Site of fatal accident remains real danger for GSU students & others

By Allen Babiarz
Contributing Writer

It’s been six months since the fatal Amtrak crash at the railroad crossing on Stuenkel Road and Governors Highway in the spring of this year. What impact has it had on the GSU community? Are drivers more cautious? Is the intersection any safer?

The Apr. 16 accident occurred around 9:40pm, killing Naperville dance instructor Katie Lunn, according to the Chicago Tribune.

Allegedly the warning lights and gates were not deployed the night Lunn was sitting on the tracks and was struck by a northbound train. Workers had been working on the crossing for a few days prior to when the accident occurred.

“I was giving a final exam that night,” said CAS University Lecturer Alexandra Glumac. “I use extra caution as I cross the tracks because of that incident. No driver can be too careful.”

Most of the university students were shook up at the time. I too was on campus the night before, and went through the same exact intersection, with the crews working, just like they were the night Lunn was killed.

“Oh gosh, I think about that crash every time I cross those train tracks. I even slow down and check a few times before I cross the tracks,” said CHHS student Connie McMiller. The few people that I asked said the same thing.

“I definitely hate crossing those tracks,” said CAS student Krista Dvorak.

Continued on Pg. 3

More than conquers
Physically challenged students prove ‘Desire, Drive, and Determination equate to success

By Kimberly Snapp
Contributing Writer

October is National Disability in the Workplace month, where companies are urged to celebrate abilities rather than disabilities. Here at GSU, we strive every day to celebrate and accommodate those pursuing an academic journey while facing physical and mental challenges.

Robin Sweeney, Disability Services Coordinator and Career Advisor estimated that there are 130 students at GSU with disabilities.

These disabilities range from mobility issues, chronic illness, learning disabilities, and traumatic brain problems, visual and hearing disabilities. As well as psychiatric issues, being the highest rising.

Efforts to accommodate these students include extended-time-testing and distraction reduction testing. The university also provides note-takers, tape recorded lectures, and alternative format tests.

One of the things Sweeney really enjoys helping with is the alternative form tests where they can put books in larger print or even tape-record books to accommodate students.

Robert Siminski, 48, of Burnham, Illinois and Anthony Coyne, 46, of Merriam Park, IL are two students that have proved their abilities rather than their disabilities during their time at GSU.
From the Editor’s desk
Danyale A. Lucado, Editor-in-Chief

By now, you must be knee-deep in research papers, group projects, and midterm exams. While the opportunity to pursue your education is a worthwhile endeavor, it is certainly not without its challenges. Many of GSU’s students have full-time jobs, children, spouses, and other outside obligations.

As a result, many students face insurmountable amounts of stress and sometimes depression. This month is mental health awareness month, a time to take stock of our own mental health and lend a hand to others who face severe mental challenges.

Many students may suffer from the symptoms of stress and depression without realizing it, not understanding the ramifications of the condition. For instance, Southern Methodist University, Memorial Health Center lists the following symptoms of stress, which may warrant the assistance of a mental health professional:

- Decreased productivity
- Increased mistakes
- Noticeable absence from class
- Emotional outbursts and crying
- Loss of interest or apathy
- Exam time “jitters”
- Increased or decreased sleep
- Exaggerated irritability
- Depression
- Excessively blaming others
- Excessive hostility, anger or resentment
- Obsessions (unwanted thoughts)
- Excessive worrying or expression of fears
- Increased forgetfulness
- Confusion
- Thought disorders (student’s conversation does not make sense)
- Compulsive disorders (twitches, repeated words, excessive hand washing)
- Elevated blood pressure
- Chronic digestive problems/stomach pains
- Increased muscle tension
- Severe and frequent headaches
- Dizziness
- Elevated pulse and respiration
- Ulcers
- Moist or sweaty palms
- Increased frequency of urinations

Unfortunately, mental health issues have such a stigma in our glamorized society that many of us who need help would rather keep things to ourselves for fear of someone finding out. The worst thing to do in these situations is to isolate yourself from the care and support of others. You’d be surprised at how much it helps just to talk to someone about your issues.

If you don’t have a trusted friend or family member with whom you can share your thoughts, please contact the GSU counseling center to sort through your feelings, or at the very least, dump all your garbage on someone else to carry for a while. Licensed Clinical Psychologist, Katherine Helm, Ph.D., can be contacted at 708-235-7334. Outreach counselor, Tamekia Scott, can be reached at 708-235-2228. The center is located in room B1215 and is open Monday – Thursday 8:30am -7pm and 8:30am -5pm on Fridays.

Here’s to you, holding it all together!
Railroad crossing dangers, Continued from pg. 1

"Unless I'm running late for class, I try to go the long way around just to avoid them."

CE student and Center for Performing Arts stage technician, Amanda Gramza agreed. "I definitely think about that accident every time I cross those tracks. I was working for the show that night."

Lunn and the School of Performing Arts had been at the University for the first night of a dance competition, and were expected to return the next morning, according to the Chicago Tribune.

The tracks are always somewhat difficult for students. While crossing the tracks and waiting for the stop sign, I've seen cars stop and wait on the tracks. Since the accident, large signs have been posted stating "DO NOT STOP ON TRACKS." Many drivers seem to be exercising more caution as a result.

"The tracks themselves are difficult to navigate and the number of trains that are sitting there (but not in use) can sometimes block my vision," said Glumac.

Calls to the Canadian National Railway were not immediately returned, though, the many distractions and heavy traffic of the intersection, cause the railroad crossing to remain a very real danger for students and residents. As such, it is imperative that drivers proceed with caution. Despite the rush of traffic, and your own schedule, take a moment to slow down and look both ways before crossing the tracks. According to previous reports, there is at least the possibility that the warning signs are not always at full performance. A lawsuit filed by the Lunn family was pending as of Jul. 14, 2010 according to the Chicago Tribune.

Conquerors
Continued from pg. 1

Anthony Coyne has been disabled for about 25 years and is an above-the-knee amputee. He has been attending Governor State University working toward his Bachelors of Social Work. Coyne says, "The tuition is affordable, and it's in the perfect location and has diversity in the classroom."

As a physically challenged student it might be difficult to get around campus. But according to Coyne, GSU's Center for Disability Services accommodates him each semester. They ensure he has accessible wheelchair seating in his classes and GSU has elevators and ramps for him to get from floor to floor and electronic doors at the entrances. Overall it is very easy to get around campus, according to Coyne.

As Coyne said, "no facility is perfect." There are a few doors that have automatic sensors that only work in intervals making it somewhat difficult to get in the building. Coyne also mentioned how great it would be to have a program at GSU where students, faculty, and administration get to experience first-hand what disabled students contend with daily.

Coyne says he tries to set a good example for fellow students. He has his own ideology that he lives by. His motto is, "Desire, Drive and Determination Equate Success." He also says, "I am trying to do the best I can with what I have, and attempt to learn and grow on a daily basis."

Coyne attended the American Tae Kwan Do Associations Regional Championships in the summer of 2002 and placed first in forms, sparring, and weapons all from his manual wheelchair. Coyne says, "I Plan to compete in the physically challenged-seated division in the ABA/NPC bodybuilding associations." He also wants to get certified as an instructor for the International Disabled Self-Defense Association.

Part of Coyne's growth at GSU includes making the Dean's list, being a member of Phi Alpha, working an internship at the Illinois Department of Veterans Affairs in Manteno, IL. He is really enjoying his work there because he is a U.S. Military veteran.

"I am a U.S. Military Veteran that has a passion to empower other Vets, the differently-abled, and the elderly," he said.

Coyne, like most students, needs encouragement and support from others. He receives that support from his mother, his professors, employer, co-workers, and fellow students. "I started a new life when I entered GSU in fall 2008. Great education, supportive professors and classmates, even made some longtime friends," he said.

Masters in Health Administration candidate, Robert Siminski, is currently in the last semester of his graduate program at GSU, where he also received his Bachelors in Health Administration in 2007. In 1998, Siminski was diagnosed with cancer. The cancer and subsequent treatments have left him speech impaired, as well as having head mobility problems, and balance issues. Siminski is also on a liquid diet via a GI tube due to these impairments.

It's this very immobility which inspired Siminski to want to help others facing serious illnesses. Siminski had started out at South Suburban College for nursing. As his condition worsened he knew he would not be able to complete the program for such a field. His counselor at SSC, Linda Bathgate, suggested he look into the Health Administration program at GSU instead.

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Campus Right-to-Know Crime Report


Campus Security Act of 1990 (The Clery Act)
In 1991, the U.S. Congress passed the Student Right-to-Know and Campus Security Act, which requires colleges to report the three previous years of statistics on murder, sex offenses, robbery, aggravated assault, burglary, and motor-vehicle theft, and statistics on arrests for drug and alcohol violations and weapons violations.

In October 1998, President Clinton signed an amendment renaming the act the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act and requiring that all crimes motivated by hate or bias be included in the statistics. Specifically, the Clery Act requires that the following criminal offenses be reported and tallied:

- Murder
- Sexual Assault
- Robbery
- Aggravated Assault
- Burglary/Theft
- Arson
- Motor Vehicle Theft
- Liquor Law
- Drug Abuse
- Weapons


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<th>Offense</th>
<th>2007</th>
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<tr>
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<tr>
<td>Non-forcible sex offenses</td>
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<tr>
<td>Robbery</td>
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<tr>
<td>Aggravated Assault</td>
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<td>Burglary</td>
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<td>Motor Vehicle Theft</td>
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<td>Arson</td>
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<tr>
<td>Negligent manslaughter</td>
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<td>Drug law violations</td>
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There are no non-campus buildings at the university, and there are no residence halls. The count includes all campus areas and all hate-crime offenses.

You can obtain a printed copy of crime statistics on the GSU campus by requesting that a printed copy be mailed to your home by calling 708.534.4900 or by emailing dps@govst.edu or stop by DPS, Room C1375, to pick up a printed copy.


WHAT SAY U GSU?

Tell us your best study tip

Eric Mitchell
Criminal Justice:
“...spend one day on one chapter at a time. I also study before bed and when I wake up, that’s when your mind is the freshest.”

Dennis Rowlan
Interdisciplinary Studies:
“Be consistent. If you need help, ask. Don’t wait until the last minute.”

Torrick Hall
Interdisciplinary Studies:
“Repitition—read every chapter twice. Take good notes while you read and listen well in class.”

Erron White
Interdisciplinary Studies:
“I have to be comfortable and relaxed when I study. It also helps to test yourself. Make up your own questions.”

Steve’s Reviews

By Steve LaVoie
Contributing Writer

This new version of NBA Jam, which first appeared in arcades in the early 90’s, is an example of a remake/reboot done right.

For those who aren’t familiar with the Jam games, NBA Jam is best described as professional basketball with players jumping much higher than they ever could in the real world and most of the rules violations are gone except for goal tending and 24 second violations, which means players can shove opponents down or move backcourt. There is also a “turbo” meter, which lets players run faster or perform shoes and dunks, and players can be “on-fire,” earning unlimited turbo and better shot accuracy if they make three shots before the opponent scores.

While 3D models are used for the players bodies, actual photos of the players are used for the heads, which they even have special expressions for dunks. It may sound a little unusual on paper but they look great in motion. Game commentary is provided by Tim Kitzrow, reprising his role in the original game, and his constant one-liner dropping fits the in-game action like a glove and never feels dull or repetitive.

Alongside the classic game, this new edition adds several new game types including 21, Backboard Smash, where each backboard has a health counter and the goal is to break the backboard and knock the player off the court. These modes however are the game’s weak point, with the exception of Backboard Smash and Domination, which consists of hitting shots from marked spots on the court to generate points. The other extra modes aren’t downright awful, they just aren’t much fun and feel tedious.

What turns this title from a ten minute quick fix game into one that can be played for a couple of hours at a time is the unlockable players and privileges. Privileges are options that affect games while the unlockable players range from former NBA greats like Scottie Pippen and David Robinson to former president Bill Clinton and the Beastie Boys. Most unlockables are accomplished via performing various feats in the game which are all conveniently listed in one of the menus, but a few require button inputs or entering the right initials at the initial entry screen, so you will have to search your favorite video game website or magazine to unlock everything.

Overall NBA Jam is a sports title just about everyone can enjoy, even if the extent of your knowledge of the current NBA is knowing who LeBron James is. You can still have a fun time with this game. Its also proof positive that well-executed gameplay never goes out of style.

4 stars out of 4
Platforms: Wii, coming soon to Xbox 360 and Playstation 3
Crossword: solution found below

Across
1. Banquet
6. Man or boy
9. Theatrical equipment
13. Planet
14. Frozen water
15. Throw with great effort
16. Performer
18. Avid
19. Gland near the base of the neck
21. Deluge
23. Edible tuber
24. Rural deity (Roman Mythology)
25. Buddy
28. Starchy tuberous root
30. Serving of drink drawn from a keg
35. Turns litmus paper red
37. Percussion instrument
39. Pertaining to hearing or the ear
41. Long past
43. Nobleman
44. Attempted
46. Bowling alley
47. A score of zero in tennis
48. Main course
50. Requirement
52. A great distance
53. Hit
55. Flop
56. Crane
57. Scorch
58. Part of a book
59. Fifty-fifty
60. Fractional monetary unit
61. Front part of a vessel or aircraft
62. Constructed
63. Not in active use
64. Abstruse
67. In the past

Down
1. A notable achievement
2. Every one considered individually
3. Showly imitative
4. Tale
5. Pharynx
6. Prevaricated
7. Playing card
8. Greek letter
9. Juicy fruit
10. Fury
11. Kitchen appliance
12. Sauce
15. Rupture
16. Adult insect
17. Not at home
18. Candy
19. Adhesive material
20. Fruit of the oak
21. Boundary
22. List of names
23. A notable achievement
24. Every one considered individually
25. Showly imitative
26. Tale
27. Kitchen appliance
28. A notable achievement
29. Every one considered individually
30. Showly imitative
31. Draw
32. Factual evidence
33. Immature form prior to metamorphosis
34. Senior
36. Cervid
38. Segment of DNA
39. Pertaining to hearing or the ear
40. Relatively many
42. Impoverished
45. Abstain
49. Female sheep
51. Compulsory force
52. A great distance
54. Poplar tree
56. Crane
58. Part of a book
59. Fifty-fifty
60. Fractional monetary unit
61. Front part of a vessel or aircraft
62. Constructed
63. Not in active use
64. Abstruse
67. In the past

Happenings

What's Going on at GSU?

Chicago Southland Transportation Summit
October 22
9 a.m.
CPU

Healthcare Inequity Conference
October 22
12:30 - 5 p.m.
F wing atrium

Interdisciplinary Studies Portfolio Workshop
October 23
10 a.m - noon
D1496
$50

DanceArt Chicago
October 26
Presentation - 5 p.m.
Reception - 6 p.m.
CPA

Student Veterans: Alcohol and Substance Use
October 27
2 - 3 p.m.
Room B2203

90th Anniversary 19th Amendment Film and Discussion
October 27
5 to 7 p.m.
Engbretson Hall

Friends of the GSU Library Book Sale
October 28
Noon - 7 p.m.
Hall of Governors Members preview - 11 a.m.

Haunted Trail and Harvest Fest
October 29
5 - 9 p.m.
Cafeteria Annex

Undergraduate Program Open House Instant Decision Day
October 30
9 a.m. - 1 p.m.
Hall of Governors Cafeteria Annex

Job and Intern Fair
November 4
3 - 6 p.m.
Hall of Governors

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