Senator Durbin Speaks on Funding for GSU

Stephanie N. Blahut
Editor in Chief

Illinois Sen. Richard Durbin announced that Governors State University would be receiving government funding for the Adventures in the American Mind (AAM) program, during his speech in the university's library on Jan. 16, 2003. The program will secure $335,000 over the next two years for GSU for taking part in the teaching and technology initiative through The Library of Congress, in an effort to educate teachers on using digital resources within the classroom. It will also link GSU and participating schools to The Library of Congress's vast collection of archives, reading materials, and other learning media.

"I want to make certain that we do this the right way; spend this money most efficiently to train the greatest number of teachers," said Durbin in response to the methods Congress will use to follow the program's progress.

"Adventures of the American Mind is a program that has enjoyed great successes at other universities in Illinois," said Durbin in a recent press release. "By participating in the program, GSU is joining an effort to confront the challenges facing Illinois head on."

For questions regarding the AAM program, please contact, Dr. Sandi Estep at sestep@govst.edu or for more information please visit the AAM website at www.aamprogram.org.

College of Education Achieves National Recognition

Christina Carney
Section Editor

On Dec. 22, 2003, Governors State University received "National Recognition," an award by the Educational Leadership Constituent Council (ELCC) for its Master of Arts in Educational Administration program.

"We appreciate this recognition from the ELCC. It's another indication that GSU is at the top of its game," said Provost Paul Kayes in a recent GSU press release.

In April 2003 the College of Education also achieved meeting strict accreditation standards set by the National Council for Accreditation of Teacher Education (NCATE).

Although the College of Education's programs already met the standards of the Illinois State Board of Education, it has now become more of a nationally recognized college. With consistent reviews and strict requirements, the education field as a whole faces many challenges. However, the College of Education is not only meeting those requirements, but exceeding them as well.

Meeting the standards of NCATE accreditation means that GSU's education programs also meet higher standards. In addition, only half of all US schools of education earn accreditation by the NCATE.
Dear Editor:

Some surprises are pleasant, and others are not. I received an unpleasant surprise as I signed in at the Technology Center this semester. A sign greeted me, which read, "Copies 7¢ or 10¢ cash."

Needless to say, I walked out stunned. Although I am sympathetic to the plight of colleges in this age of budget crunching and cutting, I do not feel that this particular action was well thought out or well instituted. No notice was made to students regarding this change, and as I understand it, the Student Senate did vote on this fee as they do with many of the other fees assessed by GSU.

In addition, 10¢ per copy is an exorbitant amount of money required in the Technology Center when students are already being assessed a $23.00 Technology fee. Many students depend totally upon the Technology Center for computer services and have no access to any other printers. One can assume that waste of paper, ink and resources might have been an issue, but if these were problems I am sure that there were other, less drastic measures that could have been considered before this extreme step was taken.

My astonishment has turned to anger at the under-handed manner in which this action was taken. As I walked out of the Technology Center the last day of class for fall 2003 with my 14-page paper neatly printed and stapled, I would have never guessed that in winter 2004 that same paper would cost $1.40.

I am crying "foul" to anyone who will listen. I can only hope that someone does.

Sincerely,
Lisa Lenburg

Dear Editor:

I began the Honors Seminar with a perfunctory regard for the power of its reach and poignancy. Nearly one year later I hold this seminar series in premium regard. Just last week I backtracked to refresh my memory on de-skilling, a term which dramatizes the devaluation of work, a backlash of enterprise. I discovered the term de-skilling from Dr. Culverson, whose compelling arguments addressed the peripheral segment of socio-economic influences that impoverish all working classes whose efforts we once held as sacred.

The theme for 2003 covered the breadth of its title, "Global Perspectives of Poverty." The success of this honors program lies in its design, its rich eclectic symposium of topics for deep thought and provocative argument. Students create a diverse crosscurrent body of ideas, bringing their various backgrounds and cultural proclivities. Everyone brings an intense energy which shapes into a dynamism of varying experiences and diverse views which constantly change throughout the course. Few head out with the same opinions they claimed at the onset, and most find new views and fresh threads of information. Most importantly, we leave with the gift of new, deeper insights and a lasting appreciation for the course and the speakers who worked so intensely to touch seminar themes. Our incentive is the opportunity to cross-connect with students of different college majors and disciplines, instruments whose futures are reshaped by such a deeply intense experience.

As students we know the power of shared ideas that cross borders. Medicine, law, political science, enterprise, legislature, social science and education are some of the categories touched by the topic of poverty. Even the theory of poverty raises intrigue because it is a casualty of failure we all share, not an isolated premise of a particular type of people. The mystery of poverty is its obscure organic nature. It is radical, invasive and its havoc pervades every social and economic class. The controversies are intriguing because they impinge upon the lives of people who truly believe themselves exempt from the social stigmatisms that overshadow its casualties. This seminar taught me that every one of us is a victim of poverty.

There are no solutions or answers, which is frustrating to academic minds that seek concrete remedies. More frightening is how the targets of poverty are defined from one poor decision that riles its wounded for endless generations. Most intimidating is how the victims of poverty are not exclusively the agents of poor choices. These are the some of the lessons we examined in settings that relate to individual poverty. Now envision the consequences of these implications across community settings that exceed family, cultural, national proportions and note the unconscionable impact from a universal magnitude. This is just a sample of the undercurrents that churned throughout the course of the seminar.

Honors Seminar addresses topical concerns established by the oversight panel of university professors under the administrative chair of Dr. Larry Levinson. Each year this panel sets the subject matter for discussion. Speakers from the university and from related schools of business or occupational industry bring their ideas and their concerns into seminar sessions. Students are encouraged to respond interactively during the talks. The energy of constructive arguments sparks debate and increases the extent and fluency of critical thinking. It becomes a sizzling platform for applying the skills and information we develop during our regular academic settings towards more aggressive issues that exist across various areas of our national arenas.

I remember becoming mesmerized by a middle school teacher who customized a course around the poverty premise. Photo gallery, games, readings, mini-projects, writings and other relevant minutia were tailored to introduce us to the complex levels and layers of poverty.

Dr. Levinson's seminar features three areas of contribution. We divided our powers between guest lectures, an individual project and a final group project. Dr. Levinson brought guest speakers who lectured on discrete topics or professional exploits which relate to poverty or its causes and effects. Students provided summaries of lectures and applied their acquired knowledge into a creative expression of individual application that reflected the theme and our respective major. The crowning achievement was the final group project.

While the entire class decided the direction of the group project, it was David Nettles who became the mastermind of our Habitat for Humanity venture. This was a massive undertaking which Nettles began shuffling in January to ensure a timely and effective project by April. So, besides debating theory and attending lectures, we assembled on a Saturday morning in April to give of ourselves. Nettles assigned our work, directed contractors and pitched in personally as we refurbished a modest bungalow in Harvey's residential neighborhood. This is the class I will remember always for its radically creative forum and its assorted cast of guest speakers, each of whom brought very sobering thoughts about a persistent, enigmatic condition.

Sincerely,
Cecilia C. Jackson
Today's Black Student Union Picks Up Where Yesterday's Left Off

Toni Cannon
Staff Writer

Elizabeth Green, a GSU student who has garnered awards due to outstanding scholarship, has loads of personality and a jovial leadership style that reaches out and draws others to her. As she pauses for a moment to answer a question from someone in student services, it's easy to see she why she was elected president of the Black Student Union (BSU). She is enthusiastic, academically active, and energetic. Her mission of rousing the BSU out of inactivity and into the mainstream is not always an easy one.

TRIO Director, Viola Gray, who is the faculty advisor to the BSU, provides guidance and oversight for the executive board of BSU. Gray said that BSU had been inactive for some time. In October 2002, GSU student Karen Reynolds worked to reactivate the BSU, and served along with a temporary board during an initial restructuring period. Earlier this year Green was voted as president of the organization, and has since challenged her peers to invest their time and talent to re-fuel and reinvent the BSU to be relevant enough to meet the needs of today's students.

“The Black student Union has come a long way, and is headed in the right direction,” said Green.

Under the leadership of Green and the BSU executive board, the club now has 83 members and continues to grow. The stated purpose of the BSU is to promote diversity, provide access to resources and improve the educational and social experience of GSU students. The BSU board and its members are committed to this purpose, and actively seek out opportunities to engage in dialogue with other Black Student Unions across the US.

One such opportunity presented itself in November 2003 when several members of the BSU executive board traveled to the 6th Annual National Black Student Union Conference, held at the Grand Geneva Resort, in Lake Geneva, Wisconsin. The conference was hosted by the University of Wisconsin-Whitewater's BSU. At the conference, Black Student Unions across the nation gathered to experience three days of shared learning sessions in the form of workshops, panel discussions and presentations. Executive committees of Black Student Unions from more than 30 universities, ranging in locations from Florida to California, as well as faculty advisors, administrators, and other proponents of higher education, presented results of studies and abstracts. The National Black Student Union Conference addresses the role of Black Student Unions relative to academic achievement and examines the effects of factors such as economic and political empowerment models, study abroad initiatives, philanthropy and endowments, pre-college, college transition, retention activities, and African-American lecture series.

Sessions of the National Black Student Union Conference exposed attendees to the best practices of Black Student Unions and educational initiatives across the nation. Green and BSU secretary, Darlene Alexander, were brimming with excitement at the opportunity to have participated in this event.

“The ideas we were exposed to will help us take GSU Black Student Union to the next level,” said Alexander.

Along with Green, current BSU executive board and its members are committed to this purpose, and actively seek out opportunities to engage in dialogue with other Black Student Unions across the US.

Members of the BSU take a moment during their November Ice Cream Social to pose for a picture.

ITS Implements Pay-to-Print Program

Elizabeth Sullivan
Contributing Writer

In the face of the reduced budgets and rising costs, the Academic Computer Services (ACS) Lab will implement the Account-Tor System to charge for print-outs from all workstations in the lab starting in the winter 2004 trimester. Printing in the ACS Lab will cost 7 cents per page (10 cents using cash). This cost applies to faculty, staff, students, alumni, and guests of the ACS lab facilities.

Information Technology Services (ITS) is in the process of installing equipment in the ACS Lab to be used for the pay-to-print fee. The equipment and the process for printing are identical to that which is in the library. ACS Lab printers (black and white) will require the use of a print card, which can be purchased from a card dispenser.

Catherine Cox, web specialist for the ITS department said, “Faculty members have been asked to consider the cost of printing for students as they plan their course materials.” This would include items such as online PowerPoint presentations, journal articles, web pages, online quizzes, tests, and multiple copies of documents required for distribution within a class.

GSU is among many other universities that have limited, or even eliminated, some technology services due to budget restraints.

“BSU” continued on P.8

Despite having to pay for printing, the ACS Lab has made many improvements. There will be two new IMacs in room D2431 by the winter 2004 trimester. New furniture and all new Pentium IIII PC's with flat screen displays will be in room D2433. College of Business and Public Affairs Lab will be moving its entire lab to the space formerly occupied by the Macintosh Lab. Other updates include extended hours in the computer lab and HVAC (heating, ventilation, and air conditioning) enhancements.
Salt Creek Ballet Brings Holiday Classic to the Performing Arts Center

Stephanie N. Blahut
Editor In Chief

Life seemed much simpler when you were young and could escape to imaginary places in your mind. Even as an adult, we can still afford that same luxury every winter with the story of The Nutcracker. Imagine a lavish party, life-life dolls, a giant Christmas tree, an evil mouse king, and a handsome nutcracker prince entwined in magnificent snow-covered landscapes and candy-land kingdoms. The combination of music, dancing, costumes, and acting wove a classic tale that is still enjoyed by audiences of all ages.

On Dec. 13, 2003, the GSU Performing Arts Center welcomed the Salt Creek Ballet in their 16th anniversary of The Nutcracker. The packed crowd anxiously filled the center to enjoy this holiday classic performed radiantly by the dedicated and talented dancers of the Salt Creek Ballet.

"You are full of energy and you share the feeling with the audience; and that's the point - to share your happiness, or your knowledge or your passion with the audience," said Artistic Director, Sergey Kozadayev.

The dancers, under the artistic direction of Zhanna Dubrovskaya and Kozadayev, performed a total of seven shows between Nov. 29 and Dec. 13. For the directors, the intensity of watching from the audience can be overwhelming at times.

"It's so hard, especially because I used to dance myself. It's easy to want to get up and dance," commented Kozadayev. "You're sitting in the chair but you're jumping."

The Nutcracker, while a ballet beautiful in artistry and movement, can be appreciated by everyone (not just avid ballet-goers). According to Kozadayev it is an art-form that encompasses much more than just ballet movements; it encompasses theater as well.

Unfortunately people don't understand... "Nutcracker" continued on P.8

Sloth’s ‘Slow Grooves’ Define their Name; Hard-working Describes Members

Stephanie N. Blahut
Editor In Chief

Sloth: Disinclination to action or labor; sluggishness; laziness; idleness.

Idle and lazy couldn’t be farther from the truth when describing the L.A. native band members of Sloth. They emit an intense display of energy in their live shows and have produced a relentlessly loud and powerful new CD titled Dead Generation.

Naming the band Sloth was a strange mix of good marketing and spiritual inclination. The symmetry of the word "sloth" played a key role in the decision.

"There's five letter in the word and there was an "O" in the middle; it was very symmetrical," said Sloth guitarist, Kristo Panos. "You think it's a joke but it was going to be broth or sloth."

The flip side and more musical reasons came from the L.A. punk scene that Sloth emerged from. As explained by Sloth drummer, Adam Figura, the punk scene around them had an underlying motto of "play as fast as you can, as noisy as you can."

"At that time we were playing slow, thick grooves," further explains Figura. "The sound as a whole it is rather slow even though there is a punk-rock attitude within it."

So unlike the literal meaning of the band’s name, Sloth members are truly dedicated and hard-working and very appreciative of their fans. Recently Sloth has been on tour with Fuel and Revis (among other bands), which made a stop at the Canopy in Champaign in December. During the course of this interview, the members frequently stopped to chat with fans or sign autographs, despite the fact that the Illinois weather had plagued a few of them with colds.

"Tonight we made a lot of new fans," said Panos. "The reaction was really good."

The band agreed that the crowd's have taken to them pretty well while on tour with Figura noted that fans were singing along to a song that had received regular rotation from local radio stations.

"It's such a good feeling to see people singing along to your songs. It gives you chills thinking about it."

The members of Sloth couldn't be more diverse in personality and astrological make-up; but their differences are only the fuel to the band's collaborative fire. Their differing opinions, personality traits and cosmic energies help keep the band well-rounded and balanced.

"Not everybody is motivated at the same time; it's something we bounce off of each other," says Panos. "There's always one person in the band that is motivated."

This theory holds true for the business aspect of Sloth as well. Bassist, Andy Kowatch, feels that Rich and Kristo devise more of the business strategies.

"They really live for that. They want to make sure that business is taken care of," said Kowatch.

The band also draws from varying pools of musical inspiration as well. Influences range from Punkt, Pink Floyd and The Doors, to Oingo Boingo, Nirvana, and the Sex Pistols. Singer, Richard Love, claimed the one CD he had to have with him had to be from The Police.

In all the members of Sloth agree in that they are fortunate in where they are at as a band and seem pleased with the recent signing with Hollywood Records after an almost two year courtship. They also have the support of their families which have reacted enthusiastically to their successes.

"I have an eight-year-old daughter and her teacher's heard our [our] song on the radio and has seen pictures of the band," said Kowatch. "She brought our CD into show and tell."

While the future is unwritten, Sloth has definitely made an imprint on the present. They are tremendously laid back in conversation; but are energetic and tenacious musicians. Their sound, while consistent, has the ability to evolve and continue to stimulate their audience.

"We just want to tour," said Panos in the band's press release from Hollywood Records. "There's a sense of freedom that comes from being on the road and playing your music for new faces. That feeling of connecting with an audience is an amazing thing."

For more information on Sloth or to listen to songs from their new album, Dead Generation, visit: http://www.slothmusic.com.
A Look Back at the Accomplishments of the Student Senate

Stephanie N. Blahut
Editor In Chief

Looking around the GSU campus, one might not be aware of the planning and the commitment that goes into running the campus. The fact is that there are many students, faculty, and staff members who are dedicated to going the extra mile by becoming affiliated with clubs, activities, or volunteer opportunities that are committed to enrich the atmosphere for the students at GSU. One of these organizations is the Student Senate which is a part of Student Life at GSU.

During the 2003-2004 term, the GSU Student Senate completed and implemented numerous projects, many of which had been planned by previous senators but remained incomplete. Looking around the C building, specifically the cafeteria and adjoining atrium, students will find three of five new monitors.

"Our monitors were one of the projects that were a carryover from previous years. So we were working hard to get them up and operable for the 2003-2004 school year," said Student Senate President, Linda Williams.

The monitors will help keep students, faculty, staff and visitors connected to GSU news, events and campus information. They are part of the initiative made on behalf of the GSU community by the senate.

"I'm very proud of the fact that we finally got them up and running," said College of Health Professions Senator Karen Reynolds. "I'm looking forward to getting messages across to the students and staff at the university.*

The monitors are only a small example of the commitment made by the senate to follow through on projects.

Acts of Kindness and Compassion are Universal in any Culture

Husam Tayeh
Section Editor

The individual in this story is a captivating person; and her life story is just as intriguing as the cool purple shades she is often seen sporting around campus. She is among the most diverse individuals on Governors State University's staff and can arguably be said to be one of a kind in her profession in the entire state. She shares exciting stories of her travels to the near shores of Spain and of her dreams to visit the farthest shores of Japan. She may perhaps carry a background just as diverse as the countless countries she has seen. Her name is Vreni Mendoza and currently, she is the coordinator and advisor of the Office of International Services at GSU.

Vreni Mendoza did not grow up in the United States; however, she is as much a part of this country as she is her own homeland. Mendoza, who grew up in the German-speaking quarter of Switzerland, has a very unique and quite unexpected lineage. While her Swiss ancestry may not come as a surprise to any due to her light colored skin, the fact that Mendoza is part Mongolian may indeed come as a surprise. It is a small part she admits; however, she cherishes it just as she does the international students she seeks to help.

Mendoza spent the majority of her childhood in Switzerland. In fact, she did not leave her homeland until 24 years after her birth. From the very beginning Mendoza knew she wanted to see the world. She wanted to meet and interact with people of all types of culture. Mendoza used to apply for summer jobs in the cities that lied beyond the mountain range that surrounded her small home town just so she could "see the world." She was always inquisitive and curious about what was out there and this she says, laid the foundation of who she was to become.

Surprisingly, Mendoza spent a great deal of time at GSU as a student, in addition to the past couple of years that she has been the international student advisor. Mendoza graduated from GSU with a major that is no longer available. She graduated with a masters degree in Intercultural Studies and Bilingual/Bicultural Education. At that time, GSU did not have an office of international services, so Mendoza went on to a well-known organization called Rotary International, specifically the Rotary Foundation of Evanston, Illinois. Vreni was the supervisor of the scholarship program provided for students seeking studies abroad. At Rotary International she reached the height of her career when she was selected to be the Ambassador of the Scholarship Program at the 1990 Convention in Australia.

Soon afterwards while she was in town visiting some friends, she discovered that an international student population had grown at GSU over the years. She began pondering over a new position in an office that had just opened - the international student office. She applied as coordinator of the Office of International Services and was hired in Feb 1996. Mendoza has remained since, and according to students, she's done alright.

During these trying times for international students, Mendoza says that she must remain "very strict with [the] rules and regulations," while remaining sensitive to students' needs. One of the most important things to Mendoza is being

"Mendoza" continued on P.7
Doctors, Research Say Drug-Free Nasal Wash Relieves Sinus Problems

NAPSA- A stuffy nose, sore throat, cough and headache are nothing to sneeze at. While many people write off these symptoms as the common cold, if they don't subside within seven to 10 days or if they reoccur, they could be signs of more serious conditions. Congestion and related sinus problems that persist over time can signal a variety of complicated illnesses, including allergic rhinitis and chronic sinusitis.

Thirty-seven million Americans-16.3 percent of adults-suffer from recurring sinus problems. Add in the number of people who get a cold or the flu and who combat allergies and the number is closer to 70 million. Only a doctor can diagnose chronic illness and while prescription medications can help to alleviate symptoms, one of the most frustrating aspects for sinus sufferers is that there is no cure. No FDA-approved prescription or over-the-counter drug has been labeled to treat illnesses such as chronic sinusitis, according to Sinus. News.

The key to relief, according to ear, nose and throat doctor Diane G. Heatley, is in managing sinus problems.

"Chronic sinus problems won't go away on their own," said Dr. Heatley. "Like back pain or weight control, sinus problems must be managed over time."

A more effective treatment for sinus pain may not be in a bottle. According to a recent study from the University of Wisconsin-Madison, nasal wash is an effective treatment for sinus problems. The study is one of the many that have found that daily washing of the nose can minimize many sinus ailments.

"Sometimes the simplest treatments are the most effective in sinus cases," said Dr. Heatley. "I tell my patients to make washing their nose a regular part of their daily regimen-like brushing teeth. Most people don't think about it, but your nose traps dirt and germs. Unless these dirt particles are rinsed out, they can lead to thickened mucus-the root cause of sinusitis."

Nasal washes-sometimes called nasal irrigation-are based on an ancient device called the neti pot, used for centuries by yogis. Drugstores like Walgreens have created a new category for nasal washes, evidence of the growing acceptance of non-drug nasal treatments.

The UM-Madison study followed participants using the SinuCleanse(r) nasal wash system for six months and found the nasal wash provided an effective treatment for sinus infections. In the study, participants who added the nasal wash to their daily regimen showed decreased symptoms, decreased medication use and their overall health improved over the period of the study.

Why do nasal washes work? It has to do with how the sinuses function. The sinuses are lined with cells that produce mucus to keep the nasal passages moist and trap inhaled irritants. As long as the mucus remains thin and watery, it will flow easily along its course down the throat to be swallowed. If it becomes thick, the mucus and trapperson's ability to perform daily activities without assistance. In the early stages, mild forms of impairment have been associated with depression and stroke. There is also evidence that people with a family history of AD are genetically predisposed to developing the disease.

Even though there is no cure for AD, it is treatable in the early and middle stages of the illness. Therefore, it is crucial to recognize the warning signs and symptoms as soon as possible. Experts claim that even modest delays of late-stage AD can yield positive effects, such as increasing the patient's lifespan to 20 years or more from the time of onset.

Pat Edmond, a research assistant at the RADC, states that forgetting is normal in today's fast-paced, highly stressful work and family life environments; the difference between stress related memory loss and AD is that AD-affected people "forget that they forgot."

It is also important to note that for some people the symptoms may not be attributed to AD, but rather to other ailments (i.e., depression, drug interaction, thyroid problems or vitamin deficiencies) that are reversible in nature if detected and treated in the early stages. Nutritionists and physicians generally recommend eating a healthy diet rich in thiamine and magnesium (necessary for brain function), including leafy green vegetables, whole grains, brown rice, nuts, yogurt, and soy; and maintaining an active physical and social life, Vitamins E and B12 have
Mendoza has always wanted to help people and give something back to society. So it is no wonder her goals in life are so noble. Alongside being a compassionate human being Mendoza has many personal interests. Among the things she enjoys doing are writing, reading and observing nature around her. She loves animals, nature and long walks surrounded by the sounds of life. She loves animals so much that she declared that if she could she would have a zoo in her own house. Self-reflection and independent alone time might be reasons why she admits to being very observational. “Sometimes I just like to walk and observe nature around me,” said Mendoza.

Her love does not extend to nature alone; however, it is clearly exhibited in the work she does and the people she touches. One such person is GSU political and justice studies graduate student Percy Amarteifio. Amarteifio is an international student himself and has been working alongside Mendoza as her assistant for the past three years. Amarteifio says that Mendoza has a tremendous amount of empathy and encourages students to come to her for help.

In his most articulate statement, Amarteifio likens Mendoza to a person that cares for an injured bird. “If you see a bird injured you bring it inside and care for it until it can fly on its own again. Vreni is like that person who takes care of the bird,” said Amarteifio. Compassionate, considerate and kind were some of the adjectives students used to describe GSU’s international student advisor. Disciplined, hard-working and dedicated are the principles that govern her work. The one sentiment expressed by the international student body best describes the international student advisor: it’s hard not becoming a better person after getting to know Vreni Mendoza. That sentiment expressed by countless international students, whose lives have in some cases been dramatically affected by Mendoza, was best articulated by GSU’s computer science major Nilesh Aurangabadkar. Aurangabadkar, who has been working alongside Vreni Mendoza in the international student office since August 2001, said without a single scruple, “I’ve become a better person working with Vreni.”

Author’s Note: Vreni Mendoza is a unique advisor to me, but unlike the academic advisor who takes care of your classes, she is the advisor that will take care of you.
"BSU" continued from P.5

eutive board members Dwayne Williams, vice president, Fred Logan, vice president of public relations, and Touré Peck, treasurer, have already hammered out at least one successful event. The BSU ice cream social held in early November was a smashing success. As a result, BSU membership immediately swelled from just a handful of students to more than 80 people. One exciting initiative to watch for is a collaborative effort with Black Student Unions of other Chicago area universities.

“One exciting event, the Holiday Bowl, is planned for early December,” said Alexander.

According to Green, other upcoming events for the BSU include plans for a holiday volunteer outreach involving area senior citizens, a book debut roundtable discussion with a leading author, a voter’s registration drive (in conjunction with the local NAACP chapter), and a series of panel discussions on male female relationships and networking events.

Governors State’s BSU is an “organization on the move,” says Green.

Meetings are every 2nd Wednesday of the month, from 3:30 p.m. to 4:30 p.m., in the Student Commons TV Lounge (second floor A2140). The BSU is open to anyone regardless of race or ethnicity, and new members and interested persons are welcome at any time. Membership criteria includes being a GSU student of good standing (C+ or better), be willing to interact and collaborate with students of diverse backgrounds, and be willing to share ideas to improve the social climate on campus. For more information contact the BSU at bsu_gsu2003@yahoo.com or call (708) 235-2101.

“Nutchracker” continued from P.4

stand, they think ballet is only Pointe shoe, fifth position, tutu and stupid smile, said Kozadaye. “In fact, this is ballet theater; and in ballet theater, we can do through ballet scenes like Shakespeare’s A Mid Summer’s Night Dream, Macbeth, Hamlet, so many things.”

The Dec. 13 performance featured Christina Casciato, as a young Clara; Luis Caro, as the Nutchracker; Emilie Vrbancic, as Princess Clara; Katherine Bruno, as the Sugar Plum Fairy; Nourian Abougaliev (appearing courtesy of Ballet International), as the Nutchracker Prince; and J.R. Kirchner, as the Mouse King. Also featured was the Salt Creek Orchestra, performing Tchaikovsky’s timeless musical pieces.

For more information on the Salt Creek Ballet, contact (630) 769-1199 or visit their website at www.saltcreekballet.org.

Alzheimer’s” continued from Pg.6

also been inconclusively recommended by doctors as a means of retarding the progression of the illness.

The RADC is at the forefront of Alzheimer’s research, seeking to uncover alternative ways to treat the disease and increase awareness of the benefits of early intervention as part of a national vision to eradicate racial disparities. The RADC is one of three federally funded AD centers in Illinois that provides a series of noninvasive diagnostic and treatment tools ranging from testing memory, concentration, and spatial abilities to imaging instruments that measure brain activity. For additional information, contact Karen Lowe Graham at the Rush University Center RADC at (312) 942-6118 or visit www.rush.edu. If you have questions or concerns, you should seek professional advice.

The following list of symptoms or warning signs have been identified by the Illinois Department of Public Health as being associated with AD and is listed on their Health Beat Fact Sheet on Alzheimer’s Disease.

Memory loss or unexplained confusion affecting job and home skills.
Difficulty in performing familiar tasks and chores.
Forgetting words or substituting inappropriate words.
Disorientation to time and place (ex: getting lost in familiar surroundings).
Poor or decreased judgment (ex: wearing a winter coat on a hot summer day).
Problems with abstract thinking (ex: difficulty balancing a checkbook).
Misplacing things in inappropriate places (ex: putting the iron in the freezer).
Changes in mood or behavior (ex: rapid mood swings for no apparent reason or cursing).
Drastic changes in personality (ex: suspiciousness).
Lack of interest and involvement in usual activities.

A copy of the DOPH Health Beat Fact Sheet on Alzheimer’s Disease is available at www.idph.state.il.us.

Showing in Theaters: Cold Mountain

Stephanie N. Blahut
Editor In Chief

Based on best-selling Civil War novel of the same name, Cold Mountain is the newest movie collaboration of Director and Screenwriter Anthony Minghella (Talented Mr. Ripley and The English Patient) and Cinematographer John Seale (Harry Potter and the Sorcerer’s Stone and The English Patient).

The book, written by North Carolina native Charles Frazier, spent over 30 weeks on the New York Times Best Seller List and won the National Book Award. The film stars Jude Law, as Inman, a wounded Confederate soldier trying to return home to Ada (played by Nicole Kidman) the woman he left when he went to fight in the Civil War. The movie also portrays the struggles of Ada in his absence.

The cast of Cold Mountain also includes Renee Zellweger (Ruby), Kathy Baker, Lucas Black, Philip Seymour Hoffman, Taryn Manning, Natalie Portman, Giovanni Ribisi, Donald Sutherland.

“‘I’ve always loved Anthony Manguale,” said Taryn Manning who plays Shyla, one of four sisters who help to take care of wounded Inman. “‘I’ve always been a fan of Anthony’s, so that’s why I was attracted to the script.”

According to Manning, the chemistry between the main characters was amazing. It was a team effort for everyone, especially because some of the cast members never met while filming the movie.

To bring the Cold Mountain setting to the movie screen, the cast and crew filmed in the Romanian province of Transylvania. The real Cold Mountain resides in North Carolina. This is a location choice that has some Cold Mountain locals crying boycott.

Despite the controversy, Cold Mountain opened on Dec. 25, 2003 and is playing in theaters across the US. Cold Mountain has MPAA rating of R for violence and sexuality. For more information including show times and theater locations in your area, visit http://www.coldmountainmovie.com.