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Student Life

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Recommended Citation
By Jonathan Visona  
Contributing Writer

Since the invention and adoption of the automobile as a form of transportation at the end of the 19th century, people the world over have come to rely on the road and this country, they have been slowly poisoning the earth. To stop that from happening, those surfaces have evolved once again right here at today. But while contemporary roads save wear and tear for the millions of cars

Collaborative Mural Painting: Diversity Comes Together

By Margie Glass-Sula  
Contributing Writer

I was present throughout the day in the Hall of Sciences...
Forget the Resolutions, Find a Solution

By Sarah Silhan
Editor

The time has come again for new goals, new resolutions and new hopes and dreams. But, as a sign on a local church near my home reads, "Resolutions are like ideas. In one year and out the other." If you're anything like me, you find yourself making your New Year's resolutions every year, only to reach Feb. 1 and realize you haven't kept up on them at all. Why does this happen? Lack of time? Lack of commitment? Lack of interest? Maybe it's a bit of each.

Or perhaps it's simply that for most people, resolutions are a lofty, if not impossible goal. You can sugarcoat it however you please, but the reality is that not all goals are attainable. For example, I'm going to lose 40 pounds by Spring Break! It is probably not the best New Year's resolution.

I've done it, though. Every year, I set a lofty, unattainable goal. Though I will admit that my goal in 2006 did stick. I vowed to quit smoking, and by September, I had completely quit. I'm now a proud non-smoker.

This year, my goals were smaller, much more realistic. I want to get more exercise and eat better foods. To help, I enrolled in a nutrition class at GSU. And more exercise doesn't mean running five miles at 4 a.m. Those who know me I only run if I'm being chased by someone with a weapon or a very large dog.

No, my exercise plans are simple: a few workouts each week coupled with simple solutions. Take the stairs instead of the elevator. Park farther away and walk to class. Carry the laundry buckets from the basement to the second floor in one trip, without a stop on the first floor. Walk the dog to the mailbox instead of running through the drive through at the post office. These little things have inspired me to do better so that I FEEL better.

The same goes with my food choices. No more Pepsi or Dr. Pepper (though I'll miss it terribly). More water. More fruit. Less pizza and NO more fast food after my night classes. Sure, there are days when I slip up and get a cheeseburger on my way home, but I'm opting for Subway over Burger King on a regular basis now. My sister-in-law recently succeeded on the Weight Watchers program, losing more than 35 pounds. And to trust me, she's a knock-out. But she told me that setting a goal and reaching it will always have its setbacks. But she had a good analogy.

"If you broke a piece of your fine china, would you throw the rest intentionally into the wall to smash it?" she asked. Of course you wouldn't. You'd be frustrated that you broke a dish and then move on to be more careful with the remaining ones.

The same must be true for your goals and expectations in 2009. If your goal is to lose weight, try just one MINUTE of exercise EVERY day. Run in place or do a few sit-ups during a commercial break of your favorite show.

If your goal is to become more organized or finish all your assignments on time, start by simply marking all your due dates on a large calendar where you can see what's due and when. Instead of tackling a 10-page paper in a day, try to write one or two pages each day for a week.

Or, if you find you're constantly inundated with things to do and feel you have NO free time, try canceling one simple time-consuming act. Maybe it's abandoning your Facebook or MySpace pages.

No matter your goal this year, start small and then build to bigger and better things. You just might amaze yourself with the results.

Happy New Year, GSU!!!
Econ Ed Takes It to Bank

By Jonathan Voona
Contributing Writer

It certainly pays to be educated about money, and Governors State University (GSU), through the Office of Economic Education, is helping local residents and communities to cash that check. Recently, the Illinois Council on Economic Education (ICEE) and 3M awarded Sheryl Gallaher, Director of GSU's Office of Economic Education (OEE) with a plaque to recognize and commemorate the 30 years the center has been open.

According to the OEE's website, the office is "dedicated to increasing the quality and quantity of economic education. It accomplishes this mission by training educators in grades K-12 to become better teachers of economics."

"I am very proud of the work we accomplish," said Gallaher in a recent press release. "Our job is to help further economic education in our schools and help teachers learn methods and develop the tools they need to teach their students. Recent events in our nation's economy have illustrated how a solid understanding of economics is needed by every student."

Located at Northern Illinois University with 3M as a sponsor, ICEE awards grants, provides professional development, sponsors programs to understand international as well as domestic financing, and consults on the design and modification of curricula. Awards depend on which program an instructor is affiliated with.

Among those the ICEE recognized, those affiliated with the OEE are Lauren Musielewicz, teacher at Meadow Ridge School in Orland Park, who won the first place Innovative Economic Educator Award which honors "teachers who create and implement innovative projects that increase economic understanding."

Others include Rhea Lindeman, teacher at Heritage Middle School in Lansing who received the Economic Education Excellence Award, and Sylvia Waltz, teacher at Wheaton School in Thornton, who received honorable mention in the same category.

According to the website, the 3M Economic Education Excellence Award "recognizes teachers who have a sustained history of commitment and contribution to economic education." All ladies were honored this October at the Union League Club in Chicago. Those who won the awards were given cash prizes.

RecycleMania: Making a Difference

By Krystal Lang
Contributing Writer

If you were told by the time you reach age 70 that you will have thrown away more than 50 tons of trash — nearly 2,000 pounds of trash per year — would you believe it? The average American throws away about 1,200 pounds of trash annually.

The typical American family throws away about 3,960 pounds of trash each year. The waste can be broken down into these categories: 2,460 pounds of paper, 540 pounds of metal, 480 pounds of glass and 480 pounds of food scraps. Eighty percent of trash thrown-out goes to landfill, the remaining twenty percent is split, ten percent is incinerated and ten percent is recycled.

To help ease the strain on the planet, Governors State University (GSU) is working to make a difference. This year GSU, along with 200 other colleges and universities, is participating in RecycleMania, a friendly recycling competition used to benchmark schools recycling and waste reduction efforts.

RecycleMania began in February 2001 when the staff of two schools - Ohio University and Miami University (Ohio) - decided that something had to be done to improve the recycling efforts at their schools. During a 10-week competition, the schools went head to head to see who could recycle the most, and Miami University won. That was the beginning of RecycleMania, and now, eight years later and 201 schools strong, students, faculty and administrations are continuing to make a difference. RecycleMania is a 10-week period of recycling university.

"The focus of GSU RecycleMania efforts will include promoting inter-office reusable envelopes for campus mail, replacing paper documents with electronic alternatives wherever possible, and implementing campus printing initiatives, which prohibit or discourage unlimited printing," said Schiesher.

"GSU is striving in every way to reduce and reuse," said Lindsay Gladstone, a spokeswoman for GSU's Office of Public Affairs.

Gladstone reflects on how well the university is doing with environmental issues. She says, "LEED (Leadership in Energy and Environmental Design) certification is what we're striving for; an environmental standard."

"Setting a standard, setting an example," is how Gladstone put it, as she talked about the GSU community on recycling.

"When our students leave this place, the ideas about recycling are something they can take home with them," she said. "That's the attitude we are trying to foster."

See RecycleMania Page 5

RecycleMania: Making a Difference

By Krystal Lang
Contributing Writer

Need a better credit score?

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Leitlita M. Lehmann
Weronika Leja
Cheryl A. Lewis
Izabela A. Lipka
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Loris J. Marshall
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Jesse Montgomery
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Ira B. Siegel
Frances Sinapi
Nicole R. Sirvid
Marian C. Stahom
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Alexander D. Smith
Eric Spangler
Patricia A. Spellman-McEntee
James Stathis
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Dianne C. Street
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Felicia A. Whitfield
Vanessa D. Willis
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Ronald J. Wojcik
Sheryl L. Yarbough
Shella A. Yarbrough
Amy Marie Younker

College of Education
Jennifer L. Anglin, Bourbonnais, IL - Elementary Education
Ross C. Bartlett, Evergreen Park, IL - Elementary Education
Tenyra Bassett, University Park, IL - Early Childhood Educ.
Matthew C. Bates, New Lenox, IL - Elementary Education
Laura Marie Billets, Homer Glen, IL - Psychology
Janet Blackmon, Chicago Heights, IL - Elementary Education
Judith M. Blakey, Orland Park, IL - Early Childhood Educ.
Amy L. Blanton, Tinley Park, IL - Elementary Education
Christina L. Blumenthal-Johnson, Frankfort, IL - Elementary Education
Amy L. Boss, Evergreen Park, IL - Elementary Education
Tracy L. Box, Tinley Park, IL - Elementary Education
Crystal R. Cekal, Hickory Hills, IL - Elementary Education
Breanne M. Cherry, Frankfort, IL - Elementary Education

Congratulations to the following students in the College of Arts & Sciences and College of Education who earned a 3.75 GPA or higher for the Spring-Summer 2008 term!

Tammie Chopp, New Lenox, IL - Psychology
Erin E. Clayton, Amboy, IL - Elementary Education
Gwendolyn S. Cole, Orland Park, IL - Early Childhood Educ.
Tabitha M. Cole, Crestwood, IL - Elementary Education
Kayleigh E. Conrad, Orland Park, IL - Psychology
Courtney L. Creaghi, Lombard, IL - Elementary Education
Martha Damian, Blue Island, IL - Elementary Education
Lisa M. DiZanni, Mokena, IL - Elementary Education
Maria V. Diaz, Chicago, IL - Elementary Education
Laura J. Dirschl, Chicago Ridge, IL - Elementary Education
Sarah J. Dorrance, Homewood, IL - Psychology
Cindy B. Fisher, Tinley Park, IL - Psychology
Michele Fitzgibbons, Mokena, IL - Psychology
Jason M. Flood, Oak Lawn, IL - Elementary Education

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RecycleMania
Cont. from page 3

Susan Rakstang, Associate Vice-President of Facilities Development and Management also is proud of the progress GSU is making with its recycling program.

"While GSU's recycling efforts are already well established, we are always seeking new ways to reuse and recycle," Rakstang said. "This competition gives us another reason to look at our procedures and processes to find new ways to reduce our overall carbon footprint and trash production."

GSU's involvement in energy conservation and promoting a clean environment are a work in progress. "GSU has the largest public solar insulation in the state that is how they heat the water for buildings A-F and even the swimming pool," Gladstone added.

In addition, any renovations or upgrades that are made to the school are all in compliance with energy efficiency and environmental standards, and careful thought and planning are used to assure proper disposal and efficient reuse of all materials. RecycleMania is strictly a voluntary competition in which any or all students and staff may participate. RecycleMania will begin on Jan. 18, 2009 and run for 10 weeks. The winning school will be determined by calculating the weight of the recyclables and adding the weight of the trash and dividing the total by GSU's population and the school with the least amount of waist wins. There will be postings around campus with more information about RecycleMania.

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On sale at Amazon.com

written by Iris Montgomery-Ilori
Yoga Available at GSU

By Michelle Hulett
Staff Writer

Located in the A wing, the GSU campus gym offers several different classes designed to suit the variety of student needs. From aerobics to swimming, there is something for everyone. For the students looking to increase flexibility, strengthen their core, or melt away daily stress, yoga is a class to try.

Virginia Angellotti has been teaching the yoga and pilates class at GSU for three years. She has 200 hours training at Feel Your Best Yoga and is a registered Yoga teacher through YogaAlliance.com. She also has 100 hours of Stott training at Element in Motion and continues her education through various courses.

Angellotti’s classes at the GSU Recreation and Fitness center are open to all students, regardless of their experience. The Hatha style of yoga, which she teaches, combines Iyengar, Ashtanga and Viniyoga forms. Explaining, Angellotti states "in these styles, you will hold your poses much longer than a Vinyasa class." This allows students to "de-stress, build stamina through breath work, lengthen muscles, build immunity, among other things."

"Once the venturesome guy comes in, they are usually hooked because they really end up seeing the benefit of flexibility and mind body connection," she says.

Angellotti also debunks common stereotypes about yoga saying "it is for every body type and every age." She also notes yoga is "not tied to any religion but as you start practicing, your own religion can have more meaning." In addition to her classes at GSU, Angellotti also teaches in the community. She holds classes at H.F. Park District, St. James health and Wellness Center and centers in Crete and Chicago Heights.

Yoga classes are currently held Tuesdays from 12:30-1:30p.m until Dec. 16. For more information, session start dates or to sign up for a class, please contact the Recreation and Fitness center at (708) 534-4945.
Meet The Black Keys. You'll be glad you did.

Hailing from Akron, Ohio, of all places, the band with a deceptively big sound is actually comprised of only two members, Dan Auerbach (vocalist and guitarist) and Patrick Carney (drummer).

Their newest album, Attack and Release (2008), marks a sophomore effort that is far from sophomore by virtue of its multilayered garage band feel and penetrating lyrics.

Like their first Nonamech album, Magic Potion (2006), the music is delivered by means of twangy blues and raucous rock blended into soothing vocals and an instrumental feast for the ears: synthesizers, bass clarinet, bass harmonica, and slide guitar, to name a few. The Black Keys manages to please both the compositionally and lyrically-driven music listener, a rarity in contemporary music.

Recorded in a dizzying two-week period, this album is produced by Danger Mouse, who is also credited with collaborating with musicians Gnarls Barkley, Gorillaz, and The Grey Album. The opening track, All You Ever Wanted, is a melancholy meandering through an unrequited love, completed by pipe organs for your listening pleasure. Clearly, there is no sunshine in sight, but instead a rollicking romp through themes of trying to settle down in an atmosphere of illusion, deception, and desertion.

These musings are not as depressing as they are soulful, however, as evidenced by the next track, I Get Mine, which has a rawer edge and defines the band as a more mature pair of musicians than their yesteryears may have proven ("I’ve grown out of my ramblin’ ways."). Strange Times seems to be somewhat directed toward his daughter, who is listed on the liner notes, and through this lens the song takes on a new meaning (consider the lines “Sadie dry your tears/I will be the one.”)

Psychotic Girl, arguably the best track overall, is layered by banjo, piano, slide guitar, and a choir. The fifth song, Lies, emotes like someone in love who has been lied to; the song itself feels like the set of wailing. What follows is two renditions of the same song, Remember When. The first version is mellow, sad, dreamy (and a touch crazy, if anyone’s listening to the backing vocals.)

When the song is played again, this time rough and bawdy, it feels like coming back to life with a vengeance. So He Won’t Break sounds like some kind of mea culpa for misunderstood and emotionally inaccessible men everywhere (“the difference it takes/ Is love, so he won’t break.”)

Oceans and Streets follows the same melancholy groove but leaves the meaning open to interpretation (“These days I’m so slow” either describes an aging lonely man or a debauching and alienated man.)

The album ends beautifully and achingly with Things Ain’t Like They Used To Be, joined by the backing vocals of bluegrass singer Jessica Lea Mayfield.

Any album whose first words are “ain’t it just like dying?” promises a deeper introspection than usual, but this colossal effort from The Black Keys will also prove addictive in times of heartache at the hands of love.
Crossword & Sudoku: solutions on page 7

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