Keeping GSU Healthy During Flu Season 2018

It’s that time of year again; runny noses, sore throats, and achy heads abound. While the notorious influenza virus (the “flu”) is widespread in 2018, prevention methods are your best shot at staying healthy through the flu season—a period that peaks from December through February and can last even into May.

Prevention methods include:

- Washing hands—a simple but highly effective prevention method.
- Getting a flu vaccine (just not the nasal kind—and while you’ve probably heard that this year’s vaccine is less effective than usual, the [CDC estimates its effectiveness to be 32 – 39% against Influenza A](https://www.cdc.gov/flu/fluactivity.htm)) If you do get sick, you can help prevent further spread of illness by using your best judgment in your participation in day-to-day activities.

Students are welcome to take advantage of the [Advocate Health Center](https://www.gsu.edu/health) located on campus. Your visit to the Health and Student Counseling Center is included in your health fee, so take advantage of this great on-campus health resource.

Although the flu can be combatted with antiviral medications, antibiotics are not effective in treating it. If you test positive for the flu, resist the urge to request antibiotics—inappropriate use of these medications will lessen their effectiveness in the case of a bacterial infection.
As always, see your personal physician if you have questions or concerns about your health.

Welcome Back Continues

The second week of the spring semester has started, and Welcome Week carries on! Check the schedule for a full listing of activities and events open to the GSU community.

Service Learning in Nicaragua

Please note the location correction to last week's story title.
At Governors State University, learning is not limited to the traditional classroom. Faculty members encourage students to experience not just the immediate community but the world, and they provide guided opportunities through multiple programs at GSU.

One opportunity is the Public Health Brigade trip to Nicaragua, a service-learning trip supported by both faculty and the Office of International Services. 19 students recently returned from a week-long trip to improve sanitation in Nicaragua.

Read more . . .

GSU Votes!

Every vote counts, so make sure you are registered and vote in the upcoming Illinois primary election this March. Because the primary falls during Spring Break, GSU will not be the site of early voting for this election. But, it is still easier to vote than you think. Did you know you can vote by mail? Just go to the Illinois Board of Elections site, select an application for regular Illinois citizens, then follow the instructions. Remember that applications need to go to your local election office. The Board of Elections site will show you the right place to submit your application to vote by mail.

Since a lot can happen between now and Primary Election Day that may potentially keep you away from the polls, the surest way for your vote to be counted is to register today to vote by mail, then vote as soon as you receive your ballot. Make sure you exercise your right and vote!

Show Off GSU at an Upcoming Open House Event
All are invited to attend two upcoming Open House events that will showcase Governors State to prospective students.

On Saturday, February 10, from 10 a.m. – 1 p.m., GSU’s Undergraduate Open house will help prospective students and their families learn more about admission requirements, academic programs, campus resources, student activities, and on-campus housing.

The annual Graduate Open House will be held Saturday, February 24 from 10 a.m. – 1 p.m. in the Hall of Governors. Meet with program advisors, coordinators, and staff. Attend breakout sessions on financial aid, housing, GRE preparation, program admission requirements, and much more. Prospective students who attend Open House will receive a waiver code for their application fee. Programs requiring application through the Centralized Application Service are excluded from the waiver.

Register here, or for more information contact Julie Anderson at 708.534.4086.

Eight Strategies to Battle Winter Blues

The Southland is thawing out as the mercury creeps up, but many Jaguars are still battling winter blues.

From late December through early January, we saw dangerously cold temperatures dipping well below zero. The National Weather Service says it hadn’t been that cold since 1936. Even the sun refused to come out.

But the heat is on the horizon, and temperatures are expected to hit 50 degrees later this week before dropping again. Meanwhile, GSU faculty and staff experts say the key to keeping warm and feeling cozy is simple chemistry: Boost your brain’s endorphins, the body’s feel-good chemicals that help fight anxiety and depression.

GSU Newsroom talked with Recreation and Fitness Program Director Dean Jennings and Senior Lecturer Tracey "Kim" Snow, COE Division of Psychology and Counseling.

Read their suggestions here.

Announcements and Events

Connecting Identity to Destiny

Do you have a vision for 2018 and beyond? Come learn how you can make your dream a reality and maximize the beauty of your multiple identities by creating your own personal vision board. This vision board party will take place on Tuesday, January 23 at 6 p.m. in the Jaguar Den. Although supplies will be provided, feel free to bring items
(such as magazines) to further personalize your vision board.

For more information contact diversity@govst.edu.

Sex Signals

Do you have a question about your sexual health, STDs, or how to practice safer sex? On **Wednesday, January 24** Student Life will host Sex Signals from 3 – 4:15 p.m. in Engbretson Hall.

Learn how to protect yourself and your partner in a safe and discreet environment. Students will have an opportunity to pose questions and interact with GSU Student Health Center staff, and participants will receive “first aid healthy sex kits.”

Refreshments provided. Early arrival suggested. Open to the GSU community.

For more information or inquiries, email the Office of Intercultural Affairs or call 708.534.4551.

Sircle of Sisters

Is your junior year bogging you down? Sircle of Sisters (SoS) provides information, mentoring, support, and motivation on topics such as how to take care of yourself, maintaining work / life balance, and other topics aimed at African American women in their junior year. This opportunity is a part of the AACU Equity Grants.

Please join us at our informational meeting on **Wednesday, January 31** at 3:30 p.m. in the Jaguar Den. Email SWadhwa@govst.edu to RSVP and more information.

Student Organizations to Host Career Workshop

Governor State University’s Student Education Association (SEA) and Kappa Delta Pi Honor Society (KDP) will be hosting a career and resume workshop on **Thursday, January 25** from 4 – 6 p.m. in the E-Lounge.

All GSU students are encouraged to attend and receive valuable job-hunting preparation tips from school administrators, psychologists, graduate school representatives, and student graduates in the fields of psychology and education. The second half of the workshop will include small group consultations and work sessions in which students will receive individualized help with resume building.

Contact SEA President Stephanie Henning for more information.

Interfaith Conversations

Join Intercultural Student Affairs and the Counseling Center on the first Thursday of every month from 3 – 4 p.m. for Interfaith Conversations in A1115, the Interfaith Prayer and Meditation Room. This is an opportunity for students, faculty, and staff to discuss how faith impacts their lives and reflect on how it intersects with our multiple identities in current culture.
For more information, please email diversity@govst.edu.

**Reconstructed Calls for Entries**

*Reconstructed* is GSU’s journal of arts and literature published in print and online. The journal includes fiction, poetry, personal essays, and visual arts (including film) by GSU students that celebrates the culture of our university. Submit your work to be considered for publication in the 2017 – 18 issue to reconstructed@govst.edu by **Friday, February 2**.

For each submission, include the following information: your name, the title of your work, materials used, year finished, name of corresponding files, a jpeg image file of your work (if applicable), and an attached Word document of your artist statement.

Artists: photograph your art with photographer Jerry Slowik in the gallery. Sign up on the art studio doors or walk-in on the following dates: Tuesday, January 23 from 1 – 4 p.m.; Wednesday, January 24, from 6 – 9 p.m.; or Thursday, January 25, from 1 – 4 p.m.

**First Annual Cupid's Ball**

**Friday, February 2** is the inaugural Cupid’s Ball, an upscale Pre-Valentine’s Day event for GSU students hosted by Student Activities Council. From 7 – 11 p.m. in the E-Lounge, enjoy food, music, and comedy. What better way to celebrate with your sweetheart? Comedy provided by nationally known comedian T. Murph, Music by DJ JMC.

Advance tickets can be purchased in Student Life, A2100. Tickets are $15 individual and $25 couple in advance, or $20 individual and $30 couple at the door.

**Submit a Program for Women’s History Month**

Women’s History Month can trace its roots back to March 8, 1857, when women from New York City factories staged a protest over working conditions. International Women’s Day was first observed in 1909, but it wasn’t until 1981 that Congress established National Women’s History Week to be commemorated the second week of March. In 1987, Congress expanded the week to a month.

Join us in celebrating the contributions of women by submitting a program for Women’s History Month.

Click here by **Friday, February 2**, to submit your program. This opportunity is open to university departments, student organizations, and GSU community affiliates.

**Southland Area Theatre Ensemble presents the ground-breaking musical Caroline, or Change at GSU**
**Caroline, or Change** is a ground-breaking work that tells a story of political change, social change, and plain old pocket change. Performances are scheduled on **Friday, February 2** at 8 p.m., **Saturday, February 3** at 8 p.m. and **Sunday, February 4** at 2 p.m.

Set in 1963 in Lake Charles, Louisiana, the civil rights movement is underway, and change is brewing everywhere. Caroline Thibodeaux is doing laundry in the basement of the Gellman’s home and is told she can keep the pocket change she finds. Torn between her pride and the chance to improve the lives of her children, Caroline must face the moment, the movement, and her life through new eyes. The production comes to life through a range of musical styles (blues to Motown, spirituals to klezmer) and unique characters.

*Caroline, or Change* has the power to change the way audiences think about musical theatre. Tickets for the GSU community are $25 at the Box Office.

**Register for a Two-Day Comprehensive Suture Training Workshop**

GSU’s Department of Nursing is hosting a two-day (16-hour) course directed to nurse practitioners and physician’s assistants. This course provides broad exposure to various types of procedural suturing. Learners at any level of experience will gain knowledge using integrated lecture and hands-on training, following the expert guidance of experienced suture training instructors using surgical-grade instruments.

The workshop will be held **February 10 – 11** at 8 a.m. in the G-Wing Nursing Simulation Lab. Cost of attendance is $300. Click here for more information and to register, or email Dr. Josephine McCaskill or call 708.235.7687.

**SHERO Call for Workshops**

The S.H.E.R.O. (Sharing Her story of Empowerment, Resilience, and Opportunity) Women’s Leadership Symposium inspires women to seek their highest level of personal and professional development through a greater understanding of leadership and the acquisition of new ideas to optimize and sustain personal potential.

The 2018 S.H.E.R.O. Women’s Leadership Symposium will be held Friday, March 30 at Governors State University. We are currently looking for workshops that pertain to the conference theme “Reclaiming My Time”—a theme that encourages women to use their voices to be heard, celebrate how valuable they really are, and take ownership of their destiny without permission. It is a time of reclamation to celebrate the beauty of their multiple identities that makes them powerful leaders beyond measure.

Please submit your proposal by **Friday, February 16**.

**SEA to Host Disaster Relief Project**

The Student Education Association (SEA) is organizing a disaster relief donation drive from **January 29** to **February 21**. Funded by a National Education Association (NEA) grant, this event will benefit residents of Texas affected by the hurricanes in the fall of 2017. This project and grant focuses on helping South Houston High School (SHHS), along with their students, teachers, and families. SEA at GSU will be collaborating with the school, retired NEA teachers, and the SEA chapter at San Jacinto College.
The project has two goals: to restore the outside area at SHHS and to collect school supplies and personal care items to be donated to school children of Texas. Items can be dropped off at the SEA office (G228) or in one of the donation boxes located in the G building on the second floor until February 21. The culminating event will take place **Tuesday, February 27** from 3 – 5 p.m. in the G building Atrium/Lobby where SEA members, faculty, and other volunteers will work together to sort items and package them for transport to Texas.

Please only donate items listed on the flyer, or consider a cash donation for the purchase of paint, trees, and shrubs.

For more information, please visit the SEA at their GSU website and social media. If you have any questions, or would like to donate or volunteer, please contact the student officers ([Jessica White](mailto:jessica.white@gsu.edu) or [Reyna Hernandez](mailto:reyna.hernandez@gsu.edu)) or faculty advisors organizing this project ([Dr. Katy Hirsch](mailto:katy.hirsch@gsu.edu), [Dr. Xiaobo She](mailto:xiaobo.she@gsu.edu), or [Dr. Amy Vujaklija](mailto:amy.vujaklija@gsu.edu)).

**Nominations Open for Sixth Annual Student Leadership Awards**

The Student Leadership Awards serve as an opportunity to recognize outstanding student leaders, organizations, and advisors for their contributions to the campus community. Awards are presented to student organizations recognizing leadership, programming, innovation, and creativity. Award recipients are distinguished student leaders who have excelled academically and have made a difference through their service and leadership at Governors State.

Categories and nominations accepted online via [Jaguar Connection](https://jaguarconnection.gsu.edu/) through **February 16**.

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**Highlights**

**Evelina Mengova**
Just as she was finishing high school in then-socialist Bulgaria, Governors State University (GSU) Associate Professor of Economics Dr. Evelina Mengova’s world was turned upside down as the country started its transition from a centrally planned government to a democratic market economy.

She studied economics across Europe, earning a master’s degree at the Central European University in the United Kingdom and Hungary before coming to the United States, where she received her Ph.D. in Economics from Georgetown University in Washington, D.C.

Since arriving at GSU in 2011, Mengova has served as program coordinator for Economics and played a critical role in establishing the program. As co-chair of the Strategic Management Committee, Mengova was pivotal in securing the prestigious Association to Advance Collegiate Schools of Business for the College of Business (COB).

Read more . . .

**Conversations with Leaders**

Although he wrangles numbers like a statistician, Dr. David Rhea is a communications expert.

“One of the enigmas of the communications discipline is that we have social science scholars, we have critical analysis scholars, and then there are also the media production people. So we’re a field where really every kind of research methodology you could think of ends up being in play. I am a communications scholar, but the bulk of the research I do is statistical analysis-based,” he said.

Director of the Honors Program at Governors State University (GSU) and soon-to-be director of the Center for the Junior Year, Rhea prides himself on his work with fellow GSU colleagues in rewriting the formula for identifying students who will succeed in an honors program.

Read more . . .

**Workshops & Trainings**

A list of workshops for students, faculty, and staff can be found [here](#), including Career Services drop-in hours and faculty and staff headshot opportunities.
Do you have a story or event you want to submit for the GSU View?
Click here to learn about our submission guidelines.
University Park, IL, January 16, 2018

GSU Students Learn Outside University Walls

At Governors State University, learning is not limited to the traditional classroom. Faculty members encourage students to experience not just the immediate community but the world, and they provide guided opportunities through multiple programs at GSU.

One opportunity is the Public Health Brigade trip to Nicaragua, a service-learning trip supported by both faculty and the Office of International Services (http://www.govst.edu/study-abroad-programs/). Led this year by Dr. Phyllis West, senior lecturer in the department of Social Work, and Dr. Nicole Koonce, assistant professor in Communication Disorders, the two professors worked side by side with 19 students and one staff member as they helped bring necessary sanitation facilities to a small village.

Now in its third year, West said this is the first year that men have participated in the brigade, and she hopes to see that number grow.

"It was really nice to have the four [men] who joined us, and we're really looking to increase male involvement in the brigades in the future," she said.

She also said this is the first year that the university selected and sent a Global Brigade Scholar.

"The Global Brigade Scholar," West said, "is a person in their junior year who wants to excel and has a commitment to service. We know that people of color—African Americans in particular—are less likely to study abroad than any other group in the United States. We also know students who travel abroad are more likely to graduate and excel and succeed in their future careers."

This year's Global Brigade Scholar was Jamal McPherson, a junior in GSU's Criminal Justice program.

The work the students did in Nicaragua involved building hygiene units to provide latrines, septic tanks, and showers, as well as contributing to a water brigade which will eventually supply water for local citizens.

"This year, we worked on the water brigade with other universities. It should be completed in four months and will provide running to 450 people in 100 homes," West said.

Although the onsite work was service focused and labor-intensive, students prepared by learning about Nicaragua’s culture, history, public health, and politics before they embarked on the journey.

Before leaving Chicago, both the students and faculty learned as much as they could about Nicaragua. Once there, they immersed themselves in the culture, meeting with translators and community leaders to receive an overview of their public health assignment. From there, they established goals to get as much done as possible in the seven-day span of the trip.

"The students worked even faster and were able to accomplish more in a shorter amount of time than ever," West said.
She shared, too, that this was her colleague’s first year in Nicaragua—although Koonce treks to Haiti every year for service work—and said she was an “outstanding to work with” on the brigade.

Upon returning home, students complete a research paper and will host a symposium on their experiences in Nicaragua. The GSU community, family, and friends can all come learn about this transformative service learning journey.
University Park, IL, January 22, 2018

Evelina Mengova

Just as she was finishing high school in then-socialist Bulgaria, Governors State University (GSU) Associate Professor of Economics Dr. Evelina Mengova’s world was turned upside down as the country started its transition from a centrally planned government to a democratic market economy.

In the 1990s, Mengova says she saw the standard of living plummet, as people in Eastern Europe struggled to find work, and she watched her once bright future grow dimmer with fading opportunities after college.

“I excelled in math, science, and foreign languages, but the majority of job opportunities for me were in accounting or administrative work in Bulgaria,” she recalled. “Neither of these options appealed to me. I wanted to see the world and have a broader horizon.”

Ironically, lack gave way to inspiration. Mengova spent a semester in France, then went on to study international trade and finance, industrial organization, and economic development.

She studied economics across Europe, earning a master’s degree at the Central European University in the United Kingdom and Hungary before coming to the United States, where she received her Ph.D. in Economics from Georgetown University in Washington, D.C.

Mengova stayed in the capital for a while, consulting with the powerful International Monetary Fund (IMF) and World Bank, before crossing the country to return to academia at California State University.

Since arriving at GSU in 2011, Mengova has served as program coordinator for Economics and played a critical role in establishing the program. As co-chair of the Strategic Management Committee, Mengova was pivotal in securing the prestigious Association to Advance Collegiate Schools of Business for the College of Business (COB).

Tireless service to the university combined with a full class schedule and prolific research earned Mengova the 2017 Outstanding Producer Award in the COB. She plays down the recognition, saying her true reward is in shaping a new view of economics for her students.

“The stereotype for an economist is a very serious, very stern man, usually white,” said the self-proclaimed free spirited Mengova. “Usually the stereotype is not wrong. But I like breaking it in one sense and confirming it in another. I break it because I’m different from the mainstream. At the same time, I confirm the stereotype because economics is challenging and I’m not afraid of a challenge.”

GSU Newsroom: Your first job out of Georgetown was with the IMF and the World Bank. Tell us about that.

Mengova: The IMF and the World Bank work together to foster economic growth around the world through financial and structural investment in developing countries. I had an interesting experience with both international organizations. I got to see how powerful they are. These are very rich organizations that can change the course of a country. They invest in various projects. For example, in the 1990s, the IMF and the World Bank were investing in Bulgaria. Like most
developing countries and countries in economic transition, it needed financial support, as well as investment in education, infrastructure, and institutions. These organizations lend you money and impose conditions that you must do certain economic reforms.

**GSU Newsroom: Bulgaria joined the European Union (EU) in 2007. How is Bulgaria doing a decade later?**

**Mengova:** Today Bulgaria is doing much better. Some people there may not agree, but I go there twice a year, and I can see the progress. I remember, vividly, how I lived as an undergrad student, and I can see how students live now. They have a lot of opportunities to travel and study in the EU, to look for job opportunities in the EU. Their world is very open and cosmopolitan.

**GSU Newsroom:** Tell us about your current research?

**Mengova:** My latest co-authored paper, *Does Institutional Quality in Developing Countries Affect Remittances* ([https://muse.jhu.edu/article/609323](https://muse.jhu.edu/article/609323)?), explores the role of institutions in driving the flow of money to developing countries. Remittances is the money people like me send back home to their relatives and friends. In developing countries, if you send just $100 a month, that’s a lot of their income.

Institutional quality is the quality of governance by pretty much all institutions. For example, if you go into the Bank of America to do a simple transaction, you don't even think about it. You go in, you do your business, and you leave in five minutes. What if you have to pay a bribe to get your money? What if many institutions in the country are inefficient or corrupt?

**GSU Newsroom:** You helped create the Economics program at GSU. What makes you most proud about it and what are you hoping to still achieve?

**Mengova:** Governors State feels almost like a small liberal arts college. With our class sizes here, I can spend a lot of time with each student, which is very good. One of the most rewarding aspects of my position has been the opportunity to be involved in the development of the bachelor’s degree program in Economics. As an economist, the most rewarding thing for me to is to find the student who will accept the challenge that they will study a lot of complex concepts in the program but then get a really good job and do extremely well.
University Park, IL, January 22, 2018

Conversations with Leaders: David Rhea

Although he wrangles numbers like a statistician, Dr. David Rhea is a communications expert.

“One of the enigmas of the communications discipline is that we have social science scholars, we have critical analysis scholars, and then there are also the media production people. So we're a field where really every kind of research methodology you could think of ends up being in play. I am a communications scholar, but the bulk of the research I do is statistical analysis-based,” he said.

Director of the Honors Program at Governors State University (http://www.govst.edu/honors/) (GSU) and soon-to-be director of the Center for the Junior Year (http://www.govst.edu/C-JY/Center_for_the_Junior_Year/), Rhea prides himself on his work with fellow GSU colleagues in rewriting the formula for identifying students who will succeed in an honors program.

Rather than looking exclusively at test scores, Rhea has a whole-student approach that considers multiple factors in predicting student success. Under his leadership, GSU has started seeing test scores and grades within the context of where the student was coming from as well, and Rhea says—so far—the method is working.

“To see students who might not have been accepted [into an honors program] in other places succeeding is exciting,” Rhea said. “These students tell us with their words and show us with their actions what they want, and we are responsive to that. The vision we have in the Honors Program is that college is more than the degree you earn—it’s an experience that allows you to engage in the classroom, out of the classroom, on campus, and off campus with high impact educational practices and experiences that supplement and work with the knowledge that you're gaining, so that when you graduate you are the right person for the thing that's next in your career.”

Rhea wants to bring that Honors Program success to the Center for the Junior Year.

“I want to take that same vision,” Rhea said, “and transfer it to the CJY to start getting students thinking about: Why am I here? What do I want to do? And what experiences and classes will supplement my major to help me be the right person for what I'm going to do next?”

Although he is not required to teach—what with heading up two major programs at Governors State—Rhea said he’ll continue teaching at least one course each semester.

“There are courses that I love to teach, because I get to serve students directly and get to know those students in their sophomore year for four months, and that helps us build a lot of relationships and that’s a great tool for those students and helps us promote the CJY.”