Governors State University has initiated a new program to fund and facilitate undergraduate research in all disciplines. The Undergraduate Research Program (U.R.P.) is intended to catalyze research at GSU by funding a wide variety of studies conducted by undergraduate students under the direction of faculty members, as well as by launching workshops applicable to students conducting research at an undergraduate level.

Dr. Shelly Kumar, Professor of Chemistry and the Director of the U.R.P., spoke passionately about the future possibilities of research studies at GSU.

“Along present people are doing research; however, we want to promote it, particularly for undergraduate students and for the incoming freshmen class next year,” said Kumar, who also initiated the new Undergraduate Research Club, which is comprised of GSU students representing a variety of disciplines.

Best became determined to change. He had reached a point physically where he would get winded simply carrying items from his car to his work truck. He hadn’t been physically active since his days playing high school basketball, and had fallen into the habit of eating whatever he craved. Resolving to become healthy, Best joined GSU’s Recreation and Fitness Center, where over the past two years he has undergone a total transformation.

“The way I decided to go to GSU that morning and it turns out that the fitness center was right on time. Once I got there, the people I met were amazing at encouraging me to continue, continue, continue,” said Best.

Best’s routine began with working from 9 pm to 6 am, followed by heading directly to the gym. Best started out with random routines of cardio, Continued pg 5

Fitness success at GSU’s Rec Center

By Anna Soloff
Associate Editor

The story of Eugene Best is a story of what can be accomplished with a strong resolve, a solid support system, and an excellent workout facility. Best has transformed his life from one of a disheartening medical diagnosis to a model of health and determination.

Best has been a part-time student at GSU since 2008, taking one to two classes at a time, while working full time as a Teamster truck driver. For years, Best has struggled with his weight. When Best walked into his doctor’s office in 2011, he weighed 340 pounds, was on cholesterol medication, and was undergoing blood work every 90 days. It was during this visit that his doctor told him he would develop diabetes within the year due to his weight, diet and inactive lifestyle.

Best became determined to change. He had reached a point physically where he would get winded simply carrying items from his car to his work truck. He hadn’t been physically active since his days playing high school basketball, and had fallen into the habit of eating whatever he craved. Resolving to become healthy, Best joined GSU’s Recreation and Fitness Center, where over the past two years he has undergone a total transformation.

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Best’s routine began with working from 9 pm to 6 am, followed by heading directly to the gym. Best started out with random routines of cardio, Continued pg 5
Farewell, GSU!

I will always treasure the friendships that we’ve formed. I would also like to take this opportunity to give a special thank you to Samantha Kaspar. This is Samantha’s last issue as Staff Writer. She is leaving the Phoenix to focus exclusively on her studies next semester so that she can graduate in May. I wish Samantha all the best and look forward to walking the stage with her next Spring! I would also like to thank the many great contributing writers that have written for the Phoenix during my time as Editor-in-Chief. One of my goals as Editor-in-Chief was to increase student involvement in the paper. I am especially grateful for the work of Adam Ebert, Katrina Koltz, Steve Luzzo, Maria Ramirez, and Kayla Randolph-Clark, who have been regular contributors to the Phoenix. The Phoenix has become a higher quality publication because of our student contributors. From the bottom of my heart, thank you, all of you!

I would like to thank all of the professors, faculty, and staff that I have learned from and worked with here at GSU as well. I have met (and written stories on the work of) so many wonderful people here at GSU. I know that Andrea, Anna, and Jon will thrive and continue to make the Phoenix the best it can be, next semester and beyond. With that being said, I will miss everyone here at the Phoenix dearly, and I hope I can give you is to be the change you wish to see! The Phoenix thrives on student involvement. Get involved, write for the Phoenix! I hear there’s an Editor position opening up in the Spring. Perhaps, the next Editor-in-Chief could be you?

By Melissa Hall
Editor-in-Chief

The Phoenix is Governors State University’s student newspaper. It is published twice monthly during the fall and spring, and monthly during the summer. We welcome articles, suggestions, photos, commentary, cartoons, and letters to the editor on issues that concern you or the greater GSU population. We reserve the right to edit submissions for clarity, legality, and interest to our GSU readership. All submissions should be signed, and include the student, faculty, or staff member’s ID number, department, and phone number.

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Exclusive online:
Taming the stress within you by Katrina Koltz
A review of “A... My Name is Alice” by Melissa Hall
A review of Chicago Live by Melissa Hall
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By Kayla Randolph-Clark
Contributing Writer
Student Senate Student Trustee

I was recently asked how long I would be in school until I graduated, and my response was incredibly accurate - four months, four weeks, and two days. With multiple assignment deadlines in sight, finals fast approaching, and the end of the semester looming near, what GSU student isn’t counting down? Graduating or not, I’m sure that almost everyone is looking forward to winter break.

While you’re cramming, I mean reviewing for your finals; and stressing over, I mean evaluating your grades, try to keep in mind the wonderful six weeks you will have to reward yourself for all of your efforts. But use the time wisely! You don’t want to regret wasting away your break once the new semester comes around.

The holiday season during the break offers the perfect opportunity to spend quality time with family. Plan to do something out of the ordinary together, like having a themed party, putting on a family talent show, or coming up with group New Year’s resolutions. Out of the ordinary events create lasting memories.

You could also plan a vacation, check out some movies, or hang out with friends. There is sure to be a good book out there that has your name all over it, or maybe you already have a book in mind that you’ve been dying to read. Better yet, why not work on that book you’ve always said you should write?

Personally, I’m looking forward to watching all of the episodes I’ve missed from *The Good Wife*, one of the TV series I’ve been waiting to watch. All of my family is way ahead of me since the show only came on during one of my classes this semester. It’s been hard being left out of my family’s TV gossip! However you decide to spend your time off, remember to enjoy yourself! The pressures of being a college student aren’t easy, and time for relaxation can go a long way. I wish you all a safe, peaceful, and gratifying time during the break, and I look forward to writing for you next semester!

### Could YOU be the next Editor-in-Chief of the *Phoenix*?

The *Phoenix* is now hiring for the position of Editor-in-Chief for the Spring of 2014 semester!

Students interested in this paid position should possess excellent leadership skills, be highly organized, have excellent communication skills, and be able to maintain a flexible schedule, keeping regular weekly office hours.

Previous experience working on a student newspaper, or previous coursework in newswriting is essential. Previous experience with layout software is a plus.

Interested applicants should email cover letter and resume to phoenix@govst.edu

### Now hiring: Staff Writer!

The Phoenix is now hiring for the position of Staff Writer for the Spring 2014 semester. This paid position is an excellent chance for aspiring writers to gain experience writing for a dynamic student news organization.

The Phoenix Staff Writer will report on campus events and write stories as assigned by the Editor-in-Chief or Associate Editor. The Staff Writer will write two long-form investigative stories per issue. Additionally, the Staff Writer will also submit their three of their own story ideas per issue.

The Staff Writer will be expected to keep weekly scheduled office hours (approximately 4-5 hours per week.) The Staff Writer will also attend to bi-weekly post-publication staff meetings to critique issues of the Phoenix.

Candidates should send a cover letter, resume, as well as one to three previously published clips, to phoenix@govst.edu by December 15.
Governors State University is excited to announce the addition of two new undergraduate programs. As of October 1, the Illinois Board of Higher Education has approved two new College of Arts and Sciences (CAS) majors, History and Media Studies.

According to David Golland, Associate Professor of Social Science, the new majors are in line with the changes taking place in the university. Although GSU has been teaching history since its founding, it did not have the traditional History major that is found in most universities throughout the world. The new History major at GSU will be different from the traditional History programs typically found at American universities.

“What makes the History major at GSU unique is that we’re going to be establishing a public history component,” said Golland. The major will involve internships in places where history is done publicly, such as museums, archives, and historic sites, and will give students who choose to major in History a number of options. The major will also include a couple of new courses, but will mostly consist of those already existing at GSU. Among the new courses is the previously mentioned Public History course, as well as a Senior Capstone, both of which will be required of all History majors.

According to Golland, the History faculty is eagerly awaiting the official Spring semester start date. “We’re very excited about the new History program,” said Golland. “As historians it’s something we’ve always wanted to be a part of.”

The faculty is currently welcoming new students who wish to major in History and will take them on as their advisors. “History creates well-rounded, well-grounded, critical thinking individuals, and I hope students at GSU understand that and come with us and gain the benefits we have to offer,” said Golland.

In addition to the new History program, a major in Media Studies will also be added to the CAS. According to Dr. Debbie James, Assistant Professor of Media Studies and Faculty Advisor of the Phoenix, this program will address the changing media landscape. Courses will examine how participatory culture, social media, and networking affect the major pillars of communication such as television, film, public relations, and journalism. “We’re really focusing on providing students with the skills necessary to approach a range of jobs in the media industry,” said James. “Media Studies majors will be able to go into traditional jobs with new skills.”

A list of new Media Studies courses have been added. A course called Playing Games, which examines gaming throughout history, will be available for the Spring 2014 semester. The course will look at game strategy and what gaming means in today’s culture, as well as look at it from a historical perspective. The major will also consist of an important three course sequence in animation, which will examine how particular animation tools can be used for communication. “We’re looking forward to students have access to some new technology,” said James. “Using things like tablets, as well as playing around with what is out there that is new and pushing the edge.”

According to James, one of the goals of the new Media Studies program is for students to gain experience through internships. Media Studies majors will have the potential opportunities to travel and study abroad, and also have the experience of social networking to engage in cultures beyond their own.
GSU Idol winner exudes passion for music

By Adam Ebert
Contributing Writer

Congratulations are in order for Allen Patricia Britten, winner of the 2013 GSU Idol competition. A native Chicagian and the sixth of ten children, Britten discovered a passion for singing very early in life, eventually landing a solo recording with Calvin Bridges and the Faith Tabernacle Choir at age 19. In the years since then, Britten has sung and toured with BET host Bobby Jones and his choir, “Nashville.” Ever present in her day-to-day life, singing is more than just a hobby for Britten.

“Music consumes me. I could sing all day long if my voice would permit me. That’s how much I love to sing. My children have said, in times past, that I’m my own personal radio because I at times would sing that much,” says Britten of her passion for music. Britten’s personal favorite singers include gospel legends Daryl Coley, Yolanda Adams, the Hawkins Family as well as jazz & blues singer Donny Hathaway.

In addition to winning GSU Idol, Britten is actively pursuing her Masters degree in English and Secondary Education at Governors State. She’s also putting the finishing touches on the soundtrack for her stage play, MaMa’s Place, which she hopes to present next spring. The play depicts the struggles of motherhood and stands as an inspiration tale for young, single mothers in today’s society. Britten is also a published author, having written a three part paperback series, which details the struggle of the mother character from MaMa’s Place.

Swan song

By Steve Luzzo
Contributing Writer

My time here at Governors State is almost done. It is crazy how quickly the time went, but I think I am ready to get out into the real world and start making an impact. Hopefully the economy is strong enough and there will be enough growth out there where I will be able to find a job, no, a career that I actually want. The uncertainty of post-school life is a little bit frightening because there are so many variables of what can happen as I proceed into the future.

I feel fortunate enough to be able to have had the opportunity to have learned both inside and outside of the classroom the things I will need to be successful. Something that I felt was important throughout my time here was to make sure that if I were to walk into any company after graduation and see someone that I had a class with, that they would be able to say that I was a must hire. I feel that is a good mantra, and something that others should use as well. If you work hard, and demonstrate that you are a go-to person, then everything should fall into place.

Throughout my time here at GSU I met a lot of really good people, as well as some really good professors. Some people stayed with me through multiple classes where I was able to build a relationship with them, and I am grateful for the camaraderie that was built through the different semesters.

Fitness success Continued from pg 1

with weights mixed in. After a month, he hadn’t lost any weight and was quite frustrated. Acting upon advice from a workout buddy, Best changed his eating habits. Due to a combination of healthier eating and working out five days a week, Best started losing three to four pounds a week. Best’s routine included 30 minutes of cardio and lifting weights, a routine he was able to keep for six months.

Then, much to Best’s dismay, his work schedule changed and he could not go to his morning workouts. Determined to continue on his journey, Best invested in home workout equipment, attending GSU’s Recreation and Fitness Center. Under Whitelaw’s guidance, Best has found the direction he needed to complete his goal of weighing 200 pounds. Since working with Whitelaw, Best has learned how to properly work out. Additionally, Whitelaw holds Best accountable for his diet and weight.

Best is appreciative of all that Whitelaw has done for him, even if it leaves him sore afterwards. “She’s like a Godsend,” said Best. Best credits his healthier body to Victor Griffin, Gym and Facilities Supervisor at GSU’s Recreation and Fitness Center; Whitelaw; and all of the friends he has made at the Recreation and Fitness Center.

However, none of his success would have been possible without the support of his wife, Rosalind Best.

“She has encouraged me in every way, including eating what I eat, preparing my egg beaters and two pieces of bacon every morning, and so much more,” said Best.

Best is now 14 pounds away from his goal of 200 pounds. Upon reaching his goal, Best said, “I don’t know what I’m going to feel or what I’m going to do. I might just order a Beggars pizza or some fried chicken from Popeye’s. I haven’t had that in two years! But I’ll probably just have an apple.”

Best plans to maintain a weight ranging from 195-215. He knows in order to do that he needs to keep up with his routine.

“It’s a lifestyle,” said Best. “I’m going to have to keep working out and watching my diet. I can enjoy everything that everyone else does but I need to keep moving. I’m at a place now where my body tells me when I need to move!”

But alas, GSU is moving onward and upward. A freshman class will soon be here and the new student housing will be completed. I will be gone, and many of the people that I have become friends with will also be. So I figured that since I have used my columns in the Phoenix over the past year to rant about random school issues, my final writing should follow suit.

Some topics that I have covered in the past have dealt with better electrical outlet locations in the cafeteria, as well as the need for better tasting water out of the water fountains. However, one topic that I have not yet addressed that really bothers me is the Wi-fi reception on campus. Why oh why is the Wi-fi so bad? Multiple classrooms across every building in this school have a signal that is either too weak, or is over inundated with multiple users on the one band.

GSU is going to be growing as the years continue. Freshmen students will see GSU as a better alternative to spending a fortune on tuition elsewhere. As they come to University Park and begin their educations I sincerely hope that the school goes ahead and invests in the infrastructure to improve internet signals. There have been countless classrooms where connecting to the internet has been much more difficult than it should here in the 21st century, and I hope that improves for the future students of this institution.

Alas, now it is time for my swan song. Best of luck to you all, no matter what you are going to school for. I hope you can find the success you all seek.
New student club enriches communication skills

By Melissa Hall
Editor-in-Chief

There is a new way that GSU students can improve their communication skills. The Communication Studies Initiative, formerly the Speech and Forensics club, is looking for students to join their club and take part in a variety of activities designed to improve not only their communication skills, but also their intercultural skills.

According to Arness Krause, the Faculty Advisor for the Communication Studies Initiative, the new club offers GSU students a wider range of communications skills that students can improve through involvement in the club.

“The Speech and Forensics club was developed to support speech competition on a state and national level,” said Krause. “What we found with GSU’s demographics was they (GSU students) wanted to study different forms of communication studies, such as written communications, human communication, intercultural studies, (and) public speaking, in addition to forensics speech and debate.”

There are monthly activities already planned for the Communication Studies Initiative well into next semester. On November 14 the Communication Studies Initiative hosted its first monthly meeting of Conversation Café, an informal gathering of students interested in improving their communication skills, in conjunction with GSU’s International Culture Organization.

Those who attended Conversation Café had an opportunity to speak with some of GSU’s international students. Each international student represented their home country at the event. Students from China, Germany, Peru, Ukraine, Hong Kong, India, Cameroon, and Thailand spoke at the event.

Future Communication Studies Initiative activities will include a January Conversation Café on the topic, “Civil Rights in the 21st Century.” In February, the club will host a panel discussion titled, “For Discrimination, Affirmative Action,” in which affirmative action in the 21st century will be discussed. There are also plans to cohost a public speaking contest with GSU’s International Culture Organization in March.

Students who are interested in getting involved with the club can contact Arness Krause at akrause@govst.edu, or Etta Oben, President of the Communication Studies Initiative, at eoben@student.govst.edu. The Communication Studies Initiative is open to all GSU students, regardless of area of study.

Hunger and Homelessness Awareness week
November 18-23

For a schedule of events, please visit the Phoenix online @ www.gsuphoenix.com

2013 Health and Human Services Career and Internship Fair at GSU

Ready to Work?

November 26, 2013
Center for Performing Arts Lobby • 3 — 6 p.m.

Everyone is welcome — especially those in the fields of Healthcare and Human Services

Bring Resumes!

For more information, call 708.235.3974
www.govst.edu/careerservices
Undergrad research program

Bordelon and Kumar both stressed the importance of undergraduate research programs in providing a superior academic experience for undergraduate students. “Students and faculty that have done substantial research will be able to present their findings at conferences and workshops in a motivational, peer to peer environment, and faculty members can empower students to write grants themselves,” said Kumar. “Studies have shown that retention and graduation rates are much higher in schools with strong research programs.”

“One way the Undergraduate Research Program promotes research is to offer a grant by which faculty as well as students can apply.”

Dr. Shelly Kumar

Bordelon agrees with Kumar. “The Association of American Colleges and Universities have done quite a bit of research on high impact practices – things that truly enhance the educational experience of students - and undergraduate research is one of those high impact practices,” said Bordelon. “As we’re looking at growing programs, we’re looking at how we can enhance the learning experience. It made sense for us to really focus on providing the support for undergraduate research on our campus.”

The nature of the research that can be performed through the Undergraduate Research Program spans the academic gamut, from the Biological Sciences to Criminal Justice. “People think of research as limited to the sciences,” said Kumar. “The Undergraduate Research Program is for all disciplines, university wide.”

“The program really is open to any kind of research project that the faculty member and the student – or a group of students – are interested in engaging in,” said Bordelon. “The methodology may vary depending on the discipline. It could be in Biology or Chemistry, it could be quantitative in nature, and focused on field or lab research; whereas someone in the Criminal Justice program might have a more qualitative type of project, interviewing individuals and gathering data and performing data analysis.”

Persons interested in applying for the Undergraduate Research Program should contact Dr. Shelly Kumar at 708-534-4528, or by email at skumar@govst.edu.

Sudoku solutions from pg 8

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Crossword solution from pg 8

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GSU Happenings

Marriage Equality Victory Party
November 19
5:30 p.m.
Center for Performing Arts Lobby
Sponsored by GSU’s Gay Straight Alliance

Bookstore Appreciation Day
November 20
11 a.m. – 5:30 p.m.

Annual Fall Vendor Fair
November 20
10 a.m. – 7 p.m.
Hall of Governors

Hunger and Homelessness Awareness Week
Through November 23
Listing of events available at www.gsuphoenix.com

Art Market Day
November 21
9 a.m.-7 p.m.
Hall of Governors
Sponsored by GSU’s Art Forum

Diversifying Faculty in Illinois Grant Information Program
November 21 & 25
3:30 p.m.
Room A2110

Laff Session
November 22
7 p.m.
Center for Performing Arts
Free tickets for GSU students available in Room A2100

History Comes Alive
November 20
7 to 8:15 p.m.
CPA Green Room

Crossword

ACROSS
1. Second person singular of shall
6. Narrow opening
10. If not
14. The quality of being funny
15. Cat sound
16. Disable
17. Pointed arch
18. Initial wager
19. Combustible pile
20. Walker
22. Lascivious look
23. A few
24. Full of complexities
26. Shopping place
30. Minimum (abbrev.)
31. Cheer
32. Pearly-shelled mussel
33. Wagers
35. Clotted
39. Half-naked
41. Troop formation
43. Alleviated
44. Novice
46. Require
47. 16 1/2 feet
49. Zero
50. Throw
51. Torrid
54. Any day now
56. Lean
57. A type of biologist
63. Decorative case
64. “Oh my!”
65. He “harvests” ores
66. Master of ceremonies
67. Shopping center
68. Countertenor
69. Wave
70. Paris airport
71. Flash DOWN
1. Store
2. Large
3. Among
4. Great affection
10. Narrow opening
11. Stratum
12. Femme fatale
13. Manicurist’s board
14. Greek letter
15. Wager
16. Great affection
17. A type of biologist
18. Depression
19. Amount of hair
21. Graves
22. Chopped
23. Lascivious look
24. Most insincere
25. Not strict
26. Speechless
27. Dwarf buffalo
28. Tears
29. Not stiff
30. Wax
31. Fossil
32. Name of a book
33. Earnestly
34. Pearly-shelled mussel
35. Earnestly
36. Alleviated
37. Margarine
38. Foot digits
39. Damsel
40. Biblical kingdom
41. Hue
42. Wax
43. Earnestly
44. Earnestly
45. Set up for use
46. Generator
47. Wax
48. Generator
49. Zero
50. Horse
51. Cut of meat
52. Name of a book
53. Wash out with a solvent
54. Wax
55. What we are called
56. Egyptian
57. British
58. Winglike
59. Cut of meat
60. Ancient Peruvian
61. Clairvoyant
62. Journey
63. Decorative case
64. “Oh my!”
65. He “harvests” ores
66. Master of ceremonies
67. Shopping center
68. Countertenor
69. Wave
70. Paris airport
71. Flash

Know your Library Trivia Contest!

http://www.gsuphoenix.com/know-your-library-trivia-contest-1.3116812#

Students! Want to win a prize of $5.00 which will be added directly to your PaperCut account (printing)?

Check out the GSU Library Facebook site every Monday through December 2 for a Trivia Question about the library.

The first student to answer the question correctly is the winner, and will be contacted directly. Check it out!

Comics

A Portrait of 23 or...by Adam Ebert

Life, In General

*Spart of the secondary English education program at GSU, Adam Ebert covers arts and entertainment for the Phoenix and has been contributing to the paper since the spring of 2013. You can find Adam on Twitter at atomabor

Sudoku

4 6 2 2 1 5
9 8 5 1 7 7
9 7 5 2 7 1
5 1 3 2 6 4
4 8 2 9 6 7
6 4 7 8