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The Alestle

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Tuesday, September 8, 2009

www.alestlelive.com

Vol. 62, No. 6

Using your common senses H1N1 'Swine flu'



by **Rosie Githinji**
Alestle Reporter

University officials say there is no need for alarm, but students need to take precautions to guard themselves against the H1N1 Flu, also known as the Swine Flu.

The Southern Illinois University Carbondale campus has reported its first case of the flu. A 20-year-old sophomore student tested positive for the H1N1 virus. He lives in an apartment off campus, but no one that was there with him reported any symptoms of the illness, according to Dr. Ted Grace,



director of SIUC Health Services.

"We asked him to go home and self-isolate," Grace said.

Grace said there are various outreach sites on the Carbondale campus for students to go to if they are feeling ill in order to help make sure Health Services does not

become overwhelmed with students. They are also offering standard flu vaccines that will begin this month, instead of the customary October start date, according to Grace.

"We have not seen any panic in the students so

H1N1/page.2



Fire fighters, police to be honored SIUE to recognize efforts of squads in Cougar Village fire

by **Rosie Githinji**
Alestle Reporter

The university will host a tribute ceremony Tuesday honoring those who have made the best of the unfortunate situation after a fire destroyed Cougar Village Apartment 529 on Aug. 17.

The fire had completely gutted out the building, leaving all apartments unusable for the semester. A \$1.6 million rebuilding of the apartment is waiting approval from the SIU Board of Trustees. The building will be funded by insurance proceeds, the SIU Self-Insurance Program, housing revenues, and Repair and Replacement Reserve funds.

The tribute, which will be from noon to 12:30 p.m. in the Morris University Center's Goshen Lounge, will honor those who helped with various parts of the Aug. 17 fire and the aftermath, according to an SIUE press release. Those groups include the police and fire departments, as well as University Housing. Vice Chancellor of Student Affairs Narbeth Emmanuel will preside at the event.

"We are recognizing the individuals that contributed and helped during the fire," Emmanuel said. "We need to collectively pause for those individuals that acted with the appropriate foresight that responded and saved the lives of the two students."

One of the individuals who will receive an award is SIUE Police Officer Dan Murphy, who evacuated the resident adviser and their guest from the building. Murphy had initially spotted the fire while on duty and woke the two students, who were unaware the building was struck by lightning.



(Above left) Edwardsville fire fighters extinguish the fire that started on Aug. 17. (Above right) the upper apartment window of Cougar Village Apartment 529 shows the aftermath of the blaze. The department will be honored at a ceremony Thursday.



Sean Roberts and Derrick Hawkins/Alestle

"We will be giving the certificate of merit to Dan Murphy, the SIUE police officer who rescued the two students," Emmanuel said.

Both the fire department and the police department will receive recognition of appreciation. The awards will be presented to the fire department for acting quickly and keeping the flames contained to the lone building. The police will be honored for their part in assessing the situation and evacuating the students.

Edwardsville Fire Department Lt. Robert Morgan said he was grateful the damage had been contained and no one was injured. Morgan also commended

Murphy for his efforts during the incident.

"It's good when you have a positive outcome," Morgan said. "You're aren't looking for the appreciation, but it's nice to have."

University Housing will also be commended for finding apartments for the 30 students who were supposed to live in the building for the fall semester.

One of those 30 students was junior mass communications Bailie Leischner. Leischner said she first heard of the incident from a friend since she had not been living in the apartment at the time of the fire. However, she did have her belongings in one of the first floor

apartments, which received more water than fire damage.

"(The university) got the stuff out the next day, right after it happened," Leischner said. "A lot of my stuff was saved."

Leischner said finding a new place to live was not difficult at all. She did not have to look for a new apartment as University Housing had extra space.

"They immediately had a place for us to stay, so it was an easy transition," Leischner said.

Rosie Githinji can be reached at rgithinji@alestlelive.com or 650-3527

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H1N1 from pg. 1

far," Grace said. "There have been some parents and faculty who have voiced concerns."

As of Friday, the CDC knows of more than 9,000 cases in the United States, 1,640 of which are on college campuses.

Students should be aware that if they have H1N1, it progresses at a fast pace. There are tests offered to check for the virus, but there is some cost involved. Grace said the most important thing for students to remember is the three C's mandated by the Center for Disease Control. Everyone should cover their cough, clean their hands and if they get sick contain it, or stay home until they recover.

Susan Grimes, head nurse for SIUE Health Services, said there are plans in place in the case of an H1N1 occurrence on campus.

The university has also applied to be a site that

will provide the H1N1 vaccination, but has to wait to hear from Madison County for approval. Grimes said some students on campus have voiced concerns, but need to make sure they know what to do.

"(Students) want to freak out, but they need to get the facts," Grimes said.

Health Services provides a rapid flu test for students who want

to find out results right away. They also take swabs that are sent to the Illinois Department of Public Health for more in-depth testing. So far there have been no reported cases on campus, according to Grimes, although there are warnings that it is still too early for the regular flu season.

'Students want to freak out, but they should get the facts.'

- Susan Grimes
head nurse for SIUE Health Services

Rosie Githinji can be reached at
rgithinji@alestlelive.com or 650-3527.



2009-2010

Educational



Creative



Fun!

Global Art

Saturday, September 12, 2009
10:00 a.m.
Morris University Center
Center Court (Lower Level)

Explore different art techniques and different types of art from around the world! Learn all about art from different countries and see how people use the same materials to create different objects and patterns. Make a masterpiece of your own to take home and enjoy!

Presented by the Edwardsville Children's Museum

Cougar Kid Saturdays 09-10

Fur, Feathers, & Scales

Saturday, November 14, 2009
10:00 a.m.
Morris University Center
Mississippi/Illinois Room (2nd Level)

Get an up close and personal look at a live reptile, mammal, and bird to learn the basics of each animal and how each animal is different. Also, enjoy some activities to get you thinking about animals!

Presented by the World Bird Sanctuary

Under the Sea

Saturday, January 16, 2010
10:00 a.m.
Morris University Center
Center Court (Lower Level)

Enjoy this 'Creature Feature' to learn all about animals that live under the sea! Everyone will get the opportunity to observe and even touch some animals while learning about each one. At the end of the feature, create an aquarium and take home a sea creature of your own!

Presented by the World Aquarium

Dance In Motion

Saturday, March 20, 2010
10:00 a.m.
Morris University Center
Center Court (Lower Level)

How does your body move? Enjoy this fun morning learning about how your body moves, different types of dance, different steps in dance, and how people dance all around the world. Dance is a huge part of how people communicate in many cultures and its time to find out why!

Sports Safety

Saturday, October 17, 2009
10:00 a.m.
Morris University Center
Center Court (Lower Level)

Learn all about how to be safe when you are playing your favorite sport. Learn the basics of stretching before and after, the importance of drinking water while you are playing, and other fun ideas and games to keep you safe while you are having a good time!

Theatrical Experience

Saturday, December 12, 2009
1:30 p.m.
Morris University Center
Goshen Lounge (Main Level)

What's the difference between going to the movies and going to the theatre? Experience a show like no other. See a holiday performance of "Bah! Humbug!" and tour the backstage. Before the show, make snowflakes for yourself or someone else and enjoy some holiday treats!

Voyage Through Africa

Saturday, February 20, 2010
10:00 a.m.
Morris University Center
Goshen Lounge (Main Level)

Come celebrate Black Heritage Month with Mama Katambwa. All participants will have an experience with stories, songs, dances, instruments and characters that will be remembered while learning about African cultures and traditions.

Story of a Butterfly

Saturday, April 17, 2010
10:00 a.m.
Morris University Center
Center Court (Lower Level)

Learn about the life of a butterfly and watch a butterfly grow all the way from the beginning of its life. Put together a complete butterfly and finish with a caterpillar craft. Also, build a butterfly house to take home and watch your own butterflies grow!

Presented by the Butterfly School, a division of the Butterfly House.



Life between classes

Utilization of the Student Success Center

by Rosie Githinji
Alestle Reporter

Two weeks have gone by since the Student Success Center officially opened for business, and university officials have noted it is serving its purpose.

Joseph Pearson, director of the Morris University Center, has made a few trips through the building since it opened.

"We've seen a lot of students using the lounge, studying and using their laptops," Pearson said.

The center was one of many new additions to the campus, and most of the projects that were going on at the end of the spring semester are completed, although new ones are being started, such as the roofing projects on Dunham and Founders halls.

One of the areas that may not have been noticed much is the new Student Success Center, which is attached to the Morris University Center. The new building offers amenities such as 24 hour access, a computer lab and meeting rooms, to name a few.

Lora Miles, assistant vice chancellor for Student Affairs, said she has received feedback from both students and staff on the Success Center.

"It's been meeting expectations," Miles said. "So far, so good. We are always open to student feedback."

The SSC is open the same hours as the Morris University Center, but once the MUC is closed for

the night students have to use their Cougar Cards cards to gain access to the building, according to Miles.

There are some classes that are meeting in the SSC and more may be moved because of some of the construction projects on campus.

"We've kind of had some unusual traffic patterns because some classes have been relocated," Miles said.

Freshman computer engineering major Ariel Delacrez of Chicago said he is in the SSC because that is where his English class meets.

"Overall the building is pretty cool," Delacrez said.

He does not come to the building often if he is not in class, but said he would use it for quiet study time if he needed to.

The SSC will have its grand opening and dedication on Thursday at about 11 a.m. after the board of trustees meeting. The new Kaldi's coffee shop should also be near completion within the next couple of weeks, according to Miles.

"All students and some dignitaries are invited," Miles said.

Senior mass communication

major Eric Taylor of Chicago has not yet been in the SSC and is not sure he has any interest in going.

"I think it's a good idea for a place to go," Taylor said. "I guess I have to do more research on it and see what it is there for."



Derrick Hawkins/Alestle
Senior Chiharu Haga of Japan studies in one the Student Success Center's open areas for students.

Rosie Githinji can be reached at
rgithinji@alestlelive.com or 650-3527.

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Food Chat

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MUC University Club

Potential Causes for the U.S. Current
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Cougar Craze

Wed. Sept 9th 11PM-1PM

MUC Goshen Lounge

Turn your photo
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Friday Free Flick

THE PROPOSAL

Sept 11th

6 pm

Abbot Auditorium

Free Events!

Campus Activities Board

From the ashes

Board of Trustees to discuss rebuilding Cougar Village 529

Alestle Staff Report

The beginning stages of the new science building construction along with rebuilding Cougar Village Apartment 529 will be looked at when the Southern Illinois University Board of Trustees meets at 10 a.m. Thursday in the Morris University Center.

The BOT will vote to remove 60 parking spaces in Lot E to prepare for construction of the new science building, with work being done along preliminary site work for the project. The science building, which has been in limbo, got the green light in August when Gov. Pat Quinn signed the Illinois State Works Bill into law.

The \$180,000 cost of removing the parking spaces is included in the \$81.7 million budget for the project.

The board has recommended it approve a measure to rebuild destroyed Cougar Village Apartment 529, which suffered extensive damage after lighting struck it and set the apartment on fire Aug. 17.

Rebuilding the apartment will cost \$1.6 million and is covered by the SIU Self-

Insurance Program.

On another housing note, SIUE is seeking approval to develop plans and estimate costs special interest housing facilities on campus. The plans state that a committee will mull over designs and concepts for the project prior to going before the board at a later date for approval.

Other items in the planning stage include the purchase of additional equipment for the National Corn to Ethanol Research Center, window replacements in numerous campus buildings, and Plocher Construction Company of Highland, Pointer Electric of Jerseyville and Hock Mechanical Inc. of Millstadt will be awarded contracts totaling nearly \$450,000 to renovate facilities at the School of Dental Medicine.

Faculty and administrative payroll changes will be addressed, with 41 new members being officially added to the SIUE payroll by the BOT and two receiving raises.

President Glenn Poshard, along with chancellors from both schools, will speak as well.

News can be reached at
news@alestlelive.com or 650-3527.

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A message from the U.S. Department of Health and Human Services' National Diabetes Education Program, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

Massage Therapy

Wellness Center

Table Massage Packages	SIUE Students	Fac/Staff/SFC Members
30 min	\$30	\$40
30 min - Pack of 3	\$85	\$95
60 min	\$40	\$50
60 min - Pack of 3	\$100	\$130

www.siu.edu/crc/wellness

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-night hike
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Participants should meet @ the Cougar Lake Pavilion between 6:30 pm and 7:00 pm on September 18th to begin setting up tents.

For more information visit our website: www.siu.edu/crc/outdoors or call Amy at 650.3235

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The editors, staff and publishers of the Alestle believe in the free exchange of ideas, concerns and opinions and will publish as many letters as possible. Letters may be turned in at the Alestle office located in the Morris University Center, Room 2022 or via e-mail at opinion@alestlelive.com.

All hard copy letters should be typed and double-spaced. Letters should be no longer than 500 words.

Please include phone number, signature, class rank and major. We reserve the right to edit letters for grammar and content. However, care will be taken to ensure that the letter's message is not lost or altered. Letters to the editor will not be printed anonymously except under extreme circumstances. We reserve the right to reject letters.

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America needs parental control

Imagine you have just graduated from college. Things are going well, looking up. You are on your own, in the "real world." But there's one problem. Student loans. Thousands of dollars worth of them, no doubt.

The logical decision would be to cut back spending, get a cheap apartment and try to find a job. However, you didn't want to do that. Instead, you bought a new car, took out five credit cards and got the most expensive apartment you could find. In fact, you just can't stop spending your money, even in light of your financial crisis.

Inevitably, you will get in over your head. Creditors will call you, and you'll

learn quickly that your grand life is unsustainable. Instead of living in your own luxury apartment, because of your irresponsibility, you will have to move back in with your parents.

This sounds like something that can only happen to irresponsible graduates. However, there are parallels between that situation and what our country is going through right now. After finishing up a financial crisis, our politicians are trying to spend their way out of it. Be it the bailout, or "stimulus" money, from AIG to "Cash for Clunkers," spending is out of control.

For some reason, people are buying this. Pump more money into the economy, and it will somehow recover. This is in part reinforced by the fallacy of correlation and causation. The economy seems to recover when money is pumped into it.

This is not necessarily true. Just because the economy recovers at the same

time money is pumped into it does not mean this money was the cause of the recovery. In fact, this money may have served to weaken or slow the recovery. We don't know what the outcome will be.

If you were told that in order to get yourself out of credit card debt, you should buy a new house and double up on your credit cards, would you believe what you were told?

Solving the financial crisis by increasing the scope, size and expenditure of our government will serve to harm us in the long run, even if in the short run it looks like we're doing fine. Like the graduate, America, in time, will have to move back in with its parents.

Sean Roberts is a junior computer management major from Port St. Lucie, Fla. He can be reached at sroberts@alestlelive.com or 650-3527.



Sean
Roberts

Alcohol tax latest government theft

The government seems to have a problem spending money. Now you have to pay for it.

To help fund our new science building and help infrastructure throughout the state, the State of Illinois has raised taxes again. Never mind the original funding was supposed to come from the stimulus money, the \$3 billion or so in stimulus money.

So we have to raise taxes on alcohol and "unhealthy choices" because the government cannot allocate their money. The kicker is the taxes will garner an estimated \$1.9 million, according to the Department of Revenue Web site.

The tax on cigarettes kicked off the trend of taxing items deemed bad for society. I can sympathize that cigarettes are unhealthy. I also agree alcohol in excess causes far too many problems. Children across the nation have

become extremely obese, much in thanks to candy and other sweets.

However, the government does not need to enforce common sense. It is besides the point that raising taxes will not stop those engaging in their behavior, but just force them to sacrifice other parts of their life.

A 90 percent increase in taxes is no joke. Since we are so close to Missouri, there will be people who buy in Missouri and transport their alcohol back to Illinois. Some people in Chicago will go to either Wisconsin or Indiana. I have heard several people already say they will go out of their way to avoid the higher tax.

Common sense dictates spending is unwise when bank accounts are empty. Now my cost of living has gone up because the government spends and spends. The average citizen has to accommodate for Illinois' shortcomings.

It boggles my mind that less than \$2 million is still needed to fund projects throughout the state when it just received \$3 billion. With a "b." Somehow the state could

not find \$2 million somewhere in their budget to cut. Frankly, it is pocket change compared to the \$86 billion they appropriated for the 2008 fiscal year.

Earlier this week Chicago State University received \$40 million from the Illinois government to build a second campus. That is all nice and well, except for the fact the university president was not even aware they were to receive the money.

"Quite frankly, I was not informed," the president of the university said in a Chicago Tribune interview.

Fantastic. So now we have Illinois legislators spending money the recipients did not even know they were getting. This easily could have covered the tax, not to mentioned state jobs.

Elections for the governor's seat will be up in a year from now. It's time to inject some responsibility into this state.

Aren Dow is a junior mass communications major from Springfield, Ill. He can be reached at adow@alestlelive.com.



Aren
Dow

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PostSecret

'The most trusted stranger in America'
Frank Warren will speak at SIUE



by Rachel Carlson
Alestle A&E Editor

Dear Birthmother—
I have great parents.
I've found love.
I'm happy!

PostSecret
13345 Copper Ridge Rd
Germanstown,
Maryland 20874

Images
courtesy
of www.postsecret.com

Be brief. Be legible. Be creative.

That's how Frank Warren, founder of PostSecret, got America to tell all and began a phenomenon.

The PostSecret blog and books have been a hit since Warren sent out his first blank postcards as a community art project. He asked people to anonymously share a secret by decorating a blank postcard and mailing it to his address. Their secret could be funny, sad, sexual or humiliating as long as it was something they had never told anyone, and it was true.

Warren said he first showed the postcards at an art exhibition and had planned to stop handing them out after the show ended. Word had spread virally, however, and the postcards kept coming into his mailbox.

According to Warren, he knew the project would be special to him, but did not see it impacting others as well.

"It's been a huge shock," Warren said. "I'm thrilled that other people appreciate it, too."

Appreciate is an understatement.

Since November 2004, PostSecret has evolved from an art project to a blog to books and now into a tour as well. The PostSecret tour has taken Warren to colleges all over the country, and on Sept. 28, it's bringing him to SIUE.

Warren will speak about the stories behind some of the secrets and telling the full story of how PostSecret started. Postcards banned from the books by his publishing company will be shown on a projector as well.

Students will have the opportunity to voice their own secrets. Warren said it usually takes time for people to open up, but once one person has the courage to do it, it is hard to stop everyone else from participating. According to Warren, the aftermath of the audience's confessions has always been positive and accepting.

"The whole audience will be so supportive and embrace them as they leave the stage," Warren said.

Sophomore Amanda Ricketts, from Belleville, said she had seen the PostSecret Web site and while it was interesting to see other people's secrets, she would not want to submit her own.

"Even though it's anonymous, a secret's a secret," Ricketts said.

Warren has published four PostSecret books so far and the fifth one, "PostSecret: Confessions on Life, Death, and God," is set to release in October.

Warren said his new book is a compilation of new secrets and even contains two secrets of his own.

"It's got never before seen secrets that are shocking, sexual, hopeful," Warren said.

Freshman French major Audrey Townsend, from Chatham, said she is a fan of PostSecret because of the connection people can have to an anonymous secret.

"I think it's really cool," Townsend said. "It's an interesting way to really see what you have in common with everyone else."

Townsend said the idea of sending in her own secret has run through her mind a few times.

"Looking at secrets on the Web site kind of intrigued me," Townsend said. "What are some of my secrets I haven't told anybody?"

Frank Warren will speak at 7 p.m. in the Morris University Center's Meridian Ballroom. Tickets are available starting Tuesday at the MUC Information Desk, but are only available to SIUE students with a Cougar Card. The limit is two tickets per Cougar Card on a first come, first serve basis.

For more information on PostSecret and Warren, visit www.postsecretcommunity.com.

Rachel Carlson can be reached at rcarlson@alestlelive.com or 650-3531.



The hands I was afraid of when I was a kid
now are just part of a frail, lonely, sad man



Freshman 101:

A guide to seeking success



Welcome class of 2013!

A publication of the Office of the Vice Chancellor for Student Affairs

SIUE

Words of Wisdom

A senior shares her experiences



Most people find that sometime in their lives they have listened to other people's advice. Many of those people will tell you that at the age of eighteen the advice they choose to heed was not their parents.

My dad graduated college in just under fifteen years. Yes, I said fifteen years. It took my dad fifteen years to graduate with his bachelor's degree. And it wasn't because he's not a smart guy. He just enjoyed himself a little too much and didn't study enough. When I left home for college my dad gave me three little pieces of advice:

- Study.
- Read the book.
- Go to class.

By doing these three things I've managed to stay on track.

But being a freshmen doesn't just mean needing some helpful hints about doing well in your classes...it's about needing hints on how to live your new life at SIUE. For most freshmen this is your first time living away from home and away from your parents. Enjoy it and make the most of it!

Here is my list of hints on how to get by in your new world:

1) As far as school goes, it really is beneficial to go to class, read the book and study. Remember just because your friends are going out on Tuesday doesn't mean you should if you have a big exam the next morning. Also, make connections with your professors. Sometimes showing the professor that you are really trying makes the difference between an "A" and a "B".

2) Get involved in extracurricular activities. There are plenty of choices on campus, so pick something you like and do it! You can be involved in intramurals, the Campus Activities

Board (CAB), Student Government, the Student Leadership Development Program (SLDP), sororities, fraternities, and other organizations associated with your major. If we don't have an organization that you like, you can start a new one. Not only are activities great resume builders...but they also allow you to meet new people.

3) Lots of people worry about gaining the "freshmen fifteen". Remember, extra calories equal weight gain. So either watch your eating (and drinking) habits or make use of the Student Fitness Center.

4) Parking on campus can sometimes be rough. If you can walk, you can avoid getting a ticket. If you have to drive, make sure you park where you are supposed to and if you use the meters make sure you have enough change. Even if you think you are only going to be gone from your car for a second, within that second you may (and most likely will) get a ticket. The more tickets you receive the more the fines increase, so make sure you follow all of the parking rules on campus.

5) Some of your moms (or dads) may have let you leave home without ever doing a load of laundry. Remember, don't wash the whites with the reds and if you wash everything in cold water the colors are less likely to transfer.

6) After you've spent the week in classes and being involved on campus, make sure you make some time for yourself. College is supposed to be fun, so go out and enjoy life. Four years may seem like a long time but it'll be over before you know it!

Best wishes for a successful freshman year!

Kayla Chaplin
Senior, School of Nursing

Campus resources

Counseling Services

Located in the Student Success Center
Room 0220 Lower Level of the MUC
Hours: Monday-Friday, 8:00 a.m. – 4:30 p.m.
Appointments available by calling 618-650-2197
www.siu.edu/counseling

Fitness Center

Located adjacent to the Vadalabene Center
618-650-BFIT (2348)
www.siu.edu/cfec

Health Services

Located in the Student Success Center Room 0220
Hours: Monday-Friday, 8:00 a.m. – 4:30 p.m.
Appointments available by calling 618-650-2842
www.siu.edu/healthservice

Wellness Center

Located at the Student Fitness Center
Hours: Monday-Friday, 8:30 a.m. – 5:00 p.m.
Closed each Thursday 1:00 p.m. – 2:00 p.m.
618-650-BWEL (2935)
www.siu.edu/cfec/wellness/wellcenter.shtml



Cliché, maybe... but it's all true.

Academics

Managing time

- Stay organized
- Keep a schedule
- Make a "to-do" list
- Allow yourself to say "no"
- Find time for yourself

Seeking success

- Attend all classes
- Study throughout the semester
- Avoid procrastination
- Stay organized with a schedule
- Stay in touch with your instructor
- Don't be afraid to ask for help

Strategies for classroom success

- Don't miss class
- Do your homework
- Participate in class
- Be attentive
- Take notes
- Be prepared
- Ask for help
- Create study groups
- Introduce yourself to your professor
- Don't sleep during class
- Sit in the front to pay attention
- Come to class on time
- Do the required prep work

Lifestyles

Drinking wisely

- Allow yourself to say "no" to some offers
- Avoid sharing drinks
- Resist the urge to drink to fit in
- Drink in moderation or not at all
- Never leave your drink unattended
- Use the buddy system

Other ideas

- Join an organization
- Volunteer
- Find healthy ways to use spare time

Health

Eating healthily

- Eat three healthy meals each day
- Eat breakfast
- Eat more fruits and vegetables
- Eat healthy snacks

Exercising regularly

- Reduces stress and depression
- Improves mood, memory and self-esteem
- Aids in sleep
- Boosts immune system
- Helps with weight loss
- Provides opportunities to meet new people

Managing stress

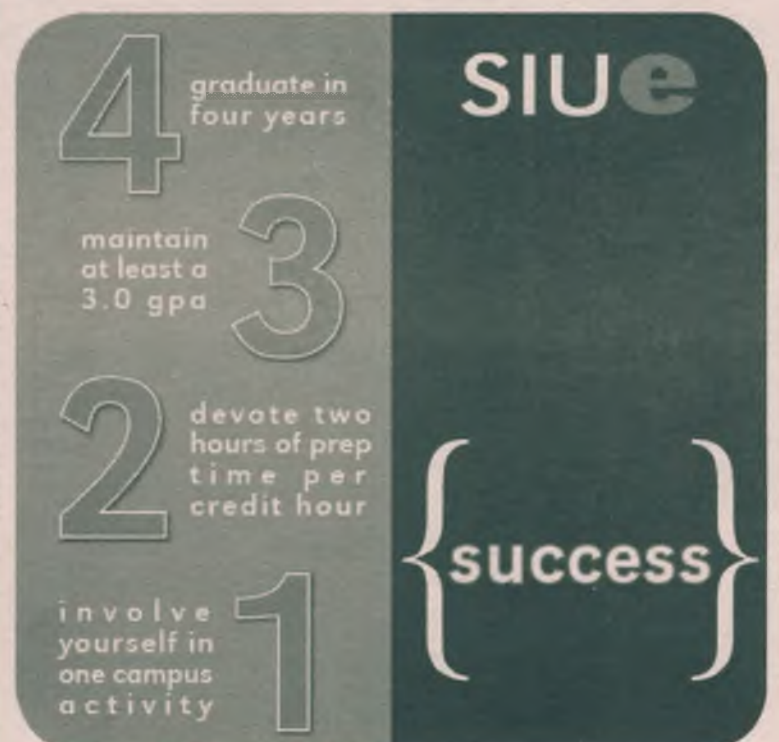
- Relax
- Take time for yourself
- Prioritize
- Exercise
- Laugh
- Listen to music
- Spend time with friends

Sleeping soundly

- Get eight hours of sleep each night
- Avoid caffeine after dinner
- Eliminate late-night meals
- Avoid exercise before bed
- Relax before bed

Other healthy tips

- Avoid sharing items such as toothbrushes
- Practice safe sex
- Don't smoke



Helpful websites

Bursar

<http://www.siue.edu/bursar>

Campus Events

<http://events.siue.edu/siuevents/>

Campus Recreation/Fitness Center

<http://www.siue.edu/crec>

Cougar Card/Student ID Card

<http://www.siue.edu/COUGARCARD>

Counseling Services

<http://www.siue.edu/counseling>

Health Services

<http://www.siue.edu/healthservice>

Kimmel Leadership Center

<http://www.siue.edu/kimmel/>

Registrar/Service Center

<http://www.siue.edu/registrar/>

Student Financial Aid

<http://www.siue.edu/financialaid/>

Morris University Center

<http://www.siue.edu/MUC/>

Cougarnet

<http://www.siue.edu/COUGARNET>

Athletics

<http://www.siuecougars.com>

Helpful services

Instructional Services

1220 Student Success Center

618-650-3717

www.siue.edu/IS

Instructional Services provides academic support for students, faculty and staff at SIUE

Writing Center

1254 Student Success Center

618-650-2045

www.siue.edu/IS/WRITING

Students can work with a consultant to strengthen a paper, obtain handouts on a variety of grammar and style issues, work on computerized rhetoric and grammar modules, and attend writing workshops

Math Resource Area

1252 Student Success Center

618-650-2039

www.siue.edu/IS/MATH

Tutors, software, solutions manuals, and videotapes are available to students for all AD math courses and Math 120; also, test prep for nursing and education majors

Supplemental Instruction

1248D Student Success Center

618-650-2064

www.siue.edu/IS/SI

Out-of-class study strategy sessions led by trained student leaders offer assistance in several introductory and upper level courses

Testing Services

1246 Student Success Center

618-650-2295

www.siue.edu/IS/TEST

Instructional Services offers a full range of testing services, including the MAT, GRE, ACT, PCAT, nursing exams, placement exams, CLEP and proficiency exams, and Michigan Test of English Language Proficiency

Disability Support Services

1270 Student Success Center

618-650-3782

www.siue.edu/dss

Disability Support Services offers a range of resources to support students with disabilities

Speech Center

1242 Student Success Center

618-650-3085

www.siue.edu/SPC

Students can work with Speech Center staff to improve their public speaking and speech writing skills. Staff will also video record students and offer feedback.

Attention Entering Freshmen:

Under the guaranteed tuition plan, your tuition rates will not increase for four years.

After four years, your tuition will increase dramatically every year!

What does this mean?

Graduate in four years!

Calendar of Events Fall Semester, 2008

September

- 10 Student Success Center Grand Opening
- 13 STAT Welcome Back BBQ

October

- 7 & 8 Career Fair
- 5-11 Homecoming
- 9 Deadline for 2nd Fall installment payment
- 9-11 Family Weekend
- 16 Last day to change to pass/no credit
- 14-18 "Good & Plenty" – University Theater
- 23 Dive In Movie
- 27 Taste of Culture
- 30 Deadline for 3rd Fall installment payment
- Last day to withdraw from a class without permission of advisor and instructor

November

- 3 & 4 International Fest
- 6 Tons of Fun
- 11-15 Dance in Concert 2009
- 12 Volunteer Project – The Gardens at SIUE
- 18 7th Annual Turkeypalooza
- 20 Last day to withdraw from a class or from school with permission of advisor and instructor
- 23- 29 Thanksgiving Break (University closed 26-29)

December

- 1 Concerto Aria
- 2-6 Whammy!! The Seven Secrets to a Sane Self – University Theater
- 4 Friday Free Flicks
- 12 Volunteer Project – Holiday Warmth
- 14-18 Final Exams for weekday and evening classes
- 18 First Spring installment payment due
- 19 Textbook return deadline, 4:30 p.m.
- Commencement

December 24 – January 1

Winter Break – University Closed

¿Hablas español?

Bilingual theater troupe teaches environmental awareness

by Rosie Githinji
Alestle Reporter

Teatro Milagro quiere decir una historia sobre la importancia del medio ambiente.

The bilingual theater group Teatro Milagro will, through acting, translate the above as they tell audiences a story of the importance of the environment.

Teatro Milagro is a group that travels around the nation targeting mainly Latino audiences and works to educate these audiences on the environment, education and other issues.

Daniel Malán, artistic director of Teatro Milagro, wrote the play "El Último," which will be performed at 10 a.m. on Sept. 16 in the Morris University Center's Meridian Ballroom.

Malán said the group chose to come to SIUE because they have been to the area before and found a strong Latino community.

The play is bilingual, but even those who do not speak Spanish will be able to follow along, according to Malán.

"It helps those who are learning to speak the language," Malán said. "It is for audiences to understand and enjoy even if they do not speak both languages."

"El Último" tells the story of a logger who has the chance to develop the small South American island Patagonia. He encounters many obstacles because the Mapuche people living on the island are opposed to him cutting down the trees. The story is based on real events that happened on Patagonia.

The play deals with mostly issues of environmental racism. What Malán wants people to realize is that there is not just one group of people who have to deal with the environment, but everyone.

"It's a very interesting play that poses the question about who is responsible," Malán said. "The plays we do are educational, but also entertaining."

Spanish professor Mariana Solares said the group contacted them because it had done a performance at SIUE a few years ago. All of the work is original, which they will perform for various area schools. The group is also performing at two campuses in Missouri.

"Since we liked their performance a few years ago, we wanted them to come back," Solares said.

Solares said students may not be connected to the issues in the play occurring on Patagonia, but there are other issues they can connect to, such as eco-feminism, a more universal issue. Eco-feminism is the term applied toward women who are environmentalists because the term is traditionally associated with a masculine image, according to Malán.

"It's geared toward everybody, but the language students will probably be more interested," Solares said. "It's going to be done in a way that's outrageous and



Photo courtesy of Teatro Milagro

Bilingual theater group, Teatro Milagro, performs their plays in Spanish and English to educate the public on issues such as the environment. The Department of Foreign Languages, the Office of Faculty Development and Diversity and the Department of Student Affairs will co-sponsor the event at 10 a.m. on Sept. 16 in Morris University Center's Meridian Ballroom. No tickets are necessary.

entertaining."

Belinda Carstens-Wickham, chair of the Foreign Languages and Literature Department, said the group is popular, and it was hard to find a time it could perform on campus.

"Last time they were here, there was not an empty seat in the house," Carstens-Wickham said. "It's a fantastic opportunity for students to see this kind of program because it's bilingual."

Carstens-Wickham, who helped

coordinate sponsorship for the event, said several organizations on campus, such as the Office of Faculty Development and Diversity and the Department of Student Affairs, agreed to help with sponsorship, which made the play free. No tickets are necessary.

For more information on Teatro Milagro, visit www.milagro.org

Rosie Githinji can be reached at rgithinji@alestlelive.com or 650-3531.

Cougar Welcome 'rap' up



Sean Roberts/Alestle

Cleveland rapper DJ \$crilla performed for a large audience on the Stratton Quadrangle Thursday night. The fraternity Sigma Phi Epsilon hosted the event as part of Cougar Welcome Week. For the event, DJ \$crilla created and performed his own rap about SIUE to cheering audience members. The concert marks the end of Cougar Welcome Week activities.

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'Not just a one-night fan'

Changes on the horizon for Red Storm student section



Sean Roberts/Alestle

Students cheer for the Cougars at a men's basketball game last season. The Red Storm hopes to make fan support a priority for all SIUE athletics this year.

by T.J. Cowell
Alestle Sports Reporter

Two SIUE students envision SIUE's athletic venues as loud, crazy and a place opposing players fear going to this year, and it all starts with revamping the Red Storm, SIUE's student section.

Senior business management major Brock Elmore, of Belleville, and senior construction management major Cory Hoke, of Petersburg, have dedicated themselves to making this vision a reality by joining with Jason Coomer, assistant athletic director for sales and marketing in order to establish a solid basis for the Red Storm, as a student-run organization.

Within the next few weeks, Coomer, Elmore and Hoke will begin the process of forming an executive board for the Red Storm. Hoke said any dedicated student who wants to take part in the renovation of the

Red Storm is invited.

"(Applicants) should be willing to help promote, go out there and spread the word," Hoke said. "We need that fire...we want to get this."

Up until now, the Red Storm has been around SIUE, but has never been taken under leadership. Coomer said there was no lack of leadership on any one person's part.

"There was not a student board in place. It is a situation we are going to correct," Coomer said. "Brock and Cory both demonstrated their passion and enthusiasm that they want to take on this challenge of serving the Red Storm. They really sought me out to reiterate their passion for it."

According to Coomer, Red Storm members will have inside information about special giveaways, including road trips the organization will host. The Red Storm will also host barbecues.

Coomer said the Red Storm will search for volunteers

to help organize its events. Volunteers do not have to hold an executive board to help out with events if they cannot act on a position.

"We have not at this point gauged what our turnout will be," Coomer said. "This will always be an involving process. Everybody is welcome."

In SIUE's second year of Division I transition, Coomer said there will be bigger teams coming to campus, and the Red Storm wants to do its part in showing its support for Cougar athletics.

"In D-I, our student fan base is ready to step up just like our athletics have," Coomer said. "Our students are not only great academically, but we are D-I fans as well."

According to Coomer, once the executive board is set they will be in charge of planning events to get the moving parts distributed out to the campus community. The Red Storm will focus on promoting fall sports first, with homecoming events also receiving a major push.

"We want to make sure people's intentions are for the long haul," Elmore said. "We want students that want to be actively involved in the promotion of our athletics. Not just a one night fan."

Before coming to SIUE last year, Coomer served as assistant director for Licensing and Marketing at DePaul University. He also played a major part in the development of DePaul's student section, "The Blue Crew," serving as adviser from 2005.

When first advising the "Blue Crew," Coomer said there were about four people interested in its development. When Coomer left DePaul, the "Blue Crew" had around 7,400 supporters.

"The first and foremost thing is to get a student executive board in place to help promote," Coomer said. "The Red Storm has primarily been a group that has come out for men and women's basketball games. Now we are looking to support all of our teams across the board."

Elmore said his past experiences supporting Cougar athletics were gratifying. With Coomer's help, Elmore and Hoke will look to build the Red Storm from a group who gives out free T-shirts to the type of student organization that will build the legacy for SIUE school spirit.

"For now, Cory and I are working on steering a successful program," Elmore said. "Our biggest goal is a basic one: increase awareness and get people to the games."

More information on the Red Storm can be found on the group's Facebook site under "SIUE Red Storm."

T.J. Cowell can be reached at tcowell@alestlelive.com or 650-3524.

Due to early production, Coverage of Men's and Women's soccer, Volleyball, Men's and Women's Cross Country at the Illini Invitational and Women's Tennis at the Saint Louis University Invitational can be viewed online.

alestlelive.com



Volleyball at Ball State Tournament



Men's soccer



Women's soccer



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ONE NIGHT

I went to a party
Mom I went to a party,
And remembered what you said.
You told me not to drink, mom
So I had a Sprite instead.
I felt proud of myself,
The way you said I would,
That I didn't drink and drive,
Though some friends said I should.
I made a healthy choice,
And your advice to me was right,
The party finally ended,
And the kids drove out of sight.
I got into my car,
Sure to get home in one piece,
I never knew what was coming, Mom
Something I expected least.
Now I'm lying on the pavement,
And I hear the policeman say,
The kid that caused this wreck was drunk,
Mom, his voice seems far away.
My own blood's all around me,
As I try hard not to cry.
I can hear the paramedic say,
This girl is going to die.
I'm sure the guy had no idea,
While he was flying high,
Because he chose to drink and drive,
Now I would have to die.
So why do people do it, mom
Knowing that it ruins lives?
And now the pain is cutting me,
Like a hundred stabbing knives.
Tell sister not to be afraid, mom
Tell daddy to be brave,
And when I go to heaven,
Put Daddy's Girl on my grave.
Someone should have taught him,
That it's wrong to drink and drive.
Maybe if his parents had,
I'd still be alive.
My breath is getting shorter, mom,
I'm getting really scared.
These are my final moments,
And I'm so unprepared.
I wish that you could hold me mom,
As I lie here and die.
I wish that I could say I love you, mom,
So I love you and good-bye.

We would like to thank the following contributors for making the "One Night" Program a unforgettable event for SIUe students on September 1st, 2009: Campus Recreation, Dining Services, Counseling Services, Edwardsville Fire Department, Health Services, Kimmel Leadership Center, Maberry Consulting & Evaluation Services, Millennium Music, Morris University Center, Office of Admissions, Parking Services, SIUe Police, Office of the Vice Chancellor for Student Affairs, SIUe Nursing Lab, University Housing, as well as all of the faculty, staff, and volunteers that made this event possible.

Tuesdays are @www.alestlelive.com

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The Alestle⁵⁰
Alton - East St. Louis - Edwardsville
www.alestlelive.com

Exclusive with PostSecret's
Frank Warren - A&E



Vol. No. 26

Newspapers are dead

Don't believe it!

The Alestle's Tuesday edition
isn't dead, it's just going online
Sept. 15

www.alestlelive.com

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*Look for more video
and interactive features this semester too*

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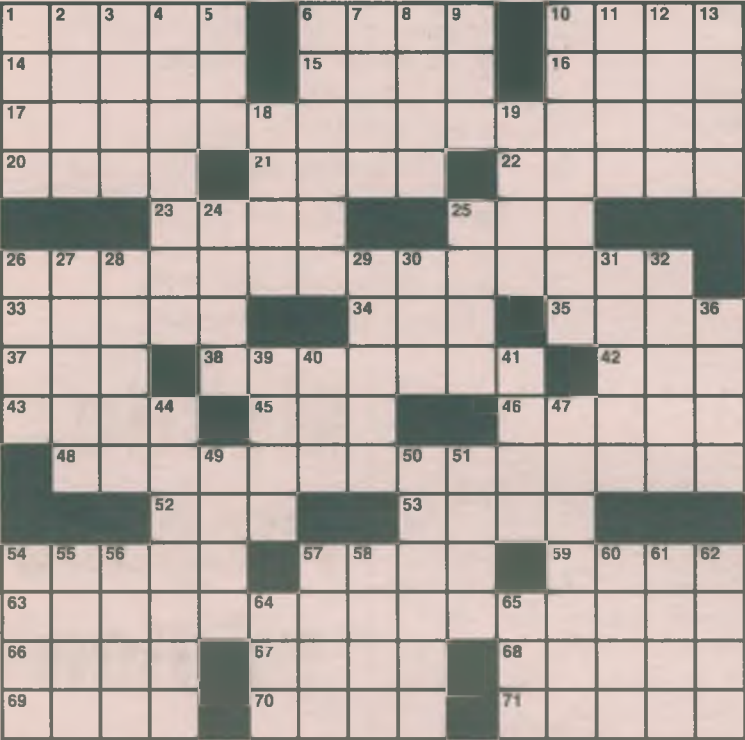
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Crossword Puzzle

Los Angeles Times

Edited by Rich Norris and Joyce Lewis



By Donna S. Levin

9/9/09

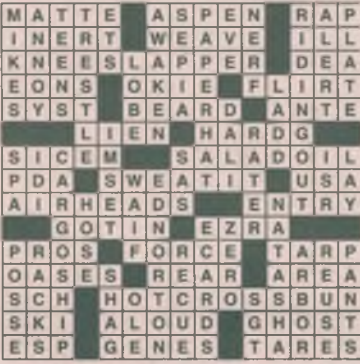
- ACROSS**
- 1 Big bird's grabber
 - 6 Croquet venue
 - 10 Winery container
 - 14 Essential acid, familiarly
 - 15 Working hard
 - 16 Galway Bay's ___ Islands
 - 17 Make an appearance
 - 20 Bolsheviks' bane
 - 21 Ins. plans
 - 22 Auto dealer's agreement, at times
 - 23 Andy Taylor's boy
 - 25 Cloak-and-dagger org.
 - 26 Do nothing
 - 33 Movie trailer, e.g.
 - 34 Bartender's rocks
 - 35 Takes home
 - 37 Amorous sound
 - 38 Fortified Portuguese wine
 - 42 Draw
 - 43 Throw in a chip
 - 45 Nintendo game console
 - 46 Yankees' home
 - 48 Dancing instruction from KC and the Sunshine Band
 - 52 "Groovy!"
 - 53 Seaside city
 - 54 More than sufficiently
 - 57 Greeley's direction for young men
 - 59 Linc's "Mod Squad" do
 - 63 Death row reprieve
 - 66 Enjoying a lot
 - 67 Act the accomplice
 - 68 Doomed Genesis city
 - 69 YMCA part: Abbr.
 - 70 Lessons learned early
 - 71 Eat away at

- DOWN**
- 1 Diplomacy
 - 2 "Famous" cookie guy
 - 3 South American capital
 - 4 Like a studio apartment
 - 5 Doze off
 - 6 Marshals, usually
 - 7 12 for Mg or 20 for Ca, e.g.
 - 8 Mental faculties
 - 9 Extreme degree
 - 10 Peninsula bordering Massachusetts Bay
 - 11 Diva's piece

- 12 Bloomingdale's rival
- 13 Genuflection joint
- 18 West Virginia border river
- 19 Lamb's pen name
- 24 ___ Penh, Cambodia
- 25 "If I Could Turn Back Time" singer
- 26 Pet welfare org.
- 27 Presses
- 28 Place for a crown or cap

- 29 Old MacDonald refrain
- 30 Biol. or geol.
- 31 Artoo's "surname"
- 32 Be frugal
- 36 Erotic
- 39 Filled with wonder
- 40 Like some home improvement projects, briefly
- 41 E.g., e.g.
- 44 Near the outset
- 47 ___ cuff: pitching injury site
- 49 Fight stopper
- 50 Underdog victories
- 51 Campus mil. group
- 54 Where billions live
- 55 "White" peaks in N.H.
- 56 Butter units
- 57 Jack of "Dagnet"
- 58 Corporate VIP
- 60 Pet targeted by the first words of this puzzle's four longest answers
- 61 Large cross
- 62 "Dinner is ___"
- 64 Flight oversight org.
- 65 Exploit

Answers: Thursday September 3, 2009



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9/9/09

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level: 1 2 3 4

			7	2	9		8	3
9			4					5
		3						
	6		9	5		3	2	
	4			1	6			
						2		
3								1
2	1		8	7	4			

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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9/3/09

Answers: Thursday September 3, 2009

8	1	2	7	4	9	3	6	5
6	5	7	3	8	2	4	1	9
4	3	9	1	6	5	2	8	7
7	8	5	2	3	1	6	9	4
3	9	4	6	5	8	7	2	1
2	6	1	4	9	7	5	3	8
9	7	8	5	2	3	1	4	6
5	4	3	9	1	6	8	7	2
1	2	6	8	7	4	9	5	3

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What's Your Secret?

Tickets available on Tuesday, September 8 at 8:00AM at the MUC Information desk

PostSecret Creator Frank Warren will speak at SIUE on Tuesday, September 29, 2009 at 7:00PM in the MUC Meridian Ballroom.

SIUE Students are eligible to receive two free tickets. Students must have a valid SIUE student ID to receive tickets.

For more info, contact CAB at siuecab@gmail.com
Funded by the MUC Programming Fee

Campus Activities Board

Classifieds

12

www.alestlelive.com

Tuesday, September 8, 2009

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Please schedule your ad carefully as we cannot offer refunds. Corrections must be noted by on the first day the ad appears in the newspaper.

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Alestle Office Hours (MUC 2022):

9 a.m. - 4:30 p.m. Mon-Fri

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2BR, 1.5BATOWNHOMES. I-255/ Horseshoe Lake Rd area. 15 min. to SIUE & St. Louis. Includes w/ d & some utilities. No pets. No smoking \$600 mo. 618-980-0654. www.fairway-estates.net

THREE BEDROOM HOUSE. Central Air, Refrigerator, Stove, Dishwasher, Deck. 618-444-2267

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BABY SITTER NEEDED for Saturday mornings. Lunch will be provided. 444-5619

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ESS DATA RECOVERY, INC is looking for part-time Customer Service Representatives. Position involves helping clients on the phone and setting up customers in a database. No previous experience necessary. Computer experience helpful. \$10.50 per hour. Please email resume and cover letter to: mike.beary@datarecovery.com.

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