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This Week at GSU

12  Lincoln's Birthday - University closed.
13  Workshop: “Microsoft Word for the IBM,” 9 a.m. to 4:30 p.m., Orland Park Place. Additional session on Feb. 15.
14  “Topics in Psychology: Taking Time for Love,” 7:30 to 10:20 p.m., E-Lounge.
15  Art Display and Lecture: Dr. Danielle Taylor-Guthrie, 12:30 p.m., Engbretson Hall.
16  Workshop: “Voice Mail,” 1 to 4 p.m., Orland Park Place.
17  “Communication Workshop: Customer Service,” 9 a.m. to 5 p.m., South Suburban College. Additional session on Feb. 17.
18  “Health Risk Appraisal,” 9 a.m. to 5 p.m., Orland Park Place.
19  Workshop: “PC DOS,” 9 a.m. to 4:30 p.m., Orland Park Place.
20  Workshop: “WordPerfect - Intermediate,” 9 a.m. to 4:30 p.m.

All events held at University Park campus unless otherwise noted.

Put the word ‘fit’ back in your vocabulary

The alarm rings. Many of us get up for work lacking sleep from the night before. We go to work and immediately have to deal with students, peers, bosses, paperwork—and stress.

At the end of the day we go home, eat fast and eventually begin to doze off. Many times a reoccurring thought invades our daydreams. “Tomorrow I’ll take better care of myself. But when will I have the time?”

Now you not only can make the time, but fitness is within the walls of GSU. If you really feel like putting the word “fit” back into your vocabulary, take a walk to the Campus Community Center and sign up for the “Fitness for Lunch” group.

Michael Blackburn, assistant director of the Office of Student Life, who is responsible for the daily operations at the center, says the “Fitness for Lunch” program from 12:15 to 1 p.m. is just one of the special programs on the roster.

The center primarily serves the GSU community—including faculty, staff and students—and a large senior citizen population. The center opened its doors Sept. 16, 1989, not long after the “Y” closed.

“We have a commitment to provide a recreational facility to GSU and the community. It is a benefit in terms of community relations,” said Blackburn, adding that the 2,000 members live in 87 communities.

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CBPA offers trip to Germany

The ideal way to get an understanding of our foreign trading partners is to sit and visit. The College of Business and Public Administration is offering students, staff and business representatives that chance with its June 30 through July 13 trip to Germany.

Organized by Dr. Lowell Culver, professor of public administration, this trip will take participants throughout West Germany for pleasure and business. The tour includes stops in Kiel, Hamburg, Bremen, Essen, Trier, Frankfurt, Heidelberg, Stuttgart and Munich in Germany and a side-trip to Salzburg, Austria.

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February 12, 1990

Veterans of Innovation

Congratulations to the following employees of Governors State University who celebrated their anniversaries of employment during February.

1970 Leona Erickson (UL)
1971 Lowell Culver (CBPA)
1972 Ken Wieg (CE)
1973 Ann Glascoff (UL)
1975 Marlene Anderson (PERS)
1977 Mohammed Kishta (CAS), Michael Knabjian (PPO)
1978 Sue Sturmon (BO)
1982 Beverly Kyser (SPCE)
1983 Sarah Crawford (REG)
1984 Marie Bertz (CHP)
1985 Elaine Sherman (DPA)

Thank You

Harry Wakal would like to express his appreciation for kindesses shown him when his wife passed away in December. Special thanks to those who sent flowers and cards of sympathy.

Cafeteria Menu

(Week of February 12 to 16)

Monday - Lincoln's Birthday--closed.
Tuesday - Old fashioned bean soup w/1 pkg crackers; chili con carne w/1 pkg crackers; Entree: baked meatloaf; sloppy Joe on bun; stewed tomatoes and zucchini; whipped potatoes.
Wednesday - Cream of spinach soup w/1 pkg crackers; chili con carne w/1 pkg crackers; Entree: vegetable lasagna; French dip beef on roll; medley vegetables; whipped potatoes.
Thursday - Minestrone soup w/1 pkg crackers; chili con carne w/1 pkg crackers; Entree: breaded pork cutlet; popcorn shrimp; peas and carrots; whipped potatoes.
Friday - Specials will be posted in the cafeteria.

Entrees include vegetable, potato, roll and butter.

(Menu subject to change)

Faculty Feature

CHP professor adresses issues in complex field

By Roxane Geraci-Roche

It doesn't take an expert to understand the impact of drug and alcohol abuse in our society today. But it does take an experienced professional to qualify the issues and answers related to these abuses.

Dr. Gregory Blevins, GSU professor of alcoholism and science in the College of Health Professions, is such a professional.

He attended Western Michigan University and received a bachelor of science degree in sociology in 1970. While earning a master's degree at WMU, Greg was able to participate in one of the first funded drug and alcohol abuse programs in the nation.

Later he became a teaching fellow in the funded specialty program. In 1979, Greg received a doctoral degree from WMU and continued working in the specialty program as associate director. He also served as instructor and research consultant intermittently until he left WMU in 1981.

After leaving WMU, Greg was assistant professor in educational evaluation in the School of Medicine at the University of South Dakota. He also served as adjunct assistant professor in alcohol and drug abuse studies at the university. He joined the GSU faculty in 1982 in the Division of Health and Human Services.

Since that time, Greg has seen changes in the field of alcoholism sciences that emphasize the need for professional expertise.

"People have become increasingly concerned about degrees and professional expertise. The field is complex," said Greg. Insurance companies and federally funded programs have tightened the reins on paying for substance abuse programs that are not conducted by professionals.

The field is indeed complex and covers a large spectrum of issues. There is not only the problem of substance abuse, but also misuse and use regardless of background, race or education.

"As a society, we have very mixed values," said Greg. "We want the drugs for use with the mentally ill or pain control, but we don't want the effects. At times we assume it's the drug—at other times, the individual. Rarely do we look at society."

But society is beginning to take a harder look at the complicated problem. Greg, with his expertise, has spoken to and educated many through his teaching, workshops, panel participation, consultation, training, community involvement and publications.

Last fall, he was invited by the Alcohol, Drug Abuse and Mental Health Administration of the U.S. Department of Health and Human Services to its national meeting in Washington, D.C., where he organized and chaired a panel on training. More than 1,200 participants from each of the 50 states attended the meeting.

One of the bigger issues with the drug problem are the laws, says Greg. "We (in the United States) worked very hard between 1914 and the 1960s enacting a whole series of laws that restrict or prohibit drugs. In the '60s, the laws were relaxed. When (lawmakers) saw that approach wasn't working, laws toughened up again. But there really is no clear sign of impact (between the laws and usage)."

Maybe the laws don't seem to have much impact, but Greg believes the stress from prevention programs is (Continued on page 3)
The Grapevine

Kjos continues as active volunteer for United Way

We’ve learned of United Way’s work through public service announcements featuring baseball and football players. But did you know that Dr. Diane Kjos, professor of psychology and counseling, is also an active participant in the volunteer agency?

Diane has been serving with United Way since 1978 when she was first elected to the board of directors for United Way of Suburban Chicago. After a two-year break from 1981 to 1983, she was reelected to the board and has served on several United Way of Suburban Chicago committees including leadership of the training and volunteer development committee.

Rep. Didrickson guest speaker for CBPA workshop

Rep. Loleta Didrickson will be the guest speaker at 9:30 a.m. Feb. 24 for the morning workshop “Current and Future Job Trends: The Impact on You.” She will give her insights on jobs and employment from her perspective as minority spokesperson on the House Labor and Commerce Committee.

This free program is sponsored by the newly organized College of Business and Public Administration Alumni Network. The program will also include roundtable discussions on accounting, public administration, marketing and office administration. Participants include CBPA faculty Dr. Carl Stover, Dr. Jerry Juska, Professor Don Fricker and Dr. Paul O’Brien.

Display celebrates African-American History Month

The works of Black artist Reggie Gammon are on display in the Art Gallery as part of GSU’s celebration of February as African-American History Month.

His pieces will remain on display through Feb. 28. The gallery is open from 11 a.m. to 4 p.m. Monday through Friday.

Gammon says his works reflect the African-American experience and condition, and they are what he describes as a reflection of his youth and education in Philadelphia and New York City.

One recent reviewer called his piece “Patriot, My Past and My Future,” a portrait of a young Black male, as having a “simplicity and directness that gives it an added strength and makes it stand out."

This show was organized by Professor John Payne.

CHP prof selected to attend leadership conference

Dr. Mary Eleise Jones attended a one-week conference sponsored by the National Institute for Leadership Development in Phoenix as the Governors State University Board of Governors Administrative Fellow. The professor of communication disorders in the College of Health Professions is on leave completing the one-year fellowship.

The NILD conference “Leadership for a New Century” was exclusively for women in higher education administration. Dr. Jones was one of 38 conference participants selected from applicants from the United States and Canada.

‘1,001 Black Inventions’ performed Feb. 8 at GSU

When you ask if it’s the “real McCoy,” are you talking about a lubricating cup? The idiom that’s now part of our language was first used to refer to the lubricating cup invented by African-American Elijah McCoy. His invention led to the worldwide use of machines as we know it today.

Pin Points Productions taught us that tidbit and more in its production “1,001 Black Inventions” performed Feb. 8.

African-Americans also invented karate, the fire extinguisher, the bow and arrow, castor oil, the ironing board, the stitching machine that modernized the shoe industry, the paper bag, the folding chair, and more.

CHP prof expert in field of drug abuse

(Continued from page 2) impacting on elementary, junior high and high school students. A recent survey found a gradual decrease in drug abuse, with the exception of alcohol, since 1980, he noted.

One of Greg’s favorite places to be when discussing these issues is in the classroom. He really enjoys working with the students and especially enjoys hearing from alumni.

“At least once a trimester, I hear from an alumnus,” said Greg. “It’s really great to get feedback from them... when they can really appreciate what you’re doing.”

GSU also appreciates his work. In 1985, Greg received the GSU Merit Award for outstanding faculty.

Greg has taken on additional duties outside of GSU. He is an adjunct professor in the Division of Public Safety, Allied Health and Nursing at Moraine Valley Community College. He is also a trainer in substance abuse with the Indian Health Services, U.S. Department of Health and Human Services.

He has been on the South Suburban Council on Alcoholism and Substance Abuse Board of Directors since 1985 and he is president through 1991 for the Illinois Lutheran High School Board of Control.

When not busy with his professional endeavors, Greg is at home in Crown Point, Ind., with his wife Vicki Lyn and his 9-year-old daughter, Stacy Marie.

GSU education majors score above state levels

Education majors at Governors State University are scoring at or above the state average on newly mandated Illinois Certification Tests.

The Illinois legislature mandated all new teachers be tested for competencies as part of its school reform program.

On subject-matter tests, GSU students scored at the 97 percent rate, above the state average of 95 percent. On basic skills tests, GSU students
Put ‘fitness’ back in your vocabulary at GSU

(Continued from page 1)

With change comes change. Such as the decision to open membership in the GSU Campus Community Center to individuals 18 years of age or older.

"The decision to make this an adult facility is consistent with the available resources at the university. We are not trying to be the 'Y.' We want to do the best with the resources we have. We just want to promote access and give people an opportunity to have a facility," said Blackburn.

The five Saturdays of March will be "family days" at the center. Although this is just in an experimental stage, Blackburn says he would like to see the option extended to all Saturdays.

Members not only have access to the existing pool, gymnasium, racquetball court and the new exercise room, but also to meeting rooms, a recreation room, television lounge, cafe and study area.

A big draw at the center is the pool. Even while swim and aquacize classes are in session, at least two lanes are open to members for lap swimming. The pool is closed this month (and again in August) for maintenance, but Blackburn says options are being considered to reduce that time.

Besides its student employees, the center employs a registered nurse who is an aquatic lifeguard and Blackburn meets with a fitness consultant.

One of the things Blackburn enjoys most about operating the facility is the mix of students with the senior community.

"The thing I think is neat...is the intergenerational contact. That is the essence of adult education. Students who have an opportunity to work at an on-campus job such as this get the benefit of serving and mixing with other populations - something you wouldn't find at a traditional school," he emphasized.

The Campus Community Center is open September through April: 8 a.m. to 5:15 p.m. Monday through Thursday; 8:30 a.m. to 9 p.m. Friday; 8:30 a.m. to 5:15 p.m. Saturday, and 5 to 9 p.m. Sunday. The center is open May through August: 8 a.m. to 5 p.m. Monday through Friday.

Trip to Germany is ideal way to understand foreign trading partners

(Continued from page 1)

The rapidly changing world and possible reunification of East and West Germany could mean new and exciting opportunities for participants.

For businessmen, this trip offers insights into joint ventures and the German methods of development and competition. For the pleasure traveler, the trip will offer sightseeing opportunities from the Baltic Sea, the Alps, the ruins of antiquity at Trier, the Heidelberg Castle, the Munich beer gardens and more.

Participants couldn't ask for a better host than Dr. Culver. A former Fulbright student at the University of Hamburg and a frequent traveler to Germany, Dr. Culver is fluent in the language and has an intimate knowledge of the German culture, economy and history. His numerous business contacts helped to make this tour possible.

The College of Business and Public Administration will provide one free trip for a student who writes an outstanding essay on the value a trip to Germany will offer his/her future career. The college is soliciting funds to cover the cost of the trip.