GSU Celebrates International Education Week

David Collins
Section Editor

The Homewood Rotary Club met at GSU on Nov. 19, 2003, for a luncheon to celebrate International Education Week. The Rotary Club supports international students and is responsible for giving many high school students the opportunity to study in other nations.

The luncheon was attended by GSU's Coordinator of International Student Affairs, Vreni Mendoza, as well as Provost Keys, Dean Oden and GSU's Fulbright students. The meeting opened with the "Star Spangled Banner" and "God Bless America." Both songs were played by GSU students Novita Sari Rallayo and Theresia Unita, on an Indonesian bamboo instrument called an Angklung. The president of the Homewood Rotary Club, Dr. Gary Nordbrock, read a letter from a previous exchange student from Japan.

Paul Carpenter of Rotary International, who has lived and worked in France, Switzerland, Africa and the US, spoke about the Rotary Club's ongoing efforts to eliminate polio from the world with the Polio Plus project, and to generate and maintain many other humanitarian projects. He pointed out that cultures do not progress in isolation, and that cross-cultural encounters made possible our ability to read.

Two Hillcrest High School students gave presentations describing their expectations of an exchange experience. Anthony Prater spoke about Australia, and Courtney Williams spoke about Spain.

The luncheon, with delicious and bountiful dishes from India, Indonesia and Morocco, was followed by a traditional Indian dance called Bharata Natyam. It was performed by GSU student Preethi Mohan.

Dr. Nordbrock said that, for each of the past 25 years, the Homewood Rotary Club has organized international student exchanges with countries such as Finland, Argentina, Columbia, Germany, Australia, Denmark, and Sweden. He feels that with international student exchanges, the Rotary Club is promoting world peace through understanding.

"We're making the world a smaller and friendlier place," Nordbrock said.

Jerry Palm, a Rotary Club member with perfect attendance for 13 years, values the club because he wants to give back to the world and feels that people can "accomplish much more as a volunteer organization than as a government."

Palm said the Polio Plus project, which has greatly contributed to clearing almost all countries of polio over the last 20 years, is proof of this. He proudly stated that Chicago is the birthplace and home office of the Rotary Club.

For more information about the Rotary Club of Homewood, visit www.homewoodrotary.org.

Grant Helps Launch Project EXPORT

Lisa Aponte-Soto
Staff Writer

The College of Health Professions (CHP) at GSU, has been awarded a $1 million grant for three years. The program, launched on Oct. 1, 2003, is a federally-funded initiative by the National Institute of Health (NIH) to establish a research and community outreach center called Project EXPORT.

The NIH has set a national precedent for identifying and eradicating environmental determinants of racial health disparities. Its objective is to empower service organizations to create healthy communities through early intervention, health promotion, and disease prevention. The nature of GSU's service area and diverse university population validates its being designated as a research institution for minority health issues. As the service community becomes more culturally diverse, it is essential for health practitioners to have a clear understanding of factors that influence health disparities. Thus, the Project EXPORT Center is representative of GSU's commitment to improve the academic success of minority students in health professions as well as to improve the health and social status of the community.

Similarly, following the leadership of GSU President Stuart Fagan, Dr. Linda F. Samson's vision has been instrumental in securing the grant funding for increasing cultural competency and eradicating health disparities. In fact, since becoming Dean of the CHP in May, 2002, one of her priorities has been to establish the infrastructure for a core research program.

The grant has a multidimensional, fully-comprehensive, five-core infrastructure including: administration, training and mentoring, community outreach, research, and minority health and disparities education. Stemming from the administrative core, each core has its own objectives and director.

According to Jane A. Engle, special project "Grant" continued on Page 11
Does GSU Pass the Test?

Stephanie N. Blahut
Editor In Chief

Another staff member (David) and I were in the Phoenix office, which is located on the second floor of the A building, when the fire alarm was supposed to have gone off on Nov. 17, 2003. It was about 7 p.m. when we were notified by a graduate assistant that the fire alarm was going off and that we needed to evacuate the building. We were suspicious to say the least. Both David and I had been working with the door open and hadn’t heard anything. Even more perplexing was the fact that there is a red alarm beacon in the Phoenix office that never went off. Needless to say we locked up and went downstairs only to find that students were still in the building chatting, studying, etc...

Once outside we also noticed that people were still in the pool swimming. An alarm was flashing and sounding in the B and C buildings; but absolutely nothing was going off in the A building. There were no security guards or designated disaster responders present; only a few students lingered outside next to the building. A maintenance person happened to walk by to let us know we could re-enter the building after about 15 minutes. At this moment all I could do was mutter, “Wow.”

I also noticed that the fire alarm had been shut off prior to the fire department actually arriving. Again, I do not know what the school’s procedures are for this, but I assumed the fire department gives the “all-clear” and shuts off the alarm system. At the very least I expected to see staff making sure students had evacuated. Even more disturbing, as we re-entered the building, children were playing in the hallway. They had not even left the building when the alarm was tripped. Had this been a real disaster, can you imagine the headlines?

Dear Editor:
The Chicago Shakespeare Theater production of Romeo and Juliet is an innovative way of introducing “virgin” theater enthusiasts to the wonder of Shakespeare.

Although there were only three moving props to the production, the talent of the multi-racial casts catapulted my imagination to Shakespeare’s time when words were expressive, bountiful, and alive.

For about ten minutes into the production, I was distracted by the extensive verbiage of that period. But, when I saw Mercutio and his tight leather pants, I was immediately awakened and lured into the action.

I highly recommend experiencing this eye opening production and I give it four smiley faces (out of four)!

Sincerely,
Elizabeth Green

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FEATHERS

Professor Honored in Retirement

Iva Erkapic
Staff Writer

GSU professor, Dr. Mel Muchnik will be retiring at the end of the year with many things to be remembered by. Dr. Muchnik, a professor of media communications, has taught at Governors State University for over three decades. With an exceptional resume Dr. Muchnik has made a lasting impression on students as well as faculty members.

Dr. Muchnik was just recently awarded the Fulbright Senior Specialist Grant for Communications and Journalism. With the funds from the grant, Muchnik spent a semester at the University of South Australia in Adelaide, where he utilized his expertise by teaching media communications.

Dr. Muchnik is also known for contributing locally. He was the developer of GSU’s satellite and terrestrial communications technologies. Dr. Muchnik has received national awards for some of the 12 national videoconferences he produced at GSU. He is the voice heard at the Illinois Philharmonic Orchestra, which performs at The Center for Performing Arts. Dr. Muchnik has also been the announcer at many events including the Chicago Marathon and the Special Olympics. In addition, he also had the opportunity to be a journalist for National Public Radio.

“As a professor Mel was very professional and teacher like. As a student I was comfortable talking to him about anything even outside of the school if needed. He educated me in a manner of learning from his students as well. Mel will be missed and this school can only hope to receive another professor as well as he was,” says Kiesha White a Graduate student in media communications.

Dr. Muchnik is in the running for yet another award. Upon his return, the College of Arts and Sciences supported his election for the status Professor Emeritus upon his retirement on Dec. 31, 2003.

“I’ve had the honor of working next door to him since 2001,” said Daniel Nearing, professor of communications. “He’s been a mentor. You learn by watching how someone like Mel makes connections with people, but he’s also taught me some very valuable, direct lessons.”

It is hard for colleagues and students to sum up Dr. Muchnik in one story; however, there are specific incidents that stand out.

“I remember him standing up at faculty meeting in the face of several comments made it seem like we had a low institutional self-esteem, indicating how proud he was to work at Governors State,” said Nearing.

Writer’s Note: On behalf of the students at GSU, we thank you. You will be missed.

Taking Part in Student Development

Terry Dugan
Staff Writer

Traffic is always heavy at the GSU Student Development Center with students shuffling around to find the opportunity to speak with available counselors or locating their grades from the entrance proficiency exams.

“New students have difficulty in some areas of academic and require additional assistance in the processing of homework information,” said Kelly McCarthy, Student Development coordinator. “Appointments are continuously made for personal counseling, which involves tutoring and personal student development.”

The tutors are made up of students that excel in specific subjects and are willing to aid other students who require additional help.

GSU has staff that provides not only support services to assist students in achieving their academic career goals, but offers the moral confidence required in real life.

Pam Zener has been the Math coordinator since 1976, and has enjoyed preparing college students for real life situations. From each corner of her desk, separate colored folders are hung over the edges. The pencils were in a neat, but orderly fashion stacked sharply in a steel container. Zener said that her son was diagnosed with severe allergies when he was younger, and that she was forced to tutor him at home. Finding she had more than an interest in teaching, she gave up the idea of becoming a doctor, and came to GSU.

“The development center holds a special meaning for me. I enjoy interacting with students and watching their progression through the wonders of math,” Zener said.

“More students should take part in the development center and the services we provide”, said Zener. McCarthy said that in July of this year the center was awarded funding through the Ronald E. McNair Post-Baccalaureate Achievement Program allocating $174,798 per year for a cycle of four years. McCarthy said that the center pioneered the school’s first online orientation program for students.

Jessica Thyfault, a second-year graduate student, said that some of her friends had utilized the center and had positive experiences. Thyfault said that her friend had difficulty passing the English proficiency exam, in 1998, which required her to receive additional assistance from the center.

“The assistance that my friend received from the center had helped her pass her English proficiency requirements within a two-month period,” Thyfault said.

Another source and helpful personnel in the center is Gail Uecker, a senior at GSU and part-time federal work-study student.

“I have seen the improvements in students working with our counselor’s,” Uecker said.

Working as the center’s receptionists, Uecker ensures that students have a consultation appointment, and gives students the required information needed to become successful. Uecker said in order for students to succeed, they must ask for help.

Uecker said that the development center is always looking for good tutors. Other positions that are available are: note-takers, and counseling for students, who have problems with homework assignments.

Interested candidates can contact Student Development Coordinator, Kelly McCarthy, at 708 235-9869 or by e-mail at K-McCary@govst.edu Current information on available services can be obtained by logging on to http://www.govst.edu/ users/gad/index.htm. The Student Development Center is located in B1215.

Professor Mel Muchnik

Mel Muchnik

Mel Muchnik has been the announcer at many events including the Chicago Marathon and the Special Olympics. In addition, he also had the opportunity to be a journalist for National Public Radio.

“As a professor Mel was very professional and teacher like. As a student I was comfortable talking to him about anything even outside of the school if needed. He educated me in a manner of learning from his students as well. Mel will be missed and this school can only hope to receive another professor as well as he was,” says Kiesha White a Graduate student in media communications.

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Writer’s Note: On behalf of the students at GSU, we thank you. You will be missed.
Chicago Police Puts Older Generation Back on the Streets

**Eddie Torba**
Staff Writer

The older generation of the Chicago Police officers are not upset they must go back on the streets. It has been reported in recent weeks that all Chicago Police officers must go back on the streets a few times a month to help crack down on drug dealers. If I go back to the streets a few times a month to help crack down on drug dealers.

The older generation of police officers will soon be patrolling the streets to help crack down drug houses in the city. With this older generation of policemen and women come older values. Only time will tell if this will pose a threat to their actions as police officers on the street.

When asked about the treat to his life, Braun said, "My life was always in danger when I used to be on the streets and I did not have a problem."

Safety is also concern for the family members of these officers.

"I wish my husband would just retire," said Braun's wife. "He is too old to be chasing down dealers; he is not young any more and should not be required to do so."

Other officers are also concerned about their actions on the streets.

"I am a cop and that is what I do. No matter where I am placed or if I have the day off, I am always a cop," said Officer Roberta Rosinski. "I will act upon [laws] that are being broken, no matter what my age is or how long I have been off the streets and in an office."

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Hip-Hop Poet Wins Slam

**Eddie Torba**
Staff Writer

Tim Nickless, a south side Chicago resident, won the poetry slam contest at The Green Mill Bar, located at 4802 N. Broadway, on Nov. 9, 2003. The poetry slam is a weekly contest open to the public where individuals can express their poetic hip-hop skills on a live stage in front of a large audience. Nickless is now the reigning champion at the bar until someone can take away his crown.

Nickless was born and raised in Chicago and has lived all twenty-three years of his life on the south side. Nickless feels that growing up on the south side in a city such as Chicago has influenced his interest in hip-hop music.

"There's nothing like growing up on the south side. If you don't do it, you don't understand," Nickless said. "You only get once chance to grow up. I am fortunate to grow up here."

Nickless is currently employed at AT&T Wireless as a sales representative. Nickless likes to think of poetry as his daily vacation from an occasionally stressful job. He graduated from GSU in December 2002 with a bachelor's degree in English. Nickless credits much of his writing experience on his education of English literature and poetry.

"A lot of my writing skills came from my studies. My love for poetry also grew from studying," Nickless said Monday night, the day after he won the contest.

Nickless also participates in on-line hip-hop poetry contests as well as message boards on many popular hip-hop poetry websites. He has also participated in open mike nights at Coffee Chicago at 5256 N. Broadway, another north side bar on Thursday evenings. Nickless also likes to travel to New York to participate in open microphone nights at Flowas, a popular New York hip-hop lounge.

"I love going to New York, there are few places in the country that are as pure as Chicago in music and New York is one of them," Nickless said.

The poetry slam's first round is based on the reaction from the crowd after each individual's performance. Nickless surpassed eight other individuals to advance to the second round after the crowd's noisy applause. In the second round, Nickless battled last week's champion John Starrs, in front of a panel of three judges.

"This being only my third attempt, I am surprised at myself even," said Nickless, moments after he won. "I am eager for next week. If I win or lose, I still had a blast, but I do want to win at least one more week."

"Tim did a nice job, the judges thought so, the crowd thought so," said John Starrs, the November winner.

"Timmy tore it up on the stage. He definitely has much skills and it is fun battling him. Tim will be around for a while," said Pat Kozel, a champion for four consecutive weeks in September and October.

Nickless's mom, Diane, is also excited about her son's recent contest winning.

"I think it is great that Tim has won," she said. "Hip-hop poetry has had a big influence on Tim's life and I think it is a positive thing that he won, he deserves to win and he works hard at it poetry."
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Who's Line is it Anyway's Sherwood and Mocherie Come to GSU

Stephanie N. Blahut
Editor in Chief

You've seen them on television; they brought the art of improv to millions of prime-time viewers. Now, "Who's Line is it Anyway?" stars, Brad Sherwood and Colin Mocherie, have brought the improv you love to watch on television to the stages of the Rialto Theater and the Performing Arts Center.

Surprisingly enough, I was able to see the sold out show at the Rialto as part of the "Rialto Reviewer" program. The program consists of being picked at random from entries sent via the Rialto's website to view an upcoming show; and then reviewing the show on WJOL's Chip Ramsey Show. I was even more fortunate to spend some time interviewing Sherwood and Mocherie before their performance at GSU on Nov. 15, 2003.

"It's been interesting," said Mocherie in regards to taking the show on the road. "We've never had to do a show with an intermission."

Sherwood and Mocherie performed to a packed crowd of improve enthusiasts and "Who's Line is it Anyway" fans on Friday, Nov. 14, 2003. In experiencing the non-stop laughter and roar of the crowd, they did not appear to disappoint their fans in any way.

"We're really lucky to get to do something that's the equivalent of adults playing in a sandbox together," commented Sherwood about the comedy team. "We're both overgrown kids in that way."

Jokingly, Mocherie adds, "I was on stage and I got my first laugh and I realized 'hey, this is much better than working'."

The Brad Sherwood and Colin Mocherie tour is approximately two weeks long and contains 12 shows. The tour takes them to places like Harrisburg, PA; Red Bank, NJ; and Plymouth, MA; along with the Illinois cities of Joliet and University Park.

"One of the unfortunate things about the tour is that we don't get to visit the places we go to. Usually we get in the same day as the show," said Mocherie. Sherwood added, "We don't really get to put a pulse on the area that we are in."

However, Sherwood is no stranger to Chicagoland. He is originally from Chicago and lived her until his family moved to Phoenix when he was ten. He still has relatives in the Lake County, Ind. Area and says that this region is still very familiar.

"Improv" continued on Page 8

Paycheck Showcases Signature John Woo Action Sequences

Stephanie N. Blahut
Editor in Chief

Written by Phillip K. Dick in 1956, Paycheck, originally a short story, is Paramount and DreamWorks Pictures newest collaboration. Directed by acclaimed action director John Woo, Paycheck stars Ben Affleck (as Michael Jennings) and Uma Thurman (as Rachel).

Michael Jennings, a verifiable genius chosen to work on special projects for the government, is subject to having his mind erased once he completes highly secured projects. After completing his last project, instead of receiving a paycheck, he receives an envelope full of objects relating to his past. For Michael, staying alive comes down to fitting together the pieces to form his memory of the past. At his side, Rachel, is the woman he has loved and worked with for the past three years.

"I really felt like it was an honor to work with John Woo," said Ben Affleck in a recent multi-college interview. "Ultimately I just wanted to try to be available to him to do whatever he wanted so that John could make exactly the movie he wanted to make."

Affleck said common themes in Dick's work are that of memory, identity, and humanity. Other works by Dick include: Minority Report, Blade Runner, and Total Recall. Common themes in John Woo's movies are betrayal, friendship, and love. Affleck says that these two styles intersect in the movie Paycheck, making it a little more "Hitchcock in tone than some of the other of John's movies, but it still has his master touch."

"There is sort of a dual influence going on which makes it different," Affleck said.

Affleck's movie career reveals an assortment of roles and acting styles. Affleck has played in everything from comedy to action to drama. Affleck claims that diversifying his roles and movie types is a conscious effort on his part and one of his best assets.

"I try to think of myself as a decathlete; "Paycheck" continued on Page 9
A Night of Sizzling Hot Jazz, Chicago Style

David Collins
Section Editor

The Chicago Jazz Ensemble appeared with guest conductor Bill Dobbins on Nov. 14, 2003, at The Center for Performing Arts. A pioneer in jazz education, Dobbins is professor of jazz studies and contemporary media at the Eastman School of Music in Rochester, NY. He conducted the 20-piece band with cool and calm hands.

The evening concert was filled with so much music that some pieces had to be dropped from the program. The first half of the concert was in a distinctive Latin flavor, with compositions by Duke Ellington, Jelly Roll Morton, Clare Fischer, and others. The music transported the small audience to many exotic destinations. It was so soothing, tropical and sexy; one may have felt like a margarita or tequila shot would have been the perfect accompaniment.

The band performed two distinct versions of Simons, Sunshine and Gilbert's, "Peanut Vendor."

"The great thing about jazz is every time you recreate a piece, you get an individual sound," said Dobbins.

Of course, the concert was spiced by some sizzling improvised solos by many of the band members. According to one impressed audience member, their solos were well balanced, so that each artist had a moment to shine without taking away from the rest of the band.

How Bad Can Santa Be?

Stephanie N. Blahut
Editor in Chief

Despite the liquid-lunches, four-letter word vocabulary, and general dislike of kids of all ages, is Santa really a bad person at heart? Willie T. Stokes, played by Billy Bob Thornton, is a cheaply-hired mall Santa with a three-foot elf sidekick, Marcus, played by Tony Cox. Stokes represents every aspect of Santa Claus they don't sing about in the Christmas carols. He is a drunk, slobbering, cussing, skirt-chasing, loser replica who frequently urinates on himself. He is exactly the nightmare you don't want to take your children to when visiting the mall this time of year.

"I thought I could just commit to being this nasty talking guy and go do it."

To make things worse, department stores across the country keep hiring him. This time he is in Phoenix, where an unsuspecting mall supervisor, played by the late John Ritter, hires him and the elf for the busy holiday season. The plot is simple: work the season and on Christmas Eve rob the mall blind.

"We pretty much stuck to the script. It's a wonderful script," said Thornton.

For Stokes, this Christmas isn't going to be the same holiday heist. While working in Phoenix, he meets Sue (played by Lauren Graham), a bartender with an unfulfilled sexual fantasy and an overweight, bullied "kid" with soda on his face, played by Brett Kelly.

"I wasn't exactly popular," admits Thornton in relation to his character. "I think I felt like a loser when I was growing up at certain times."

Stokes agrees he relates to the character of Willie T. Stokes in many ways including the fact that "he likes beer, cigarettes, and women."

Bad Santa is Billy Bob at his worst — but in a way the audience can cheer for. He is Stokes in the worst ways, which ultimately make him a round believable character. His swearing, while appalling to some, totally appeals to me! This is definitely not the holiday movie you are thinking about!

"Santa" continued on Page 8

After intermission, the band played the feature, "Concerto for Jazz Orchestra," composed by Dobbins. This piece gave us a spectrum of emotions and painted pictures of cityscapes, hotel rooms, and all night parties. The performance ended on a stunning percussion solo by Ruben Alvarez.

Following the show, I had a chance to speak with Scott Hall, trumpeter and interim music director of the ensemble. He said he enjoyed the challenging music they played, especially as this was the ensemble's first performance of this program with only two nights of practice. Hall said the highlight for him was "the whole program," but especially Alvarez's percussion solo.

Hall became dedicated to music in the seventh grade. He studied classical music in college, and is now a faculty at Columbia College. A highlight of his career so far was meeting his favorite jazz artist, Duke Ellington. For Hall, the great attractions of jazz are the distinctive rhythms and the freedom musicians have through improvisation.

If you missed this show, The Chicago Jazz Ensemble with will appear again at The Center for Performing Arts on Mar. 27, 2003, with guest conductor Jon Faddis. The concert will feature a performance of, "Gillespiana," composed by Lalo Schifrin for Dizzy Gillespie; also, a world premiere of Slide Hampton's latest work which features three percussionists. If the November performance is any indication of future performances, this will be a jazz concert you don't want to miss!

Members of The Chicago Jazz Ensemble perform during the November concert at the Performing Arts Center.

Visit www.govst.edu/centre for information about upcoming events. For more about The Chicago Jazz Ensemble, visit www.chijazz.com or call (312) 344-6245.

"Paycheck" continued from Page 7

and you can win a decathlon without being the best at any one event," said Affleck. "One of my goals is to look back at my career and say that I was able to successfully do a lot of different genres from romance to comedy to drama to action to horror to independent unusual movies."

In living up to the Woo name, Paycheck offers viewers Woo's signature action footage. This includes visual art effects as well as action sequencing. Stunt coordinator Brian Smrz uses remote mechanical camera rigs, a device that allows the camera to drop on a cable from great heights at a quick clip; and traveler rigs, allowing the camera to travel along a cable the length of a city block, were also constructed to run parallel to the street and elevated above the rooftops. With the help of Woo's weapons specialist, Robert "Rock" Galotti, there are precisely choreographed gun battles. Finally, aided by Gregory L. McMurry, Woo's visual effects supervisor, realistic and fantastic memories were created with the use of informal dream studies of production crew members and more technical aids like, "enhanced photography."

"I tried to do as much of the fighting as I could and as much of the stunts as they would let me," said Affleck. "Which sort of meant that the only things I did really do is like some of the more extreme and dramatic motorcycle stuff or stuff the insurance company would not let me do."

Produced by John Davis (Behind Enemy Lines, The Firm, License to Drive), Paycheck also stars Michael C. Hall (HBO's Six Feet Under, Broadway play Cabaret), Joe Morton (Terminator 2, Bounce), Colm Feore (Pearl Harbor, City of Angles), Paul Giacchetti (The Negotiator, Saving Private Ryan), and Aaron Eckhart (Any Given Sunday, Erin Brockovich). Music for Paycheck was composed by John Powell, whose other credits include: Shrek, Face-off, and Born Identity.

Paycheck is scheduled to open nationally on Dec. 25, 2003 and has been rated PG-13 by the MPAA for intense action violence and brief language.

For more information on Paycheck, visit www.paycheckthemovie.com
"Improv" continued from Page 6

The show contains many of the same gags and skits you love watching on "Who's Line is it Anyway," such as the rapping game, and film and theater styles. It also contains a 'new' game called the mouse-trap game. The stage is set with 100 live mousetraps (placed delicately on the stage by Mocherie, Sherwood, and stage hands). Then donning a blindfold, Mocherie and Sherwood proceed to kick off their shoes and perform a skit, which is chosen by the audience, on top of the mousetraps. Tonight's theme: a twister game.

"It's always funny because we have to stage hands all across the country set up 100 mousetraps. Invariably, we'll be doing a sound check and you'll hear 'snap, snap, snap' and then they'll all go off!" said Sherwood.

"The best person to play the game is Drew Carey because he screams like a little girl," said Mocherie laughing.

The show, which was never slow, included a lot of audience suggestions and a lot of great improv. The material never got too dirty and was always funny!

"For the most part we've kept these shows pretty clean," says Sherwood referring to the comedic material in their shows.

Mocherie feels that the reason the show content gets dirty is because the improvisers are in trouble. In regards to their act, Mocherie says that they try to "get the maximum laughs without going that route."

"It gets Benny Hill naughty!" said Mocherie.

Both agreed that their viewers vastly range in age. That is a factor in what cards to play joke-wise.

"Santa" continued from Page 6

film you want to bring the kids to, but if you are in the mood for an adult holiday comedy it is worth checking out!

Bad Santa was directed by Terry Zwigoff (Ghost World), written by Glenn Ficarra and John Requa (Cats & Dogs), and is executively produced by the Joel and Ethan Coen (O Brother Where Art Thou?). It also stars Bernie Mac as Gin and Cloris Leachman as Grandmother. Bad Santa is lovingly dedicated to the late John Ritter.

Bad Santa opened on Nov. 26, 2003 and is playing in theaters across the nation. It has been rated R by MPAA for pervasive language, strong sexual content and some violence.

"We're always in a constant state of not knowing what to do next. I guess that's why we're good at it is we figure out a way of turning not knowing into something."

"Lots of people are bringing their 10-year-old kids and they love the show; and if we're turning it into the Buddy Hackett late night show, in certain sense it's a let-down," said Sherwood.

Mocherie adds with a smile, "No interview should be without a Buddy Hackett reference."

So what is it that makes Sherwood and Mocherie masters in their craft? It is the fact that they both have an excellent understanding of the concept of their art. Sherwood compares the art of improv as "trying to find a light switch in the dark."

"We're always in a constant state of not knowing what to do next. I guess that's why we're good at it is we figure out a way of turning not knowing into something," said Sherwood.

Another concept that makes them so dynamic is that they are always conscious of the way one another is feeling during a show.

"It really helps to have someone that's working with that you really trust," said Mocherie. "You know if your not going to be at your best that they're going to pick up the slack and they can lead the scene a while so you can catch your breath."

Laughing, Sherwood sums it up as a taping act. He said, "If I can't grab your ankles at least you can catch my wrists."

The Brad Sherwood and Colin Mocherie tour has concluded, but you can check their websites for upcoming shows and tours at http://www.brad-sherwood.com and http://www.colinmocherie.com. For information on how to become a Rialto Reviewer, visit http://www.naitosquare.com.

ALAN PARSONS LIVE PROJECT
JANUARY 16, 2004
OASIS ONE-SIXTY, CHICAGO HEIGHTS

FUTURE ENTERTAINMENT and OASIS ONE-SIXTY proudly present, THE ALAN PARSONS LIVE PROJECT. The concert, January 16, 2004 is a 21 and over event going at Oasis One-Sixty, 160 W. Joe Orr Road, Chicago Heights, Illinois 60411, 708.766.0600.

ALAN PARSONS was recording engineer for Pink Floyd's legendary 'Dark Side Of The Moon," producer for number of artists including Al Stewart, Pilot and Ambrosia, and the main force behind multi-platinum albums by THE ALAN PARSONS PROJECT. Alan became one of the most influential artists of our time. The magic continues - live in concert with electrifying performances of THE ALAN PARSONS LIVE PROJECT!

Crowned King of Chinese Cuisine
- Stephanie N. Blahut
Editor in Chief

It was almost by accident that we found The Triple Crown Restaurant, but we are glad we did. The atmosphere is casual dining and there is a decent sized bar on one side of the restaurant. Triple Crown also has a large Chinese food market in the building next door.

We were greeted by one of their friendly staff members and seated immediately. Our waitress was extremely friendly and courteous. She provided refills throughout the meal without having to be asked and took clear and precise meal orders.

We selected crab rangoon for an appetizer. The chilled cream cheese center and deep-fried outer shell had a unique taste.

Our entrees included hot spice chicken and sesame chicken; both served with steamed white rice. The hot spice chicken includes chicken, red and green peppers, onions, and bamboo shoots mixed with their "house" spicy sauce. I am not a big fan of spicy food but I absolutely loved this dish. The spice is just enough to add a burst of flavor too both the chicken and the vegetables alike and is not overpowering in any way.

The sesame chicken is a lightly breaded and fried chicken served in the middle of broccoli spears covered in a thick sweet brown sauce with sesame seeds on top. I am a big fan of this dish and order it at almost any oriental restaurant I attend. It was by far the best Sesame chicken I have ever had. The sweet sauce does not take away from the flavors of the chicken or the steamed broccoli and it makes a tasty combination.

Both entrees were served with steamed white rice, which was not clumpy or crunchy in any way. It was cooked perfectly.

For desert Triple Crown compliments its dishes with almond and fortune cookies. The food was so good; we ordered some of their chicken fried rice to take home. Although it was warmed up a day later, the rice had the taste of being freshly ordered.

Our bill was under $30 for two people, with plenty of food to take home. Overall, the experience I had eating at The Triple Crown can only be summed up with one word: exceptional!

The Triple Crown Restaurant is at 665 Pasquinelli Dr., Westmont, and is open 7 days a week. For more information, call 630-794-0088.

Frankfort's All-Stars Hosts Corridor
- Stephanie N. Blahut
Editor in Chief

On Friday, Dec. 5, 2003, Corridor played once again to a decent-sized crowd at All-Stars Bar and Grill in Frankfort. Their energy and willingness to please their fans was very evident in the fact that they played from 11 p.m. until after 2 a.m. They even honored a few requests towards the end of the performance.

Corridor's sound continues to improve. They simply weave their trademark tapestry of electric blues, crisp acoustics, and bass-blended rhythms, held together with threads of meaningful lyrics, passionate vocals, and a heart-felt beat. They emit a well-rounded mix of talents in which the spotlight doesn't fall on only one talented member.

The band showcased a well-mixed line-up of cover and original songs. The band members are very multi-talented; many can crossover to play other instruments, contribute lyrics, or background vocals. It seems to be a great way to utilize different talents in the bands, as well as helps to keep their songs from all sounding the same.

The crowd seemed to respond very well to their performance. How could they not? Corridor is a hard-working, band who puts 110 percent into their performances and it shows. I have a feeling their hard work will pay off in 2004!

For more information on Corridor appearances, please email them at corridorband@yahoo.com or check their website out at www.corridormusic.com.

Corridor is Bob Pechtold (vocals), Dusty Veal (guitar), Dusty Thiel (guitar), Larry Walsh (bass), and Mikey Nordseth (percussions).
A Time for a Better Marriage, Topic of Lecture

Iva Erkapic
Staff Writer


Dr. Carlson began his lecture with a few jokes to ease the audience before he started speaking about the serious subject matter. Dr. Carlson gave reasons why some marriages do not work and gave advice on how to create a lasting marriage. Dr. Carlson stressed that some marriages and relationships do not last because there is a lack of satisfaction; and sometimes, at the end of a divorce, some couples still love each other. He also mentioned that if couples did not go through a divorce, five years later that same couple would have a satisfying marriage.

During the lecture it was said that people biologically are attracted to someone with a completely different DNA from his or her own. During the lecture it was also said that people who wanted the book for couples going through divorce, couples who recently got engaged, and for anyone who wanted a copy for themselves. After listening to the lecture some people thought that they too would try to work out their own marriages. Most agreed that Dr. Carlson gave an excellent lecture.

In one study, Dr. Carlson said that a group of women were blind folded and had to choose a shirt that was not one of her family members and strangers. Each woman chose a shirt that was not one of her family members. Dr. Carlson ended his lecture again with a few laughs from the crowd.

Counseling Wins Awards at Annual Conference

Gail Kallend
Contributing Writer

On a chilly weekend in the middle of November, 31 students and 5 faculty members drove to Springfield, Illinois for the 59th Annual Conference of the Illinois Counseling Association. The conference provided great extra-curricular learning, professional development and networking opportunities for the attendees. Among the keynote speakers were Dr. Mark Pope, president of American Counseling Association; Dr. Robert Schiller, Illinois State Superintendent of Education; and Dr. Judith Tellerman, presidential appointee to the National Advisory Council for the U.S. Department of Health and Human Services.

GSU Counseling faculty and graduate students gave several presentations at the conference. "The Courage to Be: The True Self at Work" was presented by Dr. Julia Yang, Rodney Bullock, Pat Spano and Mary Vasquez-Hansen. Dr. Byron Waller presented "How to Teach, Discuss, and Explore Issues of Privilege, So that the Message Can Be Heard" with Dr. Katherine Helm and Dr. Hugh Crethar, Andrea Dovich, Jacques Stalnaker, and Kelly Kavanaugh presented, "Safe and Sound: Interdisciplinary Crisis Management in Schools" and Greg Rodriguez presented, "Integrating Christian Spirituality with the Discipline of Counseling Psychology."

GSU also received several awards at the ICA conference including: the Outstanding Illinois Counseling Association Chapter Award and the 2003 Counselor Education and Supervision Traveling Trophy for Graduate Student Participation. The last time this trophy took up residence at GSU was 1996.

Over 30 students attended the conference, many of them working as assistants to presenters, which helped cover the cost of their conference registration.

Students weren’t the only ones to receive awards. Dr. Hugh Crethar, faculty advisor to the ICA-GSU Chapter, received the Illinois Association for Multicultural Counseling Advocacy Award. The late Dr. Mary Arnold was awarded the ICA Bea Weherly Human Rights Award for Outstanding Contributions to Human Rights for All People. GSU continues to mourn the untimely loss of Dr. Arnold; her work and dedication was recognized by the ICA at the Springfield conference.

Dr. Diane Balin takes a few moments to answer questions for a prospective Board of Governors Student during the BOG open house on Dec. 4, 2003.

For more information on the BOG program, please visit http://www.govst.edu/bog/
For Immediate Release

GSU registration to remain open during holidays

University Park, December 18, 2003 – Online and telephone touchtone registration for the winter trimester at Governors State University will remain available despite the university’s holiday closure from December 24 to January 1.

Admission staff will also be available and on campus on December 29 and 30 to assist students who are trying to complete applications before the start of the winter trimester. Classes start January 5. Students can register through January 10.

“The university will be closed, but students will definitely be able to register for classes through touchtone and online registration systems,” said GSU Registrar Dora Smith.

Students who have been admitted to the university can register online at www.govst.edu/online or through the university’s touchtone system at (708) 534-8887.

“We’ve created a registration system that really puts the power of selection and registration in the hands of the students,” Smith said. “It doesn’t matter if the university offices are closed; the holidays – students have access.”

Explaining the December 29 and 30 admission office opening, Larry Polselli, GSU’s executive director of enrollment management, said, “We want students to have every chance to apply for the winter trimester. So we’ll be here during the break to help people get their New Years off to a great start.”

For more information, contact the university’s Office of Admission at 708-534-4490.

GSU Student Election Timeline - Winter Trimester 2004

Election Dates:

Monday, February 9, 2004
10:00am - 8:00pm
Tuesday, February 10, 2004
10:00am - 8:00pm

Polling Area:
Hall of Governors next to the cafeteria

Election Timetable:

Monday, January 5 — Packets become available for candidates in Student Life Office (A1120), Student/Senate Life Welcome Week tables and Executive Director of Student Life Office (A2131).
Friday, January 16 — Completed candidate petitions due to Executive Director of Student Life (A2131) by 9 pm.
Monday-Tuesday, February 9-10 — Elections will be held in the Hall of Governors from 10am to 8pm.

Wednesday, February 11 — Ballots counted at 12pm in the Student Life Meeting Room (A2110).

Wednesday, February 11 — Unofficial results posted in Student Life Service Office (A1120) at 5pm.
Friday, February 13 — Deadline for filing written appeals is 6pm (Dr. Lorraine A. Sibbett – room A2131)

Monday, February 16 — Appeals reviewed and certification of results completed by 5pm.

Wednesday, February 25 — Student Senate swearing-in ceremony held 3pm, Hall of Honors.
Friday, February 27 — Student Leadership Conference 8:30am-3pm. Place TBA.
Friday, March 12 — Election of Student Senate.

Academic Information & Technology Training (AITT)

GSU Library Workshops

RESEARCH AND RESOURCES
NAVIGATING THE LIBRARY WEB SITE
3:00 - 4:00 pm Library Lab
Feb 10, Jan 6, Thu Jan 8, Tue Jan 13, Thu Jan 15

USING IMAIL & WEBCT
2:00 - 3:00 pm Library Lab
Wed Jan 14, Tue Jan 20

COPYRIGHT, INSTRUCTION, & THE WEB
12:00 - 1:00 pm Demonstration Room
Brown Bag Lunch Session
Fri Jan 23

FORMATTING APA CITATIONS
3:00 - 4:00 pm Library Lab
Mar 11, Mar 16

FORMATTING MLA CITATIONS
3:00 - 4:00 pm Library Lab
Feb 2

PLAGIARISM ISSUES FOR STUDENTS & FACULTY
3:00 - 4:00 pm Library Lab
Feb 16

INTRODUCTORY COMPUTER APPLICATIONS
OUTLOOK 2000
4:00 pm Library Lab
Mon Jan 12, Mon Jan 26

INTRO TO PCs & WINDOWS
4:00 pm Library Lab
Jan 20, Thu Jan 22, Wed Jan 28

KEYBOARDING
2:00 - 4:00 pm Library Lab
Wed Jan 21, Tue Jan 27

WORD I
2:00 - 4:00 pm Library Lab
Wed Feb 3, Tue Feb 24

WORD II
2:00 - 4:00 pm Library Lab
Thu Feb 28, Thu Mar 4

EXCEL
4:00 pm Library Lab
Fri Feb 13, Wed Feb 25

POWERPOINT
4:00 pm Library Lab
Wed Feb 11, Fri Feb 27, Wed Mar 10, Tue Mar 23, Thu Apr 1

NETSCAPE COMPOSER
4:00 pm Library Lab
Fri Mar 12

Register online or hand in form at Reference Desk.
Lab space limited to 15 attendees.
Walk-ins are welcome if seats are available.
Length of workshops may vary. Individual sessions by appointment only.
Questions: Contact Linda G. Geller, AITT Coordinator (708-534-4136)

The College of Business & Public Administration is proud to introduce its electronic newsletter, “e-Newsline.” To review our publication, enter this web address: http://www.govst.edu/users/gcbpa/e-Newsline%20V.1. No.1/e-Newsline%20V.1. No.1.Index

Welcome Week - Winter Trimester 2004. Coordinated by the Student Life Unit. “A leap Forward” Monday – Thursday, Jan. 5-8, 11 am-7:30 pm in the Hall of Governors.

Phoenix Advertising & Announcement Prices

The Phoenix would like to announce the addition of the ‘Announcements’ page to the monthly print edition. As of January 2004, all submissions to the ‘Announcements’ page will be charged a flat rate and will be required to be submitted as either an attachment or as a Word document saved onto a disk or CD.

For more information regarding the ‘Announcements’ page, contact the Phoenix business office at (708) 534-3068 or send an email to PhoenixAd@govst.edu.

Beginning Jan. 1, 2004, the Phoenix will be increasing their advertising rates for both outside and in-house advertisers. The Phoenix will also be adding a price list for online advertising which will be a part of the new Phoenix website. Look for emails containing this information in January 2004 or contact the Phoenix Business office at (708) 534-3068.
BABY BASICS

Five Simple and Surprising Rules for Childhood Oral Health

By Dr. Richard P. Mungo

(NAPSA) - This childhood disease strikes every day, yet it often goes unnoticed and untreated for years. Its effects begin in infancy and continue through the years, robbing our children of more than 51 million school hours every year.

What is this disease? Tooth decay. According to the U.S. Surgeon General, it is the most common childhood disease. It is five times more common than asthma, and seven times more common than hay fever.

Widely assumed to be an issue only for older children and adults, dental experts and physicians are spreading the word: Tooth decay can be prevented. And they are providing good, practical advice for parents: A lifetime of good dental health begins even before the baby's first tooth appears.

As part of an innovative program to enhance a child's overall health, Healthy Smiles for Kids of Orange County is helping spread the message. A project of the Children and Families Commission of Orange County in California, Healthy Smiles is aimed at even the youngest children, and provides information to help parents better care for their children's oral health.

Research shows that good oral hygiene plays a more important role than we ever imagined in a child's long-term health, success and self-esteem.

The fundamentals of children's dental health can be summed up in five simple rules:

1. Care for your baby's oral health, even before baby teeth come in. The first step toward a healthy mouth for a lifetime is getting an early start. It's easy: Using a damp washcloth, softly wipe your infant's gums after every meal. When your child's first tooth appears, switch to a soft toothbrush.

2. See the dentist sooner rather than later. Schedule an appointment with the dentist anytime after the appearance of your child's first tooth, which usually arrives before his or her 9-month birthday. Parents who are already with a dentist for annual checkups may visit the American Academy of Pediatric Dentistry Web site at www.aapd.org, or the Children and Families Commission of Orange County's Web site at www.occhildrenandfamilies.com.

Dr. Richard P. Mungo serves as a charter member of the Board of Directors of Healthy Smiles for Kids of Orange County and is a faculty member at both the University of Southern California and the University of California Los Angeles.

For infants, good oral hygiene starts even before the first teeth come in.

3. Make certain your baby gets the right amount of fluoride. We all know that fluoride prevents tooth decay, but too much fluoride can cause discoloration of a child's teeth. To avoid excessive fluoride, use baby tooth cleaning products instead of fluoride toothpaste for children under age 2. For children age 2 to 6, use no more than a pea-sized drop of fluoride toothpaste. Finally, avoid fluoride supplements unless you know all the sources of fluoride (water, formula, infant dry cereals) your child already takes in. This can be established in consultation with your pediatric dentist.

4. Establish good brushing habits. Just like adults, children should brush their teeth and gums at least twice a day. Remember, small children, under the age of 6 years, do not possess the dexterity to brush as well as adults. Parental supervision is very important. Flossing should begin when the spaces between the baby molars close down, usually at age 4 to 6 years. Teach children that they must floss regularly, and show them how to go between and around their teeth with the floss.

5. Practice good nutrition for healthy teeth and gums. We do not recommend that you put your baby to bed with a milk bottle, but if you do, use only water, not milk, juice or sweetened water. Just like hard candy sweets, these can contribute to tooth decay, especially when the child falls asleep with the drink still in his mouth.


Dr. Richard P. Mungo serves as a charter member of the Board of Directors of Healthy Smiles for Kids of Orange County and is a faculty member at both the University of Southern California and the University of California Los Angeles.

For infants, good oral hygiene starts even before the first teeth come in.

Fabric May Increase Circulation in Diabetics and the Rest of Us

(NAPSA) - There may be good news for diabetics, athletes-and the rest of us as well. That's because of the introduction of what is described as the world's first body-responsive textile fiber. The fiber is reported to significantly increase oxygenated blood flow, which can increase circulation and build strength.

For diabetics, this improvement in skin oxygenation is said to accelerate wound healing and help eliminate pain due to decreased blood flow. For people not affected by diabetes, this skin oxygenation may help speed recovery after exercise, boost energy levels and improve overall circulation.

The textile is called Holofiber, and it is being introduced to the public at the American Diabetes Association's Diabetes Expo in New York.

When worn on or near the skin, Holofiber responds to available light and the energy produced by the body, converting light and the body's own energy to the necessary wavelengths that make it usable.

Diabetics face two major issues: neuropathy, or the loss of sensation, and atherosclerosis, or hardening of the arteries, which reduces the circulation of blood in the body. Atherosclerosis can lead to a number of conditions, including amputating feet, leg pain and problems with wound healing.

A study by Dr. Lawrence Lavery of Texas A&M University, a leading expert in diabetic foot complications, indicated products made with the material increased oxygen levels in diabetic subjects.

According to Dr. Lavery, there was a statistically significant change in oxygen delivery to the skin-in hands and feet, on subjects wearing Holofiber gloves and socks compared to those wearing comparable non-Holofiber gloves and socks.

In addition to helping diabetics, the textile is reported to increase oxygen levels in non-diabetics by as much as 25 percent, helping to improve physical performance and recovery time.

Holofiber is being lauded by some of the world's leading athletes, including top-ranked female triathlete and Olympic silver medalist Michelle Jones, who has been testing the textile for nearly two years.

"As a professional athlete, you want everything you possibly can to help get the best performance possible," noted Jones. "That's one of the things I like about the material-the fact that it helps with recovery and circulation." A range of Holofiber products are available, including tees, socks, shoes, glove liners, shorts and custom insoles. To learn more about these and other products, visit the Web site at www.holofiber.com.

"Clothing made with a new textile is reported to boost energy levels and improve overall circulation for diabetics, athletes such as Michelle Jones (shown), and others.

"Grant" continued from Page 1

Clothing made with a new textile is reported to boost energy levels and improve overall circulation for diabetics, athletes such as Michelle Jones (shown), and others.

and disseminating research-based minority health and health disparity information that will educate health professions students, researchers, investigators, and practitioners to work effectively with minority populations affected by health disparities.

One of the key components to the future success of this project will be the feedback and evaluation strategies implemented to assess the effectiveness of each core and its objectives, which will be supported by an Executive Committee and a Project Advisory Board. The Executive Committee will be comprised of the directors for each core, the Planning and Evaluation Director and the liaison between the Community Outreach Core and the University. The Project Advisory Board will be composed of a minimum of seven national experts appointed for their research credentials in health disparities and disease-specific research.

For additional information on the Project EXPORT Center contact the CHP office at (708) 534-3196.
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