4-10-2017

Phoenix, 2017-04-10

Student Life

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PHOENIX

April 10, 2017 • Volume 20 • Issue 10

Governors State University

SHERO Women’s Leadership Symposium

By Brenda Rock
Contributing Writer

On Friday March 31st, the SHERO Women’s Leadership Symposium took place in the Engbreton Hall from 10 am to 3 pm. SHERO stands for Sharing, Her story, of Empowerment, Resilience, and Opportunity.

The goal of this event was to inspire women to seek their highest level of personal and professional development.

The event featured three dynamic guest speakers: Rashidat Boston, Erika J. Kendrick, and Sabrina Schottenhamel.

Ms. Rashidat Boston traveled the world, and she learned the importance of self-care. During her speech, she shared with everyone how important it is to take care of our bodies through yoga, meditation, and a good diet.

Rashidat spoke about having her own yoga and wellness practice, and owning a gym. She loves giving individuals the tools to heal themselves. She also talked about the importance of being spiritual and honoring ourselves. At the end of her speech, Ms. Boston taught us self-care yoga poses.

The next guest speaker was Ms. Erika J. Kendrick. Ms. Kendrick shared with the audience her mental health struggles and all the hardships she went through. Although she is a very successful woman, she has to fight everyday with her mental health problems.

As she went through life, she learned how to deal with them in an effective way. For that reason, she created the Mental Fitness 10 step self-care program. That program includes 1. Support Squad. 2. Therapy. 3. Clean Eating which means a vegan diet. 4. Go to places that make you happy. 5. Meditation. 6. Exercise. 7. Sleep well. 8. Music. 9. Volunteer. and 10. Have a furry friend. Kendrick stated that this program is extremely effective when it comes to dealing with challenges and stress. She also allowed the audiences to share their resilience stories.

The third guest speaker was wellness entrepreneur, Sabrina Schottenhamel. Ms. Schottenhamel is a Licensed Massage Therapist, and presents healing touch workshops. She shared with the audience how she started her own massage therapy business. Schottenhamel shared with the audience some of the challenges she faced with her business. She also taught how to market a business effectively.

The SHERO Women’s Leadership Symposium gave participants an understanding of and inspiring ideas for personal leadership, as well an approach to optimize and sustain one’s potential.

The program provided perspectives and strategies in areas of personal growth and development, such as health and wellness, and stress management. It also showed women how to develop their careers through community engagement.

GSU Student Senate held elections for the Spring semester. The voting was through Jaguar connection from March 27 - April 1.

The results are as follow:

| College of Arts and Sciences | Gabriella Pierre-Louis |
| College of Business | Juan Gutierrez |

Student Senate Election Results

By Brenda Torres
Editor-in-Chief

College of Education
Abby Miller

College of Health & Human Services
Akya Gossitt

Board of Trustee Student Representative
Linda Coleman

Student Senate is the governing body for students at GSU. The Student Senators will be sworn in on Friday, April 28. Once they are sworn in, their main focus will be on the advancing the interests of students.
Don’t Look Away

By Donnica Gordon
Associate Editor

This past week has seen heartbreaking images of innocent civilians, many of them children, killed in Syria as a result of chemical weapons.

What is not known is who was responsible for the release of the deadly gases. The U.S. claims that Syrian President Bashar al-Assad released the chemicals upon his own people. President Trump aggressively acted upon this belief by authorizing the deployment of 59 Tomahawk cruise missiles that reportedly resulted in the death of nine civilians, six of them children.

Russia, on the other hand, claims that the weapons belonged to Syrian rebels who had them stockpiled in a warehouse hit by a military airstrike. The gases, according to Russia and Syria, subsequently escaped from the damaged warehouse making the rebels ultimately responsible.

The point is that we the American people do not for sure what’s going on. We do know that the President of our country ordered military strikes on a sovereign nation entering us into yet another international armed conflict. We also know that the people in whose defense he reportedly launched the attack, are the very same people he put on his list of immigrants banned from entering our country seeking protection from such acts.

Some think it was a good thing to do. That we have to send a message. That we have to let Assad know that it is unacceptable to murder his own people. That we can’t look away from the horrors being committed upon innocent people, especially children.

I agree that we mustn’t look away. But I say the place in which we must first agree to not look away, is right here in our own country. We are watching our country continually implode right in front of our eyes.

We are watching innocent civilians be wrongfully convicted, incarcerated, and murdered by government workers. We are watching fellow-citizens become destitute, die from chemical dependencies for which they are criminalized instead of given help, and routinely neglected by dysfunctional bureaucratic agencies.

We see hundreds of American children being abused, tortured, and abandoned by government run systems that are supposed to protect them. We see marginalized communities and the children who live in them being left to rot and decay in a land of plenty. Not to mention that we are watching children (as well as men and women) be routinely gunned down in our city’s streets by fellow Americans who in any other country would most probably be labeled as “terrorists” or “rebels”.

No, that kind of occurrences don’t possess the arresting, heart-wrenching quality of the images released regarding the recent Syrian tragedy, but they are no less horrific, and we mustn’t look away.

We must demand that our President, our government, and our enforcement agencies do right by the people. We must demand that citizens of our country are not harmed by our government or rogue citizens. We must not turn a blind-eye to the atrocities that occur on American soil.

Don’t look away. Instead look our own government straight in its face, and demand true justice and liberty for all.

Don’t Look Away

By Brittany Godsey
Contributing Writer

For this issue, the GPN is spotlighting the Counseling program.

In addition to providing support to students, the Counseling Center offers free services for students including personal counseling, group counseling, screening and assessment, educational counseling, consultation and referral, seminars and workshops, and outreach activities.

Hours of operation are Monday-Thursday 9:00am-7:00pm and Friday 9:00am-5:00pm. Students and members of the community can make appointments by calling 708.534.4545. If you feel like you need to talk to someone immediately you can call 708.235.7334 or send an email to studentcounseling@govst.edu.

Workshops are offered throughout the semester to students on topics pertaining to mental health and stress management. This month is Sexual Assault Awareness month and a kickoff event will be held on April 11th from 4:00 pm to 5:00 pm in the Prairie Place classroom.

The event titled Jaguars that Care will discuss how students can create a community of care and learn to recognize and implement strategies to intervene in situations that have the potential to be harmful or violent.

Spotlight on Counseling

Grad Column

The PHOENIX is published twenty four times annually. We welcome articles, suggestions, photos, commentary, cartoons, and letters to the editor on issues that concern you or the GSU community. We reserve the right to edit submissions for clarity, legality, and interest to our GSU readership. All submissions must be credited, and include the submitor's full name, graduate status, and field of study.

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To contact for more information: phoenix@govst.edu or call 1(708) 534 ·4517 / 1(708) 534 ·3068

The PHOENIX
On Tuesday, April 4, members of Social Work Student Organization (SWSO), Generating Hope, and many other students as well as faculty and staff joined together traveling by bus and by carpool to Springfield for National Social Workers Advocacy Day at the state capital.

Our first stop was at the Prairie Capitol Convention Center along with nearly 1,000 other social work students to hear speakers address issues such as the no-budget crisis.

We learned about the many ways not having a budget for over 21 months has created cuts in critical programs and services such as meals on wheels for our seniors, as well as funding for domestic violence, sexual assault, childcare, and after-school programs.

SWSO, led by Faculty Advisor Dr. Phyllis West, worked hard to put together a well-organized protest. They informed us of the bills that we would be lobbying for at the capital. They created all of the signs and assembled information packets for everyone who rode on the bus. They also identified important bills for us to sign and give to our state representatives.

Everyone in attendance dressed in black to signify the mourning felt by the people of Illinois as the state slowly dies from lack of funding. Once we reached the Capitol, we marched by twos holding signs and pretending to cry and console one another to represent attending the funeral of the state of Illinois.

After marching and protesting outside of the capitol, everyone dispersed to the offices of their Representatives to deliver signed petitions in support of bills such as: HB 3322 (Licensure Access for Ex-Offenders); HB 1785 (Modernization of the Vital Records Act); HB 3213 (Childcare Education and Training Assistance Restoration); and HB 826 (School Social Worker Ratios and Title Protection), to name a few.

We had the opportunity to observe representatives on the floor presenting their bills to the House, and we also met and spoke with Illinois House Representative Juliana Stratton from the 5th district.

Advocacy Day was exciting and educational. It was a time for taking action and letting our voices be heard.

Hats off to SWSO for organizing an excellent advocacy campaign. Can’t wait to do it again next year! Please join us!
Jaguars Combating Hunger: Raising Awareness on Campus

By Brenda Torres  
Editor-in-Chief

One of the Honors Seminars at GSU is working on a project for hunger awareness, “Jaguars Combating Hunger.” The Honors Seminar Class has two groups. One group is focusing on raising awareness about children, and the other about mothers.

Both groups are concentrating on attacking hunger. They are focusing on Will County and their food deserts. Sandra Chavez and Monique Ocanas, both Psychology majors, are focusing on single mothers. Nicole Cristelli and Felicia Kelly, Early Childhood majors, and Hannah Carroll, a Social Work major, are focusing on children.

The groups are working with the Northern Illinois Food Bank. The group presented in Engbretson Hall, “On mothers who are suffering hunger or food insecurity. How it affects them and their children, and generations to come because it triggers mental health issues,” stated Sandra Chavez.

Monique Ocanas said, “The affects of hunger in single mothers need to be told, is substantial because when you think in terms of psychology, you think of Abraham Maslow’s Hierarchy of Needs. You think of the pyramid. How the absolute basic phase of every human is the need for survival—shelter, protection, food, sleep, the basic body functions. But for single mothers living in poverty and having other additional factors like children to support, those needs aren’t going to be met. If that phase is disrupted or incomplete, then how do we expect single mothers to be effective mothers to their children?”

The groups are planning on having volleyball tournaments, a garden on campus and they have a Go Fund Me page. Anything that is raised is going to the Northern Illinois Food Bank. “One dollar that we donate to them equals eight dollars of food for a family,” said Chavez. Chavez mentioned the awareness and the feelings that the their project have brought to her, “I think at the beginning there is a little bit of a guilt trip. Definitely, everything that I’ve learned, I’ve passed it on to my kids. Every time that we eat we are much more grateful for what we have.”

“I think that anytime your sense of awareness is heightened with whatever topic that you are exploring, there is also that element of personal responsibility that comes into play,” stated Ocanas.

The department of Computing Mathematics and Technology will be offering a robotics class in the summer of 2017. The main project for the course will be the construction of an obstacle avoiding robot. This will followed by a contest to determine which robot can navigate an obstacle course in the least amount of time.

In preparation for constructing the robot, several other topics will be covered including: electronics, programming, serial communication, and interfacing sensors and a motor controller with a microcontroller. Hands on activity will accompany each topic to demonstrate its applicability.

The course is listed as PHYS 2500 in the catalog and will count as a computer science elective. For more information about the course please e-mail Mike Milczarks at mmilczarks@govst.edu.

GSU Food Quality Survey

By Dana Solatka  
Staff Reporter

A food survey went live on March 27th and is available until April 11th.

The survey is “designed to provide Arena Food Services feedback on the dining and vending program at GSU,” according to Betsy Joseph, Director of Auxiliary Services and University Housing.

“The survey is part of Arena’s pursuit of continuous improvement,” Joseph continued. The survey asks questions such as, “How satisfied are you with the vending system here at GSU?”, “Do you feel like you’re getting a good value when you purchase food?”, and “What is most important to you in this list?”, etc.

“Arena will use the information received from customers to create a set of goals and action plans to improve service for the 2017/2018 calendar year,” Joseph states.

As of April 4th, 361 responses had been received according to Joseph. They hope to get 400-500 by the time the survey closes. It is unknown if GSU plans to add more food vendors. If you wish to take the survey, go to surveymonkey.com/r/ gsufood2017.

Mango and Learn a Language

By Dana Solatka  
Staff Reporter

Mango Languages offers upwards of 72 world languages and 19 ESL courses. The software itself teaches the user useful phrases and vocabulary in foreign languages such as “Hello, how are you?” as opposed to “useless” phrases such as “The dog is under the table”. The software teaches grammar alongside vocabulary. The phrases are shown on screen and spoken by native speakers. Recently, GSU acquired a free trial of the phenomenal language software. The trial was held for the month of March. According to Dean of the Library Lydia Morrow Ruetten, the library “wanted our students, faculty, and staff to be able to take advantage of this free time to polish their foreign language skills.”

The software overall gave students “an opportunity to examine interests in learning other languages, or just what you need to know to visit a foreign country.”

When asked If the free trial is successful, will the university continue using Mango, Ruetten replied, “This depends on the level of interest within the programs teaching foreign language and our budget, of course.” If you have questions, email the GSU Library at GSULibraryinfo@govst.edu.
Engaging Students through Sports

By Andrea Fuentes
Contributing Writer

The Office of International Services (OIS) is developing a new initiative to get domestic and international students engaged with each other on campus through sports.

Recreational sports provide a great way for students to get to know one another and learn to work together as a team. Two office assistants from the office of international services arranged some athletic events to kickstart this initiative.

Mili, an international student athlete and student worker for OIS, arranged a volleyball tournament held on Friday, March 24th from 3:00-5:00 p.m. in the GSU gym. Experienced volleyball players were at the tournament to assist students and be part of their team. All students were welcome and there were enough participants to play four games.

A new transfer student stated, “this was so fun, we should do this again!”

Ravi, also an international student worker for OIS, will be hosting a Cricket tournament on April 20th from 12:00-4:00 p.m.

There will be a practice session on April 13th from 12:00-4:00 p.m. for any students who want to participate in the cricket tournament, but don’t know the rules.

Volleyball and cricket are well known sports around the world. However, cricket is less known in the United States, but is very popular in India. These events will give GSU students the chance to learn a new sport, socialize and meet new friends.

The Office of International Services would be happy to hear from any student athletes that would like to be a part of this initiative or have any ideas for future sporting events.

Any students wishing to attend upcoming OIS events can RSVP by emailing oismentors@govst.edu.
By Stephanie Zwartz
Contributing Writer

Various forms of art have withstood the test of time. Art captures expression and it can also relay important messages while conveying emotions. Our University is teeming with artistic talent and remarkable works at every turn.

Recently, there was a free exhibition that took place in the GSU Visual Arts Gallery from March 10-31 entitled “Obsession, Improvisation, Collaboration.” This show explored the connections amongst Jazz music and the production of art.

Contributing artists included Dutes Miller, Stan Shellabarger, Victoria Eleanor Bradford, Jaime Foster, Janice Meister, and Michael K. Paxton. The exhibition was part of the “Let them Eat Jazz” Festival sponsored by The Southland Arts, Municipalities, and Business Alliance (S.A.M.B.A.) and the Chicago Southland Convention and Visitor Arts Bureau (CSCVB) that is currently taking place at various venues throughout the Southland. GSU Visual Arts Gallery is a proud partner of S.A.M.B.A. The organization operates in the Chicago Southland Region, allowing local artists, galleries, businesses, and municipalities to collaborate creatively for the promotion of regional arts.

Michael K. Paxton, one of the artists who presented in the “Obsession, Improvisation and Collaboration” show, gave an analysis of his raw canvas paintings stating, “I think of them as more of places than things.” He continued, “Most of these are about people in my life that have passed away in November and December.” He noted the essence of memories present in his pieces.

Carrie Carlson will present her works in the graduate student exhibition entitled “Meadowlark” from April 8-17, 2017 with an opening reception on April 8th from 4-7 p.m. in the GSU Visual Arts Gallery.

During the month of May 2017, GSU graduate student Diane Nadler will present her exhibition in the Big Walls Gallery on campus located at in the E and F wing corridor.

Also in May, the work from the first group of GSU Bachelors of Fine Arts students will be on exhibition from the 3rd through the 15th, with an opening reception on Wednesday, May 3rd from 4-7 p.m. in the GSU Visual Arts Gallery.

The second group of Bachelors of Fine Arts students will be showing their works from May 17-31 with a closing reception on Wednesday, May 31 from 4-7 p.m. in the GSU Visual Arts Gallery as well.

The summer months will also showcase exciting talent at GSU. Graduate student, Ruggyah J. McCallum, will be showing her work from June 3-28, 2017 with an opening reception on June 3 from 4:30-7 p.m. in the Visual Arts Gallery.

Fellow graduate student Amber Gocken will participate in her exhibition from July 10-31, 2017 here on campus. During August 1-18, Katie Wraczewska will display her works as well.

Fall semester starts with an exciting exhibition featuring artists Vera Klement and Dan Ramirez from August 28-September 30, 2017. The Visual Arts Gallery is excited to host curator Elizabeth Whiting for this exhibition.

Each of these students is dedicated to their craft and produce quality workmanship through their mediums. Come view these works and support the lavish art community here at GSU and expand your knowledge about different types of artistry.

Postcard for S.A.M.B.A. Courtesy of Jeff Stevenson.
**News Briefs**

By Mychael Vanarsdale
Political Science Columnist

**National News - Trump Removes Steve Bannon From National Security Council Post**

On Wednesday, April 5th, President Trump removed chief strategist, Steve Bannon, from the National Security Council principals committee. The National Security Council principals committee typically includes cabinet-level officials only. The removal of Steve Bannon also brings in the restoration of positions like the chairman of Joint Chiefs and Intelligence Director, while adding positions like Energy Secretary, C.I.A. Director and United Nations Ambassador to the principals committee.

Sources close to Bannon say the move is not a reflection of the President’s attitude towards Bannon. Lieutenant General H.R. McMaster orchestrated the shift within the National Security Council after becoming President Trump National Security Adviser after Flynn’s resignation.

Another change made to the National Security Council is that the new order puts the Homeland Security under General McMaster’s control rather than making it a separate entity by itself.


**Chicago News - CTA is Going Digital**

Last year, CTA made over $27 million dollars in revenue from advertising used on buses, trains and at stations. CTA now plans to add 130 new digital advertising displays and upgrade 159 of its existing 283 displays in select areas. The new and upgraded displays will help riders with more CTA information needed to better understand their commute. The cost of this project will be deducted from ad revenue. The start date for this project will begin this summer and carry on till summer of 2018.

CTA adding digital display screens, with continuous arrival times, at more ‘L’ stations - Chicago Tribune. (n.d.).

**State News - Illinois House Committee Advances $15 Minimum Wage Proposal**

Illinois Representative William Guzzardi is pushing a bill that will raise the minimum wage to $15 an hour. It has been approved by a house committee where it’s destined to be voted on the house floor within a couple of weeks. If approved, the bill will gradually raise the minimum wage to $15 an hour by 2022. The state’s current minimum wage is $8.25 an hour.

Opponents of the bill argue that raising the minimum wage would hurt small businesses and will force them to raise prices to stay competitive.


**Local News - Unprecedented Local Elections in University Park**

The trustees of the Village of University Park publicly asked Mayor Vivian Covington to resign a week prior to the local elections. The village trustees accused Mayor Covington of raising a TIF fund set up by phony wire transfers, and awarding village contracts to family and friends without board approval.

Mayor Covington, the first African-American woman mayor of University Park, has stated that the financial problems occurring in University Park have well existed before her time as the town’s mayor. There is currently an ongoing federal investigation into the village’s finances.

Covington has refused to step down stating that the village’s financial problems existed prior to her taking office.

University Park board calls for mayor to resign | abc7chicago. com. (n.d.).

**Campus**

By Lance Williams
Contributing Writer

March Madness was a great experience and should be done again. This event was open to anyone who loves basketball and could make a team. You were required to have 5 to 7 players on a team and compete in a playoff type environment with the winning team earning a trophy.

The first day was great. So many people attended! Up to 40 people competed, and the audience filled most of the gym. The games were refereed by a student Frederick Devoe and an advisor Sean Smith. They wore the black and white striped shirts with a whistle, and were allowed to call any call they saw fit—rather it was right or wrong.

Half-court was placed on the side rims making two, half courts. This was a good idea allowing two games to happen at the same time. The games were only 20 minutes long. Losers were eliminated from the tournament.

The final two games were the players showing good sportsman-

**Community**

GSU Community: Re-opening of Athens, King of Gyros

By Brenda Torres
Editor-in-Chief

On April 3, the reopening of Athens Gyros took place in Richton Park, the neighboring village of University Park.

Athens previously closed after they suffered an accident on Jan. 3, 2017. A driver lost control and crashed their car into the restaurant. They were closed for a total of three months and reopened with a ribbon cutting ceremony last week.

“I’m grateful for all the support that I’ve received from so many people. I’m grateful that nobody lost their lives because it came close. I’m excited to be back,” stated Peter Kanavos, owner of Athens.

Kanavos’ son, Kostas Kanavos, is the manager of Athens. “It’s a godsend for me. It’s been a long three months. My grandfather started [the restaurant]. The same store, but he had it in Lincoln Mall, in 1975. We are grateful to be back.”

Athens is located on 3941 Sauk Trail, Richton Park and is opened seven days a week 10:30am - 10:00pm.

March Madness graphic created by Frederick Tremble.

**Orbis**

Orbis
Political Science Columnist

**Orbis**

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Political Science Columnist

March Madness graphic created by Frederick Tremble.

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Political Science Columnist

March Madness graphic created by Frederick Tremble.
SpringFest 2017

APRIL 8
RUN, WALK or ROLL FOR REHAB 5K
9 a.m. - 1 p.m.
GSU Main Entrance

Grab your gym shoes and join the annual “Run, Walk, or Roll for Rehab” hosted by the Physical Therapy Student Association. Proceeds benefit the Illinois Brain Injury Association. The campus community is invited along with family and friends to join PTSA for a day of racing, running, or recreation. Participants receive a complimentary t-shirt with registration fee.

Contact mjones@govst.edu for more information.
Register online via Jaguar Connection, www.govst.edu/jaguarcconnection.

APRIL 10
POP-UP SHOP
Noon - 5 p.m.
Hall of Governors

Treat yourself to a little shopping while supporting a worthy cause. The Civic Engagement and Community Service Center will host a Pop-Up Shop to raise funds for Relay for Life at Governors State University. Local business owners and designers will sell merchandise on campus with a portion of every sale being donated to fund cancer research.

MULTICULTURAL FASHION SHOW
Noon - 5 p.m.
CPA Lobby

Celebrate diversity, explore other cultures, and enjoy a colorful, joyful celebration of fashion, music, food, and dancing. Hosted by the International Culture Organization.

JAGUAR TREKS-CHICAGO BULLS BASKETBALL GAME
7 p.m.
United Center

Witness the six-time World Champion Chicago Bulls as they host the Orlando Magic. Bus departs GSU at 5 p.m. Game time is 7 p.m. Advance ticket purchase required.

Contact slico@govst.edu for more information.

APRIL 11
INTERFAITH PRAYER SERVICE FOR NON-VIOLENCE
3 p.m.
Hall of Governors

In recognition of the recent violence that has ravaged our communities—locally, nationally, and globally—students, faculty, and staff, in collaboration with Intercultural Student Affairs, is sponsoring this event. Following an array of faith-traditional prayers for peace, there will be a ribbon cutting and reception for the new Interfaith Prayer and Meditation Room in A1115.

APRIL 12
HEALING JUSTICE
Noon - 3 p.m.
Hall of Governors

Pamper yourself before final exams. Stop by Hall of Governors to learn the importance of self-care while managing multiple responsibilities as students in a fast-paced world. On-site Licensed massage therapists. Nominal fee for services. Proceeds benefit Generating Hope’s 2017 - 18 “Art 4 Justice” art therapy workshops for local juvenile high and high school students.

Contact arashidi@student.govst.edu for more information.

APRIL 13
PLANT YOUR FUTURE
11 a.m., D-wing Atrium

As a precursor to Earth Day, join Mr. & Ms. GSU as they present Plant Your Future. This stimulating event provides students the opportunity to learn about the many benefits of plants to the earth. Limited number of flower pots available for decorating. Co-sponsored by the GSU Community Service Council.

Contact btrinsky@egovst.edu or ksledge@govst.edu for more information.

APRIL 14
C.A.R.E. TRAINING
Noon - 4 p.m.
B2200

Mr. & Ms. GSU, along with the GSU Community Service Council, invite students to become certified to recognize signs of mental health challenges, mental disorders or mental health crisis experienced by young persons. Certification Awareness Recognition and Empathy training is offered by the National Council for Behavioral Health. Students are required to attend two 4-hour trainings to receive this certification. Pre-registration required.

Contact ksledge@govst.edu

SPRING FESTIVAL
9 a.m. - 1 p.m.
Hall of Honors

Live entertainment by GSU students and local artists make Spring Festival the perfect opportunity to relax and connect with other students before the semester ends. Guests will experience all genres of music followed by a “Stop the Hate” themed dance party to foster campus unity. Hosted by GSU Program Council.

Spring Fest events are sponsored by Student Life: www.govst.edu/studentlife