

Enter for a chance to win a \$25 cash prize: Test your knowledge of Halloween with our quiz on A4.

THEFT BREAKS OUT ON CAMPUS

Fifteen students' cars vandalized in OU parking lot

By KRISTIN SOMMER
Senior Reporter

Three non-students are under investigation by the Oakland University Police Department after a series of larcenies on campus.

In the month of October, 15 students' cars were vandalized, and aftermarket CD players, speakers and other audio equipment were stolen, according to OUPD.

All incidents occurred in parking lot P-5 at Meadow Brook Road and West Oakland Drive across from Vandenberg Hall.

Police found broken windows on many of the cars. The other cars had the windows forced away from the door frames.

The alarm on one car went off after the passenger window was broken, which is thought to have possibly discouraged the theft of the CD player inside.

Other cars suffered damage to the dashboards, which were severely broken while trying to remove the CD player, according to OUPD Administrative Lieutenant Mark Gordon.

The total amount of stolen and damaged property is at least \$7,500, according to Gordon.

"At this time, we're not really sure what they did with (the stolen items)," he said.

Along with increased patrols from OUPD, University Housing has taken steps to prevent further thefts by informing students of the situation.

"We encouraged our resident advisors to share this concern with the residents," said Christine Engel, assistant director of residence life.

"Specifically, we encouraged the residents to lock their doors, remove valuables and check on their car throughout the night," she said.

Students voiced concern about the vandalism and thefts, but said they felt they had nowhere else to park.

"I don't think I have much of a choice," sophomore Sean Buono said. "I have to park my car on campus. I'm counting on luck or the OUPD."

The 730-space lot is one of three lots on campus with overnight parking. Students can also park overnight in parking lots P-3 and P-11, located west of lot P-5 and near the Upper Fields, respectively. The lot is used predominately by students who live in Vandenberg and Hamlin halls.

Tips on vandalism
Is your car safe on campus? Consider the following to protect your car.

- Alarm your vehicle to discourage would-be thieves from breaking into your car.
- Secure your expensive items or purse in the trunk.
- Park in a well-lighted areas or a busy spot, if possible.
- Check your car periodically for any signs of foul play.

If you see something suspicious or witness any acts of vandalism, call OUPD at (248) 370-3331.

Source: Oakland University Police Department

Please see THEFT on A8

Thousands pay respects to Rosa Parks in Detroit

DETROIT (AP) — Most of the people who came Tuesday to pay their final respects to Rosa Parks never met the civil rights icon.

But thousands of people ranging from children in school uniforms to city workers and retirees lined up on a brisk November day to catch a glimpse of her body and say goodbye.

The line stretched outside the Charles H. Wright Museum of African American History and wound through a pathway of metal fencing set up nearby. Despite a chill in the air and a threat of rain, the mood was upbeat and nobody seemed to mind the wait, which was averaging about 40 minutes late Tuesday morning.

By 12:45 p.m., an estimated 25,000 people had been through the museum, said Raymond Tate, its director of public relations.

Darlene Flowers, 40, of Detroit said it was of the utmost importance for her to take time off work to honor the person who sparked such tremendous change in the world.

"It's very symbolic. You feel the love. You feel the history. It's almost sacred," Flowers said. "It was peaceful. She looked beautiful."

Parks was 92 when she died Oct. 24 in Detroit. She lay in honor in Montgomery, Ala., and in the Capitol Rotunda in Washington before her body was returned Monday night to the city where she had lived since 1957.

Members of the Michigan Army National Guard placed her mahogany casket in the museum's rotunda Monday night for round-the-clock viewing through early Wednesday.

Music played softly Tuesday as people filed past Parks, who was dressed in the deaconess uniform of the AME church, her hands clasped and covered with lace.

She was surrounded by floral arrangements and enlarged photos from her life. Two white-gloved sheriff's deputies stood motionless at either end

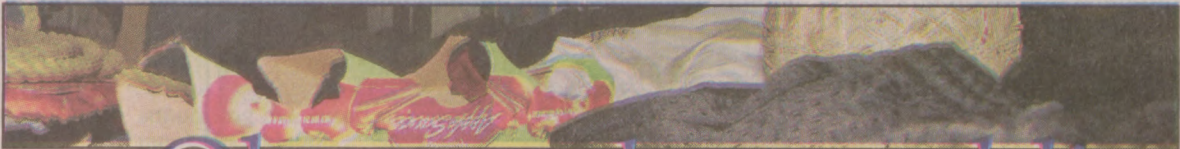
Please see PARKS on A8

Up in smoke



Dante Ciullo/The Oakland Post

Smoke poured out from under the hood of a dark red Buick Regal Monday afternoon in the Oakland Center Parking Lot 2. Oakland University student Duane Byers watched as firefighters put out the fire from his car, and students and faculty gathered around the lot. The Auburn Hills Fire Department said the serpentine belt broke and caused the car to overheat. Then the wiring caught on fire. Byers parked his car and planned to go to class when he noticed smoke coming from under its hood. "I knew it was something, and then it got bad," he said. "I was just praying that it wouldn't blow up." OUPD said there was a "very slim" chance of the car blowing up. OUPD and the Auburn Hills Fire Department reported to the scene after Byers called 911. No one was injured.



Oh, our cluttered lives



Dan Wilkinson/The Oakland Post

Freshman Kyle Bankston stands in his cluttered dorm room in Vandenberg Hall. A laundry basket full of dirty clothes sits in the doorway, and items are scattered everywhere. "I've been like this forever," Bankston said. "I'm too lazy to pick up."

Experts estimate 3 million Americans are pack rats

By ALICIA SOSSI
& JOSEPH B. VERRENGIA
The Oakland Post
The Associated Press

Take a look inside sophomore D'Mario Smith's dorm room in Vandenberg Hall.

An empty milk carton rests on a chair in the middle of the room, dirty clothes cover the floor, and the bed is a place for miscellaneous items such as golf balls and candy bars.

For Smith, clutter is a way of life.

"I just have so much stuff, but I can live like this," Smith said. "I spend a lot of money on all this."

The only time Smith likes to be organized is when he has a test or if he knows someone is coming over.

Freshman Kyle Bankston also lives a life of clutter in his dorm room in Vandenberg Hall.

He does laundry once a week, and it piles up on his floor until it's washed. A bright orange cone, a rubber band ball and other random items clog his living space.

"I've been living like this forever," Bankston said. "I'm lazy, and I only clean up a little bit when people are coming over."

Smith and Bankston are not unlike the tens of millions of Americans who live under the anarchy of their possessions.

Ralph Schillace, associate professor of psychology at Oakland University, says he has observed cluttered lives for more than 30 years.

Please see CLUTTER on A8



"I don't have clutter because I need to organize my thoughts to know what I am doing."

Rania Almufti
Sophomore
Elementary Education



"I blame clutter on not thinking ahead of time. My room at my house is not organized. Clothes are scattered in my room."

Chris Zayid
Senior
Health Sciences

"Clutter is looked at as a pattern they can't overcome, but the key is to start organizing."

— Mary Eberly, Associate professor of psychology


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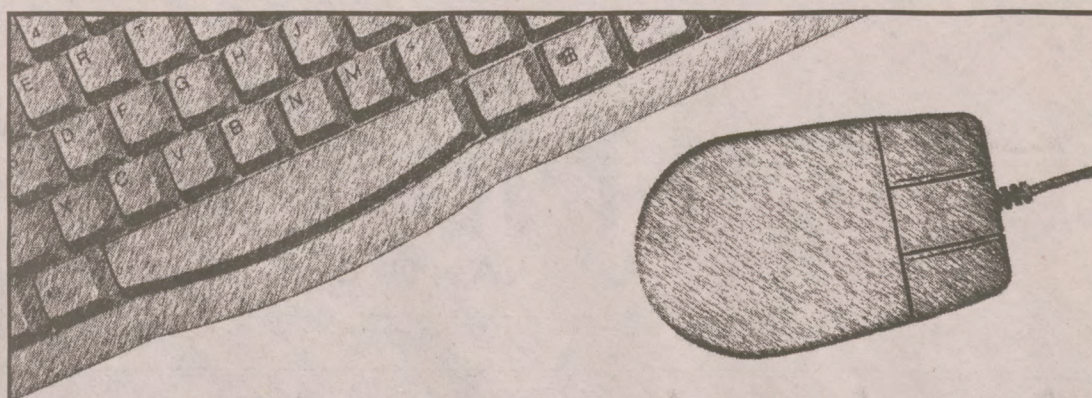


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REGISTER FOR WINTER 2006 CLASSES

Oakland University SAIL Web registration, by class standing, for Winter 2006 begins Monday, November 7, 2005.

Winter 2006 classes begin Wednesday, January 4, 2006.

See more information about the Winter 2006 important dates on the Office of the Registrar Web site at:
<http://www2.oakland.edu/registrar/id.cfm?semester=22>

Check the online schedule today

Visit www.oakland.edu, click the SAIL button, select "Class Schedule Search."

To view the printed schedule of classes, visit:
http://www2.oakland.edu/registrar/course_main.cfm

Tuition Refund Information

Last day to drop full-semester classes for 100% tuition refund is Tuesday, January 17, in the Winter 2006 semester.

QUESTIONS

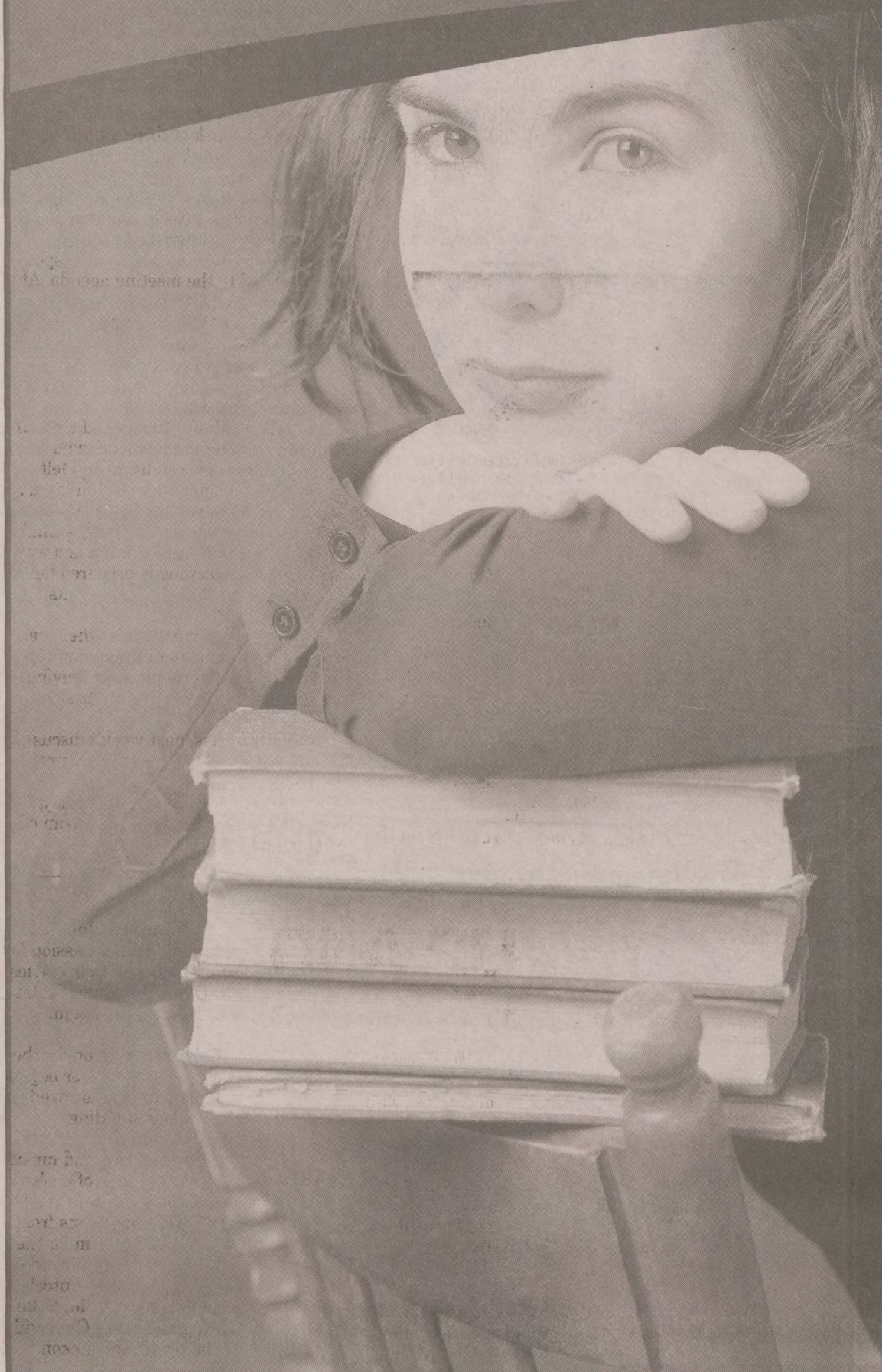
Call the Registration Office at (248) 370-3450 or e-mail registra@oakland.edu

For information about the student e-mail policy, see www3.oakland.edu/oakland/studentemail/



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Great news for Oakland University Students, Faculty and Staff! Oakland University recently expanded its relationship with Credit Union ONE to provide the following:

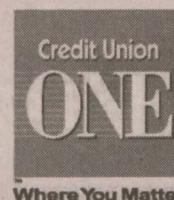
- Full service branch on campus
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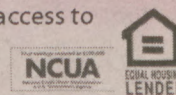
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OU finds Dale K hypnotic

By KAYLA JEROME
The Oakland Post

He began hypnotizing about 14 years ago and, since then, has hypnotized over 50,000 people.

Last Friday, Dale K was performing his award-winning act in the Vandenberg Dining Hall.

"I thought Friday Night

Live was awesome. It was a great show put on by both Dale K and the residents on stage, I loved it, and I am looking forward to next year," said Nicole Fritz, a resident at Oakland.

Dale grew up in Ontario, Canada but recently moved to Orlando, Fla. taking his career with him.

His 32-year-old interest in hypnotism started while traveling with his dad, a part time clown.

"I was hooked," Dale said, recalling seeing a hypnotist for the first time.

He says he enjoys performing at universities, casinos, theatres and doing corporate gigs.

"I like having skeptical people attend the show and reluctantly volunteer, they usually turn out to be the stars of the show," Dale said.

From kangaroos and snakes, to hot air balloon rides last Friday's show offered a variety of situational comedic events for the audience to enjoy.

"You know what's going on, but you're so relaxed that you just don't care."

Nick Gauthier
Sophomore

"The goal is to get deeper into relaxation," he said to the crowd, who were anticipating the show.

When the chairs on the stage were filled, he started calling out commands for the brave students to become comfortable by loosening

clothing and putting their hands in their laps. Once relaxed, the show began.

"You know what's going on, but you're so relaxed that you just don't care," sophomore Nick Gauthier said.

Gauthier was one of many that participated in the show and dazzled the audience with his alter-ego, "Princess," and his accomplishment of being the first

male to give birth to his baby boy that he lovingly named "Joe."

"It's a good thing that I don't get embarrassed easily," he said.

Although the participants provide much of the comedic entertainment during the show, Dale also adds his own flair of humor to the show.

"I like the show to be absurd and sarcastic. The material is not embarrassing but rather forgettable," he said.

Not everyone can be hypnotized.

That was the case for student Geoff Wrobel.

"I was one of the first people on stage. I have been hypnotized many times before, and it works better for me when the hypnotist is quieter. He was quite loud, but made for a really great show," he said.

Even though Dale K loves what he does, he gave this advice to anyone who wants to pursue hypnotism, "Don't do it. It's more difficult than ever to compete with all the other forms of entertainment. Stay in school and get a real job."

Dale attended school for a short time.

He took a clinical training course in order to use hypnosis to help people overcome phobias, battle smoking, and even to lose weight.

Dale plans to continue, entertaining, but maybe not

Friday Night Live

Nov. 4 - Tim Young

After appearing on this season's "Last Comic Standing," Young will appear at OU with his offbeat material about life at college.

Nov. 18 - Kyle Grooms

Grooms has appeared on shows such as "I love the 80's," "Worst Songs Ever" and "Best Week Ever".

Dec. 2 - Troy Thirdgill

Don't miss Thirdgill, who has performed as a comedian for our troops everywhere from Cuba to Kuwait.

for awhile.

He recently returned from doing 29 shows in 30 days.

"The traveling and flying sucks," he said.

Though Dale is worn out by the constant plane rides, he wanted to tell all fans, family and OU residents, "thank you," and to keep supporting live entertainment at Oakland.

The FNL program, which has brought nationally recognized stand-up comedians and musical entertainment to campus since 1998, is sponsored by the University Housing Office.

— Campus News Editor
Julie Swidwinski contributed to this report.



Photo courtesy of <http://www.cabrini.edu>

Dale K mesmerized OU students during his visit to campus last week. The comedian/hypnotist entertained in Vandenberg Dining Hall as part of the University Housing Office's Friday Night Live program.

OUSC to ask trustees to wait on rolling fees

By ALICIA SOSSI
Senior Reporter

Decked out in Halloween costumes, the Oakland University Student Congress met Monday and addressed issues with tuition and fees, and Chartwells Dining Services.

With 11 approvals and six abstentions, OUSC members passed a resolution requesting that the board of trustees oppose the proposed rolling of fees into tuition at their meeting, which is scheduled today.

According to Legislators Joshua Miller and Peter Vitale, the issue is not the proposal in itself; it's the time frame in which it is to be passed. "The administration has been rushing to push this through," Miller said. "Why not give people time to figure out what's going on?"

Vitale said that John Beaghan, vice president of finance and administration, has been very helpful in explaining what will happen. He assured Vitale that the student activities rate would not change and has addressed all of his concerns.

Still, Vitale, who was selected Legislator of the Month, said he feels all students have not had the time to become so informed.

"I believe this is happening too soon," he said. "We need to be educated more, and we can't do that before Wednesday."

The resolution makes it clear that the body is not rejecting the proposed rolling of fees into tuition.

Rather, it is just opposing the idea at this time until more information can be circulated in order to address student concerns.

Also approved was a resolution addressing problems with the health consciousness of Chartwells.

In response to student concerns about the lack of healthy choices available, OUSC expressed in its resolution the "disapproval of the lack of cooperation by Chartwells in regards to student concerns and health."

The resolution addresses ongoing problems with the food service and will be forwarded to the OU administration.

Also up for discussion was a new specification added to the meeting agenda. At the time when OUSC members could normally bring up any additional discussion topic they felt necessary, the Steering Committee added a condition that comments must relate only to guest speakers or comments from the gallery.

Katie Miller, Mia C. Evans and Crystal Allen were among the members who questioned this new condition and felt their concerns should still be addressed at that time in the meeting.

In response, Steering Committee Chair Joshua Miller said the condition is a way to ensure that everyone is prepared for the meeting and that the body works more efficiently.

"It is profoundly frustrating when we have spur of the moment discussion topics," he said. "When people start leaving or falling asleep during the discussion, that is a waste of time."

In other business, next week's discussion topic of the week involves cultural awareness and diversity at OU.

The next OUSC meeting is Monday, Nov. 7 at 4 p.m. in the Oakland Room of the Oakland Center.

"The administration has been rushing to push this through."

Joshua Miller
Steering Committee Chair

Habitat students build after Katrina

By NORA GOTHAMY
The Oakland Post

The concern that access to the Gulf Coast may be limited has not stopped Oakland University's chapter of Habitat for Humanity from building homes for Katrina victims.

In the wake of Hurricane Katrina, the organization still participates in a nationwide relief effort, with a month-long pop can and bottle drive to finance Operation Home Delivery.

Operation Home Delivery is a relief effort dedicated to prepackaging homes to send to the Gulf Coast.

These \$20,000 packages consist of walls, flooring, roofing, plumbing, and even electrical and mechanical systems.

"It's a call to action, this is a devastating thing that happened to our country and the OU Habitat for Humanity Campus Chapter will be able to help the hurricane relief effort internationally with volunteer support," said Lisa Gajeski, president of the chapter.

Unit shipping to permanent building sites will occur once debris is cleared, at which time



The Associated Press

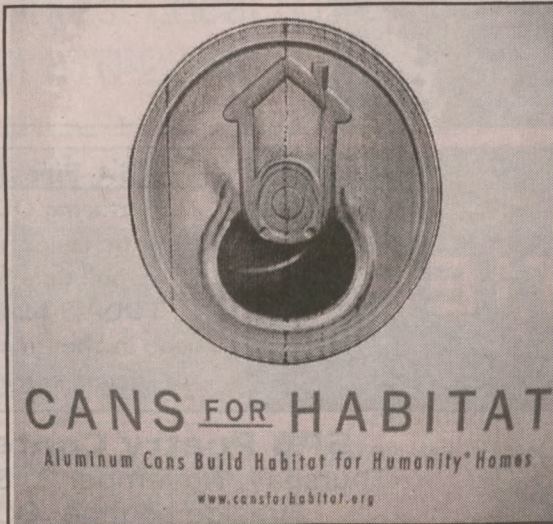
10 OU students are scheduled to travel to Slidell, La. to continue the relief effort.

OU Habitat for Humanity plans to fund the trip down south by holding fund-raising events in the near future.

The organization also raising money and helping with the construction of homes in Oakland County.

For more information on how to become a Habitat for Humanity Oakland volunteer or about Operation Home Delivery, please e-mail oaklandhabitat@yahoo.com.

No experience is necessary to become a volunteer.



Julie Swidwinski / The Oakland Post

Top: Beverly Evans covers her eyes as she rides through her neighborhood in the Lower 9th Ward for the first time since its was destroyed by Hurricane Katrina, Thursday, Oct. 27, 2005, in New Orleans. The city provided 9th Ward residents with the opportunity to take bus tours for a brief look at their community.

Left: Boxes collecting cans for OU's Habitat for Humanity organization were placed throughout campus to help raise money for Hurricane Katrina victims. Volunteers will use this money to construct homes in areas damaged by the disaster.

POLICEFILES

■ Four female students were sent home after they were involved in a fight in the Oakland Center. One of the students and her two friends began arguing with the other student when it turned physical. The argument was determined to be over a male acquaintance the two main arguers both knew. When the incident became physical, about five or six other students joined the fight. One student suffered a swollen and bruised lip. Another had her artificial fingernails broken off. The four main students involved were taken to the Dean of

Students Office, where it was determined that they should leave campus and only return when they met with Dean Glenn McIntosh.

■ A male student filed a report with Oakland University Police after his wallet was stolen. He told police that he had left it in the men's locker room in the Rec Center. He had locked his locker, but may have left it on the bench. When he returned an hour and a half later, it was gone. The wallet contained \$6, his license and SpiritCard.

■ The passenger front fender of a student's car was damaged in a hit and run accident. The

car was parked and unoccupied in lot P-32 near Pioneer and Library drives. When the student returned to her car three hours after parking, she noticed the damage.

■ A laptop and 10 CDs were stolen from a car last Thursday. OUPD met a female student in lot P-16 when she noticed the items were missing. The student believed she had locked her car, but was not completely sure. During time she was on campus, she moved her car to three different parking spaces. She also left campus for a short time. She was not sure of when the items were taken. They are valued at \$1,500.

■ A female student in the stairwell of the 1000 building of the student apartments was approached by OUPD for drinking beer. She tried to go up the stairs as the officers approached and didn't stop when they asked her to. She said she would get her identification and returned 10 minutes later with one. When the officers asked her to verify the information on the ID, she could not. She insisted it was hers, until a roommate told her to tell the truth. An ACA was called to verify her identity. She then admitted to giving OUPD a false ID. The student said she had had three beers but refused a sobriety test. She was issued a ticket for minor in possession.

UP AND COMING

Wednesday, Nov. 2
Oakland University's board of trustees will meet at 2 p.m. in Meadow Brook Hall. Trustees will vote on the issue of rolling in fees as tuition.

Thursday, Nov. 3
Today is the last day that drops and withdrawals will be accepted for the Fall 2005 semester for full semester courses. Students can drop classes though SAIL.

Monday, Nov. 7
Students with a passion for film must have their entries for OU's Grizz Dance Film Festival turned in.

Early registration for the Winter 2006 semester begins at 12:01 a.m. and is based on class standing.

Enjoy free food and music at the opening of OU's Cultural Awareness Week 2005. The event runs from 11:30 a.m. to 1 p.m. in the Oakland Center Fireside Lounge. Glenn McIntosh, dean of students, and The Swing and Salsa Club will help with the kickoff.

Circle the correct answer for each question. Completed forms should be placed inside the box located outside The Oakland Post in the basement of the Oakland Center, office 61, no later than 5 p.m. Monday.

6. The tradition of carving a pumpkin, came from what other food item?
- a. carrot b. potato
- c. turnip d. rocks

Limit one submission per student, per paper, per week. Winner is posted in next week's paper.

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What is Spirituality?
Exploring the Chaldean Culture
7 p.m.
Fireside Lounge, OC

These hours are temporary until we are fully staffed!

Rochester Hills may 'roll back prices'

By PAUL KAMPE
Senior Reporter

The yellow smiley face may soon be rolling back prices in Rochester Hills. A plan for a proposed Wal-Mart Supercenter at the Adams Road and M-59 interchange needs to go through the planning process before the retail chain can build their store.

Plans were submitted to the city's planning department on Aug. 18 for a 203,819 square-foot store, built on the 22.34 acre site.

Grand Sakwa Properties of Farmington Hills, who owns the land, could not comment.

The store would run along M-59 south of Hamlin Road next to the Adams Road exit.

The plans developed by land surveyor Atwell-Hicks have space provided for a gas station.

Included in the Supercenter is a full grocery store, which is what essentially sets the store apart from the average Wal-Mart discount store.

"From a flat screen television to a lobster," said Roderick Scott, Wal-Mart Community Affairs manager for Michigan. "It's an opportunity to really be a full service store," Scott said.

The store would also have the amenities a typical Wal-Mart has, such as one-hour photo auto-service center, a deli and a vision center.

Rochester Hills Clerk Jane Leslie said that the development still has to go through the planning process.

This area of property has been in question for about six years.

"We really want it to work for the better of the whole community," said Rochester Hills City Council member Linda Raschke.

She said that it's going to be a really nice complex when all of the details are sorted out.

Raschke acknowledged that there has been opposition to the proposal and that there is always opposition to change.

"We feel that we just need to follow the master land-use plan and maintain the residential character of this city, with no additional development and big box stores," said Debbie Geen, chairperson of the Rochester Hills Residential Vision Committee.

"I think people really moved here for the residential character of the city," Geen said.

"They don't want to see the traffic and noise that development brings," said City Council member Bryan Barnett, recognizing the opposition.

Barnett said that it is up to the developer to bring the plans back to the council for approval of permits.

Raschke said that the council's hands are tied at the moment and that the project is being held up in litigation.

"We're trying to make it as aesthetically pleasing as possible," Raschke said.

Wal-Mart locations have been disputed in the past in the area, Independence Township refuted a Wal-Mart in August. Plans to put a Wal-Mart by Wonderland Mall in Livonia caused a controversy in September.

According to Wal-Mart's website, their stores paid \$33.9 million in state and local taxes in 2004 in Michigan, and also plan to add 100,000 jobs nationally this year.

The proposed location would be the 38th Wal-Mart Supercenter in the state; the company has an equal number of their smaller discount stores.



The Associated Press

Wal-Mart Stores, Inc. is the world's largest retailer, with \$285.2 billion in sales in the fiscal year ending Jan. 31, 2005. The company employs 1.6 million associates worldwide through more than 3,600 facilities in the United States and more than 2,300 units all over the world. More than 138 million customers per week visit Wal-Mart stores worldwide.

House approves bill criminalizing torture

LANSING, Mich. (AP) — The state House voted unanimously Tuesday to create a law banning torture in Michigan.

A torture conviction would mean a lifetime prison sentence under the legislation, which now goes to the Senate.

Rep. Tom Meyer, R-Bad Axe, introduced the bill after Huron County Prosecutor Mark J. Gaertner said he had to charge Stephen H. Cline with kidnapping and abuse although he was accused of torturing his wife. Michigan currently does not have

a statute banning torture.

Cline, of Pigeon, is accused of altering his diabetic wife's diet and withholding her medication and insulin to drop her blood sugar levels so low she would lose consciousness.

He then would dress her in provocative clothing, tie her hands and asphyxiate her by placing a plastic bag over her head until she neared death and then revive her, Gaertner said.

Cline is charged with one count of kidnapping and 17 counts of first-degree abuse of a vulnerable adult.

The trial against him is scheduled to begin Dec. 13. If convicted, Cline could be sentenced to life in prison.

Rep. Mike Nofs, R-Battle Creek, introduced the bill that would lay out the sentencing guidelines for the new crime. The House also voted unanimously to send it to the Senate.

"The bills approved today deliver a clear message to those who abuse others that this heinous type of crime has serious consequences," Nofs said in a written statement.

Automakers report dismal October for U.S. auto sales

DETROIT (AP) — U.S. auto sales fell sharply in October, dampened by hurricanes, fidgety consumers and high gas prices. Demand was down after a summer of heavily hyped discounts, and automakers warned that they don't expect an

upswing in November. General Motors, Ford and Nissan reported big declines Tuesday, while Toyota's U.S. sales edged up slightly and DaimlerChrysler's sales were flat. Sport utility vehicles took the biggest hit across all makers. Sales of the Ford Explorer, Lincoln Navigator, GMC Yukon, Hummer H2 and Toyota

Land Cruiser were all down 50 percent or more. General Motors Corp. said its sales fell 22.7 percent in October from a year ago, led by a 30.3 percent decline in sales of trucks and SUVs. GM's car sales were down 10.6 percent for the month. Overall, GM's sales were down 2.7 percent for the first 10 months of the year.

Residents help to rescue hurricane animal victims

By LAUREN COMAIANNI
The Oakland Post

Hundreds of dogs and cats left homeless in the aftermath of Hurricane Katrina now have shelter from the storm.

Throughout September and October, volunteers from various Michigan animal groups joined forces to help evacuate and rescue the animals abandoned by the hurricane.

Pam Porteous, manager of the Michigan Animal Care Network, was one of the many volunteers who helped deliver 15 truckloads of supplies to the devastated areas of Mississippi and Louisiana.

After making four visits to the South, volunteers rescued a total of 223 cats and dogs.

Many of the animals suffered from severe health problems, such as ringworm and skin conditions.

"About 80 percent of the dogs tested positive for heartworm," Porteous said.

When volunteers returned to Michigan, they wasted no time treating the animals, she said.

The Oakland Veterinary Referral Services, located in Bloomfield

Township, kept the animals overnight and provided medical care free of charge.

Now that the animals are healthy, they are looking for new homes.

The Michigan Animal Care Network as well as the Michigan Animal League are holding adoption events for the animals rescued from Katrina.

"There are still 100 or so dogs and cats waiting to be adopted," Porteous said.

She noted all the animals were wonderful during the transport to Michigan and show no signs of aggression.

Porteous said her organization has received a tremendous amount of support from those anxious to help.

Many people donated supplies after hearing of the volunteer's efforts.

Although Porteous recalls a lack of sleep during her rescue efforts, she said she feels the mission was a great success.

"It was a worthwhile trip," she said. "I would definitely do it again."

For more information on the animals and how you can help, contact the Animal Care Network at (248) 545-5055.

Interested in writing local news? Contact Local News Editor Vera Marzoug at (248) 370-2848.

Oakland University's

Student Affairs

Cultural Awareness Week Nov. 7-11 "Sharing Me, Embracing You"

Monday, Nov. 7: - Opening Celebration w/remarks by Glenn McIntosh, 11:30am-1pm, Fireside Lounge, OC
- Study Abroad Information, 12-1pm, Main hallway, OC

-Expectations w/speaker Matt Glowacki, 6-7pm, Hamlin Lounge, Hamlin Hall
- Swing & Salsa Lessons, 8pm, Banquet Room A, OC

Tuesday, Nov. 8: - Spoken Word Show performed by Saul Williams, 12 noon, Banquet Rooms, OC
- Study Abroad Information, 12-1pm, Main hallway, OC

- What is Spirituality? Exploring the Chaldean Culture, 7pm, Fireside Lounge, OC

Wednesday, Nov. 9 - Study Abroad Information, 12-1pm, Main hallway, OC

Thursday, Nov. 10 - International Speech, Translation & Dictation Contest, 10am- 2pm, Gold Rooms, OC

- International Café & Fashion Show, 7-10pm, Pioneer Food Court, OC

Friday, Nov. 11 - Student Veteran's Day Panel, 12-1pm, Fireside Lounge, OC
- International Faculty, Staff & Friends Reception, 4-6pm, Fireside Lounge, OC

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Oakland Room, OC

No Major! No Problem!
Tuesday, November 8, 12-1 PM,
Oakland Room, OC
Studying and Note Taking
Wednesday, November 9, 6-7 PM,
121 West Vandenberg Hall

Seniors: Set Your Sails

Tuesday, November 8, 2005 OR Wednesday,
November 9, 2005
Gold Rooms, Oakland Center,
4:30 - 6:30 PM

Career Services will be at the Graduate Fair! Please join us for a career-focused event designed for

seniors and graduating students. Two separate panels of alumni will discuss the career reality factors of life after college. This is your opportunity to learn about the adjustments of the "real world" and how to be successful in your future career. A light dinner and door prizes will be provided. All Oakland University students are welcome.

Pre-registration is required!

Sign up now by contacting: Center for Student Activities and Leadership Development, 49 Oakland Center, (248) 370-2400 or email jam@oakland.edu

FRIDAY NIGHT LIVE presents Tim Young November 4, 7 PM, Vandenberg Dining Center

Tim's college show is about college. From stealing trays to sleeping in lofts to dirty roommates, you will recognize yourself in Tim's inventive and offbeat material. Hire Tim and find out how he graduated in a mere seven years, and learn about Tim's highly touted Tuition Reimbursement Plan. You might recognize Tim as the spokesman for Jetblue Airlines, or his many television appearances, including this season's Last Comic Standing, Comedy Central's "Tough Crowd with Colin Quinn," Premium Blend and "Shorties Watching Shorties," MTV's "The Jim Bruer Show" and "Daria," NBC's "Late Friday," or as a commentator on the E! Channel. Free refreshments and admission

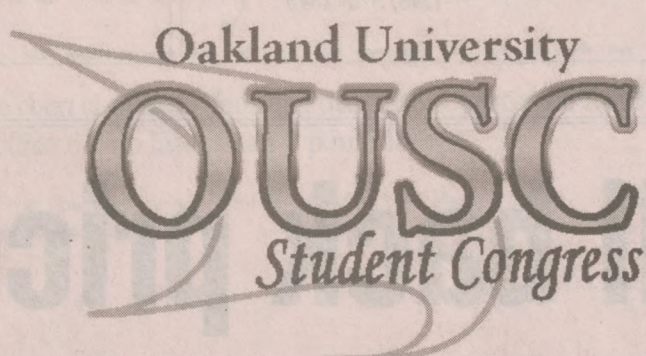
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- Register for the Dodgeball Tournament by Nov. 9 and attend the captains meeting on Nov. 11 (time TBD)
- Come watch the flag football playoffs under the new lights on the upper fields. Only one team can win...cheer on the IM athletes!
- November 9th is Healthy Spirit Day from 9am-1pm. Any and all Rec Center members and students are invited. Call 248-370-4732 for more information on vendors and programs.

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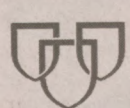


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Next meeting:

Monday November 7th at 4pm

Oakland Room, Oakland Center



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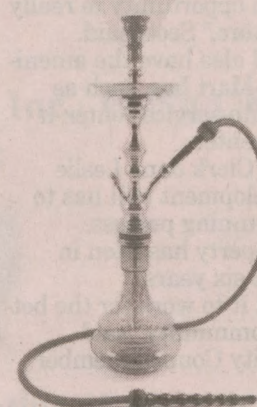
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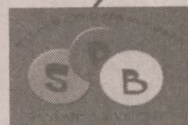


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*Poetry: The best words in the best
order"*

~Samuel Taylor Coleridge



SPB Presents....

Student Poetry Contest
November 3rd
8pm

Poetry Contest



Seniors: Set Your Sails!

Part of the Graduate Fair

Please join Career Services and the CSA!

Tuesday, November 8, 2005
Repeated
Wednesday, November 9, 2005

Gold Rooms, Oakland Center

Graduate Fair

11:00am - 6:00pm

Speak with vendors and campus departments,
purchase graduate materials, and order your
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Career Reality Panel

4:30pm - 6:30pm

Alumni panelists will address topics regarding
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Session 2:

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**Career
Services**
Link to the future

EDITORIAL

OU's Student Congress needs to start pulling its act together

The Oakland University Student Congress mission statement promises that the governing body will "strive to represent the student body" and "encourage students to voice their ideas to help create the best possible Oakland experience."

However, certain behavioral patterns that take place during Congress meetings have us wondering exactly how hard they are "striving" and how closely they are "listening."

During the Oct. 24 meeting, OUSC welcomed two guest speakers. Julie Voelck, interim dean of the library, spoke on the updates and achievements for Kresge Library, while Vice President of Finance and Administration John Beaghan approached Congress to present his proposal for fee rolling which will be decided upon by the board of trustees today.

These two university administrators gave their time to address Congress because they understand that they "represent" the student body. However, based on actions by some of the Congress members, it is safe to say that they represented the student body as nonsense, interest-lacking, immature brats.

At least four legislators showed more interest in their Subway sandwiches or salads than what was being said in the meeting.

While one walked in 34 minutes late, another finally joined the meeting after having her head down for almost 10 minutes. This same legislator left the meeting for close to 15 minutes, only to return with a small coffee and a sandwich roll-up from the Pioneer Food Court.

While Beaghan discussed fee rolling, an almost unheard of and risky move for any university that would affect all students, two members of the OUSC executive board giggled as they passed notes back and forth.

Papers were shifted as legislator profile slips were passed out during Beaghan's presentation. Some legislators filled these out and once again passed them down the table, not considering how inappropriate it might have seemed to the man who's sole purpose was to have the best interests in mind for the students that sat before him.

One can only hope that Beaghan's respect for the students of this university did not fal-

ter because of the immaturity that was clearly seen at this meeting.

This type of behavior continues on from week to week. This past Monday, four members of Congress took comments from a gallery member as a chance to get themselves food.

As Vice President for Student Affairs Mary Beth Snyder spoke, others did amongst themselves as well. Even Student Body President Michael McGuinness, their peer and co-worker, did not receive respect as members continued their conversations while he made comments.

Not to mention the ringing and text messaging of cell phones, a legislator wearing sunglasses during the meeting, which takes places inside with drawn curtains, or Congress losing quorum because members left early.

Now, there is no question that, when taking on positions as legislators or executive board members, new responsibilities are taken up as well. OUSC dedicates much time to events and projects on campus, determined to provide students with full enriching experiences at OU.

However, there is also no question that these public forum meetings, where both students and university officials gather to address issues, should be given the appropriate respect and attention.

If OUSC wishes to fully represent the student body, members need to put down their sandwiches and cell phones, find a more appropriate time for OUSC documentation to be passed out and, most importantly, stop talking and start listening.

We have given OUSC the responsibility of representing us. Don't let us down by leaving a tainted impression of OU's student body.

— THE OAKLAND POST



"We Don't Have Enough Candy" By Jeff Parker

LETTER TO THE EDITOR

Let's join together to stop the violence on our campus

Oakland University is a campus full of wonderful opportunities.

I have enjoyed my tenure at OU and hope that the ones who follow behind me find it just as enjoyable.

In order to make our campus as enjoyable as possible, there are things that we as students are held responsible for doing. These things include: studying, using the resources that are available, socializing, becoming involved and networking.

There is one other thing that helps to make OU enjoyable. We tend to overlook it, but it can no longer be overlooked. That thing is a "safe campus."

Violence on our campus has increased over a short period of time. It is not wise for us to become violent against one another.

We are here to enjoy other people and learn from them. We are not here to fight against

ourselves. We need to unite for a good cause, instead of fighting for no cause at all. I would encourage all students at OU, no matter what your race, religion, beliefs or lifestyle choices are, to help stop the violence on our campus and spread that anti-violence in our various communities.

Let us stand together for a good cause, something worth fighting for. If you can't think of things to fight for, I have listed a few for you to ponder. Just a few that come to my mind are: HIV/AIDS, child abuse, domestic violence, homelessness, unnecessary wars, genocide, drunk driving, rape, child molestation, hatred toward groups, racism, human trafficking, terrorism and the list goes on.

Ignorance and lack of knowledge are inexcusable. It is up to us to help our neighbors to come into the light of knowledge and fight the violence that stems from hatred in our hearts.

Kori Lynn Caver
Senior
Elementary Education

He said, she said

"All the animated films involve violence or threats of violence ... The problem is when kids don't have anyone to help them process these things."

— Ken Haller

Pediatrician and professor at Saint Louis University
School of Medicine on violence in Disney films



Photo courtesy of Disney Corporation

GUEST COLUMN

Take advantage of voting in our local communities



By MICHAEL MCGUINNESS
Student Body President

Oakland University Student Congress, our student government, fulfills many roles and provides many services to our over 17,000 students.

One such role is the promotion of participation in the political process, both on our campus and throughout the levels of local, state and federal government.

In that vein, voting is taking place throughout Michigan on Tuesday, Nov. 8, although you might not have heard about it.

Elections take place every year, but those

that aren't tied into presidential elections are often overlooked.

Turnout is accordingly expected to be low, which is the trend with off-year elections. It doesn't have to be that way and it shouldn't be that way, though.

We, the college-aged population, can be the catalysts for change that sets new trends. By actively taking up our roles as participatory citizens, we will help our communities and our nation.

If we make voting (and informed voting, at that) a priority for ourselves and our peers, then decision-makers and decisions will reflect our priorities. Being seen and not heard in our political process harms us and harms our nation.

The connection is often never made, but legislation determined by our elected officials impacts everything from the roads we drive on to the tuition we pay to the quality of air

we breathe.

It has a very real impact on our daily lives, in addition to the issues that tie into our broader domestic and foreign priorities.

The youth of Michigan have already demonstrated our interest in having our voices heard. In last year's election, turnout of voters aged 18 to 24 jumped greatly; of all the states in the union, our Great Lakes State had the highest 18 to 24 year old turnout of all.

Casting a ballot does not have to be the end of the process for us, either. There are many ways to remain engaged after the votes are counted.

It is also very possible for students of all ages and backgrounds to get themselves on the ballot.

Last week, The Oakland Post published a story on a recent graduate who is now aiming to be mayor of Fenton.

Current students are even seeking various

city positions in the elections next week.

Many past Oakland University students went on to have a big say in the process. Former Student Body President Bryan Barnett has been elected to the Rochester Hills City Council.

Likewise, former Student Body President Keith Faber currently serves as State Representative in Ohio.

Establishing the foundation for a healthy democratic republic and putting it into practice is essential for our communities and our nation to succeed in the short and long term. It is now our turn to make our present political system work better for us all.

To get the democratic ball rolling, be sure to learn a bit about the ballot proposals, candidates and voting procedures for our respective communities. Voting is a powerful and fun process, so be sure to take advantage of it.

Tuesday, Nov. 8 is merely a few days away.

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What do you think? Or got a news tip?

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Letter Policy: Writers must provide full name, class rank, phone number and field of study. Please limit letters to 350 words or less. Letters may be edited for content, length and grammar.

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— The First Amendment of the Constitution of the United States



Dan Wilkinson/The Oakland Post

D'Mario Smith sits on his leopard-print bedspread, which is covered with toys, papers and more. Food and clothing are everywhere in his dorm room, along with plenty of random items. "I just have so much stuff, and I spend a lot of money," the sophomore said.

CLUTTER

Cont. from A1

He says people have clutter because they are afraid of losing a part of themselves when they get rid of something.

"If clutter bugs are savers, they usually talk to themselves about how they might need what is threatened to be discarded," Schillace said. "They do a mental trick to undo the risk of parting with something."

Psychologists estimate that 3 million Americans never throw anything out in a twisted logic of perfectionism and fear.

These hoarders have a form of obsessive-compulsive disorder, according to experts.

Scientists have difficulty quantifying clutter. It is often a private problem that most people sweep under the bed and shove behind closed doors.

Yet, according to Schillace, it is common for those who clutter to be at peace with their mess. They "seem not to be anxious about it," he said.

"Part of (having clutter) is socialized. What you see your parents doing, you do, and some of it is habit," said Mary Eberly, associate professor of psychology at OU.

To many observers, clutter reflects the mindset of the modern household.

To others, clutter is a broader symbol of a ravenous culture dependent on easy credit, piling up debt and consuming a lion's share of the world's resources without considering the consequences.

While personal spending drives much of the U.S. economy, the resulting clutter from all that shopping is so pervasive that some researchers wonder if it might have a deeper, biological component, similar to overeating or obesity.

Their speculation borrows from evolutionary theory.

Modern humans developed some 100,000 years ago as hunters and gatherers living in fundamentally harsher circumstances.

Today, we are surrounded by abundance, but our bodies have remained genetically programmed to eat everything in sight and store calories to survive winter, drought and famine.

To some nutrition experts, it's a primary reason two-thirds of Americans are overweight.

Our forebears saved anything that could be materially useful because they had to make everything from scratch.

Clutter emerged alongside industrial specialization and mass production in the 19th century, and it was then that the biological need to save everything morphed into a desire to acquire.

The rising middle class was buying items once reserved for royalty. Tea sets. Mantelpiece figurines. Forks used only to eat fish.

And the opportunities to acquire have only skyrocketed. The old corner store stocked fewer than 1,000 items.

Today, a Wal-Mart Super Center covers a quarter-million square feet and carries 130,000 products.

For some, clutter results from more than rampant shopping.

It suggests widespread social discontent. Social forces contribute to clutter, too.

The chief culprit: Easy money. Americans use 1.2 billion credit cards and carry an average total of \$8,562 in consumer debt.

A surprising villain: Technology.

Just consider how the entertainment industry has lurched from record players to 8-tracks, cas-

sette tapes, CDs, VCRs, DVDs and now digital downloads.

One area where technology should reduce clutter is documents, but the paperless office has not materialized.

Hoarding research focuses on changes to a region of the brain connected with decision-making, problem-solving and anticipating rewards.

At UCLA, patients receive a radioactive form of the sugar glucose before being examined by positron emission tomography.

The PET scanner's color-coded images show which brain areas use the most glucose and are working hardest.

In this small experiment, the hoarders have lower activity in a certain part of the brain when compared to other patients with obsessive-compulsive disorder.

They also had lower activity in a related region of the brain when compared to healthy volunteers.

How does the brain react at the moment of truth, when a person must decide whether to throw something away?

At Connecticut's Hartford Hospital, patients reclined in a magnetic resonance imaging scanner, which images brain function by tracking blood flow. On a video link, psychologist David Tolin held up their junk mail and asked whether to save it or run it through a document shredder. The hoarders' brains showed activity spikes in one part of the brain.

"Their brains screamed that they were making an error," Tolin said. "So they put down the mail and clutter builds up."

Not everyone who lives in a cluttered home is a compulsive hoarder, and people who are messy might not need a brain scan. But increasingly they are seeking professional help.



Dan Wilkinson/The Oakland Post

Freshman Gabriel Lavere reacts to the mess his roommate left in their Vandenberg Hall dorm room. "I think he emptied out his drawers," Lavere said. "I couldn't do that if I tried. I like a neat, organized life." Lavere said his roommate is usually clean, and they try to keep the room tidy, but Tuesday was an exception.

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THEFT

Cont. from A1

Some students said they observed an increase in police patrol in the area prior to the incident.

"I've noticed an increase in general this year," senior Danny Johnston said.

Johnston, who works with University Housing, said he still feels safe leaving his car in the lot.

"We're all being made aware of what's going on," he said. "It's a fairly heavily trafficked parking lot, even at two in the morning."

The incidents all happened in the early morning hours. There appears to be no pattern in which types of cars were targeted.

"There doesn't seem to be any one make or model targeted, it was more random," Gordon said. "I think it was more a matter of where they were parked."

The vandalized cars were all parked in the back of the lot, along Walton Boulevard, or away from lights and pedestrian traffic, according to Gordon.

Like several other areas on campus, closed-circuit cameras watch lot P-5.

The cameras record activity in that lot and "they're being reviewed at this time," Gordon said.

Fingerprints have been recovered from several of the cars, and the investigation remains under investigation.

The vandals responsible for the crimes will face felony larceny from auto charges.

News tip? Call (248) 370-4268 or e-mail editor@oakpostonline.com

PARKS

Cont. from A1

of the casket. The near-silence of the museum was in contrast to the scene outside.

Children played, and adults chatted and sipped free cups of coffee handed out by Starbucks employees. A few feet away, people sold T-shirts featuring Parks' photo.

A number of local schools sent students on impromptu field trips to the viewing and a bus load of college students from Bowling Green State University also made the trip to Detroit.

Jovonne Jones, a 13-year-old eighth-grader at Detroit's Emerson Elementary School, attended the visitation with his class Tuesday morning.

"She gave us the chance to do a lot of things that we take for granted," Jovonne said of Parks. "I wish I'd gotten a chance to meet her when she was alive," she added.

Viewing was to continue until 5 a.m. Wednesday, with Parks' funeral to be held at 11 a.m. Wednesday at Greater Grace Temple Church.

Former President Clinton and the Rev. Jesse Jackson were scheduled to attend. Aretha Franklin was expected to sing at the service. Plans had originally called for Parks to be buried next to her husband and mother in a family plot in Detroit's Woodlawn Cemetery.

But officials for the Swanson Funeral Home, which is handling the arrangements, confirmed Tuesday that Parks would be entombed in a mausoleum at the cemetery and that the bodies of her husband and mother would be moved there as well.

Cheryl Salters, 45, of Detroit, was a teenager when she

interned in the office of U.S. Rep. John Conyers Jr., where Parks worked for more than 20 years.

She said she didn't appreciate the significance of the small, elderly woman until she grew up.

"She never had to holler," she said. "Her voice was always a whisper, but everybody heard her. So, I try to do the same thing by not hollering at my kids."

Parks was a 42-year-old tailor's assistant at a Montgomery department store when she was arrested and fined \$10 plus \$4 in court costs for refusing to give up her seat to a white man on a Montgomery city bus on Dec. 1, 1955.

That triggered a 381-day boycott of the bus system led by a 26-year-old minister, the Rev. Martin Luther King Jr.

The U.S. Supreme Court ruled in December 1956 that segregated seats on city buses were unconstitutional, giving momentum to the battle against laws that separated the races in public accommodations and businesses throughout the South.

The bus on which Parks refused to yield her seat was displayed outside the Wright Museum Tuesday and drew a crowd of onlookers who snapped photos with their cameras and cellular phones.

Parks' act exposed her and her husband Raymond to harassment and death threats, and they lost their jobs in Montgomery. They moved to Detroit with Rosa Parks' mother, Leona McCauley, in 1957.

Rosa Parks held a series of low-paying jobs before Conyers hired her in 1965 to work in his Detroit office. She remained there until 1987.

Raymond Parks died in 1977.

After retiring in 1988, Parks devoted herself to the Raymond and Rosa Parks Institute for Self-Development, a nonprofit organization to educate young blacks about the history and principles of the civil rights movement.

Dangerous bug destroys trees

By MINEHAHA FORMAN
The Oakland Post

The emerald ash borer, or EAB, is destroying ash trees around Michigan.

"It's your ash or mine, right?" joked Gard Otis with his audience in the Science and Engineering Building prior to his presentation on the EAB.

Otis, from the department of Environmental Biology at the University of Guelph Ontario, spoke about the exotic pest that is destroying North American ash trees by the millions last week.

Because it is such a new plight for the ash tree, the long-term effects of the insect can only be speculated, he said.

Originating in Asia, the beetles were first discovered in North America in the summer of 2002 in southeastern Michigan. It is estimated that the beetles were in the state up to eight years before people recognized them.

Otis said it was apparent that the insect was well established in many ash forests by the time scientists realized it was in North America, when it was discovered it had already infested millions of trees in six different counties in Michigan.

The female EAB lays its eggs on the smooth bark of ash trees, usually higher near the branches, and the eggs develop into larvae that drill beneath the bark, which feeds until it cuts off the nutrients to the rest of the tree, eventually killing the ash.

Once they do damage within the tree, the larvae become beetles and leave the tree though what Otis called "exit holes."

The holes left behind are unique to the EAB and are used in determining the death of ash trees. This generally takes place during spring when the weather begins warming up.

Because the EAB chooses to begin laying eggs high up in trees, it is hard to detect them early on and tell whether the trees have been infected or not.

All ash trees are at risk of being destroyed by the beetle with the possible exception of the blue ash, which is a rare type sparsely populated throughout the country. The beetle is spreading rapidly due to the movement of lumber, firewood and nursery stocks across the



An adult emerald ash borer is shown in this undated photo released by Michigan State University. The tree-killing beetle that has wiped out millions of ash trees in Michigan has grabbed a foothold around Toledo, Ohio, and pest experts are now focused on stopping it from spreading through the Midwest.

state and the country.

It has crossed over into Canada and is threatening ash trees there, as well.

While there have been some attempts to stop the beetle using eradication techniques, quarantining areas and killing the beetle with insecticides, none of these have proven to be effective or realistic, Otis said.

He stressed the impracticality of attempts at eradication. According to Otis, eradication is impossible for several reasons, including money, logistics and that millions of ash trees nationwide are being affected by EAB.

Quarantining certain areas is not the answer either, Otis said.

The ash population is so large in North America today because the trees were originally planted as replacements for elm trees after the Dutch Elm Disease killed a vast portion of the elm population.

Scientists are still learning basic information about the borer, such as its mating habits and lifespan, so extensive research and information has not been generated at this time, Otis said.

Otis predicts that it would take a long time for scientists to understand

everything about the exotic pest.

Until then, he plans on spending more time trying to find a biological control — a natural enemy of the ash borer.

In the future, Otis speculates one of two things could happen.

The beetle may completely wipe out the North American ash population, or some trees could become resistant to it through cross pollination.

If you suspect one of your ash trees is infested with the EAB, call the Michigan hotline for EAB at (866) 325-0023.

Enviro NEWS

Wednesday, Nov. 2

Dr. Steven Bertman from the department of chemistry at Western Michigan University is presenting Atmospheric Nitrogen Cycling in Northern Michigan at 1:15 p.m. in the Meadow Brook Art Gallery. Bertman will be covering the relationship between atmospheric nitrogen deposition and forest ecosystem functioning, which are largely controlled by the availability of nitrogen. The presentation is part of the College of Arts and Sciences' "Environmental Explorations" theme.

Thursday, Nov. 3

The Sierra Club will be presenting the Michigan Interfaith Power and Light Conference from 8:30 a.m. - 4 p.m. at the University of Detroit Mercy McNichols campus. The conference will consist of many faith organizations that advocate for energy efficiency within their congregations. The cost for the conference is \$40. If you are interested in attending, contact Rev. Morris at (517) 333-9133. The Sierra Club will also have a table at the event.

Continuing Event

"Imaging a Shattered Earth, Contemporary Photography and the Environmental Debate" continues through Dec. 18 at the Meadow Brook Art Gallery. The exhibit is part of the College of Arts and Sciences' "Environmental Explorations" theme. The exhibit features work by 12 internationally recognized artists. The gallery hours are Tuesday through Sunday from noon-5 p.m.

Environmental interests?

Get involved in one of the many student, local or state agencies

By ALICIA SOSSI
Senior Reporter

With the hole in the ozone growing, thousands of acres of rainforests being cut down daily and global warming affecting everything from polar ice caps to Gulf Coast hurricanes, experts say it is more important than ever for students to get involved in the environment.

"It's important to think globally and act locally," Olaf Lidums said, one of the creators of the environmental organization GreenConnect.

Keeping with this year's College of Arts and Sciences theme, "Environmental Explorations," Oakland University students are learning the importance of taking an active role in their environment.

Charles Mabee, president of GreenConnect, along with Lidums and four other advisors form the group's core.

GreenConnect works with the environmental organizations on campus to promote environmental awareness and the urgency of acting now.

According to Linda Schweitzer, assistant professor of chemistry and a key figure for GreenConnect at OU, students must have a sense of urgency about environmental problems.

"One-third of all species on earth is extinct," she said. To preserve our environment "is an urgency, or we will be extinct," she said.

The agency works with student organizations, such as Students Promoting Interest in Nature, as well as faculty and staff, to hold events. It also helps to moderate the events. By working with students and campus resources, GreenConnect is fulfilling part of its broader philosophy of linking economy, ecology, community and ethics.

A Few Ways You Can Get Involved

SPIN

Students Promoting Interest in Nature (SPIN) is an on-campus organization. According to SPIN President Jessica Henry, the group concentrates on "trying to make the school and community more environmentally aware of things going on." The group holds many events on campus and also works with organizations such as Sierra Club and Clinton River Watershed Council, among others. Meetings are held every Monday at 5 p.m. at the Student Organization Center in the Oakland Center.

Clinton River Watershed Council

This non profit organization works with businesses, groups and individuals to protect the Clinton River, its watershed and Lake St. Clair. Students can volunteer to work with the organization, which strives to improve water quality and celebrate rivers as natural resources. For more information, visit <http://visit www.crwcc.org>.

Oakland Land Conservancy

Visit <http://www.michiganlandconservancy.org> to download a volunteer form for this local organization. They help to remove invasive species that will otherwise dominate forests, as well as plant, collect seeds, or even do office work. For more information, call (248) 601-2816.

The Michigan Nature Association

Dedicated to protecting land and preserving nature, this state organization is based in Williamston. This month, volunteers will work at various locations removing invasive species and weeds from prairies, marshes and other areas. For more information, visit <http://www.michigannatureassociation.org> or call (517) 655-5655.

More information

For more information on getting involved with these and other organizations, visit the College of Arts and Sciences Web site, accessible through <http://www.oakland.edu>.

Got a news tip? Call (248) 370-4268 or email editor@oakpostonline.com

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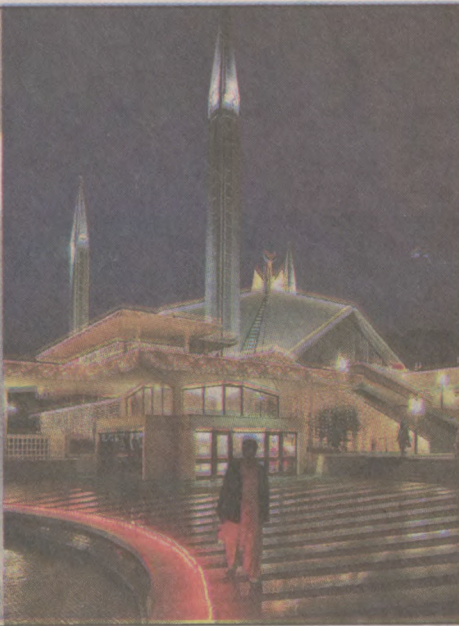
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What do you think? Would you join a student, local or state environmental organization? Why or why not? E-mail your responses to editor@oakpostonline.com.



The Associated Press
Police arrest a man at the Haedo station outside Buenos Aires, Argentina, Tuesday. An angry mob attacked the train station and set seven railroad cars, the station and a police car on fire, after a train was delayed. Local media reported that nearly 100 rioters were detained.



The Associated Press
The landmark of Islamabad, Pakistan, the Faisal mosque is decorated to celebrate ending of the Islamic holy fasting month of Ramadan, Tuesday.



The Associated Press
A right whale is shown in this March 10 photo from the Georgia Department of Natural Resources after it was hit by a yacht. Conservation groups are trying to stop the construction of one of Georgia's largest marinas by staking their argument on the whale which is now dying.

NATION

Republicans praise Alito, Bush

WASHINGTON (AP) — The White House got the reaction it wanted out of its third Supreme Court nominee, federal appeals judge Samuel Alito: immediate acceptance from the conservatives who helped torpedo President Bush's previous pick. But abortion rights Democrats are openly talking about trying to block the New Jersey jurist. "The filibuster's on the table," Democratic Sen. Barbara Boxer of California said as Alito headed back to Capitol Hill on Tuesday. Alito is courting Republicans crucial to his attempt to replace retiring Justice Sandra Day O'Connor. But Sen. Dick Durbin, D-Ill., the No. 2 Senate Democrat, said Democrats needed to learn much more about Alito's values and beliefs on topics like the right to privacy, women's rights and the environment.

Bush outlines flu-fighting strategy

WASHINGTON (AP) — President Bush outlined a \$7.1 billion strategy Tuesday to prepare for the danger of a pandemic influenza outbreak, saying he wanted to stockpile enough vaccine to protect 20 million Americans against the current strain of bird flu. The president also said the United States must approve liability protection for the makers of lifesaving vaccines. He said

the number of American vaccine manufacturers has plummeted because the industry has been hit with a flood of lawsuits.

Judge removed from Delay case

AUSTIN, Texas (AP) — In a courtroom victory for Rep. Tom Delay, the judge in the campaign-finance case against the former House Republican leader was removed Tuesday because of his donations to Democratic candidates and causes. A semi-retired judge who was called in to hear the dispute, C.W. Bud Duncan, ruled in Delay's favor without comment. Duncan ordered the appointment of a new judge to preside over the case.

Researchers: levees had design flaws

NEW ORLEANS (AP) — The engineers who designed the floodwalls that collapsed during Hurricane Katrina did not fully consider the porousness of the Louisiana soil or make other calculations that would have pointed to the need for stronger levees with deeper pilings and wider bases, researchers say. At least one key scenario was ignored in the design, say the researchers, who are scheduled to report their findings at a congressional hearing Wednesday.

WORLD

Congolese fear Goma's volcano will erupt again, but are too poor to move

GOMA, Congo (AP) — Nicolas Muhamiriza remembers sitting atop a small hill, as red rivers of molten lava crept over the city and swallowed his sprawling villa. Muhamiriza, 47, was once the owner of a thriving bottling plant. Now he is among thousands of Congolese in the eastern city of Goma who struggle to pay rent for wooden shacks, their livelihoods destroyed nearly four years ago when lava submerged schools, hospitals and houses. Scientists and officials fear Goma will one day be incinerated by Nyiragongo, the volcano that looms over the city. City officials would like to move Goma's residents 30 miles west, to the towns of Sake and Kirotse. Few, however, can afford to leave, and the government doesn't have the resources to help.

Nine reported killed in election violence, after winner declared

ZANZIBAR, Tanzania (AP) — Police clashed with opposition supporters Tuesday after the ruling party was declared the winner of elections marred by allegations of vote-rigging, and officials said nine people were killed. Unrest across the Zanzibar archipelago, which is part of Tanzania

but semiautonomous, came as the ruling Chama Cha Mapinduzi, or Revolutionary Party, was declared winner of presidential and parliamentary elections that were marred by violence and allegations of rigging. Seif Shariff Hamad of the main opposition Civic United Front said the five supporters died on the island of Pemba. A member of the government security force said four of his colleagues were killed, also on Pemba.

Paris suburbs hit by more rioting

PARIS (AP) — Youths torched cars and threw stones at police in one Paris suburb and set two classrooms on fire at a school in another, authorities said Tuesday, as unrest spread in the volatile neighborhoods after the death of two teenagers last week. Police said that 13 people had been jailed and 21 cars burned in the most recent rioting that began late Monday in the northeastern suburb of Clichy-sous-Bois and three other suburbs in the same region. Clashes initially erupted Thursday after two teenagers were accidentally electrocuted as they hid from police in a power substation. The unrest has highlighted security problems plaguing France's big city suburbs despite government pledges over the years to tackle unemployment, delinquency and drug trafficking.

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Nov. 3; 11 AM-4 PM (FACULTY, STAFF & STUDENTS ONLY)
Nov. 4-ON; 11 AM-4 PM (OPEN TO PUBLIC)

life (lif) n., The physical, mental and spiritual experiences that constitute existence.

Local trail offers serene fall setting



By SARA KANDEL
The Oakland Post

Just a few miles from the bustle of campus lays a serene nature trail with a lure of beauty that brings in cyclists, joggers, artist, dog walkers, fishers and nature observers.

Paint Creek Trail has multiple entrances along its 8.5 mile stretch, and is well spaced which prevents over crowding. While the feeling of being in nature remains apparent, the trail way is a popular attraction for all types of people.

With autumn upon us, the trail seems even more attractive. After all, it is the time when Michigan dresses herself up in yellows, oranges and reds in a brief but beautiful period before the icy chill of winter turns the land a dull brown.

Paint Creek Trail has blossoms of color lining both sides, and takes its travelers, over wooden bridges and past gently flowing

creeks to rather picturesque points.

This gravel trail that connects the cities of Rochester, Rochester Hills and Lake Orion has numerous points of interest such as the Rochester Hills Museum at Van Hoesen Farm, Bald Mountain Recreation Area and Dinosaur Hill Nature Preserve.

The cities it connects are dotted with cider mills, restaurants, galleries and stores that could turn any hike into a full day of activity.

Open year-round from 6 a.m. to 10 p.m., the trail way will soon be host to cross country skiers, but for now it is still available for those who come to ride a bike, or horseback, fish, walk or relax.

All guest are welcomed but are asked to respect the nature of the trail by not disturbing the plants and animals along the way, cleaning up after their pets and keeping all motorized vehicles of the trail.

For more information, call (248) 651-9260 or visit <http://www.paintcreektrail.org>.

review

Paint Creek Trail is located by

Photo courtesy of Sara Kandel

No-flush urinals save money

GRAND RAPIDS, Mich. (AP) — The U.S. House of Representatives' version of the 2006 military-spending bill includes \$2 million for a Navy study that could benefit a Michigan maker of waterless urinals.

Falcon Waterfree Technologies LLC is in U.S. Rep. Vern Ehlers' congressional district, but the Grand Rapids Republican said that isn't why he added the study — which would explore the use of such plumbing fixtures aboard ships and at installations where water is scarce — to the bill.

"There's more than one manufacturer," he told The Grand Rapids Press for a Monday story. "The government always goes out for bids."

Ehlers said while he is glad to help a constituent company, he supports the use of no-flush urinals in a world facing shortages of fresh water.

The self-described environmentalist said a typical public flush toilet uses about 40,000 gallons of water per year.

Not only do they save on water and sewer costs, Ehlers said the urinals are

ideally suited for the U.S. armed forces.

"The military has major problems in certain parts of the world, like Iraq or any desert where there is a lack of water," he said. "The other problem is on Navy ships."

The urinals made by Falcon use replaceable, recyclable cartridges that trap odors while allowing urine to travel down drains. Each cartridge is good for about 7,000 uses before it must be changed.

The military already has installed Falcon urinals at Fort McPherson and Fort Gillem in Georgia and at Patuxent River Naval Air Station in Maryland.

A rival, Vista, Calif.-based Waterless Co. LLC, says on its Web site it has "thousands" of similar urinals installed at federal facilities throughout the United States.

Ehlers said he first saw a flush-free urinal in a men's room at Frederik Meijer Gardens and Sculpture Park near Grand Rapids.

"I thought, boy, if the private sector is doing it, maybe the military should, too," he said.

Peacocks are new pets

(AP) — The birth of a new baby brings the usual sobbing, sleepless nights and sibling rivalry.

Things are considerably more complicated when the bundle of joy struts about the homestead, flailing his ice-green feathers and cocking his regal white headcrest.

"It's hard when your parents give you up and adopt a new kid," Gloria M. Boensch, 52, says dryly.

Welcome to the wildlife world of her folks, Viola F. and Glen O. Dietzel, where 5-month-old peacock Peekers rules the roost.

So Peekers has filled the Saginaw County couple's empty nest.

The Dietzels are peafowl pros, having raised 50 of the brightly colored birds during the past two decades.

It all started when a friend's

white peacock promenaded onto Boensch's porch, and her parents next door fell in love with it.

It was par for the course for the animal aficionados.

Married 58 years, the retired couple has lived on a 27-acre farm since 1965 that has swollen to include a Dr. Doolittle delight of 100 cats, chickens, guinea pigs and of course peacocks.

"He's my buddy," Dietzel said as Peekers jumped on his shoulder, right on cue. "In all our years with peacocks, no one was this friendly."

With a life span of 20 years, Peekers is still a babe, prone to temper tantrums. He won't even sprout his signature tail until he's 2.

"He's one of a kind," she said with a smile. "And such a messy little eater."



Flicks return to OU

By ERIN MALLARD
The Oakland Post

Who said money can't buy you good grades?

Oakland University students will attempt to prove that it can on Monday and Tuesday nights in November.

For \$4, students can go to "The Flicks Cinema" at Meadowbrook Theater and watch a foreign film.

The cinema is sponsored by the Center for Student Activities and the Office of Student Affairs.

Several professors are offering extra credit to students who go see the films.

Peter Trumbore, assistant professor of political science, suggested the film "The Battle of Algiers," and is offering extra credit to his students if they go see it.

The 1966 film directed by Gillo Pontecorvo depicts the Algerian war for independence from France.

"It speaks to current issues on the war on terror," Trumbore said. "It forces us to think about just how far governments should go to combat terrorism."

The film "has been used as a how-to by terrorist groups and counter-terrorist organizations," including the U.S. government, Trumbore said.

Letizia Comisso plans to see this film to reinforce what she has learned in her French classes and for extra credit.

"The Battle of Algiers' was such a huge thing in French civilization," she said.

Comisso also warns fellow movie-goers, "It's gruesome, so don't eat anything before."

She also saw the second film in the Flicks series "Red." It is the last film in the "Three Colors Trilogy" by Krzysztof Kieslowski and tells the story of a relationship between a young woman and an older man.

Both films will be shown in French with English subtitles.

"The Flicks Cinema" premiered in the

winter of 2005. It attracted larger audiences than expected, averaging 60 people each night.

Over one hundred attendees were there for one showing.

According to its Web site, the program's mission is to "provide artful films of other places and other people for the entertainment of students, faculty, staff and guests in a professional quality setting."

The first film, "The Motorcycle Diaries," was shown on Oct. 18 and for Halloween, the 1967 film "The Fearless Vampire Killers," also known as "Pardon Me but Your Teeth Are in My Neck," was shown.

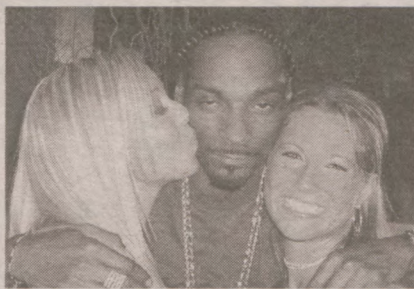
The latter is a comedy, directed by Roman Polanski, about two vampire killers and their attempt to rescue the beautiful daughter of an innkeeper from a vampire.

Whether extra credit is offered or not, students should take the opportunity to see a foreign film at a great price.

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<http://www.home.woodes.net>

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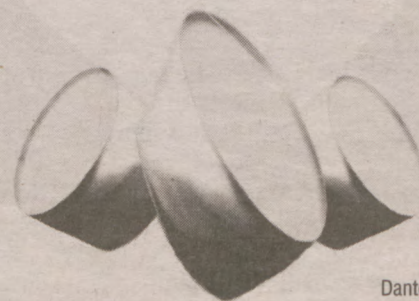
"The Battle of Algiers"

Monday, Nov. 21

"Beyond Silence"

Monday, Nov. 28

"The Barbarian Invasions"



Dante Cuillo/Photo Editor

'Saw II' kills competition

By DAVID GERMAIN
The Associated Press

Like its predecessor, "Saw II" is a bloody mess in more ways than one. If you're a fan of last year's low-budget horror hit "Saw," though, blood is what you're hoping for, and you'll likely not mind the frantic mess of the filmmaking.

The squeamish definitely should stay away, as "Saw II" piles on even more gory deaths and gruesome scenes of mutilation than the original. Lacking a fresh idea, the filmmakers offer essentially the same movie but on a broader scale.

Instead of two people locked in a room by a serial killer testing the horrifying limits to which they will go to survive, we get eight people locked in a booby-trapped house, also faced with awful choices if they hope to live.

The violence is as repugnant and the characters as disagreeable as those in the first movie, yet "Saw II" is marginally better on the strength of an understated performance by Tobin Bell, reprising his role as the diabolical slayer known as Jigsaw.

Bell spent most of the first movie playing possum as a supposed cadaver lying on a bathroom floor. This time, his Jigsaw character is dying of cancer but has orchestrated a grand finale to teach a terrible morality lesson to a cop on his trail, detective Eric Mathews (Donnie Wahlberg).

Mathews and his colleagues (including Dina Meyer repeating her cop role from "Saw") apprehend Jigsaw early on, only to discover he has trapped eight people in a home filled with deadly gas. Clues are scattered about to direct the victims to syringes containing an antidote, but the house also is fitted with grisly devices of torture and death if the

prisoners take a wrong step.

The cops holding Jigsaw can only watch helplessly on TV screens linked to the house. Among Jigsaw's victims is Mathews' teenage son (Erik Knudsen) and Amanda (Shawnee Smith, also back from the first movie), a survivor of a previous "life lesson" by the killer.

Also on the victim roster are a hot chick (Emmanuelle Vaugier), a reckless thug (Franky G), a wallflower (Beverly Mitchell) and a street-wise guy (Glenn Plummer).

The sequel has the seal of approval from the original's creators, director James Wan and his co-writer, Leigh Whannell, who also co-starred in "Saw." Busy on another movie of their own, the two signed on as executive producers for "Saw II." Whannell sharing screenwriting credit with first-time director Darren Lynn Bousman.

Bousman had written a stand-alone thriller script of his own, which the producers of "Saw" decided could be reshaped into a sequel to their movie.

The director's background in music videos and commercials shows clearly, with "Saw II" an assault of quick cuts, individual shots rarely lasting more than a second, the visual commotion evoking a sort of cinematic seasickness as the movie progresses.



Photo courtesy of <http://www.yahoo.com>

Jigsaw returns to take more victims in "Saw II" just in time for Halloween.

There's little for the actors in the house to do, but grow shriller and turn on one another as the clock ticks toward their doom. Wahlberg has a nice hang-dog apathy about him at the outset before his character lapses into his own frenzy.

Bell's Jigsaw is a creepily unflappable presence, his hushed performance offering some welcome quiet moments amid everyone else's shrieking.

As with "Saw," the sequel offers no mind-of-the-killer insights, just gratuitous bloodshed and butchery and a few not-too-surprising plot twists. But with a name like "Saw," fans probably don't want anything more.

review

No one is safe in TV version of 'The Boondocks'



The Associated Press

(AP) — Aaron McGruder has been called a "genius" and "the angriest black man in America" as he skewered everything from the Bush White House to Black Entertainment Television.

McGruder's show, which premieres Sunday at 11 p.m. EDT on Cartoon Network's Adult Swim, will retain the edge that has periodically gotten the strip pulled from newspapers.

"The Boondocks" follows the adventures of junior revolutionary Huey Freeman and his hip-hop obsessed younger brother, Riley, who live in a white, middle-class suburb with their cantankerous grandfather.

"Anyone who is familiar with the comic strip knows that 'The Boondocks' is anything but soft," says actress Regina King, the voice of Huey and Riley. "Aaron McGruder is not scared of taking on anybody."

McGruder began writing the strip in 1997 while attending the University of Maryland. Now it's car-

ried in about 350 newspapers, although some have moved it to the editorial page.

A few papers temporarily pulled the strip for its attacks against the war in Iraq in 2001. And earlier this year, several papers dropped it for a few days because of its use of the n-word — which, not coincidentally, is sprinkled throughout the TV series.

Cartoon Network "is letting me do the show I want to do," McGruder says. And network senior vice president Mike Lazzo is making "The Boondocks" the centerpiece of the three-hour Adult Swim late-night block, which pulls in much of the coveted 18- to 34-year-old male demographic.

"I'm shocked at what he's allowed to get away with," laughs comic John Witherspoon, who voices Granddad. "Like this trial of R. Kelly and the use the n-word, (although) Dave Chappelle got very wealthy off of it. But I think this is going to set a precedent for cartoons."

Audiences seem to be ready.

Need a raise? Now is a good time to ask for one

(AP) — Most workers can expect pay raises of about 3.5 percent next year — the same as this year, according to recent employer surveys. If you think you deserve more than that, now may be a good time to approach your boss.

"A lot of companies are in the process of putting their budgets together," said John A. Challenger, chief executive of the Challenger, Gray & Christmas Inc. outplacement firm in Chicago. "It won't hurt to get your name in there now."

But Challenger and other experts warn that appeals that might have worked in the past won't do so anymore. You can't walk into your boss' office and argue that you need more pay because you've just gotten married or had a child, or because you've worked for the company for five years, or because the prices of everything are going up.

Increasingly, you've got to prove that you're worth more money because you're making a significant contribution to the company's performance.

"It's less about you and more about what you're doing for the organization," Challenger said.

He suggests that the best time to approach the boss is after you've successfully completed a major project or done something that's drawn attention or praise.

"That way you can point to the impact you're making on the department or on the company's bottom line," he said.

This assumes, of course, that you have a good working relationship with your boss, he added.

"If it's a testy relationship, it's going to be much tougher," Challenger said.

Steven E. Gross, leader of the employee rewards business for Mercer Human Resource Consulting, based in New York, said most companies are trying to hold down spending, and that means they're more selective about salary increases.

"They want to reward their highest performers, and there are basically three ways to do that: salary increases, variable compensation such as bonuses and special awards, and promotions," he said.

Gross suggests that to qualify for any or all of those options, a worker needs to develop his or her case over the course of a year.

"Sit down in the spring with your manager and have a conversation around, 'What are your expectations for my job?' and 'What would exceed those expectations?' he advises. 'You want to make sure you agree on measures of success.'"

That way, an employee doesn't walk into his boss' office and say, "I think I did a great job and I deserve a raise," and get a blank stare from the boss who believes the worker's performance has been mediocre, Gross said.

Once criteria are agreed on, "it's easier to document what you've done" and convince your employer you're worth more money, he said.

If money isn't available, a good worker can sometimes negotiate better working conditions, Gross said. Perks could include more flexible work schedules, more vacation or company-paid training programs.

David Fagiano, chief operating officer of Dale Carnegie Training, a global management training company based in Hauppauge, N.Y., said workers sometimes make the mistake of thinking that if they accomplish the required tasks, they're performing well.

"Frankly, that's when you deserve the average pay raise," Fagiano said. "You need to point to things you've done above the daily routine — ways you've increased revenues, reduced costs, driven the organization forward."

He said that to add value to a company, workers need to understand what's important to the company.

"A lot of companies distribute their strategic plans to all employees," Fagiano said. "If you're not sure where you fit in, ask your manager, 'What are you working on?' or 'What's important to you ... and how can I help.'"

All the experts said that threatening to quit can be a self-defeating strategy for getting a raise because your boss just might accept your resignation on the spot.

"Nobody is indispensable," Fagiano said. "There are replacements everywhere."

There are also a lot of jobs out there, which means workers who are not

happy with their pay and perks can do some discreet job hunting.

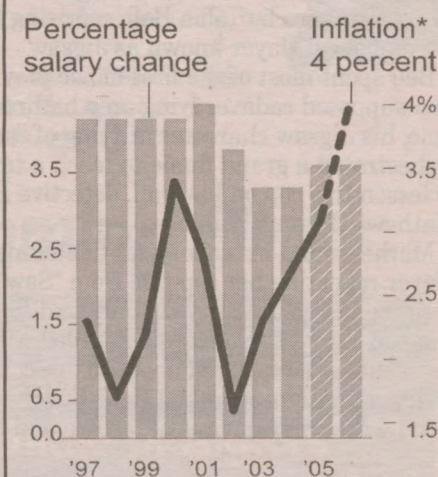
"It doesn't hurt to dip your toe in the water," Challenger said. "But you should keep it confidential."

He added that fall isn't a bad time to look for a new position because "the heaviest time for hiring is the beginning of the year, and a lot of those processes get started with applications and interviews now."

Pay increase flat

The average worker can expect the same pay raise next year as they received this year.

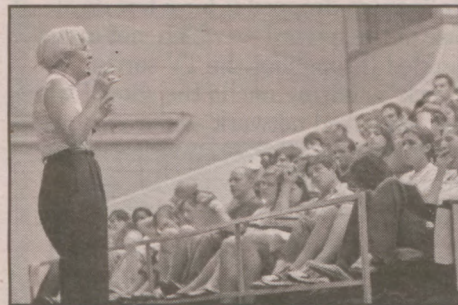
Annual pay change



*Consumer Price Index All Urban

AP

Money Tip: According to CareerBuilder.com, 58 percent of employers said they will need extra help this holiday season. Get some extra cash by applying for seasonal jobs before the holiday rush!



The Associated Press
Sharon Nikols, University of Georgia Food and Consumer Sciences Dean, teaches an Introduction to Family and Consumer Sciences class.

More college men studying 'home ec'

(AP) — At one time, cookie-baking classes and pop quizzes on laundry essentials were the core of home economics courses, but recent changes have made this once female-dominated field more palatable for men.

The increasing number of men in "nutrition science" or "human science" may be because of the change to courses geared more toward "life skills," including tips for budgeting, and basic knowledge of supply and demand.

"Today's the golden age of home ec," said Dennis Savaiano, the dean of Purdue University's College of Consumer and Family Sciences. "We're directing all the same issues — family, food and finance — in a much broader, societal way."

In the 1950s, Americans re-emphasized the value of working in the home.

By the 1970s, programs branched out into niche topics like child development and family therapy.

It's not uncommon now to find schools offering specialized degrees that focus on property management or courses that tackle nutrition and fitness through a neuroscience lens.

There's still the persistent question of how to broaden the appeal of female-friendly programs to males.

"Men need nutrition, counseling and health classes just as much as women," said University of Georgia professor Mary Ann Johnson.

Government considers first do-it-yourself HIV/AIDS test

(AP) — Swab the inside of your mouth. Put that swab into a vial of test fluid, and 20 minutes later you'll learn whether you're infected with the virus that causes AIDS.

The OraQuick Advance test is already widely available in health clinics and doctors' offices. The Food and Drug Administration is considering permitting it to be sold over the counter.

Supporters of home kits say they will spur more people to get tested and get treatment sooner if infected. However, concerns have

been raised about whether a doctor or counselor should be nearby when people find out they are HIV-positive.

If approved, the test would become the first FDA-approved test that a person can take without the presence of a health care worker, or the requirement of mailing a sample to a lab.

The maker, OraSure Technology of Bethlehem, Pa., has not decided how much it will charge consumers for the kit, said Ron Spair, the company's chief financial officer. The company sells the kits for

between \$12 and \$17 to clinics and doctors, he said.

The test is accurate more than 99 percent of the time, Spair said. Still, a positive result from the test should be confirmed through an additional test by doctors or public health officials, he said.

The kits are a good idea, said Terje Anderson, executive director of the National Association of People with AIDS. He said he doubts they will be as popular as at-home pregnancy test kits, suggesting most people who want an HIV test prefer to be with a doctor.

"Overall, I would say they are a step forward," he said. "Anything that helps more people learn their status is a good thing."

But the discovery one has HIV is "potentially traumatic," he said. "There have got to be safeguards built in so they can get all the support they need," he said.

Spair said the company would work with FDA to develop instructions with the kit for those who receive a positive result. A telephone number and a web site will be part of those instructions.

"We, together with the FDA, want to make sure that the infrastructure is in place so that folks on a 24-7 basis have access to counseling," he said.

HIV test at home

The Food and Drug Administration is considering whether to allow over-the-counter sales of an HIV test currently used in doctor's offices.

Used to collect sample from gums



Taking the test

Gently swab around both the upper and lower outer gums using the flat end of the device



Insert device into developer solution

Wait 20 minutes

A test is positive if a reddish-purple line appears next to BOTH the "C" and "T" on the reader

SOURCE: OraSure Technologies

AP



The Associated Press

McDonald's starts to count calories

(AP) — McDonald's Corp. announced that it will display nutrition information on the packaging for most of its menu items next year.

The world's largest restaurant company, like other fast-food chains, already has detailed nutrition information posted on its Web site, and a list of menu items and their content was available when consumers requested it.

But the chain had resisted calls to post calories and fat content prominently in its restaurants or on its packaging.

The new packaging will be introduced in McDonald's restaurants in North America, Europe, Asia and Latin America starting in the first half of 2006. The Oak Brook, Ill.-based company said it expects to have the packaging available in more than 20,000 of its 30,000-plus restaurants worldwide by the end of the year.

In announcing the latest push to improve its image on health issues, McDonald's said it demonstrates its commitment to promoting balanced, active lifestyles.

"This initiative makes it easier than ever to understand the quality that goes into our food," CEO Jim Skinner said. "We're very confident that the more information people have, the more they will like what they see at McDonald's."

McDonald's has been a magnet for complaints that fast food is unhealthy. It was targeted by the 2003 documentary "Supersize Me," which focused on the health risks of an all fast-food diet, and hit with a lawsuit blaming the company for the obesity of teenage customers, although that suit was dismissed.

The company has long maintained that its food can be part of an active, balanced lifestyle.

The packaging information will consist of icons and bar charts displaying how McDonald's menu items relate to daily recommendations for calories, protein, fat, carbohydrates and sodium.

They will debut at McDonald's restaurants at the Olympic Winter Games in Turin, Italy, in February.

Study says to walk for a healthy heart

(AP) — There's no need to run. Just going for a brisk walk — in the park, around the block or on a treadmill — may be enough to help keep your heart healthy, a small study suggests.

A Duke University Medical Center study indicates roughly two to three hours of mild exercise a week at a moderate intensity can significantly cut the risk of cardiovascular disease.

The findings may encourage people who are reluctant to exercise, said Brian Dusch, the lead author of the research published

in the October issue of the journal Chest.

"The classic question always is: What's the minimum amount I need to do to enjoy the benefits of it," Dusch said. "If you just walk 12 miles a week at a brisk pace, it's scientifically proven now that you will get some benefits."

Even if you think you aren't gaining any benefits because you aren't losing weight, "don't stop exercising," Dusch said.

Dr. Robert Eckel, president of the American Heart Association, said the study supports what

already is known: Moderate activity is certainly better than no activity. But, he noted that "even being more fit may have a better outcome long-term."

Dave Brady, manager of Hyde Park Gym in Austin, Texas, said the findings from the Duke study weren't new but "absolutely right on." Walking 12 miles a week is a good start for people who are overweight and haven't done any exercise, he said.

"If people would just start walking they will get some type of benefit," Brady said.

Mid-Con champs

Frezza takes individual title

By DUSTIN FRUCCI
Sports Editor

All year senior Adam Frezza has led the men's cross country team to consistent point totals and top five finishes. Why would the Mid-Con Championships at Valparaiso, Ind. be any different?

Frezza took the overall title in the 8k race with a time of 24:51.3, leading OU past Southern Utah 38-42 for the conference title.

"I'm not going to say I was surprised to see us win the title," head coach Paul Rice said. "Fortunately, we had some guys show up and run to their potential."

Frezza was in a dogfight with James Wanjiku of Oral Roberts throughout the race. Wanjiku finished just two

seconds behind Frezza's first place time.

OU placed five runners in the top 15.

Senior Paul Kulisek took third place overall, completing the course in 25:16.2.

Sophomore Jason Young rounded out the OU runners that finished in the top 10. Young was eighth overall with a time of 25:36.0.

Other OU finishers were the freshmen duo of Andrew Lawrick and Kenny Wassus. Lawrick just missed the top 10 with a time of 25:47.7, good enough for 11th overall. Wassus finished 15th overall, crossing the line in 26:06.7.

Senior John Cook (26:31.9), junior Dave Elliot (26:37.1) and junior Chris Fecek (26:40.8) finished 19th, 20th and 22nd.

Junior Tim Copacia rounded out the OU runners, coming in 32nd with a time of 27:28.4.

"There's a lot of work that goes into our sport and not a lot of recognition," Rice said.

The team will have plenty of opportunity to gain recognition when they travel to Bloomington, Ind. for the NCAA Great Lakes Regional Meet on Saturday, Nov. 12.

"We've never finished in the top 15, so that's our immediate goal," Rice said. "We have the potential to get near the top 10 teams."

"Adam has an opportunity to run at Nationals if he can finish near the top at Regionals."

If the rest of the season is any indicator, Frezza will be with the front-runners whenever the meet is held.

SPORTS

Golden Grizzlies earn share of Mid-Con title

The women's soccer team clinched a share of the Mid-Con regulars season championship with its 4-0 victory over Centenary on Friday night. The Golden Grizzlies (8-7-1, 4-2 Mid-Con) tied with Valparaiso in the conference standings, but earned the No. 1 seed in the Mid-Con Tournament because they defeated Valparaiso earlier this season. OU will face Western Illinois at 5 p.m. on Friday in Tulsa, Okla. in the first round of the tournament. The Grizzlies fell to the Westerwinds 3-2 earlier this season. If OU can get defeat Western Illinois, it will take on the winner of the Valparaiso-Southern Illinois game in the championship game on Sunday, with an NCAA Tournament bid on the line. Senior Kristi Swaving scored two goals and Kristi Vandeberghe and Jessica Boyle each scored one in the victory over Centenary. Goalkeeper Jessica Howard made three saves to earn conference best fifth shutout of the season.

Edwards nets game-winner against UMKC

Senior forward Chris Edwards scored a second half goal to help lead the Grizzlies to a 1-0 victory over the Kangaroos. The goal is Edwards' third of the season. Senior Jeff Wiese made three saves to earn the shutout. The win ensures OU at least a share of the regular season championship if it can defeat IUPUI in its final conference game on Saturday. Oral Roberts is the only other team with one conference loss and has two conference games left to play. The Grizzlies win also ends UMKC's chances of making the Mid-Con Tournament.



Dante Ciullo/The Oakland Post
OU goalkeeper Jeff Wiese

Men's swimming dominates quad-meet

OU defeated Cincinnati, Wayne State and Wisconsin-Milwaukee in the Golden Grizzly Quadrangular meet. The Grizzlies defeated Wayne State 175-62, UW-Milwaukee 186-57 and Cincinnati 140-91. Senior Chris Sullivan won the 50-yard freestyle and 100-yard freestyle. Sullivan was also a member of the first place 400-yard medley relay team. Sophomore Zoltan Horvath was also a member of the medley team, won the 200-yard breaststroke and took second in the 100-yard IM. The women's team also defeated Wayne State and Wisconsin-Milwaukee, but finished in a tie with Cincinnati. Amanda Burwell took second place in both the 200-yard IM and the 200-yard breaststroke and was a member of the first place 400-yard medley relay team. Both teams will travel to Wright State on Saturday for their next meet.

Jaguars pass Grizzlies in standings with win

IUPUI defeated OU's volleyball team in three games (32-30, 30-21, 30-18). OU (5-22, 4-7 Mid-Con) and the Jaguars came into the game tied in the Mid-Con standings. Senior Heather Lippert led the Grizzlies with seven kills and eight blocks. OU will travel to Valparaiso on Friday and IPFW on Saturday.

— Compiled by Dave Pemberton,
Assistant Sports Editor
Information compiled from various news sources.



The Associated Press

The Detroit Pistons open up defense of their Eastern Conference championship Tuesday, at home against the Philadelphia 76ers. The Central division looks to be one of the strongest divisions in the NBA with the Indiana Pacers healthy and armed with Ron Artest, a new supporting cast for LeBron James in Cleveland, an improving Milwaukee Bucks team who has both number one pick Andrew Bogut and newly acquired Jamaal Magloire in the middle and a young Chicago team with a year of playoff experience.

Reacquainted and ready to go



Bob Knoska/Oakland Post File Photo

Jayme Wilson drives through defenders in a game against Milwaukee last year. Wilson will make the switch from point guard to shooting guard in OU's new offense.

By PAUL KAMPE
Senior Reporter

Even after a 21-8 record last season, there is room for change in the women's basketball team.

Beckie Francis is returning to the bench with the task of topping the mark that is this school's best since the mid 1990s, prior to entering Division 1.

Francis will be getting reacquainted with Jayme Wilson, a senior guard on the team whom Francis recruited out of high school. The transition to a new system is taking place on the practice court.

"I think she (Francis) expects everybody to work hard and try to pick up the stuff that she's teaching us," Wilson said. "It's an adjustment moving to her system from where we were before."

The team will be switching to a three-guard offense where Wilson plans to play the shooting guard, a move over from the point guard position she played in last year's offense.

The move should facilitate her scoring; Wilson carries a 15.3 points per game average to go with her 2.3 assists per game average. Those numbers made her the team's highest scorer and third overall scorer in the Mid-Continent Conference. Wilson rests at 10 on the Grizzlies' all-time scoring list.

"We've always been a running team, so I think it goes really well with that," Wilson said.

The number of returning players should make the goal easier for the team. "There is a strong core coming back, we already have an idea of how everyone plays," Wilson said.

The Grizzlies were selected to place fourth in the conference this season based on a pre-season poll of Mid-Con coaches, sports information directors and various members of the media.

"We're just excited to start playing at this point," Wilson said.

Wilson, from Shawnee, Kan., is a three-time All-Conference selection for her play on the court.

Wilson is also an Academic All-Conference and a Golden Grizzlies Excellence recipient.

The balance between classes and athletics can present an obstacle to student athletes. "It can be a challenge, it's just something that you have to be really organized with and plan out your time and commit to getting things done," Wilson said.

Wilson enjoys bike riding outside of the weight-room.

"It's nice to have something lower impact than running, it's something I can hopefully continue for 50 years," she said.

Wilson, a marketing major, said that she would like to go into sports marketing at a university. "I think it's a really neat place to be," she said.

Whatever she chooses, Wilson hopes to have a challenging career and lead a healthy lifestyle while doing the things that she enjoys.

The regular season gets underway Nov. 18 with a visit to the University of Wisconsin-Milwaukee.

Francis at home at OU

By SAMANTHA FRANZ
The Oakland Post

There's a tried expression that claims "you can't go home again." If that's the case, then OU women's basketball head coach Beckie Francis is a triumphant exception to the rule.

After having to step down due to illness in 2002, Francis has once again taken the reigns of the Golden Grizzlies basketball team, a team she feels "blessed to coach."

"It was gut-wrenching to leave," said Francis. "But it's amazing to be back at OU."

For some coaches, re-connecting with a team after a three-year absence can be difficult. A solid foundation needs to be built, and chemistry needs to be created among players and staff. But Francis has not run into this problem.

"It's been a smooth transition," Francis said. "They have great personalities and are nice people. It's been easy getting acclimated with them."

She was also delighted to see how team members have maintained their competitive spirit in the time she was away.

"We've maintained our program's premiere status in the conference," she said. "They have maintained a quality of being the front-runner in the league."

Coach Francis also took a moment to reflect on two of her senior players, Anne Hafeli and Jayme Wilson. As freshmen, they were recruited by Francis, but because of her absence, Francis didn't get to see them develop as players. Now, she has been given the chance to coach them once again in their senior year.

"I see more maturity on the floor," Francis said. "They are also more confident, being all-conference players. They are both stronger and have warm personalities."

Francis also commended her assistant coaches, Maureen Smith, Ayesha Whitfield and Katie Wolfe, for keeping the team together during the coaching search. "They've done a wonderful job of getting the team ready."

OU's regular season doesn't begin until Nov. 18, but the Grizzlies will have an exhibition game on Nov. 14 against Western Ontario at 7:00 p.m. in the O'rena.



"We've maintained our program's premiere status in the league (Mid-Con). They have maintained a quality of being the front-runner over the last few years."

-Head coach Beckie Francis

Women's Basketball Preview

OU looks to get back to where new coach led them once before

By SAMANTHA FRANZ
The Oakland Post

Last season, the OU women's basketball team finished 21-8 overall and 12-4 in the Mid-Con conference, tying for second place in the league. But this year, with head coach Beckie Francis back, the team is looking to surpass last year's success.

"The offense is more motion-oriented," said senior shooting guard Anne Hafeli.

Senior guard Jayme Wilson also sees a change in the offense. "There's a lot more on us to make plays and cuts," she said.

Senior power forward Lakeshia White agreed. "There is more freedom to run and set screens," she said.

On the defensive end, it's all about power. "We've picked up the intensity a lot," Hafeli said. "I think we'll be a better team this year because of the defense."

Coach Francis wants to improve on fouls and free throws this season.

"We are looking to improve on getting to the free throw line and not letting our opponents get to the free throw line as much," Francis said.

In addition to a fast-paced playbook and intense defense, Francis also has some goals for her team to attain in the coming season. "Naturally, we want to play hard, play well and enjoy playing the game the way it should be played," she said.

But as with every team, a great offense and defense means nothing if the team lacks chemistry. But OU has no problem in that department.

"We all get along very well," Hafeli said. "We already have a strong bond, and the freshmen fit in very well."

Francis also speaks highly of the team's chemistry. "We are having fun getting to know each other," she said. "Our assistant coaches are doing a great job and we are all focusing on helping and loving others by serving the community."

After a hard-working preseason, the team is looking forward to showing the Mid-Con what they are made of.

"All of our conference games are always competitive," Wilson said. "We're looking forward to getting started."

Even though the official opening tip

isn't until Nov. 18 at Wisconsin-Milwaukee, the team is already generating buzz. A recent Mid-Con Conference poll picked Oakland to finish fourth in the league, and the three captains, Hafeli, Wilson, and junior Nicole Piggott, made the Preseason First Team All-Conference.

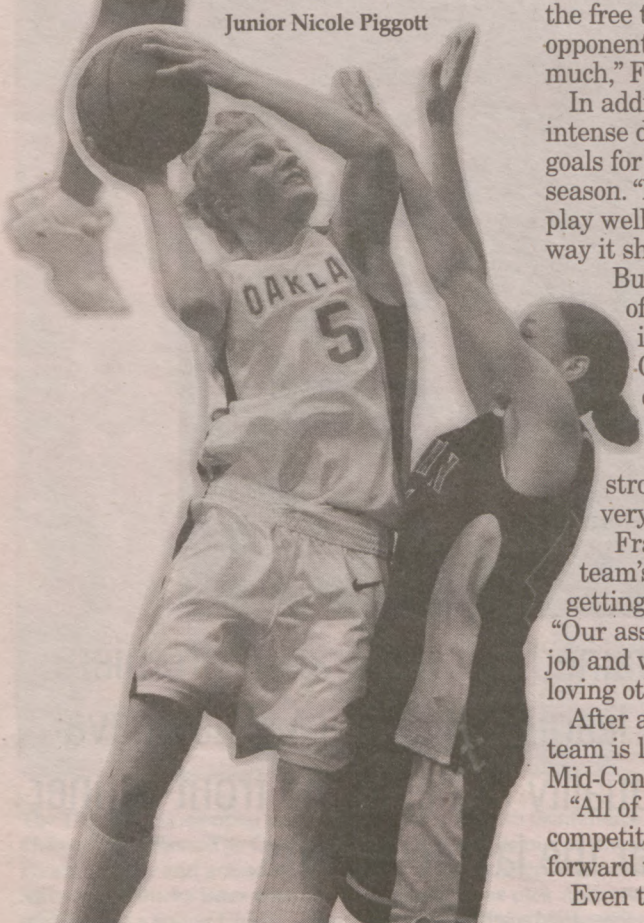
The fourth place ranking, however, appears to be great motivation for the players.

"We can do way better than fourth," White said. "I think they underestimated us. We're looking forward to getting the season started so we can prove them wrong."

Wilson is also determined to get the season underway. "I think we have the potential to win the conference," she said. "We're ready to fight and see."



Senior Anne Hafeli



Junior Nicole Piggott



Senior Jayme Wilson

Bob Knoska/File Photos

Important dates on the women's basketball calendar

Regular season opener — Nov. 18 at Wisconsin-Milwaukee

Home opener — Dec. 3 vs Wisconsin-Green Bay

Conference opener — Dec. 28 vs IUPUI

Jan. 2 — vs Valparaiso

Jan. 14 — at Western Illinois

Jan. 16 — at UMKC

Jan. 30 — vs Western Illinois

Regular season finale — Feb. 27 at Southern Utah

Mid-Con Tournament — March 4-7 at Tulsa, OK