Sign in, sign out: old signs replaced at GSU campus entrances

By Steve Schering
Editor

Students may be noticing the new signs being built at the university’s entrances on Stuenkel Road and Crawford Avenue.

Soon there will be two new signs featuring the Governors State University name and a board below to display important information.

“The new signs will be surrounded by prairie landscaping and will not only mark our campus entries more effectively but will also provide information and notifications via a state-of-the-art electronic message board,” said Susan Rakstang, GSU’s Associate VP of Facilities Development and Management.

It will be in with the new and out with the old. No, it won’t be the two 60 foot tall ‘pylons’ at each entrance that will be removed. It’s the stone sign on the center median at the Stuenkel Road entrance that will be destroyed.

Some at the university hoped the sign could be salvaged and perhaps moved to another part of the campus, but that would be nearly impossible and impracticable.

“The existing concrete sign, affectionately known as the ‘tombstone,’ in the median strip will be removed,” Rakstang said. “It is solid concrete extending below the surface of the ground and is connected to a concrete foundation footing with integrated steel reinforcement bars.

“As such, the contractor will likely destroy the sign as he removes it piece by piece, however, we requested that he salvage the letters and turn them over to us.”

Ups & downs of coffee grounds: effects of caffeine on your body

By Patrick Koe
Staff Writer

You may want to think twice before asking for the double-mocha-java-vanilla-blended-coffee with whip cream on top.

Recent studies show that caffeine may be doing a lot more than just keeping you up.

I wouldn’t consider myself to be a person of many vices. I don’t smoke, don’t do drugs and rarely drink.

However, there is something that I have a constant craving for and that is caffeine. Like most college students I lead a busy life. I work, go to school full-time and try to have a social life. To keep things in check I need to stay alert, which is hard when I feel so sluggish.

My daily ritual consists of going to the nearest coffee shop and ordering a grande latte anyway here are a few tips.

If you think you may be consuming too much caffeine from your body can cause serious headaches, irritability and even flu-like symptoms. And if you are feeling terrible you are more likely to run back to Mr. Juan and get the Grande Latte again.

So even though you don’t realize it, you may actually be getting a high just not hyper from your favorite caffeine drink.

However, caffeine is not just in your favorite coffee, soda or energy drink. Things such as chocolate, tea,

1.) Don’t go cold turkey. Suddenly withdrawing caffeine from your body can cause serious headaches, irritability and even flu-like symptoms. And if you are feeling terrible you are more likely to run back to Mr. Juan Valdez.

2.) Try caffeine fading. Blend decaf with regular coffee in GSU’s cafeteria.

3.) Try substituting coffee with less caffeinated beverages such as green-tea. Not only will you receive a smaller amount of caffeine, but there is health benefits related to green-tea.

4.) Try to avoid caffeine after 2pm or at least cut your caffeine intake off 2 to 3 hours before bedtime.
Become a certified substitute teacher at GSU

By Steve Schering
Editor

Governors State University will host two sessions designed to inform those who are interested in substitute teaching.

A substitute teacher information session will be held March 6 from 6 to 8 p.m. in the Hall of Honors. The Substitute Teacher Academy will take place March 15 from 8:30 a.m. to 3:30 p.m. in the Hall of Honors.

"We are targeting a number of professionals, people who thought about teaching or those who want to teach," said Alicia McCray, Director of the Metropolitan Institute of Leadership in Education at GSU.

Illinois offers substitute teaching certification to those who have a bachelor's degree in any subject. Those interested can receive their certification on March 15. All that is needed is a college transcript showing a bachelor's degree and a payment of $50.

"I don't think people realize how easy it is to become a certified substitute teacher," McCray said. "We probably have students who can do this that probably don't know they can."

Cynthia Hutson
Contributing Writer

"Emergencia por favor llame 911!"

Healthcare professionals will understand instructions like this, and much more, after attending Laura Casal's two-day workshop that provides Spanish for English speaking healthcare workers. The workshop offers basic, yet intense, Spanish language instruction for those in health care careers. All levels of hospital, emergency room and other medical staff will find the workshop valuable.

Considering that the last government census counted 35 million Spanish speaking people in the U.S., and current statistics show this number steadily climbing, healthcare workers will see a steady increase in the number of Latino clients they serve.

Additionally Ms. Casal, a Governors State University Lecturer, stated that cultural differences, along with language barriers, adversely affect the Latino patient/doctor relationship.

In circumstances where time and effective communication are of the essence, knowing Spanish terminology and phrases, understanding cultural differences and the ability to communicate in Spanish can prove to be beneficial.

Even though students may not be totally fluent in Spanish over a two-day period, participants will have a solid grasp of the Spanish language that will result in the ability to do their jobs more effectively.

Students will also be able to build upon the language skills acquired in the workshop by continuing to use the "self-teaching" workbook that is used in class. Casal believes the desire to communicate and to understand the Latino culture plays a significant role in mastering the language.

The March 6 session will inform potential substitutes on what to expect in a classroom. It will also provide legal advice, what to report to a principal and how to take control of a classroom.

"It will provide some skills on classroom management," added McCray. "It will be a miserable experience if you can't get control of the group."

This first session will give those interested a feel for what they are getting into. It will allow them to decide if substitute teaching is really for them.

The full-day session on March 15 will provide in-depth information about the job. Topics that will be discussed include legalities, the role of the sub, how to read a lesson plan and who to go to if you have questions.

"We've received calls from people who wished they had some training like this before they entered a classroom," McCray said.

Those interested should call ahead to make reservations at 708-534-4024. The sessions are free, but those interested in receiving their substitute teacher certificate are reminded to bring an official transcript showing a bachelor's degree and a $50 check or money order.

Spanish for healthcare professionals

Cynthia Hutson
Contributing Writer

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For artists, MySpace leads to gallery space

By John Guigayoma
Daily Bruin

(U-WIRE)- The tiny crowd at an East-L.A. mini-gallery wanted more, but William Deutsch didn’t have much else to give.

Only a few pictures circling the Internet recounted the show: devildish dragons in melting pastels, a distressed whale with mouth agape, a stained-glass punk altar.

People would ask to see more, and the UCLA 2006 alumnus would shrug his shoulders – until he developed heyitswilliam.com, his own little corner of the Internet, complete with portfolio and pictures of his show at Truxtop Gallery nearly two years ago.

Deutsch is a full-fledged Internet art-networker, eager to talk about the art forums in which he posts, the blogs on which he dreams of being featured, his MySpace account and of course, his Web site.

“It’s a way to represent yourself without you being there. It’s a place where people can see what you are about and get in contact with you,” he said. “It’s like the equivalent of an answering machine, but for your art.”

Artists hope to establish the right connections to hook up with the right gallery, and galleries hunt down the equivalent of an answering machine, but for your art.

Truxtop Gallery artist Ashley Goldberg.

Musicians do it: Any group of guys with a drummer and a dream can create a MySpace account and pray a record label requests a tape. Filmmakers do it: A student vying for attention from galleries or companies looking for strong images for their products. An illustration could end up as the art on items such as T-shirts, mugs or stationery.

The traditional money-making goal for an emerging artist involves gallery representation, meaning a gallery keeps a foot in Los Angeles without leaving her home in Koreatown.

Michael C. Hsiung is a product of this. The Koreatown-based artist has gone from post-graduation doodling in his sister’s L.A. apartment to gallery representation, design deals with shoe and skateboard companies, and appearances on blogs and in zines around the world.

His formal training was one high school figure-drawing class, but his first networking tool was Flickr.com, a Yahoo-owned photo-sharing Web site. Founded in 2004, “Flickr” is one of the first Internet forums where artists are able to post their work, and it now has a considerable artist community.

Hsiung found himself back in L.A. without a job and eventually expanded his artistic presence on the Internet by exploring other sites.

“I drew a lot of funny people and animals, and we’d all just get a laugh out of it,” Hsiung said.

“My friends would say, ‘You should keep drawing. You should scan some of these and put them in a computer.’”

One important viewer was Leora Lutz, curator and owner of Gallery Revisited in Silver Lake.

“Flickr” is one of the first Internet forums where artists are able to post their work, and it now has a considerable artist community.

After college, Hsiung found himself back in L.A. without a job and eventually expanded his artistic presence on the Internet by exploring other sites.

“I found Michael’s MySpace, and I was just laughing all the time,” she said about Hsiung’s early illustrations of mermaids. “I contacted him, and it turns out he was local, so I let him come in. He brought all his work.

After showing at the gallery, Hsiung’s relationship with the Internet grew, not to mention his career. He now adds regular updates to his MySpace and Flickr accounts, and he also maintains a blog and personal Web site, michaelchsiung.com.

A more striking example of Internet success is Gallery Revisited artist Ashley Goldberg. Part artist, part blogger, and part businesswoman, she manages to keep a foot in Los Angeles without leaving her home in St. Louis.

Goldberg’s golden ticket is Etoy.com, an online retailer founded in 2005 that specializes in craft products. A couple weeks after putting up a few prints for sale, she only sold around 10, but Lutz sent Goldberg a message through the Web site requesting to meet her and see her work.

Goldberg draws much of her Internet notoriety from kittygenius.com, a blog that advertises her work and follows her daily musings. Between the blog, the gallery, and the prints she sells online, Goldberg was almost able to do what many artists dream of doing: Quit her day job. She only goes in to bartend once a week.

“If an individual makes art and it doesn’t sell, and they are comfortable, that’s great,” she said. “That’s not me. I’m here to make and sell art.”

THE GOOD, THE BAD – THE WORSE: Gallery Revisited’s tagline is “Accessible Art with Content,” and Lutz follows the motto. The Internet allows her gallery to be an open art space.

She keeps a blog and a MySpace for her gallery; she has searched online for artists. She has a personal Web site for her own art. But while Lutz sees the Internet as an important way to get the gallery to others, she doesn’t see it as the best way to get artists on the walls.

For Lutz and many in the art community, the democratic nature of the Internet means more artists in the spotlight, but a lower quality all around. Blog posts post every day, but they don’t always post the best material. Message boards have loads of images, but most of them are nothing of consequence.

“It’s getting a little bit out of control,” she said. “On those Web sites, they’re not being very selective. At some point it becomes a big mess.”

Hsiung and Goldberg are rare exceptions: artists who Lutz came across online and could envision appearing in her gallery.

Another reason for the abundance of low quality art, according to Lutz, is that many young artists just rip off the latest styles online instead of developing their own voices.

“Those who gain huge success from networking on the Web are few and far between, especially when galleries still remain reluctant to take anyone outside the school system of making connections face-to-face.

“Even with the Internet, you still have to go to galleries, and (for) most galleries, you send a submission over the Internet and they will gloss over it,” Deutsch said. “The best way is to go to a gallery, meet the people, and drop off your postcards or your work. But I can’t bring everybody to my house to check out my work.”

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To receive more information, call 708-235-7300.
ArtArk

African American Art
In Celebration of Black History Month

Georgia Landscape, oil on canvas 1934-35
Hale Woodruff

Canal Builders II, oil on canvas 1989
Ann Tanksley

Cafe, oil on paperboard 1939-40
William H. Johnson

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
Conrad & Ebert go head-to-head to predict the winners at the 80th Annual Academy Awards.

**Actor in a Leading Role**
George Clooney- Michael Clayton
Daniel Day-Lewis- There Will Be Blood *Conrad & Ebert
Johnny Depp- Sweeney Todd The Demon Barber of Fleet Street
Tommy Lee Jones- In the Valley of Elah
Viggo Mortensen- Eastern Promises

**Actor in a Supporting Role**
Casey Affleck- The Assassination of Jesse James by the Coward
Robert Ford *Conrad
Javier Bardem- No Country For Old Men *Ebert
Phillip Seymour Hoffman- Charlie Wilson's War
Hal Holbrook- Into the Wild
Tom Wilkinson- Michael Clayton

**Actress in a Leading Role**
Cate Blanchett- Elizabeth: The Golden Age
Julie Christie- Away From Her
Marion Cotillard- La Vie En Rose
Laura Linney- The Savages
Ellen Page- Juno *Conrad & Ebert

**Actress in a Supporting Role**
Cate Blanchett- I'm Not There
Ruby Dee- American Gangster *Ebert
Saoirse Ronan- Atonement
Amy Ryan- Gone Baby Gone *Conrad
Tilda Sweeten- Michael Clayton

**Animated Feature Film**
Persepolis
Ratatouille *Conrad & Ebert
Surf's Up

**Directing**
The Diving Bell and the Butterfly
Michael Clayton
No Country For Old Men *Ebert
There Will Be Blood *Conrad

**Film Editing**
The Bourne Ultimatum *Conrad & Ebert
The Diving Bell and the Butterfly
Into the Wild
No Country For Old Men
There Will Be Blood

**Best Picture**
Juno
There Will Be Blood *Conrad
Michael Clayton
No Country For Old Men *Ebert

**Adapted Screenplay**
Atonement
Away From Her
The Diving Bell and the Butterfly
No Country For Old Men *Ebert
There Will Be Blood *Conrad

**Original Screenplay**
Juno *Conrad & Ebert
Lars and the Real Girl
Michael Clayton
Ratatouille
The Savages
By Poonia Joshi
Contribution Writer

Governors State University will host a two-day workshop titled "Introduction to Restorative Justice Practices" to be held February 22-23 from 9 a.m. to 5 p.m. at the Kankakee Education Center.

"If you want to make peace, you don't talk to your friends. You talk to your enemies." In his quote, Moshe Dayan has touched upon the essence of restorative Justice. The passing years have seen an increase in the use of restorative justice as an alternative to the traditional adversarial approach to justice.

Being one of the few schools to introduce the concept as a part of the curriculum, GSU is also actively involved in spreading awareness on the subject. The two-day workshop aims at creating a grounding in the principles and philosophy of restorative justice, educating on the different programs and processes used to implement the principles and engaging participants in role-playing and group activities in order to experience restorative justice by themselves.

The workshop will be conducted by Sally Wolf who is a practitioner, trainer, consultant and author on restorative justice practices with extensive experience incorporating restorative justice practices into conflict resolution.

She has been actively involved with the Illinois Balanced and Restorative Justice Initiative (IBARJ). GSU Professor Dr. James Colleen sums up Restorative Justice as, "Holistic approach to resolving Crime and Delinquency Problems."

He reaffirms that these practices would help restoring social harmony and internal harmony for individuals.

Emory U. students try out life inside a Muslim hijab

By Arti Batta
Emory Wheel

(U-WIRE)- College senior Nora Kleinman ran her errands as usual on Wednesday morning. Going to the grocery store because she didn't have morning classes, she grabbed what she needed, went to the check out line and chatted with the cashier like she would normally.

But this day, she said she felt a little funny — the cashier seemed to look at her and then look away. "It could've been any number of things. She could've been having a long morning, but it seemed like it was easy to attribute it to the hijab," said Kleinman, who is Jewish.

As part of Islam Awareness Month, the Muslim Student Association organized "Hijab Day" on Wednesday to increase awareness about why some women choose to wear a hijab and provide an opportunity for anyone to see what wearing a hijab feels like.

MSA member and College freshman Maryam Khalid said the idea was for people to experience life with hijabs and to provide students with a sense of the history and meaning of the hijab, a traditional headscarf that symbol of modesty, purity and righteousness.

Khalid, who wears a hijab every day, said she was surprised by the lack of hijabis on campus when she first came to Emory.

"My roommate said there were no hijabis in her hometown, and I found that interesting. There are many people who still don't understand what a hijab is — therefore, I really appreciate it when people just ask questions, instead of coming up with their own ideas," Khalid wrote in an e-mail to the Wheel.

Vice President of MSA and College junior Shaizia Ali has been wearing the hijab every day since she was in sixth grade. She said she was nervous coming to Emory because she didn't know how the community would accept hijabis.

"The first day of orientation, I remember seeing a hijabi run up to me and say 'Salaam' — something that really surprised me, since I was the only hijabi at both my elementary and high school. The moment I saw another hijabi at Emory, I knew that the transition would not be hard at all," Ali wrote in an e-mail to the Wheel.

"The MSA is very accepting to hijabis," she added, "and I personally do not feel any sort of pressure — positively or negatively when I wear my hijab ... questions are usually inquisitive rather than derogatory."

Kleinman and other hijabi-for-a-day reported their experiences in the Coke Commons at Wonderful Wednesday.

College junior and hijabi-for-a-day Christie Pettitt-Schieber said she participated in the event to get a glimpse into the life of her friend, Ali.

"I found I was concerned with doing it right, making sure everything was covered," Pettitt-Schieber said. "I spent two hours in a scarf, when people spend their whole life in it. I feel like if I wore it everyday, I would feel naked if I had to take it off."

College junior Alexandra Kamin said she spent 20 minutes just getting the hijab on correctly.

Student Senate Corner: A message from the GSU student senate president

By Rosa Moran
Student Senate President

Hello Governors State University Community! Let me share some information about the student senate with you. We have some interesting events coming up listed below:

On February 21 the student senate programming committee will present living your best life from 12-3 p.m. in Engbertson Hall.

On March 26 the programming committee will present an entertainment and job symposium, as well as a networking opportunity from 3-6 p.m. in the cafeteria annex.

The student senate Vice President needs someone to help her around the university. She is in a wheelchair you can easily roll around the school. Marion is a super person and a great worker on the senate. Please call 708-799-1624 and she will give you details on this paid position.

The student senate is now reviewing the student conduct code and grievance policy. We have some new senators as a result of the elections and will elect new board members on February 22. Our meetings are open to the public. Come and see us sometime.
Latest shooting hits too close to home

By Steve Scherer
ing Editor

After my Thursday morning class last week I began to put together this issue of the Phoenix. I took some photos in the cafeteria and snapped a few pictures of the new signs being installed at the campus entrances. I headed home after uploading the photos on the desktop in our office. As I sat in my room I started sending some stories to our Associate Editor, John Conrad, while I turned on the TV. I couldn't believe another school shooting had taken place. Then I couldn't believe where it had happened, right in our own backyard.

This had a totally different feel than Columbine and Virginia Tech. Those, though tragic, seemed like another world away. This one really hits close to home. Virginia Tech. Those, though tragic, seemed like another world away. This one really hits close to home.

NIU's The Northern Star

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

Access:
4. Sound produced within wood 57. German article 58. French refusal
7. Tape recorder speed initials 59. Put back in the icebox 60. Chicago-bound luggage
10. "I'm at your service." 61. Light switch positions 62. Compass point
11. Edge of civilization 63. "are chosen." 64. "Down"
12. Gel 65. the flames (stirs things up again)
14. culp 68. East of the flames (stirs things up again)
15. Agreement, casually 69. Ghost's excuse?
16. Edge of civilization 70. Containing iron 71. Interlock
17. Thumb-down vote 72. Compass point
18. Thumbs-down vote 73. Compass point
19. Fane 74. East of the flames (stirs things up again)
20. Only U.S. Presidential candidate to be endorsed by Karl Marx 75. Greek letter
21. Political orientation of Francis Bellamy, the 1892 author of the Pledge of Allegiance 76. Greek letter
22. The first step in a poker game 77. Greek letter
23. We, in Rome 78. Greek letter
24. Part of i.e. 79. Greek letter
25. Bene 80. Greek letter
26. Businessman/author of the Pledge of Allegiance 81. Greek letter
27. Political orientation of Francis Bellamy, the 1892 author of the Pledge of Allegiance 82. Greek letter
28. Businessman/author of the Pledge of Allegiance 83. Greek letter
29. Flu symptoms 84. Greek letter
30. Fate 85. Greek letter
31. Kind of vb. 86. Greek letter
32. Veto again, slangily 87. Greek letter
33. Mop, genus, pl. 88. Greek letter
34. Ex - mayor of Chicago 89. Greek letter
35. This composer was commissioned a work for the U.S. Centennial celebration 90. Greek letter
36. Gathering of believing people 91. Greek letter
37. Press one's suit 92. Greek letter
39. French refusal 94. Greek letter
40. German article 95. Greek letter
41. Gathers bit by bit 96. Greek letter
42. March 97. Greek letter
43. What a salt will do in water 98. Greek letter
44. Advertising come-on 99. Greek letter
45. Opp. of fem. 100. Greek letter
46. Some urban transit 101. Greek letter
47. Period or woman's nickname 102. Greek letter
48. This 19th century visitor to the U.S. was aghast at the sight of Senators spitting tobacco juice onto the carpeting, ignoring their own Burns
50. "Refuse to take "No" for an answer" 104. Greek letter
51. Angers 105. Greek letter
52. Half of the title of a recent (at least it was in 1988) movie 106. Greek letter
53. Subly colorful drink 107. Greek letter
54. Fuss 108. Greek letter

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.

Library hours at GSU
Monday - Thursday: 8:30 a.m. - 10:30 p.m.
Friday - Saturday: 8:30 a.m. - 5 p.m.
Sunday: 1 p.m. - 5 p.m.

ACS Lab Hours
Monday-Friday: 8:30 a.m.-10:30 p.m.
Saturday: 8:30 a.m.-5 p.m.
Sunday: 1:00 p.m. - 9:00 p.m.

The Phoenix welcomes letters to the editor and/or editorial writers. Letters can be submitted to phoenix@govst.edu. Letters may be edited for space or content and must include your name and a contact number or email address by which you can be reached.