For the second year in a row, Diwali, the Festival of Lights, was celebrated on campus. This year, it occurred in the Center for the Performing Arts. According to IB Times, “while the holiday is observed by people of different faiths for different reasons, they all acknowledge its underlying theme: the victory of good over evil and the triumph of light over darkness.”

For three hours, students and faculty watched numerous performances. Mohammed Khlid Ali, public administration student, hosted the event encouraging audience participation.

According to computer science student Keerthi Sunkara, the turnout for this year exceeded last year’s. The audience learned about Diwali through Sunkara’s video presentation. Some of the performers wore traditional Indian attire. “We don’t get opportunities to wear traditional dresses once we come here,” said Sunkara. Rajya Lakshmi Gattineni and Alekya Veeravalli, computer science students, performed a Kuchipudi dance, which is one of many Indian classical dances.

Naved Khazi sung a Bollywood ballad that convinced some audience members to sing with him. Later, he breakdanced on a hip-hop beat.

Ashok Kachwaha and Naveena Reddy performed a romantic partner dance. Kachwaha also did a physical theatre piece to emphasize the residents’ pain from the landslide in Arunachal Pradesh that happened in April. Sounds from the news coverage played during his performance.

For the grand finale, several dancers joined together for Dandiya, a North Indian traditional dance. The crowd shouted and applauded their rendition. The event concluded with free Indian food for the attendees: Basmati Rice with Chicken Biryani, Curry Chicken, and Double ka Meetha (“Double Sweetness”).

“This is the best event where [non-Indian students] could know our culture, our tradition and food and also experience different types of singing and dancing,” Sunkara said about the Diwali celebration on campus. The next Hindu festival that the University will acknowledge is called Holi, the Festival of Colors.
Editorial

National Coming Out Day

By Brenda Torres
Editor-in-Chief

On Oct. 11, the Gay Straight Alliance (GSA) sponsored a celebration for National Coming Out Day. Originally, scheduled to be located in the Hall of Governors, the event was moved to the Student Commons area near Student Life. A bracelet making station was set up where attendees could make bracelets to relax and have fun.

National Coming Out Day was originally conceived as a day for the LGBT community to celebrate formally “coming out.” Now it is designed to help spread awareness about the process of coming out, the LGBT community in general and how to be an ally to someone who’s coming out.

There was a sparse turnout at the GSA event, which might reflect the organization’s current “inactive” status at GSU. However, the unofficial president of GSA, Dana Solatka, has plans for the club. She wants to have an Alternative Spring Break, so that students from the LGBT community feel like they have a purpose.

The turnout was low but those in attendance were excited to be there. In fact, a staff member who was in attendance stated she thought it was unfair for the event to have been moved from the Hall of Governors to Student Commons as not many people from campus know where the Student Commons is located.

What was most surprising is that the staff member felt unsafe mentioning her name to the newspaper.

GSU actively promotes several policies aimed at making the LGBT community feel safe and included, such as having Safe Zone Workshops, having a gender neutral restroom and having events for LGBT History Month. Still, if even one LGBT person does not feel at ease on campus, then administration and the student body should see if there is more that can be done to ease any apprehension felt by LGBT students, staff and faculty on campus.

Some suggestions could be one or two more gender-neutral restrooms. Maybe having more Safe Zone Workshops. Even having more LGBT events at more visible areas of the campus.

OpEd

Ask Holly

By Holly Britton
Contributing Writer

So I have a speech coming up that I have to give but I’m super anxious and scared to do it. I feel like I am going to be sick every time. What can I do to not feel like this?

Speeches are difficult for a lot of people, myself included. There is something about being up in front of a large audience that is nerve wracking. Most people never really do get over that fear of having to speak. Instead, they learn how to better manage the symptoms of their nerves. Common advice is to imagine everyone in their underwear. I don’t know about you, but I find that to be quite disturbing, or it would make me laugh.

For me, what I have found to work the best is to find a single person to focus point on. Yes, you’ll still need to look around the room, but when it seems as though you are having a conversation with just one person, the pressure relieves a little bit. However, each individual is different and this advice may not work for some.

Another easy “fix” is to look at a point just over someone’s shoulder. This prevents you from making a conversation with just one person, the pressure relieves a little bit. However, each individual is different and this advice may not work for some.

Grad Column

Fixed vs. Growth Mindset for Graduate School

By Matt Gentry
Grad Columnist

There is a fascinating theory developed by Carol Dweck, a psychologist from Stanford University, on the mindset theory of learning. Choosing to develop the right mindset is very important to succeeding as a graduate student.

Your mindset is often developed at a young age (middle school or earlier), but the good news is you can change your mindset. You can change your views on how you learn for better outcomes.

Below is a quick overview of the theory and how it relates to your grad student life.

Dr. Dweck found that most people can be classified as either having a ‘fixed’ or a ‘growth’ mindset. Someone with a fixed mindset often believes that things like intelligence, the amount you can learn, and ability to recall information are fixed traits that can’t be developed or improve over time (not true!).

This type of person either thinks they are smart or not smart in certain things, and there is nothing they can do to fix it. Dr. Dweck found that people with this mindset tended to quit when presented with challenging tasks and make excuses for why they failed because they believed they weren’t smart enough. They might dread failure and seek success not in order to learn, but to validate their level of intelligence.

Someone with a growth mindset believes that intelligence grows as you learn new skills and gain knowledge. They view challenges and failures as learning opportunities, instead of something to dread. They tend to work harder at difficult tasks, trying new tactics before giving up. They believe that intelligence will ‘grow’ with practice, training and hard work. They value feedback, especially after failure in order to get better. Receiving feedback isn’t easy, but it is invaluable to growth.

It is important to note that people can have different mindsets in different areas of their life. Everybody has strengths and weaknesses, and choosing to believe you can develop your weaknesses is a great way to develop a growth mindset. I may not be good at something today, but I will be better tomorrow.

Many graduate students are parents. An interesting side note is that parents are major influencers on children’s mindset development. Praise your children’s effort and hard work to develop a growth mindset. “Great job persisting to figure out that problem!” instead of praising their intelligence, which leads to fixed mindsets (“You’re so smart.”).

Want to learn more? Check out Dr. Dweck’s popular book, “Mindset: The Psychology of Success”.
Jayne Goode

The Professor Profile for this issue is Dr. Jayne Goode from the College of Arts and Sciences Division of Communication-Visual and Performing Arts.

Interviewed
By Brenda Torres
Editor-in-Chief

Phoenix: What classes do you teach at the university?

Goode: - COMS6100
- Introduction to Communication
- COMS7110 - Research Methods in Communication
- COMS4909/6909 - Crisis Communication
- COMS1160 - Public Discourse
- COMS2100 - Foundations of Communication

Phoenix: How long have you been a teacher?

Goode: For almost 13 years! I started in my master’s program as a graduate teaching assistant and fell in love with it! I began teaching a basic public speaking course.

Phoenix: What other universities have you taught at other than GSU?

Goode: I began teaching at Ball State University where I received my master’s degree. I taught at the University of Missouri – Columbia when I received my doctorate. I also have extensive experience teaching at the community college level as I did this during both my masters and doctorate.

Phoenix: What got you interested in Communication?

Goode: I competed in speech and debate throughout high school and college. I was always in the communication building despite being an English major and got to know the faculty. I was constantly being told by my English instructors that the questions I was asking were not questions we/they could answer. I wanted to know the “to what effect” questions. It was not until my doctorate that I began to explore literature that ask the same questions I ask and measure the effect of communication. I found my home!

Phoenix: As Basic Course Director for the Communication Program at GSU, what are your responsibilities?

Goode: My responsibility is to facilitate the mass offering of the general education requirement in public speaking. Our COMS1160 Public Discourse course fulfills this requirement. I create a portion of the content of the course, design the rough schedule for the semester and run the exams. My goal is to make the course as walk-in ready as possible and allow faculty the space and flexibility to personalize their classes. Each year I revise the content based on instructor and student feedback and the changing nature of our student population.

Phoenix: How are you helping your students

Dr. Jayne Goode. Photo by Brenda Torres

with prior experience in Communication?

Goode: One of the disconnects students might feel is that what they are learning is not going to help them in their work-life. I try to reinforce the notion that the concepts in these courses are relevant to every part of their lives and that the basis of all good relationships - work/school/family - is communication.

Phoenix: You have published some works (essays). Can you tell me about them and your research?

Goode: My major area of expertise is political communication. The majority of my research focuses on the effects of campaign messages on election outcomes.

Phoenix: What is your favorite part about teaching?

Goode: I love so many things about teaching. One of my favorite things is watching the “light bulb going off” moment. I can sometimes actually see when a student makes a connection between something we are discussing and its importance in their world. Similarly, one of the best moments of being a teacher is witnessing the change in students from the start to the end of the semester and year after year.

By Donald Jones
Contributing Writer

Hillary Clinton and Donald Trump squared off Wednesday evening for the third and final presidential debate at the University of Nevada, Las Vegas. Near the end of the debate, Trump questioned the legitimacy of the entire election after moderator Chris Wallace asked him if he will accept the election results.

“…The media is so dishonest and so corrupt that the pile-on is so dishonest, and the pile-on is so dishonest…” Trump stated. “She (Clinton) shouldn’t be allowed to run. She’s guilty of a very, very serious crime. She should not be allowed to run, and just in that respect I say it’s rigged, because she should never have been allowed to run for the presidency based on what she did with emails and so many other things.”

Clinton responded by saying that whenever Trump feels as if things are not going the way he wants, he believes something must be rigged. She mentioned that Trump even stated that the Emmy Awards were rigged when he did not win an award for his television show.

“When Trump was asked about his recent trouble with women coming forth claiming that he had harassed them, Trump claimed that their claims were false and that Clinton’s campaign had urged the women to accuse him of these actions. He went on to say that Clinton’s campaign also paid people to be spark violence at his rallies. Clinton responded by saying, “Donald thinks belittling women makes him bigger. He goes after their dignity, their self-worth, and I don’t think there is a woman anywhere who doesn’t know what that feels like. So, we now know what Donald thinks, and what he says, and how he acts toward women.” That’s who Donald is.” Trump replied by simply stating, “No one respects women more than I do.”

When discussing trade, Clinton said that she will have trade agreements that she will enforce and would look for businesses that will buy American products. Trump replied, “For 30 years you’ve been in a position to help, and if you say that I use steel or I use something else, make it impossible for me to do that. I wouldn’t mind. The problem is you talk, but you don’t get anything done, Hillary. You don’t. Just like when you ran the State Department, $6 billion was missing. How do you miss $6 billion? You ran the State Department; $6 billion was either stolen. They don’t know. It’s gone.”

Clinton replied by saying, “He raised the 30 years of experience, so let me just talk briefly about that. You know, back in the 1970s, I worked for the Children’s Defense Fund, and I was taking on discrimination against African American kids in schools. He was getting sued by the Justice Department for racial discrimination in his apartment buildings. In the 1980s, I was working to reform the schools in Arkansas. He was borrowing $14 million from his father to start his businesses.” She added, “So I’m happy to compare my 30 years of experience, what I’ve done for this country, trying to help in every way I could, especially kids and families get ahead and stay ahead, with your 30 years, and I’ll let the American people make that decision.”

The debate concluded with comments from Chris Wallace saying that the decision for president is up to the American people, and he hopes that they will go out to vote. Election day is Tuesday, Nov. 8.
Campus

Putting Stereotypes About Incarcerated People Behind Bars

By Brenda Rock
Contributing Writer

On Oct 11, Darryl Cooke and Pete “Esaun” Keller, came to Governors State University to speak on mass incarceration. The presentation took place in Engbretson Hall. According to Caron Jacobson from the Criminal Justice Department, the purpose of the event was for students to learn to be open-minded and to not stereotype.

The event began with an ice breaker led by Jacobson. She asked everyone, “What makes someone a bad person?” Jacobson stated at an early her mother exposed to friends from different backgrounds such as Muslims, Jews, and Catholics. What she learned from that was to look at a person as an individual. If you do not look at people as a whole, you start to stereotype and then it is hard to forgive.

Cooke stated that at an early age, Keller was shot in his leg and one eye. Keller is a social worker. Cooke covered slavery and the 13th amendment. Cooke stated that about 25% of Americans are under some form of supervision. Cooke also stated that most people that have been incarcerated cannot obtain jobs upon release due to stereotypes and being stigmatized. They also do not have health benefits. Cooke stated that about 25% of Americans cover the worlds prison. Over two million men, woman and children are incarcerated, and over ten million people are under some form of supervision.

To help society, Cooke volunteers in an organization called Chrysalis. Chrysalis helps homeless people and individuals obtain resources. Chrysalis gives donated clothes to homeless people and students. They also provide volunteer opportunities for the youth to keep them out of trouble. Cooke’s speech was followed by Keller’s.

Keller was formerly incarcerated as well. He used to be a drug dealer, and he got shot in his leg and one of his eyes. Keller is the author of Cross the Bridge. When Keller was in jail, he obtained his associates degree in business. He now works for the Illinois Legal Aid department. He is a motivational speaker, just like Cooke. Keller likes to encourage people to speak up about injustice. He works as a mediator between communities and the police. He believes that we all should stand up against injustice.

Last but not least, Generating Hope was mentioned at the end. This organization was created at GSU to help students who have been incarcerated, or have family members or loved ones who are or have been incarcerated.
GSU bids a Fond Farewell to Beloved Professor, Dr. Ellen Foster Curtis

By Donnica Gordon
Staff Reporter

On Tues., Oct. 18, GSU faculty, staff, former colleagues, and family gathered to celebrate the tenure and impending retirement of Dr. Ellen Foster Curtis, Dean of GSU’s College of Business.

Dean Foster Curtis came to GSU in 2008. In a memo recognizing her dedication and accomplishments at the university, GSU President, Dr. Elaine P. Maimon said Curtis “has been instrumental in working with the faculty and staff of the College of Business to strengthen academic programs, to increase enrollment at the undergraduate and graduate levels, and to pursue AACSB accreditation.”

The major feat of attaining IAACSB, an internationally recognized, specialized accreditation for business and accounting programs held by less than 5% of all business schools in the world, and Foster Curtis’ leadership, persistence, and unwavering pursuit of it was lauded by many at her retirement celebration.

Dr. Jun Zhao, who will serve as Interim Dean of the College of Business, recounted an anecdote relayed by another colleague at his recent retirement party, “a measure of your success is when you leave an institution, it is better than when you started.” Zhao stated. “I know that everyone will agree that it’s because of people like Ellen, because of her dedication and her leadership, that we’re a better place for everyone. For our students, for our faculty, and for people in the region, for our community,” said Zhao.

GSU Provost, Dr. Deborah Bordelon, said of Foster Curtis, “...when you look at leadership, it’s not a matter of what one individual has done, but it’s what that individual has been able to do to bring everyone together in order to achieve those goals. Ellen has done a phenomenal job in being that leader, being that person who is going to rally everyone together, and to really provide that guidance to achieve that ultimate goal. So kudos to your leadership, I really do appreciate everything you’ve done for the College of Business, and everything you’ve done for Governors State University, and moving us forward.”

“The Abolitionists”: GSU Student Holds Film Screening to Tackle Human Trafficking in Chicagoland

By Donnica Gordon
Staff Reporter

On, Tuesday, Oct. 18, GSU doctoral student and Adjunct Professor, David Deeds, presented a film about human trafficking. The film, “The Abolitionists: Be Inspired” is about global child sex-trafficking, and the men and women working to stop it. The screening was followed by an expert panel discussion and Q & A session on child sexual exploitation, and the prevalence of the problem in the Chicagoland area.

According to Deeds, 15,000 to 24,000 human-trafficking victims are in the Chicago area at any given moment. “The New York Times said Chicago is a hub for human trafficking, and the city has been in the Top 5 for calls to the National Human Trafficking Hotline for the past few years,” he said.

Deeds held the event in an effort to help combat what he considers the most pressing issue of our time. “30 million people suffer making our clothes and electronics. Women and girls are raped several times a night in hotel rooms right outside the venue where the Super Bowl is held every year. 14-year-old runaways are forced to work [as prostitutes] on street corners. Kids as young as 2 are being sold for labor and sex-trafficking,” Deeds explained.

Deeds says there are many ways people can help to end modern day human slavery. “First log onto slaveryfootprint.org, type in what you own, and discover how many slaves are working to produce the goods you get to enjoy at cheaper and cheaper prices. [Once] you are informed, you can look for items that come from supply chains that guarantee no human trafficking labor was used,” offered Deeds. “After this, I recommend people look up local organizations that fight human trafficking and see what they can do to help.” Chicago Alliance Against Sexual Exploitation (caase.org) and New Name (new-name.org) are two organizations I highly recommend to anyone looking to raise awareness in their local area. Both of these organizations have multiple groups working hard to eradicate victims, pass legislation, and raise awareness in the community,” said Deeds.
Cups of Conversation at GSU

By Brenda Torres
Editor-in-Chief

On Oct. 21, Cups of Conversation was hosted in the Art Lounge to celebrate National Clay Week. Assistant Professor Leanne Cambric and University Lecturer Gretchen Jankowski from the Art Department coordinated the event.

People from the university gathered in the Art Lounge, and drank coffee from ceramics cups that were made by Cambric. “Having a handmade mug made the event somewhat special. It created a more unique space in contrast to something that would be more generic,” said Cambric.

Jenny Gard developed the idea of Cups of Conversation. “She is the founding member of Socially Engaged Craft Collective. She organized the event to line up with National Clay Week,” said Cambric. “What she did was choose an artist from one of each fifty states to perform the Cup of Conversation,” she said.

Governors State University was the representative of Illinois.

National Clay Week was started by two artists that wanted to have one week to celebrate all the different aspects of the clay world, “from industrial, artists and just focus on the material,” said Cambric. Cambric’s mugs are not made on a wheel. The mugs are handmade through a print making technique. “They are carved into a print making material. Then are pushed into the clay and then the cups are formed with that clay,” said Cambric.

Moreover, the imagery that is on Cambric’s mugs is autobiographical and allegorical, according to Cambric.

People from all different parts of the university were present including the Center for Performing Arts, Family Development Center, College of Arts and Sciences and College of Health and Human Services.

The conversations were about family, children, the elections, the old construction of the university and then back to the main topic, ceramics. Another topic that was discussed was the newly remodeled Art Lounge.

“I was pleasantly surprised by how many people came to participate because this was on a Friday. I thought people seemed engaged and talked about a variety of things from politics, ceramics and art to performance. I thought it was successful as far as getting people together that maybe don’t really know each other,” said Jankowski.

In the future, Cambric and Jankowski want to do a similar event at GSU, possibly led by students.

Fright
By Holly Britton

The following work of poetry was submitted to us because National Domestic Awareness Month.

As I gazed into your eyes
And to my surprise
I knew you were the one
That can be lots of fun
I asked you for a date
Myself I now hate
I knew I made a mistake
But I went ahead anyway
The night seemed to be fine
I really did think you were mine

You walked me home at eight that night
What seemed like joy turned into Fright
You did it for the pleasure
The pain I cannot measure
My heart is now broken
You took me as another token
Now I can not speak
To a man I might meet
Ludicrum

Fairytale princesses and princes
Complete the crossword below

Across
2. She lived in Louisiana.
4. He turned into a frog.
6. He married Cinderella.
9. She left her slipper at the ball.
10. She lived in an undesired kingdom.

Down
1. She fell in love with Aladdin.
3. She knew seven dwarfs.
5. Her hair was 70 feet long.
7. She fell in love with a beast.
8. He owned a magical carpet.

Some European countries

AUSTRIA
BELGIUM
SWITZERLAND
LIECHTENSTEIN
ANDORRA
CYPRUS
GREENLAND
ESTONIA
MOLDOVA
SLOVAKIA
BELARUS
MALTA
WALES
LUXEMBOURG
Campus

GSU Program Council & Hall Council presents

No masks
Only face paint

A Dark Night
Friday Oct. 28th 10pm-2am
Governors State University
1 University Pkwy, University Park

Free for GSU students with ID
$5 w/ costume
$10 w/o costume

Hall of Honors (Use C-Entrance)