Wondering About The Front Entrance?

Facts about HIV you probably did not hear on TV—or how did you do on the Valentines (HIV) Quiz?

In the last issue of the Innovator we printed a quiz about HIV. If you didn’t take it, you can still learn some practical facts by reading the answers to the quiz below. Knowing these facts may save your life, or the life of someone you love. The answers are written so that you can understand them even if you don’t remember the questions.

Here’s the latest: the glazing subcontractor, Front Runner Glass of Burr Ridge, started installing 100 panels of glass on Feb. 3. The installation of the glass was estimated to take about two weeks. But, unfortunately that doesn’t mean the front is ready to open. The whole project, estimated to cost around $2.2 million, is scheduled to open on or about May 1, 1995. The general contractor, Joseph Construction, is responsible for the front, including the rebranding.

Guest Speaker Covers the Gamut

by Craig S. Hunt

"People are really concerned about their futures," said economist Dr. Julianne Malveaux to students, faculty and staff on Tuesday, February 14 in Engbretson Hall. Malveaux, a syndicated columnist and the author of Sex, Lies and Stereotypes: Perspectives of a Med Economist, talked on a variety of issues including employment, crime and welfare as part of the African-American History Month festivities.

Malveaux, who hosts her own news and public affairs program in Washington, D.C. on Pacifica Radio, researches the labor market and public policies and how they impact women and minorities. She has a weekly national column through King Features Syndicate and writes articles for various newspapers and magazines.

Learn How To Surf The Net

by Jennifer C. Kosco

Did you know there is one place you can go to do extensive research on almost any subject imaginable? If you’re looking for information on anything from collies to Claddagh rings, you can do it with a few key strokes. Want to communicate with a friend in Singapore? They can be on-line in a matter of seconds.

Interested in the text of Clinton’s latest speech on health care? Want to order a case of that new vintage direct from the winery? Need to know how to get AIDS education to kids? You can order up a case of that new computer, whatever your interest, and it’s all here for you -- and much more. With access to the Internet, you don’t need to be a computer geek to be off ‘surfing the net’ in a matter of minutes!

As a member of the GSU community (students, faculty, staff, members of the Alumni Association), you have access to all of this information via your free Internet account. By visiting the Academic Computing Services (ACS) lab, Room D2431, and presenting your ID, you will be given a user name and a password. Members of the Alumni Association will receive their Internet account from the Alumni Office. (There is a $50/year association fee required for Internet access). You will then be assigned an Internet account and you’re off exploring cyberspace!

The Free User’s Guide to Computing Resources (available in the ACS lab and the bookstore) will give you some basics to guide you through the process of tracking down the information you need. You don’t even need to be on campus to access the net. With your modem-equipped computer at home, you can dial the ECN (Educational Computer Network) at GSU and access the University of Arizona’s library or NASA or the White House -- all for the cost of a local phone call.

The Educational Computing Network has several user-friendly, introductory Internet training sessions available. These sessions are open to GSU students, staff members and qualified members of the Alumni Association. To sign up for a training session, call Erin Bergin at 708-235-2200. Listed below is the schedule of classes:

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Room location: C3345 is in the College of Business, 3rd floor, D34093 is in the College of Education, 3rd floor.
GSU to Host Idea Fair on March 11

by Stacie Young

Since December, Action Teams for the Regional Action Project 2000+ have worked on identifying goals, analyzing barriers to achieving those goals, and brainstorming about actions which address the barriers and work toward accomplishing the goals. On Saturday, March 11, GSU will host an Idea Fair to showcase what the Action Teams have produced. The Idea Fair will last from 8:30 A.M. to 2:30 P.M.

The Idea Fair is a culmination of the RAP/2000+ process which has taken place thus far. It will include presentations featuring the progress of the different Action Groups, bulletin boards highlighting various ideas, and speakers from different experts in the fields RAP is addressing. GSU hosted another set of meetings for Regional Action Project 2000+ (RAP/2000+) in January and February. The broad geographical scope of the project is connected in the diversity of issues that different Action Teams seek to address. Action Teams include: Health & Well-being; Economic & Community Development; Education; Environment & Resource use; Agriculture; Recreation & Tourism; Communication; Partnership & Image; Economic & Social Diversity; and Jobs & Economic Development.

Though the Action Teams have been meeting since December, each new meeting brings new participants. Although this means another set of introductions and another brief synopsis of the RAP/2000+ process, most participants consider it a small price to pay for fresh ideas and input.

We work on these issues at work all the time. It's good to get together with different people to really consider what the region has and what the region needs to make it even better," remarked Katie Colm, a RAP participant who lives in, and works for, the City of Country Club Hills. "I am not surprised that this has generated enthusiasm," agreed Art King, University Park resident and participant on the Jobs & Economic Development Action Team. "People really want to be involved with what happens in their communities and the region." Taking the effectiveness of such a grassroots effort to heart, King is also working to duplicate the RAP/2000+ model for a smaller scale for the Village of University Park to get residents involved with designing a strategic plan for the village.

Colm emphasized that a citizen base for the RAP project is key to its success. "Strategic planning is common; but to have positive results means involving residents, people who are really affected by the planning." A RAP/2000+ newsletter will soon be available to provide an overall view of RAP, including a more detailed explanation of the Idea Fair and the ideas generated by the Action Teams. For more information about RAP/2000+, contact Becky Goldberg at 534-6360.

Professional Counseling Club News

The Professional Counseling Club wishes to thank Pam Bax of the Student Outreach Center for a very informative talk session at the February 16th meeting. At the last minute, our scheduled speaker had to cancel and Pam very graciously stepped in as guest speaker for the evening. Thank you for taking the time out of your busy schedule. You did a great job!!

SAM Club News

The GSU Society for the Advancement of Management will hold its next program meeting on Thursday, March 2, 1995 at 6 P.M. in Engbretson Hall. The speaker will be Dr. Paula Wolff, President of Governors State University. She will be speaking on the topic of "Our Future & Yours - College of Business Public Administration". A question and answer period will follow.

All students are welcome at this meeting, and encouraged to attend. These sessions are free of charge and reservations are not necessary. More information is available from any SAM member. Come and meet your President!!

Help For Small Business Owners

Governors State University offers free counseling for prospective and current small business owners through the Service Corps of Retired Executives (SCORE) counseling services. Assistance is offered by appointment on Tuesdays at GSU. Morning appointments are at 9, 10, 11 a.m. or noon. Evening appointments are 6:45, 7:30 or 8:15 p.m. To make an appointment, call the Small Business Development Center at GSU at (708) 534-4929.

Wanted: Children's Socks!!

The Circle K Club is collecting children's new and used socks as their major service project this trimester. These socks will be donated to the Schools Program at Circle K's annual convention in Arizona August 5 - 9.

We will be collecting the socks in the Hall of Governors for now until March 8th and then again in May. Just look for the drop box. Our goal is 1,000 pairs of children's socks. Won't you please help us?? For more information, please call Circle K at (708) 534-4556.

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Research on Antioxidant Vitamins: Super Disappointing

by Denise Burzzo

Recent research indicates that vitamin supplements may not be as effective in preventing cancer and other malignancies as originally thought. In fact, according to a study published in the New England Journal of Medicine, antioxidant vitamin supplements may even be harmful to health. The Alpha-Tocopherol, Beta Carotene Cancer Prevention Study (ATBC) set out to determine whether antioxidant vitamin supplements prevented lung cancer and other malignancies. What they found was disappointing.

The study was done on 30,000 male Finnish smokers who were randomly assigned to take a daily dose of either alpha-tocopherol (vitamin E) or beta carotene (20 mg), both, or neither for 5 years. According to the Harvard Health Letter, vitamin E had no effect on the occurrence of lung cancer and more surprising was that the beta carotene group showed a "slight but statistically significant increase in risk for the disease."

A few months after the initial report, a 50 mg England Journal of Medicine published another disappointing report. The Polyp Prevention group, which is led by Dartmouth epidemiologist E. Robert Greenberg, tested the ability of antioxidant supplements to block the formation of colorectal adenomas, polyps that are precursors to invasive colorectal cancer. In the study, 751 people with a history of colon polyps were assigned to one of four regimens: betacarotene only, vitamins C and E, all three vitamins, or a placebo. After four years, researchers found that the antioxidant supplements had no effect whatsoever on polyp formation. The researchers noted that such pills might yet prove to have an anticancer effect, the investigators said, but added that other dietary factors explain the reduction in cancer risk associated with a diet rich in fruits and vegetables. (Harvard Health Letter)

In an editorial that accompanied the Finnish report in the New England Journal of Medicine, three leading epidemiologists advised that "the results of the ATBC trial should not be seen as proving these vitamins to be ineffective or even hazardous. The epidemiologists said that the ATBC trial is not without shortcomings. One criticism is that the researchers administered a 50 mg dose of vitamin E; an amount far less than the several hundred milligrams found in commercially available supplements. Another objection is that participants were monitored for an average of six years, a relatively short period compared to the several decades that it may take for tumors to develop.

According to Harvard researcher Dr. Charles Hennekens, "People in the U.S. prefer prescription drugs rather than proclamations about harmful lifestyles. People should know that the whole point of beta carotene and vitamin E had every benefit that had been postulated, these men still would have had their life expectancy by stopping smoking than by taking beta carotene and vitamin E." Dr. Larry Hunter who is a writer for the Harvard Health Letter, said "The top priorities for people who want to live a long and healthy life should be to avoid smoking, control their blood pressure, maintain a desirable blood cholesterol level, exercise, and eat lots of fruits and vegetables. In the meantime, research into the protective effects of antioxidant supplements marches on."
Dear Editor,

All I Need To Know About Governors State University I Learned In My Four Years

With the GSU Health Administration Program

No matter how awful your program is, just tell people how many minority students you enroll, and you'll be untouchable.

Generating credit hours isn't the prime virtue—it's the only virtue.

Corollary: Worship the God of Telecommunications.

The only creativity that faculty get rewarded for is coming up with "credit unit equivalencies" for their annual "assignment of duties" form. And getting by with a minimum of effort is the highest form of art.

"Keeping a low profile" is survival tactic #1.

When all is said and done, mediocrity triumphs.

Provosts, deans, and department chairs who are fired for incompetence never say goodbye—they keep their tenured faculty positions and teach management courses.

Never give a grade of less than an A...unless the student never showed up for class or never completed an assignment, or never demonstrated the slightest grasp of the course material—in which case it's OK to give a B.

GSU's motto (it must be, since I heard it so often) is: "This is NOT Penn State!!"

The only research field trips that faculty need to take is their semimonthly walks to the cashier's office to pick up their paychecks.

With tuition, as with all else in life, you get what you pay for.

John T. Cim, Ph.D.

GSU "University Professor of Health Administration."


Rantic Musings

by Jason Horlacher

Hello again, everybody! I've decided to open this column with a series of sarcastic statements, put into print purely for their sarcastic value. They are as follows: Isn't the O.J. Simpson trial absolutely riveting? Newt Gingrich would make a great president. Chicago Bulls General Manager Jerry Krause is a genius. I sure wish they would settle the baseball strike. There just are not enough commercials on television these days.

Now that I've gotten that out of my system, it's time to add yet another unfortunate soul to the name game. This week's winner is none other than Chevy Chase. He gained entrance into the game by being arrested for DUI after a high-speed chase. I'm not sure what kind of car he was driving, but I'm guessing Chevy! Enough about the name game, though, and on to even more meaningless chatter. My daughter was sick this past week, so, I was home taking care of her and watching a lot of daytime TV in the process. Isn't it neat how they actually fit a bit of programming in between all the commercials? And what is going on with all these talk shows and their topics? Comedians could not make up topics this funny! This week on Springer: men who were married for several years before they realized their wives had penises! (If this has not already been a show topic, it will be soon!) It's always funny, though, when talk shows are duped by their own guests. The most recent scam was pulled on the Jerry Springer Show. The topic was something about men who were sleeping with the baby-sitter and their wives were going to find out on the show. Shortly before the show was aired, the "guests" went public with the fact that they were actually a Canadian comedy troupe and had pulled a fast one on Jerry. While Springer tries to use recoup production costs, the other shows are probably lining up to have the troops on to tell all about the scam! Daytime TV—ya gotta love it!

Now it's time for more unanswered questions:

If O.J. is acquitted, will the tabloids print retractions?

Are Rush Limbaugh and Newt Gingrich really the same person?

Wouldn't Conan O'Brien's big hair look better on Jay Leno's equally large head?

Shouldn't Conan O'Brien's sidekick Andy Richter change his name to "Andy Rectum?"

After all, he has a job that any A-hole can do!

Do black patent leather shoes really reflect up?

Is that really Robert Plant and Jimmy Page, or just two bleated muffets and a tape?

How much wood could a woodchuck chuck if a woodchuck could chuck wood?

If Kurt Cobain were still alive, would the "Unplugged" album have been released?

What if baseball players and owners had taken Bill Clinton seriously?

Why do all TV channels seem to run their commercials at the exact same time?

Finally, employees in the marketing department at Geffen records have come up with a sure-fire way to push record sales sky high: someone in the band has to kill himself! After Kurt Cobain's suicide, there was a renewed interest in the band and it was reflected in huge sales of Nirvana albums. Of course there is a catch: suicide can only be permitted once. The marketing department has been told that as soon as they find a way for suicide to happen twice, they can proceed with their plan. Believe it...or don't!!!

GSU INNOVATOR

SERVING GOVERNORS STATE UNIVERSITY SINCE 1993

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Stacie Young
Denise Barrett
Jason Horlacher
Eric C. Harv

GSU's student newspaper, The Innovator, is published bi-monthly at Governors State University in Park Forest, Illinois. Viewers interested in this newspaper are those of its staff and do not necessarily represent the institution of any sort. The views expressed in this newspaper are those of the author, and the only staff members are those who are authorized by the administration. Letters to the editor are encouraged. Letters are not to be submitted prior to publication on request. Material for publication must be in the Innovator office (X200) no later than 5PM the Friday before publication. Letters of 400 words or less are preferred. Longer letters may be added for reasons of space. Article writers are encouraged to contact the Innovator with their ideas.

Kudos From The Innovator

JESS WUNDERIN

Presents:

Lies I Have Heard

1. You get this one, I'll pay the next time.
2. Don't worry, he's never bitten anyone.
3. Read my lips, no new taxes.
4. I never inhaled.
5. It's supposed to make that noise.
6. I've never done anything like this before.
7. It's only a cold sore.
8. I gave at the office.
9. Of course I love you.
10. Don't worry, we can make it another 20 miles on "empty."

IN THE ARMY, NURSES AREN'T JUST IN DEMAND. THEY'RE IN COMMAND.

Any nurse who just wants a job can with your level of experience. As find one. But if you're a nurse working in an Army officer, you'll command the respect you deserve. And with the added benefits only the Army can offer—a $5000 signing bonus, housing allowances and 4 weeks paid vacation—you'll be well in command of your life. Call 1800 USA ARMY.
February 23, 1995
GSU INNOVATOR

The Funny Page

Crossword 101
"It's Your Deal!"

By Gerry Frey

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| 49 Bachelors of Voc. Ed. | 50 Regulation |
| 51 Sheltered side | 52 Pub offerings |
| 53 And others: Lat. | 54 "Those were the ___" |
| 56 Boats for short | 57 Yuppie goodbye |

Quotable Quote
"Trust everybody, but still cut the cards."
Finley Peter Dunne

The Polygon Puzzle

Hi everyone. Forrest Gump is in one of the puzzles today even though I did not think it was a very good film. However, I have not found a single person who agrees with me. Forrest will not be in Student Development, Room B1215, but detailed answers to the puzzles will be.

1. Forrest Gump and Anthony Hopkins are two finalists in a table tennis tournament at GSU. The first person to win two games in a row or to win a total of three games will be declared the winner. In how many completely different ways could the tournament occur?

A. 6  B. 8  C. 9  D. 10

2. Chief Inspector Morse and Sergeant Lewis were out in the middle of the Mediterranean Sea on a rented motor boat. It was a clear day with calm water. Nothing was in sight in any direction except the horizon. Lewis turned to Morse and said, "Sir, if my eyes were six feet above the water and I looked towards the horizon, how far from the boat could I see?" The Chief Inspector thought for 30 seconds and then told him he could see for:

A. 1000 ft.  B. 3 miles  C. 10 miles  D. 100 miles

Answers to the Polygon Puzzles are on page 7.
More Blues for You
by William R. Kohlhepp

Over the last four years I have watched many blues and blues-based players take the stages of quite a few local clubs. Some of them have been playing for many years going through plenty of changes in personnel, styles, and material. Then after waiting, some of them record and release an album of their best work.

That's just what happened for Don Griffin with the release of his first CD called Bad, Bad Man. Don has been playing guitar, singing, and fronting his Griff Band for a number of years now. He has gone through many changes in band personnel, causing a few changes in his musical direction. Now he has recorded six original songs and three covers for his debut release. Don used a mix of talent to record these tracks including his former drummer Pat Dooky, who is now playing with the Lonnie Brooks Band.

Griff uses his guitar wizardry to maximum effect on The Rub, an instrumental that opens the album. Don then proceeds to slide(guitar) into Back to Chicago where he uses his vocals in a very traditional blues style. Between his hard blues riffs, he belts out the lyrics in a style very reminiscent of past blues greats. The title track Bad, Bad Man has the feel of many of the classic self portraying blues numbers with a splash of Griff's modern blues guitar bringing it up to date for today's listeners.

The Rub and Bad, Bad Man both feature

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Speaker continues from page 1

It has come in third in importance after NAFTA and the crime bill, she said.

Malveaux criticized Clinton for operating with "a level of incompetence in achieving his goals," especially on the minimum wage issue. But he is good at symbolism, she said. "Whenever Clinton gets in trouble, he goes to the black church," said Malveaux. The symbolism of him sitting in a black church is good and might make people think he is on the black community's side, but it is not the same thing as being in the black community, she said.

In Washington, D.C., both Democrats and Republicans are fighting over "Who can serve the middle class more?" But exactly who is the middle class, she asked. Americans all think that they are in the middle class, said Malveaux.

Actually, the average middle class family income is around $40,000, not $100,000 that she said some in Congress claim. That doesn't seem like a lot in places like Chicago, New York or Los Angeles, but in "other parts of America like Birmingham, Ala and Cedar Rapids, Iowa" a $40,000 salary would be considered "living large," she said. The problem is "Legislators spend too much time in Washington. I don't think they talk to people in other places often enough," said Malveaux.

Pointing to the O.J. Simpson trial, Malveaux said there are many issues in this case, but race is a significant one. In polls, 70 percent of blacks surveyed thought Simpson didn't commit the crimes he is accused of, compared to only 20 percent of whites. This difference is not just because he is black, but it is "influenced by their own experience," she said.

The average black male under the age of 25 knows what it is like to be pulled over by police for no reason. To them, a police officer messing with evidence is possible, she said.

"We don't want to talk about crime," and that's the real problem said Malveaux. The $7 million in the crime bill was going to hire police officers and fund other social preventive programs. She questioned the Republicans' changes to the crime bill which includes a provision that gives police permission to lock up persons for suspicion of being in a gang.

"How do you define 'gang'?" asked Malveaux. This gives police an enormous unchecked power, she said.

About welfare reform, Malveaux said "the system needs to be fixed, but not by starving children."

Most people in public assistance are only on it because they have children which is their first concern, she said.

Usually their minimum wage job doesn't provide child care or good health plans, but public assistance does.

Malveaux ended her presentation with a story about an African-American woman, Sadie Alexander, who received her Ph.D. from the University of Pennsylvania in 1923, but couldn't get a job in academia.

So she went to the University of Pennsylvania Law School where "she became the first woman, not first black woman to pass the Pennsylvania bar," said Malveaux. "She is someone you can look up to," said Malveaux. But what we should be asking ourselves is "what price did we pay as a people for her exclusion?" said Malveaux.

Disarm Difficult People With Dignity

We all have difficult people we must deal with. But we don't have to let them get the best of us.

The "Dealing with Difficult People" workshop March 3 and 4 at Governors State University will help you deal with the "less than cooperative" people in your life.

The workshop will demonstrate methods to enhance credibility and self-respect while interacting with a difficult person. Through role plays of real life scenarios, students will gain an understanding of how to "reframe" destructive communication patterns. By analyzing these communication patterns, students will be able to initiate positive steps that will disarm even the most difficult people.

A telemarketing consultant with A&T, workshop facilitator John King holds a master of arts in communication from GSU. He is involved in consulting, designing and training in such telemarketing areas as market strategy and human resources.

The workshop will meet from 9 a.m. to 5 p.m. both days. Tuition for this one-credit-hour workshop is $123.50 for graduates and $119.50 for undergraduates. The noncredit fee is $100.

For additional information, call Beverly Kyser in the GSU Office of Conference/Workshops and Weekend College at (708) 534-4099.

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Boys on the Side Touching, Funny

What's happened in between is a female bonding experience on the road with Robin (Mary-Louise Parker) and Holly (Drew Barrymore) in a classic movie-style throwing-together of conflicting characters. But maybe they're not so conflicting after all. They're more complementary. Jane is an African American lesbian on the rebound. Robin, whom Jane describes as the "whitest woman in America" hasn't had much luck with men. In fact, her single experience was catastrophic. And Holly, the youngest of the three by far, is in a florid in the grand Scarlett O'Hara tradition and eight weeks pregnant.

So here you have three women of different races, different sexual identities and different ages with one thing in common. They're all seeking a change. Jane is still trying to make it in music, although it may be too late to be the "new Aretha." Robin is heading to San Diego to take control of her life, although we suspect impending doom when Jane finds her vomiting in a lady's room. These two unlikely companions form a bad guy/goood guy team to rescue Holly from an abusive, drug-dealing creep who may be the father of her unborn child and who may have been killed when Holly dropped him on the head with a bat.

So these three very different women head out on the highway with a secret that bonds them. And when they have to stop in Tucson because Robin becomes ill, they set up a life different from where they started and not where they were going. Yet somehow it feels right.

Hoop Dreams a Hit

HOOPO DREAMS

Reviewed by Mary Bernat

"Hoop Dreams" follows the lives of two promising basketball players who are recruited from their Chicago neighborhood basketball court to enroll at St. Joseph High School, an Illinois high school basketball powerhouse located 3-round-trip-by-public-transportation-hours away from their homes. It's a big move for them in more ways than one.

It's a big move for them in more ways than their homes. It's a big move for them in more ways than the commute. It's a chance to go to the high school championship tournament in Champaign, be recruited by Class I NCAA college teams, be on track for the NBA. It's a career move.

Arthur Age is a natural raw talent with his growing spurt still ahead of him when he arrives at St. Joseph at the academic level of a 4th or 5th grader. At the end of his first year he is still at the grade school level he entered and he still hasn't grown enough to fit into the basketball role that was expected of him.

William Gates, on the other hand, is already physically more mature and finds a spot on the varsity team in his freshman year, a feat not even former Detroit Piston Isaiah Thomas accomplished during his St. Joseph days. William is groomed as the next Isaiah Thomas and tells his coach that when he leaves the coach will be telling future hopefuls: "You're going to be the next William Gates."

Funny thing happened, though, when Arthur's and William's tuition grants, or whatever arrangements their parents thought careful four years at St. Joseph, dried up during their sophomore year. Arthur was kicked out during the middle of the year and lost a semester before he could transfer to a Chicago public school. John Marshall High School. William, the future Isaiah Thomas, was paired with benefactors who sponsored him through the ensuing three years of parochial high school. With Arthur at Marshall and William at St. Joseph the film continues by counter pointing one with the other and their families until the surprise ending, which is an unusual term to describe a documentary.

Arthur lives for basketball and just gets by with everything else in life, including school. "Guys like that," Arthur's coach says, "end up on the corner, saying 'I used to play for Marshall. If I had stayed in school I could have played anywhere.'" When his mother tries to suggest that maybe he shouldn't pin all his hopes on basketball, Arthur resolutely responds, "When I play basketball it's what I want to do. What I want to do for the rest of my life." And then he feels out of the next game he plays.

William continues to play well for St. Joseph, which loses in the sectionals during his sophomore year. But there are still two more years to get his team to Champaign.

This summer William gets a job at Encyclopedia Britannica, which is run by his sponsor, Patricia Wier. Arthur attends summer school. The following summer William attends the Nike camp for the best of high school basketballers. Arthur works at a Pizza Hut. William gets embraced by college recruiters, with their presentable bags of tricks including fake newspaper headlines and radio play-by-plays starring William. Arthur's parents have to go on a payment plan to pay St. Joseph in order to get Arthur's freshman grades released just so he could graduate.

But, as William plays on an injured knee and St. Joseph loses but not quite, the mark, Arthur grows and helps Marshall toward ever-improving records.

It's the stuff of drama and it's a credit to the editors of this film to condense the four-plus years of these young men into a truly dramatic cinematic experience. You should see this film because it's about dreams, promise, ambition, falling in love, and, yes, basketball.

The editors are nominated for an academy award, but the film itself was snubbed by the documentary review committee that recommends nominations in that dramatic cinematic experience. You should see this film because it's about dreams, promise, ambition, falling in love, and, yes, basketball.

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Stress Management Workshop
Comes to GSU

Feeling stressed out? You can conquer this modern day epidemic with information you acquire at the "Stress Management" workshop at Governors State University.

During the Feb. 24 and 25 workshop, participants will be taught multiple stress management techniques, including relaxation, meditation, value clarification, perceptual awareness, and communication skills.

GU Professor of Communications Michele McMaster will facilitate the workshop sharing her expertise in listening, interpersonal communication and stress management. She is an area psychotherapist and has done extensive research on this topic.

Go, Go, Greyhound

by Mark Kanda

"They are the true gentle spirit of a kindred soul," is how Lynn Stoecker, a greyhound owner, describes her "kids." Stoecker, a member of a dedicated group, the Greyhound Welfare League, is responsible for finding loving homes for greyhounds who are no longer needed or wanted by the racing industry. "All they want is love and you want to be loved," comments Stoecker. The other option for these dogs is death. Robert Baker, of The Humane Society of the U.S., believes that "30,000 dogs annually have to be disposed of and we believe inhumanely." In a report by CBS News correspondent Robert Shaw, many of the dogs are being donated to scientific experiments. A memo from a veterinarian to a University Medical Center stated, "...with very little body fat, [the greyhounds] are ideal surgical models." The veterinarian concluded in his letter that "greyhounds are friendly, fed easily and stand quietly for bleeding."

The life of the racing greyhound is five years. Yet, the caring few are trying to give these dogs a chance to live longer. A greyhound can live to age of 15-years-old Stoecker, along with fellow members, Scott and Jen Janiak-Ross and Lee and Larry Lavyre, is trying to find immediate homes for these sleek, beautiful creatures. Stoecker plans, "greyhound adoption agencies only account for five percent of the dogs that come off the track, which leads to the death of thousands."

The dogs are well taken care of. The dogs are spayed or neutered, along with all the veterinary checks to make sure the dog is in the best of health before he or she is adopted by a caring family.

The dogs are well taken care of. The dogs are spayed or neutered, along with all the veterinary checks to make sure the dog is in the best of health before he or she is adopted by a caring family. These multi-colored, loving, streamline dogs range from six months to five years old. They are not the stereotypical grey that we have all come to view, thanks to a National Bus Service. There are browns and blacks and grays, or speckled with two shades. The affection these dogs give shows you the belief that they know you did, in fact, save their lives. Stoecker agrees, "the true heartfelt love that you feel from these dogs is un parasaled and unparalleled by any other breed."

The GWL is actively involved with the rescue of these greyhounds and is making a plea for your help. If interested in adopting, or at least, helping, please contact Lynn Stoecker at (815) 464-4068, Scott and Jen Janiak-Ross at (815) 723-7248 or Lee and Larry Lavyre at (219) 736-1959. Stoecker proudly affirms about her "kids," "the amount of love these dogs bring into your home can’t be matched."

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