

# THE STAGE IS SET

SPEAKERS ANNOUNCED FOR SECOND ANNUAL CONFERENCE

PAGE 8



Photo by Bohdanna Cherstylo / The Oakland Post

**SEXUAL ASSAULT.**  
Efforts to ensure campus safety  
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**GRIZZLIES FIGHT.**  
Recap of weekend's action  
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# thisweek

September 23, 2015 // Volume 41, Issue 4



## ontheweb

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



## PHOTO OF THE WEEK

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

Photo by Dani Cojocari/ The Oakland Post

Submit a photo to [photos@oaklandpostonline.com](mailto:photos@oaklandpostonline.com) for a chance to be featured. View all submissions at [oaklandpostonline.com](http://oaklandpostonline.com)

## POLL OF THE WEEK

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

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

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

## LAST WEEK'S POLL

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

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

## THIS WEEK IN HISTORY

### September 22, 1968

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

### September 19, 1988

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

### September 18, 1996

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

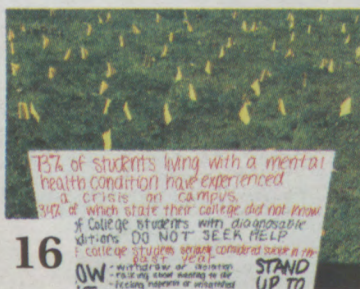
— Compiled by Cheyanne Kramer, Staff Reporter



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### 50 YEARS AN ALUMNA

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



16

### SUICIDE PREVENTION MONTH

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



20

### HOMEcoming WEEKEND BRINGS IN STUDENT-ATHLETE ALUMNI

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

## BY THE NUMBERS

2015 Health Plus Brooksie Way

3

Age of the youngest competitor in last year's race

86

Age of the oldest competitor in last year's race

17:15

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

4,218

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

\$16,912.10

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

## Grizzlies on the Prowl

*“Which political issues are most important to you?”*



**Ann Marie Eovaldi, sophomore, human resource development**  
“Definitely the social issues. Mainly equal rights and women’s rights.”



**Vito Saracino, senior, financing**  
“I think the political stance on the war on drugs is interesting. I’ve written lots of papers about it.”



**Alexa Cordray, sophomore, elementary education**  
“I think public education funding is really important.”



**Jacob Pettinato, senior, nursing**  
“All of them. Mostly health care.”

— Compiled by Dani Cojocari, Photo Editor

### Corrections Corner

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

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

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

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



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Now hiring for all positions, manager, inside help and drivers at the Auburn Hills and Shelby Township locations. Flexible schedule and close to campus. Apply in person at the store. 1970 N. Opdyke in Auburn Hills (248)371-9200 or 1935 25 Mile Rd (248)650-2300 in Shelby Township

## MEADOW BROOK HALL

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

## VALET PARKING NEEDED

Valet parking attendants, must be 21 or older, must know how to drive a stick-shift, must have a clean record (248) 740-0900 or apply online at <http://firstclassvalet.com/valet-parking/employment-application/>

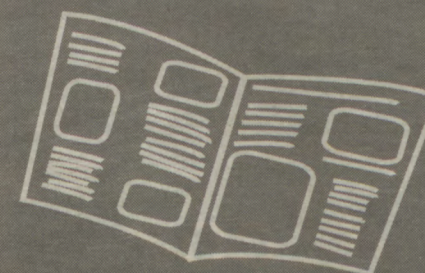
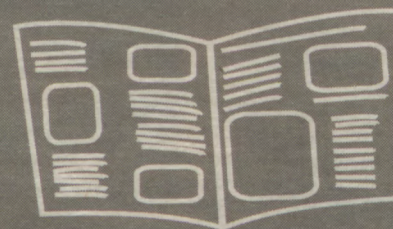
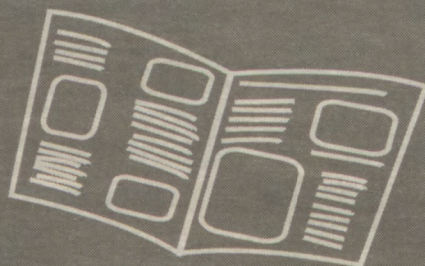
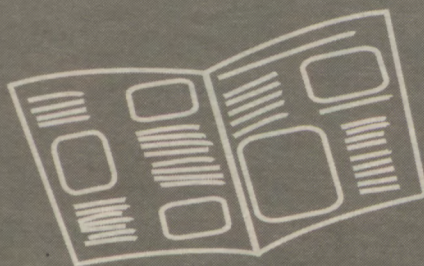
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# A better yOU: Time to catch some Z's Grizzlies

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

**Katie Rose**  
Contributor

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



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

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

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

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

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

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

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

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

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

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

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

## UPCOMING EVENTS: ENVIRONMENTAL, HEALTH & WELLNESS

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

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

# Stereotypes, incarceration shows why black lives matter

**Johnny Ricks**  
Contributor

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

All lives do matter, but not equally.



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

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

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

were fed up with that persistent reality.

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

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

In her book "The New Jim

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

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

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

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

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

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

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

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

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

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

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

That is why black lives matter.

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