

The Alestle

THE CUDDLE ISSUE

Vol. 65, No. 22

YOUR BEST CUDDLING EVER!

5 CUDDLES THAT
WILL BLOW YOUR
MIND

P. 2

Sweet
somethings
*Recipes for you or
a special someone*

P. 10

PLUS! More recipes online

*6 must-see
Rom-Coms*

P. 9

**POST-CUDDLE
OOPSIES**

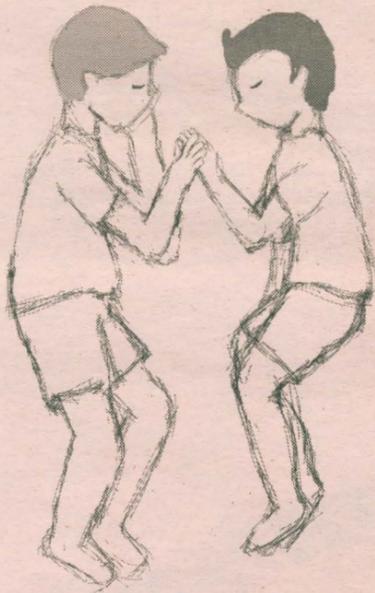
What you need to know
if cuddling goes too far

THINGS TO DO
TAKEN OR NOT
IN EDWARDSVILLE

P. 6

Get your cuddle on

Illustrated by Michelle Beard/Alestle



Face-to-face

Pro: Good for late night conversations
Con: Where does that other arm go?



Butt Cuddles

Pro: Sleep-friendly
Con: Fart dueling



Heteronormative

Pros: Warm; good for kissing
Cons: Ends with a sore arm; bad breath



Spooning

Pro: Leads to forking
Con: Mouthful of hair

Jetpacking

Pro: Equal opportunity spooning
Con: None



Schedule of Events

Thursday, February 14

Health Fair:
A Celebration of Health, 2013
10:00 AM - 2:00 PM
Goshen Lounge,
Morris University Center
Come and celebrate your health through health screenings and evaluations. Learn how simple lifestyle changes and acquaintance with community health care providers can improve your health in 2012 and beyond. The program will include a performance by the Community Performance Ensemble.

Tuesday, February 19

Stepping in Our Roots
12:00 Noon - 1:00 PM
Goshen Lounge,
Morris University Center
Enjoy the smooth steps of the Malile El dance company and learn about the history of "stepping"! This program will include a professional stepping exhibition, an information session, and a stepping dance lesson.

Wednesday, February 20

Celebrating Black Heritage Month...
Through the Eyes of a Child
12:00 Noon - 1:00 PM
Goshen Lounge,
Morris University Center
An appreciation of Black Heritage will be shared through students sharing their knowledge depicted through poetry, song, and dance. An appreciation of "Negro Spirituals" will be a highlight from SIUE Charter High School students and the SIUE Helen Davis Head Start Center students. These students will show you how HOPE HAPPENS every day for every student at SIUE.

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

February 2013

BLACK HERITAGE MONTH

Embracing the Dream:

Rebuilding Our Community



Black Heritage Month Student Talent Show

7:00 PM - 10:00 PM
Meridian Ballroom,
Morris University Center
Come watch SIUE students as they take their turn on stage showcasing their singing, dancing, poetic, and musical talents

Saturday, February 23

Africa Night
6:00 PM - 10:00 PM
Meridian Ballroom,
Morris University Center
Enjoy an evening of African culture through food, dance and entertainment.
Students: \$10 Faculty/Staff: \$12
General Public: \$13 Call the MUC Information Center at 618.650.5555 to purchase tickets. Sponsored by the African Student Association.

Monday, February 25

A Little Lagniappe
12:00 Noon - 1:00 PM
Goshen Lounge,
Morris University Center
Enjoy this free cultural performance from the Zydeco Crawdaddys and FREE Creole food! For more information, contact Kiara Akpore at kakpore@siue.edu.

Thursday, February 28

A Salute to the Stars
6:30 PM - 10:00 PM
Conference Center,
Morris University Center
Join us for a special evening to recognize shining stars with dinner and music, closing with an awards ceremony to honor those minority students who have overcome the hardships of university life, and excelled in academia while still serving the community at large. Select faculty and staff will also be recognized and honored for their support and assistance above and beyond to make sure that students succeed.

All events are free unless otherwise noted. Contact the Kimmel Leadership Center at 618.650.2686 for additional information. All events are subject to change. Black Heritage Month is sponsored by the Campus Activities Board.



we are One
we are the e

COMMUNITY NIGHT

Socializing • Games • Refreshments

Friday, Feb. 15, 7 p.m.

Center for Spirituality & Sustainability

STUDENTS WELCOME

Hosted by the

Baha'is of Edwardsville

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Account must remain open for one year or \$50 will be forfeited.



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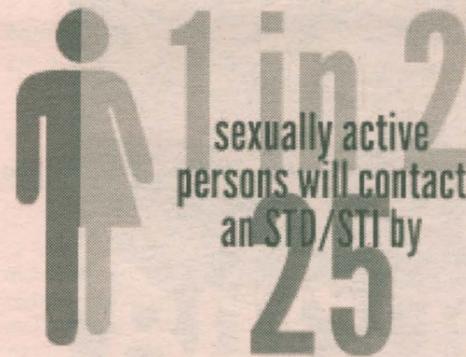


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Post-cuddle oopsies: What you need to know if cuddling goes too far

NOT-SO-FUN FACTS: STDS AND STIS

Infection	Symptoms	Health Services test cost
Syphilis	Stage 1: Painless sores that may last 3-6 weeks; often unnoticed Stage 2: Rashes, fever, sore throat, hair loss, headaches, weight loss, fatigue, muscle pain Stage 3: Can appear 10-20 years after infection; causes damage to internal organs	\$8
Gonorrhea	Usually none; burning sensation, discharge, swelling, redness and/or pain may occur in penis, vagina, anus, mouth or throat.	\$17
HPV/Genital warts	Usually no symptoms; Genital warts: fleshy warts that can be flat, raised or shaped like cauliflower on the genitals or anus.	\$44
Chlamydia	Usually none. Some experience abnormal discharge, painful urination and/or pain in genitals.	\$17
Herpes	Some experience lesions at the site of infection; sores typically heal within two to four weeks. Subsequent outbreaks may occur.	\$25
HIV/AIDS	Symptoms may not appear for up to 10 years. Symptoms may include weight loss, chronic diarrhea, thrush, fever, tiredness and purplish growths on skin.	\$12



PREVENTION

Mutual monogamy: Being in a long-term mutually monogamous relationship with an uninfected partner is one of the most reliable ways to avoid STDs.

Condoms: Correct use of a male condom is highly effective in reducing STD transmission.

Abstinence: The most reliable way to avoid infection is to not have sex.

Sources: CDC; Stanford Health Peer Resource Center; American Sexual Health Association; Georgetown University; SUE Health Services | Graphic by Michelle Beard/Alestle




YOUNG SEX
OLD SEX
GOOD SEX
BAD SEX
GUY SEX
GIRL SEX
SAFE SEX
ALMOST SEX
ANY SEX
GET CHECKED.

HPV (Human Papilloma Virus) can be passed on through sexual contact and is the leading cause of cervical cancer. Early detection saves lives.

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www.plannedparenthood.org/stlouis

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copies of your
resume and
your Cougar
Card

Spring 2013 Career Fairs

Professional
attire is required

SIUE Career Development Center

618-650-3708

www.siu.edu/careerdevelopmentcenter

Education Fair 2013

Tuesday, February 26

3 – 6:30 p.m.

MUC Conference Center

Career Network 2013

Tues., Feb. 26 & Weds., Feb. 27

10 a.m. – 2 p.m.

MUC Ballroom

Day 1: College of Arts & Sciences,
School of Business and non-teaching
candidates in the School of Education

Day 2: School of Engineering

Walk In Resume Critiques

Weds., Feb. 20 8:30a – 4p

Thurs., Feb. 21 8:30a – 6p

Fri., Feb. 22 8:30a – 4p

Bring a hard copy of your resume!

See a full list of employers attending on the CDC website

the Alestle

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Letters to the Editor Policy:

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 submitted 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. Include phone number, signature, class rank and major.

We reserve the right to edit letters for grammar and content. 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.

About the Alestle:

One copy of the Alestle is free. Additional copies cost \$1 each.

The Alestle is a member of the Illinois College Press Association, the Associated Collegiate Press, Student Press Law Center, College Newspaper, Business & Advertising Managers.

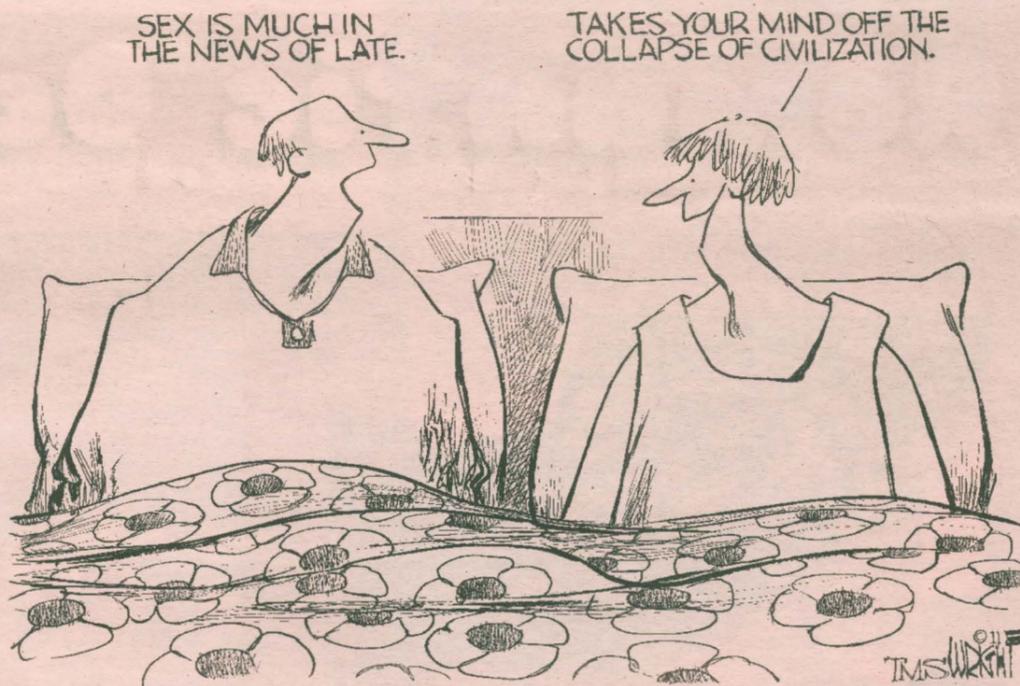
The name Alestle is an acronym derived from the names of the three campus locations of Southern Illinois University: Edwardsville, Alton, East St. Louis and Edwardsville.

The Alestle is published on Thursdays in print and on Tuesdays online during the fall and spring semesters. A print edition is available Wednesdays during summer semesters.

For more information, call 618-650-3528.

Have a comment? Let us know!

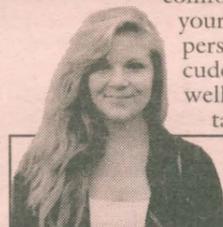
Send us an e-mail:
opinion@alestlelive.com
The Alestle
Campus Box 1167
Edwardsville, Ill. 62026-1167



Cuddling strengthens relationship bonds

Can release oxytocin, reduce stress and is a sign of happiness

A good cuddle can do a lot of things. On one hand, it can get you other things beyond cuddling. On the other, it's just pretty great to cuddle. Yes, it can seem cinematically cheesy at times; however, if you're comfortable with yourself and the person being cuddled, it's well worth the task.



Lindsey Oyler
Copy Editor

Cuddling and skin-to-skin contact release oxytocin, a happiness and bonding chemical. The same chemical is released during orgasm and labor causing people to feel closer together. There is argument that mothers may not care for their child the same way without that oxytocin. So, when there's a lack of physical contact beyond sex, there's a lot left to be desired. Squidoo published an article all about the "science of cuddling," which detailed how personality can be improved through cuddling.

Many times, if a bond isn't felt, physical intimacy doesn't even occur. Even if someone isn't "in the mood," cuddling makes for lazy sex — without the big "oh."

Second, it's a physical sign that someone cares and is protecting you. For those with anxiety and stress, this could mean the world. It's a nonverbal sign that you need not worry. Even if you're watching a movie or falling asleep, the closeness of cuddling speaks volumes even if for a short amount of time.

Yes, cuddling can be

tiresome, sweaty and produce awkward positions. You may need to put some effort into it. However, it seems that cuddlers have invented something for the lazy sleeper.

The lazy cuddle is something of a masterpiece. One can simply cross his or her leg or arm across their partner's and call it a day. Even that slight of a touch counts. Yes, really. While your partner might be less than pleased, it's better than nothing. Also, you don't get uncomfortable on hot

summer nights. Additionally, cuddling puts you out there. In a strange way, you're almost more in charge of yourself. It's a sign to your partner that you're happy and exploiting your own body in order to make them happy. If they don't rip your heart in half, it could end pretty well.

Cuddling is simply a step in a relationship. When someone else sees that you're ready for that, a lot can happen. It's also a good way to tell if you're ready to move forward with someone. If both of you feel comfortable in a cuddle, a lot of good conversations tend to happen. Once two people are entirely vulnerable, it's kind of difficult not to tell the truth.

Overall, cuddling may be another relationship misconception. If your partner wants to be physically close without sex, cuddling is a great alternative. Even if some things are holding you back, there's plenty of ways to adopt the practice in compromise.

Lindsey Oyler can be reached at loyler@alestlelive.com or 650-3525.

Cuddling is simply an overrated annoyance

Leads to overheating, awkward limbs and signs of unmet needs

Cuddling is typically synonymous with romance, relationships and the potential for true love. This belief is baffling to me and should no longer be the standard.

According to a study by the University of Michigan and Albright College in Pennsylvania, if a partner wants to cuddle,



Brett Murray
Lifestyles Editor

it means they desire more out of the relationship and their needs are not being met.

This is just one of my reasons not to cuddle. Body contact should not define a relationship; personality traits and mutual attraction should. There are far too many downsides to cuddling for me to enjoy the process.

To cuddle, a couple must be in the same bed or couch, which means it is going to get hot temperature-wise. Everyone knows that body heat can already be an issue while sleeping, but adding another body in the bed can make it downright fiery.

Another good reason not to cuddle is the constant contact. I am not a fan of touching. I don't like hugs, I don't like holding hands, and I'm just not a big fan of germs in general. Cuddling with a partner who is ill can cause the other to become sick as well, which can ruin the mood entirely.

With touching comes the awkward positions that can result from cuddling. Not only can it find a position that makes both partners comfortable

be nearly impossible, it can even be painful.

In my experience, no matter which way partners lay, one of them will always end up with an "awkward arm." An awkward arm is exactly what it sounds like. When cuddling, an arm ends up under one of the partners and goes numb, therefore making it awkward to use for an extended period of time.

Though this may seem minor, I don't particularly enjoy awkward limbs and think it should be avoided if at all possible, which simply means not cuddling.

While some may claim a major benefit of cuddling is a feeling of intimacy and security, this is often not needed. A healthy relationship should have both parties feeling secure without the need to sweat it out beneath the sheets each night — that can be taken care of before you are ready to sleep.

Although I understand cuddling can benefit a relationship, I also feel it can ruin one. According to Columbia Health columnist Go Ask Alice, cuddling is not always as great as it sounds, and it definitely is not necessary, even for bedmates.

Alice suggests setting limits with your partner on cuddle time and remembering that a couple will "part ways" within the bed. Her advice is to accept the separation and not to take it personally because everyone needs his or her personal space.

Brett Murray can be reached at bmurray@alestlelive.com or 650-3525.

Get your name in the paper *without* the speeding ticket

Write a letter to the editor!

Send letters to

opinion@alestlelive.com

Is cuddling worth the effort or simply too much of a hassle?
Answer our poll at www.alestlelive.com!

Top Romantic Dates

Where to take that special someone on Valentine's Day

HEATHER FICEK
Alestle Reporter

A romantic date has many different variations, from a candlelit dinner to a camping adventure, and today has a reputation for being one of the most romantic days of the year.

Valentine's Day has become a day for love and couples, often including gifts like roses and chocolate.

Sophomore mass communications and sociology double major Chris Harrington, of Champaign, believes that a romantic date means something different to everyone.

"I would probably consider a romantic date [to be] taking your girl out to dinner, surprising her. Take her to her favorite restaurant or at least her favorite meal [with] candlelight," Harrington said. "Probably a movie too on top of that, before or after the dinner."

Senior criminal justice major Grant Green, of Salem, pictures a romantic date as intimate.

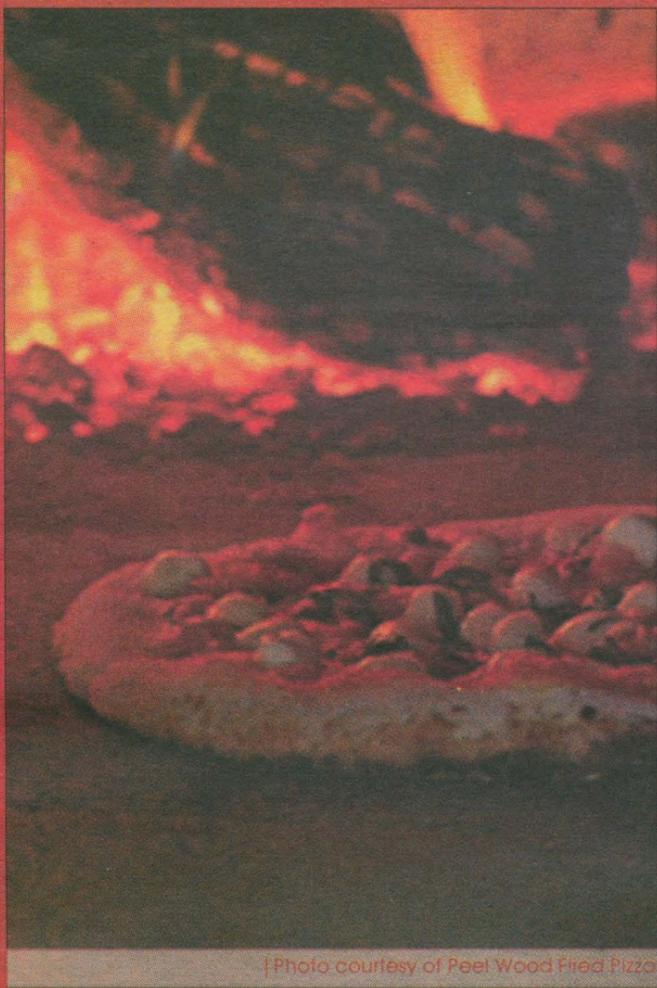
"Clearly a romantic date is when you go out to dinner and it's candlelit and low light," Green said. "Most of the romantic dates people think of today is going out to a steakhouse. It's a lot of people and it's crowded. If there's a bar there, it ruins the whole scene."

Freshman biology major Shakhara Harris, of South Holland, does not reject the idea of staying home for a romantic evening.

"I think it would be cute if the guy cooks the dinner," Harris said. "Not anything big but better than going to the movies or something."

Senior political science major Lyndsey Reller, of Beardstown, does not partake in traditional romantic activities.

"I'm not really into romance. I think it's kind of silly," Reller said. "I would rather have a really fun experience like going to a concert or going to a museum



[Photo courtesy of Peel Wood Fired Pizza]

or something like that. I think that getting cards and chocolate is fine and good, but you can do that any day. If you go and create a memory, that's more romantic than anything else."

Heather Fickel can be reached at hfickel@alestlelive.com or 650-3531. Follow @HFickel



[Photo courtesy of Craft Chophouse]

Deals and steals

Cleveland-Heath, a fine dining restaurant located at 106 N. Main Street in Edwardsville, offers an intimate setting for couples and families to enjoy dinner together.

They will be seating on a first-come-first served basis today from 11 a.m. until 10 p.m. The restaurant does not take reservations and offers its menu for online viewing.

Price: \$4-31

Craft Chophouse is located at 210 South Buchanan Street in Edwardsville. They offer a selection of steaks and seafood in a cozy setting while allowing patrons to watch the chefs cook. Menu items can be found on the restaurant's website.

Craft Chophouse is taking reservations for dinner tonight and will remain open as long as people are there.

Price: \$9-41

For those who are on stricter budget or a first date, **Peel Wood Fired Pizza** at 921 Arbor Vitae in Edwardsville may be a better choice. The pizzas are cooked in a wood-burning oven and are moderately priced. For their menu, visit their website.

Peel will not have any pizza specials today but will offer dessert specials, such as a strawberry-Champaign tart and chocolate-covered strawberries. Seating will proceed in a first-come-first served fashion until they close at 10 p.m.

Price: \$6-20

Anyone who is looking for a fun activity may consider going to **Cougar Lanes** in the Morris University Center.

Cougar Lanes is offering a Valentine's Day special for those who enjoy bowling today from 8 a.m. until midnight.

Price: Each game will cost \$1 and shoe rentals will be \$1 per person.

Edison's Entertainment Complex is offering two deals today. The Cupid Combo includes an entree and glass of wine for each person as well as an appetizer or dessert to share.

Edison's is also offering the Dynamic Duo. This special will give each person a sandwich or salad, soft drink and a dessert. They will also receive one game of bowling, one round of laser tag or a 50-point card for the arcade.

Anyone who wishes to enjoy a night at Edison's tonight will be served on a first-come-first served basis. Edison's is located at 2477 Route 157 in Edwardsville and will close at 10 p.m. For more information on Edison's visit their website.

Price: The Cupid Combo costs \$20 and the Dynamic Duo costs \$30

There is also an outdoor ice skating rink available in St. Louis. **Steinberg Skating Rink** located at 400 Jefferson Drive in St. Louis' Forest Park will be open no matter what the temperature or weather is.

Steinberg's will be open from 10 a.m. until 9 p.m.

Price: Admission is \$6 and figure or hockey skate rentals for \$4 from toddler size 6 through adult

Valentine's Day for singles

Ladies, perhaps a spa night is what you're looking for this Valentine's Day. Taking a relaxing bath complete with candles is better alone. Enjoy having your space instead of sitting in a crowded restaurant making forced-conversation.

Then, cuddle up on the couch with your favorite romcom and some girl friends. If you're all at least 21-years-old, open a bottle of wine and give yourself a manicure and pedicure.

These are just a few of the things you need to enjoy the biggest holiday for couples when you're not part of one.



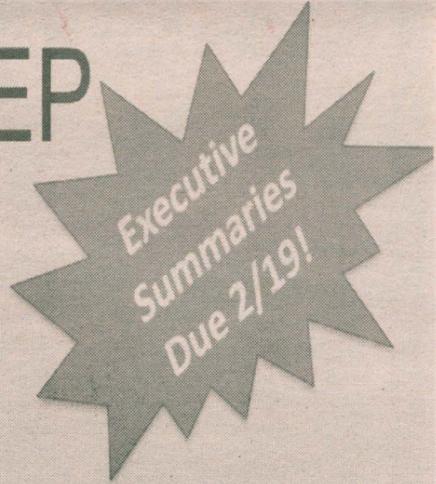
Gentlemen, imagine a stress-free Valentine's Day. One when you don't have to worry about making a reservation at your significant other's favorite restaurant or buying gifts like flowers. A stress-free Valentine's Day means doing whatever it is YOU want to do, whether that be browsing Reddit, playing video games or drinking beer with your other single friends.

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SIUE's Annual Business Pitch Competition



AFRICAN STUDENT ASSOCIATION PRESENTS



**African Music
African Food
African Dance**

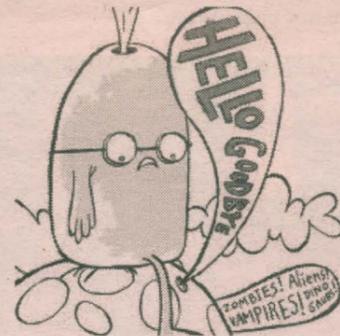
DATE: SATURDAY, FEBRUARY 23, 2013
TIME: 6:00PM-9:00PM (DOORS OPEN AT 5:30)
LOCATION: MERIDIAN BALLROOM, MORRIS UNIVERSITY CENTER (MUC)
TICKETS: \$10 FOR STUDENTS, \$12 FOR FACULTY AND STAFF, & \$13 FOR GENERAL PUBLIC

SPONSORED BY ASA FUNDED WHOLLY AND IN PART BY STUDENT ACTIVITIES FEES.

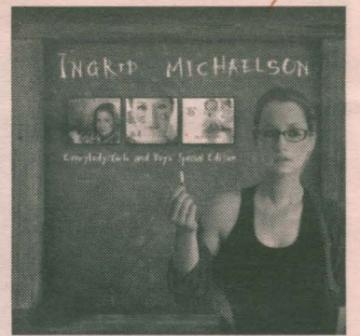
The Alestle love songs



"The Harold Song"
Ke\$ha



"Oh, It Is Love"
Hello Goodbye



"You and I"
Ingrid Michaelson

Campus Activities Board presents



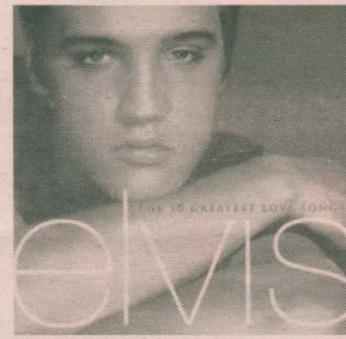
Just 4 Laughs: Comedian Na'im Lynn

February 12, 2013
Meridian Ballroom
@7pm

Late Night Comedy: Comedian Na'im Lynn of the "Plastic Cup Boyz"
FREE laughs! -B



"Stay"
Rihanna



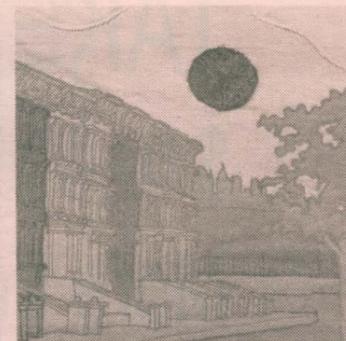
"Heartbreak Hotel"
Elvis Presley



"A Thousand Years"
Christina Perri



"My Kind of Crazy"
Brantley Gilbert



"First Day of My Life"
Bright Eyes



"Hold on Till May"
Pierce the Veil

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The best romcoms to get your Valentine's Day rom on

Why it's good for Valentine's Day

Forgetting Sarah Marshall is a perfect date or anti-Valentine's day to watch with your friends. There's a little bit of everything to get your emotions rolling.

Who to watch with

A date or friends

Rating

3.5/5 Stars



Why it's good for Valentine's Day

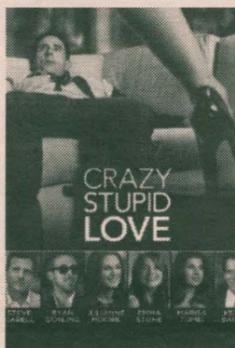
With hilarious lines, a star-studded cast, and clever intertwining of characters, Crazy Stupid Love will make you laugh and warm your heart all at once, making it a perfect Valentine's Day flick.

Who to watch with

Watch it with your best friends so you can gaze at Ryan Gosling or Emma Stone without your significant other getting annoyed!

Rating

4/5 Stars



Why it's good for Valentine's Day

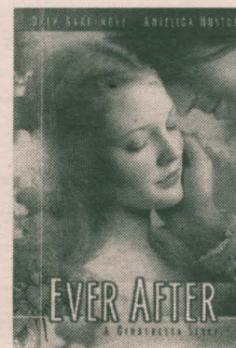
Ever After hints about real life magic. Instead of a fairy godmother or pumpkin carriage, your friends and determination can make a fairy tale unfold. The set design for the entire movie is somewhat romantic and the movie is dramatic enough for a sensitive, female audience.

Who to watch with

Your best female friends

Rating

4/5 Stars



Why it's good for Valentine's Day

Friends with Benefits makes sex without a relationship look pretty good ... most of the time. This is a good thing if you're in the early stages of dating or just looking to hook-up.

The couple, shockingly, gets together in the end, which will also get your female friend in the mood for love.

Who to watch with

The girl you are dating

Rating

4/5 Stars



Why it's good for Valentine's Day

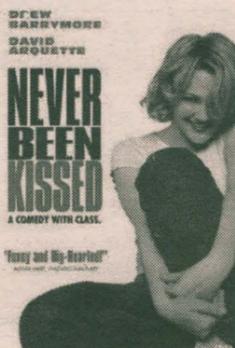
Never Been Kissed provides the perfect amount of awkward teenage romance, humor and an adorable Drew Barrymore.

Who to watch with

Female friends or significant other

Rating

5/5 Stars



Why it's good for Valentine's Day

Though it has a stereotype of being one of the wussiest movies a guy can watch, The Notebook is a perfect third date movie that will definitely score you points, if not seal the deal, with most girls. The somewhat cliché story of a poor guy and rich girl who fall in love can be somewhat boring at times, but the ending is worth the wait and even the manliest of men will be hard pressed to hold back the waterworks. Let her catch that single tear during a particularly romantic scene and it's game over.

Who to watch with

The girl you are dating

Rating

3.5/5 Stars



Student Legal Services

Free legal assistance for currently enrolled SIUE students

The Student Legal Services Program provides SIUE students with a readily available source of quality legal advice.

Services Provided

The attorney may assist you in matters involving:

- landlord-tenant disputes
- consumer matters
- bankruptcy
- traffic matters and violations not involving criminal penalties
- contracts
- family matters
- small claims
- administrative agency matters

In addition to legal consultation, the program provides referrals to other attorneys and to governmental agencies where appropriate. You are encouraged to contact the Student Legal Services Program attorney to determine whether your specific problem is within the realm of the Program.

Program Limitations

It is **not** within the authority of the Student Legal Services Program attorney to provide assistance to students in the following matters:

- Suits against the Board of Trustees of Southern Illinois University, Southern Illinois University Edwardsville, the Student Government of SIUE, or any of their parts or officials when functioning in their official capacity.
- Matters prohibited by the Code of Professional Responsibility.
- Drafting of wills or estates in excess of \$50,000.
- Tax matters and estate planning.
- Incorporation of groups for private profit.
- Criminal matters.
- Cases involving excessive time and resource commitment.
- Matters involving student academic, student affairs, or faculty grievance cases.
- Matters involving one eligible student against another.

Appointments

Appointments are required; however, if you need immediate consultation, you will be assisted as promptly as possible. No legal advice can be given over the telephone. To make an appointment, contact:

Dennis Orsey, Attorney
3388 Maryville Road, Suite A
Granite City, IL
618.797.2800

PAID ADVERTISEMENT

Applications available now for Student Government 2013-2014 Elections

Positions Include:

- Student Body President
- Student Body Vice President
- Student Trustee
- Student Senators (12 seats)

How To Apply:

STEP 1: Stop by the Student Government office Student Success Center, Room 1280 to pick up an application

STEP 2: Return the completed application to the Student Government office by 4 p.m., Friday, Feb. 22

STEP 3: Attend the mandatory Candidate's Meeting, Wednesday, Feb. 27 at 4 p.m., Room 1203, Student Success Center

Valentine's Day recipe: Red velvet cookies

LIZ PRESTON
Alestle chief copy editor

Ingredients

- 1 box red velvet cake mix
- 2 eggs
- 1 stick (or 1/2 cup) butter or margarine
- 1 small tub whipped frosting
- 1 package lemon pudding mix
- 1 package raspberry Jell-O mix

Cookies

Preheat oven to 350 F. In a medium-size mixing bowl, stir cake mix, eggs and butter until well blended. Roll or dollop tablespoon-size portions of batter onto cookie sheet coated with non-stick spray or parchment paper. Bake for 15 minutes. Yields approximately 30 cookies. For smaller cookies, use a teaspoon and bake for 10 minutes.

Frosting

Scoop whipped frosting into small mixing bowl. Stir in pudding mix until blended.

Decoration

Sprinkle icing onto cookies, then sprinkle Jell-O mix on top, as you would use sugar crystals or sprinkles. Let frosting set.

Check alestlelive.com for a vodka cream pasta recipe.

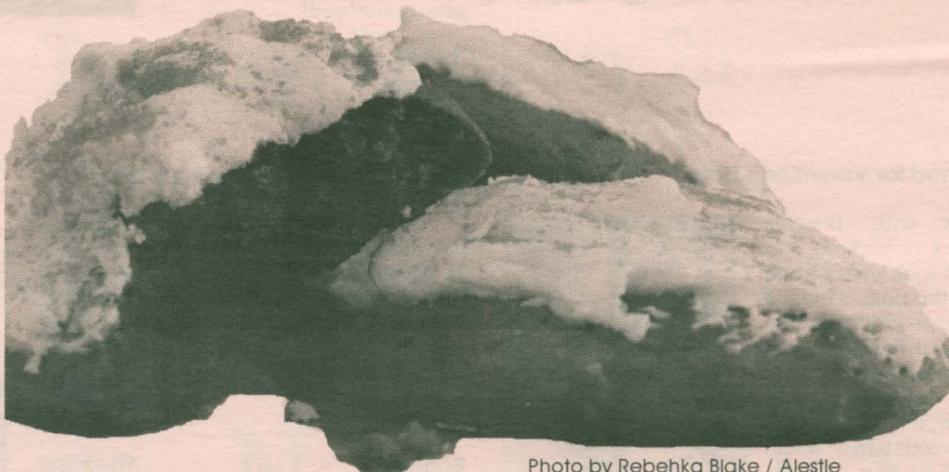


Photo by Rebehka Blake / Alestle

CAMPUS ACTIVITIES BOARD Presents

LATE NIGHT BINGO



Morris University Center MUC
Meridian Ballroom
Friday, February 15, 2013
7:00 PM

Join CAB for a night of fun at our annual Late Night Bingo game. There will be tons of prizes including gift cards, gift baskets and even an iPad! This event is free and open to the public.

For more information, contact Chesley Waddell at cwaddell@sue.edu



Campus Activities Board

Interested in **RESEARCH** or **Creative** activities? Want to develop and work on your **own** project? Check out the **Undergraduate Research and Creative Activities Program** website at www.sue.edu/urca to become one of the ten **URCA Associates** for the 2013-2014 academic school year!



What are the benefits?

- * \$2400 award for the academic year
- * \$500 for materials related to the project
- * \$400 in travel to present your research or creative activity
- * Opportunity to work closely with a faculty mentor
- * Opportunity to develop scholarly relationships with other URCA Associates
- * Development of leadership skills

Note: This is separate from the URCA Assistant Program

For more information, including eligibility requirements, visit our website: www.sue.edu/urca Or contact Dr. Laura Paslow, URCA Coordinator at lpaslow@sue.edu or 618-650-2608



CAMPUS RECREATION

INTRAMURALS

Upcoming Events

- Swim Meet 2/19
- Table Tennis Tourny 2/22

Register Online 24/7 sue.edu/crec/intramural



SWIM 2 SPRING BREAK

Pick any destination & make it your goal to swim the distance before Spring Break arrives!

NOW until March 3

Register in VC Indoor Pool or by email (jhalpin@sue.edu)

FIT FEST 2013

February 20 4:00pm-7:00pm
The Evolution of Health and Wellness
Student Fitness Center **FREE Event**

PERSONAL TRAINERS WANTED FOR HIRE!

Certification Required

Those interested without certification, please ask about possible opportunities

See SFC Reception Desk or Janelle Gosa (jgosa@sue.edu) 618-650-5611

DIVE IN MOVIE

February 22 at 7:30pm
VC Indoor Pool
Movie: Wreck It Ralph

GROUP FITNESS

Spring Classes Began January 7

Over 40 Hours of Classes/Week!

SPRING BREAK TRIP

Climbing, Camping, Canoeing in Arkansas!
Trip: March 2-7 **\$50 Students**
Registration: Open until 2/25
Max Capacity is 6 - Register Early!

Pick Up a Schedule at Student Fitness Center Reception Desk or Online! sue.edu/crec/wellness

EveryBODY Yoga \$15 (Students) & \$25 (Members) for Full Semester of Classes on Monday, Wednesday, Friday, & Saturday

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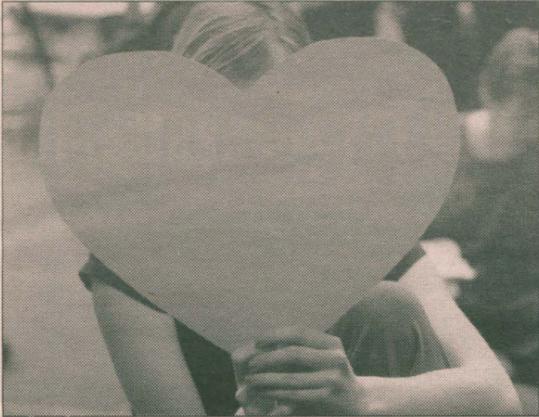


SUE.EDU/CREC

DESIGNED FOR LIFE



Students share awkward Valentine's memories



We were supposed to go out to, I think, Buffalo Wild Wings. So, I drove there and I waited for an hour. I called him and he's like, 'Oh, I'm not coming anymore. I don't feel good,' and he just hung up the phone. That was it. I was like, 'OK, Happy Valentine's Day to me.'

Freshman political science major



My most awkward moment is when it gets close to Valentine's Day, and you're not in a relationship, but you've been talking to some girls. It gets real close and everybody gets nice. So, you're just like, 'Oh my god, everybody's trying to go out for Valentine's Day.' You got to find out who you really care about. That's an awkward moment.

Junior business major Christian Lee



We went to Longhorn Steakhouse. I got all dressed up. We got there and I ended up paying half the bill, and I ordered dessert and the big steak. I ordered all nice stuff because I was like, 'I've never been to Longhorn Steakhouse.'

Sophomore mass communications major Paula Phillips



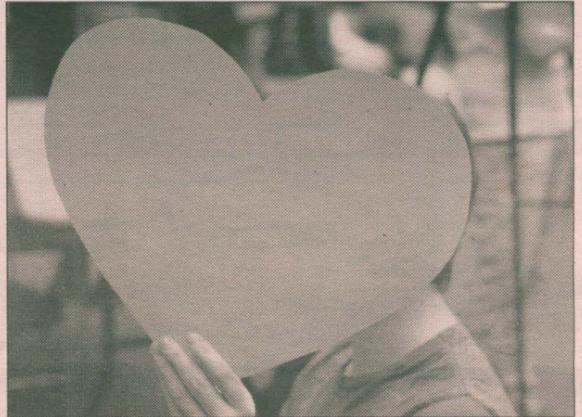
Her favorite thing to do [was] skee-ball. I decided I'd take her to Chuck E. Cheese's, but it was full of kids. The kids kept throwing the ball everywhere, so we couldn't even play skee-ball. One of the kids threw it right at her head and hit her in the eye. After that, we decided to leave. As we got into the car, I leaned forward to kiss her, but I hit her already sizable bump, and it just stopped me. I'm like, 'OK, we'll just save this for later.'

Sophomore political science major Michael de Leon



It was my first boyfriend ever, and because I really couldn't have a boyfriend at the time, we spent it on campus at high school. We went off campus to eat at this taco place. I love sour cream. As I was eating my taco, sour cream went all on my nose and my mouth. I was just talking, didn't know it was there. He was just looking at me, laughing. I'm like, 'What's so funny?' I looked at my phone and there was sour cream all over my face. It was just so bad.

Junior anthropology major Tatiana McDonald



I wake up and meet up with her later in the day. She's still in bed. It turns out she got kidney stones. We spent Valentine's Day at the emergency room — So much fun.

Sophomore biology major



MODULES

Student Leadership
Development Program &
Volunteer Services

Modules

Cross-Cultural Awareness — 2 p.m., Feb. 19
MUC International Room
Alexandria White
Community Director, SIUE University Housing

Delegation — 6 p.m., Feb. 20
MUC International Room
Jamie Matthews
Community Director, SIUE University Housing

**SLDP Reminders....
Volunteer Projects**

Feb. 16 – St. Vincent de Paul	Feb. 23 – Granite City APA
Feb. 16 – Eagle's Nest	Feb. 23 – Willoughby Farm
Feb. 16 – Red Cross Training	

**For more information
and the calendar, contact:**
Kimmel Leadership Center at ext. 2686
or visit the website www.siu.edu/kimmel

NEXT WEEK IN CAB



**Morris University Center MUC
Goshen Lounge
Thursday, February 21, 2013
12:00 PM**

Join CAB for free music between classes!
Grab some friends and enjoy the acoustic sounds of Point 5.
For more information, contact Chesley Waddell at cwaddell@siue.edu



**Science Lab Bldg SL 1105 (Auditorium)
Friday, February 22, 2013
6:00 PM**

Join CAB for this free pre-home release (film [Lincoln]).
We will provide free popcorn and soda!
For more information contact
Heidi Schillinger at hschill@siue.edu



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By Lisa Loomer

Directed by Peter Cocuzza

February 20 - 23 at 7:30pm
& February 24 at 2:00pm

Tickets: \$10 Students/Seniors/Others \$12 Adults

SIUE STUDENTS: FREE WITH VALID ID
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