GSU Responds to Inauguration Day 2009

By Amy Beth Porter
Contributing Writer

The question of this generation, and indeed this century, may now be “Where were you when Obama was inaugurated?” GSU students and faculty alike were quick to respond, detailing what distinguished this day from others of historical importance and sharing their initial reactions to the landmark event.

Most people could attest to the fact that the turn-out of voters was staggering, judging by the media coverage of the inauguration. Brigid, an occupational therapy student, admits that she was “blown away by the mass of people that were there.”

Faculty member Becky found the number of people who were there “positively astonishing, [and] to see them uniformly joyous was affirming.” Like many people of her generation, she saw the event as nothing short of a miracle.

Said Rachel, a criminal justice major, “my kids are mixed, so it’s really important to me that they see the world shows them that all things are possible.” It’s apparent that the wild enthusiasm present during Obama’s campaign carried over to inauguration day and forged a sense of unity that Americans have not felt in some time.

A number of people were not able to watch the inauguration as it was happening, but found ways to view fragments of Obama’s big day at their workplaces. GSU’s television screens were constantly tuned in to the coverage throughout the day, where students, faculty, and staff alike stood in clusters to hear public reactions and hear Obama’s words.

Outside of GSU, Jessica, a business major, says that she was excited that at least she was able to “sneak into the break room at work and watch [the inauguration] off and on.”

Others were forced to check the news later on after work or class. Wilhelmina, an interdisciplinary student, gave her reactions based on news coverage. Of Obama’s oratory prowess, she asserts that people feel unified because he “makes people feel like he’s speaking just to them.”

This is all not to say that America is walking into the next presidential term with nothing but blind hope. There is a fair amount of trepidation when considering the magnitude of ruin which Americans will remain watchful to see Obama’s oratory prowess, she asserts that people feel unified because he “makes people feel like he’s speaking just to them.”

The media made mention of a honeymoon period in the following handful of days, after which Americans will remain watchful to see that Obama makes good on the promises of his campaign.

More than one student also expressed disappointment over the frivolous “Hollywood-ization,” as one student put it, of this important historical event. Several interviewees claimed that, by and large, media coverage was “a little over-the-top” with its unrelenting discussions surrounding the fashions the Obamas sported.

Staff member John, quipped, “Where’s the money coming from for all these inaugural balls?” (Perhaps in response to such questions, Obama ceremoniously cut the salaries of select staff members during his first day in office.)

Regardless of who voted for whom in this last year’s election, the collective eyes of America are steadfastly watching to see what happens now.

Millions attend Obama’s inauguration in Washington D.C.

Board of Trustees Inducts Student Representative

By Renee Wiechman
Staff Writer

The 2009 general election results are in and Governors State University has a new Board of Trustee’s student representative Bryce Johnsen. Johnsen is a senior with a major in Interdisciplinary Studies and will begin his term on the Board of Trustees July 1.

Johnsen said he ran for the Board of Trustees position because he “wanted to make innovative changes for traditional college students like myself.” By traditional college students he is referring to students between the ages of 18 and 24.

As a member of the board Johnsen would like to see more undergraduate classes offered during the day while incorporating more graduate level classes for non-traditional students at night.

In the past Johnsen was the student senate president at Prairie State College. From this experience he said he learned to “listen more rather than fight every battle.”

The student member of the Board of Trustees has the same privileges as a regular board member. They can make and second motions, attend executive sessions, and vote on the board. There are some exceptions though, the student representative can not vote on faculty tenure, promotions, and anything that is considered a conflict of interest.

Johnson is always looking for student input as well. If you would like to have your voice heard you can contact your Board of Trustees representative through the student senate website.

Millions attend Obama’s inauguration in Washington D.C.

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The Unknown Joys of February

By Sarah Silhan
Editor

February: it's cold, blustery and gloomy. It puts us all into "cabin fever" mode; when we can't wait to get outside and enjoy greener grass, sunnier skies and warmer days. We're deep enough into the semester to feel overwhelmed with papers and projects, but not yet close enough to the end to feel there's a light at the end of the tunnel. Yes, February can be nasty – groundhog and all. But maybe there's a bright side. Aside from celebrating Black History Month, President's Day, Lincoln's Birthday or Valentine's Day, there's also some little known facts about February that may help to brighten your day. We all remember the poem we learned in elementary school, right? "Thirty days hath September, April, June, and November, All the rest have thirty-one, Excepting February alone Which hath but twenty-eight, in fine, Till leap year gives it twenty-nine." But does anyone know WHY this is? Rumor has it that February had 28 days until Julius Caesar gave it 29, and 30 days every four years. According to tradition, Augustus, the Roman emperor, took one day off to add one day to August, the month named after him. We now have February with 28 days, and 29 in leap years. Translation: February was historically fought over! Makes you feel a little better, right? Maybe a documentary is in order: "February: The Little Month That Couldn't". Well, maybe not.

But what about these fun February facts?

* Plenty of famous people were born in February, Langston Hughes, Felix Mendelssohn, Charles Lindbergh, Babe Ruth, Ronald Reagan, Charles Dickens, Galileo, Susan B. Anthony, George Washington and Abraham Lincoln – just to name a few.

* The word February comes from the word 'februr' - which means cleansing or purification, and reflects the rituals undertaken before Spring.

* The Anglo Saxons called February 'Sol-month' (cake-month), because cakes were offered to the gods during that month. February was also known to the Saxons as 'sprout-kale' from the sprouting of cabbage or kale.

* Having only 28 days in non-leap years, February was known in Welsh as 'y mis bach' - the little month.

* In Shakespeare's time about 400 years ago, the second month of the year was called 'Februise'. In Isaac Newton's time one hundred years later it had become 'Februer'. The modern name, February, is only a about a hundred years old.

* Americans aren't the only ones to have a Super Bowl in February. In Great Britain, Shrove Tuesday marks forty days before Easter. The forty days are supposed to be a time of quietness and fasting. Shrove Tuesday (sometimes called Mischief Day) was the last day before Lent, so it was the last day for fun and food for a long time. On Shrove Tuesday, a special football game is played. This game has no rules. In some villages and towns of England, traffic would be stopped and all the men would come out into the street at a set time. The church bell would ring and a football would be thrown into the crowd. This game is still played in some places in England. This year, Shrove Tuesday is Feb. 24.

* College Monday, also celebrated in February, was traditionally the day to eat large pieces of fried meat. And my favorite fun fact about February? February 27 is Kissing Friday. On the Friday of Shrove Week, English schoolboys were once entitled to kiss girls in without fear of punishment or rejection, a custom that lasted until at least the 1940s. In Silby, Leicestershire, this day was also known as Nippy Hug Day. There men could demand a kiss from the woman of their choice, but if their petition was denied, they had the right touh, or pinch, the woman's posterior – perhaps mimicking the pinching of lice.

Even in the dreariness of winter, it's good to know we can still celebrate Nippy Hug Day. So go ahead, forget that it's cold and gloomy. Get out there and celebrate the untold joys of February! Or maybe you should just make some hot chocolate and get back to work.
A Message from the Presidents and Chancellors of Public Universities in Illinois to the People of Illinois*

The public universities of Illinois play a critical role in the lives of our state's citizens and in our state's ability to compete in the national and global economies. We know your expectations of us are great as are the dividends of a high quality system of public higher education in Illinois.

In good times and bad, our institutions are here for the people of Illinois. We never waver from the commitment to fulfill our missions of education, research, health care and public trust in ways that earn your trust. In these difficult financial times, we want to communicate directly with you, the people of Illinois.

- **To students and their families.** A quality education is crucial to our students' future. Fulfilling our missions to supply clinical health care for the Black Women in Higher Education.
Chinese New Year at GSU

Compiled by Michelle Hulett
Staff Writer

If you're interested in learning more about yourself according to the Chinese calendar, just find the year you were born in the list below! You can also visit http://www.chinesenewyearweb.com for more information.

You are imaginative, charming, and truly generous to the person you love. However, your tendency to be quick-tempered and overly critical. You are also inclined to be somewhat of an opportunist. Born under this sign, you should be happy in sales or as a writer, critic, or publicist. Some Rats: Charlotte Bronte, Truman Capote, Catherine I, Mata Hari, Wolfgang Mozart, William Shakespeare, George Washington.

A born leader, you inspire confidence from all around you. You are conservative, methodical, and good with your hands. Guard against being chauvinistic and always demanding your own way. The Ox would be successful as a skilled surgeon, general, or hairdresser. Some Oxen: NapoleonBonapartes, Walt Disney, Clark Gable, Richard Nixon, Rosa arks,aths, Porter, Vincent Van Gogh.

You are gracious, good mannered, kind, and provide sound counsel. You will likely lead a tranquil life, enjoying peace, quiet and a congenial environment. You are reserved and artistic and possess good judgment. However, you can also be moody and detached. Though you are lucky in monetary gain, you are also self-indulgent. Some Rabbits: Lisa Kudrow, Lauren Hill, Sheryl Crow, Kate Winslet, Brad Pitt, Johnny Depp, Jodie Foster, Richard Gere.

You are sensitive, emotional, and capable of great love. However, you have a tendency to get carried away and be stubborn about what you think is right, often seen as a "Hothead" or a "Troublemaker". Your sign promises success in any field you try. Some Tigers: Judy Blume, Emily Bronte, Emily Dickinson, Isadora Duncan, Dwight D. Eisenhower, Mary Harris (Mother) Jones, Barbara McClintock, Marilyn Monroe, Marco Polo, Benitez Potter.

Full of vitality and enthusiasm, the Dragon is a popular individual even with the reputation of being boisterous and a "big mouth" at times. You are intelligent, gifted, and a perfectionist but these qualities make you unduly demanding on others. You would be well-suited as an artist, priest, or politician. Some Dragons: Louis May Alcott, Susan B. Anthony, Joan of Arc, Pearl Buck, Sigmund Freud, Theodore Roosevelt, Dwight D. Eisenhower, Mary Harris (Mother) Jones, Barbara McClintock, Marilyn Monroe, Marco Polo, Benitez Potter.

Rich in wisdom and charm, you are romantic and deep thinking and your intuition guides you strongly. Avoid procrastination and your stingy attitude towards money. Keep your sense of humor about life. The Snake would be most content as a teacher, philosopher, writer, psychiatrist, and fortune teller. Some Snakes: Clara Barton, Liz Claiborne, Charles Darwin, Mary Baker Eddy, Elizabeth I, Fannie Farmer, Anne Frank, Mahatma Gandhi, Ellen Goodman, Carole King, Martin Luther King, Abraham Lincoln, Edgar Allen Poe.

Your capacity for hard work is amazing. You are your own person-very independent. While, intelligent and friendly, you have a strong guard against being egotistical. Your sign suggests success as an adventurer, scientist, or politician. Some Horses: Louis May Alcott, Chopin, Davy Crockett, Ella Fitzgerald, Aretha Franklin, Sandra Day O'Connor, Rembrandt, Teddy Roosevelt.

Except for the knack of always getting off on the wrong foot with people, the Goat can be charming company! You are imaginative and artistic but the first to complain about things. Put aside your pessimism and worry and try to be less dependent on material comforts. You should be best as an actor, gardener, or boxcoombacher. Some Goats: Rachel Carson, Michelle Obama, Mark Twain, Rudolph Valentino, Barbara Walters, Orville Wright.

You are a very intelligent and a very clever wit. Because of your extraordinary natural and magnetic personality, you are always well-liked. The Monkey however, must guard against becoming an opportunist and distrustful of other people. Your sign promises success in any field you try. Some Monkeys: Salvador Dali, Caspar, Bette Davis, Amiee Oakley, Eleanor Roosevelt, Betsy Ross, Diana Ross, Elizabeth Taylor, Harry S. Truman, Leonardo de Vinci, Alice Walker.

The Rooster is a hard worker, shrewd and definite in decision making, often speaking his mind. Because of this, you tend to seem boastful to others.

You are a dreamer, flashy dresser, and extravagant to an extreme. Butter under this sign you should be happy as a restaurant owner, publicist, soldier, or world traveler. Some Roosters: Virginia Apgar, Catherine the Great, Amelia Earhart, Rudyard Kipling, Grouschi Marx, Peter Ustinov.

The Dog will never let you down. Born under this sign you are honest, and faithful to those you love. You are plagued by constant worry, a sharp tongue, and a tendency to be a fault finder, however. You would make an excellent businessman, activist, teacher, or secret agent. Some Dogs: Chee, Winston Churchill, Bill Clinton, Dorothy Dix, Benjamin Franklin, George Gershwin, Jane Goodall, Herbert Hoover, Shirley MacLaane, Geroald Meltzer, Lucy Maud Montgomery, Socrates.

You are a splendid companion, an intellectual with a very strong need to set difficult goals and carry them out. You are sincere, tolerant, and honest but by expecting the same from others, you are incredibly naive. Your quest for the acquisition of material goods could be your downfall. The Boar would be best in the arts as an entertainer, or possibly a lawyer. Some Horses: Lucille Ball, Ernest Hemingway, Mahalia Jackson, Albert Schweitzer, Elizabeth Cadet Stanton.

What's your sign?

By Michelle Hulett
Staff Writer

On Jan. 29, Chinese faculty at Governors State University organized and sponsored a celebration of the Chinese New Year. Fifty people, including Chinese students, staff, faculty, and guests attended the party.

GSU Provost, Dr. Jane Hudak was in attendance along with Dean Eric Martin, Dean Deborah Blandon, and Dean Ellen Foster Curtis. Each gave greetings to the participants and guests in Chinese.

There were also several performances, including singing by Dr. Anthony Andrews, Simon Li, and Ruidun Zhang, a dance by Sydny Zhang, and a guitar performance by Tang Yang.

Dean Eric Martin was impressed with the event, noting the "collaboration between students, faculty members, and staff members." He went on to say it "kept with the University's priorities related to diversity and globalization."
GSU Weathering Tough Economic Times

By Renee Wichman
Staff writer

GSU has put some projects on hold because of the economic climate and state budget crisis, but overall the school remains in better fiscal shape than many during these trying times, say university officials.

And it appears many of the newly unemployed are opting to go back to school. This trimester, GSU had an 8 percent increase in new student enrollments over winter 2008, said Dr. Carol Cortilet-Albrecht, Assistant Vice President of Enrollment Services and Registrar.

The suffering economy also has not affected the financial aid office. Loans from the federal government such as the Pell and SEOG grants are still available. Undergraduate students are urged to fill out their FAFSA by April 1 for priority consideration.

Director of Financial Aid Freda Whisenton-Comer advises students to look for scholarships and apply early for the FAFSA. She also said alternative loans such as Chase, Citibank and SallieMae are still available from banks such as Chase, Citibank and SallieMae as well as other banks.

But the year is only beginning and university officials are bracing for the worst, particularly with the state billions of dollars in the red.

"Depending on whose number you read and believe, the State of Illinois is 6.9 billion in the hole. It has incurred expenses it hasn't paid for," said Jeff Slovak, Deputy Vice President for Finance and Administration.

State tuition are the two largest sources of revenue for the university, he said. This year, the state's allocation was $28.3 million but 2.5 percent of the tuition increase will not be determined until after the state makes its appropriation for next year which won't happen for several months.

Other state universities, including Eastern Illinois University and University of Illinois have discussed layoffs. At this point GSU is not considering layoffs, but if the state sends more funds this fiscal year that could a possibility, Slovak said.

In the meantime, all expenditures are being closely monitored including travel and hiring. And some projects, such as classroom renovations, are delayed.

"FY09 has become a challenging year for GSU, and promises to become even more so in the weeks and months ahead. As I have always said, times like these 'concentrate the mind.' Together, guided for our strong 'can-do' spirit, we can meet these challenges and emerge even stronger," GSU President Elaine Maimon wrote in a memo to university employees in December.

In my memorandum (December 4, 2008) to the GSU campus community, I announced precautionary measures to reduce or delay certain discretionary spending during the current fiscal year. Those measures were put in place in response to the budget-cutting actions taken by former Governor Blagojevich, and those actions remain in force. As I indicated in that memorandum, "It would be prudent for us to anticipate that even more difficult budgetary times are ahead." Indeed, they are here now.

State Comptroller Daniel R. Hynes, in a statement issued two weeks ago, said that "...lagging revenues and continuing spending pressures will result in a record backlog of bills payable of approximately $4.5 billion by June 30 of this year..." Basit's assumptions on current information, he predicted a budget deficit of approximately $8.95 billion in FY10. The budgetary implications of these worsening conditions for next year are grim.

Thanks to the prudent steps we took last year, both in the setting of tuition and fees and through the PBAC-driven resource allocation process, the University is now in a reasonably healthy financial position. The upward enrollment trends that we have been experiencing in many of our programs are contributing positively to our current financial health and to the fulfillment of our mission. GSU is increasingly tuition-driven, as state appropriations remain flat or decline. Our ability to offer high quality programs and demonstrate indispensability to our region will, by and large, be a function of how well we grow and manage enrollment, I, therefore, want to take this opportunity to express my thanks and appreciation to the faculty and staff who have tirelessly supported and contributed to these efforts.

However, given the current economic conditions and the uncertainties associated with the State's fiscal future, it is imperative that we take additional precautionary steps to ensure that we can weather the difficult budgetary environment that we are anticipating next year. I believe that the measures outlined below are necessary in order to preserve and protect existing jobs - something that I am committed to - and to position ourselves to come out of the current crisis healthier and stronger.

Therefore, effective immediately and until further notice, the following additional steps have been instituted:

1. No vacant position will be recruited for or filled; and
2. No personnel action that may have fiscal implications will be initiated or acted upon.

Examples of such personnel actions include job reclassifications and supplemental pay arrangements.

Exceptions may be made upon the written approval of the President. The Human Resources Department will not post or fill any position or initiate any personnel action with fiscal impact without written authorization from the President.

FY09 has been and continues to be a challenging year. FY10 promises to become even more so. As I stated in my December 4 memo, times like these "concentrate the mind." Together, guided by our strong "can-do" and pioneering spirit, we can face these challenges head on and emerge an even stronger university.

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Music Review

Revisiting Gnarls Barkley

By Amy Beth Porter
Contributing Writer

Imagine a surreal place where jazzy lounge sounds, hip-hop flavor, Motown flair, and personal tragedy converge. That place is The Odd Couple, Gnarls Barkley's second album, which was released early last year. It must have been difficult enough to reclaim the fervor and frenzy with which the world took to Barkley's Crazy, the summer hit of 2006 that spent seven staggering weeks at number one and seemed to be playing everywhere at once.

Gnarls Barkley is a two-man team consisting of Cee-Lo Green, a singer/rapper, and DJ Danger Mouse (aka, Brian Burton), who met way back in middle school. The intensity of Cee-Lo’s lyrics makes perfect sense considering his childhood battles - depression, the death of both parents, and his life as a teenage drug enforcer. In his newest album, it’s clear that he doesn’t mind performing vivisecution on himself for his audience.

This thirteen-track treasure trove opens with Charity Case, a jingly, regrade pop song that opens brightly with “How are you?” barkedly remediosed “I can’t even help myself.”

Moving through the album, Who’s Gonna Save My Soul is one of the heavy hitters, lamenting, “[I’m]Tired enough to say my own soul down” and hitting a crescendo when Cee-Lo screeches, “What about you?”

Going On is both a slow song and a dance song in one, interspersed with flute, as Cee-Lo admits, “I’m going on/ And I’m prepared to go it alone.” Run (If’n a Natural Disaster) picks up the pace to a drug-induced mania meant to mirror the effects of heroin. When the needle hits the vein (“ain’t nothin’ like the real thing”) as a chorus of children yell, “Run!” throughout. Would Be Killer is a spooky look into the landscape of insanity, it starts with the lines “I have a secret/Something I thought maybe I could do.” Open Book has an erratic drumbeat that catches the ear and invites listeners in (“Come on, take me I’m an open book.”)

Cee-Lo seems to lament his friendlessness in Whiskey. Yet by the same token feels stoic about his isolation: “I have nothing in common with y’all.” Surprise! is a deceptively giddy warning of the many things not to be surprised about (“When the ultimate alive utterly dies/Oh, Lord, don’t be surprised.”)

No Time Soon, arguably the weakest song on the album, portends a breakup, although it isn’t clear whether Cee-Lo is referring to a relationship or a love affair. She Knows is perhaps a follow-up to the track that precedes it: “It wouldn’t surprise me to see her ghost.” Blind Mary is one of those songs that sticks in your head, even though you wish it wouldn’t because of its redundancy: “I love Mary/Like Mary, marry me.”

Neighbors seems to tell the story of how people covet whatever measure of success their neighbors achieve (“My neighbor wants to be me/But he’ll never be.”) A Little Better wraps the album up but doesn’t have any tidy ending. Instead, it seems a promise to things to come in Cee-Lo’s music: “My life was a lonely one/And was Song.”

Sufficient to it: say the Odd Couple takes risks that are supported by the wisdom of Cee-Lo’s experiences. You’ll be playing this one again and again.

Lucinda Williams: A Great Addition to Collection

By Amy Beth Porter
Contributing Writer

You will no doubt soon be adding Lucinda Williams to your list of exceptionally distinctive voices. This is a woman who believes in the slow process of healing, and it’s apparent here that she intends to emote her entire way through it.

World Without Tears from Lost Highway Records is a 13-track manifesto from 2003 that draws on blues, country, and rock influences with grace. Lucinda writes her own songs and plays electric and acoustic guitar. Bandmates are Doug Pettibone (electric guitar, mandolin, harmonicas), Tiras Produnik (bass, stand up bass, harmonicas), and Jim Christie (drums, Wurlitzer, Vox Organ).

The opening track, Fruits of my Labor, is rich and easy with a tidal wave of nostalgia for a failed relationship: “I’ve been cryin’ for you but truth is, I’m sorry.” Righteous, the sexually antagonistic next track, got a lot of play on WXRT (93.1 FM) the year it was released to radio: “Be the man you ought to tender/or Stand up for me.”

Ventura, one of the arguably weaker tracks on the album, is a drowsy song that drags. The angst blooms in Real Live Bleeding Fingers and Guitar Strings, one of the more rock and roll numbers: “I climbed all the way inside/Your tragedy, I got behind/Thy majesty.”

Overtime channels Patsy Cline with a vaguely tropical feel: “I guess your afternoon/You won’t cross my mind.” Those Three Days is a bitter and rawful indictment over a too-brief love affair: “Did you love me forever/Just for those three days?”

Sung in the voice of an alley cat on the provo (“Kill the rats in the gutter/Sings the voice in the choir”), Atonement is best for its mid-song guitar solo. Sweet Sad is an incredibly sad song that many women can identify with, as it details the ravages of loving an abused man: “You get defensive at every turn/You’re overly sensitive and overly concerned.”

Monopolos is folky and removed from reality, like being left in emotional limbo: “I’ve been wasted, angry and sad/Since you left.”

American Dream is a departure from the other tracks that comprise the album with its spoken word delivery and lounge jazz backdrop. You won’t find out until almost the end of the track that it’s sung from a Navajo perspective: “My American Dream almost came true/But the things they promised me never came through.”

The title track of the album, World Without Tears, tries insincerely to find the bright side of human suffering by claiming that without it, “How would bruises find/Thе face to lie upon?” Rounding out the effort is Words Fail, a lalty of reconciliation that ends the album with a better sense of ends which the previous tracks afforded - “In the silence of the roses/Words Fail.”

In the liner notes of World Without Tears, Lucinda Williams thanks her friends and family for “walking with me through this world of tears.” Clearly, the same can be said of anyone who listens to this album.

Let’s Get Fit Together at GSU

By Krystal Lang
Contributing Writer

Nowadays with finances being tight and demanding schedules keeping everyone busy, it’s difficult for people to find the time and the money to stay in shape. GSU’s Department of Human Resources recently started Let’s Get Fit, a new program to help motivate employees and students improve their physical and mental well being during these tough times.

While most of us were indulging over Christmas break, GSU minds were still at work. Human Resources Associate Julia Jamison and Benefits Manager David Drehsel and other Human Resources staff had noticed that morale was down due to the stressful year that everyone had endured.

Jamison said she first thought about doing a “biggest loser” type program but then she thought that might deter people who were already trying to get employees motivated to workout at least three days a week for fun. Jamison suggested a program that would raise morale and also promote good health.

With no money but a great idea, Gale Brudawski, Associate Vice President for Human Resources, gave approval for Jamison to cross departmental boundaries and formulate the Let’s Get Fit program for GSU faculty and staff.

The Let’s Get Fit program is a 12-week program that promotes healthy living. Jamison says, “We are looking for an overall improvement in health.” It has been more successful than Jamison had imagined with about 85 people participating, more than twice the number she had expected.

The Let’s Get Fit program works on a point system each person will receive a fitness record card. Each time participants go to the fitness center they must sign in and out in order to receive points for their fitness session. Enrollees should work out at least three times a week and 30 minutes a session. Members of Let’s Get Fit get a three-month membership to the GSU fitness center.

Jamison said the program will be reinforced at different intervals and will work well with the Weight Watchers program that is already ongoing on campus. If you are already a part of the Weight Watchers program it counts toward one health session.

“Heart disease is the leading cause of death for men and women and risk factors such as high cholesterol, high blood pressure, obesity and diabetes many times can be prevented with active lifestyles, eating healthy and staying tobacco free,” according to the American Heart Association.

But being more active can help improve more than your waistline. “You can better serve students if you are happier and healthier” said Jamison.

Getting in shape and taking care of your body can be a challenge, but when you have support it becomes a bit easier. The Let’s Get Fit program began on Feb. 1, 2009 and will run until April 30.

“This will probably be an annual event because more people are signing up than expected.” Jamison said.

The Let’s Get Fit goal is, “To get employees excited about getting fit and to workout at least three times per week for 30 minutes each time. Improve overall health by reducing stress and depression, and promoting weight loss. The end result, increased mental acuity, productivity, and employee cohesion, while bringing awareness to the services GSU offers employees.”

For more information contact: Julia Jamison, Human Resource associate and Civil Service employee ext 7468.
Let me just start by saying I have never had violent tendencies toward books. I have hundreds of them, all kept in pristine condition. I treat my books with the utmost care.

That being said, after reading *Into the Woods* by Tana French, I wanted to rip each and every page out and put them through the shredder. I didn't, of course, because after all, it was a book and on some level, I just couldn't bring myself to harm it. But, it's the closest I've ever gotten to destroying one.

The book was an Edgar Award winner and won an award for Best First Novel by an American Author. I tend to be drawn to books and won an award for Best First Novel by an American Author. I tend to be drawn to books with their upmost care.

By Michelle Hulett
Staff Writer

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*Into the Woods* a Bitter Disappointment

By Michelle Hulett
Staff Writer

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That being said, after reading *Into the Woods* by Tana French, I wanted to rip each and every page out and put them through the shredder. I didn't, of course, because after all, it was a book and on some level, I just couldn't bring myself to harm it. But, it's the closest I've ever gotten to destroying one.

The book was an Edgar Award winner and won an award for Best First Novel by an American Author. I tend to be drawn to books with their upmost care.

*Into the Woods* a Bitter Disappointment

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HAT'S UP

Crossword & Sudoku: solutions on page 7

ACROSS
1. Volcano
6. Stylish
10. A round flat object
14. Supplications
15. City in Nevada
16. Native of Peru
17. Breastplate
18. God of love (Greek mythology)
19. Small barracuda
20. Proceeding from an ancestor
22. French for "Moon"
23. Prefix indicating recent or new
24. Plunderer
26. Hydrophobia
30. Cleverly
32. Assist
33. Large book
35. Shoestrings
39. Braid
41. Soaked
42. Genus of the alewife or shad
43. Cassia
44. Anagram of "Seal"
46. Unfreeze
47. Be
49. Happy
51. Monetary unit of the Netherlands
54. Friend
55. Molten rock
56. Associated with the priesthood
58. A system of beliefs
60. Small cold-water fish
61. Backside
62. Sediment from fermentation
66. Half a quart
67. Faithful and true (archaic)
68. Ganders

DOWN
1. French airplane
2. To the windward side
3. Hindlimbs
4. A Levantine ketch
5. A member of an ascetic Jewish sect
6. A system of beliefs
7. Queen of the gods (Greek mythology)
8. Knowing a secret (2 words)
9. High-priced
10. Unfaithfulness
11. Putting in data
12. A round flat object
13. Where a bird lives
14. Possessing the necessary skills
15. Leaf of the jaipal palm
16. Gentle blows
17. A leguminous plant
18. Wanderers
19. Ethiopia
20. Proceeding from an ancestor
21. French for "Moon"
22. Prefix indicating recent or new
23. God of love (Greek mythology)
24. Plunderer
25. Hydrophobia
26. Gentle blows
27. possessing the necessary skills
28. A leguminous plant
29. Wanderers
30. Small cold-water fish
31. Permits
32. Assist
33. Large book
34. Is indebted to
35. Shoestrings
36. Type of salmon
37. Jacob's brother
38. Wood-cutting tools
39. Braid
40. Slightly open
41. Soaked
42. Genus of the alewife or shad
43. Cassia
44. Anagram of "Seal"
45. Deep prolonged sounds
46. Unfreeze
47. Be
49. Happy
51. Monetary unit of the Netherlands
54. Friend
55. Molten rock
56. Associated with the priesthood
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SUDOKU

If you wish to advertise in the Phoenix, please call Business Manager, Sylvia Mcghee at 708-534-3068, or e-mail her at phoenixad@govst.edu

Dear President Obama

The mailbox at The White House is overflowing with letters for President Barack Obama. Children all across America are writing in record numbers with questions, ethical and words of encouragement for our 44th President. Each child has a story to share with our new Commander in Chief, some more colorful than others. Come see our show magical and inspiring stories. Hurry on stage. Please join us for Studio One Productions, Dear President Obama. Show appropriate for ages 3 and up. For more information call 815-540-2800.

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Dear President Obama is back by popular demand with a special family friendly evening.

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Learn the etiquette skills needed when meeting potential clients or employers in social settings.

Etiquette Luncheon

Professional Image - Etiquette Luncheon

Saturday, March 24
11:30 a.m. to 2:30 p.m.
50% of the proceeds will go to benefit the Chicago Children's Memorial Hospital.

The Phoenix welcomes letters to the editor and/or editorials. 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.