-athletes

Katlynn Emaus
Staff Reporter

There are many traditions present here at Oakland, one of which is a strong alumni presence. From academics, to athletics and facilities, alums are constantly involved in the community.

One tradition where Oakland gives back to graduated student-athletes is through alumni games.

In the contests, which will take place throughout this year's homecoming and reunion weekend, current Oakland athletes compete against former athletes.

Games start Saturday morning, with the men's soccer game at 10 a.m. The women's softball game also begins at 10 a.m., both on the lower fields. The baseball team will host a golf outing beginning at 10 a.m. and the swim and dive teams host an alumni meet beginning at 3 p.m.

"The wonderful thing about these events is that the alumni get to rekindle their passion

for the sport to some degree, interact with the current coaches and student-athletes," Director of Athletics Jeff Konya said.

"To allow athletes to tell the wonderful stories of the past accomplishments is a great way to honor their respective legacies."

These games are unique for many reasons. Athletes don't have to stress over the score or worry about how this will affect their standings in the conference or nation.

Also, it's typically the first game to prepare the athletes for the competition season.

In this laid back atmosphere, many laughs and memories are made.

Konya reflected on one specific memory that stands out to him.

"In one soccer game, the alumni scored first actually," Konya said, "and they had choreographed a goal celebration for the ages."

Current student-athletes get the opportunity to play alongside generations of



Dani Cojocari / The Oakland Post

The alumni games, in which current athletes played with former athletes, were held on Saturday, Sept. 20.

Golden Grizzlies. According to Konya this experience will hopefully "renew appreciation for the blood, sweat and tears that prior playing alumni put forth in paving the way for their current opportunities in

the Horizon League."

Alums get a different experience out of the friendly competition.

"I hope they are proud and reflect fondly at their time here at Oakland," Konya said.

"I hope they choose to actively engage with what we are currently building within our athletics culture. I would hope they represent the 'Black & Gold' with pride at every turn."

THE SPORTING BLITZ

Men's Golf

The men's golf team competed in an alumni event over the weekend against past players on Katke-Cousins Golf course. The Golden Grizzlies will travel to Madison, Illinois Sept. 28 to compete in the SIUE Derek Dolenc Invitational.

Men's Soccer

The men's soccer team will host University of Michigan on Sept. 23 before they travel to Nashville, Tennessee on Sept. 26 for a showdown with Belmont.

Women's Golf

The Oakland University women's golf team finished in 8th place in the Ball State Cardinal Classic in Muncie, Indiana. The team was lead by junior Morgan Smith (221), sophomore Elle Nichols (227), and senior leader Alyssa Albright (232). The team will return home for the Golden Grizzly invitational next Monday and Tuesday, Sept. 27-28.

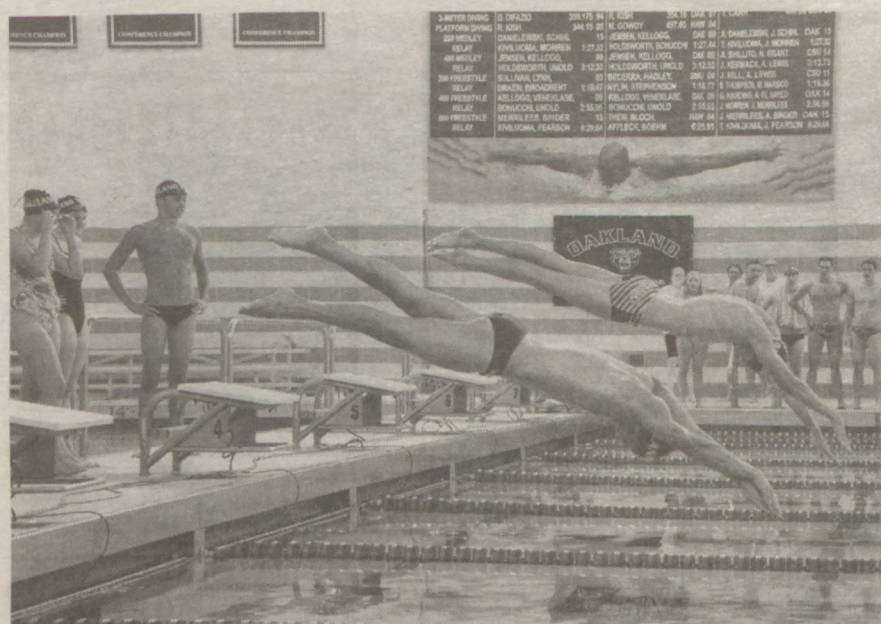
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Dongfu Han / The Oakland Post

Men's swim won many championships last year and hopes to keep the momentum going.

Continuing the streak of conference championships

Men's swim team looks to maintain dominance

Michael Keenan
Staff Reporter

Men's swimming and diving at Oakland University has developed into one of the premier programs in Division I athletics throughout the past few decades.

Winners of 37 straight conference championships, the Golden Grizzlies will look to extend that number as they get ready to hit the water.

"Extending a streak of any kind is tough, but if our swimmers accepted the challenge from last spring to get just a little bit better, they will put themselves in good position for great things to happen," head coach Pete Hovland said.

"If the freshmen make a concerted effort to integrate themselves into the culture of what it means to be a member of our program, then we will find ourselves with a chance to win another title."

What will ultimately determine whether the team will continue their lengthy streak of conference championships is the work put in during the off-season.

"If the conference championship is important to them, they will have needed to do what it takes this past summer as well as over the next 175 days to earn that opportunity," Hovland said.

The team will consist of many talented swimmers, both returning members and new faces, giving them a strong pool of depth.

Mitch Alters, Sterling Fordham, Hrafn Traustason, Alek Danielewski, Tuomas Kiviluoma and John Schihl will be the team leaders to begin the season.

"With the upgrade and improvement to our diving corps, this will be one of our more talented and deeper teams in recent memory," Hovland said.

The team will be without star swimmer Jorden Merrilees, who is spending the year in Australia training for the 2016 Olympics. Should he choose to return, Merrilees will have a spot on the team, according to Oakland Assistant Athletic Director Scott MacDonald.

Last season was a very successful season for the Golden Grizzlies, posting several new team records along the way.

The 800 meter free relay team set a new program record, as well as a Horizon League record, with a time of 6:29:64. The 200 medleys relay team did the same with a time of 1:27:32.

The team had nine individual Horizon League Champions, as well as four more relay team championships.

Oakland aims to continue competing on a national level this year under the leadership of Hovland and the depth of a well-established program.

PLAYERS TO KNOW



Mitch Alters

Senior
North Canton, Ohio

Events: Freestyle, Fly, IM

Accomplishments

Horizon League Champion (200 butterfly); Swam in 500 free and 400 IM at 2015 Horizon League Championships



Stirling Fordham

Sophomore
Fishers, Indiana

Events: Diving

Accomplishments

Participated in 1-meter and 3-meter diving at 2015 Horizon League Championships; Advanced to NCAA Zone Diving



Hrafn Traustason

Senior
Akranes, Iceland

Events: Breaststroke

Accomplishments

Winner of 200 breaststroke title; Swam 100 and 200 breaststroke in past two Horizon League Championships; Academic All-League Selection



Alek Danielewski

Junior
Piaseczno, Poland

Events: Backstroke, IM

Accomplishments

Swam in 100 and 200 backstroke, and 200 IM at past two Horizon League Championships; Three time Horizon LEague Swimmer of the Week



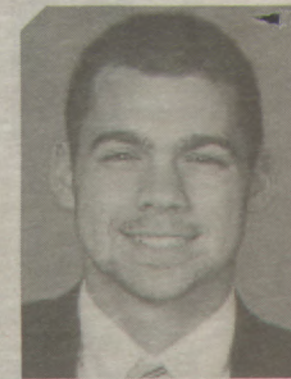
Tuomas Kiviluoma

Junior
Espoo, Finland

Events: Freestyle, Fly, IM

Accomplishments

Four-time Horizon League Champion (200 and 800 free relay, 200 IM in 2013-14; 100 free in 2014-15); Horizon League Freshman of the year



John Schihl

Sophomore
Bloomfield Hills, Michigan

Events: Breaststroke, Freestyle

Accomplishments

Two-time Horizon League Champion (100 and 200 breaststroke); part of OU's record-setting 200 medley relay team



A large crowd of Oakland supporters gathered to support the men's soccer team in its homecoming game on Sept. 19.

Nowshin Chowdhury / The Oakland Post

GRIZZLIES

FIGHT THROUGH HOMECOMING

Jackson Gilbert
Sports Editor

Homecoming weekend for the Golden Grizzlies showcased a lot of the athletic talent Oakland has to offer.

The weekend was highlighted by the Saturday night men's soccer game against Horizon League opponent Milwaukee. The reported attendance for the night was 1,528 on the Grizzly soccer field.

330 people cheered on the volleyball team when they brought in thirteenth ranked Ohio State.

Across the street from campus at the Auburn Hills recreation complex, over 300 people cheered the club football team to a 27-20 victory over Milwaukee in its season opener.

Softball also opened fall season with a doubleheader against OCC and Northwood.



Bodhanna Cherstylo/The Oakland Post

STAR PERFORMERS

Volleyball

Sammy Condon

Middle hitter

Condon averaged 1.24 blocks per set over the four weekend matches and earned Horizon League defensive player of the week honors for her performance.

Men's soccer

Elliot Tarney

Goalkeeper

Tarney had four saves in the losing homecoming effort against Milwaukee. He shut out the Panthers for the entire regulation before surrendering a goal in the second overtime.

Women's soccer

Cecile Dokka

Forward

After netting two goals to lead Oakland to a 3-0 victory over Duquesne on Sunday, Sept. 20, Dokka was named player of the game.



Nowshin Chowdhury /The Oakland Post

Men's soccer falls to Milwaukee in double overtime

Kristen Davis
Editor-in-Chief

Despite controlling the ball for a majority of the match, the Oakland men's soccer team (3-3, 0-1) was shut out by Milwaukee (2-4-1, 1-0) in its homecoming and first league game of the season on Sept. 19.

Milwaukee freshman Fransesco Saportio netted the ball on a free kick in the second overtime period to end the game in front of the 1,528 fans in attendance on the breezy Saturday evening.

The physicality and intensity between players on the field heated up early and remained high throughout the night.

Four yellow cards — three of which were called on Oakland — were given in the first half alone. In the second half, even head coach Eric Pogue received a yellow card.

"It was a Horizon League grudge match you know, both teams fought," Pogue said. "It was physical, it was a bit sluggish on our part I think and obviously I think they put their heart and soul in the game."

Oakland also out-shot Milwaukee 11-4 in the first half, but neither team was able to finish despite having several opportunities to do so.

With six seconds remaining in regulation, Milwaukee missed a goal off the post. In the first overtime period, the Panthers also missed a shot on a wide-open net after the ball was rebounded off the crossbar.

Oakland struggled offensively too. The team was unable to net any of its shots and took just two shots on goal to Milwaukee's five.

Goal keeper Elliot Tarney finished the game with four saves, three of which came in the first half. The goal was the first scored on Tarney in the last 196 minutes.

The Golden Grizzlies look to bounce back on their home pitch at 7 p.m. on Wednesday, Sept. 23 when they face the University of Michigan.



Bodhanna Cherstylo/The Oakland Post

Volleyball goes 3-1 in home tournament

Jackson Gilbert
Sports Editor

The women's volleyball team played four straight matches against tough competition over homecoming weekend and finished 3-1.

The games kicked off on Thursday night with a "Throwback Thursday" themed game against Western Michigan. The night featured Oakland in classic all black uniforms.

The Broncos captured the first set 25-19, but Oakland won three straight sets to win the match.

Friday night, the team took on the Eastern Illinois Panthers in an early afternoon matchup. Oakland fell behind early, losing the first two sets 25-23 and 25-18.

After halftime, the team captured three straight sets to tally a second victory in the tournament, three sets to two.

Saturday, No. 13 Ohio State came into the O'rena ready for a tough matchup on the signature blacktop court.

The first set was hotly contested, with Ohio State needing a late run to capture the point 25-23. The Buckeyes took the second set and went into halftime with a 2-0 lead. Following the half, Oakland came out swinging and captured the third set but Ohio State pulled away in the fourth set to get the victory.

The night match featured a showdown with the Dartmouth Green from Hannover, Massachusetts. The tired Oakland team pulled out an easy victory in four sets against the Ivy League school to conclude the tournament play.

The Black and Gold (6-8) will open league play on Thursday against Milwaukee at 7 p.m. in the O'rena.



Dongfu Han /The Oakland Post

Women's soccer records first win of season

Jackson Gilbert
Sports Editor

The Oakland women's soccer team finished homecoming weekend with a 1-1 record and moved its overall record to 1-5-4.

The team opened the Horizon League season Friday night with a controversial loss to the Milwaukee Panthers.

After going up 1-0 early in the second half on a goal from senior and team captain Joan Sieja, the team blew a lead in the 86th minute on a questionable call from the head referee.

The call earned Milwaukee a penalty kick and which led to a goal by Maria Stephans.

The ensuing overtime was short — Milwaukee scored five minutes in on a quick shot, again from Stephans.

Oakland's goal keeper Emily Zweng earned a red card in the game and was forced to sit out the second game of the weekend against Duquesne on Sept. 20.

That didn't seem to matter, as Oakland bounced back to a 3-0 shut out of the Dukes.

Cecilie Dokka recorded two goals, one in the 11th and one in the 88th minute.

Ali Amante recored her first career goal in the 77th minute. The shut out was goalkeeper Allison Holland's fifth of her career.

The team will travel to Green Bay next weekend for a Saturday showdown against the Horizon League opponent.

Club football scores homecoming victory

Golden Grizzlies defeat Panthers in close game, 27-20

Dave Jackson / Photographer



Close, but not quite a catch

Steve O'Connell gets pushed out of bounds going up for a touchdown against the Milwaukee Panthers on Saturday. It was ruled no catch in the game.



Triumph over Milwaukee

Oakland celebrates a win over the newfound rival Milwaukee. The game was tight but Oakland pulled out a 27-20 victory.



Grizzlies take the field

The club football team takes the field for the showdown with Milwaukee. The Grizzlies defeated the Panthers by one point last year in the national championship.



Going for the touchdown

Steven O'Connell makes a grab deep in the red zone. He was held without a touchdown despite coming very close on multiple occasions.

Softball team tees off fall season



Dongfu Han / The Oakland Post

The Golden Grizzlies started the season with a double header split, winning the first game against OCC 5-0, but losing to Northwood 7-4.

Ally Racey
Staff Reporter

The Oakland University softball team played their first games of the fall season this past Sunday, an exhibition double-header against Oakland Community College and Northwood University.

The team, with 10 newcomers, including nine freshmen, appears strong and ready to earn another Horizon League title this season.

"I expect us to defend our championship and be in a position to win it again. I believe in them and that's how much I believe in our new kids and our returning group," head coach Connie Miner said.

The Black and Gold won 5-0 against Oakland Community College with help from the player of the game, Sarah Hartley.

Hartley led the team with three RBIs, three runs and two hits. She said she plans to lead her team by example this season.

"We have a really young team so us upperclassmen have to do what we have to do and bring them along with us," Hartley said.

The team followed its win over OCC with a tough loss against Northwood in a 7-4 setback.

"We should have won, because they are good enough... we just need to clean a few things up and we'll be fine," Miner said.

Despite the loss, the team

remained positive.

"We got quiet, but I didn't see anyone really hanging their heads. [Lucas] is a freshman and she came up and hit a double off the fence, that's a great way to keep going," senior pitcher Erin Kownacki said.

Senior Laura Pond went 1-for-4 with a 2-RBI triple against Northwood and sophomore Haley Zemmer and Pond combined for seven strikeouts in the circle.

"I played everyone, that's my goal in the fall, so this was really good for us to learn because then we have to know we have to work a lot harder," Miner said.

Miner also said there were a lot of mistakes that should not have happened, but she said she knows they are a great team and believes another Horizon League title is in the future.

"We should have won, in my opinion," Miner said. "We have a good group returning, we have a lot of young kids but I told them they are here for a reason, I don't care if you're a freshman, you are talented."

The Golden Grizzlies travel to Traverse City Sept. 26 to compete in the Traverse City Tournament against the University of Michigan, Central Michigan and Western Michigan.

"I want to beat Central. We lost to them in the regular season, but I think we can beat them," Hartley said.