Sunflowers flourish at GSU's new sustainability garden. Photo by Melissa Hall.

**Sustainable garden in bloom at GSU**

*By Rosemary Nowicki*

The Governors State University sustainable garden, located next to the Family Development Center, is a harvest of fruits and vegetables in more ways than one for young and old alike.

Professor Cynthia Carr, an Associate Professor of Occupational Therapy, used a raised bed and garden plot as a teaching tool this summer. Students in the course Special Topics in Occupational Therapy: Ethics (OCCT-6000) experienced gardening from the vantage point of a client who has mobility restrictions, using adaptive tools. The group project included selection of crops, tilling the soil, weeding, maintaining, and watering the sections.

Carr regarded this as a learning experience for all, including herself. The class was vigilant in checking the plot and had an extensive schedule to ensure success. The class decided to gift the GSU food pantry with herbs to enhance the dinners of those on restricted budgets, as well as a selection of popular vegetables. Although the class has ended, Carr credits Interim Department Chair of Occupational Therapy, Dr. Catherine Brady, for spearheading the project by reserving the plots in advance and planning to harvest the crops with her own fall class.

Carr cited how beneficial occupational therapy can be to a patient who had gardened previously and wants to do activities they used to do before an illness. The class planted vegetables, and were gifted with marigolds to keep garden pests at bay.

*Continued on pg 5*

**It Can Wait campaign comes to GSU**

*By Jonathan Bulthuis*

Governors State University, in conjunction with the widely publicized "It Can Wait" anti-texting campaign, held a presentation in the Hall of Governors on August 28 to draw attention to the new Illinois bill banning texting and driving. The bill was signed into law by Illinois Governor Pat Quinn on August 16.

GSU President Elaine P. Maimon made opening statements addressing the increasing prevalence of texting and driving, which she was "happy to say, is now illegal," to the approving applause of the alumni, students, faculty, and staff in attendance.

Sam Balark, External Affairs Director for AT&T, introduced the “It Can Wait” campaign as a joint effort between AT&T and a supporting group of Illinois politicians, including Senator Mike Hastings, State Representative Bill Davis, and State Representative Anthony DeLuca, all of whom spoke in support of the recently passed bill.

Balark stressed that no matter how important a message might seem at the time safety is more important. "There is no text worth dying for," said Balark.

Hastings thanked AT&T for their financial contributions to GSU and the surrounding community and reminded those assembled that Bluetooth Technology would still be permissible after the law goes into effect on January 1 of next year.
A welcome back note from the Editor

By Melissa Hall
Editor-in-Chief

Welcome back to another school year at GSU! It seems like summer break just started, and yet here we are beginning another semester.

As the Fall semester begins, GSU moves one semester closer to becoming a four-year university. Beginning next fall (as I’m sure everyone who reads the Phoenix or attends GSU knows by now) GSU will begin admitting freshman students. The Phoenix will continue, as it has in the past, to bring you the latest on all of the changes taking place here at GSU as the school moves closer to becoming a four-year university.

Speaking of changes, The Phoenix is also undergoing some changes of its own. This semester I am pleased to welcome Dr. Debbie James and Anna Soloff to the Phoenix staff. James, an Assistant Professor of Media Studies here at GSU, joins the Phoenix as Faculty advisor. Soloff will be joining the Phoenix in the role of Associate Editor. She is in her second semester at GSU, pursuing her Master’s degree in Public Administration. Both ladies bring enthusiasm and experience to the Phoenix. I look forward to working with both of them this semester!

In addition to our new Faculty Advisor and Associate Editor, we are currently looking for another member to join our staff. The Phoenix is currently hiring for the new position of Digital Content Producer! The position is part of the Federal Work-Study program. The Digital Content Producer will be responsible for maintaining the Phoenix website, www.gsuphoenix.com, as well as the Phoenix Facebook and Twitter accounts. In addition, the Digital Content Producer will write stories for the Phoenix. Interested applicants should send a resume and cover letter that demonstrates their writing ability, details their relevant experience, and explains why they think they would be a good fit for an online journalism position to Dr. Debbie James at djames@govst.edu with the subject line DIGITAL CONTENT PRODUCER.

Since joining The Phoenix as Editor-in-Chief last fall, I have strived to create a student newspaper that covers news and events that are relevant to GSU students. I have also worked to encourage student involvement in the newspaper. Those efforts, I am happy to say, have been fruitful. I’ve been able to form relationships with a small but very dedicated group of contributing writers who make terrific contributions to the Phoenix on a regular basis.

This semester, the Phoenix will be expanding our efforts to encourage student involvement. One facet of these efforts will involve the creation of specific beats for contributing writers to cover. I will include more information on the new beats, as they are currently in the development phase, in future issues of the Phoenix. The Phoenix becomes a better newspaper when more students are involved. Students who would like to write for the Phoenix should email the Phoenix inbox at phoenix@govst.edu.

I hope everyone enjoys a great semester this Fall. I look forward to another semester of serving as the Editor-in-Chief of your student newspaper.
The Student Trustee Exchange

Big changes at GSU

Welcome to a new semester at GSU! This is sure to be an exciting academic year with the many changes and developments around campus. For those of you who are unfamiliar or new to GSU, I'm Kayla Randolph-Clark, the student representative on the university's Board of Trustees. In every issue of the Phoenix, I will write this piece to inform the academic community on some of the happenings around GSU's campus, and to encourage involvement and participation from GSU students.

Although this may be old news for some, I want to be sure that some of our newer students are aware of some of the upcoming changes. In the fall of 2014, Governors State University will be accepting its very first class of freshman. This will increase GSU's visibility, make the university more competitive, and offer quality education at an affordable price to a broader range of students.

Also, as you approach the campus via University Drive, you can see construction on your right before you reach the parking lots. That is where GSU is building Prairie Place, on-campus University Housing for future students, which is expected to be complete in 2014. If you would like to see what it will look like once it is completed, you can check it out the virtual tour on YouTube under Governors State University Residence Hall - Prairie Place Virtual Tour.

What some of you may not know is that these upcoming changes have started numerous conversations about additional programs and improvements at GSU. It is possible that in the future, GSU will have competitive sports and upgraded recreational areas around campus. As more of these programs gain momentum, I will be sure to keep you all up to date in this column.

So what do you think? How do you feel about freshman being on campus next year? Do you think that on-campus housing will change the dynamic of our campus community? Are you excited about the possibility of competitive sports at GSU? I would love to hear the opinions of students, faculty, and other GSU community members about the changes and developments at GSU. Please email me your questions, comments, and concerns at KRandolph-Clark@govst.edu. I look forward to another semester serving you!

Toastmasters Club comes to GSU

Chapter, “University Park Speaks Up”, GSU will be joining the ranks of prestigious universities around the world.

Toastmasters is an organization sponsored by over 400 international educational institutions such as Harvard and Yale, as well as international universities in Australia and Asia. Thanks to the members of Lambda Pi Eta National Communication Club, starting this semester GSU will be among them.

The club aims to bring the community, and Governors State students and faculty together for one collaborative effort to enhance their communication skills. Members can receive regional, state, and national awards for their speaking abilities.

“This is where students can put their communication knowledge and skills to a good test,” said Toastmasters faculty advisor and Interdisciplinary Studies Lecturer Tammarra Winn. “We are not replacing the communication departments public speaking courses, but enhancing it.”

Appointed members from the Governor’s State student body, the University Park community, and the mayor’s office will hold positions in the club. Due to the popularity and attention Toastmasters is already receiving, GSU may have to increase its charters.

“We have had so many inquiries, we are going to end up starting another club,” said Winn. “We will probably end up with two or three different charters.” Winn and Lambda Pi Eta believe they may have enough members for a second charter already.

The first meeting was held on September 3 in the Center for Performing Arts lobby. The event was hosted by the Division Governor, Area Governor, and staff members of Toastmasters.

Find exclusive stories online at www.gsuprovidence.com!

Stories you can’t get anywhere else:

*Concert review: Kid Rock & ZZ Top Best Night Ever Tour
*Adam Ebert: The dull comfort of pop culture
*A....My name is Alice auditions
save more with a college grad rebate

get an extra $500

2013 FIESTA
2013 FUSION
2013 FOCUS
2013 MUSTANG*
2013 ESCAPE
2013 EXPLORER

VanDrunen Ford
183rd & Kedzie • Homewood • 708-798-1668
vandrunenford.com

find us on by searching VanDrunen Ford

*program #33468. Proof of student eligibility required, i.e., school I.D., class schedule, diploma. Excludes Mustang Boss 302, Mustang Shelby GT500, F150 Raptor. See dealer for complete details.
New rail fan park calls Park Forest home

By Anna Soloff
Associate Editor

A new park is calling the neighboring community of Park Forest home. The park is not made up of swings and slides, but rather is a place for train enthusiasts. The park is a rail fan park, the product of Canadian National’s purchase of the Elgin, Joliet and Eastern Railroad that travels east and west through Park Forest.

In 2009, Canadian National bought the E & J and created a highway cloverleaf interchange. The cloverleaf allows trains to pass through the Chicago land area in approximately four hours as compared to the previous travel time of two to three days. The E & J acquired four acres of land from Park Forest for the project and donated two acres of the undeveloped land back in order to establish the rail fan park, which celebrated the grand opening in July of this year.

The park neighbors the south suburb’s well-traveled Old Plank Trail and has become a popular spot for those cycling their way through the area. With CN’s assistance, the Village of Park Forest Parks Department was able to build a viewing platform for the park that rests 35 feet above the park and constructed the 500 foot long ramp that enables enthusiasts to access the viewing and informational platform. The platform hides many secret treasures to the unsuspecting fan. Once atop the park, guests have the opportunity to view the informational signs that allow the viewer to recreate the history of the tracks.

The plant and flora life surrounding the park was carefully selected by Park Forest Recreation and Parks Director Rob Gunther to reflect the foliage that would have surrounded the area years ago, in a recreation of past train travelers and fans eye views. In just a few months of the rail fan park opening, viewers can view around 15 trains a day passing through the interchange and is projected to reach approximately 32 by next year. The park is located at the cross section of Homan and North Avenue and any questions can be directed to the Village of Park Forest’s Recreation and Parks Department at 708-748-2005.

Sustainable garden

The land, while not certified organic, is ideal for serious gardeners. Clay soil was a hot topic, as tales were told of realizing how soil needs to be amended with bags of top soil and compost. “I have new appreciation for the pioneers,” reflected Lenae Tietjen, Adjunct Professor of Communication Disorders.

Without a doubt the GSU premier garden plot launched the gardeners off to a good start with the eight foot chain link fence and sturdy rabbit guard around the perimeter and unlimited water from the two hoses in the enclosure. As all gardeners know, keeping rabbits and other wildlife out of the garden can be quite a dilemma. The challenge is how to do it organically yet efficiently.

Nancy Kuhajda from the University of Illinois Extension Office gave a comprehensive class in early spring to lay the groundwork for prospective participants. Gardeners were instructed in the rules of organic methods, the necessity of adhering to the policies of no artificial pesticide, and maintaining a weed free garden to facilitate a fair chance for everyone’s seeds to flourish.

Professor Sandy Gandy, an Associate Professor of Education at GSU, said she had a home garden, but was drawn to the plot experience because it was a good place to plant crops that take up a lot of space and attract deer and rabbits. Marlene Lecce, a condo dweller, also saw the benefits of a spare plot, and said she was happy to be involved with the garden project.

Kevin Barto, Assistant Director for Grounds Management and Custodial Services became involved as a Garden Coordinator for the garden because of a desire to help people make healthier lifestyle choices.

This group truly had a pioneer spirit, armed with tillers, hoes, rakes, spades, gloves, hats, and sense of excitement knowing there would be great results. Beans, tomatoes, and peppers reach for the sunshine in this ideal location.

Experienced gardeners start planning early, sometimes mid January as the seed catalogues arrive. Novice or potential gardeners can attend local garden club meetings for next to nothing, asking questions before making impulse buys at nurseries, thus saving money.

The summer ended with good vibes. Gardeners who tended plots over the summer are able to reserve the same plots for the following season. Those who are interested in renting a garden plot can find out more information on GSU’s website at www.govst.edu/garden.
The trials & tribulations of a new GSU student

By Jonathan Bullthuis
Contributing Writer

When I first arrived at Governors State disheveled, neurotic, and desperate (my typical state of being) I was woefully ignorant of what to expect beyond the auspicious main entrance, and more than a little intimidated by the prospect of applying to an upper division university.

What I found was an abundance of helpful people gently ushering me from place to place to sign obscure documents and directing me to the appropriate offices (once I declared the major that I would later impulsively change) where I found more helpful people. When I got lost or confused, I simply returned to the genesis of the academic maze and more than a little desperate (my typical state of being) I was woefully ignorant of what to expect beyond the auspicious main entrance, and more than a little overwhelmed with ambiguity, indecision, and stress that I spent most of the time trying to calm my nerves as I waded through a sea of balloons and people sitting behind tables that identified the various educational departments here at GSU.

There are other exemplary people besides Maurer that guided me through the harrowing process of applying for, enrolling in, and financing my much needed education, and I am grateful to all of them. Christine Stark, a patient Client Relations Representative in the financial aid department, aided me in the agonizing process of applying for government assistance, which, thanks to the gods, I am now receiving. Dr. Rashidah Muhammad, a Full Professor of English, afforded me a great deal of her time in advising me on the prerequisites and realities of English Teachers Education. Conversely, a Senior English Lecturer by the name of Milan Panic (an emotion he is adept to instill) convinced me to abandon said department with as much haste as I had entered it. He pointed out that I lack the social graces necessary to subvert and educate the minds of others, and that I wasn’t built for literary criticism. Who wants to end up like Seymour? “Not I,” the little mouse.

Terrorized, harried, and alone, I stumbled into the Communication Department, and was welcomed by more helpful people. Among them was Dr. Deborah James, Assistant Professor of Media Studies; and Paula Cosenza, Communications Office Manager; who assured me that I had found the outlet and the vessel I was looking for. I’m very happy to be here.

Female + Intelligent + Educated = SINGLE?

RELATIONSHIP PROBLEMS?

Women have come a long way in the realm of higher education and are now reportedly graduating from college at a much higher rate than men.

Even though great strides have been made, women still often face special issues in their personal as well as professional lives. This group targets single women, women in relationships, and women from all walks of life in undergraduate and advanced degree programs to help create a support network to empower women as we pursue our goals through higher education.

Women Pursuing Higher Education Empowerment Group

Facilitators:
Danielle King, B.A.
Robin Shannon, B.S.
M.A. in Marriage and Family Counseling Candidates

Meeting Times:
Starting September 9
Mondays 3:15—4:15pm
Room D34063

For more information or to sign up please email Robin at rdshan03@gmail.com.

The trials & tribulations of a new GSU student

By Jonathan Bullthuis
Contributing Writer

When I first arrived at Governors State disheveled, neurotic, and desperate (my typical state of being) I was woefully ignorant of what to expect beyond the auspicious main entrance, and more than a little intimidated by the prospect of applying to an upper division university.

What I found was an abundance of helpful people gently ushering me from place to place to sign obscure documents and directing me to the appropriate offices (once I declared the major that I would later impulsively change) where I found more helpful people. When I got lost or confused, I simply returned to the genesis of the academic maze and more than a little desperate (my typical state of being) I was woefully ignorant of what to expect beyond the auspicious main entrance, and more than a little overwhelmed with ambiguity, indecision, and stress that I spent most of the time trying to calm my nerves as I waded through a sea of balloons and people sitting behind tables that identified the various educational departments here at GSU.

There are other exemplary people besides Maurer that guided me through the harrowing process of applying for, enrolling in, and financing my much needed education, and I am grateful to all of them. Christine Stark, a patient Client Relations Representative in the financial aid department, aided me in the agonizing process of applying for government assistance, which, thanks to the gods, I am now receiving. Dr. Rashidah Muhammad, a Full Professor of English, afforded me a great deal of her time in advising me on the prerequisites and realities of English Teachers Education. Conversely, a Senior English Lecturer by the name of Milan Panic (an emotion he is adept to instill) convinced me to abandon said department with as much haste as I had entered it. He pointed out that I lack the social graces necessary to subvert and educate the minds of others, and that I wasn’t built for literary criticism. Who wants to end up like Seymour? “Not I,” the little mouse.

Terrorized, harried, and alone, I stumbled into the Communication Department, and was welcomed by more helpful people. Among them was Dr. Deborah James, Assistant Professor of Media Studies; and Paula Cosenza, Communications Office Manager; who assured me that I had found the outlet and the vessel I was looking for. I’m very happy to be here.

Female + Intelligent + Educated = SINGLE?

RELATIONSHIP PROBLEMS?

Women have come a long way in the realm of higher education and are now reportedly graduating from college at a much higher rate than men.

Even though great strides have been made, women still often face special issues in their personal as well as professional lives. This group targets single women, women in relationships, and women from all walks of life in undergraduate and advanced degree programs to help create a support network to empower women as we pursue our goals through higher education.

Women Pursuing Higher Education Empowerment Group

Facilitators:
Danielle King, B.A.
Robin Shannon, B.S.
M.A. in Marriage and Family Counseling Candidates

Meeting Times:
Starting September 9
Mondays 3:15—4:15pm
Room D34063

For more information or to sign up please email Robin at rdshan03@gmail.com.
Technology Creep

By Steve Luzzo
Contributing Writer
On Twitter @imGonnaGet2it

The state is trying to crack down on people texting while driving, and I am on board with that movement 100%. While driving, I have the Bluetooth activated so if anyone needs to reach me they can call me. Initially I started doing this because I was driving a nice car that I did not want to risk getting damaged in any way shape or form. However, as time has gone on I have grown to worry more about the safety of everyone in my car as well as everyone else around me. It is stupid to think that you can risk not only your life, but of those around you for a stupid text that probably says, “sup?” I am on board with this movement, and believe that it would be wise for you to do so as well.

Since I am discussing cellphones, and I suppose technology in general, let me continue ranting slightly. Too often now I find myself in front of an electronic device whether it be the computer, my phone, or the television. I am not alone in this type of behavior, and that is not a good thing. With technology creeping in on every facet of our lives, it is beginning to become difficult to know when enough is enough. Technology companies are trying to figure out new ways to strap some type of radiation spewing device onto our face or creating watches that are extensions of our phones. This is scary. All of these things that were built to simplify our lives may in fact just be taking away precious moments of our lives. I’m not sure if you are aware of this, but moments are fleeting.

Put down your phones! Look out the window. Actually, if it is not ungodly humid out, step outside! Watch a sunset, take a walk. Go do something. Live a little! Walk to the park and push your kids on the swings. If you don’t have kids, walk to the park anyway. Our society is falling into a daze.

I’m not blaming just you. I will accept some of the blame as well. Well, not too much, but some.

It Can Wait Campaign

DeLuca of Illinois’ 80th District, the state district GSU resides in, compared texting and driving to golf. The GSU alum, who represents the school which lies in the boundaries of the 80th district said like golf, texting and driving need to be a “self-policing sport”, in which participants must apply penalties to themselves in the absence of referees.

“The police can’t stop everybody”, DeLuca said, emphasizing the importance of making a personal commitment to abandon texting while driving.

Davis, another graduate of GSU, also spoke in favor of “One Touch Driving” and Bluetooth technology. He equated his commute to Springfield every week as “three hours of fantastic talk time” that he can still count on, with the reality of hands-free cellular technology.

“Change is incremental,” said Davis. “It is difficult to change the behavior that people have become accustomed to.”

Richton Park Mayor Rick Reinbold thanked the participants of the Bluetooth technology, that are currently used by a small percentage of drivers. He equated his commute to phones down to eliminate “self-policing sport”, compared texting and driving to a time when people didn’t wear seatbelts.

“Texting and driving is a learning curve,” said Alsberry, indicating that in time, people would reflect on its dangers in the same context of not buckling up.

University Park Deputy Fire Chief Brian Shelley spoke about the increased number of accidents involving cell phone usage, backing the new bill as a big step community step towards safer lives. Shelley said it is “a great thing to see AT&T and Governors State... putting cell phones down to eliminate danger.”

University Park’s Chief of Police Darryll Stroud closed the presentation with an interesting demonstration indicating the decreased reaction time of drivers using cellular phones. He also encouraged students to look into other technological devices, such as ear pieces and Bluetooth technology, that are currently used by a small percentage of people.

Students, staff, faculty and alumni are encouraged to log onto www.itcanwait.com and take the pledge to stop texting and driving, or dedicate their pledge via Facebook.

Crossword solution from pg 8

| E M C E E | S M O G | R I P S |
| C O R A L | H O M E | E D I T |
| R A I S E | A N E W | G A L E |
| U N B E C O M I N G | A H E M |
| T R E K | A C R O S S |
| O G L E | A L E | W A D |
| D R A M | T E R N | B L I S S |
| D I M P L E S | E S S E N C E |
| S T E L A | S A G A | S C A R |
| O W E | M O B | S A T E |
| L A R Y N X | A T O P |
| A L U M | P O L I T I C I A N |
| B I L E | A L G A | N O B L E |
| O V E N | N E A T | T R I E S |
| R E S T | D O M E | O N S E T |
GSU Happenings

GSU Golf League
Tuesdays
4:30 p.m.
University Golf Course

“...My Name is Alice”
Auditions
September 7
4 to 5:30 p.m. or
6 to 7:30 p.m.
Reserve timeslot - E1541D

GSA Meetings
Tuesdays
5:30 p.m.
E1581

Forensics Team
Thursdays
8 p.m.
Student Union

Women’s Club
Volleyball Meeting
Thursday Sept. 5
4 pm and 7pm
Gymnasium

National Days of Services
September 9 - 11
Veterans Resource Center

Women Pursuing
Higher Education
Empowerment Group
September 9
3:15 to 4:15 p.m.
034063

Walk for Recovery
September 14
Registration 8 a.m.
Program 9 a.m.
Walk 10 a.m.
Free

Comics

XKCD: Social Media

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

PHD: How to write your thesis

How to Write Your Thesis in Ten Minutes a Day

It’s that simple!

Step 1. Spend ten minutes each day for the first six of seven days. Fill in any story, item, and always about whether you’re ever the task that you’re doing with your life, and whether you made the right decision to come to grad school.

Step 2. On your last year, deep for ten minutes a day and spend the rest of the time writing your thesis.

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

Crossword

ACROSS
1. Master of ceremonies
6. Dirty air
10. Tears
14. Reef material
15. "Where the heart is"
16. Modify
17. Lift
18. Again
19. Storm
20. Unseemly
22. Throat-clearing
30. Beer
31. Roll of bills
32. Apothecary’s weight
33. Small slender gull
35. Extreme happiness
39. Natural hollows in the cheek
41. Gist
43. Grave marker
44. Epic
46. Stigma
47. I’m indebted to
49. Unusually crowded
50. Satisfy
51. Voice box
54. At the peak of
56. Astringent
57. Congressman, for example
58. At the peak of
59. Maize
60. Nile bird
61. Away from the wind
62. Where a bird lives
63. Digestive juice
64. Aquatic plant
65. Chivalrous
66. Baking appliance
67. Tidy
68. Attempts
69. A musical pause
70. A hemispherical roof
71. Beginning

DOWN
1. Beige
2. Groan
3. Choose by voting
4. Leisure
5. Choose by voting
6. Without disgrace
7. Nickname
1. Beer
2. Not dead
3. Governs
4. Kind of bean
5. Margarine
6. A field of grass
7. Wooden shoe
8. A musical pause
9. Trinket
10. In spite of everything
11. Potato state
12. Heaps
13. Originates in
14. Modify
15. Elevate
16. Modify
17. Lift
18. Again
19. Storm
20. Unseemly
21. Grist
22. Throat-clearing
23. Journey
24. Not down
26. Leer at
34. Talk terrors
36. Ancient Peruvians
37. Leave in a hurry
38. Arid
40. A musical pause
41. Gist
44. Epic
45. Filling material
46. Make bigger
47. I’m indebted to
49. Unusually crowded
50. Satisfy
51. Voice box
52. Not dead
53. Governs
54. At the peak of
56. Astringent
57. Congressman, for example
58. At the peak of
59. Maize
60. Nile bird
61. Away from the wind
62. Where a bird lives

Sudoku