Getting fit at GSU

By Samantha Kaspar
Staff Writer

With the summer season upon us, many students may be facing the dilemma of how they can make a change in their health and fitness. Newly elected Student Senate Vice President, Shawnta Young, tells GSU students that everything they need to make that change is right here on the university's campus.

Since November of 2012, Young has lost 58 pounds with the help of a trainer at GSU's Recreation and Fitness Center. Feeling energetic, confident, and motivated, Young urges students to take advantage of the facilities on hand and make the changes that they have wanted to make.

After her brother pushed her to make a change this past fall, Young cut carbs and red meat out of her diet and began working out 5-6 days a week during winter break. Upon resuming classes for the spring semester, she met GSU trainer Welicia Whitelaw at a holistic health conference. "She invited me down to the fitness department and informed me of the great student rates that are offered," said Young.

For only $100, students can purchase five one hour training sessions with a male or female trainer. After completing just those five sessions with Whitelaw, Young says she was amazed at her transformation. "She told me that I have lost more weight than all her clients did in a month in the 2 weeks we were working together," said Young. "I told her everything she was teaching me, I was doing outside in my own life."

Now, Young has completed about 15 sessions with her trainer, and feels fantastic. "When I first started I could run for no more than 10 seconds," she says, "Now I'm running on the treadmill for 25-30 minutes straight. I never once doubted myself, because if Welicia told me to do it that mean she..."

Continued on pg 3

GSU grad named Rotarian of the Year

By Melissa Hall
Phoenix Editor-in-Chief

One of GSU's very own was recently honored for trying to make the world a more peaceful place.

Dr. Michael Townsend Sr. of Governors State University was recently named Rotarian of the Year by Rotary District Governor Patricia Merryweather of Rotary District 6450, the northeastern Illinois district of Rotary Clubs. Rotarian of the Year is the highest honor a Rotarian can receive.

Rotary District 6450 is part of Rotary International, a volunteer organization that is dedicated to making the world a better place through humanitarian efforts.

Townsend is a member of the Park Forest Rotary Club in Park Forest, IL. He is also a proud alum of GSU, having received his Master's degree from the university in Human Resources Development. Townsend also serves as a Project Leader for GSU's Metropolitan Institute for Leadership in Education program, where he mentors new school principals. Townsend joined the Park Forest Rotary Club because he wanted to help others.

"What I liked about Rotary Club is that they serve the community," said Townsend.

Townsend was named Rotarian of the Year for his leadership in the Rotary Club's first-ever Chicagoland Peace Summit. The summit was held last fall to address the increasing amount of crime and violence on the streets of Chicago.

Townsend created an exhibit called "Victory over Violence", which he presented at Rotary District 6450's district meeting. The exhibit, which features quotes from Ghandi and Dr. Martin Luther King, Jr., promotes peace over violence. His exhibit won widespread acclaim from his fellow Rotarians, and the district chose to use "Victory over Violence" in their campaign against violence.

Continued on pg 7
This past spring was a great time to be a Chicago sports fan, unless the only sport you watch is baseball! The last couple of months have seen playoff runs both tenants of Chicago's United Center, the Chicago Bulls and the Chicago Blackhawks. While the Bulls thrilled Chicagoans with their inspired first round victory against the Brooklyn Nets, ultimately it was the Blackhawks who captured the hearts of the city, as the Hawks won their second Stanley Cup in four years.

The Blackhawks were the NHL team in the regular season, and their post season success validated their superiority. That's not to say it was an easy road, however. The Hawks battled through adversity every single game, and the amount of adversity they faced only increased with every game. In the second round against the Detroit Red Wings, the Hawks found themselves with their backs against the wall. Down three games to one, it would have been easy for them to surrender. But the Blackhawks did not back down. Instead, they stormed back to win the series against the Red Wings four games to three.

As the playoffs wore on, their opponents only got tougher. The Blackhawks faced the defending Stanley Cup champion Los Angeles Kings in the Western Conference finals, then the 2011 Stanley Cup champion Boston Bruins in the Stanley Cup finals. Both opponents featured great goal tenders and a hard-hitting, aggressive style of play. Once again, the Blackhawks did not back down. The road to victory, paved in the blood, sweat, and tears of the players (such as Andrew Shaw, whose blood literally gushed onto the ice after getting hit in the face with the puck during game six against Boston!) was not an easy road to travel. However, through hard work, perseverance, and teamwork, the Hawks were able to grind through the marathon that is the NHL playoffs and emerge victorious.

To be successful in hockey, as in life, you have got to be tough. Things are going to happen in life that will knock you hard on your backside. The weak stay down, but the strong get right back up and keep fighting. Hawks players took hard hit after hard hit in the playoffs, but they refused to stay down. To achieve the success that we want to in life, we need to follow their example and get back up when we've been knocked down by unfortunate circumstances in life.

Teamwork is also a necessary component to be successful, both on the ice and off. Patrick Kane and Jonathan Toews are, by themselves, fantastic hockey players. However, by themselves alone they would not be able to win the Stanley Cup. The Blackhawks won the Cup because they were the best team. Every player on the Blackhawks worked together to succeed, and their success would not have been possible had a couple of players resisted the team effort.

In addition to toughness and teamwork, the Blackhawks won the Stanley Cup because they worked hard for it. The Blackhawks are a team loaded with talent. However, talent on its own does not guarantee success. Success only comes as a result of hard work and persistence. When talent is combined with hard work and persistence, there is no limit as to how far one can go! There are many talented people on the world who never amount to anything because they've never put in the effort to achieve greatness. Throughout the playoffs, the Hawks were a team that persisted and refused to give up. Talent alone can only take you so far. Eventually, you must put in the hard work necessary to be the best, or else you will be passed up by those who do work hard.

As the memories of the Stanley Cup run fade into our consciousness over the summer, hopefully the lessons that can be learned from the Blackhawks great accomplishment will stick with us. Imagine what can be achieved if we approach our studies and our lives the way the Blackhawks approach hockey!
The Student Trustee exchange
What is the Student Trustee role?

Kayla Randolph-Clark
GSU Student Senate Student Trustee

As of July 1st, 2013, I’ve taken on the role of my elected position as Student Trustee of Governors State University. I appreciate the many students who participated in the elections that granted me this role, however, I know that there are some students on campus who don’t know that this role exists, let alone what the responsibilities entail.

In general, the BOT (Board of Trustees) operates, manages, controls, and maintains Governors State University. I know what some of you are thinking – Doesn’t GSU have a president for that? Yes, we do have a president, Dr. Elaine P. Maimon, but in essence, she is the Chief Executive Officer of the university. Dr. Maimon works with the BOT by recommending the actions they should take to operate, manage, control, and maintain Governors State University. See how the two roles work hand in hand?

Civic engagement and student representation on campus is important for the GSU community. In the BOT Governing Policies, it is encouraged for students “to engage in a sustained and independent search for truth,” and for the university to “provide means by which students participate in university governance.” That is why GSU has a Student Senate, an Illinois Board of Higher Education (IBHE) student rep, a Student Trustee, and more.

My predecessor, Erin Fletcher, has helped me to understand my upcoming duties. Simply put, the Student Trustee attends all GSU board meetings as a member of the Board of Trustees, and is the liaison between the Board of Trustees and the students of GSU.

Personally, I have included an additional item on my list of responsibilities – to create a channel to communicate directly to the general student body. It is my goal to write The Student Trustee Exchange, a column in the Phoenix intended to communicate information that I feel students should know, and to promote the exchange between students about the happenings at the university. If you have an opinion or a question about what goes on at GSU, please email me at KRandolph-Clark@govst.edu. I may even discuss your topics or address your concern in this column! After all, the student voice is what drives student governance. How can I fulfill the Student Trustee role without it?

Kayla Randolph-Clark
GSU Student Senate
Student Trustee

Getting fit

knew I could"

Not only do the trainers work with you physically, but they also work on all around fitness. Young was told to increase her water intake, as well as to get at least seven to eight hours of sleep a night in order to prevent her metabolism from slowing down. She was also provided with articles about getting fit, staying fit, and nutrition.

This physical transformation also gave her the confidence to run for Student Senate in the March 2013 elections. “I was losing weight and gaining confidence in myself. I decided to go for Student Senate Vice President, and I got it!” enthused Young.

As Vice President, Young’s platform is to help students. She wants to inform the student body of all the university offers for them to change their lifestyle at a low cost. Along with personal training, the Recreation and Fitness Center offers affordable classes in yoga, zumba, and even aquatic fitness. Students may also use basketball courts, as well as a swimming pool.

“My platform has just been for the students this entire time, because we need to change,” says Young. “We need to help each other; we need to be united. If I can do anything to let them know that they have resources here at the school, that’s what I’m here for.”

Young states that if it wasn’t for her brother and Whitelaw, she wouldn’t be where she is today. By changing her diet and mixing cardio and weight training, she is making the changes that she wanted to make.

“You have to first be committed to yourself, committed to change, and then everything else will follow.”

“Don’t be afraid,” says Young “A lot of people put a lot of stress on weight loss because they feel they have to change everything so face, and I wouldn’t recommend it. You have to first be committed to yourself, committed to change, and then everything else will follow.”

To get involved and sign up for your own personal training sessions, visit the fitness department to notify a trainer and discuss a plan to fit your individual needs.

The Phoenix is now hiring!

We Want YOU!
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*program #33468. Proof of student eligibility required, i.e. school ID, class schedule, diploma. Excludes Mustang Boss 302, Mustang Shelby GT500, F150 Raptor. See dealer for complete details.
Congratulations to the 2013 Stanley Cup Champion Chicago Blackhawks!

From your fans at Governors State University

Photo courtesy of foxsportsdetroit.com
Fallen still stands, 10 years later

although there is also a full band version of the song that can be purchased on Itunes.

The remaining singles, “Going Under” and “Everybody’s Fool” are guitar heavy and typical of the mid-2000’s rock sound. Where the band distinguishes itself from other bands of the era on Fallen is in their lyrics, Lee’s vocals, and the use of piano, orchestra, and choir to create the “gothic” sound the band is known for. While most rock bands of the time featured male singers who did more screaming than singing, Lee is a singer. Her voice is both beautiful and haunting.

The remaining tracks on Fallen may not have been released as singles, but they are anything but filler. “Haunted” features the bands signature “gothic” sound as Lee defiantly sings “I won’t let you hold me down.” On “Tourniquet”, she ponders if she is worthy of salvation (as a side note, this track is probably one of the reasons the band was misleadingly labeled as a Christian band by the media). On “Imaginary”, she longs to stay in a dream world, far less cruel than our own. “Taking Over Me” is a slow tempo song about obsession.

“Ten years later, Fallen is still a classic that is a must-have for anyone who appreciates great music.”

A Game of Thrones review

I am once again going to wave my nerd flag and say that I love HBO’s Game of Thrones. A friend got me in to it a few months ago, and I was hooked. No surprise, but I heard that they books were even better than the series. When I went to visit my dad in Tennessee two weeks ago, I decided to start the first of the five books.

“Time after time I was blown away by his imagination, and to put it all on paper that skillfully just boggles my mind.”

In case I haven’t made it clear before, books are my life fuel. My cocaine. When I go on a vacation, where most people see beaches and sightseeing, I see endless amounts of uninterrupted time to curl up with a book. The first day I was there I swung by the bookstore, planning to pick up something for the week. One hour and six books later, I was parked on the back porch of the farm, already diving into

A Game of Thrones.

I was done for. I literally read almost non-stop. Ask my family. If I had a minute, I was reading. I read on commercials, I read while we set the table. I read with my morning coffee and before I went to bed. Heck, I even read in the bathtub. Despite all that reading, I returned to Chicago only 450 pages into the book. Hence, the missing post.

I think that George R.R. Martin is a genius. I think that he is extremely, unbelievably talented as a writer. Time after time I was blown away by his imagination, and to put it all on paper that skillfully just boggles my mind. In my opinion, you have got to respect and admire this author and these books, regardless of your literary tastes.

It was fantastic. And mark my words, when I finish my next five books, I will be reading book number 2 in the series.

Phoenix readers can find more of Samantha’s reviews at samanthasshelves.blogspot.com

By Melissa Hall
Editor-in-Chief

It’s hard to believe it’s been 10 years since Evanescence burst onto the music scene with their crunching guitar riffs, bittersweet piano melodies, and the incomparable vocals of lead singer Amy Lee. 2013 marks the 10 year anniversary of the band’s major label debut album, Fallen. Ten years later, Fallen is still a classic that is a must-have for anyone who appreciates great music. Fallen contains eleven tracks, including four singles that were radio favorites back in the mid-2000’s. The album’s first four tracks are the singles “Going Under”, “Bring Me To Life”, “Everybody’s Fool” and “My Immortal”, “Bring Me To Life”, the first single off of Fallen, rocketed the band into instant stardom.

“My Immortal” was the second single off of Fallen, and it remains one of the band’s most beautiful yet melancholy songs. It is impossible not to feel your heart break as Lee’s voice sadly croons, “These wounds won’t seem to heal, the pain is just too real, there’s just too much that time cannot erase.” The album contains the piano version of the song.

So I am fully aware that I missed a post last week, and it was not for lack of trying. Ever since I finished The Best of Me, I have been mercilessly plowing my way through a book on the complete opposite end of the spectrum: A Game of Thrones.

By Samantha Kaspar
Staff Writer

Fallen, Ten years later

A NEW ORIGINAL SERIES COMING SOON FROM HBO

By Samantha Kaspar
Staff Writer

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While Rotary Club was founded with the intention of addressing humanitarian issues overseas, there have been enough problems in the United States that the organization chose to shift some of its attention towards domestic issues. Townsend advocated for his chapter to focus on the violence that has plagued the streets of Chicago.

"I wanted to see what we could do on a local level to create peace," said Townsend. "The violence has got to stop."

Townsend believes that all people need to work together to promote a better, more peaceful world. He also sees GSU as a place where the foundation for peace and respect can be laid. He encourages every GSU student to become an active proponent for peace by standing up to disrespectful behavior on campus.

"Ask yourself every day, what am I doing for the sake of peace?" said Townsend. "Remember the words of Gandhi: ‘Be the change you wish to see’. Peace begins within. Understand that (GSU students) need to have more respect for (themselves) and other human beings. GSU is a community, and if we don’t keep the community together it is going to run wild."

Not one to rest on his laurels, Townsend and his fellow Rotarians are hard at work on their next humanitarian initiatives. Upcoming events include a coat drive for homeless veterans, as well as the Second Annual Peace Summit.

Membership in Rotary Club is open to anyone who wants to make a difference in the world, and all are welcome to join. Anyone who is interested in becoming a member of Rotary Club can reach Townsend at DrTownsend1@gmail.com. GSU students may also reach Townsend via his GSU email, mtownsend2@govst.edu.

**Sudoko solutions from pg 8**

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**Crossword solutions from pg 8**

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ANODE SPAM RAKE
SEPAL ORCA EROS
PREDICTION COAT
SONATA SLY ISLE
ENVOY SPEAR
HOME ANTLER
ABANDON EIDOLON
ROLLER FACADE
PELICAN PENATES
SALAMI LEST
DOTTY TONAL
EXAM NUB MIRAGE
TIKE ORIGINALLY
EDEN VALE ENSURE
RENT ALEE RIO TS
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The results are in from the June 12 opinion poll on using vulgar language on campus. While the feedback we received was not as numerous as we had hoped for, the feedback we did receive was passionately and overwhelmingly in favor of freedom of speech on campus.

To those who voted and shared your opinion, thank you!
GSU Happenings

GSU Golf League
Tuesdays, 4:30 p.m.
University Golf Course

Gay Straight Alliance
Meetings
Tuesdays
7:30 p.m.
E2590

"Female Offenders"
Student Poster
Project Presentation
July 9 – 11
9:30 a.m. to 12:20 p.m.
Hall of Governors

Grill and Chill
Thursdays until August 1
(excluding July 4)
11:30 a.m. – 1:30 p.m.
Hall of Governors' Patio

Crossword

**ACROSS**
1. Positive pole
6. Unwanted email
10. Garden tool
12. Got up
14. Flower part
15. Killer whale
16. God of love
17. Prognostication
19. Jacket
20. A musical composition
21. Cuning
22. Small island
23. Emissary
25. Lance
26. "Where the heart is"
30. Anagram of "Rental"
32. Forsake
35. An apparition art movement
39. Hair curler
40. Veneer
41. Seabird having a large bill
43. Roman household gods
44. Highly seasoned fatty sausage
46. In order to prevent
47. Daft
50. Anagram of "Talon"

**DOWN**
1. Vipers
2. Roman emperor
3. Not closed
1. Vipers
2. Roman emperor
3. Not closed
4. Early 20th-century art movement
5. High society
6. Drunkard
7. Jail
8. Altar boy
9. Numerous
10. Multiplicative inverse
11. Got up
12. Australian "bear"
13. Fruity-smelling compound
14. Test
15. Gist
16. Afraid of darkness
17. Stuffed animal
18. Tin
19. Critical
20. Punctuation mark
21. Pointless
22. Small island
23. Emissary
24. Delivery vehicle
25. 4-door car
26. Stringed instrument
27. Double-reed wind instrument
28. Shopping center
29. Tour of duty
30. Vitality
31. Rot
32. Forester
33. By mouth
34. Tardy
35. Poems
36. Where a bird lives
37. Insective
38. Brooch
39. Moving
40. Discourage
41. Any compound of oxygen
42. Any compound of oxygen
43. Brooch
44. Moving
45. Discourage
46. Any compound of oxygen
47. Discourage
48. Any compound of oxygen
49. Captured
50. French for "Friend"
51. A protective covering
52. A protective covering
53. Test
54. Gist
55. Optical illusion
56. Kid
57. To begin with
58. Sheltered spot
59. Follow as a result
60. Lease
61. Away from the wind
62. Volent
63. Disturbances
64. Sheltered spot
65. Follow as a result
66. Lease
67. Away from the wind
68. Volent
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95. Kid
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98. Follow as a result
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100. Away from the wind
101. Volent
102. Disturbances

Sudoku

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Comics

**XKCD: Habitable Zone**

"XKCD" is a webcomic "of romance, sarcasm, math, and language" run by Randall Munroe. To read the latest, head to xkcd.com

**PHD: Who do you work with?**

PHD" ("Piled Higher & Deeper"), a comic about being a graduate student, is by Jorge Cham. Updates occur about twice per week. To read more comics, head www.PHDComics.com