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THE
ALESTLE
VOL. 69 NO. 1



BACK
TO
SCHOOL
SURVIVAL
GUIDE

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PLACES OF INTEREST

Alton - East St. Louis - Edwardsville
the ALESTLE

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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 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.

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For more information, call 618-650-3528.

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WELCOME BACK

FROM THE ALESTLE EDITOR IN CHIEF

THE ALESTLE SUPPLIES STUDENTS WITH RESOURCES TO UNDERSTAND SIUE

Thank you for grabbing an issue of our Back to School Survival Guide. Another semester starts, and for new students, the Alestle in general will be a reliable source of information throughout your time at SIUE. The Back to School Survival Guide will give you tips, advice and will point out resources you can use during your academic career.



Hailey Huffines
Editor in Chief

Within this guide, you will find information regarding Health Services, Legal Services, Lovejoy Library and other services on campus, how to avoid academic probation and tips for dealing with roommates, Edwardsville's entertainment, restaurants and bars and Cougars' sports.

The Alestle will continue publishing information students need in its online edition every Monday and in its print edition every Thursday this semester. The Alestle is a student-run newspaper on campus that reports on the issues that affect the SIUE community.

The student staff is recognized for both national and statewide journalism awards. This past October, the Alestle staff attended the Associated College Press convention in New Orleans, La., and received a ninth-place Best of Show award for our website. In February, the Alestle staff attended the Illinois College Press Association convention in Chicago and received eight awards, including a second place award for General Excellence.

Our role as the campus newspaper is to educate students by providing them with the necessary information related to campus and local news, sports and lifestyles. We also give our opinions to present issues in our editorial section. Students are welcome to write to the opinion editor if they want to express any concerns.

The Alestle does its best to remain in touch with students through social media. The latest headlines and photos are available on Facebook at www.facebook.com/Alestlelive and on Twitter we can be followed at @TheAlestle and @TheAlestleSports. We can also be followed on Instagram @thealestle. We love to hear feedback from students through these sources!

Our section editors can be reached by email if students want to express their concerns or share a story idea at news@alestlelive.com, opinion@alestlelive.com, lifestyles@alestlelive.com and

sports@alestlelive.com. I can also be reach at editor@alestlelive.com.

One way to get involved on campus is through working at the Alestle, and positions including copy editor, section editor, reporter and photographer are available. Students who share an interest in writing, meeting new people, design, photography and teamwork will find all these things and more at the Alestle.

Students who work at the Alestle will meet other students, faculty, staff and administration, building a network of relationships with those at SIUE.

Pick up an application at our office on the second floor of the Morris University Center.

The Alestle works hard to report the latest news and we cannot wait to bring it to you!

The Alestle reaches out to students through Facebook, Twitter and Instagram.

FROM THE SIUE CHANCELLOR

SIUE PROVIDES OPPORTUNITIES FOR STUDENTS BEYOND THEIR STUDIES

On behalf of the faculty and staff of Southern Illinois University Edwardsville, welcome to the 2014-2015 academic year! To our returning students, welcome back and thank you for your commitment to this exceptional university. To those of you who are just beginning your life as a Cougar, get ready for an exciting year of new experiences and challenging opportunities!



Julie Furst-Bowe
Chancellor

You have made a great choice in SIUE. Listed for the tenth consecutive year as one of the top 10 public universities in the Best Regional Universities Midwest (master's granting) category in U.S. News & World Report Best Colleges of 2014, SIUE has so much to offer from our quality faculty and academic programs to a wide variety of extracurricular activities and special events. And I'm proud to point out that, for the fourth consecutive year, we are listed on the President's Higher Education Community Service Honor Roll, in the Distinction category, for giving back to the southern Illinois region.

You will encounter a diversity of people and ideas during your time here on campus, and you will benefit from it all. The university is founded on five values that form the basis for everything we do: citizenship, excellence, integrity, inclusion and wisdom. These values are so important to the essence of SIUE that they are displayed in the Morris University Center's Goshen Lounge for all to see. Be sure you commit them to memory; there may be a pop quiz before you're allowed to graduate!

As in most worthwhile goals in life, what you ultimately gain depends on what you invest. Whether you're a new or returning student, be sure to take advantage of the many opportunities available to you for activities outside of your studies. Even with all of the hard work that will be required, college is supposed to be fun and full of memories and friendships that will last a lifetime.

With 250 student organizations, there is something for everyone! Choose from intellectual, artistic, athletic or social activities, or any combination of these, and create for yourself a very rewarding university experience. And many of these activities are free to students, for example, the excellent Arts & Issues fine arts series and scheduled NCAA Division I athletics events. There are so many ways to optimize your time here at the "E!"

Another important way to get the most out of your college experience is to stay informed on cam-

pus activities and topics of current interest. One of the best ways to do this is to read the campus newspaper, the Alestle. This publication is named for the Alton, East St. Louis and Edwardsville communities, highlighting the importance of SIUE's three educational branches. Feel free to offer your opinions in the Alestle and stay up-to-date on what the rest of the campus community is doing and thinking.

The fall semester is always an exciting time of fresh starts and new opportunities for investing in the future. Make the most of your time here by working hard and getting involved in your university. And remember, you have a small army of support in the faculty and staff of SIUE. Don't hesitate to ask for what you need.

I wish you all the best for a very successful academic year. Tomorrow depends on what you learn today!

Go SIUE!

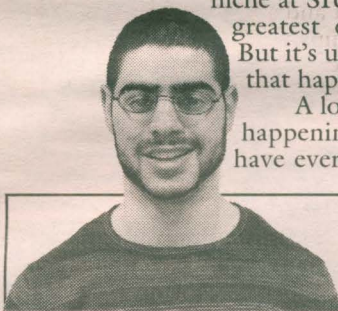
There are 250 organizations students can choose from to add to their SIUE experience.

SIUE

FROM THE STUDENT BODY PRESIDENT

INVOLVEMENT IN STUDENT ORGANIZATIONS CHANGES COLLEGE EXPERIENCE

Welcome to the most exciting and valuable four years of your life! I hope that college is everything you imagined it to be and I hope that you find your niche at SIUE to help make it the greatest experience it can be. But it's up to you to make all of that happen!



Nasir Almasri
Student Body President

A lot of exciting things are happening at SIUE and you have every opportunity to take advantage. My first bit of advice is to walk into the Kimmel Student Involvement Center and get involved in one student organization. Just one!

We have everything from academic organizations to religious, cultural, volunteer, honors, and special interest organizations. Student Government and Campus Activities Board have plenty of opportunities to get involved; in fact, there are two new Student Government Senator positions opening up for freshmen!

We have numerous fraternity and sorority life options as well. You could always join an intramural or club sport over at the Student Fitness Center, too! Get involved. You get to meet so many people and it will make all the difference while you are here.

My second bit of advice is to explore. Interpret that however you would like! There is so much to explore during your college experience.

Explore the campus: SIUE has one of the largest campuses due to a great amount of nature preserve. Use the paths to run, bike, skateboard or walk. Check out student organization events, athletic events, which are free, and various activities throughout the campus.

Explore the region: Edwardsville is only a few minutes away and St. Louis is less than 30 minutes away.

Explore events: Numerous speakers and performers come to SIUE each year. Check out these different events and don't be afraid to step out of your comfort zone!

Explore diversity: Meet people from all sorts of different backgrounds. SIUE has more than 14,000 students and each of us is different in so many ways, contributing to the rich diversity that has long helped SIUE prosper.

And finally, explore ideas: Each and every one of us grows quite a bit during our college experience. Explore different belief systems and different viewpoints. The better understanding you have of the world, the better off you will be once you leave SIUE!

My final bit of advice is to focus. Be involved, meet people, socialize, and have a great time! But don't forget that, at the end of the day, you are here to get an education. If you strike the right balance, I guarantee that your next four years at SIUE will be a blast!

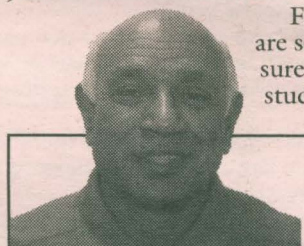
I wish you all the best with your adventures at SIUE and hope this was beneficial to you. Go Cougars!

Exploring not only the SIUE campus, but events, diversity and ideas will add to your college experience.

FROM THE VICE CHANCELLOR OF STUDENT AFFAIRS

ACADEMIC SUCCESS STARTS WITH CIVILITY, INVOLVEMENT AND BALANCE

Welcome to the SIUE Community! This is an exciting time in your life. As a student, you will be introduced to many new and different ideas and experiences; you will be challenged to think logically and creatively about difficult questions; and you will be asked to discuss the answers to these questions. Join in these discussions. You have much to offer.



Narbeth Emmanuel
Vice Chancellor of Student Affairs

From my perspective, here are some valuable points to assure your success as an SIUE student:

First, and foremost, invest the time and energy necessary to achieve good grades. Experts recommend a minimum of two hours studying outside of class for every hour of class. Attend class regularly and make sure you know your instructor's attendance policy. Be on time and be prepared for every class meeting. Sit in the front of the classroom! Follow your syllabus, and make sure that you are organized and that your assignments are

completed in a timely manner. If you need help, talk with your faculty or advisor so they can direct you to the best source of assistance.

Second, resolve conflicts, differences and disputes through thoughtful discussion.

Civility is a cornerstone of our academic community; you are expected to act and behave accordingly. At times you may disagree with fellow members of the academic community. Part of your college experience is learning to resolve disagreements and differences of opinion in a fashion that is in keeping with your role as an educated member of the SIUE community.

Third, get involved in campus life. There are numerous opportunities available to you to become involved in activities and services beyond the classroom. Check out the student organizations on campus. They need your participation. Consider doing volunteer work related to your academic major or participate in the social and recreational opportunities on campus. All of these activities give you the chance to interact with your fellow students, faculty and staff and serve to enrich and broaden your education.

Fourth, and lastly, take care of yourself. Achieve the balance between what is required to

succeed at the university and the other obligations of family and work. Occasional stress is a normal part of a student's life. How you cope with it, in a constructive manner, will make all the difference for you. Make lifestyle decisions that are in your best interest.

Again, I welcome you to SIUE. I encourage you to follow the SIUE 4-3-2-1 formula for success: graduate in four years; maintain a minimum 3.0 grade point average; devote two hours prep time per credit hour; and involve yourself in at least one campus activity.

I look forward to meeting you on campus and hope you find your university experience both rewarding and memorable.

Making choices that are in your best interest will make your academic career more successful.

WHAT YOU MISSED THIS SUMMER

SIUE TO BECOME SMOKE FREE CAMPUS JULY 1, 2015

Starting on July 1, 2015, smoking will be banned on campus under the Smoke-Free Campus Act.

Since the bill's first action Feb. 15, 2013, it officially passed May 30, 2014 to ban smoking on campuses in Illinois. Student Body President Nasir Almasri, however, does not anticipate students, faculty and staff will adhere to the new law, which he feels needs a slight change.

"We're going to potentially lobby for [an amendment] that allows us to create designated smoking zones because our campus is going to turn into what [University of Missouri-St. Louis] looks like right now with cigarette butts everywhere. People are ignoring the rules, and there's zero way to enforce those rules," Almasri said. "I don't think that's something that the Illinois Senate is worried about. They're like, 'Oh, look. We're smoke-free now.' At SIUE, you can't just walk off campus like at [University of Illinois at Urbana-Champaign]. You cannot. It's a five minute drive to get off campus."

UMSL has been tobacco-free since Jan. 1, 2012, but Almasri said the campus community is not following the rules. He said he does not want to see the same thing to happen to SIUE's campus.

"If they decide to ignore the rules, which I expect a lot of people will, they're going to throw cigarette butts on the ground now because we won't have ashtrays," Almasri said. "I don't want to give tours and be like, 'We're smoke free,' as somebody walks by smoking a cigarette. If I go into St. Louis at some point soon, I'm probably going to go over to UMSL and just take pictures and send them to the chancellor and just be like, 'Hey, look. This is what our campus is going to look like.'"

Almasri said he has already started drafting letters and is talking to student senators about writing to their state representatives.

"I'm reaching out to Chancellor [Julie] Furst-Bowe. We've already got President [Randy] Dunn on it and the board of trustees kind of aware of what our stance is on it, and the faculty and staff senates as well," Almasri said.

A complete ban, Almasri said, is not realistic and will not work for student, faculty and staff smokers.

"I don't want people walking across the [Stratton Quadrangle] smoking, but they should be able to go to the east side of Peck Hall or the west side of the Science Building, whatever it is, in that designated zone, so that they know they can go there to smoke and other people know, 'If I don't want to be near smoke, I'm just going to avoid that exit,'" Almasri said. "I think that makes everybody happy. Now I can avoid smoke because I can't stand to breathe in secondhand smoke, and my friend Alex, who smokes all the time, can smoke his cigarette without getting in trouble and without having to leave cigarette butts on the ground."

Freshman nursing major Stephen Hindelang, of Troy, said he does not think the ban is realistic either.

"No matter what, somebody is going to smoke," Hindelang said. "I think it would be better to have a designated area where it's safe for them

to do it without them getting in trouble. ... I think outside of buildings and off the side from entrances would be a good idea, so that it's not a hassle for people."

The only exception to the ban as the bill currently reads is inside a vehicle when it is traveling through the campus. Almasri said he has tried to look at the bill from the state senate's perspective.

"That's something that the state passed. It was bi-partisan. They were really excited about it, and I understand, from their perspective [it's], 'Hey, look, we got together and passed a bill. Yay healthy America,' but I don't think they recognize the reality," Almasri said. "That's not how you get people to quit smoking."

According to Almasri, SG Vice President Tyler Shearrow has been working on the issue of designated smoking area locations.

"He got a map of SIUE and he started marking down some of the areas," Almasri said. "He said it wouldn't be particularly easy, but it would still be better than a blanket ban not giving them any opportunity to smoke."

Junior industrial engineering major Cameron Clouser, of Edwardsville, said coming up with designated areas on campus would be doable.

"[Smoking] doesn't really bother me one way or the other. I don't like it right in my face, but I do think it's a good idea to have designated areas ... more toward the perimeter of the campus or away from campus or buildings," Clouser said. "I'm sure people would want it away from the wildlife."

Student Government has actually surveyed students in the past regarding a possible ban, and Almasri said members found that most students, smokers and nonsmokers, would want designated areas.

"We heard, in general, smokers [say] they would be annoyed with it, but they would rather have that than be banned. Some smokers said, 'Actually I almost prefer that because I don't have to get yelled at by anybody,'" Almasri said. "I think it's a solid medium considering the law. I think that's our best option."

Sophomore business major Michael Ashford, of Marine, said a complete ban is problematic.

"I don't smoke myself, but you shouldn't take away other people's privileges," Ashford said.

Almasri said with smoking, it all comes down to personal choice.

"Who am I to tell you, 'You can't smoke?' As long as you're not forcing me to [breathe] secondhand, it's not my business. Would I encourage you to stop smoking? Yeah, I probably would, but it's not my business at the end of the day. So I think it's really important that if they want to make that choice to smoke, they absolutely should be able to."

SIUE DEMOLISHES ECO HOUSE

SIUE demolished a 53-year-old building, which was most recently used as the Eco House, a student housing facility.

Assistant Vice Chancellor for Planning and Budgeting Rich Walker said records show the house was originally built in 1961. Throughout its existence on the SIUE campus, Walker said the house had received a couple additions to the original structure.

The Eco House, which was located near the edge of Cougar Village, Cougar Lake and The Gardens at SIUE, is now an empty lot.

The building was not up to safety standards, and to bring the building to code, it would have cost the university more than \$400,000, according to Walker.

"It would have been cheaper to build a new building than renovate," Walker said.

University Housing handed over posses-

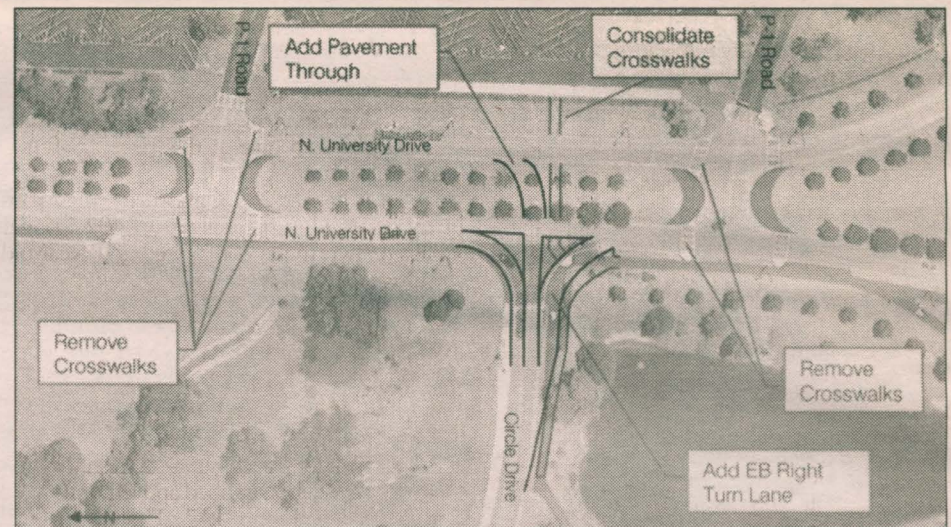
sion of the housing facility to the university in spring 2014.

According to Associate Director of Housing Operations Scott Gluntz, Housing gave up control due to lack of student use.

While the Eco House is able to house up to nine people, this past spring semester, only three students lived there.

The Eco House, a focused interest community, was only available to upper class students who had a particular interest in sustainable living, community service and conservation. The housing facility and its occupants also volunteered with The Gardens at SIUE.

Read more about the Eco House demolition at alestlelive.com.



ROAD CONSTRUCTION MAKES CAMPUS SAFER TO NAVIGATE

Starting July 25, it will be a bit easier to navigate around campus. Construction is being done on North Circle Drive and North University Drive to modify the existing intersection into a more safe and straightforward driving experience.

Facilities Management Director Paul Fuligni oversees the construction of this project. Fuligni said, along with the standard resurfacing of the pavement being done on the two roads, construction is happening to expand the current intersection.

According to Fuligni, this expansion will affect North Circle Drive and all four lanes of North University Drive. It will create a new pavement to let drivers heading north from Circle Drive go immediately left. The construction will also create dedicated right turn lanes for entering and leaving North Circle Drive.

"[In the future,] if you want to turn

left, you'll be able to go across what is presently the median," Fuligni says. "You won't have to go through a U-turn. We're simplifying that turn."

According to Fuligni, in order to accommodate the new intersection, the sidewalk along North Circle Drive will be expanded, the presently placed crosswalks will be removed and one all-encompassing crosswalk will be made.

"We're going to relocate the crosswalks into one crosswalk to make it safer for drivers and pedestrians," Fuligni said.

The section of North Circle Drive being closed off will be a small inconvenience to drivers, but there are three alternate routes to Lot A available: Northwest University Drive, Whiteside Road and South Circle Drive. North University Drive will still be open during construction.

ZIPCAR WILL SERVE STUDENTS, FACULTY AND STAFF WITH NEW DRIVING OPTION

A car rental service called Zipcar will be available to students, faculty and staff in fall 2014.

Administrative Services Director Bob Vanzo said Parking Services has discovered a number of students are unhappy about having to purchase a car when they come to SIUE. A student who sits on the University Parking and Traffic Committee brought the issue to their attention. Vanzo said the student is originally from Chicago.

"People from those larger cities are used to mass transit," Vanzo said. "When she came here, she had to buy a car and felt like it was an unnecessary expense."

The university asked Enterprise and Zipcar to come to campus to give a presentation before deciding to implement one of the services.

Vanzo said Zipcar makes it easy for

students to use the service.

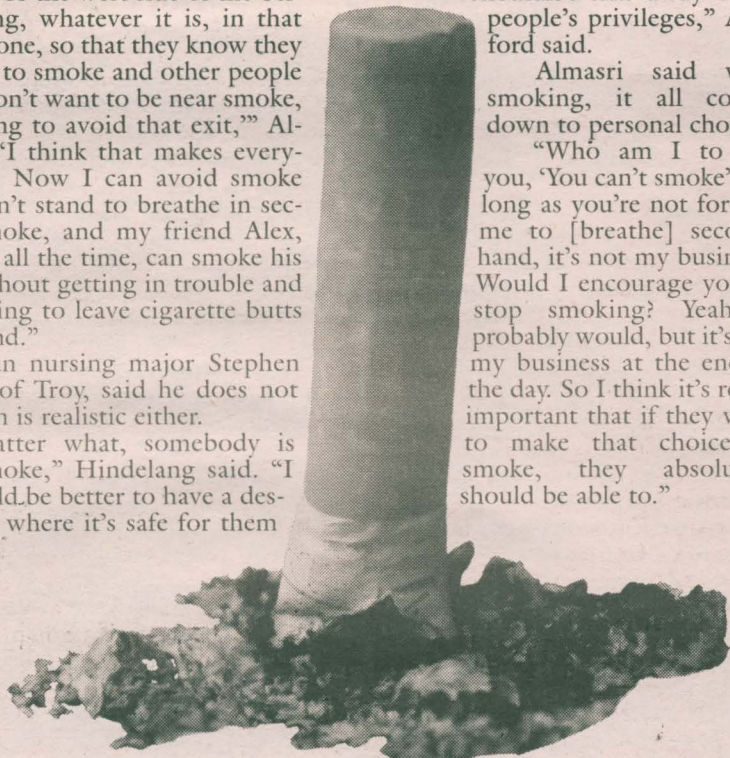
"I think part of the reason we liked Zipcar so much is because they had an app you can download on your smartphone," Vanzo said.

Students, faculty and staff members can reserve a car and communicate with the company using the app.

The service will be offered for a fee that starts at \$7.50 per hour or \$69 per day with gas, insurance and 180 miles per day included. Vehicles can be reserved for an hour or up to one week.

Vanzo said SIUE will have two cars at the start of the fall. One will be a Ford Focus, but the university has not decided what make or model the other car will be.

Read more about Zipcar at alestlelive.com.



STAY SAFE, OUT OF TROUBLE:

CAMPUS POLICE OFFERS ADVICE

LEXI CORTES

Former Alestle Editor in Chief

While some universities have security guards who patrol without arrest authority, SIUE has a full police department on campus that can make arrests and issue tickets.

Campus Police Chief Kevin Schmoll said there are major benefits to having police officers on a college campus.

"You get better service. If you have a security department and something happens, they can respond, but they would have to wait for the local police to come in to take over the case," Schmoll said. "This way, we're there and we just handle investigating it accordingly. I think we respond faster because we're here on campus. I think that's why we're safer, too, because we have a police department."

SIUE was named the ninth safest campus in the country last spring, according to Schmoll, after previously ranking 21st.

Schmoll said he thinks there were a number of factors involved in the leap to being named among the top 10 safest colleges, including SIUE's geographic location.

"We're not surrounded by an urban environment. We're kind of surrounded by [a] subdivision and rural area," Schmoll said. "I think that has one thing to do with it: our location."

Common campus crimes

Despite SIUE's ranking, some crime is still committed on campus. Schmoll said theft is the crime reported most often.

"Most of those [thefts] have been in the residential areas. ... We have to work with Housing staff and the residents to help them help themselves come up with ideas," Schmoll said. "Really, it's going to come down to talking to and working with the [resident assistants] and their residents to lock their doors when they leave their room."

Schmoll said another way to protect against theft is to avoid leaving valuables in plain view inside vehicles.

"We haven't had the car break-ins [lately], but we get one every once in a while," Schmoll said.

Another problem being reported fairly often to Campus Police is roommate disputes.

"A lot of things start on social media that just get worse and worse," Schmoll said. "They just keep sending out [messages] making fun or threatening somebody."

Police are also seeing students have trouble with electronic stalking behavior — constant unwanted text messages, for example.

"It usually stops. The victim will make a report with us, and most of the time, they just want it to stop. They don't want to pursue any criminal charges, but we need to contact the suspect, the person sending the texts or the tweets," Schmoll said. "We tell them to cease any further contact, and most of the time, they do."

Harassment through texting and social media is a misdemeanor, according to Schmoll.

"That's something we want to address because we're seeing more of it every year," Schmoll said. "And there's all these new [platforms] that I don't even know. I think there's something new every week out there, a new kind of social media outlet."

History of armed robberies on campus

Beyond theft, disputes and harassment, the university has also experienced a less frequent but more serious crime: five armed robberies since 2008.

Schmoll said of these incidents, there was only one in which a student was simply in the wrong place at the wrong time. Campus Police discovered the other students were targeted as a result of its investigations.

The student who was attacked at random rather than through a targeted attack had pulled into the Woodland Hall parking lot while two assailants happened to be breaking into cars.

"They saw the opportunity to take her purse," Schmoll said.

This attack took place on Friday, Aug. 29, 2008. One assailant was armed and held the 18-year-old freshman victim at gunpoint, demanding her purse.

The student described the armed suspect

as a male between 18 and 22 years old. He threw the student to the ground and kicked her multiple times while a second male assailant took her purse. Campus Police arrested the armed robber in early November 2008.

The next armed robbery to take place on campus occurred on Saturday, Oct. 15, 2011, in the Bluff Hall parking lot. A 17-year-old student was approached by a male with a small revolver. The suspect took \$200, a cellphone and keys from the victim. The person of interest was identified less than 12 hours after the incident.

Schmoll said Campus Police believe this student was targeted because he delivered pizzas for Papa John's and was known to have large amounts of cash from tips.

"From what our investigation showed, he was followed here from Edwardsville," Schmoll said.

Another armed robbery did not take place again until Wednesday, Jan. 9, 2013, when a male wearing a hooded sweatshirt approached a student from behind on the Delyte W. Morris bike trail near The Gardens at SIUE. The suspect reportedly placed a sharp object against the student's back and demanded her wallet. He fled the scene with a ring and a small amount of cash.

Schmoll said this case remains unsolved. "It's a cold case at this time," Schmoll said.

In February 2013, another armed robbery occurred in the hallway of 402 Cougar Village. Two males confronted a 20-year-old student. A small amount of cash was taken, but the victim was unharmed. Campus Police discovered there was a prearranged meeting between the reported robbery victim and the two suspects.

The most recent armed robbery took place Wednesday, April 2, 2014, in the Prairie Hall parking lot. An 18-year-old freshman was kidnapped and later robbed and left unharmed at Lewis Road near 157. The student informed police that he saw a handgun wrapped in cloth.

Campus Police discovered the student was involved in some "activity" that led the individuals to him. After a week of investigations, two suspects were in custody.

"The case is still pending. It's in the court proceedings now, so I can't comment on the activity that he was involved in, but the individual knew his attackers," Schmoll said.



Schmoll said in the event of an armed robbery, Campus Police will inform students about the incident through a text message based notification system called e-Lerts if they are in any danger.

"If the situation is ongoing or we don't know where the suspects are, we have to send out an immediate notification," Schmoll said. "If we kind of know what's going on and we don't feel that the university community is [threatened], we can send out a timely notification, and that would be in email form."

To sign up to receive e-Lerts, visit SIUE's Emergency Management and Safety webpage at siue.edu/emergencymanagement and click the emergency notifications link.

Although three of the five armed robberies occurred in residential parking lots, the

university has not increased its security cameras as a result. Schmoll said, while it would be beneficial to have additional security cameras, it is not feasible for the university at this time.

"As far as the police department is concerned, it would help us," Schmoll said. "For one, it would be a deterrent. And it would help us if something did happen to solve the crime. But like anything else, [security cameras] cost money, and right now, the situation the state is in, it's not a good time to be purchasing equipment because the money's just not there."

Protecting yourself

Schmoll said students should not be anxious about another armed robbery, but an easy way to prevent any trouble is to be alert.

"I wouldn't be worried, but you should always, wherever you are day or night, be aware of your surroundings because you never know," Schmoll said. "You could be driving through an intersection and there could be an individual who doesn't stop at their red light and you get hit. You've always got to be alert no matter what you're doing."

Another way students can protect themselves, according to Schmoll, is to be cautious at night.

"If you're going to be out and about — these [armed robberies] occurred at night — let somebody know, 'I'm walking from the parking lot in,' so they expect you in a certain amount of time," Schmoll said. "If you see anything suspicious, call 911."

Schmoll said suspicious activity may include people looking into cars or walking around aimlessly in the parking lots.

"If your gut instinct is telling you something is not right, call the police department," Schmoll said. "There's emergency phones also if you don't have a cellphone in the parking lots."

Schmoll said emergency phones, the tall blue poles across campus, are located in every parking lot, along walkways and on bike paths. The phones include two buttons: one for emergencies, like an attack, and one for non-emergencies, like car trouble.

"It doesn't matter which one you hit. It's going to give us the location and you're going to be able to speak [to the department]," Schmoll said. "Even if you can't talk — you're running from somebody and you hit the button — we're going to go out there and check the area." Schmoll said anyone who uses the emergency phone can expect a quick response from Campus Police officers.

"We can respond to anywhere on campus within a couple minutes," Schmoll said.

Students should not hesitate to use the emergency poles if they suspect they are in danger, Schmoll said.

"They're not going to burden us in any way. We'll investigate it," Schmoll said. "That's what we're paid to do."

It is important, Schmoll said, that students do not use the emergency phones for pranks because officers must respond to every call and investigate as if it were a real emergency.

"These are not to be used as pranks, just to hit them and run away. We do get quite a few of those," Schmoll said. "If we actually caught you doing that, it's a crime. It's a misdemeanor. We want the university and our students to take these seriously. That's what they're there for."

According to Schmoll, Campus Police offers an escort service to help students feel safer traveling on campus.

"You can always call the police department for an escort if you feel unsafe and we'll

walk you from the parking lot to your residence hall or from the residence hall to your vehicle," Schmoll said. "We're here 24 hours a day, seven days a week, and we can do them not just at night; we do them during the daytime as well."

Working to improve safety

Schmoll said, in his 20 years at the university, he has seen Campus Police continually looking for ways to improve the campus community's safety.

"I meet with [a] Housing representative, the Dean of Students Dr. Jim Klenke and the director of Counseling Services every week to discuss the police reports — what went on and what they need to do in their areas, and what kinds of things they have going on in their areas as well that they bring to us," Schmoll said.

Schmoll said he has seen these meetings bring positive changes to the university.

"We try to take care of the small problems before they become big problems," Schmoll said.

Campus Police has a community-oriented policing philosophy that Schmoll said helps make the university a safer place, and he wants his officers to develop it even further.

"We're out on foot patrol. We're not just driving around in a squad car. We're out interacting with everybody in the university. ... They're going to see that we're more approachable, and we'll explain things to them," Schmoll said. "If they see us come in and arrest somebody from their classroom or a residence hall, [officers should] go speak to that classroom or go speak to those residents in that wing. 'Here's why we came in. Here's what happened,' and just educate because a lot of times we're not doing that. I think that's something we can improve on."

Schmoll said while the crime on campus has not been rampant, he and the Campus Police officers do not want to see any crime occurring, so they are planning some preventative actions for the coming semester that include getting more involved with students.

"What we're going to do is get involved more than we have in the past with the residential life. With the students in Housing, with the Greeks, with individuals in Kimmel [Student Involvement Center]," Schmoll said. "We're going to get involved with all of these groups and do presentations and hopefully make this campus a safer environment for everybody."

Schmoll said one presentation will include talking to residents about strategies to avoid theft. Campus Police also plans to talk to students about what to do if an armed intruder were to enter the campus.

Campus Police recently went through active shooter training, which the department takes part in every year, according to Schmoll.

"We're prepared. Now we need to start training the university, the students, the faculty and staff, on what they need to do if something like this happens," Schmoll said.

The presentations are not a new initiative, Schmoll said, but now there will be a designated officer holding all of the talks, there will be new presentations added and the presentations will be more frequent.

"By doing these presentations, I'm hoping that it cuts down on the crime, the fights that we see amongst the students, so everybody kind of gets along better, cuts down on the calls that we're going to, helps out with Housing staff, cuts down on their calls that they're responding to in the residence halls and Cougar Village, cuts down on the workload for the dean of students, and hopefully Counseling Services as well, so overall, it helps all of us at the university," Schmoll said.

There is one main point that Schmoll said he wants to make to students through these presentations.

"My goal, especially with the residents, is to [remind] them that they're here to get their education, to go out to get a good job, to be good, productive citizens," Schmoll said. "Have fun while you're here, but don't get involved in committing criminal acts [and] don't get into fights, don't get in trouble. Still have a good time, but [remember] what your goal is: to get an education and to get a good job."

Lexi Cortes can be reached at acortes@alestlelive.com.

TIME MANAGEMENT TIPS FOR COLLEGE STUDENTS

In the transition from high school to college, it's easy to get bombarded with this new style of schooling. You may feel that you have all the time in the world to get all of those projects done after

being handed the syllabus. But suddenly, it's the night before they are all due and you're freaking out. To avoid those all-night binge study sessions, you need to start managing your time better today.

MAKE LISTS

In order to even begin the organizational, time management process, it is very important to make lists — to-do lists, supply lists, grocery lists, you name it. It will immediately help you feel more organized and the small accomplishment of checking something off of the list will keep you motivated. Most importantly, it helps make the tasks of the day feel a little more manageable.

TAKE ONE THING AT A TIME

Don't think of the totality of your to-do list. Once the list is made, just take it one project at a time and you will be better able to complete tasks. Multitasking is not a real or feasible concept for your brain anyway.

DO THE STUFF YOU'RE DREADING FIRST

Once you make this list, knock out the hardest stuff first. This way, as the day goes on, you are only left with the simpler stuff.

LIMIT DISTRACTIONS

Turn off the phone. Get off of Facebook and Twitter. Focus on what you actually need to accomplish. It can be easy to tell yourself you'll just check social media for a few minutes, but a few minutes can quickly turn into a few hours. It's also important to be conscious of the amount of time you spend in front of the TV, surfing the Internet and gaming. If you really want to be productive, ignore the distractions.

CREATE A SYSTEM FOR YOURSELF

If you hope to stay organized, buy a planner. You can write down all of your due dates in one place, so you don't need to keep track of four or five syllabi, just your planner. This makes planning ahead easier, too, because you always know what's coming the next week and month. And don't forget the importance of your phone's calendar. Set up reminders so that the day before an assignment is due, your phone says, 'Hey! Don't forget your homework!' You set alarms on your phone to wake you up in the morning, why not do the same for homework reminders?

DON'T TRY TO MULTI-TASK

Yes, everyone thinks they are professionals at multitasking and can successfully tackle 14 tasks at once. However, in reality, it may not be the smartest thing to do. It's important to focus all of your attention on the task at hand. You will not only finish that task more quickly since there will be fewer distractions, but you will also produce better work since it will have your undivided attention.

FIND YOUR PRODUCTIVE TIME

There are some people who prefer to complete everything — homework, classes, projects, tackling the hard life questions — in the mornings. That just happens to be their productive time of day. Then there are those who tend to be way more productive in the late afternoon or evening, which is fine, too. However, there are always those who think they are most productive at 3 a.m., but it's a time of half-asleep mistakes and Redbull-induced bad ideas.

DON'T PROCRASTINATE

It's important to get an early start. Don't make excuses. People tend to get into the bad habit of, 'I'll do it after I finish this,' and suddenly, it's the day before it's due, and you are just about out of luck. Stay focused. Finish tasks on time. And DO NOT procrastinate.

MAKE TIME FOR RELAXATION

Working or studying all the time can cause you to start to drag your feet. This is why it becomes very important to schedule rest periods into your schedule. Do a few tasks then take a half hour break to refresh yourself. Just make sure you jump back into your tasks and don't take advantage of those breaks.

GET ENOUGH SLEEP

Don't convince yourself staying up until 3 a.m. is a good idea because come time for your 9 a.m. class, you'll regret that. Pulling an all-nighter every once in a while is acceptable and, in most cases, expected at some point during your college career. But it's very important to avoid making that into a habit. Sleep is important not only for time management, but also for your health.

LEARN TO SAY 'NO'

You don't have to say "yes" to everything that is asked of you. It's important to remember that schoolwork comes first; everything else in college — trips to the bar after class, student organization meetings, Greek parties — is all extra.



HELPFUL APPS

Smartphones are wonderful devices that help you manage all aspects of your life, so why not let them help with school as well? Here are some handy apps that will make your school life much easier to manage:

BLACKBOARD

You will soon find that all of your assignments, grades and readings will be accessed through a system called BlackBoard. This app will be convenient to have at your fingertips.

EVERNOTE

This is a helpful app that turns your Apple device into a digital notebook. It instantly synchronizes notes between all devices you use for easy access anywhere you go.

30/30

If you have difficulty staying focused or on task, this is the app for you. It allows you to create a list of tasks with time limits associated. It will help you tackle discouraging tasks with the comfort of knowing you'll only be doing them for a short amount of time.

SELFCONTROL

This is a free app that will save you from distractions. It will block your access to websites that normally distract you, like social media sites. You set a designated period of time you want to be distraction-free and until that timer goes off, you will be unable to access those sites.

COZI

You can make lists and notes on your phone, and it automatically syncs to your devices. It includes a calendar, journal, to-do lists and shopping lists.

ALARMED

This is a convenient little app that is like the built-in reminders app on your phone. It not only lets you repeat reminders but also reminds you at set intervals. Another feature is the snooze button. This app allows you to snooze reminders, something the built-in reminders app lacks.

ANYMEMO

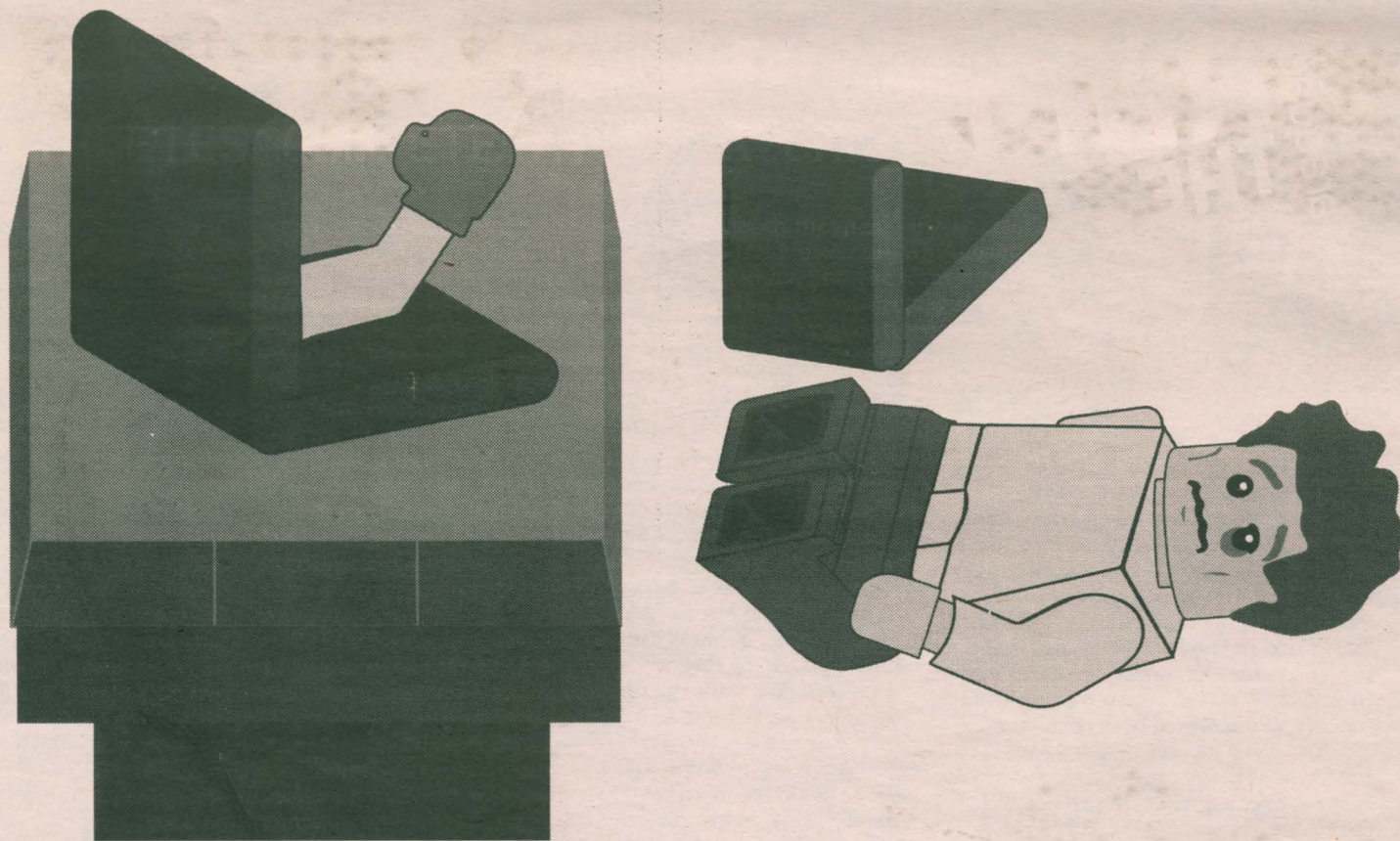
**FOR ANDROID
FLASHCARDS+**

FOR IPHONE
These apps are both helpful with on-the-go studying. You can simply plug in the information you wish to study into convenient flashcards and quiz yourself anywhere you want.

HOMEWORK

**FOR ANDROID
INCLASS**

FOR IPHONE
These apps make it easy to keep school life on track. You can add classes, instructor information and deadlines to help you stay organized and on task throughout the semester.



THE WEEK OF THE WALKING DEAD-BRAINED

Finals are scary for everyone, but if you are experiencing your first set of college-level finals, it can be downright terrifying. While

prepping one thing is very important to remember, Rome wasn't built in a day and neither were those A's you're shooting for.

START EARLY

Do not make the common mistake of waiting until the week before finals to brush the dust off of your notebooks from earlier in the semester. It isn't difficult to take five minutes a day to look over your notes so you won't feel as lost come Dec. 1.

PRIORITIZE

Make lists of what you need to study each day. This way you can organize your mind and not feel as overwhelmed by the amount of work you have to get finished. Sometimes, if you only focus on the enormity of your to-do list, you can become a stressed mess, which can make you less productive.

HIGHLIGHT

Something that can make studying in general easier is highlighting your notes. This can be especially handy while studying a semester's worth of notes. It helps you focus on the important information and distinguish between sections within your notes. This is just a little trick to help those pages of notes feel a little less intimidating and a little easier to process.

USE ADDITIONAL RESOURCES

Remember that website your professor showed you at the beginning of the semester with all those handy quizzes? It can be very helpful to take full advantage of those learning aids when it comes to prepping for finals.

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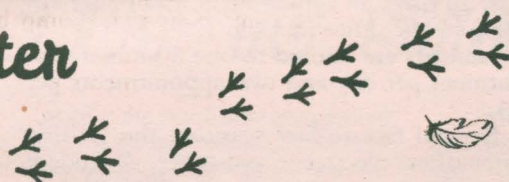


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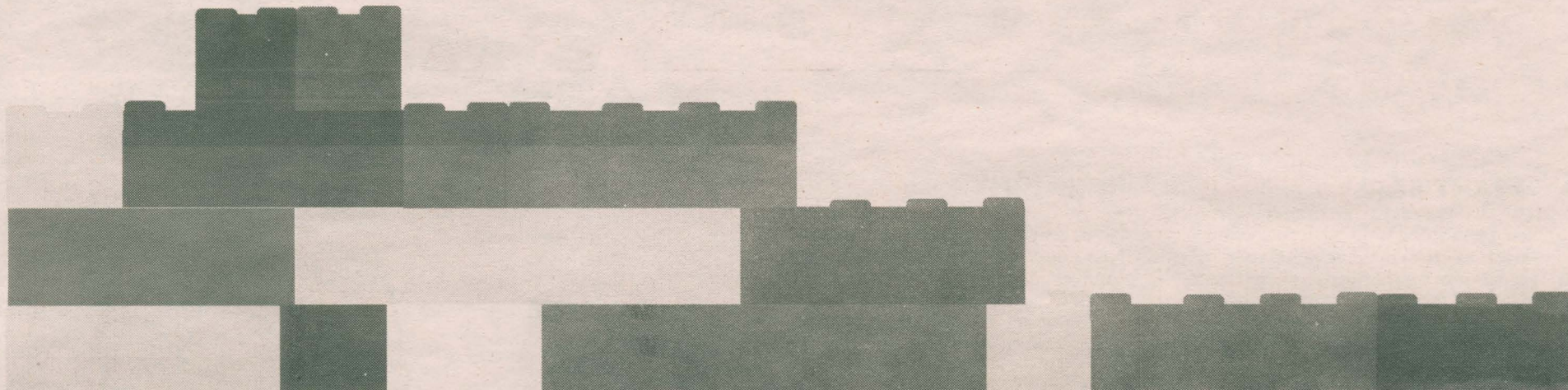


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UNIVERSITY SUPPLIES BUILDING BLOCKS



LOVEJOY LIBRARY

Lovejoy Library offers students a place to study, with a multitude of computers and resources on each of the library's three floors.

Students can access the Internet, Microsoft Word and many other software options. These computers can be accessed using student e-IDs. Students can also check out laptops from the circulation desk for in-house use.

The library offers students printing and scanning abilities. Students can either work on one of the many computers and print from there or stop by and use the quick printing service. Black and white printing costs 10 cents and color costs 50 cents. Lovejoy also provides a 3D printing service where students can turn digital models into physical 3D objects.

Students can take full advantage of the group study presentation room. This is a room where small groups can get together and collaborate on presentations and any type of work they are preparing. It offers students resources including a whiteboard and data projector. Students can reserve this room at the circulation desk.

Through the library, students have access to thousands of online journals, e-books and databases among many other educational resources. Lovejoy also has interlibrary loan set in place through which students can have publications delivered from other libraries directly to SIUE.

Students are also provided with specialized librarians for each of the majors offered at SIUE, who can assist by helping one-on-one with research within a field of study.

Lovejoy Library is located across the Stratton Quadrangle from the Morris University Center and can be reached at 650-INFO (4636).



WRITING CENTER

The Writing Center, located within the Student Success Center, is a free resource available to students of any level or major.

Writing consultants in the center help students throughout their processes of writing, starting with brainstorming for a research focus. The center is not, however, an editing or proof-reading service. Students should come to consultants with specific questions to improve their papers or overall writing.

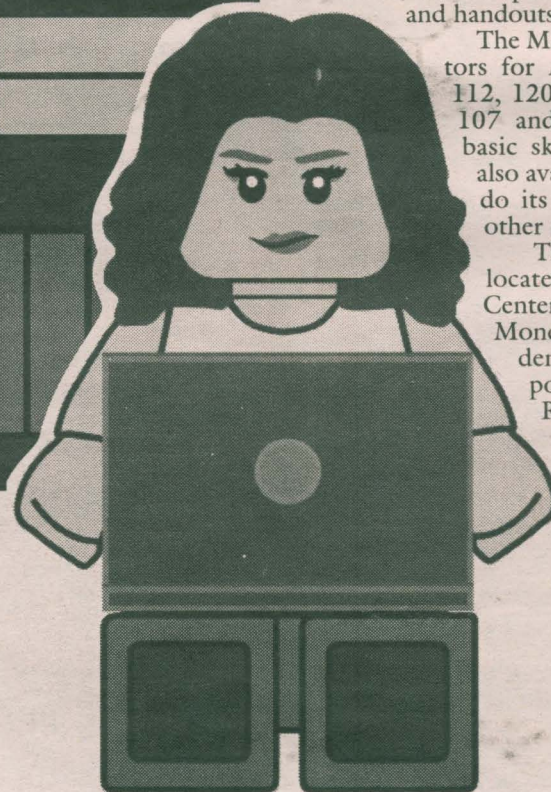
Consultants ask that students make appointments before dropping in, and appointments tend to fill up closer to midterms and finals. To make an appointment, call 650-2045 or stop by the office in room 1254.

Students are limited to one 30-minute appointment per day and two appointments per week.

Beyond face-to-face sessions, the Writing Center offers electronic assistance. A student can submit a paper via email to wcenter@siue.edu including his or her name, professor's name and description of the assignment along with a list of specific questions regarding the paper. Consultants will respond with brief comments.

Consultants cannot, however, respond to electronic paper submissions during the weekend or during breaks in the semester.

For additional information, visit siue.edu/is/writing.



SPEECH CENTER

The staff at the Speech Center at SIUE will assist in any type of public speaking need students may have.

If a student is giving a speech for any class in any major, the Speech Center will be there to help.

The center offers guided sessions with trained tutors who will help students research speech topics, narrow their focus on a chosen topic and organize their ideas into a well-thought-out speech.

Tutors will also provide help with visual aids, such as PowerPoint, posters and handouts. Along with this, the Speech Center helps students gain skills in delivering a successful speech.

There is a room within the center that has a built in voice recorder, which allows students to digitally record their speech. These recordings are then given to students either via email or flashdrive for later review. Students can study recordings to see which aspects of their speech need improvement.

Beyond solo speeches, the center will help students with group speeches to better coordinate each member's speaking styles for a more fluent speech delivery.

The Speech Center is located in the back of Instructional Services in the Student Success Center, room 1242. Appointments can be made by visiting the center, calling 650-3085, or by emailing the staff at speech_center@siue.edu.

MATH RESOURCE AREA

If students are having trouble in their mathematics courses or need tutoring in chemistry, biology and physics, the Math Resource Area is a service available.

Students are invited to use the service on a walk-in basis. Individual and small group tutoring is available without making an appointment, and computer-aided assistance, videos and handouts are also available.

The Math Resource Area also tutors for AD 070 and 095; Math 112, 120, 125, 150; and Statistics 107 and 244. Nursing test and basic skills preparation help are also available, and the service will do its best to help students in other courses.

The Math Resource Area is located in the Student Success Center, room 1252, and is open Monday through Friday. If students need to make an appointment, contact Math Resource Area Coordinator Mary Lou Woldarek by emailing her at mwoldarek@siue.edu or calling 650-2055.

STUDENTS NEED TO ACHIEVE SUCCESS

STUDENT LEGAL SERVICES

Student Legal Services provides legal assistance for matters such as landlord-tenant disputes, consumer matters, bankruptcy, traffic matters and violations not involving criminal penalties, contracts, family matters, small claims and administrative agency matters.

Students must make appointments to discuss legal problems with Student Legal Services. Evening and Saturday appointments are only available on an emergency basis, and no legal advice can be given over the telephone.

Legal problems the service cannot help students with include suits against the Southern Illinois Board of Trustees, the Student Government, any matter prohibited by the Code of Professional Responsibility, the 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 academic, student affairs or faculty grievance cases, and matters involving one eligible student against another.

Student Legal Services will refer students to other attorneys and to governmental agencies if and when appropriate.

The attorney also cannot appear in person before a court or agency when serving student clients.

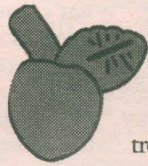
Student Legal Services is offered to students with no additional charge since it is paid for through the Student Welfare Fee and Activity Fee.

Student Legal Services is located off campus at Attorney Dennis Orsey's office in Granite City, who is also the only current attorney for the service. Orsey can also be reached at 797-2800.

DINING SERVICES

Dining Services provides students, faculty, staff and community members with reasonably priced food and a selection of locations to visit.

The food court is located in the Morris University Center. Monday through Friday, it provides breakfast, lunch and dinner, and on Saturdays and Sundays, brunch and dinner are served. The daily menu can be found at siue.edu/muc/dailymenu.



Dining options include the Baker's Nook and Grab 'n' Go, Chick-Fil-A, Entrees, Sammiches, Garden Patch, Kyna's Grill and the Wok in the Center Court area.

In the Cougar Den, the options include Pizza Hut, Cocina and Sweete's.

On the main level of the MUC and in the Student Success Center, the options include Auntie Anne's, Kaldi's Coffee, Starbucks and Union Station.

The second floor of the MUC includes the Fixin's Restaurant. In the residential areas, Woodland Hall has the Woodland Cart, Bluff Hall has the Bluff Café and the Cougar Village Commons Building holds the Commons Dugout Grill.

Alumni Hall and Founders Hall have the Skywalk Café on its third floor bridge, and the Student Fitness Center has Freshens: Energy Zone.

Dining Services also provides vegetarian and vegan options for students, faculty and staff. The Dining Services webpage includes a menu of all the vegan and vegetarian options available at various locations on campus.

Students who live in Woodland, Prairie and Bluff Hall can use their meal plans at any of the dining locations at SIUE. Students living in Evergreen Hall or in the Cougar Village apartments choose to include a meal plan when they pay for tuition. Students can also put Cougar Bucks on their Cougar Cards, which can be used at vending machines.

For students living off campus, SIUE also offers the Cougar Commuter Plan. This plan can be used only at university food locations and vending.

A \$100 minimum deposit is required, and SIUE provides a 10 percent incentive for every dollar placed. Funds can be added to an account in person with the Cougar Commuter Meal Plan Deposit Form at the Student Service Center in Rendleman Hall, room 1309.

Unspent money can be refunded, but only if certain criteria is met and a complete refund form is submitted. Any information regarding the uses for a Cougar Card can be found at siue.edu/cougarcard/definitions.

TESTING SERVICES

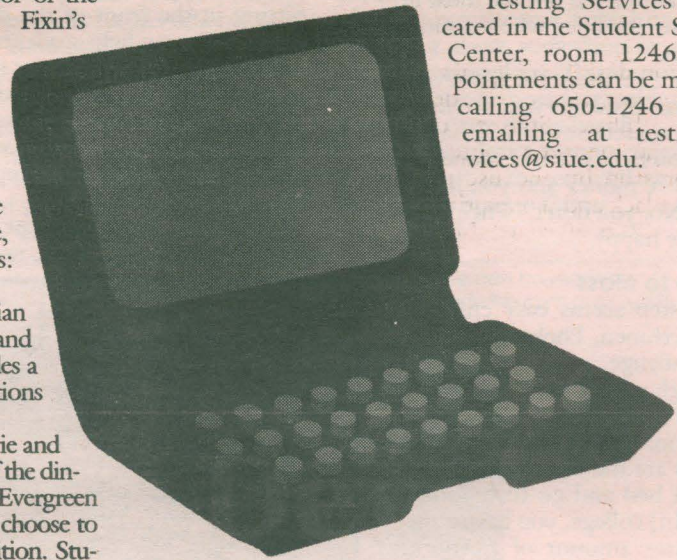
Testing Services gives students the opportunity to test out of a course as well as take testing needed to enter certain courses, such as general education foreign language, writing, science and mathematics and English to name a few.

To test out of selected general education courses, students need to take proficiency exams. The grade they receive on the exam will be the grade they receive in the course. They will, however, need to pay for the textbook if they wish to rent it to study. Some of the many courses available to test out of include intro-level English, speech, biology and philosophy, among many others.

Testing Services also offers placement exams in reading, writing and math. Students can take these tests, which assess their knowledge, to place them in courses matching their skill level.

The standardized nursing exam and other tests pertaining to various majors are also taken through Testing Services.

Testing Services is located in the Student Success Center, room 1246. Appointments can be made by calling 650-1246 or by emailing at testingserives@siue.edu.



CAREER DEVELOPMENT CENTER

The Career Development Center, located on the lower level of the Student Success Center, offers a variety of assistance to students to prepare them for the workforce.

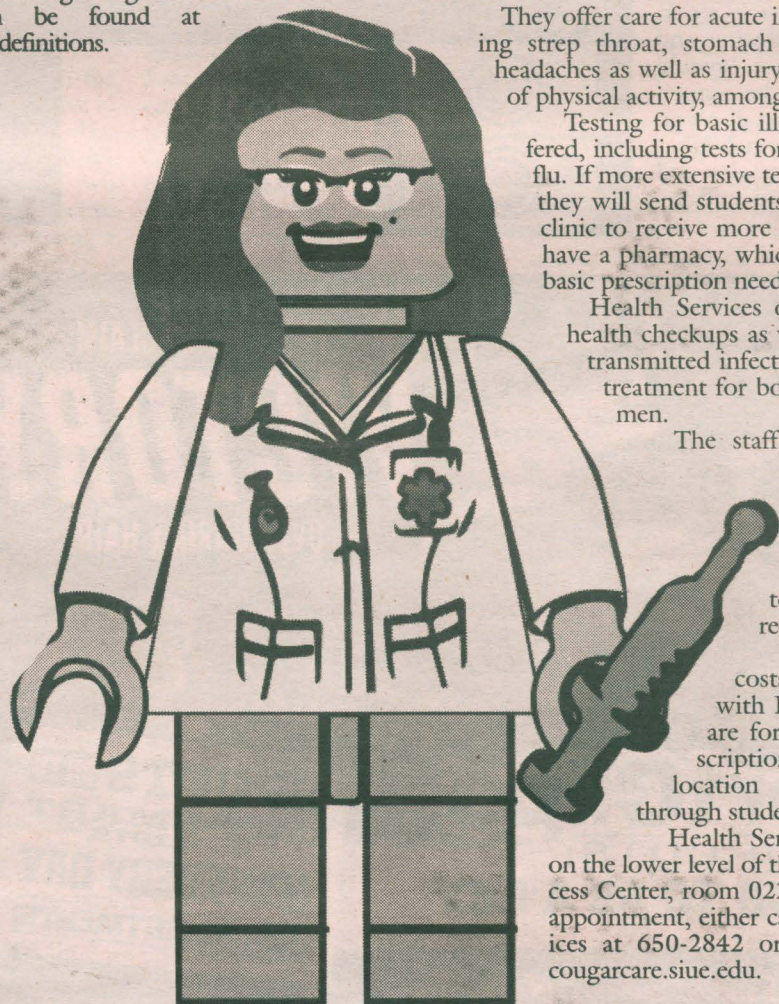
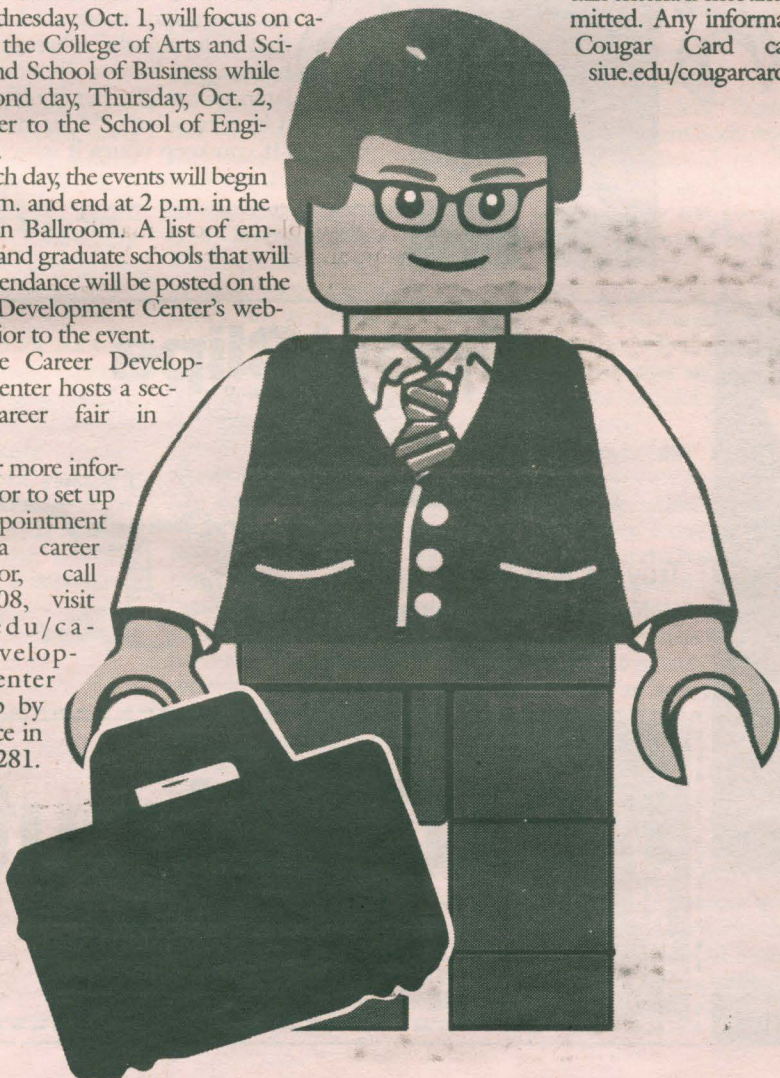
Among its services is career counseling for students who have not decided upon a career or are not sure how their major can translate into a career. The Career Development Center also helps students find internships, develop their resumes, search for jobs, prepare for job interviews and more through workshops and one-on-one sessions.

The Career Development Center will offer a two-day Career Fair in October. The first day, Wednesday, Oct. 1, will focus on careers in the College of Arts and Sciences and School of Business while the second day, Thursday, Oct. 2, will cater to the School of Engineering.

Each day, the events will begin at 10 a.m. and end at 2 p.m. in the Meridian Ballroom. A list of employers and graduate schools that will be in attendance will be posted on the Career Development Center's webpage prior to the event.

The Career Development Center hosts a second career fair in March.

For more information or to set up an appointment with a career counselor, call 650-3708, visit siue.edu/careerdevelopmentcenter or drop by the office in room 0281.



HEALTH SERVICES

Health Services is an on-campus clinic offering students assistance with a variety of health issues that can arise when on a college campus.

Health Services physicians provide assistance with services from flu shots to women's health and testing.

The staff includes three doctors and one nurse practitioner. At least one doctor and the nurse practitioner is available each day to assist students.

They offer care for acute illnesses, including strep throat, stomach problems and headaches as well as injury from any type of physical activity, among others.

Testing for basic illness is also offered, including tests for mono and the flu. If more extensive testing is needed, they will send students outside of the clinic to receive more help. They also have a pharmacy, which fills students basic prescription needs.

Health Services offers women's health checkups as well as sexually transmitted infection testing and treatment for both women and men.

The staff also provides physical exams for students who need it for sports, jobs or to meet a class requirement.

The only costs associated with Health Services are for tests and prescriptions because the location is funded through student fees.

Health Services is located on the lower level of the Student Success Center, room 0222. To make an appointment, either call Health Services at 650-2842 or go online to cougarcare.siu.edu.

ADVISERS OFFER STEPS TO ACADEMIC SUCCESS

LEXI CORTES
Former Alestle Editor In Chief

For new students, transfers and non-traditional students, the SIUE atmosphere, and college culture in general, can be especially difficult to adjust to.

Assistant Director of Advising for Transition Services Tyler Phelps and academic adviser Jessie Uitermark share their best tips for academic success each year when meeting students unfamiliar with SIUE.

Phelps developed a six-step model to academic success for students, which includes the same steps he used to get himself back on track after being put on academic probation as an undergraduate student.

All of the steps are much easier to follow when students find a major they are passionate about, Phelps said.

"I always tell students, 'For one second, let's put aside what classes you're going to take, what major — if you could do anything in the world for free, what would that be? ... Now let's figure out how you can get a degree and a career in that,'" Phelps said.

Phelps said money is not the most important thing to consider when deciding on a career path.

"It shouldn't be about the money, and parents hate that. Students hate to hear it, [too], because society says, 'You have to get a job and you have to make money and you have to make money and you have to make money.' No, you don't," Phelps said. "You have to be happy."

Step one: Go to class

The first step seems easy enough, but for new freshmen, Phelps said there is an added challenge.

"At the high school level, essentially the law tells you [that] you have to go, and usually your parents or family or legal guardians are the ones saying, 'Get up. Get out of bed and go to school,'" Phelps said. "[In] college, you have a significantly greater amount of freedom, and oftentimes we find that that is counterproductive in students' attendance. Students may find, 'You know, I don't really have to go to class today.'"

Phelps said students should not abuse their newfound freedom because skipping classes leads to bad academic habits that can translate into bad professional ones.

"When you get to the real world, if you don't show up for work, they're going to fire you," Phelps said. "You can't do that in the real world. You have to be punctual. When you get to work, they want you to be effective and they want you to produce. It could be thoughts, it could be money, sales, whatever. You just don't go to work and sit there, much like a class. You just don't go to class and sit there. You've got to engage.

You've got to use ideas and thoughts."

Step two: Sit in the front row or near the front

Phelps said one of the best ways to motivate engagement in the classroom is by sitting near the front of the room.

"I always tell students going to class is important. But then once you go to class, what do you do while you're in class?" Phelps said. "Oftentimes, students may find themselves sitting closer to the back of the room or even in a corner or off to a side where they have the liberty to surf on-line or text and not really 100 percent engage in the lecture, so I encourage them [to] sit close to the front almost as if it's a movie. Usually, when you go to a movie, you don't pick the worst seat in the house."

Step three: Take notes

Phelps said studying becomes a much different task in college, and to improve study skills from high school, students must take effective notes — something he struggled with himself.

"I was one of those that was a top 10 in my class, great GPA, didn't have to study and then when I got to college, I didn't know how to apply myself," Phelps said.

Sitting in the front of the class with few distractions can help students concentrate on the lecture to take better notes, but Phelps said there is another option available with new technology. Professors will often allow students to audio record their lectures, which students can refer to when studying.

"Ask for a professor's permission. Some of them will say, 'Yeah, not a prob-

lem.' ... The amount of tools that a student has, it's amazing. It's just are they willing to invest the time and the energy? That's the hardest thing," Phelps said.

Step four: Read the textbooks

Phelps said asking students to read their textbooks for a course may be the most difficult step to improving academic success, especially if they feel no investment in the material.

"For example, with a general education, we're saying, 'What's your major?' And they may be interested in studio art, and I'm saying, 'OK. Well, you need to take a physical science class,' so they may take an earth science," Phelps said. "They have no interest in earth science. ... And not only am I saying, 'You have to take this class,' but, 'You have to read the material.' That's like going to a restaurant, not getting a choice to choose what plate you're going to have, having them bring something out that you don't like, and saying, 'You're going to eat every bite of this.'"

New technology, like electronic books that students can write digital notes on, may help students with the task of reading, Phelps said, but if they are having trouble getting motivated, he suggests pushing through.

"Try to read a chapter a night, or try to read a couple pages a night, or put it on notecards, or even better yet, now with computers, highlight certain sections and put little notes in there about what you're understanding or what you may have taken from the lecture," Phelps said.

Step five: Talk to and meet with your professors

Textbooks are there to help students understand a course, Phelps said, and professors offer a wealth of information

on top of that.

"This is somebody that has spent years, and when you think about it, there's four years for a bachelor's degree, traditionally two years for a master's degree — that's six — and then it could be anywhere from two to four years or more for a Ph.D. In all, this faculty member may have spent upwards of six to 10 years educating him or herself on a particular topic or subject," Phelps said. "For you to go in and engage with them about that subject, they love that. They want to share information with you."

Phelps said speaking with professors shows a student's passion for learning, which professors will often remember if and when they hear about a job through the contacts they have already established in the field.

"Not only will you get more out of the class, you may get more direction, they may assist with any questions or concerns you're having, but you're also reaching out and what's referred to as networking," Phelps said. "You'll hear that term 'networking' all the time in college."

Professors can also be used as references for graduate school applications or job applications in the future, so talking to them now to build relationships is vital, according to Phelps.

"On every syllabus you've ever received, it has office hours on them. ... And it usually says available days and times or by appointment. I always tell students, 'You've got to go in and you've got to meet with these professors,'" Phelps said. "You're showing that faculty member how serious you are about the class, how much you have read because you're going to class, you're sitting in the front row, so they should see your smiling face, you're reading the text that they recommend you read, and you're going in with intelligent questions."

Step six: Manage your time

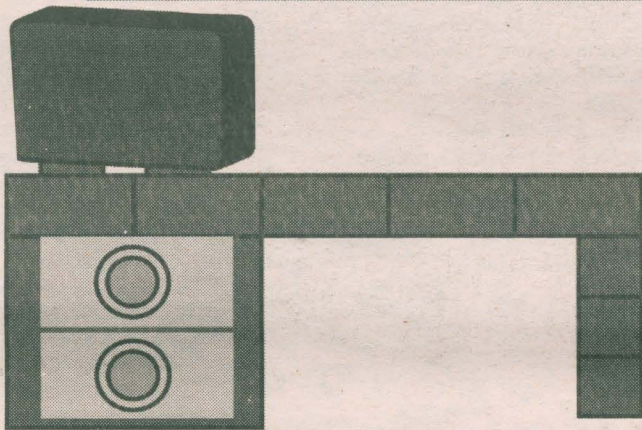
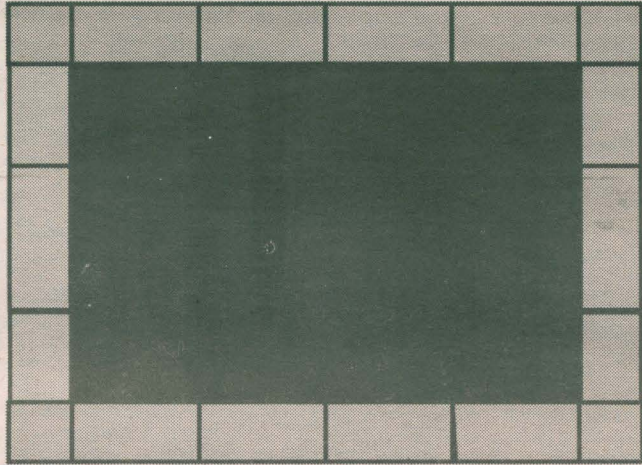
Uitermark said, without time management skills, all of the other keys to success are more difficult to achieve.

"I think it's the foundation to everything else," Uitermark said.

College is much less structured than high school, so Uitermark cautions new freshmen not to procrastinate in those new gaps in their days that they are not used to having.

"Finding a way to be structured is really helpful. For me personally, and I think this could apply to other students as well, when you know you only have a couple hours to get some work done, it's much easier to stay motivated and use that time wisely, whereas if you know you have a five-hour gap later, you might put it off and say, 'I have time later,'" Uitermark said.

"If you keep yourself structured, it makes it much easier to manage your



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SUCCESS | from pg. 12

time.”

Phelps said one of the best ways students can manage their time is by using a planner, and the Kimmel Student Involvement Center offers free paper planners at the beginning of each new semester.

Bonus tip: Get involved

There is a theory in education, Phelps said, called social involvement theory, which highlights the benefits to students who get involved on their campuses.

“Student involvement theory basically says that the amount of psychological and physical energy a student puts in has a direct relationship to their success, so the more involved a student is on campus in not only his or her studies, but also extracurricular activities, traditionally, the more successful that student will be in college,” Phelps said.

Uitermark said one of her biggest regrets from her time as an undergraduate is that she did not get involved as early as she should have.

“That’s how you really find out what you enjoy, what you’re good at,” Uitermark said. “For the students that don’t know what they want to do, getting involved...can really be an eye-opening experience of what you like and what you’re interested in.”

Phelps said his lack of involvement as an undergraduate contributed greatly to his being put on academic probation.

“That first year of college when I struggled academically, I was not participating in anything. I went to school, went to class, I stayed in my residence hall room, I played my video games, I watched my TV, I

went to my parties and did stuff, but I wasn’t involved,” Phelps said. “I became a college cheerleader, and immediately you could see my GPA start to go up. And then I joined a fraternity and it went up a little bit higher.”

Phelps said he found that getting involved helped combat a lot of problems he was facing his first time away from home.

“I was stuck more at home mentally. I wanted to be at home. I didn’t like my roommate. I didn’t like the area I was studying,” Phelps said. “In high school, I was successful. I was expected to be successful in college. Classes weren’t hard, in my opinion, but I wasn’t engaged. I just didn’t enjoy myself.”

Phelps said he felt isolated on his college campus before getting involved. He was no longer a part of his hometown even though it was located nearby. He was a member of a new community with which he felt no connection.

“I would say a campus is a social culture within a larger culture. I didn’t integrate to the campus. I did not learn the language,” Phelps said. “I didn’t eat with other people, and that’s something so great. [Some students] go downstairs to the [Morris University Center]. They get their food and then go right back to their residence hall room and sit there and get online. Sit down and eat with your friends. Sit down and eat with people from your hall. Engage with one another. You’ll get so much out of it. You learn about other people.”

Lexi Cortes can be reached at acortes@alestertv.com.



Academic probation explained

Phelps said academic probation is based on a student’s cumulative GPA.

“Students have a semester grade point average and then a cumulative grade point average. Semester GPA is your GPA for the fall, the spring, the summer. Your cumulative is the little clock in the corner that’s ticking. After every semester, it takes everything into account,” Phelps said. “A student is put on academic probation when the cumulative, the overall GPA, goes below a 2.0.”

Probation can last a semester or multiple semesters depending on the student’s situations, Phelps said.

“Consider probation

the red zone. If you’re OK, you’re above a 2.0, you’ve been doing well all through college, you’re in the green zone. And then you have some bad semester, but you’re still good overall,” Phelps said. “Let’s say you fail all your classes for the entire semester, but your overall is still above a 2.0, you’re still in the green zone even though the semester GPA was a 0. So you’re OK.”

But Phelps said if that student has another bad semester and drops below a 2.0, they’re in the “red zone.”

“While you’re in the red zone, you cannot get below a 2.0 any semester you’re on probation. Let’s say, for ex-

ample, a student, first semester of college, they don’t do well, they’re homesick, they don’t get involved, and they get a 1.0. They’re on probation. They’re in the red zone after one semester,” Phelps said. “That spring, they have to get at least a 2.0. They can’t fall below a 2.0 while they’re on probation.”

“If they get, let’s say, a 2.0 for the spring. That’s good, but their overall is still in the red zone. They’ll be on probation for another semester. Let’s say, fall semester, they get the 1.0. Spring semester, it happens again. They were in the red zone and they didn’t get a 2.0 — suspension. They’re gone.”

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EDWARDSVILLE ENTERTAINMENT



UNKLE MUNKEY'S COIN CLUB 1029 CENTURY DRIVE

A bar, arcade and delicious menu items are what Unkle Munkey's Coin Club offers.

Created by the owner of Wang Gang Asian Eats and located right next door, the barcade recently opened with vintage arcade games from the '70s, '80s and '90s including Pong, Space Invaders and Mortal Kombat 3.

It may be a little cramped inside with patrons making their rounds on the games, but seating is available and the menu is worth taking a look at. Unkle Munkey's is stocked with soups, salads, hot and cold sandwiches, hotdogs, nachos, pizzas and even dessert.

No one under 18 years old is allowed inside after 8 p.m. except on Sundays, so the location is a prime spot for college students to hang out.

Unkle Munkey's is open from 11 a.m. to 10 p.m. Sunday through Wednesday, but on Thursdays, the location stays open an hour later. On Fridays and Saturdays, it stays open until midnight.

The first Tuesday of every month is Ladies Night at Unkle Munkey's, when the location will offer food specials.

For more information about Unkle Munkey's, visit unkle-munkeys.com.

WATERSHED NATURE CENTER 1591 TOWER AVE.

Watershed Nature Center allows visitors to experience prairie, forest and wetland environments all in one place.

The 40-acre space is filled with greenery and water, seemingly far removed from the city.

Anyone can visit Watershed Nature Center for free to walk and unwind on the pet-friendly trail within

from dusk until dawn daily.

On Saturday, Sept. 6, Watershed will host a mid-night hike. For \$5, the general public is invited to hike one mile around the trail in the moonlight. Advanced registration is required for this event.

For the full calendar of events, visit Watershed's website at watershednaturecenter.com.

EDISON'S ENTERTAINMENT COMPLEX 2499 STATE 159

Bowling, laser tag, arcade games, food and drinks are available in one place on State Route 157. Edison's Entertainment Complex also offers live music on Friday nights at 8 p.m.

As an added bonus, Tango Frozen Yogurt, offering build-your-own style treats, is located inside Edison's.

Edison's was designed with adults in mind. While the arcade games and laser tag may be occupied by

children, a bar, outdoor seating and TVs so large they fill an entire wall are all offered for the older crowd.

The all-in-one entertainment destination opens at 11 a.m. daily. It stays open until 10 p.m. Monday through Wednesday, until 11 p.m. Thursday, 1 a.m. Friday and Saturday and 9 p.m. Sunday.

For a list of upcoming events and specials, visit Edison's website at edisonsfamilyfun.com.

Unkle Munkey's Coin Club offers customers a place to have a drink with friends and enjoy games from the past. | Photo by Brian Armea/Alestle contributor

WILDEY THEATRE 252 NORTH MAIN ST.

The Wildey Theatre in downtown Edwardsville is a local landmark. It opened in 1909 as an opera house and is now a place to see classic films and live performances from entertainers like widely-known musicians, Elvis impersonators, acrobats, comedians

and more. Coming in September, the Wildey Theatre will host Hotel California - The Original Eagles Tribute and The Brothers: A Tribute to the Allman Brothers Band. For the full list of upcoming events, visit wildeytheatre.com.

AMC SHOWPLACE 12 5533 CENTER GROVE ROAD

To see the latest releases, AMC Showplace 12 is located less than 10 minutes from campus.

The location offers IMAX 3D as well as beer, wine and cocktails at MacGuffins Bar and Lounge. In addition to

the newly added booze selection, the menu has expanded beyond just popcorn, with hot food like chicken tenders, pizza and mozzarella sticks offered as well.

For a list of the current show times, visit amctheatres.com.



Edison's Entertainment Complex offers arcade games, laser tag and bowling. | Alestle file photo

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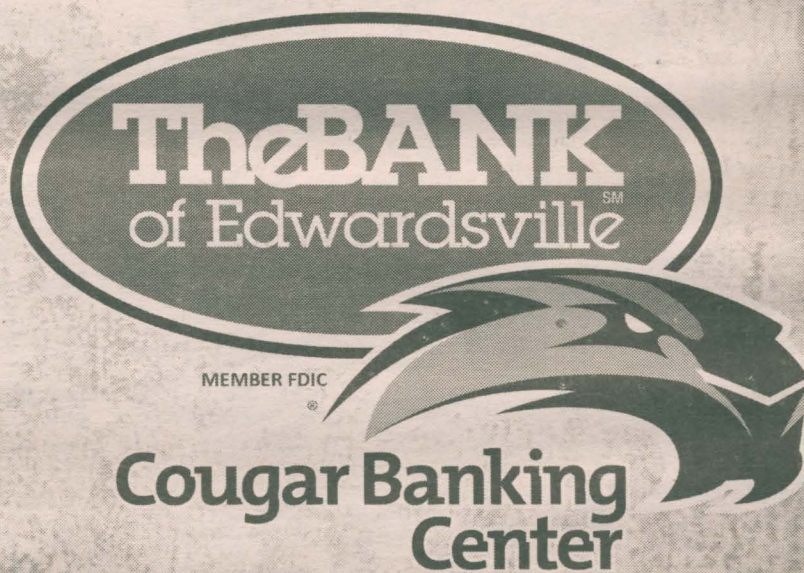
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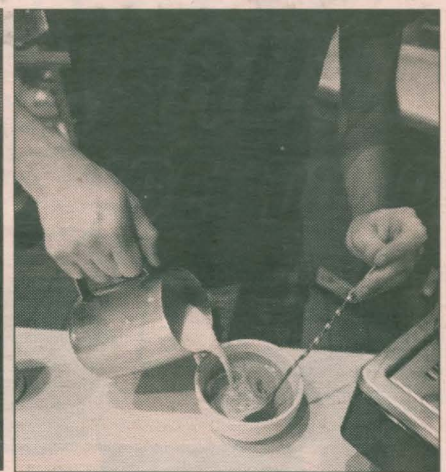
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From left to right: Wang Gang Asian Eats; Wasabi Sushi Bar; Dewey's Pizza; Sacred Grounds Cafe.

| Photos by Christian K. Lee/Alestle

BEST OF EDWARDSVILLE'S EATERIES

*STAFF PICKS!

UPSCALE AMERICAN

CLEVELAND-HEATH

Cleveland-Heath has affordable comfort food with an upscale twist.

You can easily find things you recognize on the menu — like a cheeseburger, BLT, mac and cheese or chicken wings — along with things you may not have even thought about trying before — like seared duck, lamb's tongue or pork cheek.

Whether you stick with something safe or try something new, most dishes at Cleveland-Heath are made with local, fresh ingredients. Trust us when we say it's difficult to choose an item that won't leave you feeling full, happy and

pampered.

Cleveland-Heath manages to have a laid-back atmosphere with a lot of class, so jeans and a t-shirt or fancy dress both fit there.

The staff wears a mix-match of flannel t-shirts for their uniform and the prices are such that even a college student can dine there. But the gourmet style of each dish makes it clear that Cleveland-Heath is luxurious.

It's a great place to impress a date and not break the bank, chat with friends at the bar, or visit with family in the dining room.

We make excuses to go to Cleveland-Heath as often as possible.

**106 NORTH MAIN ST.,
EDWARDSVILLE**

BIGELO'S BISTRO

If you're ever looking for a wide variety of delicious sandwiches in a laid-back atmosphere, Bigelo's Bistro is a restaurant you want to visit.

Bigelo's never fails to surprise with its quality sandwich artistry, coupled with its above par ingredients.

And if you're not into sandwiches, never fear. Bigelo's has pizzas, salads, specialty entrees and daily pasta specials, which, while a bit pricier, will leave you plenty satisfied with your purchase.

Bigelo's also offers a fine variety of

quality beers. Even though the restaurant is located on Main Street, not too far from bars, it would not be absurd to stop in at Bigelo's if your desire is to have a good drink. With 12 craft beers on tap, from both local and national breweries, you cannot be wrong.

The atmosphere is excellent. Each table has unique art inscribed along its surface that accentuates the refreshing restaurant's feel. Bigelo's is a fantastic place to take a date or someone new to the Edwardsville area. Every visit will be a memorable experience, and will leave parents and friends of out-of-town students with a good taste in their mouths.

**140 N MAIN ST.,
EDWARDSVILLE**

INDIAN

MR. CURRYS GOURMET INDIAN RESTAURANT

Mr. Curry's Gourmet Indian Restaurant is a reservation-required restaurant located off the beaten path in Edwardsville with a second location in St. Louis.

Often overlooked because of its location on Marine Road, Mr. Curry's is an excellent restaurant for lunch or supper.

Self-touted as being a restaurant attempting to destroy stereotypes, Mr. Curry's serves authentic Indian food for a reasonable price. The menu is full of vegetables, meats and seafood deliciously

mixed with curry and an Indian blend of spices that renders each meal a unique experience.

The Mr. Curry's in Edwardsville is open for dinner 5-8:30 p.m. Tuesday through Saturday. The lunch buffet, a great example of high-quality Indian food for a bargain, is open from 11:30 a.m. to 1:30 p.m. Saturday and 11 a.m. to 2 p.m. Sunday. The St. Louis location is open Monday through Friday, the doors open at 11 a.m. and close at 1:30 p.m. Monday through Friday, but the restaurant continues to serve food past 1:30 p.m. until customers are completely satisfied.

If you have never had Indian food, make a reservation and give Mr. Curry's a try. The experience itself is worth the price.

**7403 MARINE ROAD,
EDWARDSVILLE**

SACRED GROUNDS

Walking into Sacred Grounds Cafe, the first thing you'll probably notice is all of the artwork on the walls. It's also quite possible that you'll find someone playing one of the two guitars that belong to the shop. Sacred Grounds Cafe is a worthwhile addition to your coffee shop rotation.

Sacred Grounds has an excellent selection of meals and drinks on its menu. All of the sandwiches and quesadillas are free of meat, to satisfy the vegetarian crowd. If you're generally not fond of vegetarian food,

don't worry — the food packs a flavor.

The baristas tend to be experienced in their coffee-creating craft. If you're unfamiliar with Sacred's menu, the baristas are also pretty good at recommending memorable sandwiches or drinks.

If you're looking for coffee and a nice place to read, Sacred Grounds is a chill, relaxing establishment with an atmosphere conducive to both having a warm conversation with a friend or cozing up with a novel and reading for a few hours.

The friendly staff and amicable clientele insure every visit will be pleasant.

**233 NORTH MAIN ST.,
EDWARDSVILLE**

222: ARTISAN BAKERY

Coffee shops in college towns are essential, and 222 Artisan Bakery is an absolute must for college students to try out.

Located in downtown Edwardsville, the coffee shop provides a selection of coffee as well as cappuccinos, lattes and more.

Food is also served at 222. If you go in early for breakfast, the menu is chock-full of hearty portions and flavorful treats. But if you miss breakfast, sandwiches and pastries

are also served all day, and make those hunger pangs go away.

Compared to Starbucks or Saint Louis Bread Co., 222's prices are more than affordable. Don't expect to pay too much if you plan to try out a drink or a snack.

222 is a calm place to go and enjoy the bustle of downtown foot traffic or to sit and read. The service is friendly and quick and the location is not far from campus, so it's worth the drive to check out.

**222 NORTH MAIN ST.,
EDWARDSVILLE**

MEXICAN

EL MAGUEY

A fun, welcoming environment full of music and bright colors, El Maguey is easily affordable for all college students.

The menu variety is huge and the staff does its best to make sure to please customers.

Not far from campus, El Maguey is amongst the hustle and bustle of Edwardsville. As a newer restaurant in town, El Maguey has found its footing as a solid Mexican restaurant that serves everything from your basic taco to spicy, in-your-face south-of-the-border meals.

The best time to go to El Maguey is

lunch because it's less busy, however, dinnertime crowds vary.

Whether you are with a group of friends, your significant other or family, El Maguey is a perfect place to sit down and have a conversation. The environment is calm, and you can choose either to sit indoors or outdoors on the patio.

Expect to pay about \$10 for a lunchtime meal, and a little less than \$15 for dinner. El Maguey is also really good about offering margarita and mixed drink deals on certain nights, which can be found out on the restaurant's website.

**1534 TROY ROAD,
EDWARDSVILLE**

LOS TRES AMIGOS INC

Los Tres Amigos Inc is a friendly, Mexican restaurant with inexpensive yet appetizing food that all students can enjoy.

Customers quickly become regulars, as the amicable staff remembers everyone.

Whenever customers enter the establishment, the employees at Los Tres Amigos are there to give out a friendly hello and a warm smile.

Along with a warm environment, the

delicious food at Los Tres Amigos comes in big portions for a small price. Whether you like burritos or taco salads, Los Tres Amigos does not disappoint with any of its dishes.

With a plethora of food and drinks options, Los Tres Amigos is a place to get good food and have a drink after work or a long day of classes. Los Tres, which has restaurants in both Edwardsville and Wood River, is a popular restaurant people outside the metro east area are starting to know.

**1011 CENTURY DRIVE,
EDWARDSVILLE**



PEEL WOOD FIRED PIZZA

Nestled in a wooded location less than 10 minutes from campus, Peel Wood Fired Pizza is one of Edwardsville's most popular restaurants.

Best known for their exquisitely crafted, wood-fired pizzas of various types, Peel knows how to change up the pizza game.

In nicer weather, patrons can find

DEWEY'S

Dewey's Pizza is the pizza king. With seasonal pies and the choice between a more traditional red sauce and Dewey's white sauce, it's hard not to like this pizza place.

Located near Stagger Inn in downtown Edwardsville, Dewey's fashions itself as the pinnacle of delectable pizzas.

Pizzas are served on a raised plate, which makes sharing a more attractive option. Pizzas aren't the only option, though. Salads and calzones line the menu as well, and they are certainly great choices. Not only do the specialty pizzas catch the eye with names like Socrates' Revenge, Edgar Allan Poe and Dr. Dre, but they also snag and linger on your taste buds, leaving you with a delicious experience.

JOE'S PIZZA AND PASTA

Joe's Pizza and Pasta, located in both Edwardsville and Troy, serves up freshly made, American-Italian favorites including pizzas and a variety of alfredo and oven-baked specialty pasta dishes.

The restaurant dishes out original and new toppings choices for its pizzas, and has available pizzas such as the Taco Pizza, Sicilian Pizza, Greek Pizza, a Veggie Pizza for vegetarians and even Chicago-style. Alongside its notable pizza choices, Joe's also serves subs and salads.

This restaurant does provide carry-out, delivery and catering alongside its

PIZZA

seating on the patio and balcony surrounding the restaurant, or enjoy the inside, where there is comfortable, but tight seating. Rain or shine, lunch or dinner, Peel is always busy, and there is at least a five-minute wait.

The restaurant is a bit pricey, but the selection of pizza toppings, sandwiches, soups and salad makes the money easier to spend. And don't pass up dessert because Peel never disappoints with those options either.

921 SOUTH ARBOR VITAE #101, EDWARDSVILLE

Of course, it's not an eatery in downtown Edwardsville without a bar, and this isn't one to disappoint. Dewey's offers seasonal beers on tap like Schlafly, as well as the ever-popular Angry Orchard Hard Cider. If you know you're going to have a small crowd, sit at the bar, order your pizza and grab a beer. There's nothing quite like watching a Cardinals game, one hand around a beer and the other holding a slice of Dewey's pizza.

Dewey's has the feel that downtown Edwardsville seems to love, a nearly-too-casual atmosphere that satisfies every customer. It's just as suitable for an impromptu night out with friends, an excursion with the family, or as a calculated date night. Be sure to add Dewey's to your dining options.

112 EAST VANDALIA ST., EDWARDSVILLE

dine-in service. Delivery can be ordered by phone or on the restaurant's website at orderjoes.com.

Joe's also has all-you-can-eat spaghetti nights every Wednesday, pizza lunch specials, family pizza specials and daily pasta lunch specials.

Joe's Pizza and Pasta is also available in Altamont, Dupo, Greenville, Olney and Vandalia, so stop by this Italian eatery and sink your teeth into the handmade, freshly-tossed pizzas Joe's is most known for.

4 CLUB CENTRE CT, EDWARDSVILLE

904 EDWARDSVILLE ROAD #200, TROY

OTHER

CRAZY BOWLS AND WRAPS

Crazy Bowls and Wraps is a unique fast food style restaurant that replaces salty fries and greasy hamburgers with rice-filled wraps and healthy meat options.

If you like greens, Crazy Bowls and Wraps is the place for you. The restaurant's bowls, both small and large, can fill your stomach, while also maintaining your healthy lifestyle.

The wraps are made with either flour or tomato tortillas filled with grains, meat and vegetables. The wraps come out of the

kitchen quickly and can be served warm or cold depending on your order.

The restaurant has unique sauces and salsas to use on your side of tortilla chips or on your main entree.

Along with bowls and wraps, the restaurant has salads, served with tortilla chips, that will leave you satisfied, but wanting more Crazy Bowls and Wraps in days to come.

Crazy Bowls and Wraps is a restaurant for people who want a quick meal, but do not want to tip the scales.

6679 EDWARDSVILLE CROSSING DRIVE, EDWARDSVILLE

CHINESE/ KOREAN

WANG GANG ASIAN EATS

Whether you want to dine-in, order takeout or call for a delivery of your favorite Chinese dish, Wang Gang Asian Eats will satisfy your cravings.

The restaurant has a funky, electric vibe and is a hot spot during the dinner rush. With a full bar and hand-crafted

dishes, Wang Gang gives patrons plenty of menu options, and even carries gluten-free items for those with special dietary needs.

With prices a bit high, expect to pay \$15-20 for a meal, appetizer and a drink. But don't worry because you are paying for quality Chinese food, and the portions provided will definitely fill you up.

1039 CENTURY DRIVE, EDWARDSVILLE

SHANGRI-LA

Upon entering Shangri-la Chinese Restaurant you will be welcomed by the establishment's charismatic owner with a friendly smile. You will be seated quickly and given your order within five or 10 minutes of sitting down.

The food at Shangri-la may seem expensive upon first glance, but the portions at the restaurant are large and can be shared and split amongst multiple people.

Along with the large portion size, the food is cooked to perfection. The chicken is prepared to a crunchy finish and covered in your sauce of choice.

ORIENTAL SPOON

Oriental Spoon, located near Buffalo Wild Wings and Penn Station, is a restaurant that focuses solely on Korean cuisine.

The food never disappoints, and if you like exploring your palate, Oriental Spoon is an excellent way to dive into new taste bud experiences.

Most of the meals at Oriental Spoon, such as the chicken bulgogi, chicken and fish katsu, and veggie tofu soup come in both spicy and mild styles. Both are scrumptious choices.

On sunny, calm days, go ahead and forsake eating cooped up inside by eating at the outdoor patio tables. The

The appetizers are prepared immediately and will help satisfy a customer's empty stomach.

The food at Shangri-la will get you in the door, but the service at the restaurant will keep you coming back.

The owner takes your order, seats you and has a personality that may seem over the top, but eventually rubs off on you as you learn his excitement is genuine — he loves his business.

Shangri-la has great food and great personality not present in many other restaurants.

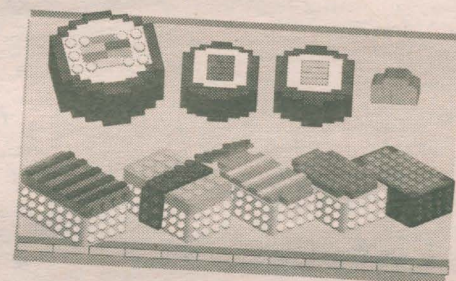
1039 CENTURY DRIVE, EDWARDSVILLE

service is just as friendly and timely outside as they are inside, so don't be afraid to partake in the beautiful weather while simultaneously enjoying some delicious Korean food.

If you've saved room for dessert, order the mat-tang, a traditional dish made of fried sweet potatoes layered with honey and caramel, and lightly covered with peanut crumbles. It's sure to satisfy any sweet tooth.

Also, if you're of drinking age, try out the soju, a distilled, traditional Korean beverage that's deceptively smooth for its alcohol content. Oriental Spoon serves soju by the bottle, so make sure you have a group of friends who will join in on the fun.

229 HARVARD DRIVE, EDWARDSVILLE



SUSHI

NORI'S SUSHI AND JAPANESE GRILL

Nori's Sushi and Japanese Grill is what you'd expect from a Japanese restaurant and a little more.

Nori's is located close to Wang Gang Asian Restaurant and often gets overlooked for the more popular Asian-fusion restaurant. However, Nori's has delicious Japanese food for an affordable price.

If you go to Nori's for lunch, try out the caterpillar rolls or the yamyam rolls. They are absolutely exquisite. If you head there for dinner, catch the bento for a

wide selection of high-quality sushi. If you're more experienced and know what you want, or if you're simply more adventurous, Nori's has a variety of entrees that are definitely worth your time.

The restaurant has an interesting schedule. It is open for the lunch crowd from 11 a.m. to 2 p.m. Monday through Saturday. Dinner starts at 5 p.m. Monday through Saturday, but Fridays find itself with an extra hour before closing at 10 p.m. The restaurant opens at 4:30 p.m. and closes at 8 p.m.

If you are in the mood for Japanese cuisine, check out Nori's. It's a sushi bar; so grab some chopsticks and chow down.

1025 CENTURY DRIVE, EDWARDSVILLE

WASABI SUSHI BAR

Wasabi Sushi Bar is a Japanese cuisine restaurant with a selection of traditional dishes and sushi.

With a location near downtown Edwardsville as well as in Fairheights, Wasabi is a stylish eatery with a varied menu chock-full of delectable choices. Whether you are a sushi beginner or aficionado, Wasabi has options for you to choose from.

Lunch hours are from 11:30 a.m. to 2 p.m. Monday through Friday. Dinner hours are from 5 to 9 p.m. Sunday

through Thursday, and from 5 to 10 p.m. Friday and Saturday. Happy hour is from 5 to 9 p.m. Monday and from 5 to 6 p.m. Tuesday through Thursday.

First-time visitors may be overwhelmed looking at Wasabi's menu, but with a huge selection to choose from, Wasabi succeeds in covering almost every food group in its dishes. The restaurant includes many vegetarian options and a detailed list of seafood and veggie sushi rolls. The drink menu is not too pricey and the server is also willing to serve drinks gluten or wheat-free.

100 SOUTH BUCHANAN ST., EDWARDSVILLE



BARS OF EDWARDSVILLE

Edwardsville's Global Brew.

| Photo by Christian K. Lee/Alestle

LAURIE'S PLACE

Located on Main Street in downtown Edwardsville, Laurie's Place is a safe bet for a good night out.

The restaurant portion of Laurie's is full of delicious dishes like the horseshoe, sirloin steak salad and battered mushrooms. The bar is adorned with Cardinals memorabilia and meets your basic needs: a varied selection of alcohol, a pool table and a dartboard.

You can't go wrong choosing Laurie's for your night. Laurie's is a good option in a town filled with bars catering to different niches. This bar is special in its generic taste. It attempts to include any-

one who wishes to enter, and that's a bit unique for the Edwardsville bar scene.

Laurie's is a bar that often features live music to complement its signature \$1 stags. On weekdays, the atmosphere is subdued, and one can easily meet up at Laurie's with a group of friends just to chill. On weekends, however, the scene is completely different. Friday and Saturday nights see Laurie's bustling with activity, making it not a bad idea to go with a couple of friends with the goal of meeting new people in mind.

Laurie's is a good, standard, inclusive bar surrounded by a wealth of slightly more exclusive establishments. Head there if you want a taste of what a bar should be.

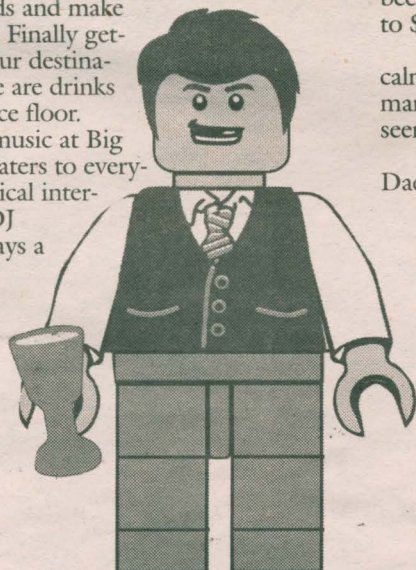
**228 NORTH MAIN ST.,
EDWARDSVILLE**

BIG DADDY'S PATIO BAR AND GRILL

It is loud and always crowded, but in a way, the crowdedness makes the experience at Big Daddy's Patio Bar and Grill.

Trying to get through the crowd, you find friends and make new ones. Finally getting to your destination, there are drinks and a dance floor.

The music at Big Daddy's caters to everyone's musical interest. The DJ usually plays a



combination of dubstep, hip hop and rap, country and a few R&B songs.

The best thing about Big Daddy's is the way the bar is split into two sections, indoors and outdoors, and the outdoor bar is smoke-friendly. During the winter, the outdoor area is covered and during other seasons, it remains open.

Thursday night is designated to college students. It is the most crowded night because cocktails and beers range from \$2 to \$4.

On Fridays, the atmosphere is a lot calmer than it is on Thursday; not too many people come out. And, Saturday is seen as old people's night.

Thursday is the best night to visit Big Daddy's Patio Bar and Grill.

**132 NORTH MAIN ST.,
EDWARDSVILLE**

GLOBAL BREW

Beer is a staple beverage for most college students, and at Global Brew Tap House and Lounge, you will find a large selection of beer, draft and bottled.

Although a bit pricey, the selection and the quality of the beer are definitely worth it.

The bar offers low lighting, comfortable seating and a pretty upbeat vibe. The servers are pleasant and chatty, and the crowd can get pretty large later in the

evening.

If you're lucky, sometimes you can snag the corner full of couches and armchairs to sit down and have a conversation with your friends. If not, there is plenty of available seating at the bar or tables, and the noise tends to stay relatively low so that talking with your friends is easy.

While food isn't served at Global Brew, those who visit are welcome to bring food from other places into the bar.

**112 SOUTH BUCHANAN ST.,
EDWARDSVILLE**

STAGGER INN

Stagger Inn is a local Irish-influenced pub nestled in the heart of the downtown area.

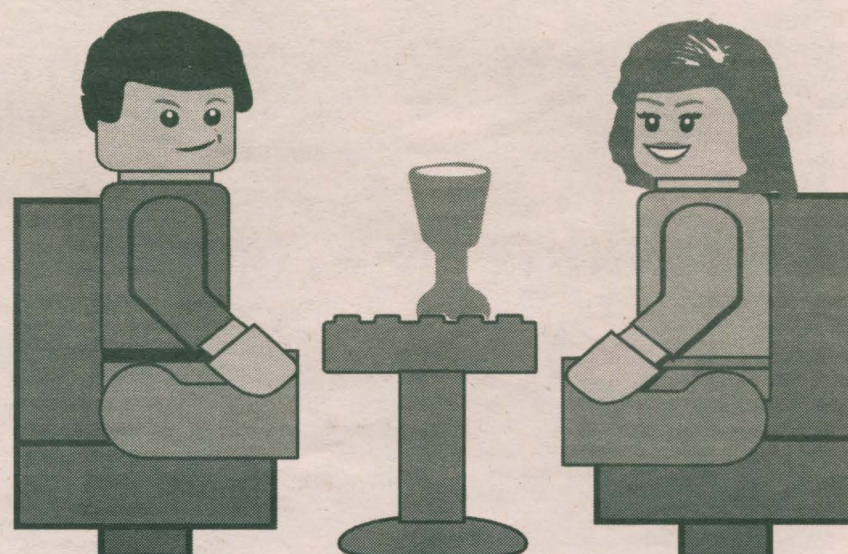
Known for its homey atmosphere, live music and cheap drinks, Stagger Inn is a notable location in Edwardsville. But Stagger isn't just a bar. The pub serves delicious meals such as clam chowder, seafood, burgers and fries and delicious fried pickles.

Check out the location on a Friday

night and get an earful of live music throughout the evening. From local acts to better-known bands, Stagger Inn is not only stocked with liquor, but also features a variety of musical entertainment.

Since Stagger Inn is a local pub, you will find local people enjoying the drinks and food. The low-key environment is a perfect place to relax with buddies on a weekend or hang out to get started on a night of fun.

**104 EAST VANDALIA ST.,
EDWARDSVILLE**



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YOUR GUIDE TO ST. LOUISIS:

PLACES OF INTEREST IN THE CITY

VENUES

PLUSH, located at 3224 Locust St., is an enormous, stylish venue with four floors housing bars, an upscale dining room, a two-floor venue and a penthouse for private parties.

Furry walls and torso-less mannequins surprise patrons around corners of the modern building, which is classy enough to be rented out for a wedding party one night and casual enough to host a show of little-known

THE FIREBIRD, located at 2706 Olive St., is the definition of an intimate venue, with the "front row" on the floor right at the stage's edge and the performers' feet.

The bar features dangerously inexpensive tallboys, and the shows are easy on the wallet as well, typically ranging from \$5 to \$20.

Visitors have their choice of seating, either at booths near the bar — for those 21 and older only — or stools near the walls op-

2720 PERFORMING ARTS CENTER, located on Cherokee Street, is a more than 20,000 square-foot, three-floor venue for a variety of performances, including live art.

The uppermost floor is a gallery space, but installations can be seen throughout the venue. The second floor accommodates additional stages for nights with multiple performers. The largest stage is located on the main floor surrounded by ample dance

THE GRAMOPHONE, located at 4243 Manchester Ave., is a small but acoustically sound venue.

In addition to a generous selection of beer and other drink specials, the Gramophone also offers food late at night when snacks become a drunken necessity.

The location includes an outside area with seating where you can take your drinks and food — though, it's also used by smokers taking a break from the music, so if you

local performers the next.

The drinks are a little pricey, but the shows are typically reasonable, and the atmosphere is unexpectedly intimate in such a large space.

Keep an eye on Plush's event calendar — it offers a variety of performances, from music to stand-up and fashion shows. For a list of upcoming performances, visit Plush's website at plushstl.com.

posite the stage. The remaining space is open for dancing, swaying, air guitaring or head-banging — however you choose to enjoy the music on your feet.

When looking for venues in St. Louis, the Firebird offers variety in music, low-cost entertainment and the opportunity to be so close to your favorite musicians that you could touch them.

For a concert calendar, visit the Firebird's website at firebirdstl.com.

space, a stocked bar and a small pizza station for late-night snacks.

The location also has a large, smoke-friendly outdoor space with some seating for patrons who need a break from the excitement inside.

Everything from electronic and dubstep to reggae and funk can be heard at 2720, and even more in between. For a list of upcoming shows, visit 2720's website at 2720cherokee.com.

don't want the secondhand buzz, staying inside might be a better option for you.

There are also booths, tables and stools inside where visitors can relax while they listen to performers. The space leftover makes up the dance floor, which is usually pushed up right to the stage.

The venue plays host to local musicians, DJs, blues and folk singers, among others. For a concert calendar, visit the Gramophone's website at thegramophonelive.com.

with anything on the menu.

More often than not, you'll also get to enjoy live music with your meal or your drink at the bar.

The restaurant is a fun place to visit if you want to literally immerse yourself in St. Louis culture because it's dripping from the walls at Blueberry Hill.

wood-fire grilled cactus. But even a classic like the fish taco is perfected and offered at Mission Taco. And if you're into original crafted cocktails, Mission Taco has you covered with twists on even the most basic Mexican favorite: tequila.

the city. Why not order the Delmar, an upscale barbeque chicken pizza, while visiting the Loop? Or try the Kirkwood for its hormone-free pork and beef Italian meatballs. You might also enjoy the Lincoln Park for its garlic olive oil sauce.

THE CITY MUSEUM, located at 750 North 16th St., is a playground for the young and old alike.

Full of slides, places to climb and explore and unique things to look at, anyone can experience childlike wonder.

The museum is housed in the 600,000 square-foot building that formerly belonged to the International Shoe Company. And you will see things that were formerly something else throughout the museum because most everything is made of found art or repurposed materials. A crew of artisans constructed the museum, which features old chimneys, salvaged bridges, construction cranes, miles of tile, two abandoned planes

THE ST. LOUIS ART MUSEUM, located at 1 Fine Arts Drive, offers African, ancient American, Asian and European art, as well as modern art, photographs, textile art and more in its collections.

Visit the museum to add some culture to your St. Louis trip. Admission is free to view the collections, and every Friday, the formerly pay-to-view featured exhibitions are also free.

The museum is currently displaying the exhibitions "Flowers of the Four Seasons in Chinese and Japanese Art," "Sight Lines: Richard Serra's Drawings for Twain," "Tragic and Timeless: The Art of Mark Rothko," "Brett Weston: Photographs,"

THE SAINT LOUIS ZOO, located at 1 Government Drive, features almost 20,000 animals on 90 acres of land.

Go out and enjoy a free trip to the zoo while the weather is still nice.

You can visit the rhinos, elephants, hippos, cheetahs, bears and more at River's Edge. Then, make your way to The Wild to see chimpanzees, gorillas and more. Hit Discovery Corner next for the children's zoo and insectarium, which are among the few attractions that do require visitors to pay to enter.

Take a stroll through the Bird House on Historic Hill before greeting the lions, tigers,

THE SAINT LOUIS SCIENCE CENTER, located at 5050 Oakland Ave., features 700 hands-on exhibits that illustrate different aspects of science, from the laws of physics to the effects of pollution, an omnimax theater, planetarium and more.

Many activities and exhibits at the Science Center are catered to children, but that doesn't mean adults can't enjoy their visit, too.

Coming Oct. 9, the center will offer the International Exhibition of Sherlock Holmes. Original manuscripts, publications, period artifacts and television props and

and more, all found within the city itself.

The museum doesn't end inside the building, either. The roof is accessible and meant to be enjoyed, with a gutted plane surrounded by bars to climb on, a school bus that hangs over the edge of the building and a Ferris wheel.

The museum offers food and drinks — even booze for those old enough — so devoting a day to your trip becomes easy.

Unlike St. Louis' art and history museums, the City Museum charges its patrons to enter, but you're paying for an experience you can't find anywhere but in St. Louis.

For more information, visit the City Museum's website at citymuseum.org.

"New Media Series — Janaina Tschape: The Ocean Within" and "Facets of the Three Jewels: Tibetan Buddhist Art from the Collections of George E. Hibbard and the St. Louis Art Museum."

You are free to wander through the galleries and exhibits on your own, but the museum also offers free guided tours that typically last one hour. Just stop by the Information Center to pick up your guide.

For more information about the St. Louis Art Museum's collections, current exhibitions or to view upcoming events and exhibitions, visit the museum's website at slam.org.

jaguars, leopards and pumas in Big Cat Country, and the zebras, giraffes, gazelles and kangaroos in the Antelope Area. Don't forget the sea lions that reside in Lakeside Crossing or the stingrays in Caribbean Cove that you can pet for a small charge.

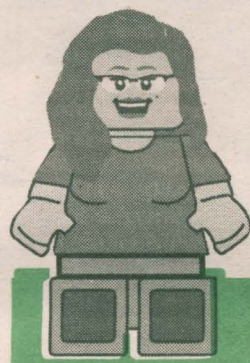
Take the Zooline Railroad to make traveling quicker or wear comfortable shoes as you wander on foot.

You can even view an animal-themed, educational movie during your visit in the Anheuser-Busch Theater, or you can listen to live music on Friday nights. For movie showings and more events, check out the zoo's website, stlzoo.org.

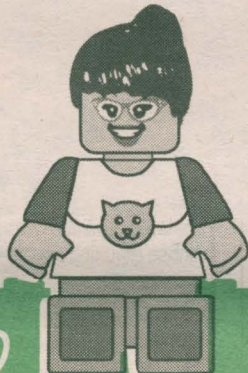
costumes will be on display while visitors are invited to get involved with the exhibit by solving a murder mystery in the tradition of the master detective.

Sherlock will also be a part of the center's First Fridays, which are events that take place the first Friday of every month. The notorious detective will be the theme in November. Typically First Fridays feature a science fiction movie, sci-fi trivia and special prices. These are free events that fill up on a first-come, first-serve basis.

Find out more about the Science Center's events and omnimax films at slsc.org.



THE LOOP



BLUEBERRY HILL, located at 6504 Delmar Blvd. on the Loop, is a St. Louis landmark restaurant and music club.

The walls of the restaurant are covered in pop culture memorabilia, giving the eatery a relaxed vibe, and the food is award winning, so you can't go wrong

MISSION TACO JOINT, located at 6235 Delmar Blvd., is a fairly new addition to the Loop's many eateries.

This restaurant offers tacos, burritos and tortas like you've never seen with ingredients like slow-roasted brisket, pork belly, roasted duck and

PI PIZZERIA, located at 6144 Delmar Blvd., offers some of the best deep-dish St. Louis has to offer — just ask Obama, it's his favorite pizza place. No, really. Look it up.

Furthering the St. Louis experience, all of Pi's pizzas are named after areas in

BREWERIES

ANHEUSER-BUSCH, located at 1200 Lynch St., has been a part of St. Louis since 1852, and since then, it has clearly made a name for itself.

The brewery offers complimentary tours daily to give you an inside look at the process it takes to craft its beer. Visitors who are 21

SCHALFLY, located at 7260 Southwest Ave., may not be known throughout the country like Anheuser, but there isn't a bigger name in the St. Louis-brewed beer.

The brewery offers a free guided tasting tour every Saturday and Sunday, and for \$20, you can get a spot in a behind-the-scenes brewers tour, which happens the third Saturday of every month.

Schlafly puts out more than 70 styles of

and older may sample the finished product.

Anheuser also offers its Biergarten, which serves beer — 18 just on draught — and a menu of light meals like small sandwiches.

For Anheuser's menu and a full list of beers, visit its website at anheuser-busch.com.

beer each year, including the traditional pale ale, hefeweizen and oatmeal stout, along with seasonals like its summer lager and raspberry hefeweizen.

The brewery also has a restaurant called the Schlafly Tap Room. More than 16 draft beers are offered with European pub fare on the menu.

For Schlafly's menu and a full list of beers, visit its website at schlafly.com.

GREEK LIFE: 'HOME AWAY FROM HOME'

CAITLIN GROVE
Alestle Lifestyles Editor

With 17 sororities and fraternities to choose from, Greek life hopefuls have more than enough opportunities to become involved. However, there are many who begin college not knowing all that Greek life has to offer.

For senior Aurelia Pop, president of Alpha Phi, being a part of Greek life means being a part of something that is even bigger than just your university.

"You can hop on a plane and meet a sorority sister that's from a school that's in a completely different state," Pop said. "It's neat because you'll always have these connections no matter how old you are, no matter where you go. As a whole, it means to be involved, to be able to show your leadership skills and to make a connection with people that you may never have had a connection with before."

Pop, psychology major from Swansea, said she knew as soon as she got to college that she wanted to join Greek life.

"I was on the dance team in high school and we had a really close team. We even had bigs and littles. I just really liked that sisterhood bond and always having someone there to hang out with," Pop said. "You join and you're like, 'I'm just going to go to parties and I'm going to love this,' and then you go and meet these people and see there's so much more to it."

While there are some who arrive at college knowing they want to go Greek, others, including junior mass communications major and Delta Phi Epsilon member, Audrey Snow, of Williamsville, are not so sure.

"When I first went to Edwardsville, I didn't know anyone, so at first I wasn't planning on going Greek, but my suitemate told me she was going and that I should just go through and try it," Snow said. "It's one of those things you don't understand until you're in it. I've made such a connection with the girls in my sorority. It's really cool that you can be as close as you are with over 100 people in just that one group."

Senior Tyler Shearrow, president of Alpha Kappa Lambda, said being a part of Greek life changed his college experience for the better.

"After my freshman year, I didn't feel a sense of belonging at SIUE, I wanted something more so I decided to join," Shearrow said. "I owe all of my campus involvement to joining Greek life. It was like a momentum builder type thing, I got involved in that, then branched out and got involved in more."

Greek life impacts people in a variety of ways. For Pop, leadership was one.

"I don't think I would have stayed at SIUE if I hadn't gone Greek," Pop said. "It allowed me to grow as a leader. I never really knew the leadership skills I had until I joined a sorority."

Shearrow, exercise science major from Rockford, also said his leadership skills were exposed during his experience in Greek life.

"I don't think I would have as good of grades or people and leadership skills at all," Shearrow said. "I think it's really cool, being in a leadership position, to see people come in shy and quiet and then a year later they are sociable, really great people."

According to Pop, along with these benefits, there are challenges as well.

"You want to be able to attend all of the events you're paying for, but you have to decide if that means not going home as much," Pop said. "But that's the great thing about Greek life, there are places you can go to when you're missing home and it becomes kind of a home away from home."

Shearrow said some feel the time commitment is a challenge, but many feel the financial burden of Greek life.

According to John Davenport, the average dues for the Panhellenic Sororities — Alpha Phi, Alpha Sigma Tau, Alpha Xi Delta, and Delta Phi Epsilon — are around \$375 per semester. The average dues for the Interfraternity Council Fraternities — Alpha Kappa Lambda, Delta Lambda Phi, Kappa Sigma, Phi Kappa Psi, Phi Mu Alpha, Sigma Phi Epsilon, Sigma Pi, Sigma Tau Gamma — tend to fall around \$300 per semester.

"With some chapters, dues are all-inclusive and may include T-shirts, formal/informal, etc., while others may charge separately for those things," Davenport said. "Then the National Pan-Hellenic Council chapters [Alpha Kappa Alpha, Alpha Phi Alpha, Iota Phi Theta, Kappa Alpha Psi, Omega Psi Phi, Phi Beta Sigma, Sigma Gamma Rho, Zeta Phi

Beta] can vary greatly and may have initial membership fees around \$1,000 with subsequent dues much lower."

According to Pop, every Greek organization has its own particular philanthropy it is involved in. The organizations put on numerous fundraisers each year for these philanthropies.

"People who see what we really do, see that we raise a lot of money for charities," Pop said. "We participate a lot at SIUE doing leadership activities and community service."

When many people first think of Greek life, charity work may not typically be the first thing that comes to mind. There are many stereotypes fraternities and sororities face on a daily basis.

"I go to the movies, like 'The Neighbors' and '22 Jump Street,' and they portray us in extreme ways that you only hear about in the extreme, terrible cases," Shearrow said. "I've never experienced anything like that. Everybody is just your typical college student, they just happen to be a part of a Greek organization."

According to Snow, the stereotype she hears the most is that people in Greek life pay to have friends.

"That's the biggest one I think and that's the one I try to defend the most," Snow said. "Yes, it's a financial commitment, but it's not like if I decided I didn't want to be in a sorority anymore that I'd stop being friends with the girls I've met. You pay to be in it but you don't pay for the time you get to hang out with the other girls in the sorority."

Pop said stereotypes will always exist, but it's Greeks' job to set people straight.

"That's one thing I like to do with my presidency," Pop said. "To be able to say to the community, 'Look, you might think that we go out and party, but every college kid parties. We also do a lot of community service and we raise thousands of dollars for various organizations.'"

Alongside movies, social media is some-

thing else that contributes to these stereotypes being perpetuated.

"Social media affects us both in good and bad ways," Pop said. "It does affect us poorly if a girl posts inappropriate pictures or if she's out at a party and isn't fully aware of what she is posting at the moment. But then again, it's also really good for us because we can post pictures from our events or

tweet pictures of us doing community service and that can reach a lot more people than if we just talked about it."



Snow advises anyone who is considering Greek life to keep an open mind and to give it a shot even if they think they might not like it.

"I know a lot of girls who thought they were a perfect fit for one sorority," Snow said. "You could get into a completely different one that you didn't think you'd want and it turns out it's perfect for you."

Shearrow said looking back, he will not only know that he improved his life skills, but he will have acquired a lot of memories as well.

"Greek life is about extending a network campus-wide," Shearrow said. "This campus is set up where you aren't just friends with the guys in your fraternity, we have a really open Greek system. We don't have huge rivalries between Greek organizations and everybody knows everybody. The big network that you get along with the leadership and social skills, you can't put a price on something like that."

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3525.



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13. Date of birth

Important Note:

The Office of the Registrar would like to remind all students to take a moment to review their addresses and emergency contact information on CougarNet at www.siu.edu/COUGARNET. We strongly encourage you to maintain accurate contact information in order for you to receive important University correspondence.

SAVE MONEY, AVOID TROUBLE:

COMPREHENSIVE GUIDE TO PARKING ON CAMPUS

LEXI CORTES

Former Alestle Editor in Chief

Knowing the rules before you park anywhere on campus can save you some trouble and money during your time at SIUE.

During the 2012-13 academic year alone, 24,962 fines were issued to the campus community.

The first week of classes and the week leading up to the semester before classes are in session, SIUE's Parking Services does not ticket anyone, but after those free periods, it's up to you to park in the appropriate lot and display your parking permit or you will be fined.

Outstanding citations increase in cost by \$10 every 14 days on top of the initial \$15 up to \$75 for a single ticket.

Fines can hang over students like a dark cloud until they are paid. Students are not allowed to purchase new parking permits if they have unpaid citations from a previous semester, for example.

They may even be unable to enroll for subsequent semesters with unpaid citations on their records. And students who owe Parking Services \$100 or more are subject to towing.

Parking Services also reserves the right to revoke parking privileges from students, faculty or staff members for any violation.

Students are often issued citations for not displaying their parking permits or for parking in lots that do not correspond to the permits they have purchased.

Students with brown permits may park in the Student Fitness Center lot, Lot E, or in any of the red lots. Students with red permits may park in the red lots, including lots 4-10 and lots 11 and 12.

The Cougar Village permits allow access to all of the residence hall lots and the red lots, along with all of the lots in Cougar Village. Residence Hall permits allow access to the residence hall lots, the red lots, but only Lots 4A and 5A in Cougar Village.

After 3 p.m., students with red or yellow permits are allowed to park in lots 1, 2, 3 and Lot E, putting them closer to the campus core in the evening.

Citations can be appealed within 14 days of being ticketed. Appealing a citation involves visiting the Parking Services office in Rendleman Hall, room 1113, or visiting its webpage at siue.edu/parking.

Students must let Parking Services know they want to appeal a particular citation, make a partial payment of \$5 and then, if the appeal is granted, the citation is taken off of their accounts. If the appeal is not granted, the \$5 goes toward paying the citation fee.

Students can only appeal a citation once per year.

While permits must be displayed hanging from a rearview mirror with the permit number facing outward while vehicles are parked, driving with a hangtag displayed can get you pulled over. It is a violation of the Illinois Vehicle Code to drive with anything suspended "between the driver and the front windshield, rear window, side wings or side window immediately adjacent to each side of the driver which materially obstructs the driver's view."

Students can also find themselves in trouble with the law if they alter or sell a permit, purchase a permit from anywhere other than Parking Services or use someone else's permit. This is what Parking Services defines as "parking hangtag misuse," and offenders can be charged with a class A misdemeanor, which is punishable by serving up to one year in the Madison County Jail, possibly including up to a \$2,500 fine.

A single permit can be used for an entire academic year: fall, spring and summer semesters. After a permit has been purchased, Parking Services does not offer a refund. If a permit is lost or stolen, however, Parking Services will replace the permit for \$20 once per year.

If students have a permit but forget to bring it to campus with them, they can either park in the visitor lot, Lot B, or Lot C, paying hourly, or they can purchase a temporary permit for \$2 per day. Parking Services limits students to seven temporary permits per academic year.

Parking Services checks that students and visitors have paid to park in Lot B and Lot C and are displaying their permit tickets, or are displaying their regular permits in any of the other lots from 8 a.m. to 8 p.m. Monday through Thursday and from 8 a.m. until 4:30 p.m. on Fridays.

On Saturdays and Sundays, there is open parking. Students and visitors do not need to pay to park in the Lot B or Lot C, or display their regular permits in the other lots. This is excluding residential parking lots in which ticketing occurs 24 hours a day, 7 days a week.

Parking Services also offers "occasional driver permits," which are offered to students who normally use other means of transportation like a bicycle, bus or car pool to travel to campus, or students who live on campus and only occasionally need to drive a vehicle to campus. These students can park

in the red or yellow lots by purchasing a permit through Parking Services for \$2 per day.

Motorcycle and moped drivers must also register through Parking Services and obtain permits. Most lots include designated spaces for motorcycles and mopeds. These students display permits in lockable cases, which are available through Parking Services for free the first time one is needed. Additional cases cost \$20 each.

Guests of students living in Woodland, Prairie, Bluff, Evergreen Hall or Cougar Village must obtain a temporary permit from the front desks in any of the residential buildings if they want to keep their vehicles in the residential parking lots overnight.

Non-residential students who need to leave their vehicles on campus overnight cannot park in the student parking lots. Vehicles left on campus for 24 hours are considered abandoned and are towed without warning. To avoid towing, students are required to register their vehicles with Campus Police and leave them in the Supporting Services parking lot, Lot S.

Students can pay their citations by check, cash, money order, Visa, Discover or MasterCard. They may also use no more than \$5 in loose coin. Pennies that total \$1 or more must be put into rolls of 50 cents each. Each roll must have the name and 800 number of the student printed on it.

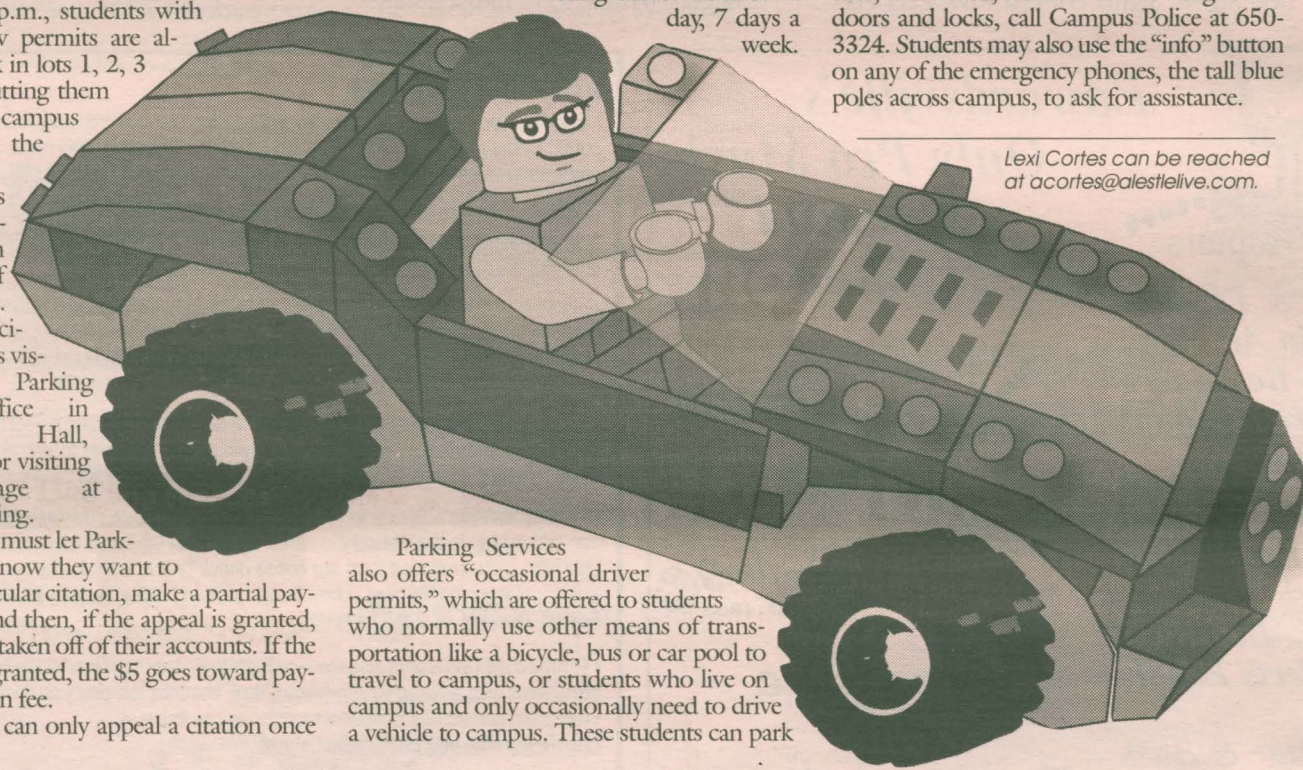
Payments can be made online or by visiting the Parking Services office.

In addition to keeping the campus community's parking in check, Parking Services also offers the Motorist Assistance Program. For no additional charge, Parking Services and Campus Police offer students jump-starts and help with lockouts and flat tires.

From July 1, 2012 to June 30, 2013, the Motorist Assistance Program helped with 646 jump-starts, 629 lockouts, and 76 instances of tire assistance.

For assistance with dead batteries, flat tires, tow trucks, lockouts and de-icing frozen doors and locks, call Campus Police at 650-3324. Students may also use the "info" button on any of the emergency phones, the tall blue poles across campus, to ask for assistance.

Lexi Cortes can be reached at acortes@alestlive.com.



HOW TO AVOID A PARKING CITATION

- Buy a permit.
- Park only where your permit allows you to park.
- If you are using a parking meter, make sure you put enough money in the meter to cover the time you will be using it.
- Do not park at meters that are out-of-order.
- If you loan your vehicle to someone, make sure he or she knows where to park. You are responsible for all citations issued to your permit/vehicle.
- All areas not specifically designated for parking should be considered "No Parking" zones.
- When the lot you usually park in is at capacity, do not park on the grass, at the end of an aisle or in an unauthorized zone. Rather, move your vehicle to an alternate lot where your permit is honored.
- If you are driving a vehicle other than the one you have registered, simply transfer your permit to the substitute vehicle and park in your usual lot. If you forget your permit, you may purchase a temporary permit for the substitute vehicle or park it in a pay area on a pay basis.

Tips from Parking Services' webpage: siue.edu/parking/

PUBLIC TRANSIT OFFERS CHEAP TRANSPORTATION OPTION

Madison County Transit bus services provides a variety of routes students, faculty and staff can use if they do not have a vehicle of their own or are looking for a cheaper form of transportation.

WHERE AND WHEN ON CAMPUS TO CATCH THE BUS:

Textbook Services: During the first and last two weeks of the semester, the bus service is available to Textbook Services.

Circle Drive: Buses pick up every hour at Bluff Hall, Woodland Hall and the Early Childhood Center.

Hairpin Drive: Buses pick up every 10 minutes in front of Peck Hall and travel to Cougar Village. Buses going to Edwardsville (#17), Madison County (#4, #7 and #14), or St. Louis via MetroLink (#19 to #18) all pick up at Hairpin Drive in front of Peck Hall.

Cougar Village: Buses pick up every 10 minutes at Cougar Village Building 519 and Lot 4F and travel to Hairpin Drive.

Go to mct.org to see bus route schedules for specific pickup locations and times.

COST PER BUS TRIP:

Students can buy an MCT Local Month Pass at the SIUE Information Center for \$40.

Free aboard the #17 Edwardsville-SIUE if traveling within the "Fare Free" zone

\$1 to Edwardsville
\$1.50 to other locations in Madison County
\$2 to the 5th & Missouri MetroLink Station for transportation to St. Louis and St. Clair County

\$3 from downtown St. Louis
\$3 each way to all Rams football games and Friday night Muncy shows

STUDY ABROAD, LEARN ABROAD

ROSLYN SIPP
Alestle Reporter

The study abroad program let students live and learn thousands of miles away from SIUE campus.

Director of the Center for International Programs Ronald Schaefer helps students explore the study abroad programs and plan the expenses for each. Schaefer said students who visit the Center for International Programs can find more information about the countries they can visit.

"There are a number of countries, at least 20 odd countries," Schaefer said. "[Students] can participate in a variety of programs. [My] advice would be to become part of a faculty program. We have faculty that take students to a variety of places in the summer."

Schaefer said new students who are interested in studying abroad should not wait to speak to get information about the programs.

"The first thing we want freshmen to think about is the possibility of studying abroad. It is a great way to augment their classroom experience and give them some real-world interactions from people who do not come from the same social background as they do," Schaefer said.

According to Schaefer, new students worry that studying abroad will postpone graduation, but that is not the case.

"The courses count toward graduation. We want to cancel that myth about having to do an extra semester due to studying abroad. It is certainly [adjustable] into a four-year degree plan," Schaefer said.

Aside from graduation concerns, Schaefer said some students believe studying abroad to be unachievable due to expenses but financial aid covers a large portion of the cost.

"If you are a student at SIUE and

normally use financial aid, you can continue to use financial aid in a study abroad experience. There is an application for you to fill out and it specifies what everything is going to cost, and sometimes it exceeds the amount you have from financial aid," Schaefer said, "but financial aid is very helpful in trying to get you all the money you need for the trip."

While money is something to think about before studying abroad, Schaefer said the insight that students gain through the study abroad experience is priceless.

"Students that come back from a studying abroad experience consistently have a much clearer definition of who they are, what they want to do and why they are at the university," Schaefer said.

Public administration and policy analysis graduate student Cody Morrison, of Chicago, has been studying abroad since his senior year of college. He recently returned from a study abroad program in Munich, Germany.

"I went to Munich, Germany for 10 days and Budapest, Hungary for 11 days and studied International Public Relations," Morrison said.

Morrison said every experience has helped him gain more knowledge toward life that will eventually benefit his future career.

"[Studying abroad] advanced my perspective on life. I am able to see how other people live around the world. It taught me better conflict resolution, having to resolve problems with people who are speaking a different language," Morrison said.

Morrison said while studying abroad he noticed a racial issue that grabbed his attention and one he could relate to.

"My biggest con to studying abroad was the lack of minority representation in the study abroad program. I have been to five countries and I have been the only black person there, in the program and in

the countries," Morrison said.

He intends to create a way to change this problem for future minority students who study abroad.

"I wanted to make a proposal to get a minority recruiter for the study abroad program," Morrison said.

Senior history and anthropology major Recie Wilson, of East St. Louis, studied abroad in Suriname, South America, where she learned about the different languages spoken.

"Suriname is right in between French Guiana and Guiana, so there is a lot of people from French Guiana who come over on the borders, so they speak a lot of French and most people speak Dutch," Wilson said.

Although Surinamese people do speak different languages, Wilson was able to complete her course work without any problems regarding communicating.

"The good thing was the teacher I went with actually taught me to learn a little bit of Dutch, so that when we went down there, we could order food and get around," Wilson said. "The language barrier was not too much of a problem."

Aside from the benefits to studying abroad, there are possible difficulties that students can run into. In some countries, language is a difficulty.

Senior Lauren Lowe studied abroad in Hung Zhou, China. Although she took Chinese classes at SIUE, Lowe had a difficult time understanding the language.

"The adjustment was fairly easy because I was taking Chinese at SIUE for two semesters," Lowe said. "But language barrier is a con. At some point it is a little frustrating."

Schaefer said unfamiliar cultures and experiences takes maturity to get used to.

"Homesickness and culture shocks are drawbacks to studying abroad. Some students who have never been outside of Illinois, for instance, when they get to Hong

Kong or when they get to a small village in Ghana, they are just so amazed at how different life is there. You gain a lot of self-confidence through being opened-minded about the different cultures and that is a plus for students," Schaefer said.

Wilson said learning a new language in a foreign country and having to adjust can be difficult, but all it takes is a positive attitude.

"You just have to keep an open mind. If you get down there and you are close-minded and do not want to be nice, then you will have a real bad experience. So you have to learn to keep your frustration down," Wilson said.

Wilson said she gained relationships that would not have otherwise been possible without study abroad.

"I enjoyed the experience [and] the people that I met and was able to work with. We met friends and were invited to several ceremonies and house parties. We were invited to birthday parties and anniversaries as well. Our teacher had some family connection, plus we met people there through mingling," Wilson said.

Morrison said students should look into the study abroad program right away rather than last minute.

"For incoming freshmen, I strongly recommend that you guys start doing research for the study abroad program right away," Morrison said. "But it is never too late to study abroad. My first time was my senior year in college and I learned new things every time and I talked to some really important people — like ambassadors."

Lowe said students should not let a study abroad program pass them by.

"It may seem scary but definitely take the chance if opportunity presents itself," Lowe said.

Roslyn Sipp can be reached at rsipp@alestle-live.com or 650-3527.

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Drink Specials

Saturday & Monday

\$10 Domestic Buckets

Thursday

\$3 Long Islands

\$2⁵⁰ 23 oz. Drafts

(Coors Light, Miller Lite, Coors Original, Bud Light, Budweiser Select)

Sunday

\$10 Buckets

\$2⁵⁰ Screwdrivers

\$2⁵⁰ Bloody Marys



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Friday & Saturday 10 PM - Close

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Dine-in Only. Kitchen Closes One Hour Prior To Bar. With Purchase Of Any Drink At Regular Price. Cannot Be Combined With Any Other Coupon.

College Night

Wednesdays

Drink Specials

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\$5 Pitchers

(Coors Light, Miller Lite, Coors Original, Bud Light, Budweiser Select)

\$2 Wells

\$2 Longnecks

\$2 Shots

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Specials**

9 Items To Choose From
only \$5⁹⁹

Monday-Friday
11 AM - 2 PM

SAFE SEX IS THE BEST SEX

HEALTH SERVICES OFFERS AFFORDABLE TESTS, MEDICATION

CAITLIN GROVE
Alestle Lifestyles Editor

There are many different types of diseases that affect college students every day, and many students are not aware of what exactly these diseases entail, how to test for them or how to treat them.

A shocking statistic from the Center for Disease Control states that one in four college students have a sexually transmitted disease.

According to the CDC, a major contributor to the spreading of STDs is the fact that many Americans, especially young adults, are too embarrassed to address these types of issues.

"They are hidden because many Americans are reluctant to address sexual health issues in an open way and because of the biologic and social characteristics of these diseases," the CDC states on its website. "STDs are public health problems that lack easy solutions because they are rooted in human behavior and fundamental societal problems. Many of the strongest predictors of health, including sexual health, are social, economic and environmental."

SIUE Health Services provides students an affordable and confidential way to manage these types of diseases.

Health Services Nurse Practitioner Margaret Montibeller said Health Services offers a wide variety of STD testing. Doctors are able to get people in for appointments fairly quickly and can have results back to them within a matter of days.

Montibeller said STDs are spread through unprotected sex.

Two of the most commonly reported STDs in the U.S., according to the CDC, are chlamydia and gonorrhea.

According to the CDC, chlamydia is a disease that is fairly easy to cure, however, if left untreated, can cause issues with fertility. This disease can affect both men and women and an individual can contract it more than once.

Most people infected with the disease do not show symptoms, or they may show up a few weeks after the individual becomes infected. Even if the individual shows no symptoms, chlamydia can still damage the reproductive system.

If symptoms are shown, both men and women experience an abnormal discharge and burning sensation while urinating. Men can also experience swelling in one or both testicles, but this symptom is less common. According to the CDC, this disease can be treated through medication.

Gonorrhea is a disease that, if left untreated, can cause additional health problems. Symptoms of this disease include abnormal discharge, a burning sensation while urinating, swollen testicles in men and abnormal bleeding between periods in women.

According to Montibeller, it is recommended that a sexually active individual get tested for both chlamydia and gonorrhea once each year, even if they show no symptoms.

At Health Services, students

can get tested for both diseases for a total of \$17. Both tests, taken from the same sample, can either be collected vaginally or through urine and Health Services will have results within a matter of days.

Another disease that women can become infected with is bacterial vaginosis. According to the CDC, this occurs when too much of a certain bacteria changes the normal balance of bacteria in the vagina. Having bacterial vaginosis can greatly increase a woman's chance of getting an STD.

Symptoms of bacterial vaginosis include a white or grey discharge, odor, pain, itching and burning sensations. The test for this disease at Health Services is \$10 and treatment includes antibiotics.

According to the CDC, everyone who is sexually active should get tested for AIDS. The CDC also says that if a person is infected with an STD, he or she is two to five times more likely to contract HIV/AIDS.

Montibeller said other groups recommend testing for syphilis as well.

"HIV and syphilis are both blood tests, so you can get stuck once and get both tests for \$20," Montibeller said. "Syphilis is on the rise in the St. Louis region, so for the extra \$8, you would have a very complete screening."

Herpes is another disease that, according to the CDC, is not as common in recent years, but if an individual becomes infected, there is no cure. Only medicine can be given to reduce symptoms. Symptoms can include blisters, warts and sores. Health Services offers testing for this disease for \$26.

Montibeller said the only way to prevent STDs, besides abstinence, is through the use of condoms.

"Using condoms is very, very important and should never be missed for any reason," Montibeller said. "Your best defense against STDs is to use a condom. Even though it's not perfect, it gives you a much better opportunity to avoid these diseases."

According to Montibeller, unprotected sex can cause many problems in addition to STDs.

"There are tests we can do for these diseases, but there are other problems like HPV, which can lead to cervical cancer," Montibeller said. "You can get the Gardasil vaccine to prevent HPV. That has been out long enough that nobody should be afraid of it anymore. Everybody who is going to be sexually active should have it to prevent not only cervical cancer, but warts as well."

Health Services also offers students many different forms of contraceptives, including birth control and condoms.

According to Montibeller, obtaining birth control is a completely confidential process. For students under 21, visits are free. Students simply have to pay for the testing, which is \$17, required prior to getting on birth control.

Once on the pill, students must keep up with testing once each year. When the student turns 21, they will need to get a pap smear every three years, which is an additional cost of \$29.

After the testing is completed, if students wish to be put on the pill, a prescription can be written. Prices for the pill range from \$9 to \$22 a month.

Montibeller said it is important to remember

that birth control is a medication and can affect different organ systems.

"After you finish three packs, I will need to see you once to make sure the pill is not hurting you," Montibeller said. "I will do an exam to check the thyroid, heart, lungs and liver to make sure there's nothing going wrong. Once we are sure that's not the case, I'll give you the rest of the year's worth and see you once a year after that."

In addition to the pill, Health Services can also administer Depo-Provera shots, provide referrals to women who want the Mirena IUD and write prescriptions for them to get the NuvaRing.

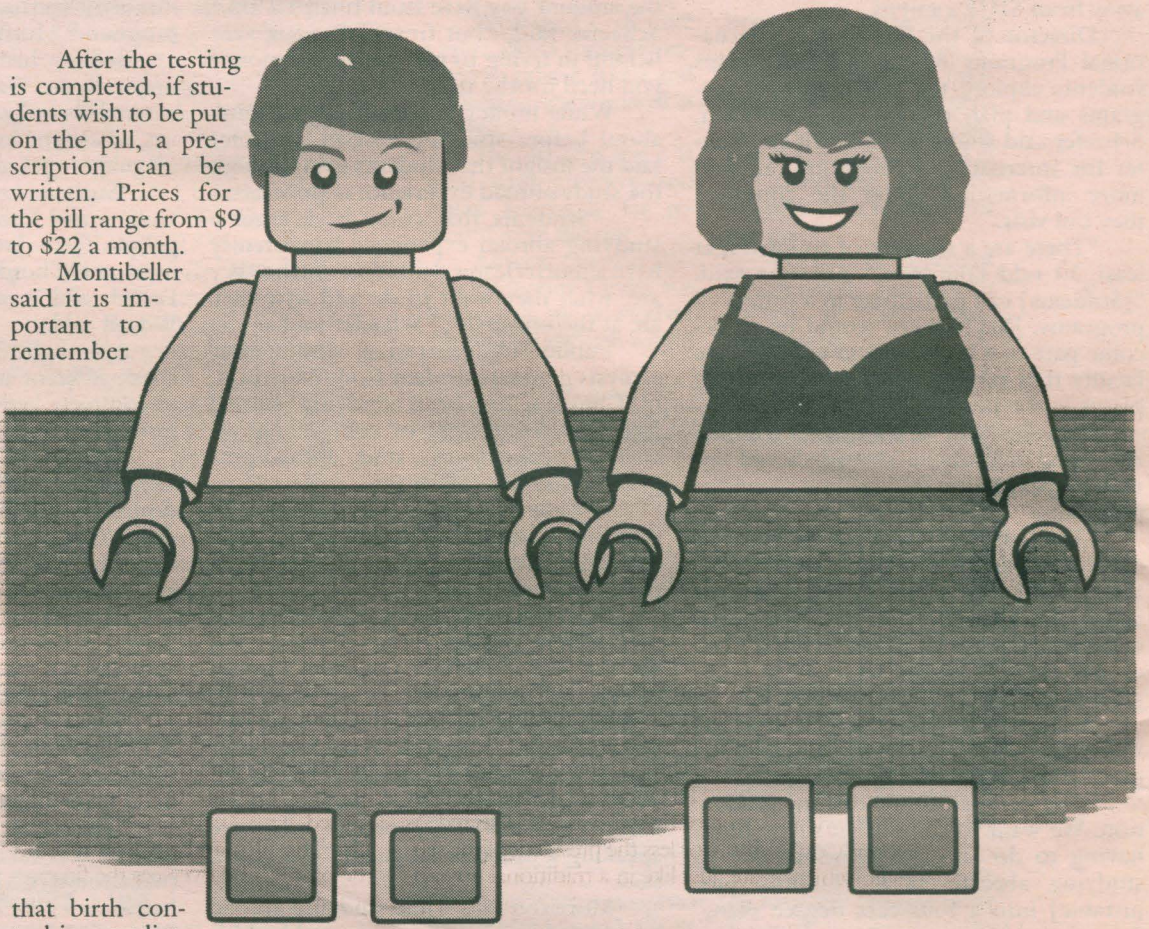
Students can also get condoms at the Health Services pharmacy. The pharmacy offers five free condoms the first time students come in. Name brand condoms range from 10 cents to \$1.50, depending on the number an individual wishes to purchase at one time.

According to Montibeller, it is very important to get tested with your partner.

"I would like to see people, even though it's not very romantic, to be able to say, 'Let's go get tested first,'" Montibeller said. "Nothing is so fun that it's worth worrying the next three weeks about."

Health Services is located on the lower level of the Student Success Center, room 0222. To make an appointment for STD testing or to find out more about STDs, either call Health Services at 650-2842 or go online to cougarcare.siue.edu.

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3527.



FAST FACTS

One in four college students has a sexually transmitted disease.

It is recommended that a sexually active individual get tested for both chlamydia and gonorrhea once each year.

If a person is infected with a sexually transmitted disease, he or she is **two to five times** more likely to contract HIV/AIDS.



MEET YOUR STUDENT GOVERNMENT

CAITLIN GROVE
Alestle Lifestyles Editor

SIUE's Student Government represents undergraduate and graduate students and provides ways for their voices to be heard.

Student Body President Nasir Almasri said Student Government is in direct conversation with the chancellor and vice chancellor regarding what the students want and need.

"Student Government is just what it sounds like: government," Almasri said. "We do have budgets we work out of and our job is to represent the voice of the students to the administration. Our other job is to make sure funding is getting to the organizations that are putting on activities that interest the students."

Almasri said Student Government is different than student council, which many incoming students may be familiar with.

"Student council is generally in charge of putting on activities, things like homecoming, prom and different things throughout the year. That's what our Campus Activities Board does," Almasri said. "We work closely with them on some things and they do a fantastic job."

Student Government is run on two different budgets. The first budget is the internal Student Government operations budget, which is used to pay the Student Government staff and put on a couple of

small events throughout the year.

Almasri said the second budget is the main budget utilized by Student Government. This one is used for student activities and helps student organizations put on big events and get the supplies they need to help run.

Senate meetings are held on the first Friday of the fall semester and then every other Friday afterward in the Goshen Lounge in the Morris University Center.

"Some people think we look intimidating, but we are just students, we're goofy as all heck," Almasri said. "With that being said, our meetings are formal but they run fairly smoothly, following the agenda most times. Some meetings are really light where we just accept travel and funding requests and we move on. But there's usually something going on at each senate meeting, sometimes even heated debates."

Student Government is made up of two branches.

The first branch is the legislative branch, which is made up of 16 senators elected by the student body, including two graduate students and two freshmen senators.

"The vice president of the student body, who is also elected, is more or less the president of the senate, just like in a traditional government," Almasri said. "The senate's job is basically to decide what poli-

cies to vote on. They are really the movers and shakers. They get all the ideas and information from the executive board and make the final decisions."

The second branch is the executive board, which is made up of five members appointed by the student body president. The stipulation is the senate has to agree on these appointments.

Almasri said this is similar to what is found in a state department or department of defense.

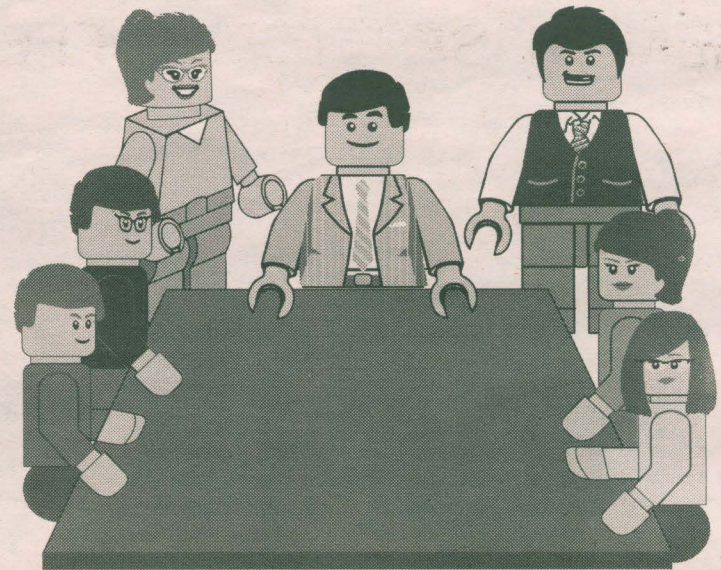
The first position within the executive branch is the marketing and communications officer. This position deals with marketing, advertising and communication involved in running a successful student government.

The second is the external affairs officer, and this position deals with reaching outside of SIUE.

The third position is the internal affairs officer. This officer deals with everything internal in addition to being in charge of appointing students to different committees.

The fourth position is the organizational relations officer. This officer deals with student organizations, helping to maintain them and assisting new organizations in getting started.

The fifth and final position is the officer who oversees the finance board. He or she is in charge of the funding; dealing with travel re-



quests, helping different organizations when it needs materials and giving recommendations to the senate on how to spend money.

Each of these positions, except for the internal affairs officer, has its own committee that sits under it and assists it with its duties.

Another important position included in Student Government is the Student Trustee. This position is a student representative on the SIU Board of Trustees and is more of a government figure.

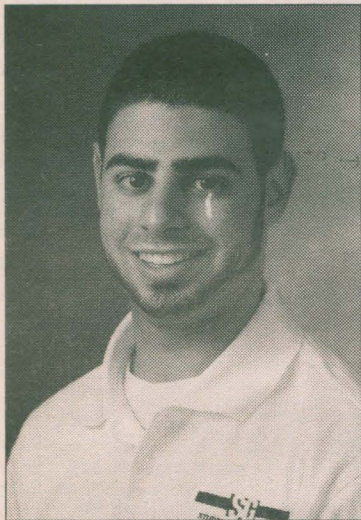
Almasri said he encourages everyone to stop by the Student

Government office.

"We're a good point if students are confused or not sure where to go, or just not sure where something is on campus," Almasri said. "This is also the place to come if you have a complaint about something or an idea about something. This is a great place to come because we are able to move and shake things here."

The Student Government office is located on the second floor of the Student Success Center.

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3525.

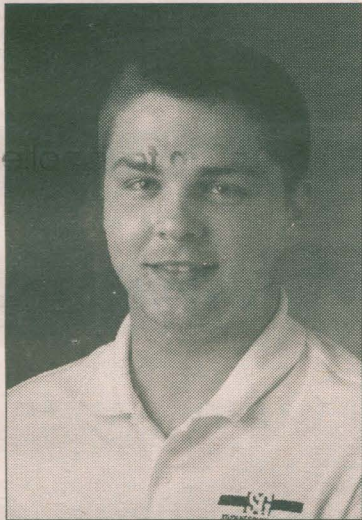


Nasir Almasri

Position:
Student Body President

Responsibilities:
As the Student Body President, my primary concerns are representing the student body to the administration in decision-making processes, overseeing the Executive Board members in Student Government and maintaining the overall functionality of Student Government.

Goals for SG:
My goals this year include continuing to increase Student Government's visibility on campus, finding a solution to the issues I've discussed regarding the smoking policies passed down from the state, working closely with administration in developing a Center for Diversity on campus, strengthening the advising process for students and continuing to improve the relationship with the administration to better the campus for our student body.

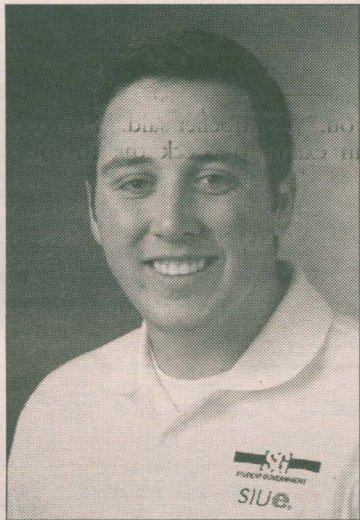


Tyler Shearrow

Position:
Vice President

Responsibilities:
As vice president, I mainly oversee our 16 senators. It's my job to make their jobs more achievable and to hold them accountable for the high standards and expectations our Student Government has. I will also be working closely with Nasir Almasri to make sure I can make his presidency run as smoothly as possible and to make sure he doesn't get too overwhelmed. Nasir will do a great job, and will make the VP's role of helping out the president very manageable.

Goals for SG:
My biggest goals are giving our members of Student Government a reason to stick around and participate in Student Government for their entire college careers, and I'm really excited that we have added two freshmen senators this year to help out with our own retention and also our transparency to the freshmen. I expect to see a large number of people running for Student Government come April. I also really want to work on our own view as a student body about our SIUE experience. We have phenomenal research going on and programs that are far ahead of big-time universities, but nobody knows about it. So increasing awareness of our excellence and instilling greater Cougar pride are at the top of my list as well.



Mitch Morecraft

Position:
Student Trustee

Responsibilities:
As the Student Trustee, I am the SIUE student body representative to the SIU Board of Trustees. The board is made up of individuals appointed by the governor and two students elected by their respective student bodies. The board manages the direction of the SIU system as a whole, so things like the university's budget, selecting new high-level administrators and student fees all go to the board for consideration and approval.

Goals for SG:
In the next year, I hope to better connect the student body with the SIU Board of Trustees. I think it's important that the board is familiar with all of the great things our students accomplish each year, but the students also need to be educated on what issues are in front of the board. In addition to more transparency, I am dedicated to continuing the financial stability of our university. We have historically been very strong financially, and I think the future can be the same. That being said, we aren't sure what the future of state funding will look like. With that in mind, I want to ensure our students' needs are met while maintaining the university's financial health for the future graduating classes of SIUE.



Nicole Dean

Position:
Internal Affairs Officer

Responsibilities:
I am a member of the Student Government Executive Board as the Internal Affairs Officer. Student Government is set up with the Executive Board, 14 senators and many other at-large students we call committee members. There are Student Government standing committees as well as university-wide standing committees, all of which focus on a particular topic that affects our students. They all have chairmen and chairwomen who are faculty members or other members of the administration and require input from students. Being a member of one or multiple committees is the best way for students to become involved in Student Government. It is my job to collect applications and interview all the students who are interested in doing that. This usually takes place right at the beginning of the semester in August. Before that time, I spend weeks corresponding with the chairmen and chairwomen of each committee to determine how many students their bylaws require, when their meetings will take

place, etc. This makes it easier for me to appoint students to the committees, which I do at senate meetings since the suggested appointments have to be approved by the senate before students are official members of Student Government and the committees. In addition to keeping up with the chair members and committee members throughout the semester to ensure that expectations from both ends are met, I am responsible for planning Student Government socials and retreats, including our End of the Year Banquet and our Non-Traditional Student Recognition program, designing T-shirts and solving any conflicts that may arise within the organization.

Goals for SG:
This will be my second year in this position, so my overall goal is to be more prepared for all of our events and my tasks. I plan to design a system with Student Body President Nasir Almasri in order to establish more accountability among the committee members and gain more information about what they are contributing in their committee sessions.

STUDENT GOVERNMENT SENATORS



Brittany Bonomo

Position:

Student Senator

Responsibilities:

Some of the responsibilities that I have are addressing students' day-to-day concerns, voting on the use of student fee dollars and serving as a voice for the students to the administration.

Goals for SG:

My main goal is to make sure that my fellow peers can also have their voices heard whenever there is a decision being made that will reflect on them. It is important to me that the student body is on the same page as Student Government whenever there are big changes being made to our campus.



Jamal Sims

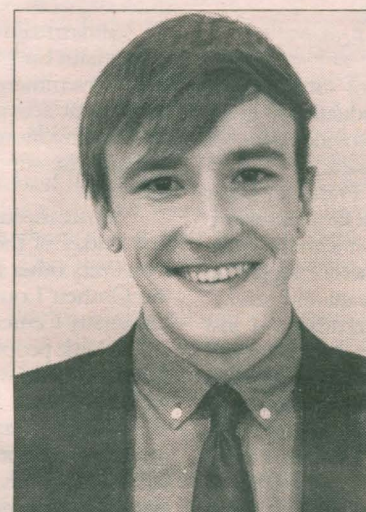
Position:

Student Senator

Responsibilities:

This will be my second year as a senator, but I will take on the graduate school senator position this year. As a second-year senator, I have the goal of connecting with graduate school students

and improving the communication and participation with such students within Student Government. I also have the goal of having a helping hand in more student participation in Student Government programs that we have throughout the year.



Chase Tiffany

Position:

Student Senator

Goals for SG:

If I had to describe what my position as a senator means to me, I would say that it is to represent the student constituency that elected me to this position in all matters that are going to change things for the experience of SIUE students. In a more per-

sonal way, and also my goals as a senator, I would say it is to really make a positive change in the lives of the student population to where they feel that they can truly extract the most out of their time here at SIUE. Specific responsibilities would be to work on approval and changes in things ranging from events to policy.

| Alestle file photos

Career Development Center



Services



Career Assessments

Cougar Jobline

Resume Preparation

Resume Referrals

Social Media

Professional Skills Development

Co-op/Internship Program

Career Counseling

Mock Interviews

Job Search Assistance

Career Fairs

Workshops/Crash Courses

Graduate School Applications

2014 Career Fair Dates

Majors/CAS Hands On Day: September 16, 10:30 a.m.—12:30 p.m.

CAS/Business: October 1, 10 a.m. — 2 p.m.

Engineering: October 2, 10 a.m. — 2 p.m.

Health Careers: November 17, 3 — 6 p.m.



SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

Career Development Center
0281 Student Success Center
618-650-3708

siue.edu/careerdevelopmentcenter
careerdevelopment@siue.edu

Sports

Friday, Aug. 15, 2014

Alestle Back to School Survival Guide

The Alestle // 27



The SIUE women's cross country team ended its 2013 season with an eighth place finish at the Ohio Valley Conference Championship meet at Morehead State. In 2014, the team hopes to improve their position in the conference. | Alestle file photo

CROSS COUNTRY READY TO START 2014 SEASON

CAITLIN GROVE
Alestle Lifestyles Editor

The SIUE cross country is set to start its season September 5 and expects to progress further this year than it has in previous years.

Cross Country

Coming off a season where the program had its first All-Ohio Valley Conference award recipient in junior Clint Kliem, Head Coach Eileen McAllister said the key to a successful season is progress.

"We want to see progress from year to year and also within the season," McAllister said. "We finally have experience on our side and we also finally have some depth on both sides. This helps with the training environment; it's better if you have more people to run with and com-

pete with at practice."

Last season, the women's side finished in 8th place at the OVC conference meet. For this season, McAllister said she would like to see the team finish in the top five or six in the conference.

"We want to finish in the top half of the conference and I think they are capable of that," McAllister said. "The women are still going to be fairly young—we lost a couple key seniors this year—but I do expect that our incoming freshmen will immediately jump in and contribute."

As for the men's side, who finished in 6th place at the conference meet last season, McAllister said she would like the team to break into the top five at conference.

"They improved a lot this past year and it didn't really show in their results because they got the same

place as the year before even though their point total was much better, so hopefully we can show our improvement better this year," McAllister said.

Junior Nick Moore said he expects the team to do big things in the Ohio Valley Conference this season.

"I'm expecting nothing less than to win the conference, I think we have the team to do it and it's definitely possible," Moore said. "We have some quality signings so I think they will come in and have a direct impact and I'm really excited to see what they can do. I know we had a lot of injuries last year so with the addition of these guys they can really help fill the gaps when people go down."

McAllister said it is a big deal that this season's schedule includes two home meets.

"We have a great course and always get a good crowd out here so that's always exciting," McAllister said. "It's hard to have that many home meets when your total meets are six or seven for the season, but we make a point to try to do it."

McAllister said the conference meet and regionals are always the two most important meets during the duration of the season.

"This year it's exciting because regionals is at Bradley," McAllister said. "It's a course we are familiar with—it's a really fast course and it's close so that we'll have a really good fan base there."

McAllister said the conference meet is being held in Jacksonville, AL where they ran two years ago.

"We know the course and again it's an fast course, so I know the athletes that ran there before are excited to run on the course again,"

McAllister said. "We wish it was closer for everyone to watch but it'll be a fun trip."

Junior Conradette King said even though the team will be young this year, she is expecting them to do big things.

"When we get together and train, you can really see that we are talented and we've got what it takes to be in the top four in the conference," King said. "Right now we are getting two new athletes and we're really excited. I think we have such a good bond and everyone's so friendly that they should feel comfortable and right at home when they join our team."

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3524.

HIGH HOPES FOR WOMEN'S TENNIS, NEW HEAD COACH



The SIUE women's tennis team had a 12-9 record in the 2013-14 season, with a 7-3 record in the Ohio Valley Conference. In the fall of 2014, the team will be lead by new head coach Amy Pratzel while attempting to better its record from the previous season. | Alestle file photo

CAITLIN GROVE
Alestle Lifestyles Editor

The SIUE women's team tennis starts its fall campaign with newly announced Head Coach Amanda Pratzel. Despite this being her first season as the head coach, Pratzel said she expects a lot from her team.

Women's Tennis

"My expectation for this upcoming season is to improve from last year's record, which is a goal we have every year. We always want to keep getting better and show improvement," Pratzel said. "But one of our main goals is to make the conference tournament again. We made it last year for the first time so our goal this year is to not only make it, but we ultimately want to win it."

Pratzel had been assistant coach behind Jason Coomer for the past four years, this year being the first year she is taking over as

head coach for the women.

"I'm excited for this opportunity, and ready to take over in August," Pratzel said.

Senior Haley Ilcewicz said the team is very excited to have Pratzel as head coach for the upcoming season.

"We obviously are very familiar with her since she was our assistant, so it will be nice to already have that familiarity with her," Ilcewicz said. "We are excited to see what new drills and strategies she'll show us," Pratzel said by returning all of the same girls, everyone has one more year of experience, along with experience at the conference tournament, under their belts.

"I think the experience will definitely help," Pratzel said. "They have been able to be with each other for a full year and having that same core group come back this year I think will be really helpful, so I expect everyone to come ready."

Ilcewicz, said since they have

the same eight girls returning, she expects them to pick up right where they left off and be able to achieve all of their goals.

"We want to have more wins overall, more conference wins and the ultimate goal is to win the conference tournament and at the very least, place higher there than we did this past year," Ilcewicz said. "My main goal for myself is to play at whatever position I need to play at to get the team wins and to just have a great senior year. I'm looking forward to spending my last season with these girls."

Pratzel said she is looking forward to seeing what the team has to offer this year.

"I'm really looking forward to getting everybody back in August," Pratzel said. "Seeing what they've done over the summer and seeing how much they have already improved."

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3524.



2014 FALL SPORTS SCHEDULE

MEN'S GOLF

Sept. 8	Derek Dolenc Invitational	All day
Sept. 9	Derek Dolenc Invitational	All day
Sept. 14	at D.A. Weibring Intercollegiate	All day
Sept. 15	at D.A. Weibring Intercollegiate	All day
Sept. 29	at USD Coyote Invitational	All day
Sept. 30	at USD Coyote Invitational	All day
Oct. 6	at Cincinnati Bearcat Invitational	All day
Oct. 7	at Cincinnati Bearcat Invitational	All day
Oct. 13	at Kansas City Bill Ross Intercollegiate	All day
Oct. 14	at Kansas City Bill Ross Intercollegiate	All day

WOMEN'S GOLF

Sept. 8	Murray State Drake Creek Invite	All day
Sept. 9	Murray State Drake Creek Invite	All day
Sept. 20	at SIU Invite	All day
Sept. 21	at SIU Invite	All day
Sept. 29	at USD Coyote Invitational	All day
Sept. 30	at USD Coyote Invitational	All day
Oct. 20	at Dayton Flyer Invite	All day
Oct. 21	at Dayton Flyer Invite	All day
Oct. 13	at Charles Braun Intercollegiate	All day
Oct. 14	at Charles Braun Intercollegiate	All day

CROSS COUNTRY

Sept. 5	at EIU Walt Crawford Open	4:45 p.m., 5:30 p.m.
Sept. 12	SIUE CC Challenge	5:30 p.m., 6:15 p.m.
Sept. 27	Roy Griak Invitational	12:20 p.m., 1:10 p.m.
Oct. 4	SIUE John Flamer Invite	10 a.m., 10:45 a.m.
Oct. 17	at Bradley "Pink" Classic	4:25 p.m., 5:05 p.m.
Nov. 1	at OVC Championship	TBA
Nov. 14	at NCAA Midwest Regional	TBA
Nov. 22	at NCAA National Championship	TBA

VOLLEYBALL

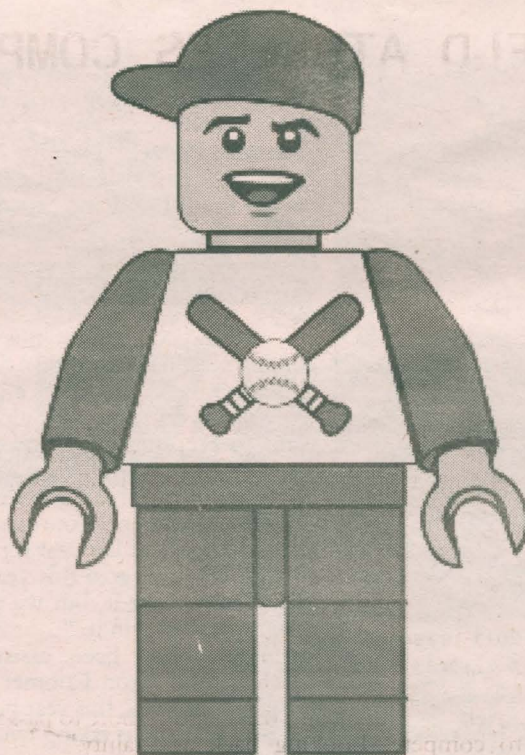
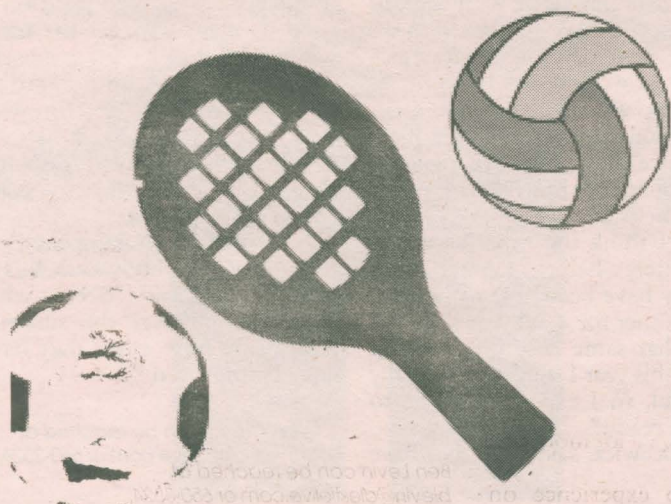
Aug. 29	vs. California	10 a.m.
	vs. Rutgers	9 p.m.
Aug. 30	vs. Winthrop	11 a.m.
	at Air Force	8 p.m.
Sept. 5	vs. E. Michigan	3 p.m.
Sept. 6	at N. Kentucky	11:30 a.m.
	vs. Samford	3 p.m.
Sept. 12	S. Utah	7 p.m.
Sept. 13	Arkansas-Pine Bluff	11 a.m.
	Arkansas State	7 p.m.
Sept. 14	Indiana State	1 p.m.
Sept. 19	vs. Pacific	10 a.m.
	at Mississippi State	7 p.m.
Sept. 20	vs. N. Dakota	1 p.m.
Sept. 26	at Jacksonville State	7 p.m.
	at Tennessee Tech	4 p.m.
Oct. 1	at E. Illinois	6 p.m.
Oct. 4	Tennessee State	1 p.m.
Oct. 10	Austin Peay	7 p.m.
Oct. 11	Murray State	2 p.m.
Oct. 17	at SE Missouri	6:30 p.m.
Oct. 18	at UT Martin	2 p.m.
Oct. 24	at Murray State	7 p.m.
Oct. 25	at Austin Peay	2 p.m.
Oct. 31	UT Martin	7 p.m.
Nov. 1	SE Missouri	2 p.m.
Nov. 7	Morehead State	7 p.m.
Nov. 8	E. Kentucky	2 p.m.
Nov. 11	E. Illinois	6 p.m.
Nov. 15	at Belmont	2 p.m.
Nov. 20	at OVC Tournament	TBA
Nov. 21	at OVC Tournament	TBA
Nov. 22	at OVC Tournament	TBA

MEN'S SOCCER

Aug. 15	Oakland (exhibition)	7 p.m.
Aug. 22	IUPUI (exhibition)	6 p.m.
Aug. 29	Virginia Tech	7 p.m.
Aug. 31	Tulsa	1 p.m.
Sept. 3	at Memphis	7 p.m.
Sept. 6	Butler	7 p.m.
Sept. 10	at UMKC	7 p.m.
Sept. 13	DePaul	7 p.m.
Sept. 19	at Stanford	7 p.m.
Sept. 21	at California	4 p.m.
Sept. 29	at Evansville	7 p.m.
Oct. 4	Bradley	7 p.m.
Oct. 11	at Central Arkansas	7 p.m.
Oct. 18	Drake	7 p.m.
Oct. 22	at N. Illinois	7 p.m.
Oct. 28	at Louisville	6:30 p.m.
Nov. 1	Missouri State	7 p.m.
Nov. 4	at E. Illinois	2 p.m.
Nov. 8	at Loyola	7 p.m.
Nov. 12	at MVC Tournament	TBA
Nov. 14	at MVC Tournament	TBA
Nov. 16	at MVC Tournament	TBA

WOMEN'S SOCCER

Aug. 14	at Loyola (exhibition)	1 p.m.
Aug. 16	at W. Illinois (exhibition)	4 p.m.
Aug. 22	UIC	7 p.m.
Aug. 29	at IUPUI	6 p.m.
Aug. 31	at Purdue	12 p.m.
Sept. 7	UMKC	1 p.m.
Sept. 12	Drake	7 p.m.
Sept. 14	at N. Illinois	1 p.m.
Sept. 21	at Missouri State	1 p.m.
Sept. 28	at E. Illinois	1 p.m.
	Murray State	7 p.m.
Oct. 3	UT Martin	1 p.m.
Oct. 5	at Belmont	5 p.m.
Oct. 12	Austin Peay	1 p.m.
Oct. 17	at Morehead State	6 p.m.
Oct. 19	at E. Kentucky	12 p.m.
Oct. 24	at Jacksonville State	7 p.m.
Oct. 26	at Tennessee Tech	1 p.m.
Oct. 31	SE Missouri	7 p.m.
Nov. 6	at OVC Tournament	TBA
Nov. 7	at OVC Tournament	TBA
Nov. 9	at OVC Tournament	TBA



WHAT YOU MISSED THIS SUMMER

LA'DERRICK WARD'S JOURNEY INTO THE SIUE HISTORY BOOKS

CAITLIN GROVE
Alestle Lifestyles Editor

After nine years, senior track star La' Derrick Ward has endured the many trials and tribulations that go along with being an athlete.

Ward said one of the main things he loves about track is that a person can be as good at it as he or she wants. It all depends on the amount of work he or she puts into it.

"I played basketball, football — a lot of team sports. Track is a team sport also, but at the same time you can go as far in track as you want to go," Ward said. "I've won team awards in track, but nothing is better than winning at something that you alone worked your hardest for and put that work in at."

Ward has received many awards throughout his college career. He has been the indoor and outdoor conference champion in the Ohio Valley Conference, competed at the NCAA Indoor Championships and received an All-American award, was OVC Athlete of the Year in 2014 and became the first track athlete at SIUE to compete for a Division I national championship.

In addition, Ward had the longest collegiate jump of the season, an achievement of which he is proud.

"It wasn't something that started off being my goal, it just ended up happening and was pretty cool," Ward said. "It was kind of surreal; I didn't really believe it at first when I saw it online. But when it did hit me, it was a good feeling."

Even with all of these awards under his belt, Ward said his drive to win has not changed.

"They're great to have, I take pride in my awards because I earned them," Ward said. "But I don't really hang on to them. Every award I get, I give to my mom because I know she's proud. I love the fact that I won them, but once I win them, it's on to the next thing."

Despite all of his accomplishments in long jumping, it was not always Ward's focus. He began his track career in sixth grade with the

400-meter race until one day when the team's high jumper did not show up for a meet.

"They asked for someone to fill in. At the time, I was only doing a relay so I said I'd do it. I actually ended up being the best guy on the team at it so I stayed doing it," Ward said.

After entering high school, his coach suggested he try long jumping.

"I tried it and was pretty good at it," Ward said. "At first, I did high and long jump, but ended up being better at long because I didn't grow much. You have to be pretty tall for high jump. Long jump ended up being my main thing. It's more fun for me. It's my favorite event."

When it comes to game day, Ward said he does not have many special rituals before meets that particularly stand out from what other track athletes do.

"There's not really a lot of prep leading up to a meet, just going over technique and approaches," Ward said. "I listen to music all day prepping up to a meet, but that's just to get away from everything and narrow my focus."

One of the reasons Ward does not have many rituals has to do with the sense of calm he has before meets. He said he tends to take a "whatever happens, happens" approach when it comes to events.

"I'm probably the most relaxed guy ever. People ask me if I get nervous before meets and when I say no, they always look at me weird. Even for the biggest meets I've been to, I don't get nervous," Ward said. "I don't really see the point of being nervous. It's not going to make anything better. I've done the work, I've prepared and there's nothing to be nervous about."

Ward said he was recruited by the University of Missouri and a lot of other big schools, but he felt more at home at SIUE and really liked the sense of family he found.

"I came to a smaller school and people wondered why," Ward said. "When I was recruited here, they actually got to know me as a person. Mizzou tried to sell me on

their facilities and all the shiny stuff they had. It was all nice, but I'm just not a materialistic person. I felt like I was coming into more of a family here."

Ward said it makes his accomplishments worth more at a smaller school.

"Competing for a national championship at Mizzou or [the University of Southern California], I feel like wouldn't mean as much as winning it here," Ward said. "There are a lot of people that think you have to go to these big institutions to excel in sports. As long as you put the work in and stay healthy, you can do anything. I'm proof of that."

Ward said he owes his success to many different people who have motivated and helped him, especially those who have gone out of their way to make things possible for him.

"I have a little brother who's in high school who jumps and looks up to me, so that's a lot of motivation. I don't really try to be over him about it, I just want him to have fun with it. I don't want to put pressure on him."

"I also look up to my older brother as well. He's always supporting me and is probably one of my biggest heroes. But my dad is a big influence — he has fought through a lot of adversity — just knowing that he came through so much and has tried so hard to keep me from it. I try my best to make him proud, show him that all the hard work he put into me wasn't a waste," Ward said.

Ward has many other loyal supporters, including his best friend Greg Hayes, a senior at Eastern Illinois University.

"He's very hardworking when it comes to sports at school," Hayes said. "He's always himself. He never tries to be anybody he isn't. He's very determined. He never lets it overwhelm him. He just works as hard as he can and puts everything into his sport."

Hayes said they became friends in sixth grade. They had a class together and after one conversation, the two just clicked.

"I was talking to him the other

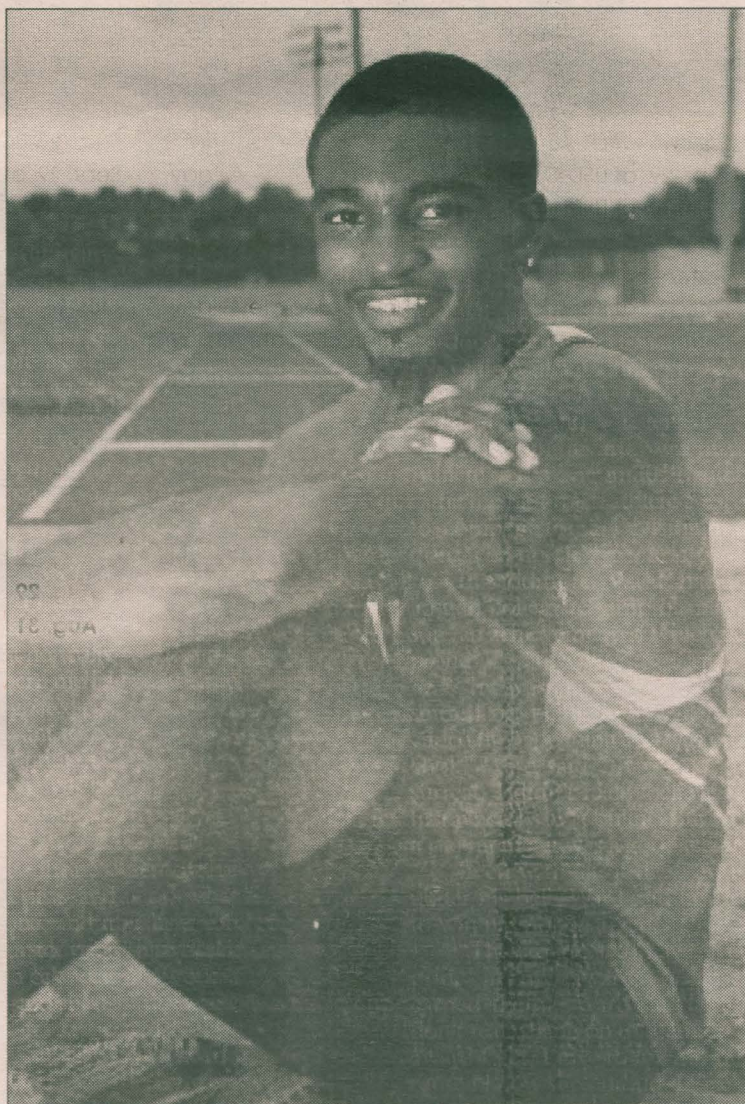
day about how he's No. 1 in long jumping and how he feels about it. He has always been one of the best athletes and he's never let it get to his head," Hayes said. "He's never been one of those people who's a show-off."

Ward said his best piece of advice for aspiring track stars and college athletes is to remember why they started playing.

"I really got into sports for the fun of it. In all honesty, when I

started track, I didn't think it'd be a sport I'd stay with and end up being so good at. I ended up finding a love for it that I didn't know I had," Ward said. "Just have fun and remember why you started, don't forget that if you really want to succeed, then give it your all."

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3524.



Junior La'Derrick Ward received offers from Missouri and other top Division I programs, but decided to come to SIUE. His gamble paid off, and Ward is now one of the top competitors in the nation. This season, Ward leaped 26 feet, 3 inches, the longest of all college long jumpers, and came back to SIUE with a fourth place plaque from the NCAA Outdoor Championships.

| Alestle file photo

THREE TRACK AND FIELD ATHLETES COMPETE AT NCAA CHAMPIONSHIPS

BEN LEVIN
Alestle Sports Editor

The SIUE track program set a new benchmark by sending three athletes to the NCAA Outdoor Championships last week, and one athlete had set the bar by finishing with the highest position in SIUE history.

Junior La'Derrick Ward finished in fourth place in the long jump at the NCAA Outdoor Championships on Thursday. Finishing in the top eight, Ward was named a First Team All-American.

While that may sound impressive to the average athlete, Ward felt he could have done better at the meet. Earlier in the season, he leapt eight meters, the farthest jump of any collegiate long jumper this season.

Head Coach Eileen McAllister said she understood why Ward was disheartened by his fourth place finish, but his season was still an impressive one.

"I know La'Derrick was a little disap-

pointed, but getting fourth place and being named a First Team All-American is great," McAllister said. "He shouldn't be too disappointed with that."

Ward accomplished his fourth place finish by jumping 7.56 meters, or 24 feet, 9.75 inches. Florida's Marquis Dendy matched Ward's season-best jump of 26-3 to win first-place in the long jump.

It was not Ward's first time competing at an NCAA Championship meet. Last year, Ward competed in the Outdoor Championships, and earlier in the season, he competed at the Indoor Championships where he finished in sixth place.

McAllister said she saw improvement from Ward not just from last season, but also from the Indoor Championships.

"I think he has to be happy and gain some confidence from this meet," McAllister said. "He belongs here. He's proven himself now a couple times, and he has shown himself as more composed and wanting to compete. Looking back at where he was a year ago, he definitely did-

n't have the composure he has now."

Also competing from SIUE were juniors Braxton Klavins and Jatavia Wright. Klavins finished in 16th in the 400-meter race, with a time of 46.40 seconds. Wright, who snuck into the championship meet as the 24th ranked competitor, finished in 18th place in the triple jump, soaring 41-5.25.

With three athletes going to the championship meet, this has been the best season for the SIUE track program since it transitioned to Division I competition. McAllister said this season is a brief showcase of what the program can do in the future.

"We're returning so many people, and I feel like we have one of our best incoming classes that we've had in years," McAllister said. "I'm excited about bringing those young athletes into a program that has completed the transition. There's a lot more to pass down. There's a lot more certainty."

With championship experience on

both the men's and women's sides of the track program, McAllister said the other athletes on the team should feel like making the top meets is achievable.

"I can't say enough about it," McAllister said. "We have multiple athletes returning that either went to the first round or that have gone on to the final round. That is more influential than us as coaches talking to the team and expressing where we want to go. Now, there are multiple people in multiple events, and it's just that much more of an expectation. This is how we are, what we do and what we expect."

With success at the big meets this season, McAllister said not only should athletes hope to do better, but expect to do better.

"Every time you go there and experience something, you higher expectations," McAllister said.

Ben Levin can be reached at blevin@alestlelive.com or 650-3524.



The SIUE women's soccer team finished with a 13-5-3 record in the 2013 season. Going 6-3-1 in the Ohio Valley Conference, the team was eliminated by top-seeded UT Martin. This season the team hopes to build around its success from the previous season. | Alestle file photo

WOMEN'S SOCCER HOPES TO BUILD ON SUCCESS



Junior midfielder Marissa Delgado takes the ball toward the opposition's box in a game from the 2013 season. | Alestle file photo

CAITLIN GROVE
Alestle Lifestyles Editor

The women's soccer team will begin its season on Thursday, Aug. 14, and expectations are already high.

Women's Soccer

Head Coach Derek Burton said the team has many goals for the upcoming season, and he expects the players to work towards all of them.

"Our expectations are really kind of baseline in terms of the way we expect players to come in fit and at the peak of their conditioning, be ready to work and give the effort needed," Burton said. "We have the talent to be able to do really well and challenge for a regular season title in the Ohio Valley Conference. The expectations are to do everything in our power to reach those goals."

Junior goalkeeper Jennifer Pelley said the team's main goal is to be conference champions.

"Last year, we had a really good nonconference play and when we got to the conference, we didn't play as well as we normally did," Pelley said. "I feel like that's somewhere we can improve. I also believe that we can be the second team in the school's history to make it to a NCAA tournament in Division I."

Burton said there are a few ways the team can improve next season.

"We'd like to see a consistency from our athletes, day in and day out, and how they approach training and the process it takes to be a Division I athlete," Burton said. "It's important to work towards a consistent mindset so that we're ready to work, ready to listen, ready to develop as individuals and collectively as a team. That's

number one, because without that, it will make everything more difficult."

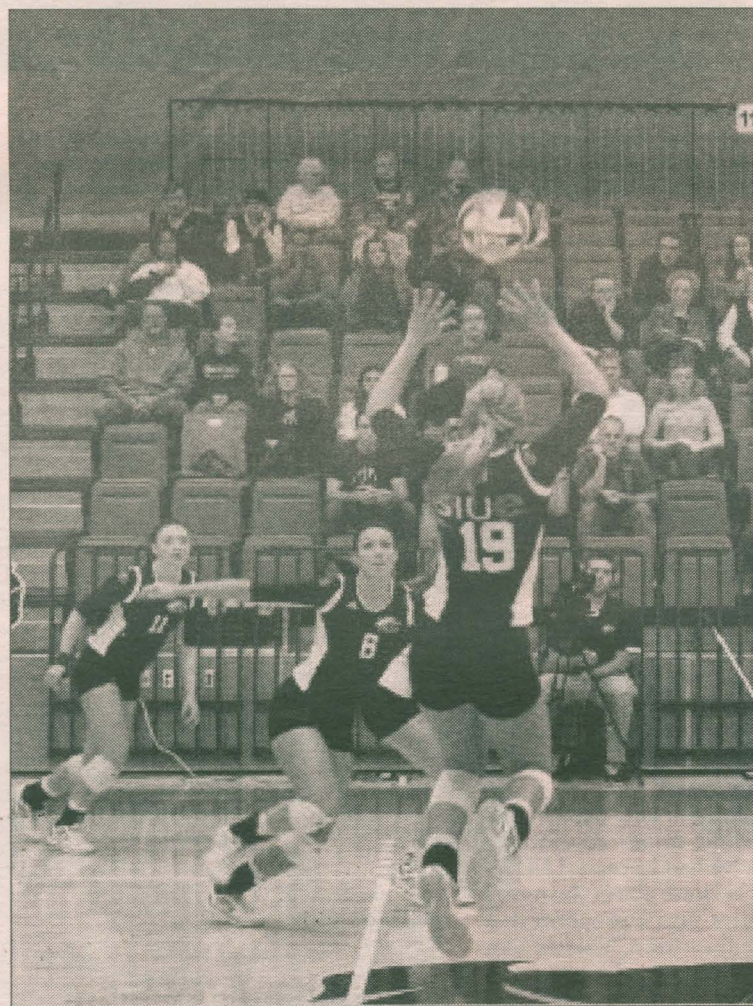
Burton said this will be somewhat of a challenge because the team has 11 new players joining the team who will be experiencing their first season of Division I athletics. Of the 11 players, two of those will be transfers, who Burton said should have an easier transition as opposed to the freshmen.

"We're going to be pretty young. We have 11 new players joining us out of 24, so almost half of our team will be new," Burton said. "I do expect there to be some growth happening but with the right work and mentality, rather than taking a season to grow into as good a team as we can be, we'd like it to be within the year."

Senior defender Samantha Jones said she is a little nervous

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VOLLEYBALL LOOKS TO IMPROVE IN 2014 SEASON



The SIUE volleyball team ended the 2013 season with a 14-18 overall record, and a 8-8 record in the conference. | Alestle file photo

CAITLIN GROVE
Alestle Lifestyles Editor

The SIUE volleyball team will begin its season Aug. 29. Head Coach Leah Johnson said a key objective for the program is to show progress and improvement and to build upon the success of last season.

Volleyball

"Something you always wish to avoid is mediocrity or doing something the same. You always want to show improvement," Johnson said. "We ended last season playing in a championship match in the conference tournament. We want to use that great finish and that confidence that we gained to build and move into the 2014 season feeling and playing as though we are a team that other teams are looking to beat."

Sophomore setter Mallory Mangun said she plans on picking up right where the team left off.

"We, as a team, expect to take right off," Mangun said. "Last year, we ended on a high note, so we want to keep growing, become stronger and more fluent throughout the season."

Johnson said the team has high expectations and goals for the upcoming season.

"In terms of big picture goals, our goal is to make the

conference tournament again," Johnson said. "We'd like to make a higher seed. We were the seventh seed this year [last season], so we would like to improve upon that."

With five freshmen on the team, Johnson said there will be a learning curve at the start of the season.

"In terms of looking to improve, consistency will be a major point of emphasis because we will be young," Johnson said. "We lost three key attackers, so the goal for us will be to play as consistent of a game as possible. We want to limit our errors so teams have to work hard to score against us. I think that's what is going to make us such a tough team to beat."

Senior defensive specialist Chelsea Colclasure said because this is her last year with the team, she plans on enjoying every moment.

"Being a senior, I want to improve on being a leader so that my teammates will look up to me," Colclasure said. "I'm looking forward to playing hard every game. I think this is going to be a great year. Hopefully we can finish with a bang."

Johnson said the team has a holistic leadership style when it comes to managing itself.

"Everyone on our team is expected to be a leader and every-

one leads in different ways," Johnson said. "We look at each player to improve upon their leadership capacity within every given year. The leadership will come from everyone in very dynamic and different ways, and I think that's what makes our team fun and interesting."

Mangun said she hopes to improve her voice on the team.

"My goal is to keep pushing myself to be on the court, starting or not," Mangun said. "I'm looking forward to helping my teammates out where they need it and to make everyone more fluent as a team."

Johnson said the players are facing a very difficult preseason schedule that they are very excited about.

"We're going to have to work for every win we get," Johnson said. "I think our team and our program is ready for that challenge and we are excited to move to that next level. We're also really proud of SIUE Athletics in general and how every team and every program is handling Division I in such a classy and competitive manner. We are excited to be a part of that."

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3524.

2014 FALL ROSTERS

MEN'S CROSS COUNTRY

Nick Dobbs	Freshman
Anthony Holshouser	Freshman
Matthew O'Connor	Freshman
Tyler Owens	Freshman
Ben Scamihorn	Freshman
Jessy Glaub	R-Freshman
Nathan Mefford	R-Freshman
Keith Meyer	Sophomore
Clint Kliem	Junior
Nick Moore	Junior
Evan Morgeson	Junior
Scott Woodard	Junior
Luke Padesky	Senior

MEN'S GOLF

Brady Dixon	Freshman
Austin Glendinning	Freshman
Danny Gorman	Freshman
Spencer Underwood	Freshman
Dalton Charboneau	Junior
Parker Lawrence	Junior
Colin McCarty	R-Junior
Mitchell Homb	Senior
Taylor White	Senior

VOLLEYBALL

Taylor Joens	Freshman
Katie Shashack	Freshman
Carley Ramich	Freshman
Emily Harrison	Freshman
Ashley Witt	Freshman
Alicia Streetar	Sophomore
Kasey Schumacher	Sophomore
Taylor Held	Sophomore
Mallory Mangun	Sophomore
Kristen Torre	Junior
Kaitlyn O'Reilly	Junior
Leslie Lindsey	Junior
Haley Norris	Senior
Chelsea Colclasure	Senior

WOMEN'S CROSS COUNTRY

Jessi Elder	Freshman
Ashley Brinker	Freshman
Jess Clarke	Freshman
Haley Miller	Freshman
Francesca Sikorski	R-Freshman
Erin Kennedy	Sophomore
Emily Conlon	R-Junior
Haley Briggs	Junior
Kirby Hale	Junior
Conradette King	Junior

WOMEN'S GOLF

Madison Frerking	Freshman
Heather McDaniel	Sophomore
Miranda Lidisky	Sophomore
Alison Gorman	Junior
Brittney Jostes	Junior
Molly Marcum	Junior
Ravyn Rodgers	Senior
Ashton Stair	Senior

MORE ROSTERS ON
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MEN'S SOCCER

TC Hull	Freshman
Keegan McHugh	Freshman
Lance Ramsey	Freshman
Joe Smith	Freshman
Devyn Jambga	R-Freshman
Mitchell Williams	R-Freshman
Drew Merideth	R-Freshman
Kyle Dal Santo	R-Freshman
Joel Duncan	R-Freshman
Andrew Kendall-Moullin	Sophomore
Austin Ledbetter	Sophomore
Jason Hackett	Sophomore
Justin Bilyeu	Junior
Gabe Christianson	Junior
Paul Scheipeter	Junior
Jacob Wieser	Junior
Jabari Danzy	R-Junior
Garet Christianson	R-Junior
Travis Hoguet	R-Junior
Brett Lane	R-Junior
Kent Kobernus	Senior
Matt Polster	Senior
Sean Baumann	Senior
Lewis Ellis	Senior
Christian Volesky	Senior

CAMPUS RECREATION

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COUGAR WELCOME 5K

Sunday, August 24 at 10am
VC East Entrance
Entry is FREE

▶ Register Online 24/7 for Intramurals siue.edu/crec/intramural

BAGS TOURNAMENT

Friday, August 22 at 8pm
Edwardsville Block Party
\$10 Team Entry Fee

GROUP FITNESS

Fall Classes Begin August 18
Featuring: Yoga, Bootcamp, Indoor Cycling, Zumba®,
Insanity, Turbo Kick, On Track, Belly Dancing
Over 40 Hours of Classes Each Week!

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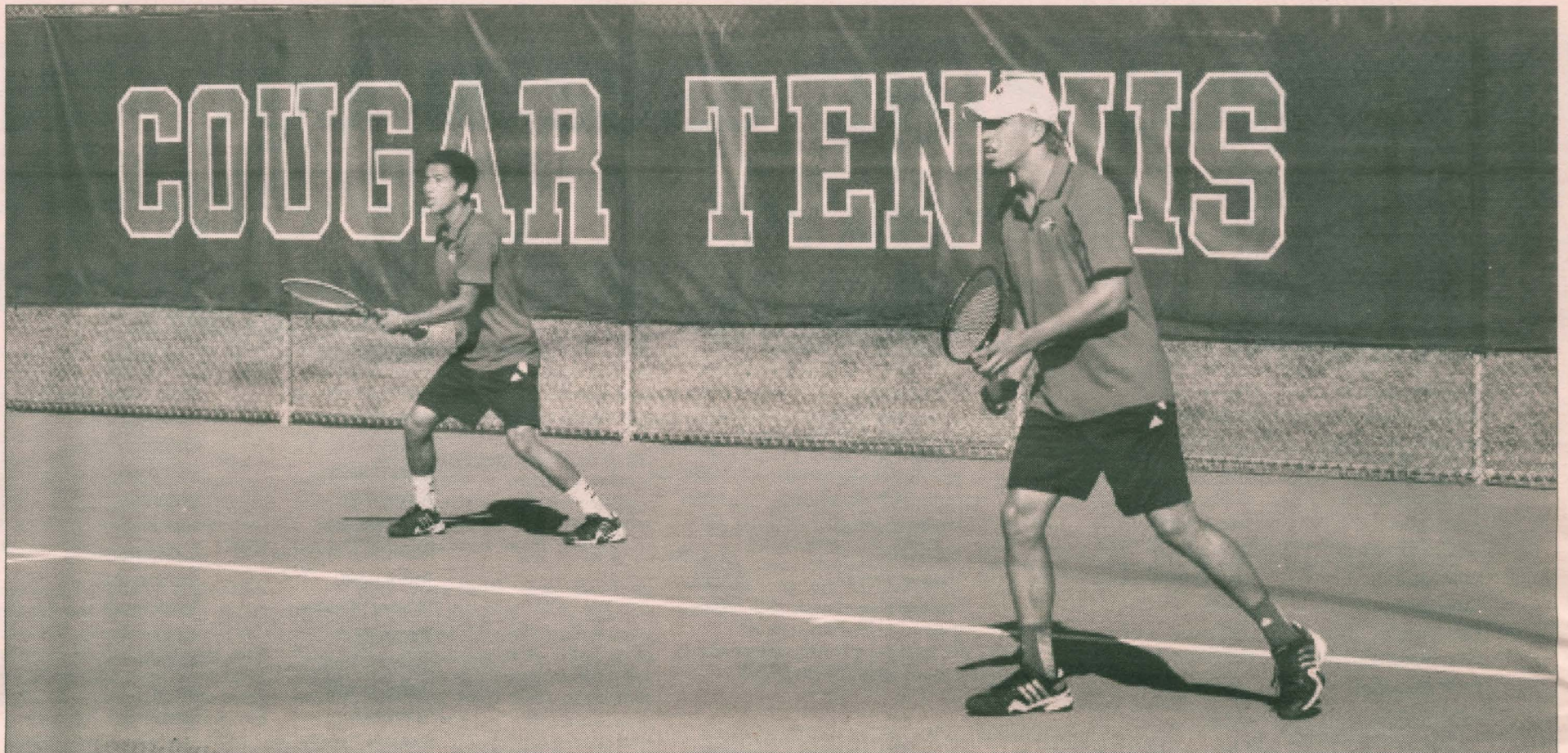
FACILITY HOURS

<h4 style="margin: 0;">STUDENT FITNESS CENTER</h4> <p style="margin: 0;">Mon-Thurs : 6am - 11pm Friday : 6am - 10pm Saturday : 9am - 9pm Sunday : 12pm - 10pm</p>	<h4 style="margin: 0;">INDOOR POOL</h4> <p style="margin: 0;">Mon-Fri: 6:15am - 8:15am 11:30am - 1:30pm 3:30pm - 8:30pm Sat-Sun: 12pm - 3pm 6pm - 8:30pm</p>
<h4 style="margin: 0;">CLIMBING GYM</h4> <p style="margin: 0;">▶ Chimega's Bouldering Cave Open All Hours of SFC Facility Operation</p> <p style="margin: 0;">Mon-Fri: 5pm - 9pm Saturday: 12pm - 4pm</p>	

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DESIGNED FOR LIFE



The SIUE men's tennis team finished the 2013-14 season with an 11-10 record overall, including a 5-4 record in the Ohio Valley Conference, earning the team the fourth seed at the conference championships. The team was bounced out of the OVC Championships by Morehead State. | Alestle file photo

MEN'S TENNIS AIMS TO WIN CONFERENCE IN 2014

CAITLIN GROVE
Alestle Lifestyles Editor

Men's tennis Head Coach Jason Coomer said the team's goal first and foremost is to win the conference tournament and in turn, receive an automatic bid into the NCAA tournament. He also expects them to have more of a veteran team this coming season, having only graduated one player from last season's team.

Men's Tennis

"Making and winning the tournament is always going to be our goal to start the season," Coomer said. "I think with the group of guys we have returning and the group of guys we have coming in, that is certainly attainable."

Junior Patrick Gaffigan said he expects a lot of improvement going into this season.

"We're working with a lot of the same guys as well as three new incoming freshmen, so I think we are going

to improve on a lot of things that need to be improved upon," Gaffigan said. "I think that in itself is a victory, just improving on your performance of last year. We learned a lot about ourselves last year and I think it's time that we are going to make big changes for our program."

Coomer said a big goal for the athletes is to challenge themselves as much as possible this fall.

"We're really going to look into enhancing our schedule. We're in discussions with some teams that will bring challenges for us but will also be great opportunities at the same time," Coomer said. "Just increasing our exposure to that top level to help prepare us for the conference season will be imperative for next year."

Coomer said the team will be looking toward its seniors for leadership this season.

"They've been in the program four years and understand what it has taken to get to this level," Coomer said. "These seniors were in my first recruiting class so they're obviously very special, but at the same time I place a high level of expectation on them to lead this

team."

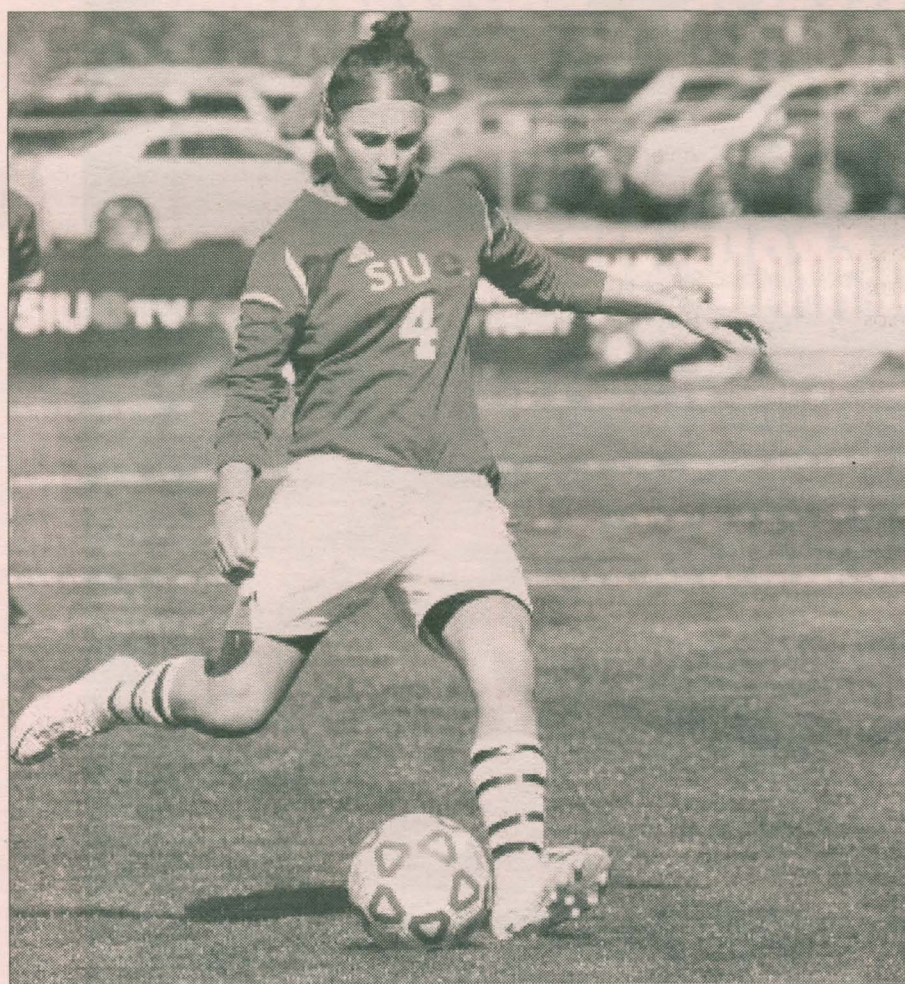
Gaffigan said he is looking forward to not only exceeding these expectations, but also being together again as a team.

"We're all really close to each other," Gaffigan said. "We all love playing tennis and we all love SIUE, so I think it's going to be fun to watch ourselves improve."

Coomer said last year they were ranked seventh and eighth and finished forth in the regular season, something they certainly will not forget going into this season.

"I think we have a team in place to really challenge for that conference championship," Coomer said. "But at the end of the day, we're going to have to out work people if we hope to achieve that goal. I am confident that this group of guys has this ability."

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3524.



Senior Michelle Auer squares up for a shot in a game during the 2013 season.

| Alestle file photo

WSOC | from pg. 30

about the number of new freshmen coming into the program.

"It's going to be difficult getting them all on the same page," Jones said. "That's one of my top five goals I have for this season: to get them all focused and on the same page and to know what the upperclassmen are expecting from this season, which is basically a championship win."

Burton said part of the reason the incoming class will be so big is because the team had seven seniors leave.

"All of our seniors leave a pretty lasting imprint on our program because they all played a lot. For the most part, they were all starters on a regular basis for four years, so they will all be missed. Their personalities and what they brought to our program for four years will be missed," Burton said. "That being said, we have good talented players coming in. They just lack the experience of all of those upperclassmen."

According to Burton, there are three segments to the season that each have separate.

The first segment is regular season nonconference games, which Burton said is important. But the next segment, which is the most important part, is being prepared to win in the conference schedule. Burton said following this, the post season is the third and final segment.

"It's a little bit dangerous to look too far ahead because you have to do one before you do the other," Burton said.

Burton said he feels confident in the

team's ability to win this season due to the strong leadership he expects to see.

"We have a handful of very strong leaders that are very good and very capable on our team. Jones will be one of our two seniors we will have this year. She's developed into a really strong and effective leader for our team moving forward," Burton said. "Pelley, who's our starting goalkeeper, has also emerged as a really strong leader. Those two mostly carry a lot of the leadership weight responsibilities for our team."

Jones said she is expecting a lot of determination, focus and more wins this coming season.

"I want us as a team to get to the tournament, get to the championship game," Jones said. "It'd also be great to get revenge on UT Martin, and beat them in the championship game."

Burton said the players and coaching staff are excited and ready for the upcoming season.

"All of our players are really driven. They are very positive because they see and they can feel what our potential is," Burton said. "Our coaching staff is equally excited to be headed into a season where there is so much potential for success, and we are doing everything we can to reach that potential. We're looking forward to getting started."

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3524.

SIUE ATHLETICS

2013-14 TEAM RESULTS

MEN'S SOCCER

8-9-2 OVERALL, 3-3 MVC

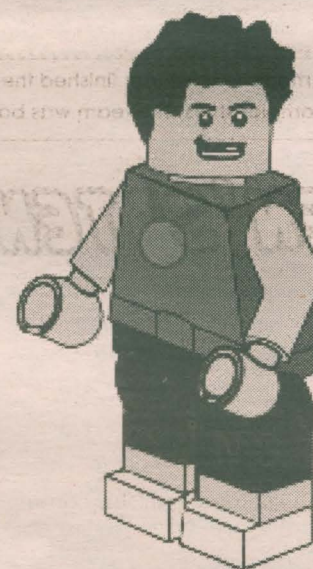
Aug. 16	Milwaukee (exh.)	W, 2-0
Aug. 23	IUPUI (exh.)	W, 1-0
Aug. 30	at Santa Clara	W, 2-1
Sept. 1	at San Jose State	W, 2-0
Sept. 6	vs. SMU	W, 1-0
Sept. 8	at Tulsa	L, 2-0
Sept. 13	Cincinnati	L, 2-1
Sept. 17	at Omaha	W, 1-0
Sept. 21	at DePaul	L, 2-0
Sept. 24	at Louisville	L, 1-0
Sept. 28	UIC	L, 1-0
Oct. 5	Central Arkansas*	W, 2-1
Oct. 12	at Northwestern	T, 0-0
Oct. 15	at South Florida	T, 1-1
Oct. 19	at Drake*	L, 1-0
Oct. 23	at Bradley*	L, 2-0
Oct. 26	Loyola*	L, 1-0
Nov. 2	Evansville*	W, 1-0
Nov. 9	at Missouri State*	W, 1-0
Nov. 13	vs. Loyola	W, 2-1
Nov. 15	vs. Missouri State	L, 1-0

WOMEN'S GOLF

Sept. 9	Murray State Drake Creek Invite	9th of 10
Sept. 10	Murray State Drake Creek Invite	9th of 10
Sept. 23	SIUE DoubleTree Invitational	4th of 10
Sept. 24	SIUE DoubleTree Invitational	3rd of 10
Oct. 14	Austin Peay Intercollegiate	9th of 14
Oct. 15	Austin Peay Intercollegiate	12th of 14
Oct. 21	Dayton Fall Invitational	15th of 18
Oct. 22	Dayton Fall Invitational	14th of 18
Oct. 28	Charles Braun Jr. Intercollegiate	9th of 14
Oct. 29	Charles Braun Jr. Intercollegiate	9th of 14
Mar. 14	SIUE/ USD Dual	W, 8.5-6.5
Mar. 17	SDS Jackrabbit Invitational	15th of 16
Mar. 18	SDS Jackrabbit Invitational	15th of 16
Mar. 30	SIU Saluki Invite	12th of 14
Mar. 31	SIU Saluki Invite	T, 7th of 14
Apr. 7	Gary Crossley Shootout	12th of 15
Apr. 8	Gary Crossley Shootout	T, 11th of 15
Apr. 13	Indiana State Invitational	8th of 9
Apr. 14	Indiana State Invitational	8th of 9
Apr. 21	OVC Championships	9th of 11
Apr. 22	OVC Championships	8th of 11
Apr. 23	OVC Championships	8th of 11

MEN'S CROSS COUNTRY

Sept. 6	EIU Walt Crawford Open**
Sept. 13	SIUE CC Challenge
	2nd of 7
Oct. 5	SIUE John Flamer Invite
	1st of 6
Oct. 18	Bradley "Pink" Classic
	12th of 22
Nov. 2	OVC Championships
	6th of 12
Nov. 15	NCAA Midwest Regional**



WOMEN'S SOCCER

13-5-3 OVERALL, 6-3-1 OVC

Aug. 16	W. Illinois(exh.)	L, 2-0
Aug. 23	at UMKC	L, 1-0
Aug. 25	at Drake	W, 4-1
Aug. 30	IUPUI	W, 2-0
Sept. 6	at Saint Louis	W, 1-0
Sept. 8	Indiana State	W, 1-0
Sept. 13	Loyola	T, 1-1
Sept. 15	Missouri State	W, 1-0
Sept. 20	vs. E. Washington	W, 2-1
Sept. 22	vs. Colorado	T, 0-0
Sept. 27	Tenn. Tech	L, 1-0
Sept. 29	Belmont	T, 1-1
Oct. 4	E. Kentucky	W, 2-1
Oct. 6	Morehead State	L, 1-0
Oct. 11	at Murray State	W, 5-2
Oct. 13	at Austin Peay	W, 1-0
Oct. 20	Jax. State	W, 5-1
Oct. 25	at SE Missouri	L, 1-0
Oct. 27	at UT Martin	W, 1-0
Nov. 3	at E. Illinois	W, 2-1
Nov. 7	vs. E. Illinois	W, 2-1
Nov. 8	at UT Martin	L, 2-1

MEN'S GOLF

Sept. 9	Derek Dolenc Invitational	2nd of 12
Sept. 10	Derek Dolenc Invitational	2nd of 12
Sept. 15	Ill. State D.A. Weibring Invite	14th of 15
Sept. 16	Ill. State D.A. Weibring Invite	10th of 15
Sept. 28	DePaul Dallio Memorial	8th of 11
Sept. 29	DePaul Dallio Memorial	8th of 11
Oct. 7	Cincinnati Bearcat Invitational	8th of 16
Oct. 8	Cincinnati Bearcat Invitational	8th of 16
Oct. 14	Kansas City Bill Ross Intercollegiate	13th of 15
Oct. 15	Kansas City Bill Ross Intercollegiate	12th of 15
Feb. 24	Loyola Snowman Getaway	17th of 17
Feb. 25	Loyola Snowman Getaway	17th of 17
Mar. 14	SIUE/USD Dual	W, 11.5-6.5
Mar. 17	SDSU Jackrabbit Invitational	17th of 15
Mar. 18	SDSU Jackrabbit Invitational	6th of 15
Apr. 7	Ark. State Red Wolves Intercol.	11th of 21
Apr. 8	Ark. State Red Wolves Intercol.	9th of 21
Apr. 12	UK Bluegrass Invitational	11th of 13
Apr. 13	UK Bluegrass Invitational	11th of 13
Apr. 25	OVC Championships	5th of 11
Apr. 26	OVC Championships	6th of 11
Apr. 27	OVC Championships	6th of 11

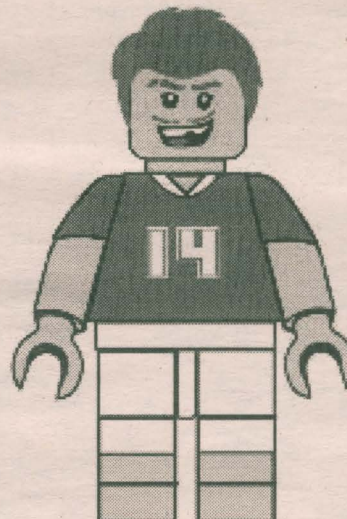
WOMEN'S CROSS COUNTRY

Sept. 6	EIU Walt Crawford Open**
Sept. 13	SIUE CC Challenge
	2nd of 5
Oct. 5	SIUE John Flamer Invite
	T2nd of 7
Oct. 18	Bradley "Pink" Classic
	22nd of 24
Nov. 2	OVC Championships
	8th of 12
Nov. 15	NCAA Midwest Regional**

VOLLEYBALL

14-18 overall I, 8-8 OVC

Aug. 24	Montana State	L, 3-1
Aug. 25	Santa Clara	L, 3-1
Aug. 25	W. Illinois	W, 3-1
Sept. 1	vs. W. Illinois	L, 3-2
Sept. 1	at Indiana State	W, 3-2
Sept. 2	at Loyola	W, 3-1
Sept. 7	at Akron	L, 3-0
Sept. 7	at Youngstown St.	L, 3-1
Sept. 8	at Binghamton	W, 3-0
Sept. 14	N. Illinois	L, 3-0
Sept. 18	Evansville	L, 3-0
Sept. 21	UT Martin*	W, 3-0
Sept. 22	SE Missouri*	L, 3-1
Sept. 25	E. Illinois*	W, 3-0
Sept. 29	at Belmont*	L, 3-0
Oct. 5	Eastern Kentucky*W	3-0
Oct. 6	Morehead State*	L, 3-1
Oct. 12	at Murray State*	L, 3-1
Oct. 13	at Austin Peay*	L, 3-0
Oct. 19	Austin Peay*	L, 3-2
Oct. 20	Murray State*	W, 3-0
Oct. 26	at SE Missouri*	L, 3-0
Oct. 27	at UT Martin*	L, 3-2
Nov. 2	at Tenn. Tech*	L, 3-1
Nov. 3	at JaxState*	W, 3-1
Nov. 7	at E. Illinois*	L, 3-1
Nov. 10	Tennessee State*	L, 3-1



MORE RESULTS ON PAGE 34

TRACK AND FIELD RESULTS AVAILABLE AT SIUEGOUGARS.COM

HOME GAMES BOLD

* CONFERENCE GAME

** INDIVIDUAL RESULTS AVAILABLE AT SIUEGOUGARS.COM

BASEBALL

21-33 OVERALL, 16-14 OVC

Feb. 14	at Wichita State	L, 6-1
Feb. 15	at Wichita State	L, 7-3
Feb. 16	at Wichita State	L, 21-2
Feb. 21	at NM State	W, 4-3
Feb. 22	at NM State	L, 16-12
	at NM State	L, 12-2
Feb. 23	at NM State	L, 4-1
March 1	vs. Ohio	W, 7-3
	at Georgia South	L, 14-5
March 2	at Georgia South	L, 8-2
March 7	E. Illinois*	W, 6-4
March 8	E. Illinois*	W, 8-7
March 9	E. Illinois*	L, 5-4
March 14	Jax. State*	W, 7-6
March 15	Jax. State*	L, 5-2
	Jax. State*	W, 9-8
March 18	Illinois State	L, 17-3
	Illinois State	L, 6-5
March 21	at Murray State*	W, 6-3
March 22	at Murray State*	W, 3-1
March 23	at Murray State*	W, 8-0
March 26	Maryville (Mo.)	L, 7-6
March 28	Tenn. Tech*	W, 3-1
March 29	Tenn. Tech*	L, 8-5
March 30	Tenn. Tech*	L, 10-6
April 1	at Evansville	L, 15-7
April 4	at SE Missouri*	L, 8-7
April 5	at SE Missouri*	L, 8-7
April 6	at SE Missouri*	L, 12-1
April 8	at Saint Louis	L, 9-4
April 9	Bradley	W, 6-5
April 11	Belmont*	W, 3-2
April 12	Belmont*	L, 8-5
	Belmont*	L, 8-3
April 17	at E. Kentucky*	W, 4-2
April 18	at E. Kentucky*	L, 9-8
April 19	at E. Kentucky*	L, 8-3
April 23	at Bradley	L, 5-1
April 25	Morehead St.*	W, 9-8
April 26	Morehead St.*	W, 11-4
	Morehead St.*	L, 8-7
April 30	Quincy	W, 11-2
May 2	at UT Martin*	W, 14-7
May 3	at UT Martin*	L, 3-2
May 4	at UT Martin*	W, 13-8
May 7	Saint Louis	L, 12-3
May 9	at Northwestern	L, 8-6
May 10	at Northwestern	W, 8-2
May 11	at Northwestern	L, 4-1
May 15	at Austin Peay*	L, 6-4
May 16	at Austin Peay*	W, 1-0
May 17	at Austin Peay*	W, 4-3
May 21	vs. Morehead St.	L, 11-6
May 22	vs. Jax. State	L, 7-5

SOFTBALL

30-23 OVERALL, 19-5 OVC

Feb. 8	vs. Oklahoma St.	L, 2-1
	vs. LSU	L, 14-2
Feb. 8	vs. Minnesota	L, 5-0
	vs. Central Ark.	L, 2-1
Feb. 14	vs. Mich. State	W, 3-2
	vs. Arizona State	L, 5-2
Feb. 15	vs. Oklahoma	L, 7-2
	vs. Washington	L, 17-0
Feb. 16	vs. Illinois State	L, 4-3
Feb. 21	vs. Kansas	L, 4-3
	vs. SE Louisiana	W, 7-0
Feb. 22	vs. SE Louisiana	W, 5-3
	vs. Jackson State	L, 4-3
Feb. 23	vs. Kansas	L, 5-0
Feb. 28	vs. UCF	W, 3-2
	vs. Col. of Charles L.	4-1
March 1	vs. Stetson	W, 6-5
	vs. UCF	L, 5-1
March 2	vs. Princeton	W, 3-1
March 13	at Missouri State	L, 4-3
March 15	Austin Peay*	W, 10-2
	Austin Peay*	W, 8-0
March 18	N. Iowa	L, 6-1
March 22	at Tenn. Tech*	W, 8-2
	at Tenn. Tech*	W, 1-0
March 23	at Jax. State*	L, 10-4
	at Jax. State*	W, 5-1
March 30	at UT Martin*	W, 7-2
	at UT Martin*	L, 9-2
April 5	Morehead St.*	W, 13-3
	Morehead St.*	W, 5-4
April 6	E. Kentucky*	W, 2-0
	E. Kentucky*	L, 8-5
April 9	at Saint Louis	W, 4-1
April 10	Bradley	W, 2-0
April 12	SE Missouri*	W, 10-0
	SE Missouri*	W, 9-2
April 13	SE Missouri*	W, 3-0
April 15	Saint Louis	L, 2-1
April 18	at Tenn. State*	W, 4-2
	at Tenn. State*	W, 2-1
April 19	at Belmont*	W, 3-2
	at Belmont*	W, 2-1
April 26	at Murray State*	L, 5-4
	at Murray State*	L, 7-2
May 3	E. Illinois	W, 4-3
	E. Illinois	L, 2-0
May 4	E. Illinois	L, 7-1
May 7	vs. Tenn. Tech	W, 1-0
May 8	vs. E. Illinois	W, 4-2
May 10	vs. Murray State	W, 12-1
May 16	at Alabama	L, 13-3
May 17	vs. South Ala.	L, 5-1

WOMEN'S BASKETBALL

11-19 OVERALL, 7-9 OVC

Nov. 5	Lindenwood	W, 85-63
Nov. 10	at Missouri	L, 59-48
Nov. 13	at Kansas	L, 72-56
Nov. 16	UMKC	W, 79-76
Nov. 20	UIC	L, 88-65
Nov. 26	IPFW	L, 91-74
Nov. 30	vs. Delaware	L, 71-42
Dec. 1	vs. UCF	L, 68-43
Dec. 6	vs. Wyoming	L, 87-63
Dec. 7	at Air Force	W, 76-55
Dec. 14	at IPFW	L, 96-71
Dec. 17	at Drake	L, 87-71
Dec. 19	at W. Illinois	W, 78-70
Dec. 28	Belmont*	W, 68-56
Jan. 4	E. Kentucky*	L, 59-54
Jan. 6	Morehead State*	L, 57-53
Jan. 11	at Tenn. Tech*	L, 72-66
Jan. 13	at Jax. State*	L, 71-68
Jan. 18	Murray State*	W, 71-67
Jan. 20	Austin Peay*	L, 77-67
Jan. 25	at UT Martin*	L, 111-72
Jan. 27	at SE Missouri*	L, 79-71
Feb. 1	at E. Illinois*	L, 71-61
Feb. 3	NJIT	W, 59-54
Feb. 8	UT Martin*	W, 65-62
Feb. 10	SE Missouri*	L, 69-60
Feb. 15	at Austin Peay*	W, 81-65
Feb. 17	at Murray State*	W, 73-61
Feb. 22	at Tenn. State*	W, 74-66
March 1	E. Illinois*	W, 67-58
March 5	vs. Jax. State	L, 71-59

MEN'S BASKETBALL

11-20 OVERALL, 7-9 OVC

Nov. 8	at Arkansas	L, 99-65
Nov. 13	Saint Louis	L, 82, 58
Nov. 16	Central Arkansas	W, 100-93
Nov. 22	vs. UC Davis	L, 80-75
Nov. 23	at Portland St.	L, 77-74
Nov. 24	vs. Loyola	L, 73-72
Nov. 26	at Oregon St.	L, 101-81
Dec. 2	Tex.-Pan Am.	W, 55-49
Dec. 7	Central Mich.	L, 65-64
Dec. 14	at IPFW	L, 95-75
Dec. 16	at Chicago St.	L, 81-64
Dec. 23	at SIUC	L, 74-57
Dec. 29	Rob. Morris-Spr.	W, 102-78
Jan. 2	Morehead State*	L, 70-63
Jan. 4	E. Kentucky*	W, 85-79
Jan. 9	at Jax. State	L, 61-52
Jan. 11	at Tenn. Tech*	L, 64-63
Jan. 16	Austin Peay*	W, 71-67
Jan. 18	Murray State*	W, 67-60
Jan. 23	at SE Missouri*	L, 82-78
Jan. 25	at UT Martin*	W, 87-82
Jan. 29	Crowley's Ridge	W, 77-48
Feb. 1	at E. Illinois*	L, 76-70
Feb. 6	SE Missouri*	W, 93-88
Feb. 8	UT Martin*	W, 84-78
Feb. 13	at Murray State*	L, 82-72
Feb. 15	at Austin Peay*	W, 83-68
Feb. 20	at Tenn. State*	L, 66-61
Feb. 26	Belmont*	L, 94-75
March 1	E. Illinois	L, 78-74
March 5	vs. Tenn. Tech	L, 74-67

WOMEN'S TENNIS

12-9 OVERALL, 7-3 OVC

Sept. 6	at SLU Fall Invitational**	
Sept. 7	at SLU Fall Invitational**	
Sept. 13	SIUE Fall Invitational**	
Sept. 14	SIUE Fall Invitational**	
Oct. 17	vs. ITA Central Regional**	
Oct. 18	vs. ITA Central Regional**	
Oct. 19	vs. ITA Central Regional**	
Oct. 25	at Drake Jamboree**	
Oct. 26	at Drake Jamboree**	
Oct. 27	at Drake Jamboree**	
Jan. 20	at Bradley	L, 6-1
Jan. 24	at Dayton	W, 5-0
Jan. 25	at Wright State	W, 4-1
Feb. 7	at N. Illinois	L, 4-3
Feb. 8	at Chicago State	W, 4-2
Feb. 15	Evansville	W, 4-3
Feb. 21	at Saint Louis	L, 6-1
Mar. 7	at S. Mississippi	L, 5-2
Mar. 8	at UT Martin*	L, 4-3
Mar. 9	at New Orleans	L, 4-3
Mar. 15	at E. Kentucky*	L, 4-3
Mar. 16	at Morehead St.*	L, 4-1
Mar. 22	Jax. State*	W, 4-3
Mar. 29	at Murray State*	L, 4-2
Mar. 30	at Austin Peay*	W, 5-2
Apr. 5	at SE Missouri*	W, 5-2
Apr. 6	UT Martin*	W, 4-3
Apr. 10	at E. Illinois*	W, 4-3
Apr. 12	Belmont*	W, 6-1
Apr. 13	Tenn. State*	W, 6-0
Apr. 17	vs. UT Martin	L, 4-3

MEN'S TENNIS

11-10 OVERALL, 5-4 OVC

Sept. 6	at SLU Fall Invitational**	
Sept. 7	at SLU Fall Invitational**	
Sept. 20	SIUE Fall Invitational**	
Sept. 21	SIUE Fall Invitational**	
Sept. 22	SIUE Fall Invitational**	
Sept. 28	vs. ITA Central Regional**	
Sept. 29	vs. ITA Central Regional**	
Sept. 30	vs. ITA Central Regional**	
Jan. 18	IUPUI	W, 4-3
Jan. 24	at Dayton	W, 4-3
Jan. 25	at Wright State	L, 4-1
Feb. 7	at N. Illinois	L, 6-1
Feb. 8	at Chicago State	W, 4-2
Feb. 21	at Saint Louis	W, 4-3
Feb. 23	at Arkansas	L, 6-1
	at Arkansas	L, 4-0
Mar. 7	at Southern Miss.	L, 6-1
Mar. 8	at Loyola (NO)	W, 7-0
Mar. 9	at New Orleans	W, 4-3
Mar. 15	E. Kentucky*	L, 4-3
Mar. 16	at Morehead St.*	W, 4-3
Mar. 22	Jax State*	L, 4-0
Mar. 23	Tenn. Tech*	W, 4-3
Mar. 29	at Murray State*	W, 4-1
Mar. 30	at Austin Peay*	L, 5-2

WRESTLING

Oct. 20	Red/Black Intra.	Red 24-17
Nov. 16	vs. Ouachita Bap.	L, 26-15
	vs. Arizona State	L, 32-3
	vs. Illinois	L, 38-3
Nov. 23	at Joe Parisi Open**	
Nov. 24	Purdue	L, 30-15
Dec. 7	vs. VMI	W, 23-14
	vs. N. Colorado	L, 25-17
	vs. West Virginia	L, 27-3
Dec. 15	at Northwestern	L, 36-6
Dec. 29	at Midlands Champions**	
Dec. 30	at Midlands Champions**	
Jan. 4	at Northern Illinois	L, 33-15
Jan. 11	Missouri	L, 40-0
Jan. 19	Chattanooga	L, 35-6
Jan. 25	Grand View Open**	
Feb. 9	Buffalo	L, 27-12
	Eastern Michigan	L, 24-13
	Grand Canyon	L, 33-6
Feb. 15	Lindenwood	W, 54-0
Feb. 15	Indiana	L, 29-6
Feb. 19	vs. Gardner-W.	W, 23-10
	vs. Campbell	L, 20-18
Feb. 22	vs. Citadel	L, 34-3
	vs. UNC	L, 32-15
Feb. 23	Davidson	L, 26-21
	App. State	L, 27-12
Mar. 8	SoCon Tournament**	
Mar. 20	NCAA Championships**	

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In 2013, the SIUE men's golf program came in sixth place at the Ohio Valley Conference Championships. The women's program finished its season with an eighth place finish at the OVC Championships. | Alestle file photo

MEN'S AND WOMEN'S GOLF STRIVE FOR OVC TITLE

CAITLIN GROVE
Alestle Lifestyles Editor

The men's and women's golf teams will begin their seasons September 8 and are already preparing for it to be a successful one.

Golf

Head coach of both teams Derrick Brown said he expects the teams as a whole to compete in every tournament they go to, with the ultimate goal of challenging for an Ohio Valley Conference title.

"I want every returner to come back and better themselves from the year before, both in finishes in tournaments and in scoring average," Brown said. "I also expect all the newcomers to come in, ready to compete and adjust to the college game."

Junior Alison Gorman expects continued improvement from the women's team this year.

"I'm hoping all of us can come back after summer and continue on making improvements and doing better in tournaments," Gorman said. "I think as a common goal, we

always try to shoot for top 50 percent of tournaments. I hope all of us can improve our scoring average and just continue to progress in general."

Brown said the biggest improvement he hopes to see this coming season is consistency from both teams.

"Last year was a little up and down," Brown said. "We'd have a good tournament and then a disappointing one. I'm just looking this year for more consistency across the board from both teams."

The women's team will be gaining one new player, while the men's will be gaining four; something Brown said will positively impact both teams.

"I think our new women's golfer will come in and compete right away. She's got a lot of tournament experience at the junior level that I think will help our team," Brown said. "On the men's side, I think we have four good guys coming in who really want to be at SIUE and who are all exceptional leaders."

Brown said he expects to see leadership from all of the upperclassmen.

"It's someone who is going to come out and help lead the team in whatever way possible, whether it's on the course, off the course or at practice," Brown said.

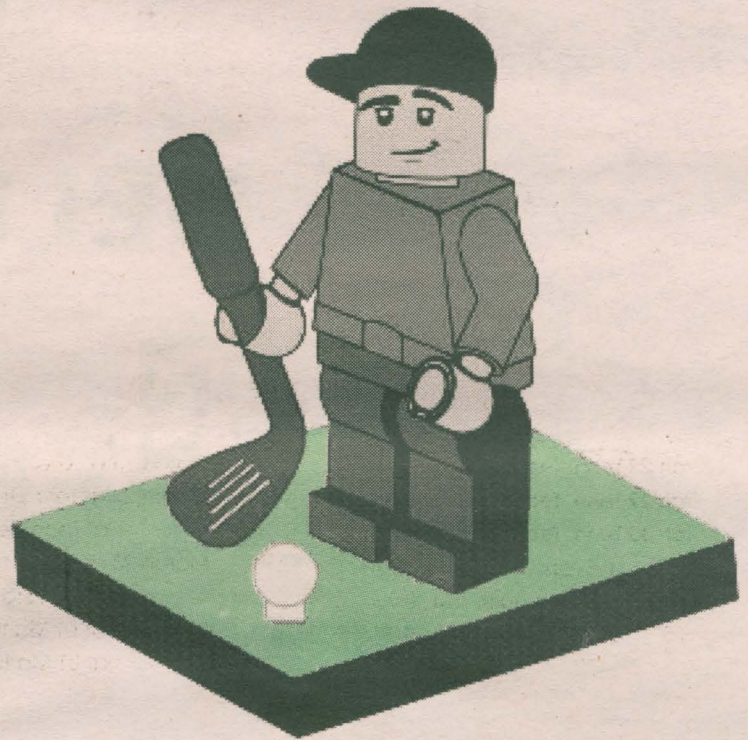
Brown said he is excited for what each and every player has to offer this coming season.

"I'm looking forward to seeing what the newcomers can do and I'm also looking forward to seeing what our returning players can do," Brown said. "I know a lot of them have been working hard and have played well in tournaments over the summer. I'm ready to go and excited for August to get here."

Senior Taylor White said he is anxious for his final year and everything it has to offer.

"Going into my senior year, I'm looking forward to enjoying it and reflecting back on all the times we had," White said. "I want to be able to put something together that we can all remember and a performance the school can be proud of."

Caitlin Grove can be reached at cgrove@alestlelive.com or 650-3524.

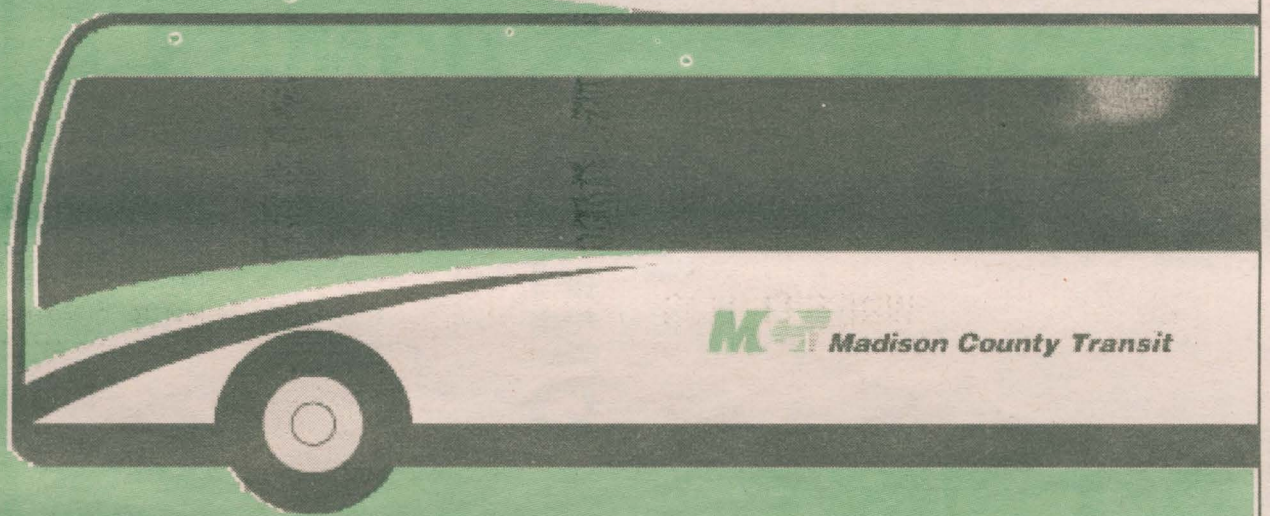


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