By Dana Solatka
Staff Reporter

Dr. Ben Almassi hosted the discussion “Integrity in the Face of Injustice: A conversation on Not Just Following Orders on Feb. 9. The discussion started off with Dr. Almassi asking those in attendance to go around the room and introduce themselves with some aspect of themselves that is especially important to them.

One woman talked about how she has integrity in being nice, another about how she wants to be liked, and so often does not voice opposition, but she does not want her silence to be taken as consent. This is when things got interesting. The group discussed how things are often classified as extremes (for example, kind and mean). Dr. Almassi talked about how this can be taken with integrity. He discussed how integrity has a lot to do with one’s sense of self. One can have too much commitment to self while another can have too little commitment to self. Integrity is supposed to be the happy medium.

The discussion went on to address how people are complicit with injustice. Ideas such as how people fail to “walk the talk” and rationalizing other people’s discrimination. A big chunk of time, however, was used discussing silence as consent. The group decided silence can be used as consent, but it really depends on what the context is. For example, the group discussed how staying silent about the women’s march had the connotation of “yes, I support this movement” when in almost every other situation it was seen as a negative.

Then the question of personal responsibility versus judgement came up. Which one holds more power? Judgement was discussed more. Dr. Almassi defined personal judgement as the stance one takes on an issue. He then discussed how loss of integrity and justice can happen when people don’t force themselves to ask hard hitting questions such as “should I be a part of this?” or “am I okay with this?”.

The group discussed and noted how the problem isn’t those deeply committed, but those who go along with the status quo. It is easier to not force one’s self to answer these hard questions, but to just go along with what is presented.

With this, values came up once again. What punishments will come with going against the status quo? What’s more important, having a job or pushing for one’s values? What personal cost will come? One either “owns that value or reprioritizes” as Dr. Almassi stated.

Despite only a handful of people, those in attendance were genuine and enthusiastic. The event ended on an optimistic note. Writings of Martin Luther King Jr. and Gandhi were discussed. Dr. Almassi emphasized Gandhi and King Jr.’s teachings of needing to put the focus “on what the system can do, not what the system is. The system can become just if it is broken.”
March, the “alternative facts”, all of this is going to be in history books, archives and possibly embedded in our minds. Therefore, why not make history?

State your opinion in class. If you have social science or political science classes, ask if you can discuss a current event that may affect students or you personally.

We are living in a period in which politicians think it is all right to attack each other through social media. Do not feed off of what is being blasted over social media. Know what are actual facts vs. alternative facts.

It is understandable that we are students. Our schedules may not be amenable to physical demonstrations. However, there are other ways to voice your position, and other means through which to communicate such phones, tablets, and laptops. Writing your thoughts to The Phoenix is also an option for voicing your opinion.

The Phoenix will be having an on-going feature about social justice, we are going to call it “Jaguars for Justice”. Email us at phoenix@govst.edu or stop by the newspaper office in E2543 to share your views.

Q: “Ok, it’s Valentine’s Day, how do I enjoy it while not looking like a loser?”

It’s almost Valentine’s Day! The day that some love, some hate, and some just love to hate.

One thing is certain, love it or hate it, it never goes by unnoticed. Flowers and hearts are everywhere. TV sitcoms are packed with Valentine’s Day storylines and the radio is flooded with commercials for everything from Viagra to specially themed cruises.

It can be hard for people who are not in relationships during times like this. It’s easy to feel left out or lonely. For those who are coupled up and doing all of these things, I really hope you have a blast, but for those who are going it solo this year, this one’s for you.

Being partnered up is great but sometimes you need a moment just for you. If you’re anything like me, then between classes and two jobs you are working HARD! This is the perfect time to treat yourself to something just for you!

Is there a museum or restaurant that you’ve been dying to visit, but none of your friends are interested? Go! Secretly want a mani-pedi but don’t want your boys to know? Is there a restaurant that you’ve been dying to visit, but none of your friends are interested? Go! Secretly want a mani-pedi but don’t want your boys to know? Is there a

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**Grad Column**

**Meal Prepping for Busy Students**

By Brittany Godsey

Grad Column

Everyone has heard about the “Freshman 15” but what about the unhealthy eating habits of the graduate student? Many graduate students work a full time job or multiple part time jobs while attending grad school. These busy schedules can cause multiple unhealthy habits. We eat fast food when we are in the car because it’s when we have time. Gas stations and vending machines become the place to grab a quick snack because we forgot to bring something from home. All those things can start to be expensive after a while, and most grad students are on a budget. If trying to save money by not eating fast food, we force ourselves to eat at home. Since the majority of grad students take afternoon and evening classes, we end up eating late at night binging because we are hungry and need something quick before bed.

It’s so easy to get caught in a vicious cycle that makes you feel sluggish to the point of not being able to focus at work or school because a healthy meal takes too long to cook and isn’t lunchbox friendly.

As busy students, we need more protein and healthy fats to feel energetic and to power our brains, but we end up with cheap and easy foods that are carb-filled giving us quick boosts of energy that just as quickly go away.

There is an easy way to get back on track though. Meal prepping on the weekends can set you up with breakfast, lunch, and dinner for the week. Meal prepping isn’t just for athletes; it can include a mix of all kinds of food and has many benefits for anyone who lives a busy lifestyle.

Benefits of Meal Prepping:

- Grocery shopping for specific meals saves money
- Healthy meals on hand curb temptations
- Ready to go in the morning so no worrying about preparing a breakfast/lunch/dinner
- Able to make large batches and freeze for later
- Can include portion-controlled, healthy snacks

If you try to start meal prepping without a little research, it becomes a trial and error event. Some things don’t keep well in the fridge or freezer and don’t reheat well.

I went to Pinterest when researching meal prepping and freezer meal ideas, but you can always Google search, and find just as many great recipes and blogs about busy lives and how to stay somewhat healthy while on a budget. When you search for meal prepping ideas, you will find recipes that have specific instructions on how to prepare your food, store, and reheat it so that it keeps all week long.

If you follow a specific diet, there are many sources for gluten-free or vegetarian meal prep that you can find on Pinterest for hot and cold meal ideas. Some will keep in the fridge for the week and others you can make large batches of and freeze until you are ready to eat them.

**OpEd**

**Mel’s Corner**

By Melanie Fitch

Staff Reporter

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Jerry Davis El: Giving Back

By Brenda Torres
Editor-in-Chief

Jerry Davis El the Lincoln Laureate from 2015 and graduate student in the Social Work Program, brought a group of students from an organization called Youth Guidance to GSU for a college tour.

According for the Youth Guidance website, “Youth Guidance is a leading provider of outcomes-driven programs and capacity-building initiatives, directly serving more than 8,500 youth while touching the lives of more than 14,000 youth, parents, teachers and community members.”

Davis El is a counselor for Youth Guidance at Marshall High School located on the west side of Chicago. This organization collaborates with various Chicago Public Schools. Youth Guidance has programs called Becoming A Man (BAM) and Working On Womanhood (WOW). Both BAM and WOW visited GSU.

Davis expounded upon why he wanted to bring the Youth Guidance students to GSU, “For me it was personal because being at GSU and knowing the elements of the environments of marginalized populations [these youth come from] with all kinds of disparities: economic disparities, housing discrimination, lack of resources, poverty, etc. Looking at it from that element and working with these youth for over a year and half now, just the magic in their voice, if you just listen to them. I knew they hadn’t been exposed, and I knew it would be an enriching experience to see how culturally diverse people connect, and get along without biases.”

Davis El is a counselor for BAM, working with freshmen and sophomore teenage boys. Some of the responsibilities that Davis and other Youth Guidance counselors have are [facilitating] cognitive behavior therapy (CBT) groups, helping students to develop social skills and emotional intelligence, and teaching students conflict resolution skills and accountability.

However, Davis El does something extra with his students, “This is extra, bringing out awareness, it will raise the level of consciousness,” stated Davis.

Davis El does group sessions three days a week, “I’m in the lunchroom with them, sometimes I stop by their class or they can just come to my office sometimes when they need help with homework,” stated Davis.

Davis El stated that the Office of Dean of Students and Admissions made the visit possible.

The Phoenix had the opportunity to interview a WOW student on her perspective of her college visit. Brianna stated, “I liked it because most colleges are big and I feel like at this college you probably would get more hands on because its smaller,” she said.

Club Spotlight
Black Student Union

By Melanie Fitch
Staff Reporter

This week the Spotlight is shining on the Black Student Union.

The purpose of the Black Student Union (BSU) is to inform, acknowledge and celebrate African-American culture and black culture as a whole.

BSU provides social as well as academic support for all of its members. BSU members range from Freshman to Graduate students, and major in a variety of areas. Members of the group are also in Tau Sigma and Phi Theta Kappa honor societies.

There are several goals BSU has set for the year including fundraising to create scholarship opportunities for its members. In accordance with its overall goal “to strengthen character and professionalism amongst all active members”, the union is working to create contacts in the Chicagoland area where newly graduated members can begin networking and seeking employment.

This February, BSU will be honoring Black History Month with a number of cultural activities and events. There will be a Natural Hair Workshop Feb. 15 in the Hall of Honors at 3:30pm and The Black Women Rock Awards Ceremony Feb. 18, 6pm in Center for Performing Arts. On Feb. 25, BSU will host The Ebony Ball at 6pm in the Hall of Governors, as well as the African American Read-In Feb. 27 in the Hall of Honors at 6pm.

There is something for everyone including food, movies, Open Mic Night, and more. So, check out the calendars posted on campus, come out and have a good time!
A Participant’s View of the Nicaragua Public Health Brigade 2017

By Hannah Carroll
Contributing Writer

This week from the Office of International Services.

Exactly one month ago, I was in Los Encuentros de San Gabriel, Nicaragua with 17 of my fellow Jaguars on a Public Health Brigade. We went with Global Brigades, an international non-profit organization that empowers communities to meet their health and economic goals through university volunteers and local teams.

Essentially, our mission for the Public Health portion was to help rural communities with preventing common illnesses through in-home infrastructural development, community leader training, and health education.

Our group was assigned to four different families in a resource-limited community, for whom we constructed sanitary stations. The stations consisted of a latrine (toilet), shower, and water storage unit.

With the hot Nicaraguansun beating on our backs, we dug trenches, laid bricks, and mixed cement. After each work day, we participated in Charlas, educational workshops for the community members to ensure proper use of the projects and educate on sanitation practices.

Upon our return to the compound where we stayed, we had nightly reflections with our group. This trip was an experience I will forever hold in my heart. Immersing myself into a new country and culture was stimulating on so many levels. Not only did I gain a new sense of confidence and adaptability, but also new friends and a new perspective.

Going to a foreign country, not knowing a lick of the language, with a group of virtual strangers is not an easy thing to do. But, within 24 hours of being there, I felt an overwhelming sense of unity and pride.

The bonds that were formed between my group members and the families in the community were powerful and emotional.

This trip has sparked a greater interest for me in volunteerism, especially at the international level. It was extremely rewarding, being able to help such deserving, beautiful people. Although my Nicaragua journey is over and my footprints there are gone, the prints Nicaragua has left on me will remain forever.

Join members of the Public Health Brigade for a Symposium this Wednesday, February 15 from 3:00 – 4:15 p.m. in E-Lounge where more Jaguars will share their experiences helping communities in Nicaragua.

GSU Lactation Room

By Donnica Gordon
Associate Editor

There is a Lactation Room located on the second floor of the E-Wing in Room 2530B. The Lactation Room provides a safe and private space for students, faculty, and staff to pump milk or nurse a child. It is simply furnished with comfortable seating, tables, and a privacy screen.

The thought behind the provision of a dedicated space is appreciated by lactating women on campus. However, gaining access to the room can be an encumbered process posing a barrier to its use for some.

The room is kept locked at all times. Normally this would not be a problem; however, there are no instructions posted as to how to get the key to unlock it. A student recently knocked on the door of The Phoenix asking for instructions about how to get into the room. Unfortunately, the staff was not aware of the answer, nor was anyone else in the immediate area.

After a few phone calls, the student was directed to Human Resources where the key is kept.

In order to use the room, a person must first go to Human Resources (HR) located in C1360 and sign for the key by leaving her id. Then, she must travel to the lactation room in E-building’s second floor. Once she is finished, she must then walk the key back to HR in the C-building.

Depending on how much time one has available to pump milk, the amount of time it takes to retrieve and return the key might deem the use of the room inconvenient for some and unfeasible for others.

Some suggestions made by users of the room include leaving the room unlocked to eliminate time-consuming travel.

Another suggestion is to leave a key with an administrative office located near the Lactation Room with posted instructions about where and how to obtain the key.
Campus

Daniel Nearing: Chicagoan of the Year in Film

By Brenda Torres
Editor-in-Chief

The Chicago Tribune has named Chicagoan of the Year in Film, Governors State University’s very own, Professor Daniel Nearing, from the College of Arts and Sciences.

“It was a huge honor. There are so many great filmmakers in Chicago who deserve to get the same recognition. I think I was fortunate because in October I was named The Filmmaker in Residence for the city of Chicago,” said Nearing.

Nearing is currently working on this third film Sister Carrie from his trilogy that includes Chicago Heights and Hogtown. “They’re Chicago centered stories, but they are also meant to be universal. All three of the films are shot in black and white mainly. They have a bit of color, what we call ecstatic color, every now and then-- happiness that explodes out of their narrative in a sense,” said Nearing.

Nearing stated that Sister Carrie has a feminist message. “The message there is we may have thought that women have come a long way in their struggle in the last century, through the suffragettes and women’s liberation movement in the 1960s and everything else. Then we have this situation where things are regressing a little bit,” explained Nearing. According to Nearing, his films are “periodless”, meaning, “When we think of a period film of something that is set in the First World War or what have you. These films are all set in the turn of the last century. They have contemporary buildings and contemporary objects. The message behind the periodless approach is to say the more things change, the more they stay the same,” expressed Nearing.

Chicago Heights is a rural story that is set in Chicago Heights that is located near University Park. Hogtown is set in Chicago, “It’s a portrait of America seen through the most American of American cities that’s Chicago,” stated Nearing. Sister Carrie, which is in development, is set in Chicago and finishes in Paris, and is hoped to be completed in the spring of 2018.

Emotions that are focused in Nearing’s films are loneliness and isolation. The Phoenix asked what sparked this interest in filming Chicago centered stories? Nearing stated that he is from Canada, and fell in love with Chicago the more he got to know the city.

“I just think that it is an incredibly rich, diverse city, architecturally beautiful and I love the American mentality. I think that we fundamentally are really generous, good people and the world looks to us to be leaders,” said Nearing.

The 25th Annual Putnam County Spelling Bee: a Review

By Melanie Fitch
Staff Reporter

On Friday, Feb. 3 I attended the play, The 25th Annual Putnam County Spelling Bee, performed by The Southland Area Theater Ensemble, at The Center for Performing Arts.

The Spelling Bee is the story of a group of young misfits. Each child has their own quirky personality and style, but superior spelling skills bring them together for this witty and very entertaining musical production.

It’s a perfect choice if you want something to lighten your mood. The actors did an excellent job portraying each child’s special brand of “weird”.

However, what struck me the most was that although the play was a comedy, some serious underlying issues were addressed. There was a serious side to all of the children’s lives.

You couldn’t help but feel compassion for the little girl who was such a fanatical over-achiever, she didn’t know how to just be a kid or the boy with no social skills who spelled with his foot. The audience laughed, but we still felt the pain of the boy who was enjoying himself a little too much. Whose heart doesn’t go out to a child waiting for a parent, who never seems to show up?

The audience seemed to really enjoy themselves, and I would definitely go see this group perform again. Everything was great, from the performance to the refreshments sold. I thoroughly enjoyed myself and found it a wonderful way to spend the evening.
Governors State Basketball Teams Face Defeats Against Olivet Nazarene

By Jeremy Manthey
Sports Reporter

On Wednesday, Feb. 8, the women lost by 64 points against a tough opponent that improved their record to 10-14 while the Jaguars dropped to 7-17. The Jaguars were outscored 50-29, a -21 margin, and were behind on assists 39-15, a -27 margin, which ultimately led to their demise. Chanel Howard scored a team-high 18 points. Zaporia Smith was second on the team with 15 points and also contributed 5 assists. Tian Mericle finished with 10 points and 8 rebounds. Lastly, Amber Brooks contributed 10 points. The men suffered a 1-point defeat, 93-79, and dropped to 9-18. The Jaguars were outscored 45-17, a -28 margin. The Jaguars forced more turnovers than Olivet Nazarene but the rebounding and the assisting disadvantage was too hard to overcome. Jalen Miller filled up the stat sheet (with a nice double-double); contributing 17 points, 10 rebounds, 6 steals, and 5 assists. Jalen McGruder contributed 17 points, Dalvin Echols finished with 14 points and 4 assists, Justin Siorek with 11 points, and Julian Hardy with 10 points. Though the Jaguars scored 39.2% (29-79) from the field, they allowed Olivet to finish the game shooting 56.5% (39-69) from the field. Both the women and men face off against Trinity Christian at home on Saturday, Feb. 11. The women play at 1:00 and the men play at 3:00.

Did You Know?

By Dana Solatka
Staff Reporter

Did you know? GSU has a Cricket field? Well, technically it’s a softball field manicured to be a cross between cricket, softball, and soccer, but it’s still a cricket field. The Phoenix had the opportunity to speak with Strength and Conditioning Coach Dean Jennings about the field. “Soccer club uses it a lot,” said Jennings, “it’s been getting a lot more use since spring of last year”. Cricket may seem like an odd choice. It is really popular in India, England, Australia, New Zealand, and Sri Lanka. When asked why a cricket field, Jennings responded, “A lot of our international students come from India. Cricket is one of the, if not the, most popular sport there”. If you’d like to try out a game of Cricket, grab some friends and try it out. The field is open to all students. Equipment for the sport can be borrowed from the recreational center.

Goosebumps But For Adults

By Dana Solatka
Staff Reporter

So on Sunday this thing has called a “super bowl” happened (don’t ask me about that; I’m just a humble critic, and I don’t watch football). And I could very well write about Lady Gaga’s halftime performance, but that thing that chased him down? focuses more on the cop/government conspiracy theory part of the show. “Who is this girl” focuses more on Will’s friends as they explore what happened to him and how to find him. “What was that thing that chased him down?” focuses more on the monster-hunter sci-fi portion of the series. While all these plot points sound unrelated and isolated to certain characters, the plot really pulls them together. The monster-hunter story is never exclusively about hunting monsters. Later, a rogue cop tries to hunt down the monster because it’s part of the government conspiracy. The trifecta perfectly balances itself out. Every episode feels like it would be a side-plot to The X-Files or an extremely well written Goosebumps episode for adults and teens. It’s a really good show. And with season 2 on its way, now is the perfect time to watch season 1 again or watch it for the first time.
By Mychal Vanarsdale
Political Science Columnist

National News
Betsy DeVos: Secretary of Education

Betsy DeVos, a 59 year old Republican Party donor, was confirmed by the Senate on Feb. 7th as the new United States Secretary of Education. With virtually no experience in public education, DeVos will lead and manage a federal department that has over 4,400 employees and an annual budget of $68 billion dollars. The confirmation was made after an historic tiebreaking vote from Vice President Michael Pence. DeVos was confirmed despite overnight protests from members of the Democratic party on the senate floor and two republican members voting across the aisle on this nomination.

So what does this confirmation mean for Governors State University students and the other 20 million public college students? Because the Higher Education Act is up for reauthorization in 2017, states should stand wary of the proposed bills that could change their financial aid and student debt over the next several years. Declaring a stance on title nine, college costs and for-profit institutions will be some issues DeVos will address in the near future.


Illinois State News: Hopefulness for a Budget

The Illinois State Senate has returned to session Feb. 8 with the objective of trying to deliver a compromise budget plan. The state of Illinois is currently going through a near two year budget impasse that has had crippling effects on the state. The Senate’s Democratic President and the Republican leader negotiated a plan that would hopefully put an end to the budget impasse.

The Bi-Partisan plan would increase state income taxes, while also increasing the minimum wage and creating revisions to the school and pension plan that would hopefully put an end to the budget impasse. The state of Illinois is currently going through a near two year budget impasse that has had crippling effects on the state. The Senate’s Democratic President and the Republican leader negotiated a plan that would hopefully put an end to the budget impasse.

The Bi-Partisan budget plan would also include some of Governors Bruce Rauner initiatives like a freeze on local property taxes and changes to the worker’s compensation system.


Local News: Remont, Lockport & Mokena to receive support to combat opioid addiction

Will County will receive grant funding of $122,500 annually for the next five years from the Substance Abuse and Mental Health Services Administration of Illinois Department of Health Services in continued efforts to fight against heroin abuse.

According to Will County Executive Larry Walsh, heroin use claimed 76 lives in Will County in the year 2016. Will County is considered to be at the forefront of the battle against opioid addiction. A new Will County program, Safe Passage Initiative, allows any resident of Lemont, Lockport or Mokena battling opioid addiction to seek the help of their respective police departments.


The Cultural Significance of The Halftime Show

By Dana Solatka
Staff Reporter

It’s that time of the year again! We get to see big sweaty meat duds fight over a ball while people like me sit and wait to see the real show: “Halftime Presented by Pepsi™.”

This year, Lady Gaga had the honor of performing and gave one of the better halftime performances in more recent years. (Let’s face it, 2016’s was weird. We were promised Beyonce and Bruno Mars but we got Coldplay and they played all three of their songs. The last really impressive ones were Madonna, Beyonce uniting with the rest of Destiny’s Child, and Bruno Mars with Red Hot Chili Peppers.) Regardless, all halftime shows are important. Yes, this includes the bad ones (Remember when people ridiculed Katy Perry’s 2015 performance over the internet for months?).

You see, the halftime show is a great cultural time capsule. 2001’s halftime show was a perfect example. What better way to express late 90’s early 2000’s culture than with N*SYNC, Nelly, Britney Spears, and American rock icons Aerosmith? Well, probably not Aerosmith. But if an alien race invaded earth and wanted me to show them a few things about what culture was like on Earth during 2001, I would definitely show them Spears’ I’m A Slave 4 U and the halftime show.

The super bowl’s halftime show is much more than an entertaining ten to thirteen minute break for players and audience members. It’s a way to showcase what is popular in American culture. Take a look at Michael Jackson’s show in 1993. The show highlights Jackson’s music at the time, but also addressed social issues such as making the world a better place and countering existing racism (albeit, the show addresses them in a minimalistic way, but it still addresses them).

That being said, Lady Gaga put on an amazing performance. 2016 to early 2017 is all about overcoming challenges. No one can better embody that idea as a performer than the absolutely stunning bisexual and sexual assault survivor Stefani Joanne Angelina Germanotta aka Lady Gaga.
DO YOU ENJOY PLANNING AND PROMOTING EVENTS? WANT TO GAIN LEADERSHIP EXPERIENCE?

Join GSU Program Council
Plan Entertaining, Educational, Cultural & Social Events on Campus!

Meetings held each Tuesday, 3:30p-4:30p
Location: B2200
Contact: ksledge@govst.edu for questions

Governors State University
STUDENT LIFE

InterVarsity Christian Club & Lambda Pi Eta Honor Society Partners to Present

Taught Through The Bible A Five Part Series

Spiritual Death and Resurrection: Pt 3
This aspect of the Black History Taught Through the Bible series will deal with how the Israelites have forgotten who they are, who their God is, and where they come from. But through reparation, they have regained this knowledge.

Governors State University
Wednesday – February 1, 8, 22 & March 1, 2017
6:00pm – Engbrethsen Hall B1200
Thursday – February 16, 2017
6:00pm – E-Lounge E1571