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By Danielle Terry
Contributing Writer

“Who looks like this?” remarked my friends and family as we walk down the hall on our way to the auditorium drawn in by the posters that were hanging on the wall which displayed images of the “perfect” body types of women throughout the centuries. As we filed in the auditorium, we immediately noticed something that would make this performance quite different from others.

The seats where on the stage! It made the 3/4th round stage design somehow seem all the more intimate. It made the 3/4th stage! It made the 3/4th performance quite something that would make us cower back into conformity. “The show must go on!”, and that is exactly what happened. One of the original actors was not able to make the performance, so on very short notice, Tom was played by none other than Dr. Patrick Santoro, Director of Fat Pig and Assistant Professor of Theatre and Performance Studies. He acted with script in hand and rarely missed a beat. His voice infusion and witty banter were, in my opinion, what gave the show a comedic edge to such an earnest subject. There were some rather affectionate scenes in the play that Dr. Santoro preferred not carry out, which was understandable. However, his improvisational skills made for good laughs. As we left the auditorium, one of the sweet older ladies that joined us, couldn’t stop talking about how handsome that “Tom character” was and what an amazing acting job he had done.

“Very rare is the man who will stand up for what he believes in.” was expressed by the actor, Bradford Simmons, who played Carter and is the lead character Jeannie, who felt of the perils of trying to live up to imposed standards of beauty, yet still facing rejection. Her character was given considerable reflection to this theme of changing one’s self for another as it was another prominent theme. I enjoyed seeing a female character who had substance, as well as inner and outer beauty.

The other female lead character Jeannie, played by Kayla Liggins, reminded me the audience of the perils of trying to live up to imposed standards of beauty, yet still facing rejection. Her character was very determined, yet very much discontent with her relationship with Tom. It was difficult to watch as she stormed and flounced around Tom’s office, telling of how desperate she was for acceptance, characteristic of one who feels deserving of love, not because they see intrinsic value in themselves, but based on the external value others place on them.

This is exactly the topic that Neil Labute’s play, Fat Pig, deals with. The main character is Tom, who would be considered a rather egotistical guy. Despite his flaws, he falls for a very funny and vivacious librarian named Helen after they meet at a crowded lunch counter. He notices that she will very quickly down herself before others get a chance to. The two become smitten with each other and start spending lots of time together, the effect of which starts to show in Tom’s work performance. Tom’s friend, Carter, a complete narcissist, starts to notice. He obnoxiously tries to find out more about Tom’s “love life” as he’s notices Tom being uncharacteristically closed lipped about it. Tom, however, is reluctant to reveal his secret about his new love to his shallow friend for fear of ridicule. There’s also Jeannie, Tom’s ex-girlfriend, who is still sore about their break up and desperately vying for Tom’s attention. Throughout the play, Tom struggles with the fact that he could really be in love with a woman who doesn’t fit the typical beauty standard, but whose relatable qualities he immensely enjoys. Ultimately, he has to take a stand and chooses to either be a man and stand up for the love of his life, or childishly cower back into conformity.

“The show must go on!”, and that is exactly what happened. One of the original actors was not able to make the performance, so on very short notice, Tom was played by none other than Dr. Patrick Santoro, Director of Fat Pig and Assistant Professor of Theatre and Performance Studies. He acted with script in hand and rarely missed a beat. His voice infusion and witty banter were, in my opinion, what gave the show a comedic edge to such an earnest subject. There were some rather affectionate scenes in the play that Dr. Santoro preferred not carry out, which was understandable. However, his improvisational skills made for good laughs. As we left the auditorium, one of the sweet older ladies that joined us, couldn’t stop talking about how handsome that “Tom character” was and what an amazing acting job he had done. “Very rare is the man who will stand up for what he believes in.” was expressed by the actor, Bradford Simmons, who played Carter and is the lead character Jeannie, who felt of the perils of trying to live up to imposed standards of beauty, yet still facing rejection. Her character was given considerable reflection to this theme of changing one’s self for another as it was another prominent theme. I enjoyed seeing a female character who had substance, as well as inner and outer beauty.

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I immensely enjoyed myself Saturday night. The performance kept our crew laughing and discussing the characters throughout the weekend.
The Cubs Did It, So Can You

By Brenda Torres Editor-in-Chief

On Nov. 2, The Chicago Cubs won the World Series Championship. If you are a fan of the Cubs, and even if you aren’t, you should know that the Cubs have struggled through the years.

The Cubs are an inspiration to anyone who has been struggling to succeed in something that is important to them. There are times when people want to give up, but remain persistent and that’s exactly what the Cubs did this season. The Cubs should be viewed as a muse for students to keep moving and pushing forward to earn their degrees.

As students, we sometimes have a clear path set in our minds of what our college education will look like. However, that often changes. You might feel like your major isn’t a fit for you or begin to struggle with a class. You might have a rough semester, but that only makes you stronger for upcoming semesters and the world after college, your career.

Each semester ends with a new lesson for students. Students are able to see where they can improve, whether it is time management, study strategies, or even a better sleep schedule. All of these are methods for which students can always make room for improvement. Sometimes as students, we have to change our method to be able to succeed.

The Cubs started each season with a method of how they were going to be successful, make it to the playoffs, or further, like winning the World Series. The Cubs didn’t always make it to the playoffs or become the division champs. They started each year with a different technique. Finally, they found an approach that worked for them. Therefore, students, if the Cubs did it, you can too!

Grad Column
The Power of Networking

By Matthew Gentry Grad Columnist

The Graduate Professional Network along with Offices of Career Services and the Office of Development is hosting a networking event on Thursday, November 17th from 5:30-7:00 p.m. in the E-Lounge.

Ana Dutra, best-selling author of “Lessons in Leadership: Detoxing the Workplace”, (yes that’s spelled correctly!) will be presenting her book followed by a book signing and networking social. Ana is a networking guru and CEO of Executives’ Club Chicago, a world-class organization that provides business networking and leadership development for senior executives.

And don’t forget to RSVP, as the first 50 RSVPs receive a FREE copy of Ana’s book. All RSVPs after 50 will go into a drawing for a free copy of her book to be given out the night of the event. Just go to www.surveymonkey.com/e/anadutra.

Ana’s book signing and networking event will give you an opportunity to put your networking skills to the test! The long-standing adage of “It’s who you know, not what you know” speaks to the power of networking and confirms why networking is such an important component of graduate student life.

This is especially true because many students narrow their perspective in graduate school in order to focus exclusively on their studies. With this outlook, students miss out on opportunities that potentially pay huge future rewards. One characteristic about successful networking is that you never know when you will meet someone that changes your future. Challenge yourself to expand your scope and utilize grad school as a great place to build a network of colleagues, industry leaders, and potential employers.

Here are a few important networking tips for grad students:

1. Get involved. Getting involved allows you to gain a deeper appreciation of what is going on in your field. You can do this by working in your department, attending events on campus and conferences, or joining professional organizations.

2. Break the ice. Have some go-to questions in your back pocket ready for when you meet someone new, especially if you are uncomfortable talking to unfamiliar people. Samples include: “what is your role on campus?”, “what made you decide to come to Ana Dutra’s book signing event?”, etc. The more open-ended the question, the better.

3. Ask someone you know to introduce you to a person you want to meet. Challenge yourself to expand your scope and utilize grad school as a great place to build a network of colleagues, industry leaders, and potential employers.

4. Listen well by not dominating the conversation and confirming good networking tips for students. Students are able to see where they can improve, whether it is time management, study strategies, or even a better sleep schedule. All of these are methods for which students can always make room for improvement. Sometimes as students, we have to change our method to be able to succeed.

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OpEd
Ask Holly

By Holly Britton Contributing Writer

I find that I have been procrastinating a lot lately and not getting much done. How can I stay motivated enough so I don’t procrastinate?

I believe I can confidently say that most people procrastinate. However, there are ways to procrastinate effectively. Procrastination is the prolonging of productivity, which can actually be a good thing.

For instance, let’s say you are studying for a long test and you study a little then decide to take a break and push it off a little, come back to the material, and repeat. This is “interval procrastination”, as I like to call it, meaning you periodically procrastinate what you are doing. This is another version of said test-studying strategy. If you cram and try to do everything in one study session, it can easily be overwhelming.

Now say for instance you’ve been procrastinating on doing things because you’ve found this awesome new show on Netflix, deciding to postpone homework. That is bad procrastination because you are not giving yourself intervals and will ultimately not do as well as you could have done if you had intervals. A way to change this is instead of binging on Netflix, watch TV. Yes actual TV that is not on DVR. This gives you a chance to do things during the commercials such as dishes, cleaning, or any other activity. Although this is still procrastination, it is interval procrastination where you are still providing the time for leisure and intentional studying. Of course there are certain times where procrastination is not just a good idea whatsoever.

Without regular mental breaks, the continuous work/study/etc., can actually be less helpful than taking breaks.
Seven students marched from Prairie Place to Governors State University’s main entrance to encourage everyone to vote. Byron Terry, the VISTA Corps, and Trauvell Crawford, Marketing major student organized the event.

“I’m trying to be an advocate for my peers because a lot of us don’t vote because we’re not taught to vote or what we see in social media don’t tell us to vote, so I felt I needed to be that voice…” Crawford said in an interview.

Terry led the students to campus while GSU police drove in front of the group and behind them.

GSU is a polling place for Will County residents, so the students stopped their demonstration, once they reached the Hall of Governors. “A lot people don’t understand the importance of this particular election because regardless of whom wins this election this will be a historic election and presidency, and one way it could be the first lady president and then we have a non-senator running for presidency that may win, so it just can go any way,” said Crawford.

On Wed. Oct. 19, Governors State University students gathered in the G-wing atrium to watch the third presidential debate between U.S. Presidential hopefuls, Hillary Clinton and Donald Trump. The debate, moderated by Fox News Anchor Chris Wallace, was the last of a three-part series, and was held in Las Vegas at the University of Nevada.

Attendees were polled following the debate to see who they were thinking about voting for. At the time, 62% of those in attendance said they planned to vote for Clinton, while 24% said they planned to vote for Trump. 12% of attendees were undecided, while 2% of attendees said they would write-in Bernie Sanders’ name.

To be noted, this poll was taken almost three weeks ago. More recent polls have shown a much tighter race between Clinton and Trump.

Tomorrow, we will all know for sure.
By Holly Britton
Contributing Writer

On Wednesday Oct. 26, student group Lambda Pi Eta, the honor society for Communication students, held a domestic awareness event in the Hall of Honors to inform guests about a range of information regarding domestic violence. As guests came into the room they had a chance to sign in and gather pamphlets with additional information, as well as snacks.

A short welcoming speech was presented to the students in which the event was dedicated to Lambda Pi Eta’s late advisor, Professor Tammyra R. Winn. The new club advisor, Merri Wilkerson, Office Manager for Communication, Visual and Performing Arts, was then introduced as was the guest speaker, Prisma Arevalo. Arevalo is the Bilingual Outreach Specialist at the South Suburban Family Shelter, located in Homewood, Illinois. Not only does Arevalo have credentials throughout South Suburban Family Shelter, but she has worked with community and faith leaders, groups, clubs, fraternities and sororities. She also was a part of the Safe from the Start Coalition, Blue Island/Robbins Coalition, and a few domestic violence subcommittees with the Chicago Police department.

With experience in a variety of domestic areas, Arevalo provided new information to the audience. Some of the topics included defining domestic violence; recognizing gender bias in domestic violence; reasons why individuals stay in those types of situations; how to approach someone who may be going through domestic violence situations; and reaching out for assistance.

One of the key points Arevalo made in her presentation was that if someone is reaching out for assistance to make sure to let the individual or group know that there are options, offer to provide the options, and that the choice is up to them. Trying to force choice upon someone could deter that person from seeking help. As the event came to an end, Arevalo spent a few moments answering questions from the audience such as why is it usually suggested that a female leave, and more.

After a period of discussion, the emcee of the session thanked all the students for their time and said that even though Domestic Violence Awareness Month, October, was coming to an end the conversation was just beginning. Lambda Pi Eta plans to continue talking about, fundraising and planning events to bring awareness about the issue of domestic violence.

If students are interested in joining the conversation with Lambda Pi Eta, they can join the Lambda Pi Eta’s group on Jaguar Connection or through email to Holly Britton at hbritton@student.govst.edu or Michelle Sebasco at msebasco@govst.edu.

By Charmain Young
and Shanice Wright
Contributing Writers

On Monday, Oct. 24, several GSU psychology students along with faculty, attended a presentation about the ALL STARS Project of Chicago featuring Mr. David Cherry to learn about the theme of social responsibility.

Other speakers on the topic included Dean Andrea Evans and Vice President Aurelio Valente. Mr. David Cherry is the City Leader for the ALL STARS Project (ASP) where he has worked helping students in poor neighborhoods to achieve greatness in life. One of the main tools ASP uses to help students become more open, comfortable, and prepared for success is Performance. Mr. Cherry along with other staff and volunteers of the ALL STARS Project, creates talent shows and activities for students to learn about public and private speaking and performing in front of a group or a crowd.

The purpose of these kinds of exercises is to not only help youth come out of their shells, but also to help them develop an understanding about using creative performance to see themselves as “successful.” Students learn that no matter where they go in life; they are always performing. This method causes participants to examine themselves and their characters to see if their attitudes, behaviors and attire fit their current “role” and they learn to make adjustments and to adapt to new environments. Event attendees came to see that the world is their stage whether they’re performing or directing, and that it is imperative to end the show with a bang!

One of the other methods that ALL STARS Project uses to help these students embark on a new journey in life is pairing students with businesses leaders. The students are offered workshops to experience how to conduct themselves as professional women and men.

Another program, the Development School for Youth, leads to paid summer internships, with many of the internships becoming jobs. Many students have testified that being a part of the ALL STARS Project has changed their lives and career goals. It positively influences participants’ self-image from a person who can only do one thing to a person who is capable of doing many things. The ALL STARS Project is an outlet for participants to exercise or discover their talents and abilities. Participants come to realize their own greatness.

Attending this event caused many students to consider what they’re doing to give back and be an example for others. Students examined themselves to figure out how their strengths could be used to positively affect others concluding they can all use their education, wisdom, resources or life experiences to help those in need succeed.

This event was sponsored by an award from the Excellence in Equity Mini-grant written by Dr. Crystal Harris, a lecturer in the Division of Psychology and Counseling. She wrote the grant in order to help psychology students develop greater awareness about social responsibility and how it impacts the world.

Mr. Cherry’s presentation really inspired students to apply what’s going on in the classroom out in the real world to serve others.
GSU Offers Innovative “Mindfulness in the Helping Professions” Certificate Program

By Donnica Gordon
Staff Reporter

Mindfulness is a contemplative meditative practice that involves focusing one’s full attention in the present moment, observing arising thoughts in a nonjudgmental fashion without criticism. The ultimate goal of mindfulness is to realize that thoughts and feelings are transient, to become able to consciously observe them, and to choose each moment whether or not to act upon them.

Mindfulness has been practiced in religious and spiritual communities for centuries, but has recently exploded in secular culture where there is great interest in understanding what it is and how to incorporate it into one’s work, according to Dr. Maristela Zell, Licensed Clinical Social Worker, Full Professor of Social Work and Coordinator of GSU’s “Mindfulness in the Helping Professions” Certificate Program. The certification is a 14-credit hour multidisciplinary program offered by the College of Health and Human Services and the College of Education. Mindfulness training programs are becoming abundant on the West and East coast areas in the U.S. with several universities and institutes offering mindfulness training programs, Governor Zell explained.

“More recently, psycho-therapy, and other fields— the medical field, the business arena, schools— have really begun to use this concept more in a secular way, adapting it to work with a variety of human problems,” said Zell.

“Especially in the social work and mental health fields, we see a lot of mindfulness interventions being used to work with a range of emotional and mental health problems such as anxiety and depression, suicidality, eating disorders, sleeping disorders, to manage and control pain, and to work with trauma. Mindfulness is also increasingly being used in the educational setting with schools developing curriculum to teach children the lessons to practice mindfulness,” Zell further explained.

The “Mindfulness in the Helping Professions” certification is a year-long program created to teach clinicians such as therapists, social workers, psychologists, occupational therapists, nurses, physical therapists, and addictions specialists, how to incorporate the interventional techniques of mindfulness into their practice.

The certification process is structured as a 14-credit hour program that involves two, 3-credit hour, semester long courses, and four labs spread throughout the year. The first course, Intro to Mindfulness in the Helping Professions, is offered in the Fall semester. And the second, Advanced Mindfulness in the Helping Professions, is offered in the Spring. The labs are structured as a campus-based, non-residential retreat where participants meet Friday evening, all day Saturday, and all day Sunday.

In addition to the professional aspect of the certification, the program is also designed to guide participants in deepening their personal understanding and practice of mindfulness.

“We really emphasize to the students that they have to practice mindfulness. You cannot teach mindfulness to anyone if you do not practice because you won’t know the obstacles to practice mindfulness. It’s not as easy as many people think. It requires discipline. It requires commitment. It requires daily practice. So if you don’t understand that, and you don’t practice, then you can’t help anybody else. You are not going to be able to help your client, or to help your students. You really have to practice,” notes Zell.

To learn more about the “Mindfulness in the Helping Professions” Certificate Program, contact Dr. Zell at mzell@govst.edu or 708-235-2235.

Keeping up with today’s learning style

By Mistrant Ganiyu
Associate Editor

Governors State University has one of the oldest Masters of Health Science in Addiction Studies programs. Students can now earn the MHS in Addiction Studies degree completely online. Previously, students could choose from two different class formats: Hybrid, which means the program is taught 50 percent online and 50 percent in live class sessions; and live classes that meet every week for 3 hours.

“There are so few Master’s degrees in Addiction Studies, putting a program online draws a huge interest,” said David O’Donnell, Addiction Studies in Behavioral Health Professor.

Last year, OnlineColleges.net named the online program second among the ‘Best Online Master’s in Substance Abuse Counseling Degree Programs’.

“The way we deliver online classes is more accessible to our students,” noted Addiction Studies in Behavioral Health Professor James Golding. The Master of Health Sciences in Addiction Studies has two accreditations: Illinois Certification Board and National Addiction Studies Accreditation Commission (NASAC) and Illinois Certification Board and National Drug Abuse Professional Certification Association, Inc. (IAODAPCA).

Five instructors within the department obtained an online class teaching certification. The course content remains the same in each class format—school-based or online—with the teaching style changes, according to Professor Golding.

Honors Seminar in Rome

By Veronica Butterfield
Contributing Writer

Interested in studying abroad? Now’s your chance! From May 20 to June 17, 2017, Governors State University is offering undergraduate students the chance to complete their honors course in Rome, Italy. The course will focus on leadership in ancient Rome, in the Vatican, during the Renaissance and more. Students will also look at modern theory on leadership and do some service work in Rome.

Although priority will be given to those in the Honors Program, all students are encouraged to apply. Qualified candidates will have completed at least 24 credit hours at a U.S. higher education institution and be in good academic and financial standing at the time of application.

Working together, Associate Professor in the College of Arts and Sciences and Director of the university Honors Program, David Rhea, and Amy Schoenberg, Study Abroad Coordinator, have made this opportunity possible. They are collaborating with the American University of Rome. Students will be housed in Italian style student apartments during their stay. The total estimated cost for this experience is $4,925. This costs includes international airfare, housing, a welcome dinner, cultural tours and sightseeing activities in Rome, field trips to Florence and Venice, and international health insurance. Tuition, meals, activities during free time, and personal items are not included in the price.

How to apply? Start the process now! Contact Study Abroad Coordinator, Amy Schoenberg and request the Study Abroad Application Packet.

Applications will be reviewed in the order they are received. Completed application forms are due by November 15, 2016. Communication will then be given about their acceptance after November 15, 2017. Upon acceptance, deposits must be made to ensure a spot.

The first payment of $985 is due by December 15, 2016 and additional payments of $985 will be due by January 15, February 15, March 15, 2017. Any remaining balance will be due by April 15, 2017. Please contact Amy Schoenberg with any questions regarding this incredible opportunity aschoenberg@govst.edu.

Italy’s flag. Photo courtesy of Creative Commons.
The Visual Arts Gallery at Governors State University is hosting an exhibit called Pitchpoling curated by Robin Dluzen and Judith Mullen. According to the exhibit’s flyer, “In “Pitchpoling,” eight of the city’s artists each take a novel approach to material, sourcing from the world around them to insert the non-art, the low and the vernacular into the contemporary art dialogue.”

Pitchpoling has a total of eight pieces. One of the eye-catching pieces is called “Pile-Up at The Gates of Hell”, by Bobbi Meier. The material is of pantyhose material, which is a nylon-based blend of synthetic fibers. Also, it is overstuffed with children’s toys and found objects.

“A lot of people get grossed-out by it; It is supposed to be bodies squished together struggling over one another,” said Victoria Strole, Visuals Art Gallery Graduate Assistant. Strole added, “Someone [who] came in earlier, said it reminded her of Dante’s Inferno.”

Another piece of work is the “Earlier on the Past Light Cone”, by Heather Mekkelson. The piece is made out of tinsel, glue, mat board and MDF.

Further in the gallery, is a piece called “Mimicking Decadence” by Eric Gushee. “He did not give an artist statement, [so] it is up for a lot interpretation” said Strole. Gushee’s piece has different materials, such as repurposed fishing net, decorative netting, hand made netting, cake dollies, hand made and manufactured dollies, lace and much more.

“If you look at it closely, it’s got a really old quality. The way they are not crisp white. They have like a grayish look to them, where they’re almost tarnished,” said Strole. The piece near the entrance of the gallery is called “Ice Blinds” by Matthew Schlagbaum. The materials are venetian blinds and CMYK on bond paper. The artist statement reads, “Arduous goal bringing all cravings to satisfaction.”

According to Strole “I think just looking at it kind of satisfies the goal of those cravings that you are consistently experiencing.”

Pitchpoling is showing until Nov. 23 in the Visual Arts Gallery located in the E-Lounge.
Last year many GSU students lost thousands of dollars in free money for college because they didn’t fill out their FAFSA.

Don’t wait. Fill out your FAFSA now.

www.fafsa.gov
GSU Federal School code 009145
Governors State University’s Women’s Basketball team opened their season by hosting a Cincinnati Christian team that was 1-1 coming into tonight’s game. Governors State outscored their opponent in every quarter on their way to an 83-64 victory. The Lady Jaguars finished the game shooting 40.4% (25-62) from the field, 40.0% (4-10) from the three-point line, and 74.4% (29-39) from the free throw line.

Governors State headed into halftime with a 44-29 lead after outscoring Cincinnati Christian 19-11 in the first quarter and 25-18 in the second. GSU’s Zaporia Smith and Rachel Distor led the first half charge as Smith contributed 13 points, 1 block, and 1 steal. Distor came off the bench and contributed 13 points of her own, as well as 3 rebounds, 2 assists, and 1 steal. The Jaguars shot 44.1% (15-34) from the field, 42.9% (3-7) from the three-point line, and 78.6% (11-14) from the free throw line in the first half.

Governors State held Cincinnati to a 28.6% (10-35) field goal percentage and a 0% (0-8) three-point percentage in the second half. The Jaguars shot 35.7% from the field (10-28), 33.3% (1-3) from the three-point line, and 72.0% (18-25) from the free throw line in the second half. Zaporia Smith finished with a near double-double; 21 points and 9 rebounds. She distributed the ball well as she dished out 5 assists. Three other Jaguars finished in double digit scoring as Rachel Distor finished with 15 points, Chanel Howard with 13 points, and Achuynnua Robinson with 12 points.

Governor’s State next game will take place at home on Thursday, November 10th against Davenport.