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GSU View

University Newsletters

2-26-2009

GSU View, 2009-02-26

Office of Public Affairs

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Recommended Citation

Governors State University Office of Public Affairs, GSU View (2009, February 26). <http://opus.govst.edu/gsuview/115>

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News and Events

[GSU Gets Fit](#)

The Office of Human Resources' *Let's Get Fit!* Program has been a hit on campus. *Let's Get Fit!* encourages employees to live healthier lives and improve their overall health by reducing stress and depression and promoting weight loss. Since the beginning of February, 108 participants have signed up and are already feeling healthier.

According to Julia Jamison, who spearheaded the program, participation results in increased mental acuity, productivity, and employee cohesiveness across departmental lines. With the stresses of work and the economy weighing on employees, Julia saw a need for relief by "shaking things up." She added, "Exercise chases away depression, improves overall health, and even takes away the desire to smoke."

Participants are asked to exercise at least three times a week for a minimum of 30 minutes a session. The names of those who met this initial goal were entered into a drawing for t-shirts, entertainment passes, and clocks. Winners included: Maureen Bendoraitis, Jackie Blatcher, Genny Boesen, Mary Brown, Nirmala Connor, Monique Doyle, Rupert Evans, Dor Fitzgerald, Judy Hanacek, Noreen Heidelberg, Cassandra Ingram, Raven James, Ora Knox, Nancy McDaniel, Kathy Miller, Diane Nadler, Michelle Smith-Williams, Tanisha Turner, Tera Wagner, Sarah Wegley, and Shirley Zhang.

The program initially runs through April 30, but excitement is growing about continuing it long past that date – even if only on an individual basis. For more information or to join *Let's Get Fit!*, contact [Julia Jamison](#) at ext. 7468.

[Join the Conversation](#)

Civil Service staff are invited to a Chat with the President on Monday, March 9, from 9:30 to 11 a.m., in the Cafeteria Annex. Attendees are invited to bring their questions and ideas to this frank, open conversation with President Maimon and other university administrators. Contact [Penny Perdue](#), at ext. 4130, for more information.

No Autographs Please

Forget what Brangelina and Queen Latifah were wearing at Sunday's Oscars. The real fashion will be on display this afternoon at the *Civil Silver Service Anniversary Travelling Show Red Carpet Premiere*.

The event kicks off at 3:30 p.m., in the Hall of Honors (note location change), as the stars of this winter's show don the finest haute couture for the red carpet. GSU's own Tony Labriola will fill Ryan Seacrest's shoes as emcee (after putting orthopedic inserts in them).

At 4 p.m., the world premiere of the *Civil Silver Service Anniversary Travelling Show* takes place. The sale of popcorn and pop will benefit the Civil Service Scholarship Fund. Seating is limited.

Enter the Pink Pig

The Pink Floyd Experience is coming to GSU's [Center for Performing Arts](#) this Saturday at 8 p.m. – complete with psychedelic lights, a flying pig, and all of the band's greatest hits.

GSU two-for-one tickets are available from at 10 a.m. on Friday until one hour before show time. The offer is good on regularly priced Mezzanine tickets, which normally cost \$47 apiece. Tickets must be purchase in person at The Center's box office. Call 708.235.2222 for details.

Student ScholarShip Sails to Oak Brook

Three members of the university's APICS Club took part in the Student Case Competition organized by the Great Lakes District of APICS (Association for Operations Management). CBPA students John Ivancicts, Jennifer Raday, and Katherine Schippits, addressed the topic *The Lean Journey of Toyota Motor Corporation -- What's Next?*

The competition was held on February 20 and 21 in Oak Brook, Illinois. Approximately 25 midwestern universities took part in the competition. Although they didn't secure first place, GSU's team made a very strong and spirited presentation and was rewarded with a \$500. The faculty advisor to the team was Dr. John Simon, and the team was financially supported by the Chicago Chapter of APICS.

Plan to Learn Impromptu

Instruction in using Impromptu to access graduation information will be presented on Friday, February 27, at 11 a.m., in the ACS lab. Guest instructor, Jeanne Hagen, will discuss graduation rates, which will allow access to specific data such as the number of years to graduation, age, gender, and ethnicity.

IBHE Visits GSU

The Office of the Provost recently hosted Dianne Bazell, Deputy Director of Academic and Student Affairs for the Illinois Board of Higher Education (IBHE). During Bazell's visit, she attended presentations by each of GSU's deans, discussed upcoming changes at IBHE, and toured the science labs in the E and F wings. IBHE has been a major proponent of the need for E & F wing remodeling for many years. Upon completion of her site visit, Bazell commended GSU's staff for preparing what she called the "most well organized and useful campus visit" since she joined the IBHE staff.

Assessment Month

The Center for Online Teaching & Learning will be offering a slew, a veritable plethora, of workshops for GSU faculty, adjuncts, and staff in March. Please review the schedule of classes in the Events section of the View and register today. Participants will learn everything they need to know to use online tools effectively.

For more information or to register, contact [Eric Wignall](#).

Letting Go...

In conjunction with the university's *Let's Get Fit!* program, the Office of Human Resources is sponsoring a seminar entitled *Letting Go of Stress*, on Monday, March 9, at 12:30 p.m., in room E1565. The session will be taught by GSU Chief of Police, Debra Boyd. All university faculty and staff are invited to attend. Attendees are encouraged to bring their own (healthy) brown bag lunch to the event. For more information, contact [Julia Jamison](#) at ext. 7468.

Call for Proposals, Presentations, and Posters

A colloquium on *Globalization and Education: the Immigration Nation* will be held on May 1, from 9 a.m. to 3:30 p.m., at Governors State University. The purpose of the colloquium is to bring scholars, students, and community leaders together to engage in a dialogue about the beneficial impact of immigration in the U.S. and in our local communities.

The colloquium will include of thematic sessions consisting of panel sessions featuring scholars, students, and community leaders active in the immigration debate, and poster presentations.

Submissions of 250 to 500-word abstract outlining key points for either participation in a panel presentation or a poster presentation are requested in a variety of theoretical and disciplinary areas, including social work, education, political science, anthropology, and cultural studies. Abstracts will be due on March 23, 2009, and presentation selections will be based on these

proposals. Presentations should be 20 minutes in length, allowing 10 minutes for questions from the audience.

For more information or to submit, contact Dr. [Maristela Zell](#).

Social Work Speakers

In recognition of National Social Work Month, the Social Work Student Organization is sponsoring presentations on Thursday, March 12, at 7 p.m., in the Cafeteria Annex.

Speakers from three different social work fields will discuss the nature of their work. All social work students and faculty are encouraged to attend. Refreshments will be served.

Spanish-English Writing Consultant

The Writing Center, in partnership with Title V Grant/Latino Center for Excellence, is currently offering writing tutoring and paper review by a Spanish language/English language writing consultant. Latino students interested in more information or wishing to access the services of the bilingual consultant should visit the Writing Center [website](#) or [email a request](#) for services.

Inquiring Minds Want to Know

The Anita M. Stone JCC, with the cooperation of GSU, will offer T.A.L.E. (The Adult Learning Exchange) enrichment classes for adults on campus from April 17 through June 12. All classes meet on Fridays. Morning classes, from 10 a.m. to noon, include *Remarkable Remakes* about great films and their remakes, *Women Poets*, *Worldly Philosophers*, and *The American Idea* concerning articles in the *Atlantic Monthly*. Afternoon classes, from 1 to 3 p.m., include *Musical Musings* and the *Geography of Religion*.

For more information, call 708.799.7650.

