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Volume 64, No. 31

Thursday, April 26, 2012

Faculty, students excited for updated facilities New science building to be

completed by spring '13

JOHN LAYTON Alestle Sports Editor

In regard to the original goal of having the new science building open to students in spring 2013, Vice Chancellor for Administration Richard Walker said the project is right on time.

The building will be functioning in late fall of this year, according to Walker.

"It was supposed to be earlier, but it looks like it will be later now," Walker said. "We're still going to meet the goal of having students in there functioning in the spring term.

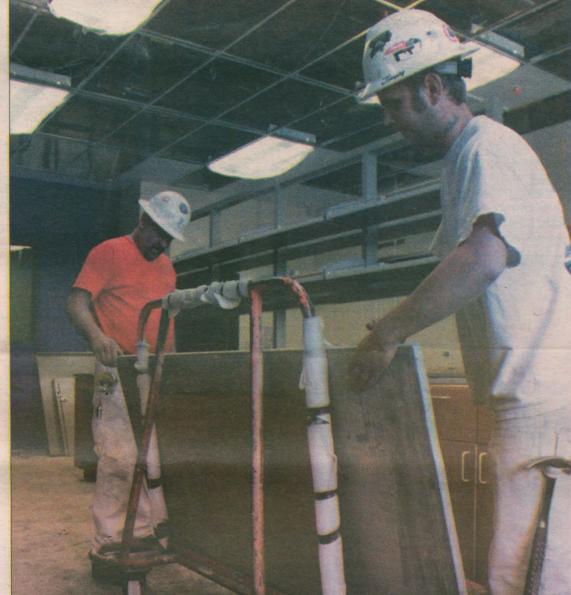
Walker said the reason for the

According to Walker, the administration is pleased with the progress of the new science build-

"We took the chancellor on a tour of the building a few weeks ago, and he was very thrilled with the project," Walker said. "It's just going to be an amazing improvement over the existing facilities."

With the new science building on its way, Environmental Sciences Program Director Kevin Johnson said he does not know anyone in the program who is not excited about the move.

"We're going to have a lot of more advances in our classrooms



Construction workers place countertops in one of the new lab classrooms. The new science building is scheduled

to be open and available for students in spring 2013. | Photo by Rebehka Blake / Alestle

We're going to have a lot of more advances in our classrooms with some of the technologies made a lot easier and by making them smart labs...

Kevin Johnson Environmental Sciences Program Director

slight delay is due to construction complications.

As far as the budget, Walker said the project is still working within the original allocation of \$52 million.

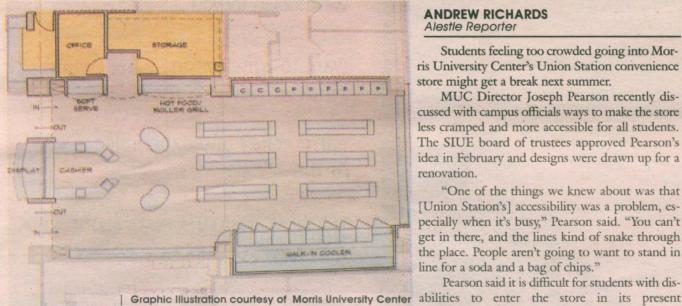
"I haven't seen any surprises," "So, we should be in good shape financially." Walker

with some of the technologies made a lot easier and by making them smart labs," Johnson said.

However, Johnson said the length of time it has taken to finish the building has been disappointing.

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MUC Union Station to be expanded in 2013



ANDREW RICHARDS Alestle Reporter

Students feeling too crowded going into Morris University Center's Union Station convenience store might get a break next summer.

MUC Director Joseph Pearson re cussed with campus officials ways to make the store less cramped and more accessible for all students. The SIUE board of trustees approved Pearson's idea in February and designs were drawn up for a renovation.

"One of the things we knew about was that [Union Station's] accessibility was a problem, especially when it's busy," Pearson said. "You can't get in there, and the lines kind of snake through the place. People aren't going to want to stand in line for a soda and a bag of chips."

Pearson said it is difficult for students with dis-

"We do a lot of volume out of that store," Pearson said. "We talked about how we can better improve our services to our students, particularly if students with disabilities want to come into that shop. If there's any number of people in there, there is no way they are going to get into that

According to Pearson, the tentative design for the renovation is to move Union Station's rear wall back about 24 feet. This will allow more room for the candy aisles and also extra room in the front for cold and hot food setups. Construction work will also include updating and expanding Union Station's refrigeration system.

Pearson said the mechanical units that are in the basement, which run the store's refrigeration units, have been running nonstop for 10 years. In

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Check out John's Layton's blog: From the Foul Line to the Blue Line

alestlelive.com/blogs

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the process, the system generates a

"What we are trying to do is take the heat out of that room so it doesn't melt the chocolate," Pearson said.

The project is estimated to cost \$1.3 million, and will come from the MUC's reserve fund, which is used for renovation projects in the building, Pearson said. This is pending approval until after the board of trustees meeting

Union Station employees and students shopping in the store agree that making the store bigger will help with the store's layout.

Five-year Union Station employee Susan Lingle, of Collinsville, said she is excited to see the renovation after its completion.

"It's going to be fabulous," Lingle said. "It's going to double the size of the store. It's a very, very, very good thing."

Sociology graduate student Rocio Llamas, of Aurora, said she uses the store all the time because

she is not on the meal plan.

"I think it will be beneficial to students who don't have meal plans because it seems to be the people that come in here the

most," Llamas said. "I [also] think it will create a better movement in here. It's kind of an awkward setup."

and Budgeting Rich Walker said the store's expansion is much

"The purpose of the project is Vice Chancellor of Planning to relieve some of the congestion,



MUC Union Station employees ring up customers. Union Station is tentatively scheduled to begin May 2013.

| Photo by Rebehka Blake / Alestle

to meet [Americans with Disabilities Act] goals and to improve the point of sale experience," Walker said. "You can't even pass someone in the aisle without the person squeezing up close to the candy bars to let you by. It's just too tight. It's a much needed improvement."

To make room for the expansion, Pearson said the MUC's business office, which sits directly behind Union Station, will be moved upstairs to the second floor where the International Student Office used to reside. International Student Office is now in the Student Success Center.

Pearson said remodeling Union Station is tentatively scheduled to start in the beginning of May 2013 and completed no later than Aug. 1, 2013.

The store will be closed during the renovation, Pearson said, adding that ideas for having food from the store offered someplace else like the bookstore.

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Follow Andrew @AndreRichards.



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"Obviously, it's taken a lot longer than was anticipated or it will have by the time we move in," Johnson said. "That can be as working in the building we do

Sophomore pharmacy major Cody Overmann, of Columbia, Ill., said he is excited for the new classrooms in the new building.

"Some of the labs in here are kind of nasty," Overmann said. "Some of the cupboard drawers are ripped off the hinges, and you can look down and see five feet down in the floor."

Overmann said it will be nice to have new material.

"That'll be a nice change of pace rather than using some rusty things that have been here for the last 60 years," Overmann said.

According to Walker, the ex-

terior of the building is essentially complete, and the inside is com-

"The walls are up. About half frustrating, but not as frustrating of them are painted. Maybe 25 percent of the light fixtures are in," Walker said. "I'd say about 10 percent of the cabinets that go into the labs are in.'

Johnson said faculty and staff are also excited because the building should be Leadership in Energy and Environmental Design

"You'll bring more light into the building. You'll have more student areas," Johnson said. "It's a more interactive, energy-controlled environment."

Walker said while they will not know until the building actually is certified, the goal is to have the building be a LEED silver certified building, at least.

John Layton can be reached at jlayton@alestlelive.com or 650-3524. Follow John @iohnmlavton.

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Two SIUE students die from fire injuries

CYNTHIA M. ELLIS The Alton Telegraph / MCT

A community is remembering the lives of two Southern Illinois University Edwardsville students who died Monday from injuries they suffered during a weekend fire at their off-campus apartment.

Best friends and roommates, Lacy V. Siddall, 21, and Lauren D. Petersen, 19, both of Bethalto, died within hours of one another Monday at St. Luke's Hospital in St. Louis. Both suffered smoke inhalation and burns after a fire broke out in a bedroom of their secondfloor apartment in the 600 block of Hillsboro Street.

"We're devastated," said Debra Pitts, principal at Civic Memorial High School.

Pitts said teachers, coaches and students at the high school were mourning the loss of the young women. Siddall is a 2009 CMHS graduate and Petersen is a 2010 graduate.

"It's just hard to believe they are gone," Pitts said.

Edwardsville Fire Chief Rick Welle said a neighbor called 911 around 3:45 a.m. Sunday to report seeing an orange glow through the window of the apartment after he heard glass shatter. He said within 20 minutes firefighters were on the scene and had quickly knocked out the blaze and located the women inside the apartment.

The women were found in an area between their bedrooms.

Welle said both women were unconscious when firefighters ar-

While reports from fire investigators are not final, officials said it appeared the cause of the fire was accidental. A preliminary investigation indicated that a laptop computer was resting on a bed and plugged into a power strip along with other electrical devices

Welle said officials said this power strip may have been the point of origin for the fire, but stressed these findings are not

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necessarily conclusive. He said further details are expected to be released within the week.

Pitts said even though the women graduated several years ago, she would still see them from time to time. She said she often would see Petersen at 54th Street Bar and Grill in Edwardsville, where she worked as years ago before leaving to go minister at a church in Terre Haute, Ind.

Hartley said when Siddall started attending the youth group she brought her best friend.

"They were inseparable," Hartley said. "If you saw one

Hartley said the women had

The loss of these two young women is a very sad occur-

rence for every member of

the SIUE family...

Vaughn Vandegrift SIUE Chancellor

such upbeat personalities.

can say about them."

"They both so friendly and outgoing," Hartley said. "I loved

being with them because they

were so full of energy. I've got so

many stories, so many things I

"I'm still in shock by it all," Pitts said. "They were great girls.'

The school observed a moment of silence after it was learned that the girls had died from their injuries.

Ty Laux, the school's physical education and driver's education teacher, coached both women in varsity tennis.

"Lacy was one of the nicest girls I have ever met," Laux said. "She had great heart and was so kind to people."

Laux said Petersen was a "happy-go-lucky" girl who could put a smile on everyone's face.

"Both girls were so full of energy," he said. "My heart goes out to their family. They wanted nothing but the best for both of

Terrah Hartley, of Godfrey, knew the women from the time they were in sixth grade and were members of the youth group at Vaughn Hill Church of Christ in Wood River. She served as an adult chaperone for the youth

'[Lacy] was loved by so many people," Hartley said.

Hartley said Siddall grew up in the Vaughn Hill church. Siddall's father, Coy Siddall, was the pastor at the church until several

EAST

tersen's Facebook

then you saw the other."

Family, friends and classmates posted on Siddall and Pepages throughout the day, offering condolences to the families and sharing memories.

Comments from Chancellor Vaughn Vandegrift were posted on SIUE's Facebook page and gave students a number to contact for grief counseling.

"The loss of these two young women is a very sad occurrence for every member of the SIUE family," Vandegrift said. "Our thoughts, prayers and sympathies are with the Petersen and Siddall families."

Kelsey Ross, who attended youth group with the women and is a fellow SIUE classmate, said she can't believe her longtime friends are gone.

"It's hard to believe they're not here anymore," Ross said. "I'm really going to miss them."

She said although Siddall was known as the "preacher's daughter," she always wanted people to know she was an individual and there was more to her than just her faith.

"She was a really outgoing girl who loved to laugh," Ross

Ross said Petersen loved tennis and was dedicated to the game throughout high school.

"Lacy and Lauren were very close, and when one of them would go off the beaten path, the other would be there to remind them," Ross said.

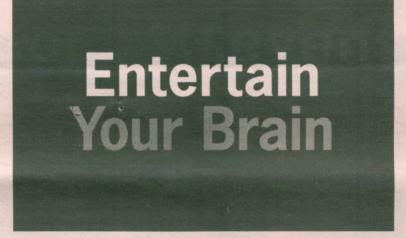
Andrea Clendenny worked with Petersen and said she knew Siddall through her.

"They were both great ladies, and they always would bend over backward for anyone," Clendenny said. "I was not that close to them, but I was blessed to have the pleasure of knowing them. They are two of the nicest people I ever knew."

Everyone agreed that Siddall and Petersen left an impression on everyone they met.

"They just had this energy about them that you couldn't forget," Laux said.

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4-19-12

An officer responded to the Service Center regarding a student claiming someone was using his meal plan without permission.

An officer responded to a report that a Cougar Village resident had threatened her via text message.

4-20-12

An officer issued Joanna P. Gillespie a citation for parking on the inner roadway by 519 in Cougar Village.

4-22-12

An officer arrested Jazzmin Thomas for battery and transported her to the police department for processing. The subject was pregnant and had abdominal pains but refused medical trans-

4-23-12

An officer arrested Porsche Smith for unlawful use of a credit card. She was transported to the police department, processed and taken to Madison County Jail for felony

An officer issued Meagan E. Atkins a citation for speeding 42 mph in a 25 mph zone on Univer- quette's parents. He was last sity Drive at P2 Road.

An officer responded to Lot 5C regarding a stop sign stolen from

An officer arrested Chase D. Patton for an active warrant through South Woodford County for unlawful consumption of alcohol by a minor. Patton was processed and released after posting \$175 bond.

SIUE student dies in accidental drowning

JOSEPH SCOGGINS Alestle Online Editor

The Madison County Coroner's Office determined 19-yearold Samuel A. Bequette, of Worden, died of an accidental drowning.

According to Captain T. Michael Dixon, Madison County Sheriff's Department Chief of Detectives, the death appeared to be accidental, and no foul play is suspected.

Dixon said a missing persons report was filed at 12:30 p.m. Friday, April 13, by Beseen late Thursday evening by his parents.

Authorities from the Madison County Sheriff's Depart-Worden Police Department and the Worden Fire District arrived at the home of Bequette's parents after the report was made and began the initial search.

At approximately 4:30 p.m., one of Bequette's family members reported finding Be-



Samuel A. Bequette | Photo courtesy of Bequette family

quette's abandoned bicycle near a lake in the 8700 block of Wildewood Drive in Worden. The foot search widened to include the area, but the search turned up empty.

Investigators then made the decision to search the lake for Bequette's body. Members of the Illinois Department of Natural Resources, the Illinois Search Dog Association and the Hillsboro Fire Department Dive Team were called in to strengthen the search.

The dive team recovered Bequette's body from the lake at approximately 9:30 p.m. Friday. The Madison County Coroner's Office pronounced Bequette dead at 10:45 p.m.

Sarah Bequette, Samuel's grandmother, said her grandson was eager to help those around him but pointed out that he struggled with issues of which the rest of the family was unaware. She did not offer details but instead offered advice.

"If you notice someone you love and care for is acting out of their normal self, ask if they need help or direct them to someone who can," Sarah Bequette said.

Bequette was a freshman engineering major at SIUE.

Funeral occurred on April 17 at Sacred Heart Catholic Church, of Livingston.

Joseph Scoggins can be reached at jscoggins@alestlelive.com or 650-3527. Follow @ digideskblog.



From the **Families** Samuel A. Bequette

To the professors and classmates who came to share our grief and offer their heartfelt sympathy to the families of our Sam Bequette:

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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

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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

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Staff Editorial: Amphetamine in short supply

With the nearing semester's end, many students at SIUE are scrambling to meet deadlines for projects and term papers.

Some students have turned to alternative means of aiding their late night study sessions as a means to cope with the stress of getting good grades for the semester.

Amphetamine salts, more commonly known by the brand name Adderall, are currently going through a shortage, and these stressed out college students may be

Students who do not suffer from ADHD or ADD may abuse Adderall in order to study or write papers when they get in a jam. The amphetamines give them the ability to focus and function with little sleep or food. We can see the draw here and recognize that there is a difference between abusing something like heroin and abusing Adderall to cram, but there are other ways to get things done.

5-Hour Energy shots, energy drinks and coffee, which contain the stimulant caffeine, are readily available and completely legal. By makes it or breaks it for someone with

would be putting themselves in a better position to succeed and ultimately steer off the track toward dangerous and questionable

College students have a lot on their plates, and sometimes schoolwork can be pushed to the back burner when it comes time to cover extra shifts to make rent. The people with ADHD and ADD shouldn't have to suffer because of it, though.

The Adderall shortage is making it more difficult for everyone to get new prescriptions. Some of them have to suffer through a 15-page paper sober, while others have to cope with their attention deficit disorders. Which is worse?

Supermarket chain H-E-B pharmacist Kim Tran, of Austin, Texas, said it is not out of the norm for staff to resort to sending prescription-bearing consumers on a hunt for Adderall due to the shortage of the necessary drug.

"Proper treatment can be the factor that

utilizing products such as these, students ADHD or ADD. It can be the difference between a college graduation or flunking out," Tran said in an interview with USA Today College.

Another contributing factor to the shortage is the Drug Enforcement Administration's authoritarian-like control of the inventory needed by pharmaceutical companies. It's known that more people are being diagnosed with attention deficit disorders. Therefore, more Adderall is needed, whether or not college students are taking a pill or two during finals week.

President Obama tried to help by ordering a drug shortage relief last year, but it didn't really do much. The DEA increased the production of amphetamine salts, but it only resulted in temporary relief.

For the sake of those whose functionality depends on prescription stimulants, students should stick to downing energy drinks by the gallon.

The Alestle can be reached at 650-3528. Follow

Mindless manipulation of memes ends now

began with 16 memes, nearly half of which image macro. are misused, or — in the vernacular —

you're doing it wrong. It didn't take long for begin · to people poorly submitting

> Michelle Beard **Editor in Chief**

executed memes with relevant-to-SIUE text overlays. I'll admit some of the submissions were pretty funny, but a meme is more than just an image with some mildly clever caption in white text with a black stroke.

I don't always correct meme usage, but when I do, it's to restore order to the Internet. First, it's pronounced "meem."

In February, a Facebook page swept the Second, memes are ideas that are usually campus and gathered more than 1,400 likes conveyed through image macros (a picture in less than a month. With the simple that has a text overlay for humor), "Meme" description of "joke," the SIUE Meme page can sometimes be used interchangeably with

> The most abused memes on the page are the Advice Animal sub-memes, which include human archetypes Scumbag Steve, Uber Frosh, Lazy College Senior and Good Guy Greg. The names of these image macros make the memes self-explanatory.

> Scumbag Steve should be captioned with self-indulgent scumbaggery. Uber Frosh should be captioned with freshman naivete. Lazy College Senior should be captioned with sentiments of jaded college students. Good Guy Greg should be captioned with things a friendly stoner would say.

> Another frequently butchered meme, which happens to be my favorite, is "X all the Y." It comes from blogger Allie Brosch, who is represented in the image holding a

broom in one hand and raising the other victoriously. What boggles my brain about getting this one wrong is that it is one of the easiest memes to make. The original text reads, "Clean ALL the things!" To make it your own, you simply substitute "clean" and "things," or X and Y respectively, with an appropriate hyperbolic statement.

I get it. Not everyone spends hours on sites like 4chan, Reddit or Tumblr, where memes are born and fester like little Internet parasites. However, it's not hard to open a browser and search for memes to find out

When you misuse a meme, it is no longer a meme and you look stupid. To the people on the SIUE Meme page who do this, please stop trying to jump on the bandwagon of this Internet sensation and learn how to do ALL the memes... correctly.

Michelle Beard can be reached at mbeard@alestlelive.com or 650-3525. Follow Michelle @ michbeard.

What do you think of students abusing Adderall? Answer our poll on www.alestlelive.com!

On the record

'Record Store Day' revives a dying medium

You can't download the cul-

Co-founder and co-owner, Vintage Vinyl

tural vibe with an MP3...

LEXI CORTES Alestle Reporter

Vintage Vinyl may be one of only four independent record stores left in St. Louis, but its owners intend to celebrate music and musicians without end, especially on Record Store Day.

Tom Ray, co-founder and co-owner of Vintage Vinyl, said the store has been participating in Record Store Day since the event's creation in 2007. Every year since, Vintage Vinyl and more than 700 other independently owned record stores in the United States have been embraced by their communities.

"You can't download the cultural vibe with an MP3," Ray said. "There is such a thing as music culture and there is such a thing as a collective music heart in any community. There's a lot of things that divide people. One of the very few things that brings people together is music."

Washington University student Sophia Hirsch said she would much rather purchase her music at a local store like Vintage Vinyl than on iTunes.

"I think that there's a lot to be gained from coming to record stores just in terms of the vibe and being able to really see the music," Hirsch said. "There's a lot of

ways that you can be exposed to music that you wouldn't be otherwise when you come out and really experience it. People who run these stores are so passionate about the music, and I feel like you lose that when you're getting all your music

said it is those passionate and knowledge-

who set record stores apart from the Inter-

"The independent record going the way of the dinosaur,"

Wilson said. "You have to have record, everyone's got smiles on their faces." stores as a location for people to find out about shows, find out about music. The Internet's taking over...the information's there, but you have to have the people, like the record store clerks there.

Regardless of what you're looking for or even what you look like, record store clerks won't judge you, according to Vintage Vinyl employee Jim Utz.

"Record stores are an important part of the community in the sense that it's sort of a cultural neutral ground where young and old, rich and poor, all colors, all genders gather," Utz said.

Utz has worked at Vintage Vinyl for Vintage Vinyl employee Mat Wilson more than 20 years and said he's still amazed by the turnout he sees every year at Record

> Store Day. "It's incredible," Utz said. "It's like something where everyone's coming out to represent

The customers had smiles on their faces and free beer in their hands, thanks to local brewing company Schlafly, which helped support local record stores, ac-

Tom Ray

cording to Ray. Local musicians like Bob Reuter, vocalist for Alley Ghost and former employee of Vintage Vinyl, also lent their

support by performing. Everything from hip-hop to rock could be heard across Delmar Boulevard on Record Store Day

"It's important to have an independent music scene working together actively with the record stores," Reuter said. "They promote and sell our stuff, and we would be goofy if we didn't support that kind of thing. They keep musicians at work. Every salesperson they have in there is a musician, so it's really a symbi-

From the free beer and free performances to the deals on vinyl, Record Store Day has become the biggest day of the year at Vintage Vinyl, and Wilson, who played guitar with Alley Ghost this weekend, said he couldn't be happier.

"Seeing the line at the counter go all the way to the end of the store, that means job security for the employees here at Vintage Vinyl, and it means job security for the bands that we sell at the store," Wilson said. "Seeing that commerce in the store is the best thing about Record Store Day."

Lexi Cortes can be reached at acortes@alestlelive.com or 650-3531. Follow Lexi @lexi_cortes.



Browsing while they wait, Record Store Day attendees take up most of Vintage Vinyl with the large line that started at 10:00 a.m. Saturday, April 21. | Photo by Kalin Haydon/Alestle



Ochs talks: Advocating openness

ROBYN KIRSCH Alestle Managing Editor

Returning to SIUE, awardwinning activist Robyn Ochs engaged and affirmed lesbian, gay, bisexual and transgender students and their comrades.

The Gay-Straight Alliance and other participating students welcomed the Bostonian professor and author of "Getting Bi: Voices of Bisexuals Around the World" for her two-part event.

Ochs began the evening by having audience members introduce themselves and declare what each is passionate about and then casually call out words or phrases they have heard being used to describe bisexuality.

The audience called out some preconceived labels including: fence sitter, sluts, confused, the gateway to full gay, promiscuous, gay in denial, abnormally horny, the cool thing to do for girls and the buffer sexuality. Participants and Ochs directly addressed these assumptions. The result was a further understanding that the bisexual identity is just as legitimate and deserving of respect as lesbian, gay or transgender identities.

Ochs took time to inform the audience that she has identified herself as bisexual since her first semester of college 36 years ago, although fear of rejection made her keep silent for another year. It was an experience that was isolating and scary.

"It was a very different time and age," Ochs said. "I came out BG, 'before Google,' and I think there really are two different experiences for people, there's BG and AG, because when I came out to myself, [it was] basically in silence in a time when there was no other information out there. If you had questions, you really didn't know where to go for answers.'

The event was broken into several sessions, the first a Bisexuality 101 interactive lecture and workshop to educate on the basics of bisexuality in today's society. The second session, titled Expanding Our Circles, acted as an interactive lecture and workshop.

"Expanding Our Circles is

about how we will be thinking about making the LGBT community accessible to other people," Ochs said. "How do we make our borders permeable and make it easy for our allies to get involved as allies? How do we make the world safer? How do we create safe spaces as we graduate from

According to Ochs, college can be where it is easy to develop niche communities and tight-knit relationships in which acceptance of one's sexual orientation is prevalent among like-minded folk.

"Many students with whom I speak are terrified about graduating because they don't know what is next, and it could be hard to figure out how to find that sense of community outside in the real world," Ochs said.

Ochs recounted questions from other college students such as, 'Can I put my LGBT advocacy on my resume?' Or, 'Will it cost

"People are trying to figure out how to navigate around a homophobic world," Ochs said. "Because unfortunately, it still is. There are safe spaces, and there are unsafe spaces. It can be hard to know which are which."

Freshman computer science and art history major and GSA member Katie Manning, from Edwardsville, was excited to have someone of Ochs' caliber speak on campus. Manning admitted she had not heard Ochs speak before and said that was a primary reason for attending Tuesday night's event in Evergreen Hall.

When asked about SafeZone at SIUE, Manning said she feels the concept should be embraced.

"I feel like a lot of people [at SIUE] are very accepting and willing to learn more about it," Manning said. "I actually went to Ally SafeZone training...and just how many people showed up was surprising.

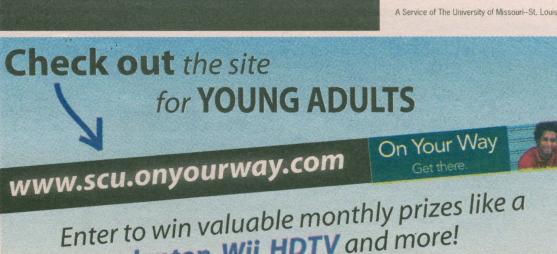
Ochs visited first visited in 2010, addressing the issues and politics revolving around the LGBT community, bisexuality in particular. In this visit, she gave Visit www.scu.org for a list of

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to study

The undesirables of learning locales

ALEXIS HARDY Alestle Reporter

> It's that time of the year again, and I'm not talking baseball season. It's final exams season. Students across campus are on a mission to not only pass their exams, but also find the perfect place to hit the books to achieve that

Many factors play a part in declaring an excellent study area, and of course these factors vary by student. But what about bad study

Every student has that one place they know to avoid when it comes to studying. Whether it's reading flashcards in a bar or

memorizing formulas on the bus, easily fixed if there were designated students are less likely to do well on their exams if they study in these horrible places.

One of the most common answers for the worst place to study was by far the Morris University Center. No matter the time of day, the MUC is the most distracting location on

Junior economics and finance major Chris Butler, of East St. Louis, decided the MUC was his least favorite place to study because of all of who you may run into.

"I don't think the MUC will ever be a good place to study because you will for sure see someone you know," Butler said.

Although areas all around campus can be distracting, senior prepharmacy major Mandy Daniels, of O'Fallon, Ill., has found the Science Building to be the worst.

"People always seem to be yelling and screaming in there," Daniels said.

According to Daniels, this could be

quiet areas throughout the building.

"Some students use the tables upstairs to get on Facebook when others are crammed in chairs trying to open multiple books on their laps," Daniels said.

If she's trying to get her work done the right way, Lovejoy Library is her favorite place to study because of the resources available. Daniels said the Science Building will forever be her least favorite place to study, and she suggests avoiding it as well.

Sometimes, the worst places to study are not only found in and around classroom buildings, but also at home or in the residence halls. According to sophomore environmental science major Margo Bassett, of Minooka, the worst place to prepare for exams is in your own bed.

"It's just so comfy, and it makes you realize how tired you are when you sit in it," Bassett said.

For successful study sessions, Bassett suggests sitting at a desk with no TV, no Facebook and zero distractions

Making exam week a smooth and easy process isn't necessarily guaranteed, but if learning locales are chosen wisely, students may see

an improvement in their grades. Lastly, if you ever find yourself actually enjoying cramming, you may have found the Holy Grail of studying spots, so don't lose it!

Alexis Hardy can be reached at lifestyles@alestlelive.com or 650-3531. Follow Alexis @schalexis.





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her insight to the current climate of the campus community, especially in regard to the mentality and reception of those identifying with or supporting the LGBT

"My sense is that SIUE is doing some really good work, the report I'm getting from students is that things are pretty good on this campus," Ochs said. "As someone who has been to many, many campuses, that is not the universal re-

According to Ochs, there are many places where things are not going well, and she finds it wonderful that SIUE students feel safe and welcome.

"We are making a huge amount of progress for the first time ever in the history of this country," Ochs said. "More than half of all Americans support marriage equality, and the vast majority of Americans support legal protections, hate crimes laws and eliminating and prohibiting job discrimination [based on sexual orientation]."

While progress is becoming more prominent and the LGBT community is gaining more of a foothold in today's culture, Ochs still recognizes shortcomings that must be addressed for an extant dialogue to pick up momentum.

"What I do see, though, is there is a polarization where we have many people who are supporting us more and more, and then other people who are opposing us more and more loudly, so it is a really interesting historical moment because the opposition is very loud," Ochs said. "One could argue that the opposition is loud right now because we are making so much progress, so it's backlash.

Change produces backlash. "
Edwardsville High school junior Lindsey Odom said she is interested in events associated with

"I hope to get, [during Ochs' program], a better understanding of different sexual identities and how they work in the LGBT community," Odom said.

According to sophomore sociology major Eric Metheny, of Collinsville, he does not fit into the stereotypical category of gay men but feels his sexual orientation is not an issue at SIUE among classmates and friends.

"I'm a big fan of SafeZone," Metheny said. "I feel like it's a useful tool to have on campus, and as long as it has faculty and members willing to participate, and there are quite a few, then it is a strong program to have. I think every university should have one. In fact, I think every high school should have one also."

According to Ochs, her hopes that harsh criticism of the LGBT community will die down in the near future are high.

"I think most people will eventually realize that giving LGBT people equal rights really doesn't have much effect on their lives, and that we should just live and let live," Ochs said.

Robyn Kirsch can be reached at rkirsch@alestlelive.com or 650-3527. Follow Robyn @RobynKirsch.



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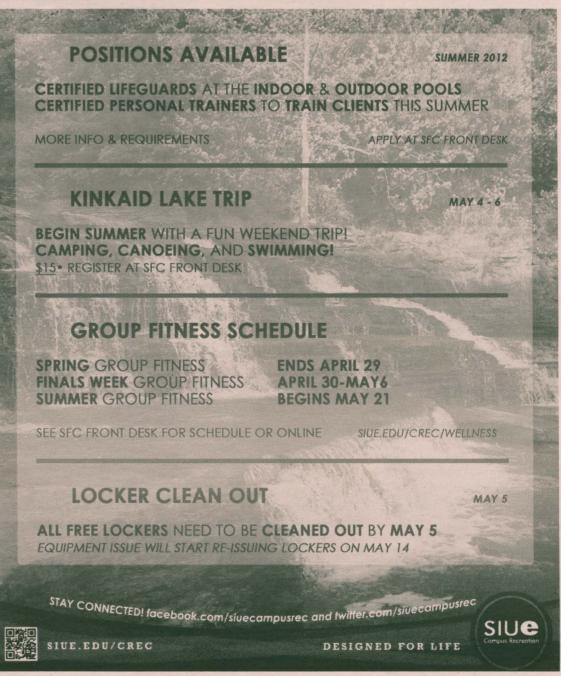
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Baseball

Austin Peay	24-15	(11-3)
Jacksonville State	16-22	(10-5)
Morehead State	24-16	(9-6)
Eastern Kentucky	17-19	(9-6)
SIUE *	20-20	(8-7)
Tennessee Tech	17-22	(7-8)
Eastern Illinois	15-22	(6-8)
Murray State	19-22	(5-10)
Southeast Missouri	14-27	(5-10)
UT Martin	10-29	(4-11)

Apr. 22 results

Austin Peay 18, Eastern Kentucky 2 Jacksonville State 7, Murray State 2 E. Illinois 13, Morehead State 8 SIUE 12, UT Martin 5

SE Missouri 3, Tennessee Tech 1

Apr. 21 results

Morehead State 6, Eastern Illinois 3 SIUE 10, UT Martin 2

Eastern Kentucky 7, Austin Peay 6 Tennessee Tech 8, SE Missouri 3 Jacksonville State 5, Murray State 1 Morehead State 13, E. Illinois 2

Apr. 20 results

Austin Peay 10, Eastern Kentucky 9 SE Missouri 9, Tennessee Tech 6 SIUE 3, UT Martin 2

Murray State 5, Jacksonville State 4 Schedule for Apr. 25

Eastern Kentucky at Marshall Springfield Benedictine at E. Illinois Austin Peay at Western Kentucky Murray State at Evansville SIUE at Saint Louis

Softball

UT Martin	33-15 (20-3)	
Jacksonville State	23-21 (17-7)	
Eastern Illinois	24-20 (14-8)	
Murray State	24-16 (14-10)	
Eastern Kentucky	22-25 (13-10)	
Tennessee Tech	22-24 (14-11)	
Southeast Missouri	22-25 (13-13)	
SIUE	19-26(10-13)	
Austin Peay	15-27 (7-17)	
Morehead State	12-32 (5-17)	
Tennessee State	11-34 (3-21)	

Apr. 24 results

Tenn. Tech 5, E. Tenn. St. 1 (DH) Kentucky 3, Morehead State 1 Murray St. 10, Bethel College 1 (DH) Tenn. Tech. 11, E. Tenn. St. 3 (DH) Murray St. 8, Bethel College 1 (DH)

Apr. 22 results

UT Martin 5, Morehead State 1 (DH) E. Kentucky 13, E. Illinois 4 Murray State 15, Austin Peay 4 (DH) SE Missouri 6, Tennessee State 2 Tennessee Tech 7, SIUE 1 (DH) Morehead State 5, UT Martin 1 (DH) Tennessee Tech 2, SIUE 0 (DH)

Murray State 6, Austin Peay 1 (DH) Schedule for Apr. 25

UT Martin at Middle Tennessee SIUE at Saint Louis Samford at Murray State Bethel College at Murray State SE Missouri at SIUC Austin Peay at Evansville (DH)

* SIUE is not eligible for postseason

SIUE Athletics Upcoming events

	Apr. 27	BB at Murray State	3 p.m.
	Apr. 28	BB at Murray State	2 p.m.
	Apr. 28	SB vs. E. Kentucky	1 p.m.
	Apr. 28	SB vs. E. Kentucky	3 p.m.
	Apr. 28	Track and Field	
*		Twilight Invite	All day
	Apr. 28	Track and Field at	
	170	Drake Relays	All day
	Apr. 29	BB at Murray State	1 p.m.
	Apr. 29	SB vs. E. Kentucky	1 p.m.





Former SIUE women's basketball Head Coach Amanda Levens, who has coached the Cougars for the past four years, is leaving to become the associate head coach at Arizona State University. Levens said she is grateful to SIUE for giving her the chance to coach. | Photo by Andrew Rathnow/Alestie.

leaves SIUE for ASU

GABRIEL SIMPSON Alestle Reportei

Former SIUE women's basketball Head Coach Amanda Levens accepted an offer to become the associate head coach at Arizona State University. Levens played for Arizona State and was named to the 2002 All-American women's basketball team.

Levens coached at SIUE for the last four years and helped lead the team to their first postseason berth in school history. Levens said

leaving SIUE was the most difficult decision she eyer made.

"It was hard to-walk away from such a great situation. We

experience...

players and a great administration," Levens said. "I'm grateful that SIUE took a chance on me when I was an unproven head coach with were well supported and had great no experience and they hired me

> I'm grateful that SIUE took a chance on me when I was an unproven head coach with no

Amanda Levens Former SIUE women's basketball head coach and I thank them for that."

Levens said the next coach will have a great supporting class.

"[The school was] patient with me and allowed me to build a program," Levens said. "The next individual that comes in will have a great foundation to build on with great people."

Levens decided to leave in order to gain more experience

"The chance to return to my

LEVENS | pg.11

Bringing together sports and science

ANDREW RICHARDS

Alestle Reporter

When it comes to sports, sometimes brains and brawn can go hand-in-hand.

SIUE track and field shot putter Colleen McDonough thinks confidence is a valuable tool when playing a competitive sport.

McDonough, a junior health education major from Chicago, said she was struggling with gaining confidence when she started on the team as a freshman in 2009 and continuing into her sophomore year.

"I had trouble competing, and I wasn't really progressing and I wasn't doing well, but I was working really hard," McDonough said. "You should progress, especially in track. The harder you work, the stronger you get at throwing. You should be getting better, and there was this block. I had no idea what was wrong."

McDonough decided to seek out Curt Lox, chair of the Kinesiology and Health Education Department. Lox also specializes in sports psychology and has been counseling SIUE athletes, teams and coaches since 1996.

Lox said student-athletes go through mental and emotional stress during their transition from high

school to college sports.

"There's a lot of pressure on these kids. In addition to leaving home, they're playing at a level of the competition that they're clearly not used to," Lox said. "They've always been the dominant player, most of them, before they come here. They haven't experienced much in the way of adversity or difficulty, and they get here, and all of sudden they do.

They're not the best. They're not starting in some instances and maybe even not playing that much," he continued. "So, there's a lot of competition, and it challenges them. It challenges them mentally big time and certainly emotionally."

Lox said issues he sees most often when counseling studentathletes are confidence, anxiety and concentration issues.

His counseling method includes providing strategies to help them understand what they are

"I provide them some education," Lox said. "In essence, I tell them, 'Here's what's going on,' so they can better understand what they're experiencing."

The first strategy is showing imagery, such as athletes to visualize performances in their minds ahead



The SIUE softball teams looks to Head Coach Sandy Montgomery for guidance on the field. Away from the field, both the team and Montgomery often turn to Curt Lox, the chair of the Kinesiology and Health Education Department, for more help. | Photo by Rhys Murray/Alestle.

The second is discouraging negative self-talk.

"Athletes spend a lot more time than they realize saying negative things in their heads, essentially," Lox said.

The third and fourth strategies

are goal setting and relaxation.

Lox not only counsels studentathletes individually, but in some instances, he counsels the entire sports team and the coaching staff.

PSYCHOLOGY | pg.11

PSYCHOLOGY | from pg.10

Some of the teams he counsels include men's soccer, baseball, basketball, tennis and women's basketball, cross-country and track and field.

One such instance where he counsels all three entities is in women's softball, which has been led by Head Coach Sandy Montgomery

want, so you seek out someone else to give you other ideas or different strategies."

Montgomery said she and her coaching staff met with Lox this year to discuss ways to counteract confidence and anxiety issues.

Lox helped McDonough work through her issues after about 10 half-hour to hourlong sessions during the 2011-12 school year.

There's a lot of pressure on these kids...there's a lot of competition, and it challenges them...

Curt Lox Chair of the Kinesiology and Health Department

for the last 24 years.

Montgomery said the softball team coordinates with Lox to determine where he's needed to counsel.

"It really depends on if the kids are having confidence issues or if there's an internal issue going on," Montgomery said. "It really depends. It's all dictated by the scenario."

For coaches, seeking Lox's counsel comes from a different perspective than that of student-athletes.

"From a coaching standpoint, when you speak to someone like Curt, it's usually when you have issues you're trying to resolve," Montgomery said. "The things that you've tried as a result haven't necessarily gotten the result that you

"He showed me what I was doing wrong and helped me understand what to do," McDonough said. "[Athletes] are all wired differently. You can't do the same to everyone. Everyone can't be coached the same way. You have to train your mind to your specific sport, to your specific personality and to your specific work ethic. You have to know and be aware of it and train it."

McDonough said she threw the shot put 41-43 feet during spring 2011.

Since working with Lox this year, she has increased her throwing distance to 46 feet.

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Follow Andrew @AndreRichards.



Former women's basketball Head Coach Amanda Levens feels the time is right to move on from SIUE. She said she was offered a job at Arizona State University last year, but she turned it down because she felt it was not the right timing. | Photo courtesy of SIUE Photo Services.

LEVENS | from pg.10

alma mater that I adore and have complete respect for is a great opportunity for me," Levens said. "I'll have the chance to grow, learn and become an even better head coach down the road."

While at Arizona State, Levens will coach under Charli Turner Thorne. According to Levens, she and Turner Thorne have been

friends for years.

"The head coach there is the same coach that I played for when I was a player there," Levens said. "We have had a great relationship ever since high school when she recruited me."

Levens said that Turner Thorne wanted her to join her staff last year, but the timing was wrong.

"We talked about it last year, but I didn't feel that it was the right move at that point," Levens said.
"This year, I felt that our program is in a great place and the time is right."

Levens informed the team last week that she was leaving in a team meeting and said the decision caught them off guard.

"The team was shocked, very shocked and upset. After a little time passed, they eventually understood my decision and were happy for me," Levens said. "It was very hard to leave them, and I was just as upset as they were. After countless hours of practice, they will always be a part of my life. They're like family to me, and I love them."

According to Levens, she wanted the team to know that the sky is the limit for them.

"The first thing that I told the team is that they will be great next year and that they know what it takes to win and play at a championship level," Levens said. "I told them it doesn't matter who coaches them next season because there is verification in the program. They will be successful regardless next year."

Levens said that she will always be indebted to SIUE.

"Every day at SIUE was great. I had one of the best jobs in the world. It is a great job with great facilities and athletic programs," Levens said. "I'm thankful of the time that I had there, especially the first three years. People were so supportive. SIUE will always be a part of me."

Gabriel Simpson can be reached at gsimpson@alestlelive.com or 650-3524. Follow Gabriel @GSimp86.

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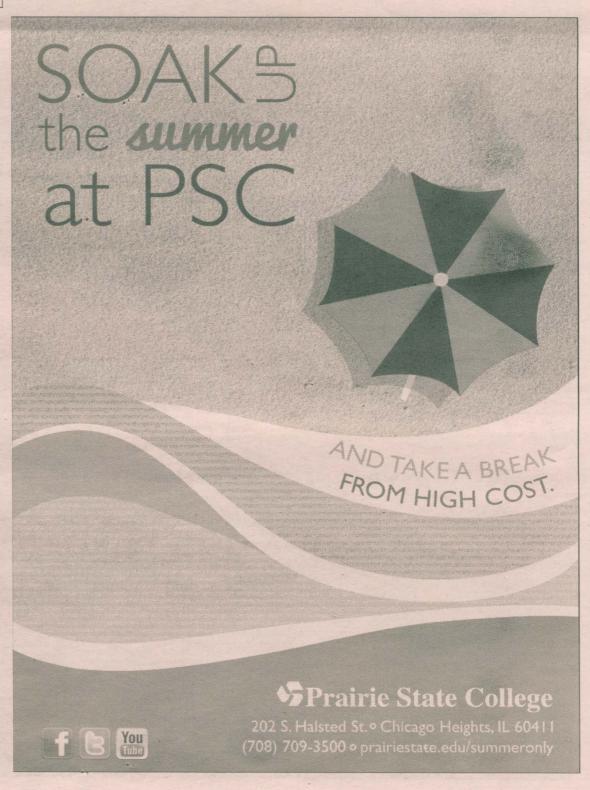
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