By Misturat Ganiyu  
Associate Editor

On Oct. 3rd, students, faculty and staff filled the Hall of Governors for the annual pep rally that kicks off Spirit Week.

Konya Sledge, Assistant Director for Student Involvement and Campus Programming, emceed the rally. Hillcrest High School band performed two songs.

Next, the GSU Cheer team chanted a song about GSU Jaguars.


Sledge then called to the platform the finalists for Mr. and Ms. GSU: Trauvell Crawford, JuJuan Day, Katelyn Mattes, and Ashley Palacios.

The Women’s Volleyball coach Pedro Gonzalez, The Women’s Basketball coach La Toshia Burrell and the Men’s Basketball coach Tony Bates named the members of their teams. One by one each athlete came out of the crowd, waved and then stood near the podium.

Hillcrest High School band played one last song as the crowd left the Hall of Governors.

By Misturat Ganiyu  
Associate Editor

Mr. & Ms. GSU Winners

See story on page 4. Photo by Brenda Torres.
Why Should You Become a Contributing Writer for the Phoenix?

By Misturat Ganiyu
Associate Editor

The Phoenix. We are a staff of five people. Each of us has different class schedules, but we attempt to cover events and stories that are of interest to you, our readers. We use different methods to do this. We search the “GSU Calendar of Events”. We skim through the Jaguar Connection. We check the bulletin boards that are located in each wing. We read our emails. Most importantly, we receive stories by word-of-mouth-- stories that come to us because you sense their importance. Our staff is limited by our availability, so we rely on you to take stories our staff cannot take or bring up topics we may have missed. Contributing your writing to The Phoenix will bring issues and concerns out into the open. We depend on you to write stories that cannot be covered due to schedule conflicts and unavailability. You would be using your voice.

Too often people complain about something and they do nothing to change it. They say nothing and write nothing. They complain to complain rather than complain to change. We are open-minded regarding what you can write, though we have one crucial requirement: your article must relate to our readers—students, faculty, and staff. We will ask you explain the relevancy of your article to the GSU population. We like diversity of perspectives. We cannot and do not write about every campus event. As I said earlier, the staff of The Phoenix consists of five people: four writers and a copy editor. Each issue includes articles we believe are important to you. If you see something missing from our publication, point it out to us or reveal it to us through your own article. Contributing writers’ input is part of what keeps us current.

Ask Holly

Midterms are coming, I’m a bit stressed out with studying for my tests. What can I do?

Midterms are stressful for most students. However, there are certain steps you can take to help you be a little less stressed. For me, I try to write down when I have each midterm as well as what is going to be on each midterm. Once I have that marked down I focus on the subjects that I have the most difficulty with and really hammer down on the portions that are going to be on the test.

I use a variety study techniques such as study cards, writing and rewriting notes, as well as finding a study buddy. The best part about studying is finding a buddy to study with because they help clarify or reassure your understanding of the test material.

It is important that you remember there are a variety of ways to deal with stress portion such as seeing a counselor. However, speaking to a counselor can also be stressful, especially if you don’t know the person.

My personal favorite is to make sure that I have a little self-care incorporated into every day. Self-care is the period of a day (even if only 15-30 minutes) that truly focuses on just you and relaxing. Many people forget to do this and then the stress builds up and builds up, without any short of relief. Find something you love and do that for a few minutes every day.

OpEd

By Holly Britton
Contributing Writer

Maximizing Your Learning With Exercise

By Matthew Gentry
Grad Columnist

Besides the well-researched and well-publicized health benefits, did you know that regular exercise is also good for your ability to learn? During the first half of the fall semester, we are being taught material that we need for end of semester exams, future national board exams, and beyond as practicing professionals. But what does science say about how the brain learns best? This is a popular subject of research, and the results are surprising. A short book that summarizes what neuroscientists have discovered, “The New Science of Learning: How to Learn in Harmony with Your Brain”, discusses the importance of sleep, exercise, nutrition, and hydration, among other things. This article focuses on how exercise can improve how your brain learns and what you can do about it.

Our bodies were born to move, and modern conveniences make it easy to stay stationary for too long. Studies have revealed that going for a walk to help think through problems improves attention to tasks. Exercise, specifically regular aerobic activity (something you could do for 30-60 minutes continuously, like jogging, swimming, bicycling, brisk walking, etc.) is also great for priming your brain to learn. Exercise causes neurochemical changes in the brain that improves your ability to gather and store new information. One of these molecules, called brain-derived neurotrophic factor (BDNF), has been called the “Miracle-Gro for brain tissue”, and helps your brain at the cellular level. Studies have shown that schools that have added more physical education get a corresponding bump in test scores, when other variables are accounted for.

Changing habits is tough, especially if you are not currently in the habit of exercising regularly. Simple suggestions to add movement into your day without drastic changes could be to take the stairs, park on the far side of the parking lot, leave your lunch in your car so you have to go out to get it, or once you are done eating lunch, invite your lunch companions to walk and chat instead of sitting and chatting. Exercise balls are great replacements for chairs, as are stationary pedal bikes that fit under desks. If you get stumped by a problem, try taking a walk to think it through.

Did you know our student ID gets us free access to GSU’s gym? Make working out part of your routine to maximize your learning and your health. You are paying for your learning and your health. You are paying for material or not!

Grad Column

So you think you can write?
Email us at phoenix@govst.edu
Dr. Alicia Battle

By Veronica Butterfield

If you have been to any sporting events this year, you’ve probably noticed Governors State University’s fan section filled with proud students. This cheering crowd is actually one of GSU’s newest clubs, Jaguar Spirit Organization. Established just this year, the Jaguar Spirit Organization was created by Latonya Holmes; women’s basketball coach, La Toshia Burrell; Gabby Pierre-Louis, and Juan Gutierrez. This group came together in hopes of raising school spirit and increasing attendance at athletic events.

Jaguar Spirit Organization officers include President Juan Gutierrez, Vice President Gabby Pierre-Louis, Secretary Derrick Brown, and Treasurer Ju’Juan Day. The officers, along with about twenty other members, gather together in room A2120 before athletic events to head to the gym as a group. Want to be involved? All students are encouraged to join! If you want more information or have any questions, you can email Juan Gutierrez (President) at jgutierrez3@student.govst.edu or Gabby Pierre-Louis (Vice President) at gpierre-louis@student.govst.edu. You can also join the assembly at any athletic event on the far bleachers.

The next event Jaguar Spirit Organization will attend is the Women’s Volleyball game on October 13th at 7:00 pm. Help them make games memorable for everyone, support our teams, and show your Jaguar Spirit by filling up the bleachers!

If you are interested in being interviewed for the “Club Spotlight” email us at phoenix@govst.edu
GSU Glows to Support Children’s Literacy

By Brenda Rock
Staff Writer

On September 29th, the Glow Run/Walk children’s literacy event was scheduled to take place at the Hall of Governors, and on the campus grounds. The event was to include a glow stick crafting session followed by a run/walk outside. It rained that evening, but the event went on as scheduled.

Due to the weather, the Glow Run/Walk became a Yoga Glow. The Yoga Glow took place in the E-Lounge at 7:30pm.

The purpose of this event was to help raise funds and accumulate books to help build a children’s library in the Family Resource Center- GSU’s daycare and early childhood center located here at Governors State University (GSU). The requirement to participate in the event was to donate a book or a dollar. Participants checked in at the Hall of Governors where they made their donations, and received glow sticks. Participants were very creative with their glow sticks making necklaces, crowns, arm bracelets, and ankle bracelets. Some individuals wore many sticks to glow more in the dark. Afterward, participants proceeded to the E-Lounge where they did Yoga.

The dark E-Lounge was lit aglow with the glow sticks worn by participants as they practiced yoga. The yoga session was led by Tiffany Chaives, who learned Yoga in Thailand. She is a current social work student in the masters program. Participants were also provided with fruit and water.

Mr. and Ms. GSU

By Brenda Torres
Editor-in-Chief

On Oct. 8 Mr and Ms. GSU were announced during Family and Friends Weekend, at the Fashion Fusion Show.

The winners are, Ju’Juan Day and Ashley Palacios. Ms. Illinois American Elegance Nya Brooks, who is from University Park, crowned Day and Palacios. “I just want to thank everybody that voted for me because they see that I have potential. I feel humble and grateful,” said Day.

Day is a junior studying Media Studies. Not only is he a news anchor for This Week at GSU (TWAG) but he is also the President of the Prairie Place Hall Council. “I feel great. This is an exciting moment. It is going to be a good journey for me and I think I’m going to be a great representative. I’m going to make a big difference,” said Palacios.

Palacios is a junior, Social Work major. She is a Student Ambassador and Peer Success Coach at the Center for the Junior Year. She is a member of the Association of Latin American Students and Social Work Student Organization (SWSO). Palacios is in the Honors Program.

The idea for Mr. and Ms GSU sprouted from Konya Sledge. “I thought it would be nice to start that tradition of having a student represent the university. Someone that is outgoing, academically stable, community service oriented as well as a leader and involved on campus,” she said.

Along with the title, Day and Palacios will have responsibilities. “They are expected to follow through with their academics, community service and public appearances. As Mr. and Ms. GSU will organize and facilitate a service project that benefits the student body,” said Sledge.

Mr. and Ms. GSU are expected to be role models, “They must be in good standing at any point.”

Day and Palacios will be Mr. and Ms. GSU for an academic year.

Mr. and Ms. GSU with Ms. Illionis American Elegance, Nya Brooks. Photo by Brenda Torres.
The Art Department “Graveyard”

By Brenda Torres

The art department students have started a new tradition with pieces of ceramics that have been left behind in the art department or broken. The students have been placing these pieces on the back quad between Wings E and F. Formally a greenhouse, the area is now known as the brick platform. The art students call it the “Graveyard.”

Katie Wraczewska, Art Department Graduate Assistant, shared why they started the Graveyard. “Initially I got the idea when I was in Wisconsin for a pottery camp,” she said. “I saw that they had a hill called ‘The Valley of Tears,’ it’s where they threw out all their fails and the stuff that would break in the kiln. So I figured why not put this stuff [ceramic works] out here?”

The graveyard started Summer 2015. “At the end of every semester, we started carrying out stuff that was left behind. Even as it [the ceramics] broke we just picked up the pieces and rearranged,” stated Liam Smietanski, Graduate Student in the MFA program.

More than just having ceramics or failed ceramics out on the brick platform, the students want to beautify it. “We’re trying to put some life out there,” said Wraczewska.

Ceramics instructor, Leanne Cusmecic, has given the students an idea for transforming the graveyard, “to create like totem poles that you put these broken pieces on,” she said. “They resemble totem poles. They have a cement bottom that holds this metal wire cage and they will hold broken pieces of cups, pots, even whole pieces,” said Wraczewska.

Smietanski stated the project is a work-in-progress and they are hoping to finish it before the weather worsens. The students have been careful to make sure their work doesn’t hold water that will attract mosquitoes by punching holes in the art pieces.

Even though the graveyard is made up of failed ceramics or broken pieces, the students ask everyone to please respect it. Also, if people have anything to donate to the graveyard, they are welcome to bring it by.

The artists hope that the graveyard will continue to grow. “I’d like to eventually come back here like 10 years later after I’ve graduated, and see ceramics or metals that have been abandoned out there,” said Wraczewska.

The Art Department “Graveyard”

By Misurat Ganiyu

Oct. is American Archives Month. The university has an archives room that includes significant documents from the past that go back to 1969, when Governors State University was founded. On Nov. 4th, the university will celebrate opening the archives to the public.

Sarah Wegley, Library Operations Associate and Paul Blobaum, Full Professor, manage the University archives. “The idea is to select records that are of enduring value and historic significance that document certain things or an activity of a department,” said Blobaum.

Some of the materials in archives are “student work, faculty work, presidential papers and administrative records.” Wegley and Blobaum work part-time in the Archives room and so do student workers. “It’s kind of a constant process to build relationships across the campus to let them know we are here,” said Blobaum.

Students can search selected digitized archival material through OPUS or CARL Digital Collection. If your capstone thesis has made it to OPUS and you have an OPUS account, you can access your readerhip statistics that show who is downloading your paper and where in the world people are looking at it. Also, if students are taking a capstone course, they can visit the digital repository to view examples of past capstones papers, Wegley says.

Students who want to visit the archives room can email Sarah Wegley at swegley@govst.edu or Paul Blobaum at pblobaum@govst.edu. “We have all these things that turn up,” said Wegley. One of the materials that resurfaced is a video of the retirement party for the first president of Governors State University. “The federal government recognizes that library and museums archives are important cultural resources for the nation and they’re not always funded the best,” Paul Blobaum said.

American Archives Month

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GSU Striving to be a Place of Diversity and Inclusion

By Donnica Gordon
Staff Reporter

In response to the many troubling and tragic events that have engulfed the nation the past year, President Elaine P. Maimon, issued a memo this summer to the students of the university. “Rest assured, GSU remains a safe place. A place to hold difficult conversations. A place to explore issues, theologies, and beliefs. A place where differences are embraced and respected,” she said.

The mind-boggling devotion in the tenor and tone of national discourse have convinced key political leaders and the media alike have converged to create a climate of division, anger, fear, sadness, angst, mistrust, and exclusion amongst America’s citizenry.

This especially holds true for the country’s most vulnerable and marginalized, including young people. “For students in the process of learning about their place in the world and their responsibilities to the various communities of which they are a part, these events can be especially disturbing,” said Dr. Maimon.

The president’s goal is to ensure that Governors State University stands as a center of safety, exploration, and humane and respectful discourse and collaboration where students, faculty, and staff can each at times for solutions to the many challenges facing our communities, the country, and the world.

To this end, GSU recently chartered and convened the Campus Inclusion Team (CIT), an interdisciplinary committee of students, faculty, and staff from across the university that have been charged by the president to be proactive in thinking and planning strategically around issues of diversity and inclusion on GSU’s campus.

The CIT is chaired by Dr. Rupert Evans, and co-chair Dr. Marietta Zell both of the College of Health & Human Services. They will be working with GSU’s Chief Diversity Officer, Joyce Coleman who is also the Vice President of HR, and the CIT committee to examine and create action agendas on ways in which GSU can support and increase diversity and inclusion on campus.

Dr. Evans and Dr. Zell point out there is a difference between being diverse and being inclusive. “We are a minority serving institution by virtue of the numbers – 48% minority in terms of the student body. But when you look at the faculty and key leadership positions, where are we with diversity?” asks Evans.

“So there is ‘Diversity’ as a noun, and ‘Diversity’ as a process of becoming and evolving,” said Zell. So we look at the campus, do we have diversity? Yes we sure do. We have all kinds of racial and ethnic, socio-economic, gender, there’s a lot of diversity. And yet, we have not achieved a level of diversity that is consistent with the communities that surround us. Take for example the Latinos. I think less than 5% of our student body is Latino. Yet the communities around us are 16%. So we have not done a good job yet of reaching out to these communities and showing the benefits that GSU can offer.”

Evan further explained that diversity and inclusion is not just a matter of the racial and ethnic, but also of acknowledgement and embrace of cultural differences.

“We’ve got a lot of international students now. Are we meeting their needs? Are we really included? We have the LGBTQ community. Are they invisible? Are they embraced? Are they really included in campus life? I don’t know. These are the things we have to take a look at,” said Evans. President Maimon and the Campus Inclusion Team aim to ensure that diversity and inclusion are fully realized on GSU’s campus.

Thaddeus and Slocum Excellent Adventure

By Sydney Milligan
Contributing Writer

The following article was contributed from a summer course taught by Dr. Patrick Santoro.

Strange things may have been afoot at the Circle K for Bill and Ted in the ’89 Keanu Reeves cult classic “Bill and Ted’s Excellent Adventure,” but not on North Michigan Avenue where amazing things are transpiring at Lookingglass Theatre.

Playwright and Lookingglass Ensemble Member Kevin Douglas has more than struck gold, he’s discovered the lost city of El Dorado with “Thaddeus and Slocum: A Vaudeville Adventure.” The play is a deceptively catty, satirical exposé of race relations and entertainment industry injustice in 1908 Chicago.

The story tells the tale of two best friends and surrogate brothers forming an interracial vaudeville act who decide on a unique plan to make it big time and play Chicago’s premiere venue, The Majestic. This project is such a refreshing piece of dramatic comedy, it seems it was doused with the aqua pouring from the Water Tower Water Works building housing the theatre.

“Thaddeus and Slocum” is particularly exhilarating, it also makes use of J. Nicole Brooks and Krisssy Vanderwalker’s direction. Making intelligent and funny choices, like putting Molly Brennan in juxtaposed roles of spoiled brat Sarah and saloon vixen Abby, Brooks and Vanderwalker bring this important story to life in a smart, spectacular way.

The elements of improvisation and engagement with the audience gave the show a certain je ne sais quoi that really made it sparkle like the bright lights of an old downtown marque.

The directors’ use and treatment of tap dance was appauldable and brave. Although the black face and some of the ethnic jokes and slurs (like when Slocum retorts “Now you know how I feel” when Thad complains he cannot find his partner in the dark) were disturbing and too much at times for my personal taste, such boldness on the part of the artistic team and direction is commendable.

The cabaret style seating employed by Lookingglass is perfect for the vintage vaudeville revue and street performance theme. Not only did the seating arrangement permit those observing the show to become active participants in Thad and Sloc’s old-timey odyssey, it also made it possible for the performers to seamlessly transform into audience members at key junctures in the show.

Collette Pollard’s scenic design, inspired by the real interior and structure of Chicago theatres of the era, is innovative and completely transforms the space into a downtown nightclub just after the turn of the century. Samantha Jones’ costume design is time period appropriate and fabulous, demonstrating just the right amount of grit and glamour in capturing the essence of the story and early 1900s tod.

The show’s USP (although be forwarned if loud noises scare you). Katie Horvath was delightful as her Fosse-esque routine. Speaking of Thad, Taylor is a young Sammy Davis Jr. and Elijah Kelley (of “Hairspay” and “The Wiz Live” fame) fused together as he interprets protagonist Thaddeus with as much heart as the character’s name suggests. Taylor’s talent abounds as he acts, sings, soft-shoes and tumbles with equally impressive aptitude.

His endearing performance as the hero soddened with issues of inequality during a time of tumultuous race relations distinguishes him as a deft, colorful, master of comic timing. Samuel Taylor is not eclipsed as Slocum. He exhibits great charisma and arocarious as the lachaidrical and lakwark warm other half of the team with big dreams of making it onstage at The Majestic. He also makes you love and laugh him simultaneously as his snide comments and ribbing of Thad provide more than just a hint of underhanded racism (but not enough that he is totally despicable). Taylor’s characterization of the second banana to the act everyone is rooting for, and blue-collar European immigrant son who wants easy street, is winsome. Monica Raymund is a knockout in her embodiment of Isabella, the clumsy young dreamer denying her heritage in order to achieve success as a performer. From her reacting with bitter wistfulness to Thaddeus’ calling her out on her choice to pass as white, to her comic awkwardness cleverly offset with her poise on The Majestic’s stage, Raymund gives a performance worth seeing. Sharisse Hamilton and Tosin Morohunfola as Isabella’s cousins Zeke and Nellie, are also standouts. Both are charming and hilarious as the dynamic husband and wife duo with artistic aspirations, joking and shuffling along right into your heart. And when Hamilton begins hitting those bird notes soar, having you to true “bel canto” with her sensational soprano stylings, you will undoubtedly be proclaiming “Who, Nellie?”

Overall, Thaddeus and Slocum’s adventure is entirely excellent--Bill and Ted would approve. Be sure and catch this vaudeville class act before it hits the big time.
Ludicrum

Across
2. Adele's first single of the year
4. A song by Cher released in 1999
6. A song by Katy Perry that has these lyrics
9. A song by Nelly Furtado ft Timbaland
11. Peaches & Herb released 1979

Down
1. A Madonna song released in 1990
3. 'Don't go chasing ___'. Please sick to the rivers
and the lakes that you're used to
5. A song by Bell Biv Devoe
7. A popular song by Kris Kruss
10. A Beyonce song that has these lyrics: 'to the left, to the left...'
EXHIBITS & DISPLAYS
LGBTQ LITERARY WORKS & RESOURCES
GSU Library
Seeking to be more aware of the LGBT community? GSU Library has a collection of books, DVD’s and eBooks dedicated to the LGBT experience. Visit, www.govst.edu/library and select the Library Catalog located under Library Resources. Type in Lesbian, Gay, Bi-Sexual, Transgender or LGBT for your keyword and you will find a listing of items that are currently available in the GSU Library. Visit the library or contact us at library@govst.edu.

October 17th—October 31st
LGBT IN AMERICA: PAST, PRESENT & FUTURE
B Wing Display Case

PROGRAMS & EVENTS
Tuesday, October 4th
SEXUAL ASSAULT & DOMESTIC VIOLENCE WORKSHOP
3:30pm - 5pm, Engbreton Hall
This workshop will be presented by Amanda Evans (former YWCA Advocate) and Vicki Mellach (Community Outreach Coordinator) for South Suburban Family Shelter. The workshop will highlight domestic violence and sexual assault certifications that can be obtained giving viable experience for program majors such as; Social Work, Counseling, Psychology, and Addictions. This experiential learning opportunity will help students to develop in their programs while offering real life experience.

Tuesday, October 11th
NATIONAL COMING OUT DAY CELEBRATION
3:30pm, Hall of Governors
Join us as we celebrate coming out as lesbian, gay, bisexual, transgender, queer (LGBTQ) or as an ally. Hear stories from the LGBT community, their families and allies about their experiences and learn how to support those who come out. Refreshments will be served. ALL are welcome to join the celebration regardless of sexual orientation.

Monday, October 17th
MOVIE & PIZZA NIGHT
7:30pm, Engbreton Hall
GNSX is sponsoring this meet and greet to connect members of the GSU LGBT community. There will be a movie discussion and great conversations.

Thursday, October 20th
QUEER MEDIA REPRESENTATION
4:30pm, Engbreton Hall
From the network dramas of Empire and How to Get Away With Murder, to sitcoms like The Real O’Neals and Modern Family, on prestige cable in Game of Thrones and Mr. Robot, and streaming everywhere on Transparent, Grace & Frankie, and Sense8, LGBT characters have carved out a small but visible presence in pop culture. Come join the students from Intro to Media Studies and Intro to Gender and Sexuality Studies for an interactive discussion on queer media representation.

Monday, October 24th
GAY STRAIGHT ALLIANCE INFORMATIONAL
3:30pm, Student Commons
Come learn more about the Gay Straight Alliance and become a part of this organization as a member of the LGBTQ community or as an ally.

Thursday, October 27th
LGBT...IT'S MORE THAN ALPHABET SOUP
3:30pm, Engbreton Hall
Come learn more about the not so common sexual identities beyond lesbian, gay bisexual and transgender such as asexual, pansexual and others.

For more information and updates visit www.govst.edu/diversity or email diversity@govst.edu