Tuition UP AGAIN

by David Tabel

On April 2nd, in Springfield, trustees for the Board of Governors of State Colleges and Universities (BOG) System set tuition levels for its five member universities, one of them being Governors State, which serve 47,000 students.

The overall increase for students in the BOG system will be four percent in the 1987-88 academic year. Freshman and sophomore students will pay an additional $60 for the school year while the juniors, seniors, and graduates will pay an extra $1,248 for undergraduate and graduate students in this System to earn a degree.

While Layzell indicated that the governor cut the BOG the most, “The mem­bers of the Board of Governors of State Colleges and Universities at­tended the April 2 meeting of the Board of Governors of Colleges and Universities at­tending to gain support for higher education and to re­main strong to combat "a dire threat to 10% of Illinois' population," said Governor James Thompson.

The tuition levels approved by the Board today will allow the students in the System to earn a quality education at an affordable cost," Layzell commented. "However, the costs for funding a student here are increasing more than anywhere else. The governor cut the BOG system more than any other system.

"We're the smallest group of universities, so we get the smallest amount. GSU was growing in students in 1985, 86, and 87 while everyone else in the group had decreases."

Layzell added this point for final emphasis: "Sixty percent of the student body under the BOG are on financial aid—they don't have the resources that other stu­dents have."

Governor James Thompson explains his budget to Dr. Thomas Layzell and the Board of Governors.

GOVERNOR EXPLAINS BUDGET

"Illinois is at an economic crossroads," said Governor James R. Thompson. "I once again explained to the April 2 meeting of the Board of Governors of Colleges and Universities the importance of higher education and re­cognize the needs of this Sys­tem. The IBHE's staff allocation to be submitted for approval on May 5, 1987, calls for a 7.4 per­cent increase to the BOG Sys­tem's operating budget. This is the highest percentage increase of the four public university systems."

"Governor Thompson's FY'88 budget recommendations are quite supportive of higher edu­cation. Tentative allocations of this budget by the IBHE staff recognize the needs of this Sys­tem. The IBHE's staff allocation to be submitted for approval on May 5, 1987, calls for a 7.4 per­cent increase to the BOG Sys­tem's operating budget. This is the highest percentage increase of the four public university systems."

The allocations for the BOG system are approximately $2 million below that recom­mended by the Board of Gover­nors in September, 1986. The four percent tuition increase ap­proved today supplies $1.5 million of the recommended in­crease of $13.1 million for the BOG system.

"The overall increase for stu­dents in the BOG system will be four percent in the 1987-88 academic year. Freshman and sophomore students will pay an additional $60 for the school year while the juniors, seniors, and graduates will pay an extra $1,248 for graduate students for the 1987-88 aca­demic year."

Reaffirming his support for higher education, he said that Illinois' universities need to re­main strong to combat "a dire threat to 10% of Illinois' population," as the state's economy turns from agriculture to high tech.

"We're the smallest group of universities, so we get the smallest amount. GSU was growing in students in 1985, 86, and 87 while everyone else in the group had decreases."

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Governor James Thompson explains his budget to Dr. Thomas Layzell and the Board of Governors.

FUND $7,000 AHEAD

by Sue Fagin

To date, the Alumni Associa­tion has collected $34,500. "I am so excited," said Director of Alumni relations Ginni Burghardt, "As of April 15 we have received $7000 more than we did last year on this date and the first reminder notices don't even go out till the beginning of June." Although the $42,000 pledged is short of the $50,000 goal, Burghardt said she is confident of surpassing that goal. "We're getting more donations and they are bigger. I'm very confident that we'll go over.

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AND MUCH MORE
Children Need Discipline

by Joseph Baranowski

Last weekend a tragedy occurred, but like most accidents, it could have been forested and averted. Two south suburban children, ages 2 & 9, were burned to death as they slept outdoors in a flammable material. During the first week of April we are all eager for the warm weather to take over. We look forward to doing the outdoor things of summer. Children are probably the most eager. With proper guidance, discipline, structure and supervision outdoor doors can be a unique and gratifying experience. But when children are given too much freedom, too little discipline, and too little supervision, a tragedy, such as the death of these two children, has a welcome opportunity to occur. Children sleeping outside in a flammable material in a wooded area is like a dream in the minds of most parents. Perhaps what overcame these children before they knocked and flames was the lack of discipline and proper supervision.

For POLICE, FIRE or MEDICAL EMERGENCIES on campus:
DIAL "111"

Who is the problem

I have discovered another problem to add to the already enormous list of problems I’ve seen so far, and it is in full force here at GSU. It’s you. Hold down the righteous indignation for just a second, please.

If you would like to prove your innocence, answer a few simple questions:

1) What’s your state representative’s name? His address is worth extra credit.

2) How about your Federal representative?

3) What bills are pending right now that may have an effect on you?

Anybody who got a 100% is exempt from the rest of this article. The rest of you may be starting to get my point.

The problem is that we lack discipline, including the nuclear build-up, racial tension, acid rain and terrorism, all our own fault! It is your responsibility to get your act together.

Happy Spring Break

GSU Innovator

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April 20, 1987

Page 2
Plan To Survive Summer

by Ettarose Lazaros

As summer approaches there is so much anticipation. There’s the warm sun to look forward to, the beach, bike rides, baseball, hayfever, grass cutting, endless washloads of swimming towels and the inevitabilities. “What can we do now, mom? We’re bored.”

Because I, like any mother concerned with saving a piece of my sanity for use in the fall, devised a system of easing the boredom question.

A month before school is finished, my son and I sit down to plan the summer. (Don’t stop reading. Remember, I’m trying to preserve your sanity, not boggle you.) I have a comprehensive strategic planning initiative. Planning isn’t as structured as it sounds. We agree on five things he feels he wants to accomplish during the summer and five things I’d like to see him accomplish.

For example, one summer my 4-year-old son wanted to make the basketball team in the fall, so for one of his five items he chose for during the school year. He loves art, so he included a daily art project from which evolved a beautiful skateboard decorated with a terrible monster.

During the school year, he was having a problem writing complete thoughts with proper capitalization and punctuation. I felt it was important for him to master this skill. Writing an essay a week seemed reasonable school things much, so we decided that he would write a summer journal. At the end of each day he writes a page of thoughts about the day. Sometimes he didn’t like anything else he wanted to include. This format prevented a writer’s block. It was a good synopsis of the summer that I decided to save it. Another suggestion was a regular exercise program and another was to do a science-related activity. Each of the ten items were listed on a chart. The rows were checked off as completed. Of the seven out of the ten items were completed in a day, he received a blue check. So many blue checks earned a reward, probably the blue check. The credit usually compels him to complete the needed area for a particular day, so there is no pressure to complete anything.

The incentive usually compels him to complete the needed amount for a blue check. The best part of all is that I only rarely hear, “I’m bored.”

Summer has become a welcome respite for everyone. No, not requested by me, but by my son. He looks forward to scanning for art or science projects and pursuing interests that he sometimes doesn’t have time for during the school year. He chooses what he wants to do on a particular day, so there is no pressure to complete anything. The incentive usually compels him to complete the needed amount for a blue check. The best part of all is that I usually hear, “I’m bored.”
Students Win Election

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The world is waiting. Be an exchange student.

International Youth Travel Ltd, a cooperative effort of the United Nations Children's Fund, Model United Nations, and International Student Services, Inc. Commit oneself to the ideals of peace, justice, and freedom for all. Mingle with students from all walks of life. Go to new places. Make new friends. It's not too late to be a part of it. Contact us today for more information.

And Why Do They?

"Why do baseball managers wear uniforms like the players?" That simple question began a long day of a new look at an old game.

It all began when I decided to take the Athletic Department's administrative assistant's opening-day walk at Creweley. We all knew that she was one to speak her mind; but I was prepared to show her the finer points of the game. But instead of asking questions about strategy or rules, she wanted to know things that came dangerously close to the mystical core of the sport itself.

"You don't see a hockey coach wearing skates do you?" she asked. "And can you imagine Bobby Knight in shorts and a tank top or John Madden in those skin-tight football pants? So why would kindly old grandfathers or overweight ex-picks have to wear uniforms made for kids to run and slide in?"

Feeling like Tevia in "Fiddler on the Roof" all I could mumble was "tradition."

"How come the teams sit under ground?"

"You mean the dugout? Well, it's just supposed to be like that. The manager can't come off of the bench to pull a pitcher, he's got to come out of the dugout," was the best I could do.

"And why is everyone always spitting? You just don't see Jack Nicklaus spit before he tees off." I couldn't decide between "bad manners" or "just nervous" so I said silent. And thankfully she hadn't asked about all of the crotch pulling, chewing and hat tugging going on.

All went well until about the third inning when the umpire received her attention.

"If the managers have to wear kid's clothes, how come the umpires wear sport coats? They look more like IBM executives than sports referees."

Since tradition had already been used I tried something to do with dignity, but a 250 pound umpire getting in position to make a call doesn't really look dignified.

At this point I saw a chance to grab the initiative so called her attention to Bob James warming up in the bullpen. Of course that was a mistake.

"Why do they call it a bullpen?" she asked. "Pitchers don't look mean enough to be put in something as rugged as a bullpen. Most are quite little. And sometimes there isn't even a fence. They just warm up near the stands." I'll have to admit that "bullpen" does sound a bit macho, but relief pitchers have to come in from somewhere and "over by the stands" just doesn't make it. I tried to sell that idea but it probably wasn't too convincing.

By this time I was starting to anticipate questions that were never asked. Why do players wear diam diggers for pants or caps when there is no sun? And does that pitcher really need to wear a jacket on a 90 degree day?

But I knew that I would never take anything for granted again that happens at a baseball game when the scoreboard flashed an announcement and date for an upcoming promotion of "Youth Mug Day." All that came to my mind was a question: Why do they need a special day to honor cramps that take place near the ballpark?"
The University Singers

The University Singers perform at the Legacy of Hope honoring Dr. Martin Luther King.

by Jean Juarez

The University Singers is an ensemble of 12 vocalists comprised of undergraduate and graduate students. This group performs everything from Bach to Rock, according to their director, Dr. Rudolf Strukoff. The Singers serve as ambassadors for the University. They perform at such places as: Prairie State College, Malteson Holiday Inn, Tolentine Center, and other churches and community centers.

Recently they performed for the Women's Club of Kankakee and received a personal thank you letter telling Dr. Strukoff how much the ladies enjoyed the concert.

The Singers also received an award of recognition for their outstanding work at the GSU Martin Luther King Remembrance Day.

They give an annual concert at the GSU Music Recital Hall and annually prepare two sacred works that are used at worship services during the Christmas and Lenten seasons. The Singers are accompanied on the piano by Marilyn Bourgeois, Adjunct Professor of Applied Music at GSU.

Strukoff says that the time has come for the Singers to expand membership. The membership will be for the Fall and Winter trimester in order to meet the off campus singing engagements.

Strukoff also needs a steel guitarist, one bass guitarist, and a percussionist. If anyone is interested contact Dr. Strukoff at 534-5000 ext. 2454 to audition for the group.

Free Concert

The Governors State University Symphonic Band presents: Broadway to Classics

May 3rd, 4 P.M. in the GSU Theatre

MENC Meeting

April 23, 6:30 pm

Room E 2120

Cyclist Will Pedal Trans-America

John DiNero reads to cross country.

The University Singers perform at the Legacy of Hope honoring Dr. Martin Luther King.
Financial Footnotes

Students in need of supplemental financial aid for college were urged today to write for a free copy of "How to Play Grantsmanship," distributed by The Scholarship Bank. Additionally, each book will be accompanied by an application for a five hundred dollar scholarship.

According to the director of this nationwide nonprofit foundation, over half a billion dollars is available to high school and college students, and in many cases can cover up to twenty-five percent of a student's academic year expenses. These funds are contributed by corporations, trade, civic and non-profit foundations and are normally awarded on non-traditional basis such as academic merit, anticipated college major, geographic preferences, and even on the student's ability to consider a special educational program (accredited or unaccredited). Parental factors, such as union, employer or past military experience are also considered by some donors.

The Scholarship Bank works with financial aid offices in high schools and colleges around the country to distribute information on the over 5,000 different programs in its computer bank. Each student receives a personalized print-out based on his or her individual needs. Each scholarship has a value of at least one thousand dollars, and can be renewable yearly. According to the director, graduate level grants with awards in excess of $25,000 are also available. All recipients receive up to six different aid packages.

High School and college students should send a stamped, business-sized self-addressed envelope to The Scholarship Bank, 4626 N. Grand, Covina, CA 91724.

CLA Workshops

The Center for Learning Assistance is offering free workshops in Artistic Skills and Algebra Skills to help students prepare for the University Competency Test in Mathematics. These 14-week workshops will run from May 1 through August 15, 1987. Diagnostic testing, which will take place during the Orientation Sessions, is required for placement into the appropriate workshop.

Students who want to enroll in a Spring/Summer Math Competency Test Workshops should meet one of the following Orientation Sessions. Registration is required.

SAT, May 2, 1987
F 2:00
Registration Deadline: Wed., May 13, 1987

Spring/Summer Math Competency Test Workshops are scheduled for the following days and times.

Anthem Math Workshops
Mondays, 3:45-6:30 pm
Tuesdays, 10:00 am-12:00 pm

Algebra Skills Workshops
Mon. and Wed., 9:00-10:30 am
Tues. and Thurs., 3:45-5:00 pm
Sat., 9:00 am-12:00 pm

For registration information stop by the CLA located in B100, or call 534-5000, extension 2336.

CBPA Conducts Software Workshop

The College of Business and Public Administration will conduct a Graduate Management Admission Test (GMAT) Prep Workshop for the GMAT on June 20, 1987.

Through the Illinois State Board of Education obtained by Mary Lou Tomaszewski, the college has purchased IBM-PC software to help students prepare for the test. Tomaszewski entitle her grant project "Women MBAs—Why Not?" This project is intended to familiarize prospective women MBA students with the GMAT using the software.

The grant approval enables the first 20 women to enroll at half-price. The workshop is limited to 40 students, and both men and women are encouraged to attend.

The application deadline is April 29, 1987. For registration information, please call Mary Lou Tomaszewski, (312) 534-5000 x2241.

Advance Registration Increases

By Joan Palomer

The Registrar's remarks to "Advance register now" turned an upsweep in Spring/Summer early registration.

According to the Registrar's comparative statistics, 1987 Spring/Summer advance registration took an 11 percent increase over last year's Spring/Summer figures.

"It appears that our campaign to publicize the registration dates and urge students to register in advance was somewhat effective," stated Registrar Sarah Crawford.

The number of students eligible for open registration is the best and most convenient way to register. Planning their schedules, registering and paying in advance usually results in longer lines and greater attendance for open registration crowds, Crawford stated.

When a "substantial number" of students advance register, there are less people in the gym at open registration and "everything just goes a little faster," commented Assistant Registrar Jim Lohman.

For students it saves on trips to campus, timewasted standing in line, and guarantees them a spot in the class they want, he added.

Lohman also pointed out that more fees were paid at the time of registration than were not. This indicates that more students are taking advantage of the convenience of "one stop" advance registration.

In the future, further efforts will be made to promote advance registration, assured Crawford. Three things: streamlines (the) process of receiving, posting signs promoting advance registration are a recent expansion on the College of Education's idea of posting signs to remind their students to register early to ensure entry into classes they need and want, said Lohman.

According to Crawford, advance registration is a tool that "adds in the planning process" of the university's class scheduling adjustments. A good turn out really satisfies our needs. It's nice and helps determine whether a class should be cancelled, another section created, or students to register early to ensure entry into classes they need and want, said Lohman.

A good turn out also helps determine classroom selection, with a good estimate of size, a couple of weeks before the registration period is portable for everyone who can be called.

The push for early registration was not brought about by dropping college enrollment. Lohman said GMAT enrollment has continued to increase every year since its opening, and he attributes this to location, low cost, and quality of education.

Advance Registration

Hotline Volunteers Needed

Parental Stress Services, a children's advocacy agency, will offer a 2-Day training for "volunteer hotline" workers, May 9th and 10th at Printers Square, 600 S. Federal, Chicago, from 9:00 a.m. to 3:00 p.m.

Volunteers are needed from all areas of the Chicago area to answer hotline calls in their homes from parents under stress.

To volunteer, call Lane Frey, at Parental Stress Services, 427-1161.

Spacious Awareness

By Jean Juarez

Tuesday, April 7, 1987 was designated as SPA Student Action Committee Day. SPA had live positions to fill. In order to attract the students more aware of SPA, two talented performers of the European balloon art entertained the students in the cafeteria.

Leslie entertained the students in the cafeteria from 11:00 AM to 1:30 PM. Leslie followed by a SPA representative tacked up his balloon loops into hearts, flowers, turtles, swans, and even a present. This last was presented to Bonnie Winkelsky the SPA Advisor. He also posed for pictures with the students who were holding their balloons and making all the sculpatures.

In the afternoon between 3:30 PM and 5:00 PM another talented performer of the European balloon art entertained the students. This time Kenneth Kjos the SPA Advisor blew up his balloons while walking on stilts. He escorted students through the cafeteria, gave hugs, and even inspected the electrical equipment. The balloon loops passed out the SPA literature when he finished his balloon sculptures.

SPA Awareness Day was a SPA/ALCA success. Everyone enjoyed themselves. Not only did it bring entertainment to the students but SPA Awareness Day made them more aware of SPA as well as the Student Senate and the Student Organization Council (SOC).

The Student Organization Council (SOC) is an Equal Opportunity Employer M/F.

SPAC Awareness Workshops

MANNPOWER!!

CALL FOR ALL APPOINTMENTS:

Schaumgus 885-0332
O'Hare 963-2259
Oakbrook 332-1455
Naperville 885-0332
Loop 263-5144
Lansing 474-0750
Evergreen Park 857-7333
N. Michigan Ave. 266-2903
Kankakee (815) 938-7070
Naperville (630) 325-4688
Hammond, IN (219) 838-2253
New MT Prospect Location 773-1324

An Equal Opportunity Employer M/F

The Scholarship Bank works with financial aid offices in high schools and colleges around the country to distribute information on the over 5,000 different programs in its computer bank. Each student receives a personalized print-out based on his or her individual needs. Each scholarship has a value of at least one thousand dollars, and can be renewable yearly. According to the director, graduate level grants with awards in excess of $25,000 are also available. All recipients receive up to six different aid packages.

High School and college students should send a stamped, business-sized self-addressed envelope to The Scholarship Bank, 4626 N. Grand, Covina, CA 91724.
Easter is a time of bunnies, candy and most of all of children.

On April 9, in the Hall of Governors, the GSU Student Life Child Care Center combined these three essential elements when they held their annual Easter program and added a candy sale fund raiser.

The candy sale cleared over $1000 which will be used to subsidize bus transportation for the center's many field trips.

Passers by stopped, smiled, and then stayed to watch and buy candy to help the little bunnies.

Photos by Thomas Rose
was awarded a knighthood from the Queen of England in June of 1986 for his work in relieving famine in Africa, and captured a nomination for the Nobel Peace Prize in the process.

Geldof writes in brutally honest style, Bob Geldof spills his guts about the problems with his family, school, and environment which eventually drove him to leave home and hit the read. Geldof begins his story by recalling life as a youngster in Dublin, Ireland. The pain of losing his mother at an early age and the violent outbursts from his father is evident as he comes "vis-a-vis" with his past. He thoroughly examines his childhood, frankly speaking about the problems with his family, school, and environment which eventually drove him to leave home and hit the road.

Geldof's life as a drifter, going from job to job, the use and misuse of drugs, and the creation of his now defunct band, the "Boomtown Rats." With humor and wit, he tells of his rise to rock-star status in England, only to plunge to the depths of anonymity in the States.

Although his childhood stories are divided into nations which cover general areas such as southern Indiana, there were six tribes in the Blackhawk Nation. The tribes meet twice, monthly alternating among member's homes.

The meetings include discussions on a story, an activity, and a snack, usually prepared by princess and dad, every month. There is a large audience in which the whole nation participates. The outings include roller skating, a father-daughter dance, a Christmas party, the camp-out, a pumpkin hunt, and a scavenger hunt at the Field Museum.

The program recesses in June, but will start again in September. Flyers are usually sent through the schools. Three groups are also Y-Indian programs geared for fathers and mothers and sons and daughters. Contact your local YMCA for further information.

Enjoy Chinese
New Moon Food
by Eric C. H. Peng

Do you plan to eat out tonight? You can't decide where to eat? People have their favorite restaurant every day. There is a good place to go. New Moon Restaurant, located at Route 30, just north of the route 61, Olympia Fields. With 14 years in business, New Moon is loved well known by their finest Cantonese cuisine and Mandarin cuisine.

Whenever customers step into New Moon Restaurant, they will be relaxed by its elegant decor and soft lighting, with a golden dragon adorning the center pillar, it is the first sight you see. The comfortable atmosphere was created by the crimson carpet which matches its Levy's curtain, continuously romantic music floating on the air. The gold chairs and tables named for diamonds which are available for family dining or business discussions.

The manager of the restaurant, Jesse Ng, proudly presents your gourmet menu, such as, SEAFOOD GORBAR which contains shrimp, scallop, salmon, crab meat, water chestnuts, and rice. Before serving, the waiter will put this dish into another hot plate in front of the customers, and the customers can see the steam and smell the food. Some other fine offerings:

- HOT SINGAPORE CHOW MEIN
- NEW MOON DELIGHT, and ORIENTAL HOT POT which are suited for two people.

The menu has four categories which are BEEF, PORK, and POULTRY. For groups or reunions, New Moon has a DELUXE DINNER and FAMILY DINNER available, which are carefully selected from the menu and served at a reasonable price.

In addition, the traditional DeHOP, EGG FRYING YOUNG, FRIED RICE, and a la carte are delicately prepared for customers. A luncheon buffet, a budget gourmet's delights featuring EGG BOMBS, LO MEIN, COLD TUNA, and SALAD BAR. Monday through Saturday, and the price is just $12.50 per person. Group facilities are available for up to 100 dial 747-1080 for reservations.

People eat McDonald's every day. There is a good place to go. New Moon Restaurant, located at Route 30, just north of the route 61, Olympia Fields. With 14 years in business, New Moon is loved well known by their finest Cantonese cuisine and Mandarin cuisine.

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Employee Of The Month

Los Angeles Mayor Tom Bradley and internationally re­
garded scholar Dr. Amila Etzioni will be the guest speakers for the 1987 Governors State Universi­
ty commencement.

Tom Bradley, serving an un­
precedented fourth term as
Mayor of Los Angeles, will ad­
dress June 7 graduates of the College of Busi­
ness and Public Administration
and the College of Education.

Both Bradley and Etzioni have completed at least 12
graded hours at GSU. New students will get the same average from all previously graded work. All recipients must be enrolled at GSU for nine credit
times prior to the 21st Century.

The Governors State Universi­
ity Alumni Association will award
up to 50 “Alumni Academic Awards” for the 1987-88 school year to outstanding students.

The $300 scholarships awar­
ded over two installments are avail­
able to students with 3.75 grade
point average on a 4.0 scale. Scholarships are offered to current GSU students, both
graduate and undergraduate, and to incoming students.

Current GSU students must have completed at least 12
grades at GSU. New students will get the same average from all previously graded work. All recipients must be enrolled at GSU for nine credit
hours prior to the 21st Century.

The author of more than 160
works in professional journals.

Dr. Etzioni also has contributed
numerous columns for “Psychology Today” and “Hu­
man Behavior” magazines.

He has authored more than a
dozen books on topics including
political unification, peace
strategies, social problems, and
plans to “rebuild America be­
fore the 21st Century.

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graduate and undergraduate, and to incoming students.

Current GSU students must have completed at least 12
grades at GSU. New students will get the same average from all previously graded work. All recipients must be enrolled at GSU for nine credit
hours prior to the 21st Century.

The author of more than 160
works in professional journals.

Dr. Etzioni also has contributed
numerous columns for “Psychology Today” and “Hu­
man Behavior” magazines.

He has authored more than a
dozen books on topics including
political unification, peace
strategies, social problems, and
plans to “rebuild America be­
fore the 21st Century.

Employee Of The Month

Los Angeles Mayor Tom Bradley and internationally re­
garded scholar Dr. Amila Etzioni will be the guest speakers for the 1987 Governors State Universi­
ty commencement.

Tom Bradley, serving an un­
precedented fourth term as
Mayor of Los Angeles, will ad­
dress June 7 graduates of the College of Busi­
ness and Public Administration
and the College of Education.

Both Bradley and Etzioni have completed at least 12
graded hours at GSU. New students will get the same average from all previously graded work. All recipients must be enrolled at GSU for nine credit
hours prior to the 21st Century.

The Governors State Universi­
ity Alumni Association will award
up to 50 “Alumni Academic Awards” for the 1987-88 school year to outstanding students.

The $300 scholarships awar­
ded over two installments are avail­
able to students with 3.75 grade
point average on a 4.0 scale. Scholarships are offered to current GSU students, both
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GSU Will Escort You

Ron Martin slouches in a chair at a small desk near the main entrance just inside Governors Hall. His attention is focused on a book that partially obscures his face. That compels you to divert your attention to his head to get a better impression of what he looks like. Not a strand of his short brown hair is out of place. Occasionally, a student ambles by to chat with Martin. Without hesitation, he interrupts his reading, looks up smiling, and changes a few words with the student.

Martin, 22, could easily be taken for a basketball player, for he has the height and build of one. But, he has no interest in competitive sports. His interests lie in another direction.

"I have always helped people," Martin says.

And that is what he does, help people. A year ago, Martin began working as parking service attendant with GSU's Escort Service. GSU's Escort Service provides various services to students, faculty, and visitors: an escort to your car some late and lonely night after class; assistance if you have a flat tire, frozen locks, a dead battery, no antifreeze in the radiator, an empty gas tank, a jump start and a tow if all else fails.

Martin is the dynamic force behind these services. He is on the job Monday through Thursday from 4:00 p.m. until 11:00 p.m. and on Friday, 2:00 p.m. until 9:00 p.m. Unfortunately, you may have trouble before he comes on duty, you are on your own.

Two years ago, Chris Tolbertt, Supervisor of parking services at GSU, assumed the position from Billie Tomatis who initiated the project nearly a year before. Although Martin did not begin at the inception of the program, "he is a great employee," says Tolbertt. Martin says he finds gratification in helping people.

"I stop along the highway if you have a flat tire, frozen locks, a dead battery, no antifreeze in the radiator, an empty gas tank, a jump start and a towing service referral if all else fails.

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- Something to crow about

Singers Wanted
Mt. Carmel
Children of God Church
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Nutrition Answers from Page 4

1. 42%—Amples amounts of protein can be found in hamburgers, and chicken and fish fift sandwiches.
2. Carbohydrates.
3. 4. Baked potatoes and Kaiser buns are excellent sources of carbohydrates.
4. Carbohydrates.
5. 25-35 grams. It's easy to get some of the fiber you need at your local quick-service salad bar if it contains an array of fresh vegetables and fruits. For example, a salad consisting of 2 cups lettuce, 1/2 cup green peas, 1/2 cup kidney beans, 1/2 cup garbanzo beans, 1/2 cup broccoli, 1/2 cup cauliflower, and 1/2 cup pineapple chunks provides 42 grams of crude fiber.
6. A and C. For example, Wendy's Garden Spot salad bar contains good sources of vitamins A or C. While some items vary, the Garden Spot usually contains carrots, grapefruit, oranges, strawberries, and lettuce. Vitamin A is essential for preventing “night blindness” and helps keep the outer layers of tissue and organs healthy. Vitamin C is necessary for proper growth and repair of important body tissue, teeth, gums and blood vessels. It is also needed in higher quantities when under stress.
7. Colon cancer. The National Cancer Institute has found that people with high fiber diets have a much less risk of cancer of the colon.
8. A mere 275 calories.
9. B-complex vitamins. Pay close attention to the number of cups of coffee you consume during exams. Coffee robs the body of key B-vitamins necessary for energy. To get more B vitamins eat a baked potato, or raisins and sunflower seeds.
10. Sour cream—25 vs. 100 per tablespoon of butter or margarine.
STUDENT LIFE CHILD CARE CENTER

Will participate in Campbell's Labels for Education Program and you can help. Please collect and save Campbell labels. Our school can redeem these labels for FREE school equipment.

All sizes of Campbell Labels are eligible.

NOTE: Please save the front portion of the labels from all the canned food products pictured here. On Swanson Frozen Food Products, save either the Purchase Confirmation Seals or the blue-green "Swanson Triangles." On Recipe Dog Food Treats and Dinner Rounds, save the Purchase Confirmation Seals. From containers of the 12 oz. frozen concentrate of Juiceworks Blends of 100% Pure Fruit Juices save the Universal Product Codes.

HELP SCHOOLS SAVE LABELS
FOR VALUABLE SCHOOL EQUIPMENT

Graphics by Sue Fagin