The pitfalls of social media
pgs 5 & 6

What to do if a shooting happens here
By Samantha Kaspar
Staff Writer

In 2012, crime and law enforcement data reported a total of eight school shootings in the United States. Only one month into 2013, shootings have already occurred at Taft High School in California, as well as Lone Star College in Texas. Illinois is not a stranger to these violent attacks, as it was only five years ago a gunman opened fire on students at Northern Illinois University in DeKalb, killing five and wounding 17 more.

The idea of such a tragedy striking the campus of Governors State University is something no one wants to imagine. How do you react to the sound of gunshots across campus? For students, teachers, and faculty alike, it is an important plan to consider.

"I’m not sure that’s a question a lot of teachers have thought about," said Carol P. Milhous, Client Relations Representative and Adjunct Faculty. "I can’t accurately say what I would and would not do in that situation. I would do the best I could and hope for the best."

Tom Oleshko, a Media Communications major, believes that all the guidelines in the world aren’t going to stop a shooting from happening. "If I’m there, I’d just try to get everyone out of the school as fast as possible," said Oleshko.

Public Relations major Krista Uppstad thinks that it would be a good idea for the university to go through a drill. "I feel like you have an idea of how you would react in that situation until you are actually put in it," said Uppstad. "If I heard gunshots, my first thought would be to call 911."

According to the Department of Homeland Security, in an active shooter situation you should evacuate, hide out, or take action. Always be aware of your surroundings, and if there is an accessible escape path, take it. If evacuation is not possible, find a place to hide. Your hiding place should be out of the shooter’s view, provide protection, and not trap you or restrict your movement. If possible, lock the door or blockade it with furniture, and close, cover, and move away from windows.

Continued on pg 5

Tips for coping with stress
Story pg 6

Braid Tales comes to CPA
Story and review
pg 7

GSU mourns death of second president

California on January 20 at the age of 88. Goodman-Malamuth held the top post at GSU from October 1977 through July 1992, and was the longest serving president in the history of the university.

A California native, Goodman-Malamuth attended the University of Southern California, where he received a Bachelor’s degree in speech and radio-television; a Master’s in speech pathology; and a Doctorate in speech pathology and communication. Prior to becoming president of GSU, Goodman-Malamuth was the Vice President of Academic Affairs at California State University’s Long Beach campus.

During his presidency, Goodman-Malamuth changed GSU’s curriculum, restructured the school’s colleges, and established a new grading system. In addition, he reorganized the school’s administration and established the first office of Provost and Vice President of Academic Affairs.

Dr. David Curtis, former GSU Provost, described Goodman-Malamuth as a

Continued on pg 5
A greeting from the Phoenix Editor-in-Chief

Welcome back to another semester at GSU! It seems like only yesterday the Fall semester was ending, yet here we are, already three weeks into the Spring semester. Time is flying by! On behalf of the Phoenix staff, I’d like to say that we are all excited for another semester of bringing GSU students the latest news about their school.

We have some exciting plans in store for the Phoenix this semester. Last semester, the Phoenix website, gsuphoenix.com, went live on the web. As part of our continuing mission to keep students informed, we have plans to make the Phoenix website a more integral part of the GSU community. This semester, gsuphoenix.com will feature breaking news, web-exclusive stories, and some fun surprises along the way. Be sure to check us out online often! As for the fun surprises... well, I don’t want to give anything away just yet...

I am also pleased to announce the addition of the newest member of the Phoenix staff. Samantha Kaspar will be joining the Phoenix as staff writer this semester. Samantha is in her third semester here at GSU. She is majoring in Communications, with a Journalism concentration. Her goal is to someday become a book editor. Prior to GSU, Samantha attended Illinois State University, where she received her Associates degree in Elementary Education. Samantha began writing for the Phoenix as a contributing writer in the Fall of 2012. Samantha is a fantastic writer, and I am personally very excited that she will be a part of our staff this semester!

This semester, we will continue to examine various issues surrounding GSU’s transition to a four-year university beginning in the Fall of 2014. In addition, we will continue to cover campus events. However, we have a small staff here at the Phoenix, so unfortunately our staff cannot cover as many events as we would like. While this could be viewed as an obstacle, I prefer to see it as an opportunity. Because our staff is small, we have many opportunities available for students who would like to write for the Phoenix as contributing writers. In fact, in this issue alone you will see many examples of terrific stories that were submitted to us by contributing writers. I invite and encourage any GSU student who is interested in writing for the Phoenix to reach out to me at phoenix@govst.edu. The Phoenix is here to give all GSU students a voice!

Best of luck to everyone this semester!

Melissa Hall
Phoenix Editor-in-Chief

Attend the Inauguration?
We want to hear from you!

On January 21, history was made. President Barack Obama was inaugurated for his second term as President of the United States of America. For the first time in the history of Governors State University, a delegation of 38 students traveled to Washington D.C. to attend the Presidential Inauguration. We are looking for students who attended the Inauguration to share their Inauguration experience with the Phoenix. Interested attendees can contact Phoenix Editor-in-Chief Melissa Hall at phoenix@govst.edu.

In addition to personal reflection, we are also interested in photos of GSU students at the Inauguration. Photos can also be sent to the Phoenix email address, phoenix@govst.edu.

FOLLOW US ON FACEBOOK & TWITTER

On Twitter: @GSUPhoenix
On Facebook: GSU Phoenix
Letters to the editor
Domestic violence affects us all

To the Editor:

For many of us, the recent winter holidays bring joy, excitement, special time and special memories with family members. But for many others, it is a time of anxiety, stress, fear. Consider these statistics:

- 1 in 4 women in the United States has experienced severe physical violence by an intimate partner.
- 37% of women who sought treatment in emergency rooms for violence-related injuries were injured by a current or former spouse, boyfriend or girlfriend.
- A woman who leaves her abusive partner has a 50% chance of losing her standard of living drop below the poverty line.
- Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rape combined.

In our own local community within the past week, reports included a woman who was stabbed, then set on fire, along with her children, by her abusive partner; a woman stabbed to death by her husband as their young daughter listened in horror from the next room; a woman beaten to death by her husband and left in the front yard of their home. These are just a few of the many reports of domestic violence in the news in recent weeks. This is just what is reported in our own south suburban community. (imagine what goes unreported!)—yes, this is happening every day, in all of our communities, not only in “bad neighborhoods.” The perpetrators of domestic violence come from all walks of life, all socio-economic levels, all educational backgrounds, as do their abused victims.

South Suburban Family Shelter (SSFS) has been working tirelessly for over 32 years to provide comprehensive services to victims of domestic violence and their families. These services include: 24-Hour Hotline, Emergency Shelter, Counseling for adult victims and their children, Court Advocacy, Medical Advocacy, Abuse Intervention Program, Prevention program, Safe from the Start, professional trainings. All victim services are provided free of charge.

Domestic violence affects all of us—every family, every workplace, every community. Each one of us can, and should, play a role in ending this abuse. There are a number of ways you can help, including:

- Organizing a collection drive—there are a number of things needed at SSFS.
- Distributing/displaying brochures and posters in your place of work, where you worship, where you shop, anywhere in your community.
- Organizing an informational meeting/training to learn more about domestic violence dynamics and the services available to victims and their families.

If you know someone, or suspect someone you know is in an abusive relationship, be a resource for them. Don’t be afraid to let the victim know you are concerned about them, that they are not alone, that there is help for them.

I encourage you to visit the South Suburban Family Shelter website at: www.ssfsl.org, or call our office at 708-794-2140 to learn more. The more we talk and educate about domestic violence, the more we can help to prevent it.

Vicki Meilach, ICDVP, Community Outreach coordinator, South Suburban Family Shelter, Homewood, IL

Become a student voice of GSU

On December 12, 2012, Christopher Otten, a GSU’s student senator, attended a roundtable discussion at DePaul University about the Illinois Monetary Award Program (MAP). The Illinois MAP is a grant that is distributed to eligible students of need in higher education. Every year, the amount allotted for the MAP Grant is threatened due to budget cuts in Springfield by the General Assembly, and many eligible students miss out on the opportunity to receive the grant due to fast depletions of funds. At DePaul’s roundtable discussion, Governor Pat Quinn was present to discuss the future of the MAP grant with current students.

According to Otten, the state may potentially cut MAP funds by nearly $30 million. Many students who attended the event were upset, and some had the opportunity to speak about how the MAP Grant helped them receive their college education. Otten’s advice is to “remember that the MAP Grant is first come, first serve - so get your FAFSA applications in early!”

Would you like to represent Governors State University the way that Christopher Otten did? Become a Student Senator! Stop by Student Life on the second floor of the A building (A2100), and pick up an election packet. You can also download the packet on the Student Senate website at www.govst.edu/studentsenate. Completed packets are due on February 21st.

Don’t forget to visit us on our Facebook page to find out more information about current Senate events and activities. Welcome to a new semester, and I look forward to your campaigns!

Kayla Randolph-Clark
Illinois Board of Higher Education
GSU Student Representative

GSU hosts Campus Crawl

By Jon Hutchinson
Contributing Writer

Governors State University kicked off the spring semester with a Campus Crawl during the first week. The event welcomed both new and returning students with an introduction to the various departments and services offered at GSU. Many students who attended the event were upset, and some had the opportunity to speak about how the MAP Grant helped them receive their college education. Otten’s advice is to “remember that the MAP Grant is first come, first serve - so get your FAFSA applications in early!”

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“I want to bridge the gaps between faculty, staff, and students,” he said, adding that the Campus Crawl was, “a great way to engage everyone in what’s happening at the university, while building morale and getting a little exercise.”

At the Writing Center, one of the many stops along the Campus Crawl, students received tips on common writing mistakes. They were also able sign up for one-on-one sessions to work on their writing skills. Students who stopped by the Writing Center were greeted by gracious tutor Gina Kelly, who said, “We try to help students become better writers themselves.”

More information about the Writing Center’s services, as well as tips for improving writing skills, are available online at www.govst.edu/writingcenter. At the GSU library, another Campus Crawl stop, Interim University Library Dean Lydia Morrow-Ruetten gave out free ear buds and GSU coasters to about 50 students who listened to her explain about the library’s many services.

Finally, at the GSU Center for Performing Arts, schedules for events were given out to students, along with info on how to purchase discounted tickets. More information about the spring semester’s schedule of events at the Center for Performing Arts is available at www.centertickets.net.
save more 🎓
with a college grad rebate

get an extra
$500

2013 FIESTA

2013 FUSION

2013 FOCUS

2013 MUSTANG*

2013 ESCAPE

2013 EXPLORER

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*program #33468. Proof of student eligibility required, i.e. school ID, class schedule, diploma. Excludes Mustang Boss 302, Mustang Shelby GT500, F150 Raptor. See dealer for complete details.
What Say U, GSU?

Would you know how to react during a campus shooting?

"I would hide or go to the nearest classroom. If the emergency was close to my location I would run."

-Edria Johnson
Addiction Studies
Chicago

"If I'm in the cafeteria and gun shots came from the B building, I would go in the opposite direction while warning people. I would not investigate, I would call 911."

-Tim McCarly
Psychology
Hickory Hills

"I would know what to do. I'm a clinical social worker and I have worked in schools that equipped me to deal with an emergency."

-Marie Goulet-Raffety
Educational Administration
Chicago

"I would run away and call the police. The sounds of gun shots would scare me. I had a previous experience in Turkey where I saw people that had been shot."

-Fath Yazar
Filmmaking
Chicago

Social media: Think before you post

By Steve Luzzo
Contributing Writer

With social media being as prevalent as it is in today's world, you should really take a moment and pause. Think about what you are showcasing to the world.

Is it really the best idea to update that status about how "big brother" is coming down on you?

Should you be posting that picture with all of the illicit activity occurring in the background?

Too often, I see people throwing around information online without a care in the world. I do not want a picture of me wearing my favorite cat sweater showing up during a job interview. Although, to be honest, I think we all know that I don't have a favorite cat sweater. I enjoy them all equally.

I just believe that less is more when it comes to what is available through Google searches of your name. So change your name on Facebook, update your privacy settings, and don't use that clever double-entendre as your Twitter name.

No matter what you do though, I advise you to think things through before you hit post.

Campus shooting continued from pg 1

Silence your cell phone, and call 911 when it is safe to do so. As a last resort, and only when your life is in imminent danger, should you attempt to take action against the shooter.

A school shooting is something that is nearly impossible to predict, but University Park Police Sergeant Darryl Stroud assures that the department has a plan. "There are protocols in place that we are trained on and we will act accordingly," said Stroud.

As scary as it may be, it is important to be aware of your surroundings and have a plan in place.

"It's scary, but it's real," said Uppstad.

“Anyone could walk in here at any time.”

Goodman-Malamuth continued from pg 1

“constant presence” who worked tirelessly to ensure that the school was headed in the right direction.

"He was an excellent president who brought a feeling of community and spirit to GSU," said Curtis. "I loved the man."

Goodman-Malamuth was an early proponent of GSU’s Center for Performing Arts.

He also commissioned several works of art for the university’s nationally-acclaimed Nathan Manilow Sculpture Park.

Goodman-Malamuth created the university's fund-raising arm, the GSU Foundation.

In addition, Goodman-Malamuth expanded GSU’s use of communications technology, especially through the use of telecourses that were transmitted all around the United States.

"As I walk about the campus and see our twenty-first century technology advances, I think of our second president," said GSU’s current president, Dr. Elaine P. Maimon.

In celebration of GSU’s 40th anniversary in 2009, Goodman-Malamuth returned to the university and participated in a panel discussion on the school’s past and future.

“I remember his graciousness and his whole-hearted support for the vitality of the university in its next forty years,” Maimon said. "Dr. Goodman-Malamuth’s legacy is his commitment to pragmatic innovation. I telephoned him in California to consult him on our plans to admit first-year students, and he was delighted that we were continuing his legacy of constructive change.”
Resource Center (ARC) held the welcome to attend. The workshop offered workshops were offered on January 29 and beginning of the presentation was how stress about various ways to manage stress. The College can be defined. Stress was defined as insightful information into the causes and problems, relationships, deadlines, and any other type of frustrations and demands. Stress can be caused by a lack of time, family problems, relationships, deadlines, and any other type of frustrations and demands. Stress can be either prevented or reduced by avoiding certain situations that are stressful. For example, having a to-do list and avoiding people that caused stress can help reduce stress. Stress can also be altered by willing to compromise and by managing time better. Learning to adapt to stressful situations can also be helpful. Individuals can do this by looking at the big picture, adjusting standards and being positive. Accepting is also another major way to deal with stress. Many circumstances in life are often out of a person’s control. By accepting that fact, people are able to move on and become better able to give and communicate their feelings. Rodney Williams, a mental health counseling intern from Lewis University, was a presenter at the workshop. He explained how students can benefit by using counseling services provided to them by their university. Students at GSU who need help, or could just use someone to talk to, are always welcome to visit the ARC. GSU Students can also contact Dr. Katherine M. Helm via e-mail or telephone at khelm@govst.edu and 708-235-7334.

The college application process can be overwhelming to high school seniors, and according to a Kaplan Test prep survey, the process has become even more of a challenge in the past year. The results from Kaplan Test Prep’s 2012 survey of college admission offices show a slightly increased use of Facebook and Google as a tool in application evaluations to about 26 percent and 27 percent respectively, compared to the previous year where Facebook was only used 26 percent of the time, but Google was only used 20 percent of the time. While this statistical jump is relatively small in relation to the year prior, the number of applicants who had damaging material found on their social networking pages that negatively impacted their applications nearly tripled from 12 percent to 35 percent this year.

"The offenses we heard repeatedly [from admission officers] were underage drinking, vulgarities, essay plagiarism, academic offenses

Social media more damaging to college applicants

The Pulse

Workshop helps students deal with stress

By Maria Ramirez
Contributing Writer

To kick off the semester, the Academic Resource Center (ARC) held the “Dealing with College Stress” workshop to inform students about various ways to manage stress. The workshops were offered on January 29 and January 30, and all GSU students were welcome to attend. The workshop offered insightful information into the causes and effects of stress.

The main question that was asked at the beginning of the presentation was how stress can be defined. Stress was defined as "anything that poses a challenge or a threat to [a person’s]

By Lily Beatty
Daily Collegian, Penn State U. via UWIRE

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Braid Tales calls for “peace, love, respect”

January 24 for an engaging and enlightening kindred meeting of minds. Braid Tales: the Zigzags and Twists of Urban Classroom Pedagogy was a delectable pre-performance prelude moderated by Dr. Rashidah Muhammad.

Those commanding the panel during this compelling discourse included Jacinda Bullie, co-founder of Kuumba Lynx; Jaquanda Villegas, Co-Executive Director of Kuumba Lynx; Keith Redmond, member of Kuumba Lynx Adult Ensemble; and GSU’s very own Dr. Patrick Santoro, Assistant Professor of Communication, Visual, and Performing Arts.

“Peace, Love, Respect, Respect for Myself, Respect for Everyone” is the declaration that resonated within the confines of the hall as members of Kuumba Lynx opened the space by leading the audience in a call and response.

Kuumba Lynx is a relevant arts and education movement that was founded in 1996. Kuumba Lynx expressed how their organization teaches using hip-hop to connect to current events and issues of life, being authentic, and that no one’s story should be silenced. Every day, marginalized youth across the Chicagoland area are encouraged to grow and heal by connecting to each other’s souls, spirits, and stories.

Through Braid Tales, Kuumba Lynx weaves (braids) genuine stories by incorporating hip-hop’s relevant vernacular to educate and inspire youth rather than build walls by encouraging the use of theater and performance to change each participant’s reality.

Braid Tales features Chicago’s FootworKINGz and the South Shore Drill Team.

Braid Tales review—it’s not just about hair!

By Anna Soloff
Contributing Writer

Magic was made at GSU’s Center for the Performing Arts on January 26 with Braid Tales, part of the “One More Night” Series. The show was presented by Kuumba Lynx and FootworKINGz with a special performance by the South Shore Drill team. Brilliant is the word that comes to mind. Bold is yet another.

People smiling, toes tapping, heads bobbing to the beat, and the show hadn’t even started yet. Braid Tales evoked reactions from its audience from start to finish, beginning with the pre-show music that Jesse ‘Dishwasha’ Livingston put forth and carried on with precision throughout the night.

Once the performance began, I was mesmerized. The show contained a masterful blend of poetry, singing, dance moves, video clips, and pounding beats, mixed within Kuumba Lynx Peace Poets’ dialogues of sad stories, vividly detailed language, and lost innocence that kept the audience mentally stimulated, visually entranced, and emotionally affected.

The performance of South Shore Drill team was dazzling with a combination of fluid moves, heart-pumping music, and bold colors that drilled a deeper message into you with every gun they spun, flag they caught, and tum they took.

The FootworKINGz performed powerfully, invoking a contagious network of cheering and clapping from all around. With each dance step you felt their journey from their past pains to their present triumphs. They performed with a graceful intensity and dripped inspiration in every spin, stomp, and twist!

At intermission, I had the pleasure of speaking with Lady Sol, the producer of Braid Tales. She stated her intention behind the show was “the hope that audiences will walk away with an open mind. Some parts of our stories are hard to digest but they are our own experiences or real stories of youth we’ve met. We want parents to continue dialogue with their children about making decisions about healthy lifestyles; positive decisions and positive outlets, that’s what it’s all about.”

The performers strongly stressed the need for accountability in communities. Within their tales lay an emphasis on the quest of today’s generation for inspiration, which they are misguidedly searching for in social media and material goods, but that they will ultimately find within themselves if they are given the guidance and awareness to look there.

Lady Sol, if you’re reading this, I believe your mission was accomplished. I left feeling inspired by the souls who shared their stories of pain and redemption and their fear for the future of today’s youth. The tales they told were told with the desire that we, as parents, neighbors, peers, a society, will pass the message along, and that people will realize that any individual, no matter where they came from in life, can “taste their dreams” if they just have the courage to try.
**GSU Happenings**

**Bean Bag Tournament**
February 7
Noon – 7 p.m.
Hall of Governors

**2nd District Candidate Forum**
February 7
6 p.m.
Cntr Perf Arts

**GSU Black History Jeopardy**
February 13
Noon – 4 p.m.
Hall of Governors

**African American Military Contribution to American Freedom Film Series: “Glory”**
February 13
5 - 7:30 p.m.
Engbretson Hall

**Open Class:**
An Evening Honoring GSU African-American Researchers
February 13
4:30 – 7 p.m.
TBA

**Black History Month Film Series:**
“Cracking the Codes; The System of Racial Inequality”
February 18
6 - 8 p.m.
Cntr Perf Arts Lobby

**Test your knowledge of African American History**
February 19 & 26
Noon - 4 p.m.
Hall of Governors

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**Crossword**

ACROSS
1. A cloud of fine particles
2. Contributes
4. Point of greatest despair
5. Rational
6. Quaint outburst
7. Father
10. Contributor
14. Point of greatest despair
15. Rational
16. Prune
18. Poop
19. Formally surrender
20. Excusable
21. Medical profession
22. Anger
23. A city in western Russia
24. Required
26. Stinging insect
28. "Your majesty"
30. A small piece of cloth
31. Father
32. Wicked
33. Flower stalk
34. A preserve
35. Rope fiber
36. Achy
37. Nameless
38. In order to prevent despair
39. Anticipate
40. Polish remover
41. Polish remover
42. Polish remover
43. Fine-tune
44. Arid
46. God of love
47. Knight's title
49. Doctor's group
50. Fender blemish
51. Benni
54. Impetuous
56. Black in poetry
57. A sport involving a ball and a net
58. Chocolate cookie
60. Dry
61. Not pre-recorded
62. Lascivious look
63. Airhead
64. Afitting reward
65. Creepy
66. Winglike
67. A fitting reward
68. UnSophisticated
69. Not
70. Minute opening
71. Venomous snake
72. African virus
73. Pertaining to the Sun
74. Doglike nocturnal mammal
75. Chocolate cookie
76. Tiny sphere
80. Dry
81. Not pre-recorded
82. Lascivious look

DOWN
1. Break
2. Mother
3. Smell
4. Warm-hearted
5. Grain disease
6. Intensifies
7. Trash
8. A Freesian stage
9. Rely
10. Recognized
11. Great fear
12. Avoid
13. Velocity
21. Medical professional
25. Leisure
26. The yarn woven across
27. Affirm
28. "Your majesty"
29. An amusing remark
34. A preserve
36. Ashy
38. In order to prevent despair
40. Read superficially
42. Stop
45. Not later
47. Knight's title
48. Overhaul
51. 4-door car
52. African virus
55. Doglike nocturnal mammal
58. Chocolate cookie
59. Tiny sphere
62. Lascivious look
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**Comics**

**XKCD: Scattered Wavelengths**

"XKCD" is a webcomic of "romance, sarcasm, math, and language" run by Randall Munroe. To read the latest, head to xkcd.com

**PHD: Exercise**

PHD" ("Piled Higher & Deeper"), a comic about being a graduate student, is by Jorge Cham. Updates occur about twice per week. To read more comics, head www.PHDComics.com

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**Sudoku**

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