GSU profs take South Korea by storm with new film

By Jeff Smaltz
Contributing Writer

GSU professors Sang Hoon Lee and Dan Nearing were invited to the prestigious Pusan Film Festival in Asia for their art film “Chicago Heights.”

Inspired by the novel “Winesburg, Ohio” by Sherwood Anderson, “Chicago Heights” is a state of mind, and an ironic title for a film that is more about the depths of despair than it is about heights of any kind,” Nearing said. “I am a firm believer in being proud of where you live and work, and trust that a good story can happen anywhere,” added Nearing.

The film had no financial backing as it did not require a budget. The film was created with university equipment used by GSU’s MFA students. Many people volunteered their time, food, and gas money in order to contribute to the creation of this film, Nearing said.

Nearing said that this film shouldn’t be considered a “movie” in the conventional sense. “The project is very much in keeping with the artistic experimentation we encourage in the MFA program,” said Nearing.

For Nearing, it was a honor to work with Lee as a cinematographer. “He developed a deep sense of the film’s story, and he worked hard to achieve the picture profile we sought,” said Nearing.

Among the two hundred or more films at Pusan, “Chicago Heights” is the only North American film to be screened in the competition.

A DVD package is already prepared and GSU will distribute the film once the premiere screenings are finished.

The Pusan Film Festival takes place October 13th, with most of the travel expenses paid for by the festival. Both professors Nearing and Lee are expected to attend, with Nearing speaking at the event.

More details of the film can be found at: www3.govst.edu/gsumfa/pusan.html.

New food service brings cheaper healthier options to GSU

By Jeff Smaltz
Contributing Writer

GSU students may have noticed the lower prices and other changes in the GSU cafeteria.

Beginning with the start of the current fall trimester, GSU hired Food Services Inc. (FSI) to be the new food vendor, replacing SODEXHO.

The new deal runs for three years, with an option for an extension if FSI meets GSU’s students and faculty expectations. FSI will receive a percentage of the profits through commission, university officials said.

“If FSI meets the expectations that we have, then we will extend the deal,” Jerad Garrison, Associate Director of Procurement & Auxiliary Services said. “So far, Garrison has heard nothing but good things about FSI and their food.

“By GSU choosing FSI, the quality of life for the students is better,” according to Shannon Lauridsen, GSU’s new Food Services Director. The switch was made to improve the quality of food and provide improved customer service. They have added more variety and healthier options, she said.

Graduate student Allen Babiarz said, “I like the food now and I like how everything is cheaper now. They (GSU) need to remember that college students are broke, so the lower costs help a lot.”

Student Chris Zmuda also likes the lower prices. “It’s alright. I like it better than the stuff that was more expensive before,” he said.

Changes include expanded menu items and newer vending machines. “We have been working on the top sellers and would like to see what else everyone would like,” Lauridsen said.

Students and faculty can suggest menu items in the suggestion box in the Perk area. “Even if you have never seen the item, please let us know,” Lauridsen added.

Both Lauridsen and Garrison expressed excitement about what FSI can bring to GSU. The weekly menu can be found on GSU’s website.
The Phoenix Needs YOU!

By Sarah Koehler
Editor

When I first became the editor of The Phoenix in June 2008, I wrote an editorial calling for GSU students, faculty, and administration to become part of our school newspaper. Whether as staff writers, photographers or contributors – in whatever capacity – I needed YOUR help.

Full of hope and brimming with optimism, I swore I would be the person to turn the paper around. I’d grown the staff to hundreds! We’d have weekly issues! There would be people clamoring to join The Phoenix team!

Well, as you can probably imagine, this hasn’t quite happened.

As I begin my second full year as the paper’s editor, I’m again asking for the help of our GSU community. Why do I come to YOU? Simply because I’ve seen the good things people can do when they work together, especially here on campus.

I’ve been a student in the English department at GSU since the Fall 2007 term and will be getting my second B.A. in Secondary English Education this December. But I am hoping to continue at GSU in January for my M.A. in English. (I haven’t yet received my letter of acceptance, but my fingers are tightly crossed!)

I’d like to be, as they say, “in for the long run.” But I can’t do it by myself. Currently, we have a very small staff: one faculty advisor, one editor, one associate editor and one staff writer. The demand is high at GSU for a school newspaper of which we can be proud. But currently, my supply of ideas and staff needs a major refresher.

So I ask, what can YOU contribute? Are you a writer? If so, would you be willing to share your talents to describe GSU events? Do you love music? Movies? If so, you could review them for us. Do you love to draw? To my knowledge, The Phoenix has never had its own cartoonist. But what’s to say we can’t?

What about photography? Have you taken a great picture that you’d love to share? If so, submit it to us! Just include your name and where the picture was taken and more than likely, we’ll print it for all the GSU community to see!

English teachers, are there pieces your students have written that we could publish? Art teachers, what about the projects completed by your students? Desktop Publishers and Computer folks, what can you contribute?

In 2008, I penned my editorial as the metaphorical captain of the ship, ready to take the helm and steer The Phoenix into a successful run. I am still ready to captain that ship; however, I need a few crew members. It’s simply not possible to steer the ship, set the sails, feed the crew, wash the decks and photograph the sunset at the same time.

If you’re interested in contributing to the paper, please email us at phoenix@govst.edu. I look forward to hearing from you and incorporating your ideas, your suggestions and most importantly, your talents, into our school paper.

Ask yourself, “What can I do?” and then make the decision to give it a try. After all, you miss 100 percent of the opportunities you never take.
Vets 4 Vets Offers Help & Hope to Returning Vets

By Sarah Kohler

"Recognizing the Need for Peer Support for Returning Iraq and Afghanistan War Veterans" is the topic of an important, free seminar to be held at Governors State University on October 27, from 1 to 6 p.m. in the Cafeteria Annex.

Participants in this seminar will focus on making a difference in the lives of returning Iraq and Afghanistan War veterans. The seminar will focus on understanding the need and benefit of peer support for vets, developing ways that the university and the GSU Counseling Department can help veterans and their families, and establishing a peer support network on campus.

"In Afghanistan and Iraq, life and death are a daily routine. Our service men and women must push their emotions aside so they can function. What was real is no longer real. Then they come home to where life went on without them, where they have to swallow their emotions, and change the way they love, live, and relate," explains Dr. Cyrus M. Ellis.

Dr. Ellis also has 20 years of service in the U.S. Army, and has been on a number of military deployments.

"Veterans need to share the intangibles with someone who understands, someone who won’t question their values, and who will keep them from being alone in the darkness. This seminar will help us prepare to respond to this growing need," adds Dr. Ellis.

In conjunction with GSU, the Jesse Brown VA Medical Center and VETNET will be on hand to assist veterans in registering for benefits, receiving information about VA services and other services for veterans and their families.

The seminar is sponsored by Chi Sigma Iota - the Professional Counseling Honors Society, and the Illinois Association of Counseling Students at GSU. For more information or to register for this free seminar, call (708) 534-4907.

Hello everyone,

I am a professor in the Division of Psychology and currently serving as GSU Chapter President of APA, the professors’ union, while our President is on sabbatical. I need to send you important information about MAP (Monetary Award) grant cuts that will be affecting many of you next semester. I am sending you a link to a webpage on the UI local website. It contains a flyer with important information about the cuts and how it will affect many students at state universities in Illinois. The webpage also has links to more information about what is going on with this issue and a way to sign a petition that would go to legislators. As the flyer on the webpage indicates, 47% of GSU students will be affected by MAP grant cuts beginning next trimester. It is possible that many students will not be able to continue their education, with our neediest students being most affected. We need to pressure legislators NOW, as the momentum is growing across Illinois to have them reinstate the funds for this program.

http://uploadlocal4100.org/text/2009/AlliesForStudentFunding.html

We are asking students to fill out postcards that professors make available to them. Fill in your name and permanent address so we can find your legislator and we will send the cards directly to them. Return the cards to your professor, and he/she will make sure the postcards get back to me so we can send them altogether. Also, please sign the petition on the webpage.

Even if you are not directly affected, many of your fellow classmates will be. Thank you in advance for your participation.

Elizabeth Ruiz, Ph.D.
Associate Professor of Psychology

Increasing Your Chances For Job-Hunting Success

By Bob Roth

The "College & Career Success" Coach

It's during the first three years of college that students lay the groundwork for a successful senior year job search. However, since most students don't know what it takes to get prepared for job hunting success, I've provided a list of things that students should be doing, as they go through college.

- Select a major that compliments their interests and strengths
- Perform in the classroom
- Research potential employers and determine their hiring requirements
- Get involved in campus, work and community activities
- Obtain work experience in their field of interest
- Demonstrate their capabilities
- Excel at something they love
- Develop a list of accomplishments in classroom, campus, work or community activities
- Develop outstanding communication skills
- Seek and accept leadership roles
- Improve their people skills
- Develop, expand and utilize their networks of highly respected contacts
- Prepare impressive and powerful job hunting tools (Resume & Sales Letter)
- Identify all viable job hunting techniques
- Practice and sharpen their interviewing skills
- Develop examples of successes and stories about experiences for use during interviews
- Find a way to differentiate themselves from other candidates
- Obtain impressive references
- Be prepared to give employers solid reasons why they should be hired

When students choose not to excel in any particular area, fail to develop a list of impressive accomplishments, don't find a way to differentiate themselves from other qualified candidates, ignore the need to build a functioning network and don't do the early work that is needed to get ready for their senior year job search, they should not be surprised when they fail to land a good paying job with a well known and respected employer.

Instead, they should get prepared to accept the fact that they have most likely blown their chances of landing the job that they had hoped for or dreamed about.

Students who intend to obtain a good paying job don't sit back and let three and a half years of college go by before they start to prepare for their job search. They understand the "the senior year job search actually starts in the freshman year." It takes that long to do all of the things that are necessary to prepare for, launch and conduct a comprehensive job search.

Too many students are unprepared to compete for jobs. And yet, some of these students still believe that they will receive a job offer, as the result of a few campus interviews. Others mistakenly think that they will simply send out eight or ten resumes before they receive a couple of good job offers.

Unfortunately, for seriously unprepared college seniors, job hunting will be an extremely frustrating and disappointing experience. Good jobs do not just fall into someone's lap. Students have to prepare for them and fight for them.

If students would like to obtain a good paying job with a respected employer, they must start fighting for one today. They should first look at the list above and then lay out a plan of action that incorporates five or more items on the list. Then, they can enthusiastically attack those lists.

Successful students will work on one or more of those items at all times, during each remaining semester, in between semesters and during each summer. That is the way to give themselves the best possible chance for landing a highly desirable job.

Continuous effort, not strength or intelligence, is the key to unlocking our potential.

-- Winston Churchill

College is expensive, and; unemployment is depressing and scary. That's why wise students work hard to give potential employers what they want. They aren't willing to blow their chances for job hunting success.

For more information on how to successfully land a job, visit Bob's web site: www.The4Realities.com.

Bob Roth is the author of The 4 Realities Of Success During and After College and The College Student's Guide To Landing A Great Job. The College Parent's Guide To Student Success will be available in 2010.
Keep Yourself Informed

Useful and important information is sent to you via your GSU email. Don’t miss it.

To transfer your GSU email to your personal email, follow these easy instructions -

Log in to iMail at **mail.govst.edu** using your GSU iMail username and password. Click **Preferences**.

In the "**User Preferences**" window, under "**General User Settings**," in the box labeled "**Forward to:**," type the e-mail address to which you would like to have your iMail messages forwarded. Click "**Save.**"

For more information, visit

[www.govst.edu/its/t_its.aspx?id=2081#iMail.Forward](http://www.govst.edu/its/t_its.aspx?id=2081#iMail.Forward)
Chasing an Olympic dream
Local woman writes book about life as a world-class athlete

DIANA MUHAMMAD
Contributing Writer

There was a time in her life when running meant being absolutely free. She was 10 years old then, and Diana Muhammad ran like the wind through Sherwood Park in Chicago. She outran all the other girls, and then she outran all of the boys.

"My mother asked me why I didn't let someone else win," Muhammad, 48, recalled as she sat at her kitchen counter, "and I said, 'no one can beat me,' and, really, no one could.

Muhammad, who ran as Diane Williams, during her athletic career, was once ranked fifth in the world as an Olympic-caliber sprinter. She saw her career and her life teeter on the edge of ruin, however, because a former coach started feeding her steroids—he told her they were vitamins—following an injury.

Her body began changing after ingesting the performance-enhancing drugs, she developed psoriasis and acne, and her voice deepened. The changes became so noticeable that at one point her mother called her up after watching her compete in a track meet and said, "I don't know what you're doing to yourself, but you need to stop," Williams recalled.

"That was a real wake-up call for me and, you know, it really hurt my heart because I felt like I was letting her down.

Williams, who qualified for the 1980 Olympics in Moscow, has written a book about her life as a world-class athlete and her fight to regain her reputation as well as her speed after she stopped using steroids. Titled, "True To Me: An Olympian's Victory over Steroids," the book details her early career as a top-ranked runner in Chicago where she won both city and state championships as an Illinois High School Association (ISHA) sprinter, through her college days at Michigan State University.

She discusses her joy at making the 1980 Olympic team and her disappointment when President Jimmy Carter told American athletes they would not be competing in Moscow because of the former Soviet Union's invasion of Afghanistan. She also discusses in painful detail her years as a protégé of disgraced coach Chuck DeBus.

It was DeBus, a man she trusted, who fed her steroids and told her they were vitamins. Now under a lifetime ban, DeBus later tried to blames Muhammad for using steroids and repeatedly denied that he had done anything wrong.

That led her to speak with Senator Joe Biden, D-Delaware, and later to testify against performance-enhancing drugs before the Senate's powerful judiciary committee.

That testimony was a key ingredient in getting Congress to pass a bill designating steroids as dangerous drugs.

Her book is also, however, a story of redemption. Blackballed by Olympic coaches in 1984 after a urine test showed the presence of steroids—she was later exonerated when subsequent tests were inconclusive—she started training under Pat Connolly, herself a former Olympian.

Connolly helped her regain her championship form and she later was the 1987 National Champion and other important races in the United States and Europe before retiring.

Connolly was an early campaigner against performance-enhancing drugs. She also testified about the dangers of steroids before Biden's committee when Muhammad did in 1989.

"It took me a long while and a lot of courage, a lot of heart, for me to do what I did and to come as far as I have. I did it thanks to God and my family. I hope this book lets young athletes know how dangerous these drugs are and convinces them to stay away from them."

Her book entitled, "True To Me" is available on www.amazon.com.

GSU Announces 2009 Pringle Scholar

By Sarah Koehler
Editor

Governors State University recently named Theresa M. Tofiga of Oak Lawn as the 2009 recipient of the Robert A. Pringle Memorial Scholarship.

"I am honored to earn this award and pleased to take advantage of all the services and help GSU has to offer," says Tofiga who is studying for her Bachelor of Arts in Interdisciplinary Studies at GSU. "My window of opportunity is growing everyday."

The Pringle Memorial Scholarship is named for Robert Pringle who helped create the original Board of Governors degree program from which the Bachelor of Arts in Interdisciplinary Studies has evolved. The Pringle family administers the scholarship through an endowment.

The Interdisciplinary Studies degree program at Governors State University offers college credit based on learning gleaned from life experiences. It was created for students like Tofiga with work and life experience equivalent, in many cases, to college level work.

Students in the program complete degree requirements within the program, often tailoring undergraduate studies in preparation for graduate work.

"We are very proud of Theresa," said Dr. James Howley, Chair of the Division of Liberal Arts, and Interim Director of the School of Interdisciplinary Learning. "Students in our program are very determined to earn their degrees and scholarship opportunities like this help make it possible."

"I was a single mom, worked two jobs, and raised three children. It has been a struggle. Over the years, I learned that without an education, it is impossible to maintain financial stability. Now I am setting an example for my kids and grandkids."

Tofiga's road to her degree has not been easy. At one point, she sold her car to help pay for her tuition, but, according to Tofiga, "I can't help but succeed. The professors at GSU are so knowledgeable, approachable, and accepting of everyone. My college education affords me the opportunity to recognize my life experience."

For more information about the Interdisciplinary Studies degree program at Governors State University, call (708) 534-4092 or visit www.govst.edu/sidl.
Inglorious Basterds a Must-See

By Brooke Long
Contribution Writer

Inglorious Basterds is everything you expect a Quentin Tarantino to be: bloody, gory, funny, and seriously entertaining. Absurd, but enthralling, Tarantino’s film is a revenge fantasy flick with similarities to Death Proof and Kill Bill.

Set in Nazi occupied France during World War II, the film chronicles an army of Jewish Americans soldiers, the Inglorious Basterds, who spread fear through the Third Reich by killing and scalping Nazis. Aldo “the Apache” Raine (Brad Pitt), the jaw-jutted, hillbilly leader of the Basterds, relishes in “killin’ Natzies” and cutting swastikas into the foreheads of the few Nazis they let live.

Meanwhile, a French-Jewish woman seeks revenge for the murder of her family at the hand of the Nazis. After she escapes, Shosanna Dreyfus (the wonderful Melanie Laurent) operates a cinema in Paris under a new name and identity. Franz Zoller, a Nazi soldier infatuated with Shosanna, coordinates a showing of “Nation’s Pride,” a Nazi propaganda film in her theater. Of course, living in a Nazi-occupied country, Shosanna has no choice in the matter. The Nazi officers expected to attend the premier, including Hitler and Goebbels, are unknowingly ducks for Shosanna’s revenge. With the assistance of double agent/German movie star, Bridget von Hammersmark (Diane Kruger), the Basterds infiltrate the theater with their own plan for destruction.

When I first read about the film, I was more confused than curious: a Tarantino action-comedy flick set during the Holocaust? This is not going to work. However, it does come together as a Tarantino film, but not as a war film. All of Tarantino’s films are comprised of his own fantasies and have little to do with reality. Yet, I really didn’t care; it was impossible to note any historical inaccuracies because it has nothing to do with history. (History buffs beware: if you are seeking a historically accurate war film, this is not your movie.)

Although the previews for Inglorious Basterds advertise Brad Pitt as the star of the movie, I found him to be a secondary character. As the leader of a “bushwhackin’ guerrilla army,” he is a cartoonish, one-dimensional character; however, it works because he provides much of the comedy in the movie. The true standout in the film, Colonel Landa (Christoph Waltz), a vicious Nazi known as “The Jew Hunter,” steals every scene he is in. Suave, highly intelligent, ruthless, and frightening, Landa is the quintessential villain we all hope will get what he deserves in the end.

I very much enjoyed the film; in fact, I will even say it was great. Despite the absurdity of the plot, which was especially silly at the end, I recommend Inglorious Basterds.

For two and a half hours, disregard everything you learned in high school history class and enjoy Tarantino’s alternate-reality.

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Don’t give germs a free ride.

Prevent infection - Wash your hands with soap and water or alcohol-based sanitizer.

To avoid catching or spreading infections such as swine flu, the CDC advises:
- Avoid close contact with sick people.
- Cover your nose and mouth when you cough or sneeze.
- Cover your mouth and nose when you cough or sneeze with a cloth or tissue.
- Wash hands frequently.
- Avoid touching your eyes, nose, or mouth.
- Practice good health habits.

www.cdc.gov/swineflu

Prepared by: University of Colorado Denver

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Happenings
What’s Going On @ GSU
Compiled by Sarah Koehler
Editor

CAS Prior Learning Portfolio Workshop
Sat., Oct. 17, 10 a.m. to 12 p.m.

GSU Hall of Honors
Learn how developing a Prior Learning Portfolio can help you earn credit toward your B.A. degree in Interdisciplinary Studies. Portfolio workshops are open to the public. They include an explanation of the process and what you are expected to submit to earn credit. To sign up, please call the Interdisciplinary Studies office at 708.534.4092 or e-mail sidi@govst.edu.

One Book, One University Team of Rivals Discussion
Wed., Oct. 21, 6 p.m.
Engbretson Hall
Join with Lincoln Expert Dr. Thomas Schwartz as the book is discussed. The event is free of charge.

Understanding & Raising Your Credit Score
Thurs., Oct. 22, 3-3:45 p.m.
Engbretson Hall
For more information, email c-wilson@govst.edu. The event is free of charge.

GSU Panel Discussion
Friday, Nov. 6, 3 p.m.
Sherman Hall
Join a panel of distinguished guests as they discuss the birth, growth, and future of the university. Celebrating the Past, Charting the Future: A Panel Discussion. The event is free and open to the public.

Emmy Award-winning creator, producer, and host of Animal Planet’s The Jeff Corwin Experience and Corwin’s Quest, Jeff Corwin is one of today’s hottest environmental speakers. Star of the 2007 CNN documentary Planet in Peril and host of two critically acclaimed series for the Travel Channel, Jeff shares his passion for conservation and our planet through personal stories, visits from special animal guests and video highlights of his adventures around the world.

Dave Rudolf’s Halloween Spooktacular
Sat., Oct. 31, 11 a.m.
Dave will entertain goblins of all ages with his ghost—definitely not very scary—fun songs and stories to raise the hair on your funny bone. Kids come dressed in costume and share the stage with Dave.

A Tribute to Motown Greats
Sat., Nov. 7, 7:30 p.m.
Take a trip back in time when Motown was king, as talented Chicagoland vocalists perform classic hits, such as Marvin Gaye’s What’s Going On, Smokey Robinson & The Miracles’ Tears of a Clown, Stevie Wonder’s Uptight (Everything’sAlright), Gladys Knight & The Pips’ Midnight Train to Georgia and many more!
True Horror comes right in time for Halloween

By John Conrad
Associate Editor

Over the past ten years or so, horror films have attempted to push their conventions to the extreme. This has led to a plethora of over the top, splatter-fests, where filmmakers feel the audience should focus on kill counts and brutality; no longer caring for the main characters and the struggles they endure. Modern horror filmmakers seem to worry more about how many buckets of blood they can splash at the audience before the credits begin to roll.

It has been seen time and time again. By focusing primarily on rising body counts and newly terrifying murder techniques, franchises such as the Saw and Hostel films begin to drift away from the frontier of fright, and inevitably delve into the territory of torture porn.

Don't get me wrong here; I'm not a prude. I have seen every Saw movie, relished every kill, and do look forward to seeing the soon-to-be-released sixth installment. The problem is: these are not horror films.

I do not wake up at 3am worrying if Jigsaw is hiding under my bed patiently waiting for me to go back to sleep. As I walk to my car on late GSU nights and hear the patter of footsteps on the pavement close behind, I am fairly confident that I'm not being followed by an Eastern European thug intent on whisking me away to be tortured in a Slovakian hostel.

Although I find these types of films entertaining, they bother me as well. With all their brutality and mayhem, these films forget about the horror film staple of suspense. Modern horror filmmakers constantly attempt to shock audiences through on screen brutality. However, how many times can you see a man's head crushed in a vice before you are desensitized to it?

The problem with these modern horror films is that they are all action and no suspense. "Hitchcock said when there's a bomb under a table, and it explodes, that's action. When we know the bomb is there, and the people at the table play cards, and it doesn't explode, that's suspense," according to movie-man Roger Ebert in his review of The Hurt Locker.

It is the suspense that scares us, not the action. During periods of suspenseful cinema, the moviegoer's mind begins to race. It is our imagination that scares us. We freak ourselves out as we hover in suspense awaiting the action to unfold. This is truly my favorite part of watching horror films. As I linger in suspense and await some tragedy to befall the protagonist, the images I conjure in my mind make me begin to tremor.

Our imaginations are limitless and can produce images ten-times as scary as Wes Craven or Eli Roth. Are things Craven and Roth find scary equally frightening to you? Who knows better how to scare the hell out of you, than yourself?

Sorry, I felt the need to vent, excuse me for a second while I step down of this soapbox.

With all this said, Paranormal Activity, an actual horror film laden with suspense so intense it would make Hitchcock cringe, has recently been released nationwide. This independent film is a study in suspense, and a throwback to films such as the original Texas Chainsaw Massacre and Alien.

I don’t want to give away too much, so I’ll keep this synopsis down to the bare bones. The film centers on a California couple, Micah and Katie, who have recently moved into a new home. Soon after arriving, weird things begin to occur and Katie makes a confession to Micah.

Since she was 8, Katie has been haunted by an entity. Over the years as she moved around the country with her family this presence has disappeared and resurfaced many times. Now, after her most recent move Katie once again begins to experience nocturnal paranormal activity.

Micah, unconvinced of the seriousness of the situation, suggests they set up a video camera in their room to observe what occurs as they sleep. This is where the film becomes truly terrifying, and for the next 90-minutes it doesn’t let up.

The entire film was filmed on this video camera in the style of The Blair Witch Project and Cloverfield. This adds a real documentary-like feel to the film, which makes it all the more frightening.

For long stretches of the film, the audience observes the couple sleeping and waits for what will happen next in sheer suspense. “For extended periods here, nothing at all is happening, and believe me, you won't be bored,” commented Ebert in his review of the film. And he couldn't be more right. This film is truly terrifying because it is so simplistic (made on a budget of about $15,000), and leaves so much time for the audience to stew in extended situations of suspense.

The filmmakers of Paranormal Activity took a page from Hitchcock’s book, as they allow the audience the time necessary to scare themselves. This suspense is the stuff that makes horror films horrifying. I lay awake in bed for hours after my initial viewing and watched the clock change to 3:15am, the movie has been over for hours but my imagination is relentlessly restless. Although I do miss the sleep I may have gotten otherwise, I am grateful the dark recesses of my imagination continue to race into the wee hours of the night.

I would like to thank the makers of Paranormal Activity for giving me an opportunity that many other “horror films” have failed to deliver on: an opportunity to scare myself.

I give Paranormal Activity 4 stars out of 4, and recommend a viewing (as well as a few sleepless nights) for all.
Crossword & Sudoku: solutions on page 7

**Across**
1. Snakelike fish
4. Assist in crime
8. Particle
12. Imitate
13. Fruit
14. Pulsate
16. Bad time for Julius
17. Border
18. Wipe out
19. Laconic
21. Sediment
23. Additional to or different from
24. Attempt
25. Slightly open
27. Cut down
29. Form of transport
30. Vitality
31. Paws
34. Study of plants
37. Bill of fare
38. Napkin
39. Quartz used in cameos
40. Used to control a horse
41. As well
42. High mountain
43. Fraud
45. Each
47. Cereal grass seeds
48. Used to control a horse
49. Aromatic herb
50. Fitting
51. Champion
52. Droop
55. Tablet
58. Aspersion
60. Languish
61. Residence
64. In the middle
66. Halo
67. Defamation
68. Shade of blue
69. Pack tightly
70. Medieval land worker
71. Hinge joint
72. Conifer

**Down**
1. Type of duck
2. Mineral used as an abrasive
3. Not as great
4. Simian
5. Pandemonium
6. Avid
7. Woody plant
8. Consumed
9. Tossed
10. Unwritten exam
11. Flowerless plant
12. Glove
15. Insect
20. Yield
22. Tibia
26. Crested bird
28. Flightless bird
29. Charge
30. Animal doctor, in short
31. Fit
32. Sauce
33. Woodwind instrument
34. Male hog
35. Merely
36. Variety
37. Coalface
40. Saloon
41. Be unwell
42. Jump
44. Annual grass seeds
45. Melody
46. Gambit
49. Jersey
50. Tree with cone-like fruit
51. Person
52. Fry quickly in fat
53. Pointer
54. Chew
55. Buddy
56. Waiting bird
57. Part of the ear
59. Long and thin
61. Facile
63. Mischievous fairy
65. Staining substance
66. Part of the ear
67. Woodwind instrument
68. Shade of blue
69. Pack tightly
70. Medieval land worker

The Law of Free Food: 

\[
\text{Food Taste} = \frac{\text{Food Quality} \times \text{Hunger}}{\text{Cost}}
\]

**ATTENTION**

Students, Faculty, and Staff

The Centers for Disease Control and Prevention (CDC) recommends four key ways to help protect you from getting the flu:

1. Wash your hands often with soap and water or an alcohol-based hand cleanser.
2. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
3. Know the symptoms of flu. Don't go to class or work if you have symptoms. Symptoms include fever or chills, cough or sore throat, and difficulty breathing. Stay home for at least 24 hours after you no longer have a fever if flu-like symptoms become more severe, stay home for at least seven days, even if you feel better sooner.
4. Talk to your healthcare provider if you have questions and to find out if you should be vaccinated for seasonal flu and/or 2009 H1N1 flu.

Persons with either suspected or confirmed H1N1 flu are asked to report their condition in a message on a confidential 1-800 number at 1-800-232-0233 or est. 2007.

Information about seasonal flu vaccine can be found at www.cdc.gov/flu/professionals/fluactivity.htm

For more information, visit www.fl.gov

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