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Student Life Honors Outstanding Students, Faculty and Staff

Stephanie N. Blahut
Editor In Chief

On May 21, 2004, Student Life held its annual awards ceremony in honor of students, faculty advisors, and contributors who have made a significant impact on the GSU community.

Student Senate President, Linda Williams, greeted the crowd and thanked them for their attendance in support of Student Life award nominees and recipients. Williams said that the ceremony was "a celebration of the contributions, accomplishments and achievements of our students, clubs, organizations, and their advisors."

Proceeding Williams's opening remarks, Charles Deboise and Ross Harris performed, "I Believe I Can Fly."

Vice President of the Student Senate, Derek Stevenson, then gave a brief explanation of the process for selecting the award recipients. Stevenson also introduced the Outstanding Member Award recipients, which were nominated by their respective club members and advisors.

The following students were recipients of the Outstanding Member Award: Amy Gasbarro (American College of Healthcare Executives), Darlene Alexander (Black Student Union), Agah Adeel Saadaat (Computer Science), Crystal Lee (Early Childhood Association), Dortha Brown (Human resource Management), Katrina Maddox (Illinois Counseling Association), Shilpa Gupta (International Students), Sue Hecht (National Speech Student Hearing and Language Association), Lisa Aponte-Soto (Phoenix Student Newspaper), Paul Williams.

"Student Life," continued on Pg. 3

Congratulations 2004 GSU Graduates!

Photo by: Tacticia Brown

A group of new, GSU graduates take a few moments out for group photos after the June 6, 2004 graduation ceremony held at the Holiday Inn Convention Center in Tinley Park, IL. Student speakers included: Oshunda E. Carpenter (College of Arts and Sciences) and Alison Mensing (College of Education).

Road to White House
Program Paves the Way

Christina Carney
Section Editor

Michael McDonnell, a graduate student at GSU, wrote for and received a federal grant from the Illinois State Library, under the Office of the Secretary of State, for a program designed to raise voter awareness.

The program, called "The Road to the White House", has been funded by the Institute of Museum and Library Services (IMLS) as provided for by the Library Services and Technology Act. Michael McDonnell is mapping in Political & Justice Studies and plans to graduate after the winter 2004 trimester. He has been running the program since December with the cooperation of the League of Women Voters and Project Vote-Smart, a voter guidance program.

The Road to the White House program will continue until the end of June 2004. The program has involved presentations at the Ringering Room of the Park Forest Public Library. It has had several speakers from Governors State University including Dr. Larry Levinson and Dr. Donald Cuhver, professors of Political and Justice Studies, Dr. Anthony Airdrews, who teaches Economics; and David Kuss, a recent MBA graduate, who is completing his M.A. in Political and Justice Studies. Other speakers have included State Representative Robin Kelly and State Senator M. Maggie Crosby. The subjects of these events vary, and cover issues such as voter apathy, differences in political parties, and the importance of the presidency. The events have even included re-enactments of former presidential speeches, portrayed by actor R.J. Lindsey, and a demonstration of new voting equipment to be used in the upcoming elections.

The next two scheduled events are set for June 12, 2004, with Alfreda Keith Keller from the Park Forest League of Women Voters speaking on, "The Vanishing Voter: Encouraging Election Turnout" and June 26, with a final presentation on, "The Road to the White House: A Look Forward to the Presidential Election.

All the events are held from 2:30pm to 4:00pm and include refreshments. The Park Forest Library is located at 400 Lakewood Blvd., just five miles northeast of the GSU campus.

Further information on the program can be obtained by calling (708) 745-3731, or by visiting the website at: http://www.pfpl.org/roadtowhitehouse.html.

Some students chose to take advantage of the nice weather by forming their study group outdoors.

In the event of inclement weather, would you know what to do? See Pg. 12 for weather-related information, tips and statistics.

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Winter 2004 Dean's List - Complete List Of Names Page 4

Get The Real Ghost Story - Are You Scared? Page 7

GSU's CenterPoint Offers Small Business Information Page 11

The Phoenix student newspaper serves the faculty, staff and students at Governors State University.
Let Rumsfeld Be Rumsfeld

D. Jay Dobbs
Editor

On May 7, 2004, Donald Rumsfeld, Secretary of Defense, testified to the Senate and House Armed Services committees about the abuse of Iraqi prisoners by U.S. captors. Although he stated that it was his failure for not understanding and knowing the impact of the photographs of the abuse prisoners, Rumsfeld states that he can still continue doing his job as Secretary of Defense although Democrats are calling for Rumsfeld's resignation. Do I think Rumsfeld should resign from his job? My answer is NO! Yes Rumsfeld should have a better understanding of the photographs of abuse of Iraqi prisoners, but he shouldn’t lose his job because some U.S. soldiers, private contractors and intelligence officers made the decision among themselves to violate the Geneva Conventions in their treatment of prisoners. I think Rumsfeld is doing the best job he can as Secretary of Defense. Some will say that the photographs of abuse of Iraqi prisoners will hurt the U.S. effort in Iraq and some will say in light of these events the U.S. should pull out now. I say the U.S. should stay and finish what we started. It is not going to be easy but we will finish our goal in making Iraq a free and democratic society because a free Iraq will be a better Iraq for Iraqis and for American policy in the Middle East in the future.

AFTERSCHOOL PRO RAMS.

If you think Rumsfeld is doing the best job he can as Secretary of Defense, please let him know. Send letters to the editor to the student newspaper. The opinions expressed in the editorials and advertisements do not necessarily reflect the opinions of the entire Phoenix staff or the GSU administration, faculty, staff, or students. Advertising is paid for or provided by the Ad Council service, with funding contributing only to the Phoenix student newspaper.

Website/Print Design, Layout & Graphics
Stephanie N. Blahut
Taheria Brown

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Phoenix Student Newspaper
1 University Parkway
Room EL500
University Park, IL 60466

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**Student Life** cont. from Pg.1

**Volunteer Administration**

Advisor was presented by Vanessa Newby, announced the Outstanding Students of the Year.

Toure Peck (Former Student Senate Secretary), Percy Amarteifio (Student Senate Board of Trustees Representative), Darlene Alexander (Public Administration Club Advisor), Viola Gray.

"She is one of the most active and recognized organization on the GSU campus," said one BSU nominator.

The awards ceremony were the 2003-2004 GSU students selected as "Who's Who Among Students in American Universities and Colleges." They include: Tasha Bardon, Dortha Brown, Christian Collins, Harold Damron, Marina Dodaro, Adelica Garcia, Jennifer Giordano, Elizabeth Green, Chacin Gustave, Tasha Holmes, Jaya Jacob, Nancy Jordan, Yamara King, James Marco, Eva Maturiak, Kimberly Melton, Audrey McIntyre, Sandra Pechtold, Oswaldo Rivero, Melody Roberts, Derek Stevenson, Pamela Thompson, Patrice Washington, and Linda Williams.

The awards ceremony was followed by a Power Point presentation of photo archives from the 2003-2004 school year, as well as refreshments.

**Campus Announcements**

**Student Senate President, Linda Williams, welcomes faculty, staff and students to the 2003-2004 Student Life Awards ceremony on May 21, 2004.**

**GSU Student Joins Sphinx Group**

The Sphinx Group, Inc. is pleased to announce the arrival of Jennifer Taylor to our Internship Program. She comes to us from Governors State University with a creative marketing vision. She plans to be an exciting addition for the company and is ready to get both feet wet to move with us towards a brighter future.

She is currently a student and will be earning her masters in communication in August. Her desire for a unique marketing/communication experience is a direct match for our commitment to training, consulting, and educating small businesses and individuals on financial matters.

Ms. Taylor will assist us in our marketing and sales departments as we explore new strategies for expanding into new markets and territories throughout the Chicago area.

The Sphinx Group, Inc. is dedicated to provide training and consulting in the areas of financial literacy, investment education, business planning & development, entrepreneurship and technology. For information on about our services and programs please contact us direct at: The Sphinx Group Inc., P.O. Box 2157, Country Club Hills, Illinois 60478. You can inquire by phone at: (708)298-2916, or visit our website at: www.thesphinxgroup.com.

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**Photo by: Stephanie N. Blahut**

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Faculty Interview: Dr. Shih

Aamir Siddiqui
Contributing Writer

GSU has never been short of great personalities, be it in the role of administrator, teacher, educator or official. But rarely does one come across a person who is all four rolled into one. GSU has many professors with backgrounds in various fields. One of the more popular faculty members in GSU is in the Computer Sciences Program (College of Arts & Sciences), and unarguably one of the most admired and recognizable is Dr. Steve Shih.

My interactions with Prof. Shih go back a couple of years. He is among those modern minds at GSU who always crave change, whether in the curriculum or in academia, and of course these changes have been largely beneficial to GSU in terms of advancement of GSU in terms of technology and resources.

Dr. Shih has so many commitments that he hardly finds time for activities other than his professional responsibilities. But he graciously agreed for an interview when I requested it of him.

He was born in southern Taiwan during a period of turmoil and chaos, when the economy was in bad shape. "It was a difficult time to cope with, average income at that time was $20 a month as compared to $10K a year now," he said.

But all those hardships did not deter the resilience and determination of a young boy who always dreamt of a better life. Primarily it was his parents who provided him with the sound foundation upon which he built his own life. His family was among the few at that time which were modern, cultured and highly educated. He has fond memories of his family, "My father and mother both are teachers. My father was principal of the school and my mother teaches in the same school," he said.

No wonder the destiny for this young boy was written then and there: he was to become a teacher one day.

Even in his early days he was a bright and hard-working student. He preferred to stay in the library when he could. That was the time he developed a love with the books that is getting stronger and stronger day by day.

On a question as to whether he always dreamt of becoming a teacher due to the family influence, he answered, "No, as a teenager I did have many dreams and one of them was to become a film director," he said candidly. "It was my father who suggested otherwise, as it is not a good option in that trying period". His father never tried to influence his son's decision, but like every father he was always there to see that his son was going on the right path.

"He encouraged me to do whatever I wanted, but asked me to do it with good intentions, sincerely and hard work," Shih added.

After completion of his college education in 1983, he then served in the armed forces of Taiwan for two years as required by the law.

He started his professional life as an assistant manager at Hitachi, one of the highly regarded conglomerates in Japan. But Dr. Shih is not one who rests on his laurels. He decided to pursue higher education in the US. About that time, he remembered, "It was not the best time to get a masters in computer science, it was an era of bulky and cumbersome mainframes, desktop PCs were still in their infancy, and code writing and debugging in coding sheets was a nightmare."

But challenge is something Dr. Shih always thrived upon. He finished his masters and Ph.D. at the State University of New York in Binghamton. His dissertation developed a scheme for an object-oriented reuse library that supports concurrent programming.

He joined Governors State University in 1993. During the course of 10 years he has been recognized as one of the outstanding faculty by students and the school. Due to his passion for teaching, he has involved himself activities for promoting students study opportunities, and provided guidance for students expanding their professional activities. This year, he has an additional responsibility as the Coordinator of the Computer Science Program.

When asked what does it mean to be a teacher, he said "To teach is to learn: we teach students and learn from them, the largest and toughest goal for a teacher is not only to pass his knowledge on to his students, but also to challenge them to become a better human being, not just intellectually smart, but also morally rich as well."

His statement is attested to by his former students and his colleagues. Agha Adeel Saadaat, one of his former students and now an employee of a multinational company, has nothing but praise for him. Dr. Shih exudes a certain kind of charisma:

"Shih," continued on Pg 6
"Shih," continued from Pg.5

and intelligence. His role is more like a gardener. He nurtures his students. He can and intelligence. His role is more like a gardener. He nurtures his students. He can

students' problems. His interaction with students goes beyond the four

classroom walls.

His passion to stimulate his students always keeps him motivated to

His enthusiasm can be gauged by the fact that even after 11 years of teaching he

He further elaborates, "Our students have to get as much feedback from his students as he can, and that speak volumes about his dedication and commitment," he added.

When asked about his positive and negative experiences in his teaching career, he said "the high point is when my students do well in real life because of the knowledge they acquired during their stay at GSU, and the low point is when people do not acknowledge the contribution that they made to their academic institution."

His enthusiasm can be gauged by the fact that even after 11 years of teaching he still feels a slight twinge of excitement when he goes to teach a class. This prevents him from becoming stagnant and monotonous, and motivates him to inspire his students with his devotion and perseverance. On a question about the tight job market and issues like outsourcing and technology transfer he emphasized that, "We need to cope with those issues. What we need is to improve our curriculum in a way that is more productive and rich in terms of both theoretical as well as practical points of view."

He further elaborates, "Our students have to adapt to those changing scenarios and concentrate on those fields that are in demand."

When asked as to how he sees himself in five years he accentuated the fact that he would still be teaching, as that is his first love.

"I would like to be part of the administration, so that I would be helpful in shaping up the policy matters pertaining to the curricula and student welfare."

When asked about his family his eyes gleamed with pride "I have a very happy family with two kids. A girl and a boy, and both are teenagers." About what he wants them to be in the future he said "I would like them to have lovely personalities first and then I would help them in whichever field they are interested in."

According to my understanding, Dr. Shih's personal interests are playing tennis, watching movies, listening to music and traveling. That completed my interview with Dr. Shih. On my way back I was wondering how, with a perfect family and a progressive career, what more Dr. Shih could ask for.

biggest reason.

"For a first teacher year, Pope was able to relate to every child in her class and make sure that each one was truly learning something," said Principle Patricia Coffee. "Pope has a difficult class, with several students having minor problems like ADD or other attention disorders. She never failed. Pope always had control of her class. She is the best first year teacher I have ever seen."

"Pope is excited about her nomination because this is my first year of teaching I never expected anything like this," said Pope, two days after she was nominated. "I am so excited that my principle recognized my efforts. I really don't need to win the award, just being nominated is good enough."

Eileen Curland, another third grade teacher, and nominee for teacher of the year at Irene Elementary has nothing but good things to say about Pope.

"She has a great young attitude toward teaching," said Eileen. "Though she was given a more difficult class, one would never recognize that fact. All of her students have been touched by Rebecca."

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Chicago Band Proves They’re Not Your Typical Ghost Story

Stephanie N. Blahut
Editor in Chief

Described by one band member as, "Musical Pre-Post Progressive Rock with space noises," Ghost Story has definitely made their mark on the Chicago music scene.

Ghost Story consists of Mark McLaughlin (vocals), Tim Nix (drums), John Molina (lead guitar), Aaron Elmore (bass) and Jeremy Felt (rhythm guitar). The current line-up has been collaborating for about a year, and have played shows at Elbo Room, Beat Kitchen and the Double Door.

"Overall, the reaction has been really positive; we get a lot of support from other Chicago punk bands," McLaughlin said. "It’s always nice to be supported by your peers."

Ghost Story’s May 11, 2004, show at the Double Door added more positive feedback to their record. Although the Double Door is a hot, sweaty, dimly lit oversized bar of some under-aged looking drinkers, it is always great to go out and attend a new band’s performance; especially when that band has got it together in regards to sound, persona, and performance. Unfortunately, I cannot describe to you exactly what "pre-post progressive rock with space noises" sounds like, but regardless Ghost Story is one of the best new bands in the area (that hasn’t already broken-up).

Ghost Story’s success is due in no small part to the stamina and charisma of their vocalist, Mark McLaughlin. McLaughlin is an amazing mix of boyish charm, grown up sadness and well worn angst. His vocals are passionate and his lyrics leave you emotionally distraught at times (this is especially true for the song, "Wake me when it’s Over").

"As far as writing and arranging the music is concerned, it’s a collaborative effort," said McLaughlin. "Most of the songs have started with John or Aaron bringing a riff or melody to the table and we kick it around or work it until we have something that everyone is happy with."

Earlier this year, Ghost Story recorded a self-produced EP entitled, WAKEMENEXTINSOVER. Recorded at Great Western Record Recorders in Tokyo, WAKEKENEXTINSOVER was mastered by Dan Studt (Chicago Recording Company) and was mixed and engineered by Matt Talbot (former lead singer and guitarist of Hum). The band feels that MP3 downloading is a great way for lesser known bands to have their music heard, so they offer all four songs on their website at: http://www.ghost-story.net.

Nameless music entities have dubbed Ghost Story as "progressive modern rock music for schizophrenics;" with that in mind, understand that Ghost Story is definitely worth checking out even if you are out of your medication.

Ultimately I’d rather have people love our music or hate it," said McLaughlin. "Luke warm signs are a token sign of mediocrity."

You can catch Ghost Story live at the Elbo Room on July 15, 2004. Mark McLaughlin will be co-hosting the Matt Dahl show on 105.9 FM on July 10, 2004, at 9:00am. For more information on the band or to leave a posting on the band’s message board, visit: http://www.ghost-story.net.

The Curse of Blondie Proves Blondie is Still Not Bleached Out

David Hecker
Entertainment Correspondent

Back in the mid to late 1970's and early 1980's, Deborah Harry did what no other woman in rock n roll had ever attempted to do before her. She was the punk rock pin-up girl. She wore wedding dresses and combat boots onstage at CBGB. Her look was smart, and a striking combination of New York 1950's Hollywood glamour. She was the name bestowed on her as the former backup singer for a hippy band, the former lead singer for Blondie.

No Exit's high, nasally, penetrating voice instantly filled New York City's music scene. The former Blonde was the name bestowed on her as the former backup singer for a hippy band, the former lead singer for Blondie.

Blondie discography:
Blondie (1976)
 Plastic Letters (1977)
 Parallel Lines (1978)
 Eat to the Beat (1979)
 Autoamerican (1980)
 The Best of Blondie (1981)
 The Hunter (1982)
 No Exit (1999)
 Live (2000)

Deborah Harry solo discography:
Koo Koo (1981)
 Rockbird (1986)
 Once More into the Bleach (1988)
 Det, Dumb, and Blonde (1989)
 Debrastration (1993)

Blondie's debut album, "Blondie" (1976), has been called one of the most influential albums of the 1970's. This album introduced the unique sound of Blondie, blending punk rock with pop and disco. The band's debut album, "Blondie," featured hits such as "Heart Of Glass" and "In The Flesh."

Blondie's second album, "Plastic Letters," was released in 1977. This album included the hit single "Heart Of Glass," which became a commercial success. The album also featured the hits "Hanging On The Telephone" and "Heart Of Glass."

Blondie's third album, "Parallel Lines," was released in 1978. This album included the hit single "Heart Of Glass," and became their most successful album to date. The album also featured the hits "Heart Of Glass" and "In The Flesh."

Blondie's fourth album, "Eat to the Beat," was released in 1979. This album included the hit single "Heart Of Glass," and became their most successful album to date. The album also featured the hits "Heart Of Glass" and "In The Flesh."

Blondie's fifth album, "Autoamerican," was released in 1980. This album included the hit single "Heart Of Glass," and became their most successful album to date. The album also featured the hits "Heart Of Glass" and "In The Flesh."

Blondie's sixth album, "The Best of Blondie," was released in 1981. This album included the hit single "Heart Of Glass," and became their most successful album to date. The album also featured the hits "Heart Of Glass" and "In The Flesh."

Blondie's seventh album, "The Hunter," was released in 1982. This album included the hit single "Heart Of Glass," and became their most successful album to date. The album also featured the hits "Heart Of Glass" and "In The Flesh."

Blondie's eighth album, "No Exit," was released in 1999. This album included the hit single "Heart Of Glass," and became their most successful album to date. The album also featured the hits "Heart Of Glass" and "In The Flesh."

Blondie's ninth album, "Live," was released in 2000. This album included the hit single "Heart Of Glass," and became their most successful album to date. The album also featured the hits "Heart Of Glass" and "In The Flesh."

Blondie's tenth album, "The Curse of Blondie," was released in 2004. This album included the hit single "Heart Of Glass," and became their most successful album to date. The album also featured the hits "Heart Of Glass" and "In The Flesh."
The Millennium Diet: Going Low-Carb
By: Lisa Aponte-Soto

According to the Journal of American Medical Association (JAMA), the number of Americans who are overweight has been increasing steadily reaching an astounding 64.5% in 2002, of which over 30% are considered obese. According to the Surgeon General, obesity and related illnesses claim 300,000 lives a year. Some say that the high fat, sugar, and carbohydrate consumption in American diets is the culprit. As a society, we eagerly turn to food trends as the answer to our weight loss prayers from low-fat diets in the 90s to new low-carb frenzy.

Since the late Dr. Robert C. Atkins introduced low carb diets, his weight loss plan has been surrounded by both skepticism and controversy. Some experts argue that the diet is not heart friendly because of the high protein meat and dairy intake.

As a board certified physician, Dr. Atkins claims his diet is a safe and effective lifestyle plan, even for people suffering from unstable blood sugar, diabetes, cardiovascular disease, high blood pressure, arthritis, hormonal imbalance, and osteoporosis, among other conditions.

The Atkins diet plan is centered on cutting carbs out of the daily meal plan and substituting protein rich foods, it is not carb free. The diet goes through four different phases whereby participants gradually increase the number of grams of total carbohydrates they can consume per day. In the first phase the daily total carb are adjusted (increased or decreased) based on the individual level of weight loss and target weight.

Now that commercial food producers have jumped on the bandwagon, you can buy just about anything low carb, including bread, dairy, and alcoholic beverages. Some dieters are so obsessed with the low carb plan that they consume nearly no carbs to reap the weight loss, while many people are avoiding carbs all together.

The Atkins diet plan is centered on cutting carbs out of the daily meal plan and substituting protein rich foods. When you are on a low carb diet, your body has to rely on itself to provide energy because it has no carbohydrates to use.

The body is not going to starve, it’s going to break down fat for energy, which you can use for brain function.

Since our bodies will naturally crave carbs, dieters can often relapse into high-carb binges. The trick is in not shunning the good carbs along with the bad, says Mary Ellen Evans of Eating Well magazine. The difference between “good” and “bad” carbs is their nutritional value. While bad carbs contain highly refined sugars, good carbs include whole grains, legumes, fruits and vegetables that are high on fiber and energy.

Dr. John Westerdahl says that if we are going for the thin-factor, we have to be aware of what we are substituting. The diet goes through various phases, including the final phases the dieter has to make big changes to their lifestyle plan, has been surrounded by both skepticism and controversy.


Eating Disorders Don't Discriminate

(NAPS)-Obesity isn't the only problem we apparently have to worry about. It now appears that even as the media spotlighted the early 1990s and 1990s fads in the 90s to new low-carb frenzy, two other disorders besides compulsive overeating-anorexia and bulimia were also working overtime.

In fact, according to the latest research, all three disorders have grown to such an extent that health experts have been forced to rethink the traditional image of “eating disorders” in general. It is no longer associated with anorexia, privileged white women. In today’s world, people of all ages, sexes, socio-economic and ethnic backgrounds are affected.

Eating disorders are the most deadly of what are classified as mental illnesses. At The Renfrew Center, the nation’s first freestanding and largest treatment facility for such disorders, for example, one of the most startling things they’ve discovered is the expansion of the age range of those seeking help. As of November, 2003, 31.5 percent of those treated at Renfrew are now over 35, as opposed to 17.5 percent just 3 years ago. What’s more, the center is also treating an increasing number of women of color.

When Renfrew opened in 1985, we saw women from all social, economic and ethnic backgrounds,” said Sam Menaged, Renfrew’s president and CEO. “However, in the last few years we have seen a dramatic increase in the number of women over 35 and in the number of non-Caucasian women coming into treatment.

How to explain those shifts? While media images continue to glamorize excessive thinness—widely agreed to be a contributing factor in the rise of eating disorders-middle-aged women often have their own particular set of stresses to cope with that include divorce, "empty-nest syndrome," and changes in body size and shape. And, as Menaged adds, "White women of color face the same stinwomen as Caucasian women, they may also experience racism, and this increasingly leads to eating disorders to cope." Because eating disorders are complex, involving both physical and psychological issues, they are often misunderstood and among the most difficult illnesses to treat. Research has found that it takes longer for non-white women to be correctly diagnosed with anorexia and their symptoms are more severe at time of diagnosis. The misdiagnosis thus delays the start of treatment.

As a result of eating disorders, there is a much better response to treatment and a higher rate of recovery. Eating disorders are serious health and life-threatening physical disorders that most often stem from some underlying emotional cause. They usually fall into three categories: Anorexia Nervosa, Bulimia Nervosa, or self-imposed starvation. Anorexia, the repeated cycle of dieting and binge eating followed by some form of purging; and Binge Eating Disorder, or compulsive overeating.

Some of the common warning signs that indicate that a person may be suffering from anorexia include:

-Continues to diet or restrict foods even though she is not overweight.
-Has distorted body image-feels fat even when she is thin.
-Exercises excessively and without herself frequently.

Some of the common warning signs that indicate that a person may be suffering from bulimia include:

-Engages in binge eating and cannot voluntarily stop.
-Feels guilty or ashamed about eating.
-Uses the bathroom frequently after meals.

Some of the common warning signs that indicate that a person may be suffering from binge eating disorder include:

-Always feels hungry even when not physically hungry.
-Eats much more rapidly than normal.
-Often eats alone because of shame or embarrassment.

The Renfrew Center, which has treated over 35,000 women since opening its doors in 1983, has residential and outpatient facilities in Pennsylvania, Maryland, and Washington, DC, as well as outpatient sites in Bryn Mawr, Penn., Northern New Jersey, New York City, Southern Connecticut and Miami. The Renfrew Center specializes in the treatment of eating disorders, including anorexia, bulimia, binge eating disorder and related mental health issues.

To learn about eating disorders or to find out more information about The Renfrew Center or any of its programs, call 1-800-RENFREW or visit www.renfrewcenter.com.

Circadian Rhythms And Sunlight: Does The Lighting In Your Office Affect Your Work Productivity?

Lisa Aponte-Soto
Health Columnist

Social psychologists stand by theories that our biological environment impacts our behavior. Some claim that improper office lighting affects our work productivity.

A study conducted in the 1970s and 1980s, a series of studies conducted by Hawthorne at the Western Electric Company Works in Cicero, Ill., observed the effect of various illumination levels on worker productivity. While the experiment at the time was deemed inconclusive at time; subsequent studies have associated the qualities of light with behavioral and biological functions.

While light and dark energy are both important to the body, light deprivation has become routine for many people. We go from poor-quality, low-level lighting at work or school to dark home environments. Lack of natural lighting or dim indoor lighting have also been attributed to seasonal depression aptly referred to as the winter blues, among other conditions. Light therapy has been developed to treat certain sleep disorders, depression and jet lag.

In addition, research on the effects of artificial illumination has revealed that using indoor ultra violet (UV) lighting in classrooms and work areas reduces the amount of cavities, body fat gain, and improved scholastic achievement. Participants also experienced heightened gains. Researchers in California have found that children in schools that use natural lighting have a more alert, learn faster and have higher standardized exams.

Part of the reasoning is that UV lighting mimics some of the effects of natural outdoor lighting, which provides vital spectral energy necessary for biological functions, such as growth. Recent studies have suggested that special natural light provides essential sources of Vitamin D through UV blue light rays, for example, which are absorbed through the skin in a much similar fashion as plant life consumes sunlight energy through leaves. However, UV sunlight energy levels are much lower than daylight. UV lighting is not the best substitute since it may be useful only in high doses, such as those used for tanning, which can cause carcinogenic over-long-term use.

Recently, researchers in Pennsylvania have begun to document high light energy absorption with circadian rhythms. The researchers have found that shift workers do not receive adequate illumination levels because their biological clocks are out of sync with work hours.

Light Energy: A Blanket? In 2003, two studies showed that dim lighting may revolutionize the work environment by developing schedules for stimulating productivity. Experts recommend a daily routine of 10 to 15 minutes walks in outdoors with the face exposed in order to absorb adequate amounts of Vitamin D synthesis.

Additional information is available at: www.buildings.com, and also at: www.naturallighting.com.

Health

Don’t Be Blinded By The Light
(NAPSA)—Imagine being “blind with light.” That’s how some people with an eye disease called keratoconus describe their vision.

The disease has no known cure and some who have it don’t know it because it often begins as a common vision disorder, such as nearsightedness and astigmatism.

Keratoconus causes the cornea to progressively thin and distort while changing shape, resulting in blurry vision. It can severely affect the way we see the world, including simple tasks such as driving, watching TV, or just reading a book.

The cornea is normally a round or spherical shape, but with keratoconus, it bulges, distorts into more of a cone shape. This affects the way light enters the eye and hits the light-sensitive retina.

While the cause is unknown, scientists believe genetics, excessive laser eye surgery, and atopic diseases such as hay fever, eczema and asthma may be factors. According to Dr. Arthur Epstein, director of the Contact Lens Service of North Shore University Hospital, NYU School of Medicine and chairman of Optometry for the Center for Keratoconus, “If left untreated, the disease can severely affect the way keratoconus patients see the world.”

The key, he adds, is to catch the disease early. The onset is usually during adolescence, but can happen in children as young as six. It may progress rapidly or take years to develop. The vision loss can usually be corrected by glasses at first, but eventually gas permeable contact lenses and, in some cases, corneal transplants are necessary.

The Effects of Media on Adolescents
(NAPSA)—Parents know kids are watching lots of television, but how is it affecting them?

While there is lots of sex on TV, movies, music and the Internet, very little is known about its effect on children and teenagers.

That may be the most troubling result of a new study released by The Medical Institute for Sexual Health.

One statistic shows that the average teenager spends three to four hours a day watching TV. According to the Medical Institute’s president, Joe S. McIlhaney, MD, for every hour of programming watched by adolescents, an average of 6.7 scenes includes sexual topics. Movies aren’t much better. Most American teens have seen an R-rated movie before their 16th birthday—one study found that there are 10 instances of nudity per R-rated film frequently seen by youth.

“All we really know is that kids are over-exposed to sex,” said Dr. McIlhaney. “The old remedy-just turn the channel if you don’t like what your kids are seeing-doesn’t work. One thing this study makes clear-sexual imagery and content is finding children and teens everywhere. Even if they tried, kids can’t escape it.”

The Medical Institute looked at 20 years of research and reviewed more than 2,500 research documents and found only 19 that look at the effect of mass media on adolescent sexual attitudes and behavior. The little bit of research available suggests that adolescents exposed to TV with sexual content tend to have an unrealistic and unrealistically positive view of premarital sex. How that impacts behavior is unknown. Furthermore, no research has been conducted exploring the impact of sexual content on the Internet, on radio and CDs, and video and computer games.

Experts are recommending a multi-year effort to learn what all the sex in the media may be doing to America’s teens. To learn more, visit www.medinst.org.

Sleeping With a Stroker
TIME LOST IS BRAIN LOST.

With a Stroke, Time Lost Is Brain Lost.

Learn the warning signs at StrokeAssociation.org or 1-888-4-STROKE.

Introduction to Online Learning: ADD502

Signing up for an online class for the Fall Trimester?

Curious about how an online course is different from a traditional class?

Not sure if an online class is right for you?

You'll get the answers in Introduction to Online Learning (ADD502).

This is a course designed for every GSU student, no matter what your major is.

With each of our colleges offering more online classes and classes with online components, you owe it to yourself to learn how to get the most out of the online educational experience.

Classes Start June 23. Registration Open Through June 29.

Workshops on Today’s Issues

Interested in the most effective ways to respond to conflict? Want to understand the problems facing the working African-American woman? Or how to empower employees with personal concerns?

Curious about the state of marriage in the 21st Century?

These are questions thinking people ask. We'll suggest some answers.

Register for the one credit hour workshops being offered this summer all:

Don't Forget Your Existing Clients
Quest for new clients shouldn't ignore those who pay the bills.

Acquisition. It's a big word in small business marketing. Companies are constantly looking at ways to draw new people to the business and generate new streams of revenue. In this quest, some small businesses make the mistake of focusing too much on new customer acquisition, only to find that their existing customers have been lured away by a competitor.

Ironic, isn't it? The very tactics you use to drive new customers to your business are the same ones that you can use to take them away from you. Losing sight of your existing customer base is truly an example of not seeing the forest for the trees. Did you know that on average, it costs a small business 10 times as much to attract a new client as it does to retain an existing one? Think about that the next time you are planning an acquisition marketing campaign, then use these three tips to ensure that your customers don't feel prey to your competitor's acquisition efforts.

Coffee Anyone?. One of the simplest and most cost effective retention initiatives I've seen involves sending your customers a brief letter and tossing in a gift certificate for a free coffee at a local coffee shop (if you're a local business), or a national coffee chain (if you operate in a broader area). It will only cost you about one dollar for each of your customers plus mailing costs, and you'll accomplish two things. Firstly, they'll be reminded of your company name and services thanks to your brief letter, and secondly, they'll enjoy a hot cup of coffee and feel good about you gesture. That free coffee can go a long way towards client retention.

Get Them a Deal. Who are your customers? Are they small business people operating in your area? Are they pet owners? Are they car lovers? The product you sell will dictate what your clients are interested in. (For example if you sell a new type of car wax, you can probably be fairly certain that 90% of your clients are car buffs). If you have even a few dozen clients, you could approach another local business that sells a car related product (let's say a new tire polish) and offer them a deal. You'll send a letter to all of your customers and offer them a great deal on the tire polish of 40% off the retail price. The company you approach should be willing to do this, as they have the potential to make a number of sales at once, and your customers receive something of value from you, making them remember your company name and feel good about your offer.

Take it one step further and reciprocate the offer. The tire polish company can tell all of their clients about your car wax, and you'll offer them a 40% deal as well since you now have the chance to sell some of your product. Client loyalty and new business too... a total solution! Just make sure that what you offer to your clients is actually valuable and not just a hollow sales pitch. Your reputation may be hurt by partnering with businesses that do not invest as much in client satisfaction as you do.

Build a Community. Keeping in contact with your customers is another way to improve customer retention. If your customers receive a newsletter or ezone from you on a regular basis, it becomes more difficult for them to forget about you or your services. Producing an ezone or newsletter is not as difficult as you think. The Internet is full of articles and opinions on almost every subject imaginable. Most authors will grant you permission to use their articles on your business ezone, provided that you include a link to their website (you can find a great collection of articles on a wide variety of topics at www.ideaemarketers.com, www.clickofcontent.com, and others). By building a small newsletter or ezone that contains 2 or 3 articles a month, you will get renewed by each monthly issue from your customers that you value their business. Of course you could also include information about your latest product or service offerings in your newsletter in addition to the articles.

Information Technology Services

Planning on classes for Fall 2004? Need help paying your tuition?

The College of Business & Public Administration at Governors State University has exactly the help you need— we offer tuition waivers to degree-seeking students in CBPA in four categories:

Community Service (ongoing volunteer activities)
Leadership Ability (elected office)
Professional Work Experience (at least 10 hours per week)
Merit Scholar (3.5 or higher as CBPA undergrad, now in master's degree program)

If you fit one of these categories, call for a tuition waiver brochure and application:
CBPA Academic Advising Office 708-534-4391

Deadline for completed applications is July 25, 2004

Knowledge is good business!

Prevention A Good Policy for Small Businesses

David Chambers & Stephanie N. Blahut, Editors

Engaging in a business venture is not something to be considered lightly. The Illinois Department of Commerce and Consumer Affairs, Small Business Development Centers, and Small Business Owners (SBO's) call it, "Cutting through the Red Tape for Small Business," published by the First Stop Business Information Center.

The list of the regulations, licenses required, feasible considerations, and business operations issues to consider, a wise choice would be to take advantage of any free or low cost information sources available, many of which are sponsored by your state government and local agencies.

This publication is an excellent place to start, since it will save you time, aggravation, and hassle by studying this book. Covering Federal, state, and local regulations, it gives you the ideas of what you may be faced with, helping you decide whether becoming a small business owner is the right decision for you. If you find yourself deciding to go ahead, you may want consider how you will obtain the professional advice you will need, such as accounting, tax, personnel, financing your business, and many more issues. Wouldn't it be great if each and every prospective business owner had one place they could go to for all the answers? This article will provide you with both private and government resources designed to answer questions or provide solutions to business owners and entrepreneurs.

Taxes

Don't Believe it or not, the IRS (Internal Revenue Service) has a website www.irs.gov which anyone considering small business ownership or even those already active entrepreneurs will really appreciate at http://www.irs.gov/smallbiz. There are workshops designed to help businesses make the mistake of focusing too much on new acquisition marketing campaign, then use these three tips to ensure that your customers know that on average, it costs a small business 10 times as much to attract a new client as it does to retain an existing one? Think about that the next time you are planning an acquisition marketing campaign, then use these three tips to ensure that your customers don't feel prey to your competitor's acquisition efforts. Don't Forget Your Existing Clients

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CenterPoint Provides Small Business Assistance

Monica Bass
Staff Writer

Summer is the time to indulge in the things you enjoy the most if you are not taking courses, do you have a hobby you would like to turn into profit? Are you a small business owner who knows more about financial resources to expand your business? If so, CenterPoint Business Services at Governors State University is for you!

CenterPoint is a division of the Small Business Development Center on the premises of GSU. This program is in collaboration with GSU, the Illinois Department of Commerce & Economic Opportunity, the U.S. Small Business Administration (SBA) and the Service Corps of Retired Executives (SCORE) and is free of charge.

CenterPoint is located in Room C3300, and was named “Illinois’s most efficient and effective small business development center for the year 2002,” leading the state in total loan dollars secured for clients and creating a number of jobs over the past three years. Hilary Burkinhaw, the Director of CenterPoint at Governors State University, is a very friendly and knowledgeable asset to any prospective entrepreneur or current business owner.

Various complimentary sessions are offered to those just interested in starting business. “Starting a Business: Q&A,” “Business Plan Basics,” and “Franchising Basics,” are a few of the business seminars presented on a rotating basis. Marketing and e-Commerce strategies are covered in another tier of presentations. Accounting and bookkeeping skills are also offered.

CenterPoint is a good source of reference for seeking information on how to search for a business checking account, run a nonprofit organization, writing a business plan and getting a loan as well as how to complete the business loan process.

In April Burkinhaw hosted a seminar on, “Starting a Business: Q&A,” and covered the facts about the reality of a low success rate for start-up small businesses. Some of the benefits of becoming the boss versus being an employee were covered. Being an entrepreneur is not for everyone, but CenterPoint will work with you to find the most basic level.

The staff consists of a team of professionals and offer one-on-one business counseling by appointment and various seminars each month to small groups at GSU and the south suburban area. The staff is very resourceful and is here to help with any questions or information you may need. CenterPoint staff members are: Director, Hilary Burkinhaw; Business Analyst, Eric Matenyi; Portfolio Manager, Mary Lou Ruiz; and Administration, Sheryl Harper.

For counseling, loan information, resources, and seminars and training, call (708) 554-4929, or visit CenterPoint on the web at http://www.centerpointgsu.com.

CenterPoint Seminar Schedule

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Starting a Business Q&amp;A</td>
<td>Wednesday, June 2</td>
<td>6:30 pm – 8:00 pm</td>
</tr>
<tr>
<td>Franchising Basics</td>
<td>Wednesday, June 2</td>
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</tr>
<tr>
<td>Accion Chicago Financing</td>
<td>Wednesday, June 16</td>
<td>6:00 pm – 7:30 pm</td>
</tr>
<tr>
<td>Starting a Business Q&amp;A</td>
<td>Wednesday, July 7</td>
<td>6:30 pm – 8:00 pm</td>
</tr>
<tr>
<td>Cosmetology Mgmt/Tax Workshop</td>
<td>Monday, July 7</td>
<td>8:30 pm – 12:00 pm</td>
</tr>
<tr>
<td>E-Commerce Strategies</td>
<td>Saturday, July 31</td>
<td>10:00 am – 12:00 pm</td>
</tr>
<tr>
<td>Starting a Business Q&amp;A</td>
<td>Wednesday, Aug 4</td>
<td>6:30 pm – 8:00 pm</td>
</tr>
<tr>
<td>IRS Tax/Payroll Workshop</td>
<td>Wednesday, Aug 11</td>
<td>8:30 pm – 3:15 pm</td>
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Note: Course information and pricing is subject to change. Courses are based on pre-registration enrollment numbers and are subject to cancellation.

Fashion That Fits the Plus-Size Woman

(NAPSA)-Achieving just the right look for you!

Women, sizes 14 and up, are now crafted from fluid fabrics. Reversibles are a mix, match and wear. Crew or v-neck T-shirts are an instant update. For that "put-together look," think classic knits. Silhouettes offers plenty of flattering, easy-to-wear wrinkle-free knits.

Dresses and skirts for this spring are crafted from fluid fabrics. Reversibles are a wardrobe must-have, feminine and easy, in beautiful prints and bright solids.

Seasonal ensembles are a merger of work and style, letting women get out of the stuffy suit and be fun and flirty. Lively colors and imaginative shapes are working nine-to-five.

One reason Silhouettes is so popular is the amount of time and energy spent making sure the products fit. The savvy customer comes to Silhouettes for the fashion and keeps returning for the fit.

For more information, please call (800) 341-4632 or visit www.silhouettes.com.


If you are interested in working on the Phoenix staff, please email Phoenix@govst.edu or call 708-534-4517.

We are looking for volunteers with a graphic design or marketing knowledge or experience, as well as staff writers from any program with any level of experience.

Visit: www.riseofthephoenixonline.com

"Prevention," continued from Pg.11

every aspect of business, and that ignoring of the law can devastate a business overnight. The problem is that many small business owners have always been a sore spot, understandably because it is so difficult to find a reliable firm that offers full service, maintains contact with their clients, and is affordable. This seems to be the primary reason most SBO’s attempt to handle their legal issues themselves, contributing to an increase in the incredible amount of stress they face everyday.

Pre-Paid Legal Services, Inc. (NYSE: PPLSI) has been setting the standard for excellence in legal service plans for 30 years. They have plans for individuals, families, and SBO’s. They offer services like unlimited phone consultation, collection letters, contract reviews, and much more for a low monthly fee. The plan is simply a sound investment. With attorney fees ranging in the hundreds of dollars per hour, in many instances, with only minimal use the plan will have more than paid for itself in a year.

A Pre-Paid Legal plan is easy to implement since there are no long-term contracts; you can cancel anytime. There are no claim forms, no deductibles, no time consuming administrative duties, no cancellation forms, court costs or legal fees, no month billing, electronic enrollment and paperless billing options. Members are served by a provider law firm, usually AV rated (meaning the law firm has been rated highly by their peers), which has been carefully screened and selected by PPLSI.

To use the plan, members simply call their provider law firm directly at the toll-free number on their membership card when they have a legal question or problem. For more information on PPLSI, please visit: http://www.prepaidlegal.com/hub/david/chalmers.

Reflection

The thing to remember here is that bad news travels at the speed of light, while good news travels at the speed of conduct. If you can cancel anytime there are no claim forms, no deductibles, no time consuming administrative duties, no cancellation forms, court costs or legal fees, no month billing, electronic enrollment and paperless billing options. Members are served by a provider law firm, usually AV rated (meaning the law firm has been rated highly by their peers), which has been carefully screened and selected by PPLSI.

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Severe Weather Continues To Threaten Central United States

Are you up-to-date with the latest weather information?

Preparing For A Tornado:

Tornadoes can occur anywhere and at any time of the year. Peak tornado season in the southern states is in March through May, while peak months in the northern states are during the summer. Tornadoes are most likely to occur between 3pm and 9pm, but can happen at any hour of the day or night.

Key Safety Rules:

In a home or building, move to a pre-designated shelter, such as a basement. If an underground shelter is not available, move to a small interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Put as many walls as possible between you and the outside. Stay away from windows. If caught outside in a vehicle, do not try to outrun a tornado. Get out of the vehicle and seek safe shelter. Lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of flying debris. Flying debris from tornadoes causes most deaths and injuries. Mobile homes, even if tied down, offer little protection from tornadoes. You should leave a mobile home and go to the lowest floor of a sturdy nearby building or a storm shelter.

Occasionally, tornadoes develop so rapidly that advance warning is not possible. Remain alert for signs of an approaching tornado such as a dark, often greenish sky, large hail, or a loud roar similar to a freight train.

Watches Versus Warnings

Watch: Tornadoes are possible in your area. Remain alert for approaching storms and rapidly changing weather conditions. Know what counties or parishes are in the watch area by listening to NOAA Weather Radio or your local television outlets.

Warning: A tornado has been sighted or indicated by weather radar. A warning indicates imminent danger to life and property to those in the path of the storm, move to your pre-designated place of safety.

NOAA is dedicated to enhancing economic security and national safety through the prediction and research of weather and climate-related events and providing environmental stewardship of the nation’s coastal and marine resources. NOAA is part of the U.S. Department of Commerce.

Current information, tips and alerts can be found on these weather-related websites:

The Emergency Email & Wireless Network
http://www.EmergencyEmail.org

The Weather Channel Online
http://www.weather.com

National Oceanic and Atmospheric Administration (NOAA)
http://www.noaa.gov

National Weather Service
http://weather.gov

Wunderground Weather
http://www.wunderground.com

WGN Weather

Fujita Tornado Damage Scale

Category F0: Light Damage (<73 mph): Some damage to chimneys; branches broken off trees, shallow-rooted trees pushed over, sign boards damaged.

Category F1: Moderate Damage (73-112 mph): Peels surface off roofs; mobile homes pushed off foundations or overturned, moving autos blown off road.

Category F2: Considerable Damage (113-157 mph): Roofs torn off frame houses; mobile homes demolished; boxcars overturned; large trees snapped or uprooted; light-object missiles generated; cars lifted off ground.

Category F3: Severe Damage (158-266 mph): Roofs and some walls torn off well-constructed houses, trains overturned, most trees in forest uprooted; heavy cars lifted off ground and thrown.

Category F4: Devastating Damage (267-260 mph): Well-constructed houses leveled; structure with weak foundations blown off some distance; cars blown and large missiles generated.

Category F5: Incredible Damage (261-318 mph): Strong frame houses lifted off foundations and swept away; automobile sized missiles fly through the air in excess of 100 meters (109 yards); trees debarked, incredible phenomena will occur.

*IMPORTANT NOTE ABOUT F-SCALE WINDS: Do not use F-scale winds literally. These wind speed numbers are estimates and have never been scientifically verified.