

# THE OAKLAND POST

OAKLAND UNIVERSITY'S INDEPENDENT STUDENT NEWSPAPER

JANUARY

7

— 2015 —

## INSIDE THIS ISSUE:

**FOREVER YOUNG.**

Meet the new VP of UCM

**PAGE 6**

**#THISISOU**

Behind the branding

**PAGE 8**

**COMFY.**

Fashion meets function

**PAGE 14**

## SNOW PLACE LIKE HOME

Despite frigid weather, Grizzlies emerge from month-long hibernation to start the winter semester

**PAGE 7**

# thisweek

January 7, 2015 // Volume 40. Issue 46



So you've resolved to be better in 2015; to work out, to be kinder, to get that internship or maybe stop biting your nails, but how many of you will actually stick to these goals all year? Web Editor Sean Gardner explores the science behind New Year resolutions. Read more at [www.oaklandpostonline.com](http://www.oaklandpostonline.com).



## PHOTO OF THE WEEK

**OH GRIZZLY TREE** // Even during the winter break, students 'bear'-ed their black and gold pride by hanging Oakland University ornaments from Christmas trees. The holiday season may be over, but being a Golden Grizzly is for life.

Photo by Danielle Cojocari / The Oakland Post

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## POLL OF THE WEEK

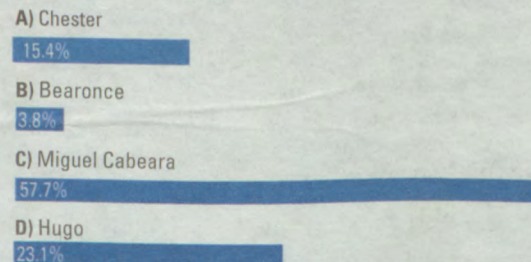
Did you make any New Year's resolutions for 2015?

- A** Heck yes! New year, new me, baby.
- B** No. Who keeps them, anyway?
- C** I'm still thinking about it.
- D** It's 2015?!

Vote at [www.oaklandpostonline.com](http://www.oaklandpostonline.com)

## LAST MONTH'S POLL

The first poll for our comic cub's name ended in a three-way tie! We decided to try again:



## THIS WEEK IN HISTORY

### January 7, 2009

Student Body President Dan Evola and his band, The Madison Opera, opened at the 89X New Year's Eve Rock 'N' Roll Bash in Dearborn.

### January 13, 2010

Oakland students Emily Battle, Emily Wilson and Kathryn Slevin received national recognition for their research on energy expenditure in women during radiation treatment for breast cancer.

### January 9, 2002

A warrant was issued for the arrest of a former OU student for stealing 10 computers from Elliott Hall while dressed as a maintenance man.

-Compiled by Megan Carson, copy editor



10

### CHIK MAGNET

Why'd the chicken cross the state? Answer: because it came from the Oakland Center, home to the only Chik-fil-A in Michigan, attracting nugget and waffle fry fanatics far and wide.



12

### REMEMBERING CODY

OU friends and faculty mourn the loss of student leader and senior Cody Petzold after he died in an automobile accident Dec. 26.



17

### HEAD TO HEAD

The Golden Grizzly men and women's basketball teams take on rival University of Detroit Mercy Saturday for the much-anticipated Metro Series.

## BY THE NUMBRRS

Sub-zero winter edition

26

more inches of snow fell last year than the average (12.5 inches) Michigan winter

17 mph

was the wind speed on Jan. 7 last year, compared to the forecasted windspeed on same day this year at 10-20 mph

-2.2°F

recorded temp last winter on Jan. 7, 13.2 degrees lower than the forecast for the same day this year

6.4

more days of sub-zero Michigan weather in 2014 than the average, 3.6

26.6

more inches of snow fell last year than the average (12.5 inches) Michigan winter

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

## It's time to change the casual mentality on mental health issues

By Kaylee Kean  
Managing Editor

**B**ipolar. Depressed. OCD. Psychopath. Schizophrenic. These are common terms used to describe those out-of-sync things we experience on an average enough day: "this Michigan weather is bipolar, that woman is seriously OCD about her outfits."

"This math professor is a psychopath. This homework load is really depressing."

They're well-known and well-used words. Harmless enough, right?

Wrong. These words may be well-known, but what about the meanings behind them? What about the implications?

There is a growing discussion on this casual use of diagnostic terms, and how this use ultimately minimizes these serious conditions and the people who have them.

In an eight minute video titled "4 Psychological Terms That You're Using Incorrectly," YouTube SciShow host Hank Green explains how the terms psycho, OCD, schizophrenic and bipolar are among those commonly misused, and why it's wrong.

In the video, he says psychologists define a psychological disorder as "a deviant, distressful and dysfunctional pattern of thoughts, feelings or behavior that interferes with a person's ability to function in a healthy way."

He then breaks down that

definition and the definitions of the psychological terms mentioned.

For example: obsessive-compulsive disorder (OCD), he shares, does not necessarily have to do with being clean. It involves obsessions — unwanted repetitive thoughts that could focus on anything — and compulsions — behaviors that are used as a way to try to escape the intense anxiety that come with the obsessions. These obsessions and compulsions take over the mind and interfere with one's daily life, and many have nothing to do with avoiding dirt and disorder.

Yet many people seem to throw the term around lightly, tagging themselves without fully understanding.

"We do this a lot," Green says. "Let's stop."

We at the Oakland Post agree with this statement, and ask the members of OU's community to re-evaluate their own uses of such terms.

Instead of calling a harsh teacher a "psychopath," labeling yourself with depression when you are sad for a short time, or calling a friend OCD because he or she is particular about something, stop and think about it. Learn what those terms really mean, and think about those who are genuinely struggling with these disorders.

Don't fuel the misunderstandings on mental illnesses. Whether you know someone with a psychological disorder or not, treat their struggles seriously and their disorders with respect. Don't

spread the wrong ideas, and don't let those ideas define those who are struggling with the real thing.

"It's hard enough to try not to become your disease when your disease is inside your brain, but it's even worse when it's inside everyone else's brains too," Green says at the end of his video.

There is an overwhelming amount of professional aid here at OU for those who need it. The Graham Health Center, Counseling Center, and GRASP are only a few of the resources available for students struggling mentally, and they are good resources. But they are not enough.

Those who are struggling with a psychological disorder, whether severe or mild, need more than professionals; they need their peers. They need friends and family to talk to, and they need to be able to share what they are going through without being casually branded for it.

We at the Post urge you to change the way you think about mental illness. We ask you to think twice the next time you're about to use the word "bipolar" or "depressed" or even "crazy."

Those who are diagnosed with a mental disorder are not crazy; they are sick. They are not OCD; they are a person struggling with OCD. They are not "those" people; they are just people.

They are people no different than you, and they are hurting. They need patience, kindness and open-mindedness. They need to know their struggles are not a joke.



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#### Letters to the Editor

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



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# Perspectives

## Letter to the editor: OU took away my scholarship

*First-year transfer student loses her scholarship, says she was misinformed*

**Cayla Essenburg**  
First-year transfer student

I am a transfer student and this is my first year at Oakland University. I received the OU Distinguished Transfer Award for my first four semesters at OU. However, my scholarship was quickly revoked due to the fact that I switched from Physics 151 to Physics 161. Since I am a new student at OU, I was unaware of the different rules and regulations that apply to students, and over the past semester I was very poorly informed. Before registering for the fall 2014 semester I had met with my advisor. We had gone over possible schedules of the classes I should consider taking during the semester.

I was misinformed, however, that as an engineering student I should have been in the Physics 161 class without the lab instead of Physics 151 with Physics 110 (the lab). I was unaware of this fact until after the deadline date to add/drop classes, and I only learned of the correct requirements when making small talk with my fellow colleagues instead of my advisor.

As soon as I found out about this mistake I went straight to registration services to get the corrections. There was no problem with registration in switching from Physics 151 to 161, since it is the same exact class except without the lab. However, I was once again never informed of the right information and was unaware of the fact that switching from 151 to 161 would lose me my scholarship.

I cannot understand why when I was still carrying 12 credit hours. I was told by financial aid services that once you drop a class after the deadline, classes that you add aren't taken into consideration. However, Physics 151 and 161 are the same exact class, except without lab. So the only class I actually dropped was Physics 110, and I was always a full time student even after the change.

If I was informed or aware of this rule earlier I would've just stuck the year out with Physics 151 so I wouldn't lose my scholarship.

At my previous college the registration and financial aid services were always very straight forward, very informative,

and extremely helpful. I have yet to experience those qualities at OU.

The only reason I even found about my scholarship being cancelled was because I went on my Sail account to switch some classes for my winter semester. It said I had a hold on my account because I owed money again.

I was never emailed or even contacted about not being eligible for my scholarship, or that I had another charge to my account.

I was instructed that in order for consideration to get my scholarship reinstated I had to write a letter to financial services. I did so in hopes they would see the errors I made were due to a lack of correct information given to me by advisors/employees at OU.

My request was not approved. Financial services told me once again that I was not a full time student, but there was no period of time in the fall semester where I wasn't taking 12 credits.

If financial services would've been more considerate with this situation, they would've seen by looking at my records and transcripts that I am a very hard-working and dedicated student whom takes pride in what I do.

The first time I spoke to financial services about my scholarship being revoked they simply said that they understood I was still in the same class and they could see that I was a full time student, but that they didn't have the time to look and consider the changes made in student's academics.

So instead, without any thought, they just took my scholarship away that I had worked really hard to earn. I wholeheartedly felt this situation was out of my control.

I had other options and scholarships offered to me from several colleges in Michigan and this whole circumstance has made me regret my decision to attend Oakland University.

I am now sending this letter to you in the hopes that this may make the situation more visible to the board and faculty at OU and show how wrong all of this has been. I guarantee I am not the only student that something like this has happened to, and circumstances like this are going to give OU a bad name.

Word gets around and situations such as this portray to incoming students that OU doesn't care about honoring initial commitment to their academically proficient students.

After all, that was one of the reasons I chose OU in the first place.

# WHAT'S YOUR PERSPECTIVE?

Submit an opinion column to  
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Be sure to provide contact information,  
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# Campus

## Grizzlies on the Prowl



*"How did you start  
off 2015?"*



**Shamaila Mirza,**  
nursing, sophomore

*"At a dinner party with family members. It was my mom's birthday."*



**Savannah Simancek,**  
political science, freshman

*"With a better attitude, and hanging out with a friend. I'm trying to prepare better."*



**Joseph Kelley,**  
cinema studies, junior

*"Trying to enjoy break as much as possible before school starts. I want to know what I'm doing by the end of the year."*



**Jason Bombaci,**  
cinema studies, junior

*"I went to my first legitimate New Year's Eve party. I usually spend it with family."*

—Compiled by Nowshin Chowdhury,  
Photographer

## POLICE

### Wood planks with nails driven through found behind residence

OUPD took a call from Rochester Hills resident who called and stated that she had received a call from her friend that there were pieces of wood with nails driven through them on the walking trails behind her house. She told the officer that that this was not the first time it as happened.

The officers walked the trails behind the house and picked up 237 small pieces of wood in assorted shapes with different-sized nails driven through them.

It is not known who placed the wood planks on the trails.

### Hot dogs stolen from Vandenberg dock

OUPD responded to a call on Dec. 4 at approximately 10:30 from a from a Vandenberg worker. He told police that the day before at around 1:30 p.m. he noticed four or five hot dogs and buns wrapped in clear plastic. He said the hot dogs were in a plastic milk case, second from the top and all the other milk cases were empty.

He told police that when he looked again around 3:30 p.m. the same day, the hot dogs were missing. He told police that he did not know who took them or when they were taken.

The complainant noticed a camera that was pointed at the milk cases and he gave it to police hoping that the suspect might have been caught on camera. When the officers returned to the station and reviewed the video, they determined that the video was unusable because the camera was broken and not functioning properly.

—Compiled by Josh Soltman  
Chief Copy Editor

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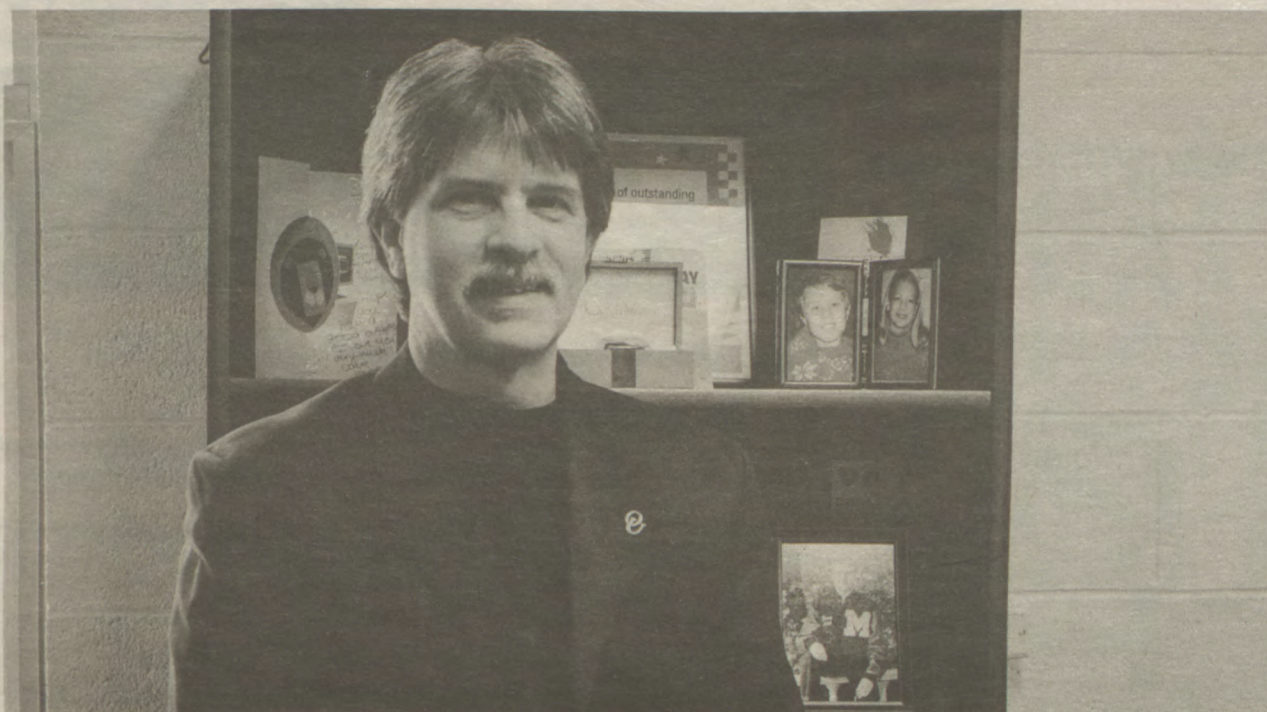


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Katherine Cagle / The Oakland Post

John Young, now vice president of communications and marketing, is the man behind many of OU's communication achievements.

## New year, new job, forever Young

Former associate vice president of UCM moves into President Hynd's cabinet

**Kevin Teller**  
Staff Reporter

This month marks a new chapter in the life of John Young, as he begins his new position as the vice president of Communications and Marketing (UCM).

While it might not seem like a large shift from his previous position as the associate vice president for UCM, that dropping of the word "associate" represents a meaningful change. This new job places Young in President George W. Hynd's cabinet — Young now has a direct line of communication with OU's new president.

Young said he values this particular facet of the new job because he now has "the ability for direct input from both the communications and marketing perspectives on major decisions."

While he has only been at OU since 2013, Young said he has formed some big plans for the department and university as a whole. Growing communication through digital means will be a high priority.

"That is where our target audiences seek information," Young said.

Young said he hopes that, through these increased communication efforts, the university can convey more information to more people.

Jackie Wiggins, chair of the music, theatre and dance department, has

worked with Young on a few occasions, including when he helped to promote arts faculty on radio and television. She said she is proud of the work Young and his team have done so far, and that his promotion appropriately reflects the work that he has done for OU.

"Vice President Young and his team worked tirelessly to assess our situation and make decisions about what we needed to do to move forward," Wiggins said.

Dean of the College of Arts and Sciences Kevin J. Corcoran has also worked with Young on the recent internal branding project.

"He doesn't think he has all the answers," Corcoran said. "He recognizes a lot of the answers around the table and around the campus."

This, in addition to Young's attention to the opinions of many entities and dedication to getting the core messages across, are what make Young a good fit for the job, according to Corcoran.

### SOME BACKGROUND LOL

Young grew up in Southfield and attended Detroit Catholic Central. He received a degree in business from University of Michigan-Ann Arbor and his Master of Public Administration from Wayne State University.

Other notable positions that Young has held before Oakland include chief marketing officer and vice president at

Walsh College, and corporate director of marketing at Oakwood Health System.

In his free time, Young said he enjoys horseback riding with his autistic son. When he's not with his son he's feeding his main hobby: running. He attributes members of the OU health community with keeping him on track.

While Young has had many enriching jobs and interests in his life, it is evident to many that his dedication to Oakland is steadfast.

As he takes on the new year, and his new job with it, Young said he is ready to get down to business.

"We will continue the aggressive outreach to media in order to generate visibility to build our academic reputation," Young said.

### John's greatest hits

Young has made some waves in the two years he has spent at OU. Here are some of he and his team's most notable achievements:

- The publicizing of Travis Bader's breaking the NCAA record for 3-pointers
- Aerial photography of campus
- Radio and TV promotion of arts faculty members
- Active role in the Hillary Clinton campus visit

## THIS WEEK AROUND CAMPUS

JAN.  
7

12-2 p.m. Spirit Hump Day in the Fireside Lounge, Oakland Center

4-7 p.m. Study Abroad Welcome Back Re-entry Workshop in the Heritage Room, Oakland Center

JAN.  
8

11 a.m. Leadership & Volunteer Center - 2015 Volunteer Fair in the Fireside Lounge, Oakland Center

5-7 p.m. Housing Recruitment Information Session in the main lobby of Oak View Hall

JAN.  
9

All Day Event Track: Oakland vs. EMU Triangular in Ypsilanti, Mich.

JAN.  
10

11:30 a.m. Women's Basketball: Milwaukee vs. Oakland in the Athletics Center O'rena

7 p.m.-11 p.m. Casino Night in the Oakland Center

JAN.  
11

12-5 p.m. Susan Goethel Campbell: Field Guide exhibition in 208 Wilson Hall

1-3 p.m. Housing Recruitment Information Session in the main lobby of Oak View Hall

JAN.  
12

12-1 p.m. Winter Semester Walk-In Study Abroad Student Advising begins in 160 North Foundation Hall

JAN.  
13

12-1 p.m. Student Leader Recruitment Info Share in the Oakland Room, Oakland Center

6-9 p.m. After Hours Adult Social in the Oakland Center



Nowshin Chowdhury / The Oakland Post

LECS president Dom Dabish and vice president Ivan Gappy try on the new Oculus Rifts.

## Playing with reality

Erica Marracco  
Staff Intern

The League of Engineers and Computer Scientists (LECS) have something not a lot of colleges get to experience - virtual reality.

It's called the Oculus Rift, a headgear that submerges your eyes into a simulated state of reality.

The virtual reality technology that exists today is similar to a simple version of a video game but it includes more eye and head movement rather than button mashing.

A user can "look around" in real time, while moving his or her head up, down, and around. When using a simulated space application, for example, when the user looks up he or she will be able to see the stars as realistically as star gazing on a cloud-free night.

"A lot of people aren't experimenting with this yet, we are among the first," said LECS President Dom Dabish. "No rules, it's all brand new."

With two Oculus Rifts in their possession thanks to the Student Funding Board, the LECS is enjoying virtual interaction and are optimistic about what they can create with this new technology.

"The first thing we want to do is de-

velop," Dabish said. "We want to use the programs available to make an original application."

Eventually the LECS hopes to get their hands on Leap Motion input, which tracks finger and hand movements without connecting sensors to the user.

"It's like you can pick up a Coke and drop it or throw it while watching it happen on the Oculus," Dabish said.

The LECS is also seeking helpers. They need students to generate unique and creative uses for virtual reality and people to test it out in action.

"We're open to anyone joining," Vice President of LECS, Ivan Gappy said. "No background in computers required; we value all ideas."

Playing with the Oculus Rift is fun and new. Some people, though, may be sensitive to the movement and get dizzy.

"Every time I play around with the Oculus, I think to myself how amazing this is," said LECS member Andrew Alisa.

This new student organization hosts about fifty members at the moment. It's easy to join: type in LECS.me in your browser, which will direct you to their GrizzOrgs page.

Contact Staff Intern Erica Marracco via email at [emmarrac@oakland.edu](mailto:emmarrac@oakland.edu)

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