

THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER



CAN YOU DIG IT?

CAMPUS
CONSTRUCTION

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TEAM PREPARES
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this month

August 7, 2013 // Volume 39. Issue 29



ontheweb

The Oakland Post website has a brand new look and new features. Check out the redesigned page and let us know what you think.

www.oaklandpostonline.com



PHOTO OF THE MONTH

DO NOT CROSS // The Bear Lake Bridge is surrounded by orange cones and hazard tape, causing students to find alternate ways between the Oakland Center and Vandenberg Hall.. The bridge closure is part of many construction projects in and around the Auburn Hills campus. *BRIAN JOHNSTON // The Oakland Post*

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

POLL OF THE MONTH

How do you think the new parking plan will turn out for OU?

- A** It will stay the same
- B** It's going to be a rough year
- C** It will be even better
- D** I'm parking at Friday's

Vote at www.oaklandpostonline.com

NEXT ISSUE

The Oakland Post is putting together a campus survival guide for incoming freshmen, transfer students or anyone new to the area. If you have a tip for life on or off campus, send it to us. You could see your suggestion in print.

Email editor@oaklandpostonline.com, tweet [@theoaklandpost](https://twitter.com/theoaklandpost) or visit facebook.com/theoakpost.

THIS MONTH IN HISTORY

AUGUST 25, 1980

After labor strikes delayed the completion of O'Dowd Hall by about 60 days, window problems set back the building even further.

AUGUST 3, 1967

Parking fees for students, faculty and staff were raised from \$2 to \$16 per year, to fund a \$380,250 project which added 2,739 parking spaces.

August 3, 1962

An assistant dean of students, nine faculty and two assistant librarians, were hired by Michigan State University Oakland.



6

NEW PRESIDENT, NEW IDEAS

Interim President Betty Youngblood talks about her plans for Oakland University's future.



7

SMOKING OUT TOBACCO

The 2013-14 school year brings a complete tobacco ban to campus, with fines for violation.



15

SWEET ON TKE

OU alumna Maria Willett is named Tau Kappa Epsilon's International Sweetheart.

BY THE NUMBERS

8,913

Spots originally on OU main campus

903

Spaces closed for construction

298

Handicapped parking spaces

1,009

Temporary parking spaces available during construction

6

Bear Buses available for students

STAFF EDITORIAL

Updated smoking policy is a pain in the ashtray

Oakland University's updated Non-Smoking Policy 475, updated November 2012, will officially be underway as of the Fall 2013 semester.

Smoking, which OU defines as "the burning of a lighted cigar, cigarette, pipe or any other matter or substance that contains Tobacco [sic]," will be completely banned on the campus grounds.

First-time offenders will receive a fine of up to \$100, and subsequent offenses can cost up to \$500.

Item 3 of the Non-Smoking Policy's Procedures section reads, "Enforcement of this policy is the responsibility of all." The policy-makers ask the entirety of Oakland University to be on the lookout for tobacco use, and to report those they see violating the policy.

We envy their optimism but find this more than a little unrealistic.

It isn't necessarily that we are pro-tobacco or pro-smoking on campus. But it seems naïve to expect students to report one another.

Faculty members or staff members should be reported to their immediate supervisor, dean or director.

Complaints against students are expected to go to the Dean of Students office,

We envy their optimism but find this more than a little unrealistic.

after which "The Dean of Students, supervisor, dean or director will investigate and take any needed action to resolve the issue."

Interim Dean of Students Nancy Schmitz most likely has better things to do than sift through complaints of illicit tobacco use in Oakland University's secluded areas. At least we hope so, for the student body's sake.

Two other deans were appointed within the past year, and another dean chair is up for grabs. Operating as a dean while simultaneously getting acclimated is difficult enough. Must we add tobacco tattling to their itineraries?

Even if the deans and supervisors decide they have time to investigate people grabbing a quick puff between classes, how are students supposed to file the complaints?

While the updated Policy 475 offers a phone number at which the Dean of Students Office can be reached, will someone be on call to receive reports? Are students expected to become amateur

detectives, obtaining the names and contact information of violators?

If only there was a police department on campus to look out for smokers and investigate tobacco use.

The rationale given for the policy update is, "The University recognizes that Tobacco use and exposure to secondhand smoke is a significant health hazard... studies have shown there is no safe level of exposure to tobacco smoke."

Curiously, though, smoking is still allowed within Meadow Brook Hall, residences within the Meadow Brook subdivision, and the Oakland University golf courses.

Last time we checked, Meadow Brook Hall and the golf courses don't have magical anti-smoke barriers in place. But they do, on average, have persons of a slightly higher economic status.

The Oakland Post's editorial board wants a smoke-free campus just as much as the rest of OU. We just want a smoke-free policy that makes sense.

The staff editorial is written weekly by members of The Oakland Post's editorial board.

Corrections Corner

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

- Subject pictured on page 10 is not Judith Ableser.

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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Russi era ends without benefits

Outgoing President gave up housing, cars, possibly more

By Victoria Crow
News Manager

Since former Oakland University Women's Basketball coach Beckie Francis was fired June 12 and her husband, Oakland University President Gary Russi, announced his retirement the same day, much speculation has surrounded the reasons for Russi's departure and whether there was a connection.

Although there has been extensive local reporting about the reasons for Francis' termination (see sidebar), there has been a complete dearth of information about the reasons for Russi's retirement. But the timing certainly was not advantageous for him.

According to contracts obtained by The Oakland Post, Russi may have forfeited \$270,000 in deferred compensation, and he and his wife lost numerous

employment perks when he unexpectedly retired.

Russi and Francis lived at Sunset Terrace on campus free of charge. According to Russi's contract, the University also paid for

- 20 hours per week of maid service
- interior and exterior maintenance
- furniture
- a telephone at the residence for business use
- a FAX machine
- a computer
- cable or satellite television,
- liability insurance
- option to drive a leased or owned vehicle or receive a monthly vehicle allowance, in addition to
- all gasoline paid for by the University.

Francis' employment contract also included a fully insured car for business and personal use. Her contract

stated that the University would pay for all fuel.

According to documents retrieved by the Post from the Freedom of Information Act, Francis made several requests for cell phone allowances.

Francis Cell Phone Allowance Timeline:

- April 1, 2007: \$70 per month
- February 2008: increased to \$75 per month in addition to a one-time cell phone purchase amount of \$555.43. Her business justification was "recruiting and team business."
- July 1, 2008 - increased to \$125 per month
- June 1, 2009 - increased to \$150 per month. Her business justification was: "recruiting, travel, etc." The allowance end date was "until notified."

Russi signed a deferred compensation agreement in 2011 that would have paid him \$270,000 dependent on

have paid him \$270,000 dependent on his employment through June 30, 2014. However, it is unclear whether his retirement will be interpreted as a resignation.

Resignation or retirement

Lawyer Jane Briggs-Bunting, former Director of the Michigan State University School of Journalism and chair of the Department of Rhetoric, Communication and Journalism at Oakland University, said she believes "OU will say retirement means he resigned."

If Oakland does treat Russi's retirement as a resignation, then it appears Russi forfeited at least \$270,000 just a year before he would've collected that money. That's in addition to the \$357,875 salary he would've earned.

The Post will continue to update this story as it develops.

Athletics 'unaware' of Francis allegations

By Victoria Crow
News Manager

Although there has been a litany of media reports about Beckie Francis being fired for emotionally abusing basketball players, former Board of Trustees Chair Henry Baskin, who served on the board from 1996 to August 2012 and was Chairman for four years, said he was not privy to Francis' behavior.

"During that time I was unaware of any allegations concerning Ms. Francis and the weight or religious discrimination that is alleged to have been perpetrated by her," he said. "Indeed if any of these allegations have been brought to any member of the board they would have been referred to the administration for direct action or reaction. The board to my knowledge was completely unaware of the issues which are now being reported concerning her actions as a basketball coach."

Jenna Bachrouche, a former OU women's basketball player, said Francis pushed her players to embrace Christianity.

Bachrouche said she reached out to

Athletic Director Tracy Huth about her concerns.

"He just apologized," Bachrouche said. "He said, 'Anything I can do to help you find another place.'"

Huth is supposed to report directly to the Board, according to Baskin.

"Presumably any such matters would have been handled by the administration and the athletic director and then presented to the Board," Baskin said.

Among other reports from the Detroit Free Press, Francis reportedly:

- pressured players to cut down on food intake
- played "head games"
- challenged one player to a weight-loss contest
- penalized a player for not cheering loudly enough at a game
- read Bible verses at a requisite Christmas party for players
- pressured a player to go with her to Christian services

Although no connection has been reported, Oakland University announced three players were leaving the women's basketball program the same time "indications of conduct and

behavior of the women's basketball head coach ... came to the attention of an Oakland University administrator in April."

Sisters Annemarie and Liz Hamlet transferred to play Valparaiso University

Shelby Herrington transferred to "The board to my knowledge was completely unaware of the issues which are now being reported concerning her actions as a basketball coach."

Henry Baskin, former OU Board of Trustees chair

play at Saginaw Valley State University Liz Hamlet declined to comment on the situation saying, "I would not like to be a part of this."

She referred the Post to Valparaiso's Assistant Director of Athletics for Media Relations, Aaron Leavitt.

Leavitt wrote in an email, "I can confirm that both Elizabeth and Annemarie Hamlet have transferred from

marie Hamlet have transferred from Oakland to Valparaiso - Elizabeth will play out her final season of eligibility this year without having to sit out a season since she is a fifth-year graduate transfer. Annemarie will have to sit out this season and will have three seasons of eligibility remaining beginning with the 2014-2015 season."

Contact News Manager Victoria Crow at vcraw@oakland.edu



Scott Wolchek / The Oakland Post

Former Oakland University's Women's Basketball player Jenna Bachrouche said Beckie Francis pressured players to embrace Christianity.

“Hot for Teacher” lawsuit doesn’t hold up in court

Kevin Graham
Staff Reporter

Former student Joseph Corlett, the 57-year-old who sued the university over his suspension for inappropriate class writings, had his case thrown out of federal court last month.

U. S. District Judge Patrick Duggan, in an opinion accompanying the July 23 dismissal, said Corlett’s speech, while possibly protected in other settings, had no place in an academic environment.

“When Plaintiff referred to his Oakland University English professor as ‘stacked’ and graphically compared her to a sitcom character he fetishized in a writing assignment, he brought a pig into the parlor,” wrote Duggan.

Corlett wrote a two-part journal entry entitled “Hot for Teacher” in which he discussed his attraction to a former OU female professor who was teaching his Advanced Critical Writing course.

“Kee-Rist, I’ll never learn a thing,” he writes in one entry. “Tall, blond, stacked, skirt, heels, fingernails, smart, articulate, smile. I’m toast but I stay.”

When Corlett turned it into the professor for grading, she turned it over to the Dean’s office and the student judicial process followed.

A Reason to Proceed

The case, filed March 15, was Corlett’s response to Oakland University suspending him for three semesters beginning winter 2012 for being in violation of university regulation 6.02, “Unlawful Individual Activities.” Regulation 6.02 reads in part: “... nor shall any person in any way intimidate, harass, threaten or assault any person engaged in lawful activities on campus.”

Corlett said it isn’t over.

“My team and I are assessing the situation,” he said. “I have no regrets. The corpulent woman has not harmonically vocalized.”

Glenn McIntosh, Vice President of Student Affairs and Enrollment, formerly Dean of Students, declined to comment, citing Corlett’s rights under the student judicial process.

Drawing Parallels

The Oakland Post contacted numerous parties involved with the case at OU. All either declined comment or failed to return phone calls.

Corlett’s case had two basic premises: his freedom of speech had been violated and that university regulation 6.02 was unconstitutional.

Taking up the First Amendment question, Duggan quoted a 1995 decision in *Settle v. Dickson County School Board*.

“Students do not lose entirely their right to express themselves as individuals in the classroom, but federal courts should exercise particular restraint in classroom conflicts between student and teacher over matters falling within the ordinary authority of the teacher over curriculum and course content.... The free speech rights of students in the classroom must be limited because effective education depends not only on controlling boisterous conduct, but also on maintaining the focus of the class on the assignment in question.”

Crossing the Line

Devin Schindler, a professor of constitutional law at Thomas M Cooley Law School, agreed with Duggan’s assessment. “In this context where you have a specific assignment and the assignment has certain parameters and certain rules and the goal of the assignment is not one of expression but rather learning how to write, I believe that (OU) was within its rights,” Schindler said.

Duggan went on to further state that Corlett’s physical description of the professor did not fall under protection of the First Amendment.

He quoted the Seventh Circuit decision in *Brandt v. Board Of Education of City of Chicago*. “Self-expression is not to be equated to the expression of ideas or opinions and thus to participation in the intellectual marketplace.”

Schindler said that although the penalty for inappropriate speech or failing to meet the conditions of the assignment is usually a zero grade, the penalty imposed by OU is not unheard of.

“If the speech is so far beyond the pale to constitute what is essentially sexual harassment, the school is also within its rights to take further action above failing the student, which is exactly what they did here,” he said.

Classifieds

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Turnover and over and over...

OU is again looking for a Dean of the School of Education and Human Services.

Kevin Graham
Staff Reporter

Interim Dean Mary Stein has stepped down following revelations in The Oakland Press that she and education professor Timothy Larrabee self-plagiarized in science education journals.

The pair, along with a professor from Indiana University Purdue University of Indianapolis, published a paper entitled “A Computer-Based Instrument That Identifies Common Science Misconceptions” in one journal. They managed to self-plagiarize when then went on to submit a paper based on substantially the same research to another publication, a practice which is frowned upon.

Provost James Lentini said Stein would continue to serve the University.

“As you know, Mary has provided valuable leadership to Oakland University in her roles within the SEHS and in the Office of the Provost,” Lentini said in an email to SEHS faculty on Tuesday. “It is Dr. Stein’s desire to return to the faculty to continue serving the university and our students. I would like to thank Mary for her dedicated work and accomplishments to further the mission of our institution, and I look forward to her continuing contributions.”

Stein will continue in her role until a replacement is named. She replaced former Dean Louis Gallien who left in the spring to take the same position at Appalachian State University.

She becomes just another name shuffling positions in a time of extraordinarily high turnover at OU. In recent months, Pres. Gary Russi resigned following the firing of his wife and former women’s basketball coach Beckie Francis amid allegations of emotional abuse and intolerance.

Also gone is former vice president of student affairs and enrollment management Mary Beth Snyder who retired at the end of April.

Lentini and College of Arts and Sciences Dean Kevin Corcoran are newcomers to OU. Michael Mazzeo who will leave Michigan State, will join OU as the Dean of the School of Business Administration August 15, pending Board of Trustees approval.

'Proud graduate' leads OU in presidential search

Betty Youngblood, interim president, returns to Oakland to aid The Board of Trustees in finding a president

Brian Johnston
Managing Editor

After Gary Russi's announcement that he'd be stepping down as President of Oakland University, the Board of Trustees appointed Betty Youngblood as the university's interim president.

Youngblood grew up in the Macomb County area. Prior to her role as interim president, she served as executive director for OU-Macomb and was Oakland University's vice president for outreach.

"I've lived a lot of different places and I've loved them all," Youngblood said. "When you're involved with education, every place has its special emphasis and special needs."

Youngblood served as president of Lake Superior University in Wisconsin from 2002-2007, and she was provost of Western Oregon University from 1995-2002.

Describing herself as a "proud graduate" of Oakland University, Youngblood said being selected to serve as interim president is "a real honor and a distinct privilege."

Not in the race

While former President Gary Russi was originally provost and served a year as interim president before becoming officially named Oakland University's president, Youngblood said she will not pursue a permanent presidency.

"If I were younger, I would consider it," Youngblood said. "I believe I can be far more effective and far more helpful to the Board of Trustees by not being a candidate." She also listed her duties at Oakland University's Macomb County operations as a reason she would not consider a permanent presidency. "One third of our students come from Macomb County. Macomb county is important to Oakland University, just as Oakland University is important to Macomb County."

Finding a president

The Board of Trustees is ultimately responsible for

"I believe I can be far more effective and far more helpful to the Board of Trustees by not being a candidate."

Betty Youngblood
Interim president

hiring a new president, according to Youngblood. As a three-time president, Youngblood said she would like to help with the presidential search.

"A lot of people here haven't experienced a presidential search," Youngblood said. "But it actually can be an invigorating and exciting time for a university."

Of her predecessor, Youngblood said, "President Russi made tremendous contributions here. But the university has changed a great deal during the time that he's been here, and he has made his decision to move on in his life. It's an exciting time at Oakland University to bring in new leadership."

"We have a new provost, two new deans and a new dean's position that we'll be searching for this coming year," Youngblood said. "So we have a lot of change going on. And change can be sometimes unsettling, but it's also exciting. It invokes a real spirit of hope and optimism for the future."

On the agenda

Youngblood said her agenda, as interim president, is to assist in the presidential search in any way she can, and to help prepare the university for a new president by dealing with individual deans and vice presidents to address issues in their departments.

Specifically, Youngblood said she would like to help improve retention and graduation rates.

"We need the support of the entire campus," Youngblood said. "One way to get that is to make sure everyone knows what's going on and why."

Youngblood will serve as interim president of OU until a new president has been hired by the Board of Trustees.



Courtesy of Ted Montgomery

Betty Youngblood was chosen to be interim president. She and The Board of Trustees will choose the permanent president for Oakland Univer

POLICE BRIEFS

Possible theft of ring at theatre

The Oakland University Police Department investigated possible theft at Meadow Brook Theatre July 1.

A woman at the theatre reported a White Gold Filigree ring was taken from her purse around 4:30 p.m.

The last time the woman saw the ring was 9:30 a.m. the previous day. She placed the ring in a pouch on her purse, along with other jewelry, and placed the purse on a counter in the women's dressing room upon arriving. The door to the room was unlocked.

She said the ring was the only item taken from the pouch. The ring's approximate value is \$1,600.

Fraudulent activity over class refund

A student entered the OU Police Department to report fraudulent activity on his refund money from the university July 22.

The student stated that he dropped a class Jan. 15 and never received a refund from the university.

After contacting Oakland University officials, the student was informed of two direct deposits into a Chase Bank account. The student has never had an account with the bank. Chase Bank stated the account number on the deposit did not exist and there was no account attached to the student's social security number.

A faculty member from Student Business Services presented a signed document approving the deposits, where the student said the signature was not his and he had not seen the document before.

An affidavit of forgery, alteration or missing signature/endorsement was completed through Comerica Bank.

Compiled by Haley Kotwicki,
Chief Copy editor

Cocoran settles into life at OU

New College of Arts and Sciences Dean finishes first month on the job

Kailee Mathias
Staff Reporter

Kevin Corcoran, new Dean of the College of Arts and Sciences, joined the Oakland Grizzlies July 1.

His first goal is to familiarize himself with the campus. Corcoran plans on being interactive with campus. One strategy he has to learn more about the university is to set up small group lunches with students to learn their frustrations and joys with Oakland.

"When you're the new kid on the block it's a matter of learning that way. Whether you're talking about the first day of high school, first day of college or whether you're a new dean," Corcoran said. "It's about fitting into the culture. I recognize that I am the new comer to the culture and that the culture does not need to bend to me." Growth of OU

Corcoran recognizes the notable growth of OU. "The easiest way to talk about growth is by counting heads," Corcoran said. "Institutions can grow in more ways than just adding students. It can grow through the kinds of programs offered. Corcoran said that Oakland would continue to grow. The form of growth will be determined by

a campus-wide conversation.

On terms of parking, Corcoran acknowledged that Oakland would be using parking structures in the future. They will be putting the structures on the peripheral of the campus to make the core of campus less congested with traffic.

"There are a ton of campuses around this country that would love to have parking as their main problem. There are campuses having to close buildings down because they can't afford to keep them up," Corcoran said.

Corcoran has felt extremely welcomed after his first month at OU. With fall semester just around the corner, Corcoran feels there are very exciting opportunities for Oakland's future.



Kailee Mathias/The Oakland Post

2013 Veteran Jump Start

- Special event for OU student veterans
- Opportunity to meet other veterans, connect with academic and campus life and campus tours
- Representatives from the VA, Oakland County and Pontiac Vet Center
- FREE lunch
- OU challenge coins for all attendees
- Giveaways to include Tiger's tickets, Nook and more

- Friday, August 23rd
- 10:00-2:00
- Oakland Center Gold Rooms
- RSVP at oakland.edu/veterans
- Sponsored by the

DELPHI
Foundation

For further questions, contact Brad Reichelt at 248-370-2010 or breichel@oakland.edu

Oakland's smoking ban is not a smoker's choice

OU will initiate a policy to make the campus grounds smoke-free in the Fall semester of 2013

Chris Peralta
Staff Reporter

With the start of the Fall 2013 semester, Oakland University will be smoke-free. Here's what you need to know:

The non-smoking policy, Policy 475, states: "Smoking is prohibited on all University owned or operated Campuses and Grounds, and in all University owned or operated Buildings and vehicles" and it "applies to all University faculty, students, staff, contractors, vendors and visitors, and applies to all University owned or operated property except for the private residences in the Meadow Brook Subdivision."

Meadow Brook Hall and OU's golf courses are also exempt

from the non-smoking policy.

According to the Michigan Indoor Clean Air Act, first-time violations can result in a fine of no more than \$100. Subsequent violations can result in a fine of no more than \$500.

Policy 475 also states that violators will be disciplined as they would be with other OU rules and regulations, and it is the responsibility of all students, staff and faculty to enforce the non-smoking policy by notifying correct authorities.

Complaints involving student smoking can be made and sent to the Dean of Students Office. For complaints regarding staff smoking, notify the staff member's supervisor. Complaints regarding faculty smoking can be made and sent to the faculty member's dean or director.



Brian Johnston/The Oakland Post

Rihanna Marks smokes a Marlboro cigarette on Oakland Center's patio



Constructing a Future for OU

Scott Wolcheck
Editor-in-Chief

Crimson-colored cranes tower over Vandenberg Hall and bright yellow construction tape decorates the campus. Oakland University's latest construction projects are underway. The current visible buildings above ground are the new engineering facility, located near Kresge Library, and the housing complex, located near Vandenberg Hall. Four other projects are being worked upon as well, including a new parking structure (see next page for more details on the parking plan for fall, 2013,) a grounds and facilities management building, a recreation complex and a carillon tower, although not all of them are visible yet.

"All of the projects are proceeding as planned," said associate vice president of facilities management, Terry Stollsteimer. "Even at times when it looks like nothing is happening, believe me, things are happening."

All of the projects are scheduled to be completed in fall, 2014.

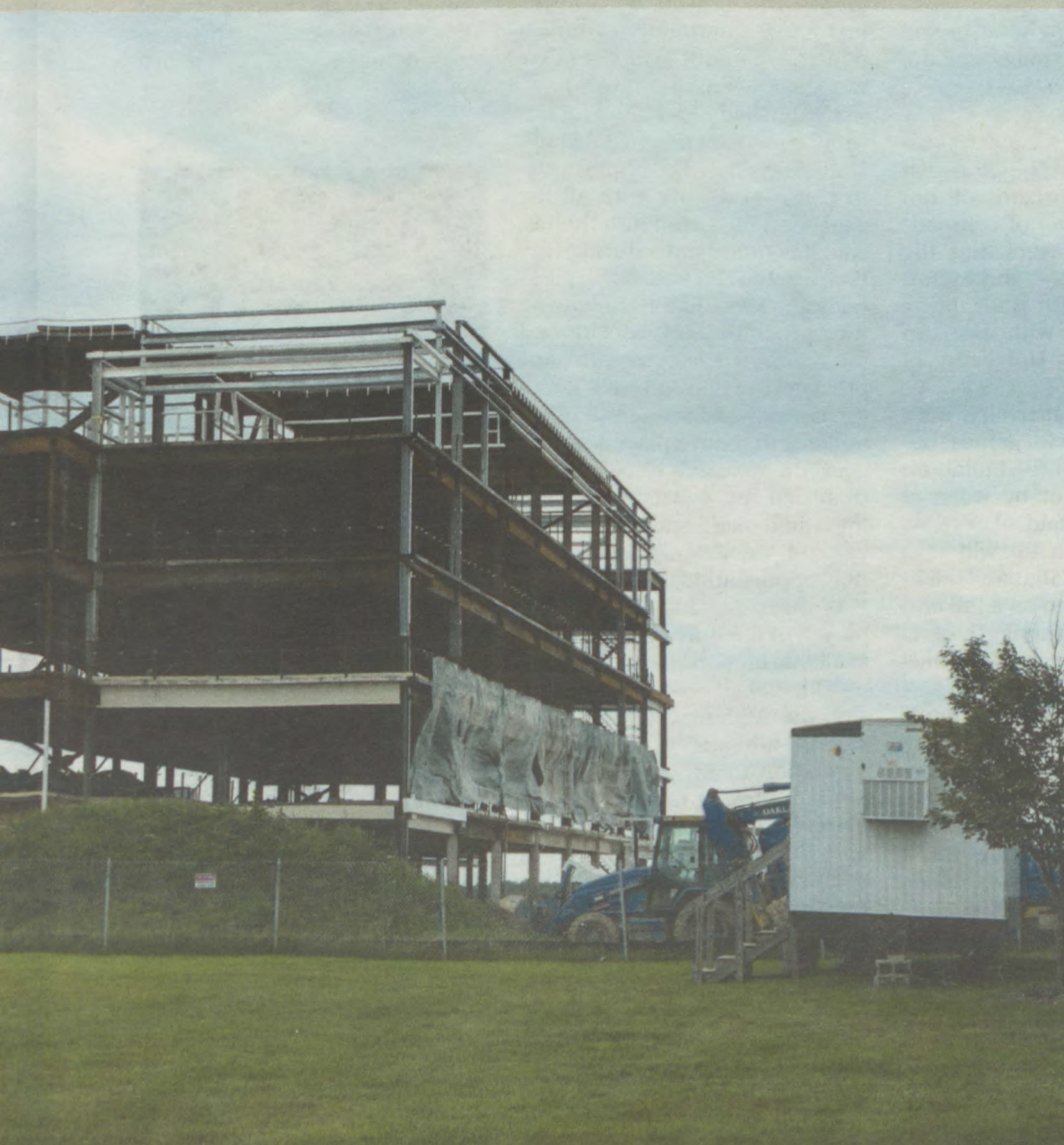
Recreation complex: Located at the Upper Fields, it will include a rubber track, concessions, four synthetic soccer fields and more. It will accommodate NCAA division I athletic events and intramural sports.

Parking structure: A four-story structure with over 1,240 spaces. It will be located off Library Drive, near Elliot Hall, P-32 to be exact.

Engineering Center: \$5 million dollar project being constructed next to Kresge Library
Elliot Carillon tower: A 151-foot tall tower to be built next to Kresge. According to Stollsteimer, it should be visible above ground in about a month.

Housing complex: The housing complex is located across the street from Vandenberg Halls and will have about 500 beds, a cafeteria, lounge areas, meetings rooms and more. The Honors College will also be located in this new facility. "It's pretty cutting edge for a residence hall," said director of housing, Jim Zentmeyer.





Parking Panic at OU

While the student population is increasing, parking spots at OU are diminishing

Scott Wolcheck
Editor-in-Chief

Plenty of Oakland University students and faculty members have felt the pressure of somebody slowly and creepily following them throughout a parking lot, looking to swipe their parking spot the second they leave.

OU's campus may be seeing even more parking lot lurkers in the upcoming school year, because according to associate vice president of facilities management, Terry Stollsteimer, about 900 spots are being taken up by construction projects that will last until fall, 2014.

The lots losing spaces are the lot adjacent to Vandenberg Hall, which is P-5, and two of the lots around Dodge and Elliot Halls; P-32 and P-36 to be exact.

There is a remedy to the parking problem, because about 1,000 new temporary parking spots will be opening up by the time the fall semester begins.

The new temporary lots are located all around campus (see sidebar for exact locations,) but the largest temporary lot will be located in Upper Fields.

"Upper Fields is far... way too far to walk," said recent OU graduate, Brandon Gautreau.

However, walking may not be necessary.

The Bear Bus will be shuttling students to and from the temporary parking lots, and two new buses have been purchased, giving the university a total of 6 buses. The bear buses can seat between 12-24 passengers, depending on the vehicle, according to Jim Zentmeyer, director of housing.

"Nobody should wait more than just a few minutes at each bus stop, that's the goal," said Captain Mark

Gordon of OUPD.

Even with the new parking plan, some students are preparing for difficulties ahead.

"Personally, I don't think I'm going to leave my spot. Ever," said junior, Gary Essenmacher.

"There is definitely enough parking on campus," said Gordon. "The problem is there isn't enough convenient parking."

According to Stollsteimer, there were 8,913 spots before the construction began.

Oakland University has about 20,000 students and faculty members.

LOTS LOSING SPOTS:

P-5 Vandenberg

P-32 Library Drive

P-36 Library Drive

ALL TEMPORARY SPOTS:

P-1 (Oakland Center/SFH)

P-3 (Behind HHB)

P-11 (Upper Fields)

P-18 (Behind O'dowd)

P-37 (Pioneer Drive)

P-41 (Near Police Station)



Same Team, New Era

The OU basketball team starts off a new season in new league

Allen Jordan
Staff Reporter

Archives / The Oakland Post

A football club. New structures on campus. Start of new leadership. Big switch to major athletic conference.

With so many things going on around Oakland University in the year 2013, one thing has and will continue to remain the same - the basketball team.

Road trip

Heading into the 2013-2014 basketball season, head coach Greg Kampe has remained consistent in his approach to not only being a leader of men with his team but also giving his program the best opportunity for exposure and NCAA tournament success.

With the recent move to the Horizon League that became official a month ago, the OU men's basketball team will have its biggest opportunity to do just that.

"I'm more excited for the players than anything," Kampe said. "With the schedule that we have coming up, it gives players a lesson in history playing in some of these historic sites we will visit."

The team takes its first trip as they head to North Carolina to face off against the Tar Heels at the Dean Smith center.

The coastal trip will kick off a swing of seven games around the country that will include stops at contenders UCLA, Cal and Gonzaga.

"It's another Coach Kampe special in my opinion," senior guard Travis Bader said. "To

get an opportunity to go against some of the nation's best, it's what you live for as a player and will help better prepare us approaching tournament time."

Fans will get the chance to support the team against big opponents near home with a trip to Bloomington where they will square off against Indiana Dec. 10. Followed by an in-state showdown with Michigan State Dec. 14 taking place at the Palace of Auburn Hills.

Teamwork

The biggest opportunity has come in recruiting yet another young nucleus to build on with the move to the Horizon League.

Being in the Midwest, regions like Chicago and Ohio serve as a haven for top talent around the country. Now with a new athletic home, it has begun to pay dividends for the OU men's team.

"Right now we are in the top four with kids from Chicago, Milwaukee and Ohio and these were the areas we really wanted to put focus on," Kampe said. "Going from the 19th rated league in the country to the top 12 in college athletics is a huge difference in the level of player you have the chance to recruit."

After the departure of seniors Drew Valentine and Jordan Howenstine, the Golden Grizzlies return four starters from last year including the nations top three-point shooter in Bader and the nations leader in steals last year in Duke Mondy.

"I think the biggest thing for this year's team is building a

bond off the court to help team chemistry on it," junior guard Dante Williams said. "Our young guys have really picked up on it being here for such a short time, and I think a lot of people are going to be surprised on the product we put out on the court this year."

Half-hour rivalry

Moving from the Summit League to the Horizon will not only raise the level of competition amongst players, but the level of anticipation and excitement locally with the newly renewed rivalry with Horizon League mainstay University of Detroit Mercy.

"To have a great rivalry, both teams have to win games because rivalries are built on the court and not by word of mouth," Kampe said.

The first match up will take place Jan. 14 at Callahan Hall in what is expected to be a full and divided house among U of D alum, as well as traveling Golden Grizzlies fans.

The rematch comes a month later as the Titans will travel north to play on OU on Valentines Day.

Though the home game will have much anticipation for a sell-out, coach Kampe's focus isn't on the home game.

"We look to have a sell out with standing room only when they come here, but I want us there with a 1,000 people in Detroit," Kampe said.

Women's soccer opens practice with new coach

Dave Morgan replaces Nick O'Shea as interim coach

Jacob Lourim
Guest Writer

Not in the 19-year history of Oakland women's soccer have the Grizzlies had a coaching transition. This year will be their first.

Nick O'Shea resigned July 15 after 19 seasons in charge of the program. Former assistant coach, Dave Morgan will replace O'Shea as interim head coach after seven years as an assistant, according to a press release on the Oakland Athletics website.

O'Shea won seven Summit League regular-season titles and eight league tournaments, reaching seven NCAA tournaments. Last season, he won his first NCAA tournament game, a penalty-shootout win over No. 16 Ohio State in Columbus.

He finished 213-127-24 (.620).

"I want to thank Oakland University for the opportunity to coach and work with all the exceptional student-athletes, coaches and staff during my tenure," O'Shea said in a press release. "I feel like I am leaving the program well positioned for continued success and appreciate the commitment of all the current and former student-athletes that have played for me over the years. I also want to thank all my assistant coaches for their dedication over the years. I am looking forward to new opportunities."

O'Shea, no longer an employee of the university, was not available for comment.

"On behalf of the University, the Athletics staff and our student-athletes, I extend appreciation to Nick for his years of commitment to the Oakland women's soccer program," athletic director Tracy Huth said in a press release. "During Nick's time as coach, women's soccer achieved high levels of success that we believe will continue in the future. I wish Nick and his family success in all their future

endeavors."

Morgan reached four NCAA tournaments with the Grizzlies as an assistant. He will return leading scorer Kyla Kellermann (nine goals, four assists), an All-Region selection in 2012.

Morgan did not return phone calls from the Oakland Post. The players, reporting for camp this week, were not available for comment.

Oakland will lose starting goalie Shannon Coley, who started 18 of 22 games last season (10-5-3). The only returning goalie who played last season is senior Payj O'Shea.

Morgan now begins Oakland's transition into the Horizon League with the league opener at Green Bay Sept. 27. The season opener is Aug. 17 against Kent State.



Courtesy of OU Athletics

Dave Morgan becomes interim head coach for OU women's soccer.



Glenn McIntosh is one of OU's new administrators, but he is also an athlete and public speaker.

Photo by staff reporter Kevin Graham

'Go after the things that you want'

Glenn McIntosh, interim V.P. of student affairs, encourages students to identify a vision

Kevin Graham
Staff Reporter

An all-state football and track star in high school, Glenn McIntosh was an outside linebacker at Central Michigan University before injuries cut his playing career short after just one season.

It was at this point that McIntosh became very involved with student organizations. In his senior year, a few Central Michigan administrators told McIntosh he should pursue a career in higher education.

Now, 27 years later, McIntosh is interim vice president for student affairs and enrollment management at OU.

His approach

In his new role, McIntosh must manage a variety of departments with diverse mandates. With his job affecting so many areas of the university, his

colleagues say McIntosh is an effective leader.

"He is always looking for ways for departments to utilize their resources to the best of their ability and find ways to collaborate with one another," said Sara Webb, director of the First Year Advising Center. "He often is the one that brings folks to the table to really start collective efforts."

For his part, McIntosh said he tries to make every decision on a case-by-case basis.

"If it's a student related issue," he said, "I think the idea is that you want to hear what the problem is, the perception of the individuals bringing the problem, and then you want to find out, 'how can we help the person achieve what they want within the guidelines of the rules and policies of the university?'"

McIntosh is always looking to create programs to help students attain

their educational goals and support student organizations that enhance the campus.

Brandon Hanna, president of Student Congress, worked with McIntosh to get budget management software and lower catering costs for student organizations when McIntosh was Dean of Students.

"He is always there for you whenever you need him. He's all about the students at OU. He's very personable and approachable."

Varied interests

Overweight as a child, McIntosh took health and fitness very seriously as he got older, even making a sport of it.

"I got into weightlifting, which turned into bodybuilding," he said. "I entered a couple of competitions and ended up winning a couple of titles."

McIntosh even served as a member

of the strength and conditioning staff for Oakland's athletics department and is a 2004 inductee in the Hollie L. Lepley Hall of Honor at OU.

Speak up

In addition to being an administrator and a one time coach, McIntosh is described by those who know him as an excellent communicator. He is able to speak his ideas clearly to others.

"When he speaks to parents for orientation or students at various events on campus, when he speaks people listen," said Jean Ann Miller, director of the Center for Student Activities.

Whenever he is asked to speak, he urges students to have a clear vision of what they want to express.

"Understand yourself," he said. "Understand what you want. Come up with a strategy to really go after the things that you want. Be persistent and understand."

Race results in benefit for theater



Victory laps: Participants celebrate "Feet for Seats" during last year's event which benefits Meadow Brook Theatre.

5K will raise awareness for Meadow Brook

Kailee Mathias
Staff Reporter

Feet for Seats 5K run/walk fundraiser to raise awareness for Meadow Brook Theatre is scheduled for Sunday, August 18.

Registration for the race will begin Sunday morning at 8 a.m. for \$30. Or, participants can register in advance on the website for \$25 fee, Oakland employees can register for \$20 and students in select Oakland County schools grades 6-12 can sign up for \$14.40.

"It's a lot of fun to see a variety of people coming together in support of the theater," Paige Vanzo, events co-chair said.

This is the fifth year the event

has been held to help with funding for Meadow Brook. It has attracted 18 sponsors including Cold Stone Creamery, Buddy's Pizza and Whole Foods. According to Meadow Brook's website, it was founded on OU's campus in 1967 and is Michigan's largest non-profit professional theater.

Vanzo originally got involved in the event as an intern, this will be her second year serving as the event co-chair.

As a nonprofit organization all the money that we earn goes back into that organization. We use it for expenses such as putting on shows," Vanzo said.

The race will begin at 9 a.m.

and usually finishes around noon and is open to all ages.

After the race there will be food and entertainment for the participants including performances by The Mike Duncan Band and the Peanut Gallery Players, and a bounce house for the little ones. There will also be a preview of the coming season at Meadow Brook.

For more information on "Feet for Seats," and the fall line-up at Meadow Brook visit their website <http://www.mb-theatre.com>, or contact the box office at 248-377-3300.

Contact Staff Reporter Kailee Mathias via [Twitter@kaileemichelle2](https://twitter.com/kaileemichelle2)

Burning up the SAE highway

Accolades for OU engineering society are rolling in

Jon Davis
Staff Reporter

With accolades from international competitions rolling in, the Oakland University Formula Society of Automotive Engineering team is garnering more recognition with each passing year.

The team, which has produced a \$25,000 Formula SAE car every year for two decades, has grown into the second largest SAE group in Michigan, 12th largest in the country.

"I've learned a lot from my classes, and I love them, but that's nothing compared to the hands-on experience you get here," said club President, Sindy Zaki, a fourth year Computer and Electronic Engineering major at OU.

Zaki recently took the position in July, but has been with the group for over a year. She approached the job with enthusiasm for making improve-

ments where needed.

"We needed a little more direction, and I was out here all the time," said Zaki. "I saw the opportunity and decided to step up."

Looking back, Zaki sees that the group's enthusiasm for engineering is what drove her.

"At Oakland, I don't think I've ever worked with a team that was so passionate," said Zaki. "It's refreshing. Who else would you want to work with, other than people who just love what they're doing?"

The group was not without its afflictions, and struggled to grow when first formed in the early 90's.

"There was a time when this team would go to competitions and not even pass tech inspection," said Zaki.

Group senior, Stephen Parker, getting his master's in Mechanical Engineering at OU, suggests that the group's size was the cause of its early problems. "When I started, we

had a bare-bones group that was really strong in engineering," said Parker. "But there weren't many people, so it became really hard to take on a project like this."

Zaki added that in the weeks leading to the Michigan International Speedway Collegiate Competition, where 120 cars enter from around the world, team members rarely sleep.

"For those two weeks I don't shut an eye, and I know no one else does either," said Zaki. "We're trying to change up our schedule this year to be more on time, so we're not working down to the last second."

Zaki sees strength in teamwork and reliability as a way to improve time management.

"Nothing compares to being put into the position where you have to get something done, have a deadline, or people are relying on you to get it done."

Finishing 12th in this year's Formula West Competition,

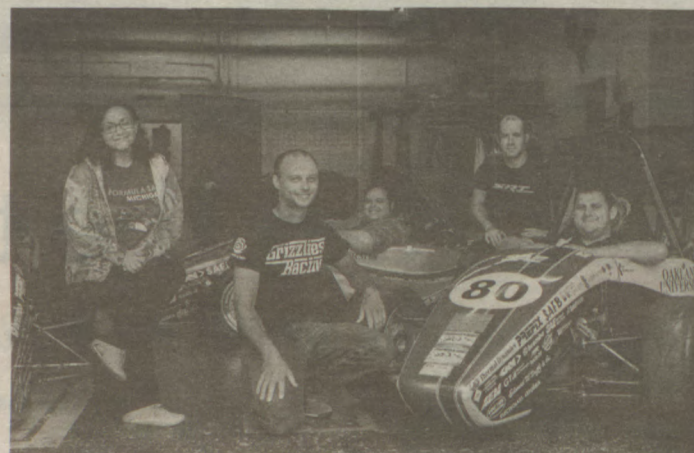


Photo courtesy SAE

Team members of the SAE work on their racing vehicles.

Zaki sees that the team has room to improve with many directions to take.

"We've improved year-to-year, whether that be by ten places or just a few, but we continue to improve," said Zaki. "I think that if we keep doing that, we'll have a solid chance at being a top-ten team in no time."

Parker sees the next phase in the team's life to be an international one.

"I think the next logical step for this team would be to compete in Europe," said Parker. "We're kind of to that level,

where we have a relatively competitive car over there. We're a little bit off the pace, dynamically, but hopefully that can change." Zaki hopes to bring in as many people as she can to help the group further thrive and achieve its ambitious goals.

"It's really about your work ethic here, and how much you're willing to learn--how much you're going to put yourself out there," said Zaki.

Contact Staff Reporter Jon Davis via email at jdavis@oakland.edu

James Lentini comes 'home' to Michigan

Provost's visions include benefits for students and faculty

Victoria Crow
News Manager

Oakland University's new Provost and Senior Vice President for Academic Affairs has an interesting past. Google the name James Lentini and you'll see links describing an accomplished composer and guitarist, one who has performed for audiences around the world.

Childhood

Lentini grew up on the east side of Detroit in a music-loving Italian family. He "goofed around" on his family's piano and sang in his Catholic school's choir, which led up to guitar lessons at age 8.

"I was pretty smitten with the guitar, as so much of my generation was, through The Beatles and other rock bands," he said.

His passion for guitar continued throughout his youth and led him to study music at Wayne State University. He triple majored in classical guitar, music theory and music composition. "I took just about every course in that music catalogue," he said. "I loved it all."

Lentini continued on to earn his Masters degree in Music Composition at Michigan State University in 1984.

"I always had this certain need to be able to express what I heard in my head," he said. "To me, composition was a great way to do that."

At the time, Lentini said he wasn't sure that he wanted to be a professor but loved composing and going to school. So he headed west to pursue a doctoral degree.

He first enrolled at the University of California-Los Angeles before transferring



Provost Lentini hopes to increase student retention and graduation rates

to the University of Southern California after he was offered a full scholarship. He graduated in 1988 with a doctorate of musical arts in music composition and a cognate in guitar performance.

Lentini then returned to Michigan to teach at his alma mater, Wayne State University. In the 15 years he taught there he developed a music technology degree and rose through the ranks as a professor, associate chair and acting chair of the music department.

But he started to wonder about the possibilities outside of WSU and took a position as the founding dean at the School of Art, Media, and Music at the College of New Jersey in 2003.

He stayed there until 2007, when he moved to Miami University in Oxford, Ohio to become the dean of the School of Creative Arts.

Miami's location afforded him the chance to be closer to his family in Michigan, and the housing market allowed Lentini to build a home for his wife and three children.

One of his most proud moments at Miami was when he brought 417 students to

Carnegie Hall to perform. They packed the prestigious concert venue and performed Lentini's own arrangement of Miami's Alma Mater. "It warms my heart," he said. "The students are going to remember it for the rest of their lives."

Lentini thought he was settled, but in summer 2012 former Oakland Provost Virinder Moudgil announced that he was leaving to become the president of Lawrence Technological University in Southfield and a public search for a new provost began.

That's when a search firm contacted Lentini, who wasn't even aware of the vacancy. "When I added it all up, it seemed like a good possibility."

Lentini vision

Lentini officially started his new post on July 8 and is already looking at ways he can expand Oakland's visibility around the country. "We can do that through the great work of our professors and students and try to figure out ways that people know about us beyond Oakland county and south-east Michigan," he said.

He is also looking for aca-

demic areas where Oakland can shine as a leader. "In some ways it's very hard to compete with certain universities," he said. "You want to find your strengths."

His goals include increasing the student retention rate and the percentage of students that graduate in a "timely manner." "We can make some improvements there," he said. "It's going to be a challenge because so many students commute, maybe transfer."

Day to day, Lentini is getting used to his role as the main academic leader on campus. He readily communicates with the deans of all schools and must set goals for professors "in terms of research and creative accomplishments."

He also is concerned with what students are getting out of their education. "What are we doing for students in the classroom and what happens when they leave Oakland?" he asked.

Changes

It is hard to overlook the fact that Lentini is entering Oakland amidst a time of change, including the retirement of President Dr. Russi,

"I think that all changes present opportunities and you have to look at it that way"

James Lentini, Provost, Senior Vice President for Academic Affairs

the firing of women's basketball coach Beckie Francis and the resignation of other top university officials.

"I would've been new no matter what so to me it's not so much a jolt in terms of what is or isn't going to happen with the goal setting," he said.

Lentini assures students that everything will be okay. "Oakland's going to be fine and Oakland will continue to do great things," he said. He is confident that he can make the best of the situation, citing interim President Betty Youngblood, who said that there is no crisis.

"I think that all changes present opportunities and you have to look at it that way and I don't think it's necessarily a negative that change has happened," he said.

Bringing it together

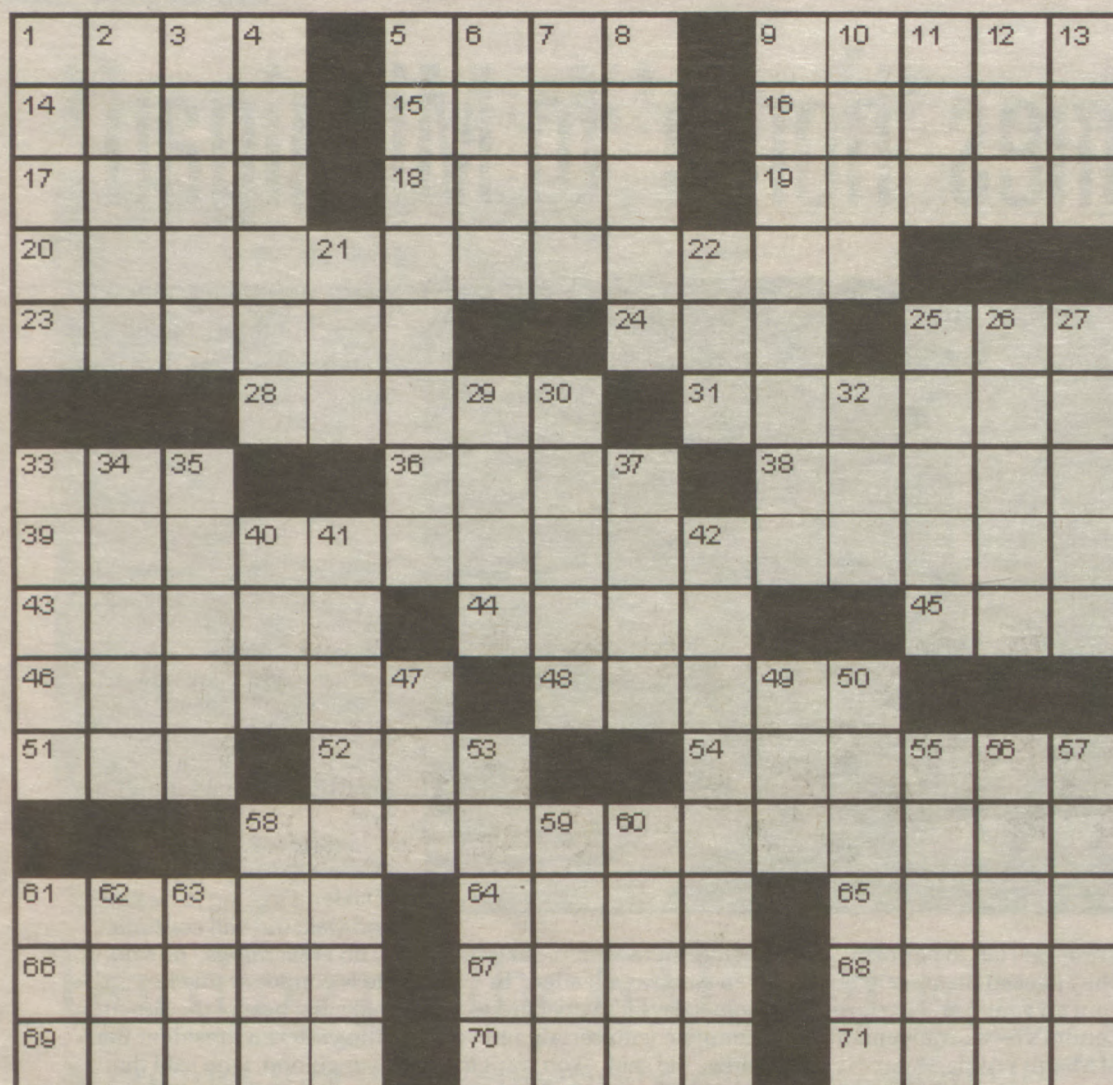
While Lentini settles into his new position, his music may have to be put on the backburner.

"It's possible that I will be ... not able to get to the music like I'd want but... I will continue my work to some degree," he said.

That doesn't mean he won't take what's he's learned from music and apply it everyday.

"It's how you communicate, it's how you express, it's how you interact, and you learn a lot of those things in music and in the arts," he said "You still need those skills when you're dealing with science and the humanities and everything else."

Contact News Manager Victoria Crow at vcraw@oakland.edu



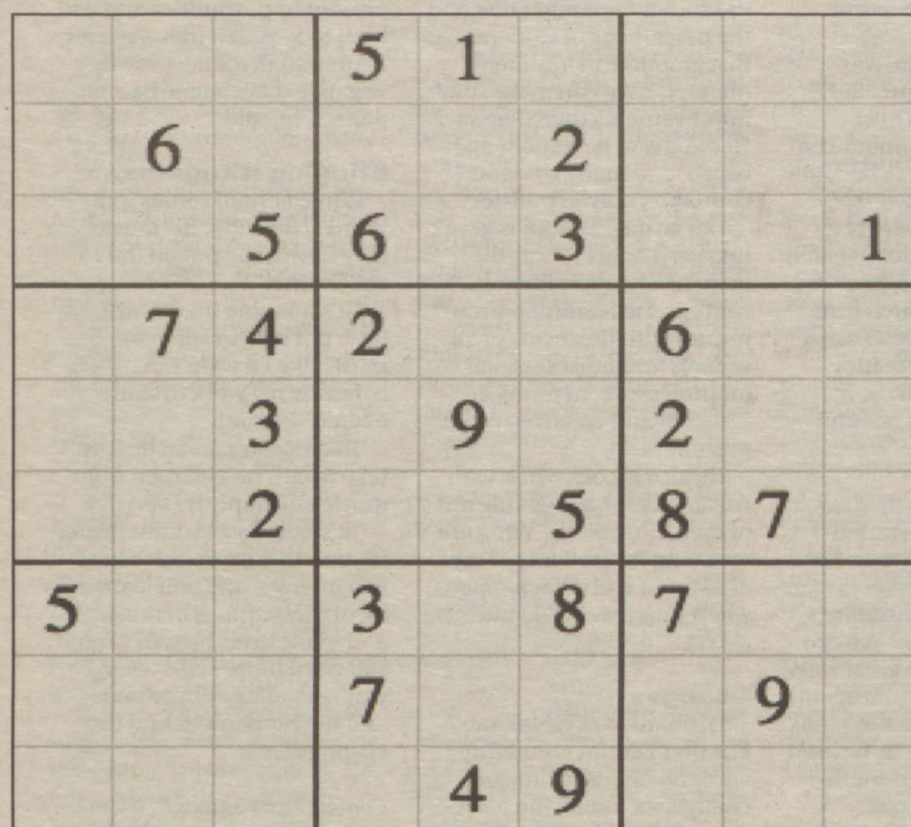
Across

1. Primer pet
5. Of sound mind
9. Emaciated-looking
14. Kind of skirt
15. Baba au --- (dessert)
16. Matter at hand
17. Satie or Estrada
18. Tiniest bit
19. Turn over
20. Star born in Brooklyn
23. First name in soul
24. Organic neckwear
25. Chinese restaurant additive, perhaps
28. Name on a motorcycle, sometimes
31. "Mutiny on the Bounty" island
33. Dada co-founder
36. Holiday honoree
38. Ran against Bush in 2000
43. Au revoir
44. City on the Dnieper River
45. Message in a bottle?

46. Pigment for oil and watercolor paint
48. Did a household chore
51. Verbal waves
52. Guileful
54. Certain pacesetter
58. Star born in Brooklyn
61. Mexican native
64. Utah state flower
65. Close in resemblance
66. Operative
67. Fe
68. Broad valley
69. Pasta al ---
70. Uncontrolled fury
71. Terrier breed

Down

1. Yemen, in biblical terms
2. Less adulterated
3. Mediterranean tree
4. "The Lord giveth and the Lord ---"
5. Ceylon, today
6. "Yo!" nautically
7. Gonzo
8. Stamp saver
9. Successor to Dinkins
10. Nile vipers
11. Function
12. Sister
13. Jane's former hubby
21. Christogram component
22. Pig suffix
25. King of Phrygia
26. Shorthand writer
27. Encircles with a belt
29. Type of drive
30. Con men?
32. Is laid up with
33. Put to shame
34. Wheel spokes
35. Jimmies
37. Expanded
40. Big in London
41. Meets by chance
42. All of us
47. Keyboard key
49. Ben, to Hoss?
50. Gov't-issued invention instruments
53. Mr. Arafat
55. Type of dancing
56. Where the Po flows
57. Unlucky number on a match
58. Bombastic declamation
59. Daughter of Cronus and Rhea
60. In awe
61. Where X marks the spot
62. The time of one's life?
63. OK word?



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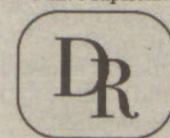
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Maria Willett celebrates her crowning glory with friends and TKE colleagues.



Photos courtesy of Maria Willett

Kailee Mathias
Staff Reporter

Maria Willett, recent Oakland University graduate, will be crowned this month as the 2013 Tau Kappa Epsilon (TKE) International Sweetheart in Washington D.C.

The crowning will take place at the fraternity's conclave Aug. 8-11. The TKE website describes the conclave as a biennial convention, where TKE members from all over come together for three days to select leaders, discuss politics and create friendships.

The TKE International Sweetheart was created by Frater Alan Derr. The first Sweetheart was selected in 1953 and began as a calendar of chapter sweethearts that members voted on as most popular.

"A TKE Sweetheart is a woman who is like a sister to the fraternity and shares the same values of love, charity, and esteem," Willett said.

TKE Sweetheart applicants must include a head shot, at least three other photos, a page statement explaining why she wants to repre-

OU alumnus is international 'sweetheart'

Maria Willett wins scholarship and magazine appearance from Tau Kappa Epsilon

sent the International Sweetheart and a \$25 entry fee.

After all the applications are received, six to eight finalists are selected through online voting.

Willett, as winner, received a \$500 scholarship award, her selection as International Sweetheart will be featured in the spring issue

of The TEKE magazine and her photograph will appear in the new edition of the TKE Guide, which is the membership manual every TKE member receives during the pledging process.

"She knows no boundaries when it comes to living her dreams and helping others live theirs," said

Nicholas McCormick, who serves on the board of advisors as secretary to the TKE chapter at OU.

Willett a member of, Gamma Phi Beta (Delta Omega Chapter), applied last year for the International Sweetheart as well, and made it into the top six.

"I was in complete shock when I got the news," Willett said. "Words cannot explain the amazing moment when I read my letter and saw that I had been chosen. I couldn't stop smiling."

Willett graduated from Oakland in April with a degree in political science and a minor in sociology.

This summer, Willett, is keeping occupied by working as the Sustaining Our Planet Earth Summer Coordinator, Housing Ambassador, and an intern for Macomb County's Executive Office.

She hopes to stay involved with her chapter by participating in the Rush Committee as well as the Red Carnation Ball Committee.

"It is such a huge honor to be the International Sweetheart, and I truly feel blessed to have been given this opportunity," Willett said.

Fast food workers are fast food - replaceable

Brian Figurski
Copy Editor / Meat Grinder

The streets of the Midwest have become clogged with picketing people of the fast food industry, reeking of grease and anger, fighting for better pay to the tune of \$15 an hour or more, and all the while the world keeps turning.

If you really think you're worth that much money, perhaps a switch to a more lucrative career would be a good place to start. Squirting mayonnaise onto soggy buns and dropping a deep-fryer cage is not very hard work, if it can even be merited as being work.

I've served my time at fast food and it's a thankless job, sure, but I'd never expect such a high rate of pay for such a minimalistic job. Some people aren't born into good situations, such as Kim and Kanye's baby, but that itself is another plague on the country's skin.

Many don't have many job choices right off the bat and fast food is the only present and plentiful option. I just can't imagine a world that merits an outstanding compensation for infesting as many people as possible with Type 2 diabetes for a dollar a pop.

If these picketers really want to move up the food chain, put in your due time and become a manager. Rock that spot and be the best MSG-flipping dictator for a couple years until another employer recognizes your dedication. It's essentially that experiences that's the fine line between Taco Bell and Chipotle.

Let me say being both in the food industry at two drastically different points of my life that these jobs are designed for people that don't care. You can't have too much of an attachment when success is how many people have strokes from your

food. That's why these part-time gigs are made for high schoolers, college kids in need of some extra cash and retirees waiting to die and aren't making enough from Social Security.

You know why wages are so low? Because while all these people chant, someone else is manning the meat patties and making money they didn't have before because they need it.

In Detroit particularly and this financial crisis, more money is going to equal less jobs, thus higher unemployment, which would look real good coupled with chapter 9 bankruptcy.

More restaurants would have to close and how would we survive without a McDonald's every five blocks in any given direction? People that need to live under the blanket of tight budgets certainly should be thankful for the dirt-cheap eating options for dirt food. It's sustenance for a bargain, even if it tastes like buttpaste and you can physically feel your heart rate slow down as you swallow each depressing bite.

If you want \$15 an hour, don't expect two all-beef patties and a half-slab of creamy American cheese for a pocketful of change



Photo Illustration by Brian Johnston / The Oakland Post
Outraged, Brian Figurski walks off the job at a local sub shop.

anymore.

Whoever organized the chants of, "No more burgers, no more fries, make our wages super-sized," clearly weren't thinking into the long term effects. Fast food workers are replaceable in every sense, in a position requiring little redeeming skills. The more time you spend fighting the power with picket signs, the less money you're putting in the bank.

Not like it will matter soon -- cyborgs will be mass-produced and mass produce our disgusting fartburgers. Put down your signs and get back to work and cry your salty tears while your jobs are still around.

Email copy editor Brian Figurski at bdfigur@oakland.edu

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

SATIRE

Health enthusiasts' relentless assault

By Brian Figurski
Copy Editor

It's the season again where everyone decides to shed a few pounds and share their journey on the Internet. I applaud the efforts of those who work so hard. However, some of these fitness freaks have really started to get under my skin.

There's no doubt that I'm part of that group. I turn to exercise in the light of pretty much every feeling because I like it and it makes me happy.

I'll proudly flaunt all that I've worked to achieve physically. My clothes are so tight that my family and friends regularly question if blood can actually reach my brain. My hands are often numb from a loss of circulation starting at the upper arm cuff.

Yes, I am a fitness freak. The thing that's bothering me is that some of my brethren act more like fitness communists, thinking the concept of health and fitness is always a competition and broken into categories of winners and losers, in which we are all losers.

Taking care of your body should be for the purpose of sustaining a better life for yourself. Don't get your Underarmour in a bunch toward those who don't have the same brute dedication as you, and by dedication I mean addiction.

This is a clear addiction. Do you shell out money for the creatine-laced products? Does your workout routines affect your relationships with family and friends?

The only difference I see is that heroin addicts have never judged me for not having track marks racing down my arms.

Eating healthy is damn expensive, and I'm on a particularly tight budget, along with most of the people in these metro cities. A fallout effect of some bankruptcy crisis some of you may catch wind of if you put down your kettlebells.

I'll be the guy with a cart full of red meat, a quart of jiggling-butt ice cream and a case of grimy gut-wrenching beer over mechanically-engineered chemical bars.

If exercise makes you happy, great. Go spend \$200 a week on excessive unnecessary supplements that will eventually give you heart palpitations. You like to bong a two-liter of Mountain Dew Code Red and play Everquest? Then be happy. If there's any philosophy I really put my faith in, it's that the key to life is happiness.

Self-imposed fitness gurus are the biggest culprits of pushing their beliefs on others, falling just short of the 1940's Nazi party. Not everyone wants to have propulsive protein farts and that's okay. Some of us could bottle that rancid scent and sell it to terrorist organizations as the next weapon of mass destruction.

Do what makes you happy and that's all there is to it. Unless that happiness is derived from interfering with other people's happiness, and right now you're all just pissing me off.