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Some Delays; But Construction Continues

by Craig S. Slunt

After being put off schedule of almost a month, construction work continues on Governors State University's campus. New contractors have replaced some of the old ones working on the "B" wing and main entrance of the "D" wing. The original contractors folded and have been replaced by the bonding company with new contractors under the same bid terms. The change over in contractors has caused some delay in the projected schedule, according to Mike Hassett, acting director of physical plant operations.

The "B" wing project has a new tentative completion date of April 1, 1994. In the "B" wing, Harding, the original electrical contractor, has been replaced with Northgate electrical contractors. For the heating and ventilation, Brady, the original contractor, has been replaced with two contractors: Cunningham Piping Co. for the heating and R.J. Olmen for the ventilation.

The main entrance, tentatively slated for completion on June 1, 1994, has two new contractors who replaced Brady for the heating and ventilation. Cunningham Piping also took over this heating contract and Dodson the ventilation contract, said Hassett.

In other construction around campus, the roofing construction is expected to be completed within the next two weeks before the Thanksgiving holiday. The roof should be finished with the exception the skylights which will have temporary roofing around them until spring when they will be replaced, explained Hassett.

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Student Video Producers Win Praise And Plaques

by Craig S. Hunt

Three Governors State University students were honored by Sertoma Centre Inc. of Alsip for producing an informational video. The six-minute video for the charitable organization describes the services it provides for disabled residents in 27 south suburban communities and south and southwest areas of Chicago. GSU graduate students Steve Reid of Park Forest, Jeff Dhelli of University Park, and Kristie Goss of Chicago produced and directed the video. They received congratulatory plaques from Sertoma Centre's administration. The film was narrated by Dr. Deborah Holdstein, GSU professor of English and Rhetoric. The video touched on Sertoma Centre's work in vocational training, job placement, educational and counseling programs for high school students, and its residential facility. "This video will be used for a multitude of purposes, including fundraising and public relations purposes, as well as informing potential clients and referral agencies about our work," explained Cheryl Axline, director of public information for Sertoma Centre. "The students did a wonderful job on this project."

In the second public service film students in the Media Communications Division have produced. Earlier in the year, graduate student Mary Bernat of Blue Island produced a film for Great Lakes Financial Resources, a holding company for area banks. "More media communications students are being sought by area enterprises to produce and direct industrial tapes and promotional videos each year," GSU media communications Professor Eli Segal said. "Projects like these afford our students effective real-world production experience. So far, results have been excellent."

Workmen install glass windows in the new elevator shaft.
FILL YOUR SATURDAYS WITH SOME CULTURE... at African-American Images Bookstore. Every Saturday at 2 p.m. there is a gathering of individuals who want nothing more than to be enlightened. The first Saturday of the month is Children's Hour; second Saturday is Poetry Reading Day; the third Saturday is Book Review Chat and on the last Saturday of the month, seminars are held on adult development, financial planning, relationships and community empowerment. African-American Images Bookstore is located at 1909 W. 95th Street. For details call (312) 405-0222.

WHY DON'T YOU TAKE A HIKE!... The weekend of Nov. 13 the Forest Preserve District of Will County will host a nature walk for families and groups. The hour-long hike offers families a chance to get outdoors and enjoy the woodland while learning something about the natural surroundings. The hike will begin at 10 a.m. at Goodnow Grove Family Preserve and will follow forest and prairie and Nature. Hikers are encouraged to dress for the weather and be prepared for muddy conditions. The hike will be held unless weather conditions are deemed hazardous. For additional info (815) 727-8700 between 8 a.m.-4 p.m.

FEEL LIKE CLOWNING AROUND...? The CLOWN Together program sponsored by Orland Township will be conducting a clown training session from 10 a.m. to 4 p.m. Nov. 13 at the township activity center, 15100 S. 94th Ave. There is no fee and volunteers will visit the program to teach students how to feel good without drugs or alcohol and how to make healthy choices. To register call Donna Ebenold at (708) 403-4001.

LOOKING FOR A GOOD GENDER-BENDER PLAY?... CLOUD 9 is one. I suggest seeing. It is a sexual farce about a family-seen first as British Victorians in Africa ca. 1880, then 100 years later in London. There are seven actors who perform up to 20 roles! It is being held at the Court Theatre, 5553 S. Ellis Ave. and in running through December 5. Tickets are $16-$28 and are available for half price after 5 p.m. Call for days and times 753-4472. (P.S. Not for young children!)

"The general will always right, but the judgment that guides it is not always enlightened." -JEAN-JACQUES ROUSSEAU

GOTTA PLOW!

Scholarship Recipient Selected

Governors State University graduate student Jocelyn Keesee is the recipient of a 1993 GSU Collegiate Minority Scholarship. The GSU Alumni Association initiated the tuition and fees scholarship for the College of Arts and Sciences student. Matching funds were provided by LaSalle Bank at Matteson. With this scholarship, Keesee has been able to enroll as a fulltime student and hopes to complete her degree in analytical chemistry in two years. She received a bachelor's degree in chemistry from Indiana State University. "This scholarship will help me reach toward my ultimate goal of going to medical school," to become a general practitioner, she said. Keesee is working as a medical technologist at MedCenters Laboratories in affiliation with St Mary's Hospital in Kankakee. She is the daughter of Dr. and Mrs. J.T. Keesee Sr. of Kankakee.

A Message From Student Life

Olympia Fields Osteopathic Medical Center, located just south of Vollmer Road on Crawford, will be offering Flu Shots to GSU students and staff from 10 a.m. to 2 p.m. Monday through Friday, during the month of November. Hiring your GSU ID Card to the Outpatient Counter. The cost is thirteen ($13.00) dollars. You are encouraged to consult with your doctor as to the advisability of this shot for you!
Affairs of State: And The Winner Is...

by Terry Crane

Public service is often given awards for their contributions to society. The Pulitzer, Nobel and Oscar are but a few of these awards presented to those who in some way, through hard work and determination, advanced the cause of humanity.

On occasion, however, it is important to recognize those who have distinguished themselves, in a less impressive way. To these individuals I offer the Affairs Of State Jeez! Award. This award is given to those who have publicly put their foot in one or more of their orifices.

To Carol Mosley-Braun, Diane Feinstein and Barbara Boxer who ran Senate campaigns about the attorneys for the Judiciary Committee and their treatment of Anita Hill. Once these women were elected, they had to be begged to join this committee.

To Ted Kennedy, the Senate sexual harrassment poster boy. Will marriage tame him? An award goes to him for his new bride for thinking it will.

To the Senate Ethics Committee (an oxymoron ever since there was one) for pressing Bob Packwood to give up his diaries which include the sexual exploit of other congressmen, while simultaneously stressing that the actions in question aren't in other congressmen's actions.

To Bob Packwood, for giving them ammo.

To Al Gore for his book on reinventing the government at a cost of $170 million, more than three times the cost of the average government book. That's a lot of trees.

To Hillary Rodham Clinton, the little blond bull in the china shop we call the American Health Care System. She is lauded for her brilliance, but in anyone really sure why?

To Bill Clinton, he decided that he wanted to be president when he was sixteen. For that decision and every one since then.

To Kim Basinger for her comment that animal abuse is the most serious problem in our society. She may have single-handedly revved the dumb blonde joke niche.

To Ted Danson for betraying another race of people with racial slurs and black face make-up. Oh well, as long as you're a sensitive nineties type of guy.

To the NEA (National Endowment For the Arts) for giving grant money to artists who produce works with urine, Jello, and a host of other fluids and dairy products in order to prove the deep and philosophical questions of the penis and vagina.

To the NEA (National Education Association) who now hand out sheepskin in little square packets, and want more money for doing it.

To the anti-Hillary Clinton crowd who sit around and think up negative jingles to the "I Love You" song; I love my kid, My kid loves me. Why don't you lay off, Barney. You have time on your hands and you're whining like a snob, Why don't you go out and get a job.

To anyone who wears a diamond studded AIDS awareness ribbon for making us more aware of your wealth.

To the guy who cut me off on the way to work this morning.

Honorable mentions: Ron Perot, The American Press, the Reginald Dclllly Jury, Phil, Oprah and the others, U2 and the Sierra Club.

Congratulations to the winners of this year's AOS Jeez! awards.

Smokeout set for Thursday, November 18

The third Thursday of each November is set aside by the American Cancer Society to celebrate the Great American Smokeout. This year's celebration will take place on Thursday, November 18.

The American Cancer Society sponsors the Great American Smokeout each year to encourage smokers to take a break from cigarettes for 24 hours, just to prove to themselves that they can do it. Dippers and chewers are also asked to drop their habit for the day.

Last year, approximately 7.4 million people or 14.9% of the nation's smokers, gave up cigarettes for 24 hours. One to three days later, 4.9 million of these people were still not smoking.

At Governors State University, Smokeout efforts will receive a boost from the "Adopt a Smoker" program. Nonsmokers, especially former smokers, can participate by adopting smokers and offering support during the day.

There will be information and some materials provided to help, but nonsmokers supply the winning ingredient by showing their friends who smoke that they're concerned and willing to lend support. Participants will receive a certificate at the conclusion of the program.

To adopt a smoker for the day, please contact Charles Barnett, Public Functions Supervisor, at (708) 534-4981. Adoption papers will be sent promptly on their way. For further information on quitting smoking, call your local American Cancer Society at (708) 754-2700.

Keeping An Eye On Child Custody Cases

by Marlene Madison

Debra Pharm, a mental health counselor with the Wel­ lfare Reform Agency in Matteson, is on a mission to help single mothers successfully negotiate the judicial system, such as it is, by explaining the realities that face them in the courtroom.

Pharm says courts are subjective garbage," said the di­ vorced mother of three children.

by John Hansen

Natural Mr. Universe

When it comes to eating the right diet to stay healthy, most people don't have a clue on where to start. The majority of the gen­ eral public is anxiously awaiting the day when one starts. The majority of the general public is anxiously awaiting the day when one starts. The majority of the general public is anxiously awaiting the day when one starts.

The general recommendation of all body tissues, includ­ ing the muscles, blood, skin, hair, nails, and internal organs.

Protein also helps to form hor­ mones, enzymes, and antibodies. Hormones are responsible for bodily functions such as growth, sexual development, and rate of metabolism. Enzymes are neces­ sary for basic life functions and antibodies are needed to help fight foreign substances in the body.

Have I convinced you yet that this is a very important nutrient in your diet? Unfortunately, most people do not eat enough protein or the right kinds of protein in their daily food intake.

Protein is comprised of amino acids, which the body requires twenty-two of in order to make protein. All of these amino acids are produced by the human body, except for eight. These amino ac­ ids are called the "essential eight" and must be supplied by your diet. Foods that contain the essential protein foods. These include milk, cheese, eggs, meat, chicken, fish, turkey, etc. In fact, most meats and dairy products are complete forms of protein.

Those people who are con­ cerned with watching their weight should concentrate on eating only protein foods that are low in fat. These include skim milk, egg whites (all the fat is in the yolk), chicken, fish, and lean red meat.

Athletes and people going through stressful periods may need more protein than the seden­ tary individual. The protein is in­ responsible for rebuilding or re­ placing worn-out tissues, it's quite obvious why more would be needed.

The daily amount of protein needed is a much debated topic among doctors and scientists. The general recommendation seems to be 0.5 grams for each pound of body weight. That means a 150 pound person would need 75 grams of protein.

Mr. Universe Health Talk

John Hansen Is Natural Mr. Universe

Since protein is responsible for building and maintaining the tissues of the body, it is the carbo­ hydrates and fats in the diet that supply the body with energy. These nutrients are equally impor­ tant and will be discussed in the next issue of the Innovator.
GSU Student Founds Charitable Comedy Show

By Kathie Godfrey

An enterprising GSU student is the power behind a highly successful comedy show slated for its second production later this fall. Irecatha Jones Vasquez, a full-time marketing major, will sponsor Comedy Explosion II, a comedy show and after-show party whose money-making venture.

Irecatha Jones Vasquez, a full-time marketing major, will sponsor Comedy Explosion II, a comedy show and after-show party whose proceeds will benefit Mini Mania, a Kankakee area shelter for drug addicted babies.

Vasquez's last comedy show production featured comedians from HBO's Def Comedy Jam, BET's Comic View, and Chicago's All Jokes Aside. The show was a huge success, with a turnout of more than 400 people ranging in ages from 21 to 45. The projected turnout for Comedy Explosion II is estimated at approximately 1000 people and is slated for late this year.

Vasquez said she hatched the germ of an idea more than two years ago while hosting these parties—such as cajun parties and Halloween parties—featuring entertainers, for her friends. The parties were such a success that Vasquez began to wonder if people would be willing to pay admission to such a party.

"I was reading "Seven Habits of Highly Effective People," and some other self improvement books," said Vasquez, "and I started to focus on developing something that I liked to do into a money-making venture."

She then came up with the idea of donating all proceeds in excess of her costs for the show to a charitable organization and the Comedy Explosion was born.

Vasquez says the primary objectives of the R.J. Productions, who produce the Comedy Explosion show, are to offer entertainment to suburbanites of all races without the difficulties of city travel and parking as well as to provide needed assistance to charitable organizations in the area.

Irecatha Jones Vasquez

Illinois Education Association-NEA Student Program Workshop

"BEGINNING YOUR TEACHING EXPERIENCE"

Northeastern Illinois University
Commuter Center
5500 North St. Louis
Chicago, Illinois

Saturday, November 20, 1993
10:00 A.M. - 3:00 P.M.

Free of Charge and Lunch will be provided

Workshop will include:
Legal Issues of Education
Multicultural Education
Panel of Teachers Discussing Their Teaching Experiences
Question and Answer Session

To register, complete and mail the form posted around campus or call the IEA-NEA Office toll free at 1-800-252-8076. Ask for the student program office.

Engberg Hall will be the site of a Leadership Development Workshop on Friday, Nov. 12 at 12:30 p.m.

Kazni Neuville, Paula Knack and Connie Hurback will present the workshop, which will feature information on leadership games, organizational strategies and group interaction exercises. Participants will receive free information packets, refreshments and door prizes.

Students are invited to bring a sack lunch to join this free workshop sponsored by the Student Life Leadership Development Committee and the Future Teachers Association.

Set The Mood For The Holiday Season

The Student Life Special Events Committee invites everyone to a Holiday Celebration and Ornament Ceremony on Wednesday, Dec. 1.

This event will be held in the Hall of Governors at 2 p.m. You are invited to join the GSU community as they hang ornaments which represent various departments and organizations.

Christmas Change Sought

Do you know any needy children? It is a festive time for most of us and ours. Our homes are warm, our children healthy, the tree is trimmed and our stockings are hung. We anticipate Christmas Eve and Christmas Day with overwhelming excitement. Our needs are met and our wants acknowledged.

What's my point? Each day we pass through the cafeteria we are given the opportunity to share a bit of our good fortune by participating in Virginia Cunningham's yearly effort to fulfill a dream for many less fortunate children by dropping our pennies in the penny cup marked "Evelyn's Children's Christmas Fund." She has, for several years, deposited the change in a bank account and, at the year's end, forwarded it to the aforementioned organization to make the Christmas wishes of many children come true.

This year's goal has not been met, although your generosity is noted and, in some cases, constant. For this reason a final push is being made. When you pass through the cafeteria line, if you have a few pennies to spare please consider participating in this worthwhile effort.

Medieval Fun At King's Manor

by J.B. Godfrey

If you're looking for a night on the town I would suggest the "King's Manor", which is located at 2122 W. Lawrence Avenue in Chicago. This is not your ordinary type of dinner date. As soon as I hit the door I realized that I had stumbled into something unique. The employees were dressed in medieval costumes, and the waitresses are not waitresses, they are wenches. D. Neil Bremen is the King and David T. Boylan is the Royal Jester in The Best of The Kings Manor which is running from October 8 to November 20.

The show is directed by Paige Coffman and choreographed by Michelle Williams. The show is filled with stumptick humor and one-liners, and the entertainers constantly keep the audience off-guard. Humor is not the only attribute that the entertainers possessed, all of them could also sing.

Is this family entertainment? Yes and no. Much of the humor is adult humor. Management recommends patrons be at least 18. My opinion is leave the kids at home and have a night on the town. The kids will understand.

The tickets range from $29.50 to $32.50 per person, and this price includes dinner. Reservations can be made by calling (312) 275-8400.
GLOBAL HUMAN RIGHTS WATCH SPOTLIGHT

SLAVZILAND: AMNESTY INTERNATIONAL WEL­ COMES THE COMMUTATION OF DEATH SENTENCES

Amnesty International (AI) welcomes the commutation of three death sentences on 1 October to mark the 25th birthday of King Mswati III and the 25th an­ niversary of the Universal Declaration of Human Rights. The three sentences, which had all been confirmed by the Court of Appeal, were commuted by King Mswati III on 1 October 1989.

AI is concerned about the possibility of a retrial of the three prisoners. The King has ordered them to be released on parole and to carry a sentence of 60 years in prison. AI is also concerned about the possibility of a new trial of another prisoner, who is serving a life sentence.

Al is aware that the death penalty is still used in Swaziland and that there have been reports of extrajudicial executions.

ETHIOPIA: CONCERN ABOUT SHOOTINGS OF DEMONSTRATORS AND THE ARREST OF A JOURNALIST

Al is concerned about the shooting of demonstrators by the security forces in Addis Ababa on 6 September. The security forces shot dead 24 and others wounded in front of the Jesus Church. Al is aware that the security forces have been responsible for a number of deaths in recent months.

Al is also concerned about the arrest of a journalists who was covering the demonstration. The journalist was arrested and detained for approximately 24 hours.

What Makes People Choose Suicide?

That and other questions will be the focus of a new workshop titled "Issues in Counseling: Suicide Prevention" from 9 a.m. to 5 p.m. on Nov. 20 and 21 at Sangamon State University. The workshop is open to professionals and the public.

The workshop will cover a range of topics, including the causes of suicide, its prevention, and the role of counselors in helping those who are struggling with issues of suicide.

Participants will have the opportunity to learn from experts in the field, ask questions, and engage in discussions about the complexities of suicide prevention.

The workshop is sponsored by the Department of Psychology, and is open to all interested individuals. The cost is $150 for non-graduates and $100 for graduates.

For more information or to register, please contact the Department of Psychology at 217-398-7890.
Acting Associate Provost Hired

Dr. Edwin Cehelnik has joined the Governors State University administrative team as acting associate provost for academic affairs. Dr. Cehelnik will be responsible for program reviews and new program requests that go before the Board of Governors Universities and the Illinois Board of Higher Education.

His duties also include serving as the administrative liaison to the GSU Curriculum and Program Review Committees, and contract administrator for the faculty unit, Professionals of Illinois (UP) agreement.

"We are happy to have Dr. Cehelnik move into the acting associate provost position. His familiarity to GSU will benefit all of us as we continue our program reviews and make curricula choices for the future," GSU President Paula Wolff said.

"I look forward to working with my colleagues on issues vital to the university and its students," said Dr. Cehelnik, university professor of physical science and former chairperson of the Division of Science.

The Olympia Fields resident brings a wealth of experience to the position. He joined the GSU staff in 1975 as a university professor of physical science, and as served as the Division of Science chairperson since 1982.

He was chairperson during the division's 1982 reorganization from a single bachelor's and master's degree in environmental science to bachelor's degree in biology and chemistry and master's degrees in analytical chemistry and environmental biology.

He also worked with faculty from 1983 to 1985 for the development and approval of a bachelor's degree in computer science. In addition, a master's degree in computer science was added in 1989.

During his years as chairperson, Dr. Cehelnik has worked at getting needed science equipment funding and accepted equipment gifts from local companies. He also developed internship opportunities for science students in a variety of settings.

Dr. Cehelnik helped write and deliver a contract between GSU and then Stauffer Chemical Co. of Chicago Heights for an on-site retraining program in which GSU staff taught science courses to Stauffer laboratory employees.

While a full-time faculty member, Dr. Cehelnik received a National Science Foundation grant for science equipment, and a second grant with GSU Professor Peter Gunther for the study of peat formations in the Okefenokee Swamp in Florida.

Dr. Cehelnik received his bachelor's degree from Villanova University and his doctorate from Pennsylvania State University. He was a post-doctoral research fellow at the University of Nottingham in England, from 1971 to 1973, and a post-doctoral research fellow for the National Bureau of Standards analytical chemistry division in Washington, D.C., from 1973 to 1975.

New Application Process for Student Aid

There is a new development in the financial aid application process for the 1994-95 academic year. The Department of Education has introduced a new paper Renewal Application for next year for continuing applicants. This application will take the place of the Free Application for Federal Student Aid (FAFSA) that students completed has introduced a new paper Renewal Application for next year for continuing applicants. This application will take the place of the Free Application for Federal Student Aid (FAFSA) that students completed.

Applications to students who received a valid Student Aid Report (SAR) in the 1993-94 academic year. Instructions for completing the Renewal Application are included with the package they receive.

Renewal Applications will be mailed to continuing applicants beginning in late November and should be received by the end of December 1993. These Renewal Applications cannot be signed, dated, or returned. If students do not receive a Renewal Application by January 15, 1994, they may use the FAFSA form to apply as in prior years.

If students do not receive a Renewal Application by January 15, 1994, they may use the FAFSA form to apply as in prior years. Applicants who did not apply for federal aid in the 1993-94 year or who feel more comfortable using the FAFSA form will be able to do so. These forms will be available in the Office of Financial Aid when Winter Trimester Classes begin on January 18, 1994.

A Trip to the Wall

You went off to war so long ago,
Your face I still can see.
Your name is now carved in granite.
On this stark cold, black wall
And in a place deep within my heart.

So many years have passed,
Your memory still seems so clear.
I stand and look,
I turn and cry, My heart still screams out WHY?

As we grew into adulthood, oh so long ago,
Best friends and so much in love.
Always thought of you my friend
As a continuation of myself.
Our thoughts and feelings often merging as one.

And now, my dearest friend.
So many years have passed,
Seemingly they have drifted one into another.
I stand before your name chisel deep into this unfeeling stone.
I reach out to touch it and feel instead, the tears I have shed.
In all the years that have passed you've never felt so near.
Eileen Truskowski

TODAY'S ARMY SALUTES THE VETERANS OF WWII

Fifty years ago the veterans of World War II fought to preserve freedom for America and the world.
This legacy of freedom is handed down to every generation and we who are in uniform today salute you. We will never forget your commitment, your sacrifices and your triumphs. A grateful nation remembers.

The United States Army and Army Reserve.

[Adverts and special offers about used CDs for sale]
Pearl Jam

By William R. Kohlstad

Some people are casual blues listeners, while others are living the blues note by note. Recently I had the chance to hear a local blues artist Joan Baby and her band, the Blue Lanes, play at McPutt's in Midlothian. Joan is a bass player as well as a singer. She has played all over the country and is a popular concert performer. She is well respected in the local blues community.

The Blue Lanes is a popular local blues band that has been playing for over 20 years. They are known for their energetic performances and soulful singing. Their music spans a wide range of blues genres, from traditional to contemporary.

The band's repertoire includes classic blues songs as well as original compositions. Joan Baby's vocals are powerful and emotive, and her bass playing is smooth and precise. The band features a variety of instruments, including guitar, keys, and percussion.

The Blue Lanes are known for their enthusiastic stage presence and their ability to connect with the audience. They have built a loyal following over the years and are a favorite of blues fans in Midlothian and beyond.

More Blues For You

by Jeff Dinelli

The Lemonheads

Come On Feel The Lemonheads

By Jeff Dinelli

After years of making noisy rock albums that, if not entirely earth-shattering or even original, were infectious, harmless fun (see Creator and Lowsy for high-water marks), Alverna-buck Evan Dando's songs are still harmless, but now they're nothing more than limp guitar-pop nonsense that indicate he's more than content to be a teen idol spewing idol-lyce, "Don't wanna get stoned / I don't wanna get stoned at the little girls in the front row (from 'Style'), which is unfortunately repeated on the second side as 'Rick James Style'). I'm a longtime fan, but this album is so bad I'm tempted to re-evaluate and possibly even come to the realization that this is nothing more than a cover band (Suzanne Vega's 'Luka' and Simon and Garfunkel's 'Mrs. Robinson') provided Dando with minor college radio hits in the past. Though some of these hooks ("Into Your Arms", the country-ish 'Hug (Say Heart)') may stick to you temporarily, chances are you'll brush them off and move on. Unfortunately for Dando, beauty truly is only skin deep. GRADE:B-

Dragline

American guitar bands tend to treat melodies like the plugue, preferring to lean on manic '70s and stop/start chord changes to please the punk punx. Lawrence, Kansas-based Dragline probably won't attract much attention as long as Pavement is around, which is too bad, because mega-selling pooners like Pearl Jam would kill to be as good. Although groups in this post-grunge genre often times cancel each other out, Dragline stands apart thanks to vocalist Mark Dando's amazing voice (Mould is his favorite artist), the band's trademark bass player Robin Dando's songs are still harmless, but now they're nothing more than...
LEARNING REALITY THERAPY: A DAY WELL-SPENT WITH DR. GLASSER

By T. Dean Fidan

(The following is a review of an all-day lecture given by Dr. William Glasser, on November 3, 1993, at the Thorne Auditorium of Northwestern University in Chicago.)

Dr. W. Glasser who is a prominent psychiatrist, author, and originator of the now famous Reality Therapy, gave a presentation titled: "Working Effectively With People." To an audience that nearly jam-packed (NWU's) Thorne Auditorium, already excited by that crisp but summer-like autumn day, he seemed to add a tempered yet vital quality.

His lecture systematically elaborated on the notion that people are naturally inclined towards self-determination while human behavior is largely the result of the rules we have learned from the_external mechanisms readily available to change. Thus, behavior, like a sculpture under going an action, is concurrently adapting responsibility to achieve a greater level of personal and social freedom. Accordingly, reality therapy is concerned with the question as to how the quality of human life can best be improved through sensitive and instructive methods. To fully energize and reorient our current choices, Dr. Glasser insisted that the conventional notions of psychoanalysis which emphasize the exploration of the past, transferences, the unconscious, and dreams, are not only unnecessary but they are also wasteful. Additionally, equally irrelevant and quite destructive to human growth, he argued, is the behavioral methods initially developed by B. F. Skinner, based on the stimulus-response theory that promotes external and environmental controls over and above human initiatives.

Referred to as Adlerian (personal-logic), Existential (meaning/choices), and RET (ABC/nono-synchronous-dialo gue) efforts, and basing itself on redefined \"Control Theory\" (an throposynthesis), reality therapy assumes that we create an inner world, a personal-picture-album, that satisfy our needs. Our most important needs being survival, love, power, freedom, and fun (humor). These in turn compose our total behaviors, e.g., in doing (work), thinking (self-statements), feeling (depressing, angering, anxiousing etc.), and physiology. Like the two-front wheels of a car, doing and thinking steer our lives, while feeling and physiology successively temper our total identities. Since all we do in life is defined by our behavior that is inerently pur poseful, we do ultimately choose our destiny. Although, we may not be entirely conscious of the discrepancy between our wants and our creations, we are certainly conscious of the discrepancy between our wants and our rewards in life. Dr. Glasser maintains that reality therapy aims to strengthen client's effective behavior via therapist involvement mainly by helping the client discover current active choices, evaluate present behaviors, and map some novel commitments to work successfully a managed renewal, minus 15SM.

This active and directive therapeutic approach is designed to induce clients to take better control of their immediate choices in life. However, according to it's critics, overlooking deeper emotional problems and repressed conflicts, reality therapy may be overly futuristive and covertly educational in its general disposition. Yet, it probably remains too adament about problem-solv ing techniques since it is geared toward quickly 'fixing' the clients. In this guise, stressing the importance of taking personal charge of matters, for some, might imply certain nuances of insensitivity to the evils of racism and discrimination, very much beyond the internal controls of any one individual. Being too simplistic, this therapy may also discount significant levels of impatience that the client could be experiencing due to unfinished-business.

Overall, Dr. Glasser's personal charm complimented his articulate and forceful presentation, thereby substantiating the all-inclusive formality of his impressive tenor. Seemingly, we experienced his sense of humor, his addiction to TV, his love of sports and, anything i.e. "pop" because 'someone spent millions--so it must be good,' type of home-grown manerisms were well received, and generally substantiating the all-inclusive formality of his impressive tenor. Seemingly, we experienced his carefully-crafted theories effortlessly put into full action. His silvery presence, while role-playing with a member of the audience, displayed some strains of age, but Dr. Glasser did not fail to deliver on the maxima that 'pract ice makes perfect.'

ONE ON ONE WITH A STAR

by Mark Edward Wilows

I recently had a chance to speak with Bryan Dattilo, who plays Lucas Roberts on the daytime drama Days Of Our Lives. He shared many interesting facts with me.

HEIGHT: 5'8."
HAIR: Brown.
EYES: Brown.
BIRTHPLACE: Kankakee, Illinois.
MARITAL STATUS: Single.
EDUCATION: Graduated Beverly Hills High School and went one and half years to Santa Monica junior college.

FAVORITE ACTRESS: "I am impressed with Alicia Coppola (Lena of "Another World")."
FAVORITE ACTOR:"Kurt Russell."
FAVORITE TV SHOW:"Marvin."
FAVORITE COLOR:"Blue."
FAVORITE SPORT:"Football."
FAVORITE SPORTS TEAM:"Chicago Bears and Chicago Cubs."
FAVORITE HOLIDAY:"Christmas."
FAMILY: "My parents divorced when I was two. I have a brother and sisters. My mother raised us."
FAVORITE CHILDHOOD MEMORY:"Going with my brother and sister and friends to a local park and spending the day."
ONE THING YOU CAN'T RESIST:"Brown haired girls eating red apples. I can't explain it."

WORST QUALITY: "Perfectionist."
BEST QUALITY: "Being a balanced person and being level headed."
FITNESS SECRET: "Working out at the gym and playing sports."
WORST SPENDING VICE: "Eating out at restaurant's and spending on good pastas."
HOBBIES: "Salt water fish tank and keeing plants."
PET PEEVES: "When my roomate doesn't make the bed, or do the dishes."
WORST DAY OF YOUR LIFE: "When I was getting in trouble at school."
FAVORITE MUSIC: "Flip Hop."
FAVORITE RESTAURANT: "California Pizza Kitchen."
FAVORITE MOVIE: "It's a Wonderful Life."
FAVORITE BOOK: "Interview with a Vampire."
FAVORITE FOOD: "Anything Italian."
FAVORITE CITY: "Chicago to visit, L.A. to live."
FAVORITE SINGER: "Frank Sinatra."
FAVORITE VACATION SPOT: "Florida."
PEOPLE WOULD BE SURPRISED TO KNOW: "I didn't have hair under my arms 'til sixteen."
BIGGEST FEAR: "Loosing this job."
FAVORITE PIECE OF CLOTHING: "My baggy shorts and Italian white tank tops."

TV's Bryan Dattilo
Interactive Computer Class Surveys Modern Art

These days, Governors State University students are quite literally "wired" for art. "The Gallery Electric" is one of the first art classes taught entirely via computer offered at a college or university.

The concept for "The Gallery Electric," a survey course of modern art and art exhibits, was initiated by Professor Jay Boersma who has become a specialist in computer capabilities and link-ups. He structures the classes around art showing at The Art Institute of Chicago and other major galleries in the area.

He gives the students two weeks to get to Chicago to see and analyze the exhibits and then talk about what they saw. The other weeks, the professor of art structures discussions around information about the artists, general historical background for the artist's time, and information in course textbooks.

He also develops "conversation" with students based on their assignments that have been sent to him via E-Mail (electronic mail).

In a classroom setting, there are some students who prefer to sit back and listen to the professor's lecture. But "The Gallery Electric" doesn't allow for wall flowers. Everyone is expected to get involved in the discussions by typing responses to questions or commenting on opinions.

This fast-paced college course can be dizzying at times. Professor Boersma admits to occasionally having to keep up with three conversations at once, but generally he is able to maintain the conversation around the art topic at hand.

"It isn't possible to direct the conversation like you can in a regular classroom," he says, "because everyone is thinking and writing at the same time."

At this time, the computer course in interactive communications but the technology for showing slides or graphics on the screen is just around the corner," he adds.

"The Gallery Electric" has been such a successful experiment that Professor Boersma is considering having the class as part of his regular curriculum.

Only Serious Steve Martin Fans Will Leap at "Faith"

When the entourage's truck breaks down in an especially poor town (24% unemployment even before the mill shut down in the midst of a year-long drought! Yikes! Talk about hard times!) Jonas decides to take advantage of the misfortune by putting on his usual inspirational show.

Jonas and Jane both manage to find romantic interests within hours of their arrival in Rustwater, Neb. Jonas becomes enthralled with a local waitress who just happens to have a crippled brother who needs a miracle.

Jane's fancy is turned by the local sheriff (Liam Neeson, looking justifiably embarrassed) who can't bear to see his town's inhabitants ripped off.

Though the scenes of Jonas preaching have amusing moments, this film just never picks up. Right from the movie's opening, when Jonas takes several minutes to talk his way out of a speeding ticket, viewers will be amazed by what seems to be the increasing length of each scene.

Aside from poor pacing and boring central characters, the portrayal of Rustwater's local inhabitants may strike some as offensive. These people are not just unpolished, not just simple; they are give-your-last-money-to-a-stick-stranger-who-contradicts-everything-your-local-church-says-DUMBI.

Viewers who can stay awake through this whole thing get to see a miracle at the end. Unfortunately, the act of staying awake may be more miraculous than anything Leap of Faith has to offer.

PSC WRITER'S CLUB SEEKING STORIES FOR NEW MAGAZINE

Photographers and writers of poems and short stories are welcome to submit their work for possible publication in a magazine that was recently formed by the Prairie State College Writer's Club.

"This is the first time that members have undertaken this type of venture," said Pat Burgin, president of the Writer's Club. Past projects have included poetry contests, a Writer's Software Conference and guest speakers, including Poet Laureate Gwen Dovely Brookes.

CAMPUS LIFE

Art enthusiasts admire the works of GSU artist Jacky Soma as her Reflections of Yesterday show in the Infinity Gallery November 3.

Silent Auction Held November 9th

Alene Levinson, Raquel Bailey and Danielle Bailey.

Graduate student Jeff Dinelli inspects a bottle of wine.
EDITORIAL VIEW

If President Wolff wants to double the population of the student body, she will need to do more than change the aesthetics of the campus. Face-lifts, phon-a-thons and media hype fall woefully short of what is needed to improve the community feeling at GSU.

The instructor-to-student ratio is one of the best in the Midwest, yet GSU suffers a 50 percent attrition rate of undeclared and non-degree seeking students. Why? The answer can be traced back in part to on-campus social life. In short, there is none.

GSU attracts students, but it can't keep them.

People want an environment that is welcoming and comfortable. Students also need a decent study atmosphere.

Although new paint, new signs, new walls, and new carpeting makes people feel good about the place they work in, Wolff will have to support programs promoting a more socially open campus with more student input.

Changes should come in the form of more faculty, larger programs, and activities on a regular basis. A warm environment could possibly include weekly movies, live contemporary entertainment, prominent guest speakers and should definitely include longer hours for the library, computer lab and gymnasium.

People can't stay and study past 11 p.m. What is this, a shopping mall? Don't chase away students who stay late to study.

The community as a whole could be strengthened with more social events supporting interaction between not only students and faculty, but faculty and faculty, corporate employers and students, and community leaders and students. The university should encourage a learning atmosphere that doesn't necessarily depend upon a book.

Finally, when the time is right, we will need on-campus housing - especially accommodating to foreign and non-area students. And, of course, we need to enroll freshman and sophomore-level students.

At the convocation on Oct. 14, President Paula Wolff spoke to the GSU community about great plans for improving and expanding the university. One goal for the future is increased enrollment of over 10,000 students.

That's almost double the present size of the university, and seems a sizable - yet entirely possible - undertaking. This fall, the enrollment of both graduates and undergraduates increased considerably.

Wolff let us know she is not in favor of all-out, drastic change, especially since she is told weekly by people "too much, too soon." She's wise to bide her time...

...at least for now. The president realizes any university, even a small one like ours, is slow to change.

However, change is needed. Like Darwin's theory of evolution says, we must adapt or die. Changes are inevitable. There is no room in today's world for inflexibility. Bureaucrats and other purveyors of the status quo will have to get the hell out of the way.

President Wolff's on the right track. Let's just hope it doesn't take too long.
NAFTA SUX!!!
by Jeff Dinelli

Let me preface this by saying that I'm not an economist. In fact, I personally don't think economics makes much sense, but I'll get to that in a moment. Since everybody and their Aunt Edna seems to have an opinion about NAFTA these days, and since there's so much faulty logic on both sides, I'd figure I'd throw my two cents in to further muddle the argument.

NAFTA is a bad deal. It's up to the pro-NAFTA people to prove the agreement won't result in lower wages for American workers, and I don't think they can do that. That's exactly what they're going for, and this argument is all about that.

Most of the significant lobbying money backing NAFTA is coming from huge corporations that want cheap labor and expanded profits. All you pro-NAFTA people are saying right now, "So, what's wrong with that, if it increases everyone's well-being? What's good for the U.S. auto industry is good for America, right?"

Higher corporate profits don't increase everyone's well-being. I would argue it's not safe to assume business knows what's in its own self-interest. A chief characteristic of corporate thinking these days is its crazy obsession with short-term profits. Increase your profits for the next quarterly report and damn the torpedoes.

The other long-term disaster, and the almighty quest for high profits is the downfall of many American businesses.

A popular argument circulating is that manufacturing's quick upturn in the super labor is both necessary and unavoidable. These people say if these jobs aren't going to Mexico then they're going to Taiwan or someplace, and they're probably about right about it. All manufacturing jobs are eventually end up in Bangladesh with the poor bastards making five cents an hour. This is what capitalism is all about, they say.

I contend the exact opposite. Who do you think NAFTA's losers by providing the dislocated with job training, himself would put it, that dog won't hunt. NAFfA's winners by providing the dislocated with job training, himself would put it, that dog won't hunt. NAFfA's losers by providi ng the dislocated with job training, himself would put it, that dog won't hunt. NAFfA's winners by providing the dislocated with job training, himself would put it, that dog won't hunt. NAFfA's losers by providing the dislocated with job training, himself would put it, that dog won't hunt.

The second half truth which labor propagates, is that jobs will follow investment. We've already done so. The ratification of the NAFfA there will be a stampede to relocate manufacturing plants in Mexico.

There are two half truths here which organized labor's theory relies on, and which it has dismagnificuously smooth over.

First, labor makes the logically inconsistent argument that just because some U.S. companies have moved manufacturing plants in Mexico and the U.S. manufacturing sector has suffered decline, one is the direct result of the other.

Organized labor is actually speaking of all things considered, the NAFfA is a positive step for the U.S. and its manufacturing workers.

To demonstrate why this is so let's take the case of the Big Three. There are two half truths here which organized labor's theory relies on, and which it has dismagnificuously smooth over.

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Send check or money order to Cynthia Wiley, 5800 W. Century #91098 Los Angeles, CA 90009 Dept. C9

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GREAT AMERICAN SMOKOUT

LEAVE THE PACK BEHIND

Join the Great American Smokeyout on the third Thursday of November. Millions of smokers across the country will take a break and try not to smoke for 24 hours. How about you? Or, if you do not smoke, adopt a smoker for the day and promise to help that friend get through the day without a cigarette!

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A FEW QUIT TIPS

Hold all ashtrays, matches, etc.
Lay all supplies of sugarless gum, carrot sticks, etc.
Drink lots of liquids, but pass up coffee & alcohol.
Tell everyone you're quitting for the day.
When the urge to smoke hits, take a deep breath and count to 10 seconds. Return it slowly.
Exercise to relieve the tension.
Try the "buddy system," and ask a friend to quit too.