Phoenix, 2007-10-01

Student Life

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Virginia Martinez at podium, and seated (left to right) Adelle Sanders, Colleen Connell, Larry Levinson & Frank Watkins.

**By Steve Schering**
**Editor**

Schools and universities all across the country took time September 17 to take part in Constitution Day, and GSU held a community forum in the Sherman Recital Hall.

"People don't realize the importance of this day that we take for granted," said GSU Professor Larry Levinson, who monitored the panel discussion. "The true meaning of a constitution is what it means to live in a democracy and to be a citizen."

ACLU Executive Director Colleen Connell opened up the forum by giving her take on the Constitution and why some were against creating it.

"The Constitution and the Bill of Rights are some of the best contributions made to the world at large," Connell said. "The U.S. is bound together by our acceptance of the Constitution."

Thomas Jefferson believed the Constitution was a betrayal because of the creation of a strong central government. John Adams and James Madison looked at the Constitution as a protection and the creation of a stable central government. They looked at the Bill of Rights as important checks of government.

Virginia Martinez, of the Mexican-American Legal Defense and Education Fund, spoke emphatically of the importance of the Constitution to all Latinos in the United States.

"Latinos are still fighting to protect our rights," Martinez said. "The Constitution is a tool for us to use to enforce our rights and ensure the civil rights of all Latinos are protected."

Frank Watkins, Policy Advisor to Representative Jesse Jackson Jr., closed out the forum by focusing on a right the Constitution does not offer citizens currently.

"The Constitution does not give you an individual right to vote," Watkins added. "In 2000 when Florida had to recount votes [in the presidential election] they were given two hours to count all the votes or else. Those who didn't get counted lost their rights to vote.

"If I'm in jail in Vermont I can vote while jailed. In Illinois if I go to jail and pay my debt to society I can vote upon release. In some Southern states you lose voting rights for life if you go to jail. We must put an affirmative individual right to vote in the Constitution. We must focus not on civil rights, but human rights. Not on legislation, but amendments."

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**BROTHER 2 BROTHER, MAN 2 MAN**

**By Cynthia Sims**
**Contributing Writer**

I am my brother's keeper and together we will rise!

This was the opening statement that resounded through the Sherman Hall at the start of the recent Brother to Brother regional leadership conference at GSU.

The respondents to this call of honor were a group of young men 16-22 years old who were taking an academic stand with their lives.

Brother to Brother is a national program started by the Student African American Brotherhood (SAAB) to help its members excel academically as they go through college. Governors State University started its own chapter last school year.

The program encourages leadership, academic success, mentoring and financial responsibility.

Founder Tyrone Bledsoe was among the inspiring speakers attending the GSU conference, which was attended by students and staff from other Illinois colleges and universities.

Research has shown that minority men have a lower graduation rate than other groups, Bledsoe said. He commended those attending for stepping up to make a difference and change the balance in the scale.

Bledsoe said the foundation for success relies on listening to others, systematic problem solving and understanding what others need from you and what you need from them.

Bledsoe wasn't the only one offering good advice during the conference. Tobias Brown, a motivational speaker who turned his grades and his life around after nearly failing out of college also spoke of his difficulties as a young man more focused on being cool than being a good student.

He graduated from high school late and got a bad start in college. But ultimately he turned his 1.9 GPA into a 3.9 GPA and graduated from Central State University in Ohio.

Brown said his five principles to success are:

- Prioritize
- Goal setting
- Communication
- Progress
- Time management

"In order to be the best, you must hang around the best people," Brown said. "Find things that set you apart and never compromise who you are for someone else."

It's also important that people care about one another, said Larry Bledsoe, president of the GSU chapter of Brother 2 Brother.

Brotherly love is a key component of SAAB, as evidenced by its motto, "I am my brother's keeper and together we will rise," said Larry Bledsoe, who is not related to the group's founder.

Larry Bledsoe said the epidemic of minority males joining gangs is fueled by a sense of not being loved or wanted and searching for a sense of belonging.

See "B2B" Page 2
Wanna Be a Writer?

By Cynthia Sims
Contributing Writer

Have you always wanted to express yourself through writing? Is there a short story or novel that you’ve started and couldn’t quite finish?

A new writers group here at GSU could provide just the motivation you need to get started with or finish your project. The group will hold its first meeting at noon, October 18th, on the library balcony.

The founder of this new group is Sr. Library Specialist Valerie Hughes, who wrote and published her first book through her church group in 2005. This booklet called “The Grapevine” has become a source of motivation for the members.

Publishing the “Grapevine” has inspired her to help others work out their difficulties through expressive writing.

Her own motivation for writing began in the years after the death of her husband. She had been married for some 20 years plus and found herself starting over. She started to write.

Hughes said the establishment of this group is to “inspire men and women so they know that they’re not the only ones going through things in life.”

She said she hopes the group will help participants “to develop goals and aspirations and to accomplish their lifelong dreams.”

Hughes is a newcomer to the GSU staff. She was at UIC before coming here.

This project calls for adults to write short stories on topics of choice. She will also cover how to get self-published on your own.

Why Not

tell someone who cares?
Submit your great ideas to improve GSU to www.govst.edu/whynot

Win a prize!

Students - Why Not Chat with the President?

October 4
October 9
6:30 - 7:30 p.m.

Enjoy pizza, pop, and conversation

Cafeteria Annex
Secretary of State

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Art Ark

To have your photo, painting, cartoon, drawing, poem, song, or short story featured in the Art Ark, please submit your work with caption to the Phoenix by stopping by the office in E1500 or email your submissions to phoenix@govst.edu

Autumn River Scene, oil on canvas by Lee W. Court

Early Autumn, oil on canvas by Arthur Lindquest
Fall 2007 Fitness Programs
September 17, 2007-December 22, 2007

Weight Loss Success
Days: Tuesdays & Thursdays
Time: 11:00-11:45 p.m.
Fee: $15.00
Description: Losing weight is about more than just food and exercise. This course will help you create the mental attitude that is essential for you to achieve your weight loss goals.

Next Level Fitness
Days: Tuesdays & Thursdays
Time: 12:15-1:00 p.m.
Fee: $15.00
Description: For all levels, this course is designed to meet the strength, cardiovascular and flexibility components of a well-balanced fitness program.

Pilates Mat
Days: Tuesdays
Time: 11:30-12:30 p.m.
Fee: $15.00
Description: For all levels and bodies, enjoy working and strengthening your core (abdominals, gluteals, and thighs). Notice your muscles lengthening, toning and your posture improving. Walk tall again!

Yoga
Days: Tuesdays
Time: 12:30-1:30 p.m.
Fee: $15.00
Description: For all levels and all bodies. Harmonize your body, mind, and spirit while revitalizing and rejuvenating your whole self. Be strong and flexible while de-stressing and relaxing your body and mind.

Aerobics
Days: Tuesdays & Thursdays
Time: 12:30-1:30 p.m.
Fee: $15.00
Description: Get in shape and lose those extra holiday pounds. Our Aerobics program utilizes many different types of cardiovascular conditioning and allows the students to work at their own skill level.

Meditation (New)
Days: Wednesdays
Time: 10:00-10:45 a.m.
Fee: $15.00
Description: Meditation is a practice which can improve your concentration, health, and allow you to better know yourself spiritually. This course will guide you through starting your own daily practice at home and will continue to support you on your spiritual journey.

The Total Water Exercise Class
Days: Monday-Friday
Time: 10:00-11:00 a.m.
Fee: $10/weekday or $40 for the entire program
Description: Tired of the same old boring routine? Then this is the water class for you! Every type of water exercise, such as walking, aerobics, and resistance training, are incorporated and rotated regularly in this program.

Senior Aquacise 1
Days: Mondays, Wednesdays, & Fridays
Time: 1:45-2:15 p.m.
Fee: $10.00
Description: Senior Aquacise is a low-impact, low-intensity water aerobics course, designed especially for senior citizens.

Senior Aquacise 2
Days: Mondays, Wednesdays, & Fridays
Time: 2:30-3:30 p.m.
Fee: $10.00
Description: Senior Aquacise is a low-impact, low-intensity water aerobics course, designed especially for senior citizens.

Senior Floor Exercise
Days: Mondays, Wednesdays, & Fridays
Time: 1:00-1:30 p.m.
Fee: $10.00
Description: Senior Floor Exercise is a land based flexibility course designed especially for senior citizens.

Register now! All class sizes are limited.
Stop by to register in the Recreation & Fitness Center Sales Office (A106) or Call (708)-534-4945 for more information.
Jon Stewart Book Aids Professors

By Jane Ahn
Cornell Daily Sun

(U-Wire) ITHACA, N.Y. — Political disengagement and student apathy were themes central to discussion at this the annual conference of the American Political Science Association in Chicago this August.

Ryan Lee Teten, assistant professor of political science at Northern Kentucky University, decided to act on this issue by using Jon Stewart’s 2004 bestseller “America (The Book): A Citizen’s Guide to Democracy Inaction” as a textbook for his class. “America” is a satire of American politics written as a mock high school textbook.

As evidenced by the popularity of Jon Stewart’s “The Daily Show” on Comedy Central, Teten was confident that students would actually read “America.” He felt it offered a solid introduction to American government and encouraged critical thinking.

In comparing the content of “America” to standard introductory political science texts, Teten noticed that much of the same material was covered, such as the presidency, Congress and foreign policy.

Teten said that his research on the book indicated that 90 percent of the content was factual and that the remaining 10 percent was satirical.

Some government professors at Cornell, while they do find Stewart’s book humorous, do not consider it a legitimate textbook.

Professor Elizabeth Sanders, government, said that she would not use the book as an official text.

“It is, however, pretty funny and might, were it sitting on the shelf in the classroom, livens things up for bored students and spark a lively discussion,” she said.

Professor Theodore Lowi, government, who teaches Introduction to American Government and Politics at Cornell, considers Teten’s use of “America” to be a bright idea but would not take the same approach. “‘America’ was written on the assumption that the reader already possesses a certain level of political knowledge. One must have some familiarity with the workings of American government in order to enjoy and appreciate the perverse humor behind the book.” He said the information in Stewart’s book is too superficial for the book to be an official text.

Students, on the other hand, feel that Teten’s approach is effective.

Chris Dani ’09, said that using “America” is an excellent way to re-vitalize students’ interest in government and politics.

“As long as students understand that Stewart’s satire is based on truth and learn to critically analyze the satire and also learn the real history, I see no problem,” he said. “My best professors regularly use satire and their own jokes to invigorate lectures. Comedy is a great teaching tool.”

Austin Zwick ’09, agreed that adding comedy would inspire people to learn about our basic government structure. He also noted the importance of students’ exposure to partisan politics. “By taking a stance, students will be forced to think if they agree or disagree upon the opinions presented instead of remaining apathetically neutral,” he said.

Teten pointed out that as Stewart makes fun of politicians and policies across party lines, he allows viewers to form their own opinions.

“Only when students are forced to think and form their own opinions will students become interested in government. Even more so if they can present those opinions in a humorous manner such as ‘America’ the book does,” said Zwick.

Since he began using the Jon Stewart approach, Teten has noticed that enrollment in his classes and his evaluations have increased.

Teten told Inside Higher Education that he considered it important both to excite some students enough about political science to become majors, but he also wanted to reach other students by teaching them how to think about world events without being intimidated by the news.

“If we can convince people to become informed through unconventional means and get them involved in the political process, then we increase the quality of our democracy,” said Richard Manso ’09.

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Most offices are open until 8 p.m., Monday through Thursday. Visit www.govtude for more information.
Student Senate Corner: A Message From Student Senate President, Rosa Moran

As the student senate President I am looking forward to attending the installation of a new President as very special as this one! I also hope to see many students attending this most important event in the vibrant community here at Governors State University.

Every month I want to give recognition to an outstanding senator. This month, I would like to recognize the parliamentarian Larry Bledsoe, who is also the BSU President. Larry is a mature and accomplished student who goes above and beyond the call of duty. His contributions to the student senate are immeasurable. Larry is positive and supportive, someone you should know.

Stop by the senate meeting on some Friday at 1:30 in A2100 and check us out, see what we do for the students in the school. Make a suggestion, ask a question and be sure to stop by the Why Not website and take advantage of that opportunity to make a difference here at the school where you will someday earn your degree.

This term the Programming Committee, chaired by Karen Mayo, will present Notes at Noon, and for those of you who come in the evening, Notes at Night. Both events will take place in the cafeteria annex. Keep your eyes open the event is just around the corner.

Those with questions or wanting more information can contact me at presidentgsusenate07@yahoo.com.

A Letter to the GSU Community

Dear GSU Faculty and Staff:

My name is Dr. Katherine Helm and I am a licensed clinical psychologist in GSU’s Counseling Center, which is located in the newly renamed Academic Resource Center (formerly the Office of Student Development). I am writing this letter to inform you of our services.

We serve all GSU students struggling with issues such as stress, anxiety, family problems, marital issues, and other concerns that they may need some support in dealing with. Our staff consists of two licensed clinical psychologists and two clinical psychology interns.

Services are offered free of charge.

As a reminder, National Depression Screening Day is on October 11 from 11 to 7 p.m. We will offer free screening to all GSU students, faculty, staff, as well as community members.

We will also be hosting several Brown Bag Talks on various mental health topics. Our first discussions will take place on September 25 and 27, at 3 p.m. and 6 p.m. respectively. These talks are open to everyone. The first topic will be: Could Virginia Tech Happen at GSU? Coping With Students in Crisis.

Please refer your students to our office for their mental health concerns. To set up an appointment with a mental health counselor, students can contact me at (708) 235-7334.

Thank you.

Sincerely,

Katherine Helm, Ph.D.
Supervisor of Clinical Training
Licensed Clinical Psychologist

Solutions for Crossword & Sodoku found on page 8.
Crossword & Sudoku: solutions on page 7

**CROSSWORD**

**ACROSS**
1. College student's focus of study
2. Buildings in which college students live
3. Miners' military jobs also kept: Abbr.
4. "One With the Wind" heroine Scarlett
5. Old McDonald had a farm follower
6. Adoption man (early Homo sapiens)
8. Corporate V.I.P.
9. The worst "weevey"
10. "A Wonderful Life"
11. Basic monetary unit of Albania
12. "Star Trek: Voyage"
13. Supervisor of 50-Across: Able
14. Faculty members appointed to student 26.
15. Takes for no credit, as a college course
16. Aired
17. Very unlikely person
18. Blinding light
19. Cells, Muslim or Kueili
21. Day (occasion for students' folks to visit a college campus)
22. Burn _____, crisp: 2 wds.
23. Important scores for college hopefuls
24. Words that end in
25. Plant used to flavor Pickles
26. Due to wagening: 3 wds.
27. Students on honor rolls make good ones
28. Great-letters college organization for women
29. Help in playing tennis
30. _____ the crack of dawn: 2 wds.

**DOWN**
1. Be sure in detection
2. Attention getting sound
3. Pickle containers
4. Mon's home planet, on "Star" & "Mindy"
5. Complete lottery for 2 wds.
6. Furniture that needs a student
7. Lubricate
8. Speedwagon (rock group)
9. Older sister Helen
10. Prince, to a king
11. Like colleges that meet all official requirements of academic excellence
12. More learned
13. They're part of college students' expenses
14. Loch _____ Monster
15. Cosmetic Chemist
16. Fond of
17. Chad, protecting bone
18. In abundance
19. College nanoparticles
21. "As I was going to St. Swab, I met a man with
22. Garage sale warranting: 2 wds.
23. Forensics bone
24. Highest graduate-school degrees
25. Say -hold- to
26. In need of a massage
27. Hands-on science classes, for short
28. Late-night talk show: pioneer Jack
29. Pretty with disastrous
30. Possessed
31. "Monday Fever"
32. Festive party
33. Shoulder lines
34. Group of connected rooms in 50-Across
35. Cheese
36. Greek war god
37. -ider (now constellation)
38. Height, weight or eye color
39. —— so long; both shall live!” 2 wds.
40. Fond of
41. "Six of Crows"
42. —— earth
43. —— earth
44. —— earth
45. —— earth
46. —— earth
47. —— earth
48. —— earth
49. —— earth
50. —— earth
51. —— earth
52. —— earth
53. —— earth
54. —— earth
55. —— earth
56. —— earth
57. —— earth
58. —— earth
59. —— earth
60. Letters after 30-Across
61. Inquire

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Friday - Saturday: 8:30 a.m. - 5 p.m.
Sunday: 1 p.m. - 5 p.m.

Recreation / Fitness Center hours
Monday - Friday: 6 a.m. - 9 p.m.
Saturday: 8:30 a.m. - 4 p.m.
Sunday: Noon - 4 p.m.
Closed Sundays during the Spring/Summer trimester.

**PHOENIX**

What's Up

**Arts Fest**
A university wide ArtsFest featuring interactive programs in art, poetry, photography and digital imaging. This forum will also feature the talented students of these respective programs displaying their works. ArtsFest will take place throughout the university on October 17 from 1:00 to 7:00 p.m., ending with an evening reception. The event is free and open to the public.

**SIDL Bi-Weekly Information Sessions**
The School of Interdisciplinary Learning offers bi-weekly information sessions that will answer your questions about the program and give you a tour of the campus.

To find out more about the SIDL, please contact us at 708.534.4092 or e-mail sidi@govst.edu.

**Presidential Installation:**
November 3
All community members, faculty and staff, and students are invited to attend a ceremony and celebration in recognition of the installation of Dr. Elaine P. Maimon as the university's fifth president. Additional event details will be available soon.

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Friday - Saturday: 8:30 a.m. - 5 p.m.
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