

# BACK TO SCHOOL SURVIVAL GUIDE

*The Alestle Fall 2016*





## 20 student discounts, delivery options





# ICYMI:

*in case you missed it*

## Pokémon catches hold on campus

CONNOR McMAHON  
Alestle Reporter

If you have been on campus anytime since July 6, then you have more than likely seen herds of students walking around, staring at their phones. While this is not a new occurrence, what they are staring at on their phone is new. According to Apple, the worldwide mobile app sensation PokémonGO was downloaded more than any other app ever within the first week of its release.

PokémonGO is an augmented reality game that allows users to locate Pokémon on a real life map and then catch them on their phone. Users can also evolve and train their Pokémon, as well as battle in Pokémon gyms and collect in-game items at Pokéstops in real life.

Assistant Director of Residence Life Sarah Kirkpatrick originally downloaded the game because she thought her daughter, Grace, might like it, but Kirkpatrick said she has enjoyed the game as well.

"Prior to the app, we would visit local parks once or twice every two weeks," Kirkpatrick said. "Since getting the app, we are outside almost daily. We'll come to campus after hours or go the park in the evening when normally we might not."

Kirkpatrick said she has seen a lot of other players around the city and on campus, and has gotten to meet a few new people because of the app.

"I play with my daughter, and we have a 'don't talk to strangers policy,'" Kirkpatrick said. "But we have talked to people playing the game if we have questions. When I see students on campus, I might ask them."

Kirkpatrick said she has seen the app's already-impressive popularity continue to grow.

"For a little bit, I was the only one, but now I have coworkers and friends who are playing," Kirkpatrick said.

"There are actually a lot of them in my office, but I want my bosses to know that I only play it over lunch."

Kirkpatrick and her daughter said SIUE's campus is a great place to be a PokémonGO trainer.

"The best spot is by the Engineering Building, where there are four Pokéstops," Grace Kirkpatrick said. "They have a lot of good Pokémon and a gym."

Players are not the only ones taking advantage of all the great PokémonGO action on campus — university organizations are getting in on the game as well.

"We have seen more students in the store," SIUE Cougar Store supervisor Anna Pavlik said. "We'll ask them if they need help as they stare at their phones. They just wander into a section where they don't really need anything, and you can tell what they're doing."

The SIUE Cougar Store is also taking advantage of the PokémonGO craze via social media. Its Twitter account — @SIUECougarStore — has been tweeting about Pokémon nearby and active lure modules near their location.

"It has helped with our online presence a lot," Pavlik said. "We have [received] a lot of retweets and conversations started from that."

Pavlik said she believes the app will positively impact their business when more students are back on campus for the fall semester.

"We don't have a ton of students on campus right now," Pavlik said. "But I think once we get into fall, it will definitely help with sales."

However, social media and involvement in PokémonGO are not the only ways the Cougar Store is trying to make an impact online.

READ MORE ABOUT 'POKEMON' AT ALESTLELIVE.COM.



A Ratata appears outside the Morris University Center in front of the Cougar Statue, a popular place for Pokémon on campus. | Screenshot by Kyle Stepp

## Dunn announces Pembroke as ninth SIUE chancellor

KYLE STEPP  
Alestle Sports Editor

After a nine-month-long national search, Southern Illinois University System President Randy Dunn announced that Randy G. Pembroke will be the new chancellor of SIUE Monday, June 2. Pembroke is an SIUE alum, and will begin his new position as chancellor in early August.

Pembroke replaces interim chancellor Stephen Hansen, who filled in temporarily after former chancellor Julie Furst-Bowe resigned from her three-year tenure last summer, to take a position as vice president of instruction at Chippewa Valley Technical College in Wisconsin.

Pembroke, who is currently the vice president for academic affairs at Washburn University in Topeka, Kan., will serve as SIUE's ninth chancellor, pending approval from the SIU Board of Trustees. The Board is scheduled to meet in Springfield, July 14, to vote on Pembroke's contract.

"One of the things that attracted me [to SIUE] was a wonderful combination of a liberal arts education and the number of graduate and professional programs has continued to grow... I'm incredibly excited to return home," Pembroke said during a conference call Monday afternoon.

Pembroke shared that he had not been on campus in 25 or 30 years, and during his visit in May, he said he took a trip down memory lane. Coming to his alma mater, less than an hour from Greenfield, where his parents reside really made this position a wonderful opportunity.

"One of the things I really like about this opportunity is to be able to work at a place and to try to work with the staff and students to make SIUE just the best it can possibly be," Pembroke said.

"I really feel like by being chancellor, I'm helping to meet the needs of people that I grew up with, so that's an exciting thing," Pembroke said.

Pembroke is coming to SIUE with an extensive track record where he was previously department chair, division chair, associate dean and eventually dean of Conservatory of Music and Dance at the

University of Missouri-Kansas City. He also served as the interim vice president for enrollment management and provost at Baker University in Baldwin City, Kan.

According to Pembroke, listening and reviewing data are important for a leader and he looks forward to both listening and asking questions from the students, faculty, staff and community.

"I tend to ask questions and then spend a lot of time listening, because I think it's important to get the perspective of the people who are there," Pembroke said.

"The people I'll be working with [at SIUE] have done a great job for 10, 15, up to 30 years, so I'll listen and ask questions. What do you think is important, and what resources do we have to address this? If people are making a case for a new direction, I tend to ask for data — believe it or not for a musician, my [doctorate degree] had a lot of statistics in it," Pembroke said.

Pembroke said he will spend his first months on the job focusing on the needs of the community, students and the institution itself to make sure the university offers relevant programs and continues to compete in higher education.

"It will be an amazing balance between meetings on campus and off campus. One of the challenges is getting to know the people who know what's going on; it's like jumping on a moving train... [There will be] a series of meetings with leaders on campus to make sure I understand what they're wanting to do. But as I said in my presentation [during the interview process], I think the key is making partners in the community and finding areas that serve both the community and higher education. I kind of know the geography of the area, but the people have changed in the last 30 to 40 years. It'll be exciting meeting them," Pembroke said.

A welcome reception for Pembroke will be held at the beginning of Fall semester. A date has not yet been determined.

READ MORE SUMMER NEWS  
AT ALESTLELIVE.COM.

## New student body president prepares for upcoming year

KIAH EARL  
Alestle Reporter

Junior marketing and entrepreneurship major Luke Jansen has recently stepped into the position of student body president for the 2016-2017 academic year.

Jansen said his goals include working hard on unifying the campus and collaborating with various organizations to provide a more diverse community for current and prospective students.

An Effingham native, Jansen said he is looking forward to bringing new ideas to Student Government.

"This year, we are going to work hard to promote diversity and inclusion on campus," Jansen said. "We're working hard to make Diversity Week a very big initiative."

According to Jansen, a diversity and inclusion requirement is already active for students at SIUE, however, he has plans to strengthen the existing program.

"We're working directly with the provost [Denise Cobb] to initiate some sort of diversity and inclusion aspect to the core curriculum," Jansen said.

"We want to make this program a lot stronger and more important for students," Jansen said. "These are conversations that need to be had, and there are so many students on this campus who are not including themselves in those conversations."

Jansen said he hopes through strengthening the program, students will be encouraged to be leaders and will become activists for doing the right thing both on campus and off.

For all students on campus, including junior biological sciences major JaMario Jeffries, Jansen represents the voice of the student body at the university level, relaying our requests to high up constituencies.

"It's nice to know that we as students can depend on those who speak for us to say the things we want them to say and do the things we want them to do," Jeffries said.

Jansen said he also plans to continue to work with the "It's On Us" campaign on campus, which educates and trains SIUE students on how to spot signs of sexual assault and prevent it from happening. Jansen said while the campaign has been doing well for the past few years, he is looking forward to working with students and staff to make it even better this year.

Partnering with other organizations on campus, Jansen also plans to promote National Suicide Prevention Week during the month of September.

"It's again, one of those conversations that needs to be happening," Jansen said.

Jansen said he is excited to be apart of something so important on campus and said this campaign also promotes a conversation that is lacking throughout

the student population and needs to be reignited.

"It's one of those things that everyone seems to shy away from, as if it's taboo or something," Jansen said. "People don't think they can openly talk about it, but it's extremely important."

Jansen said while mental health is sometimes ignored, it needs to remain a constant conversation on any college campus, and especially our own.

Jansen, along with partnering organizations, said he plans to promote a positive environment on campus for students and plans to keep the conversation going by promoting services on campus and providing awareness.

"We plan to just be here for students," Jansen said. "Sometimes in the past, we might not have been here for all students or truly been here at all for students in general. We really want to focus on being here for everyone on campus as the unified student body of SIUE."

As a member of Sigma Phi Epsilon, Jansen serves as a positive role model in the community and on campus by participating in events and fundraisers with his fraternity brothers. Jansen is also an executive board member of Dance Marathon and said he is personally invested in giving back to not only the SIUE campus, but the community at large.

READ MORE ABOUT THE  
STUDENT BODY PRESIDENT  
AT ALESTLELIVE.COM.



# Welcome back SIUE

## from the Alestle Editor-in-Chief

### Get plugged in, stay informed with the Alestle

Happy first week everybody! For some of you, this may be your first taste of college, while for some it's your fourth year as a Cougar — and of course, I can't forget about you transfers, exchange and graduate students! Despite where you are in your academic career, welcome to SIUE.

What you have here in your hands is a special edition of SIUE's student-run newspaper, the Alestle. This Back to School Survival Guide is filled with information about student resources, campus life, upcoming events and sports to keep you in the loop at the E. Flip through and give it a read — we made it just for you!

As the semester continues past the excitement of welcome week, check in with the Alestle for the latest in campus news, lifestyles, opinions, sports and blogs. Look for our online edition Tuesdays at alestlelive.com and our print issues on stands around campus Thursdays. Also, don't forget to add us to your social media stream; we are active on Twitter (@theAlestle), Facebook (AlestleLive), Instagram (@theAlestle) and Snapchat (theAlestle).

The Alestle has received both national and state recognition, most recently bringing home 13 awards this past February from the Illinois College Press Association including an honorable mention for General Excellence.

**The Alestle works to serve you, so let us know how we can do that.**

Last October, the Alestle placed fourth in Best of Show for the 2015 Back to School Survival Guide at the National College Media Convention in Austin, Texas. Needless to say, the student staff of the Alestle prides itself on continuing to produce an award-winning publication that our community can count on for reliable information regarding SIUE.

While we are focused on providing you quality content, there are also a number of ways our readers can get involved. Submitting a letter to the editor gives you a platform to voice your opinions freely. Online we also have interactive polls, occasional social media contests, and a blog section on which we can feature articles written by you!

Sharing story ideas is another way our readers can shape the content we create — we can't report on something if we don't know it's happening! If

there's something happening that you think we should cover, send us a message on social media, or contact one of our editors directly via email — news@alestlelive.com, lifestyles@alestlelive.com, opinion@alestlelive.com, sports@alestlelive.com, onlineeditor@alestlelive.com, photo@alestlelive.com. The Alestle works to serve you, so let us know how we can do that.

Lastly, if you're a hardworking and motivated student looking for employment, consider a position with us at the Alestle. Our staff is made up of reporters, copy editors, photographers, graphic designers, advertising sales representatives and we are always accepting applications. Visit us at our office on the second floor of the Morris University Center in Room 2022 to pick up an application, or email me at clally@alestlelive.com for access to our online application.

Welcome back Cougars, and cheers to the start of a new year!

**Caitlin Lally**  
Alestle  
Editor-in-Chief



## from the Chancellor

### Exciting changes in store for upcoming years

Welcome! It is an honor and privilege for us as faculty and staff at Southern Illinois University Edwardsville to meet your educational needs, and in so doing, help you achieve your career goals.

Since many of you do not know me yet, I should start by introducing myself. My name is Randy Pembroke and I am the Chancellor at SIUE.

As the new Chancellor, I look forward to getting to know you and being a part of this very special time in your life.

There are two themes that I've been reflecting on recently — first-time experiences and the concept of returning. You see, I was an SIUE student myself here in Edwardsville many years ago. So, like those of you returning to SIUE this fall, I have the sense of coming back to campus. I have some of the same perspectives you do ... certain elements on campus are the same or similar to what they were when you left, but many new and exciting changes also await you in the years to come.

I think our returning students will find exciting changes in store in 2016-17 as we look forward to: The completion of Science East (funds have been released by the state of Illinois to continue renovations), the School of Dental Medicine's clinic on campus here at SIUE, a two-story addition for the Engineering student projects workshop, universal and inclusive locker room/restrooms in the Student Fitness Center and Vadalabene Center, Roomcompact

**The only mistake you can make is not asking for help.**

software for university housing, SOAR services for first generation, low-income and underrepresented students, online learning strategies and resources from Disability Support Services, and much more than can be mentioned in this short welcome note.

For those of you who are new to SIUE, I am experiencing that as well. This, obviously, is my first time experiencing the campus as Chancellor. So, you and I are beginning a new journey together this fall and I look forward to shaking your hand on stage in four years in the Vadalabene Center when you graduate!

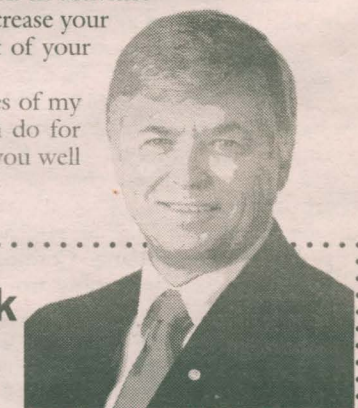
We have so many people here on campus who want to help you during your SIUE experience. I encourage you to interact with advisors, counselors, tutors, faculty members and administrators who are here to provide valuable services. If you have a question or a concern ... ask someone for input! The only mistake you can make is NOT ASKING for help!

I also hope you will find ways to get involved. The college experience is so much richer if you serve on Student Government, participate in music and theater productions, join a sorority or fraternity, or complete service projects in the community.

When I was a student at SIUE, the student population was largely made up of commuters. The campus has evolved in many ways since then and the student experience, both for residents and those who live off campus, has so many more varied and interesting opportunities than in decades past. I hope you will take advantage of these opportunities and participate. While it may seem a bit counterintuitive, becoming involved in activities outside your major actually will increase your chances for success and fulfillment of your educational goals.

Finally, let me offer the services of my office. If there is anything we can do for you, please let us know. We wish you well in the year to come. Go Cougars!

**Randy Pembroke**  
Chancellor





## from the Student Body President

# Time flies, make the most of this year at the E

Welcome back! It's the most wonderful time of the year, right? This is the season of new beginnings.

For the new students on campus, this is a time of excitement and perhaps a bit of nervousness. I was pretty nervous when I was in your shoes a few short years ago, but let me assure you that you have absolutely nothing to be nervous about.

You should be ecstatic that you have four (or more) years of new adventures ahead. Remember that age is only a number and it is never too early to begin leaving your legacy at the E.

In the coming days and weeks, I challenge you to take the endless opportunities that will be placed before you to immerse yourself in everything that SIUE has to offer. The faster you connect, the faster this new place will feel like a home.

For my fellow upperclassmen, this is still a great time of new beginnings. Maybe you are ready to hit the ground running in your new classes, maybe you are declaring a different major, maybe this is the year you join a new different organization, or

**Never forget that your happiness is your choice.**

maybe you are simply looking forward to getting back to campus to discover all of the PokeStops.

Whatever your new beginning is, embrace it. I challenge you to look around and think of an opportunity that you have not taken advantage of yet.

Join the organization you have always wanted to know more about, apply for that study abroad trip you have been dreaming of since freshman year (Oh wait, is that just me?), talk to that stranger that has somehow been in every one of your classes thus

far. Forget about whatever is holding you back and just do it!

Make this an impactful year because if there is one thing we have all learned by now, it is that time flies! Before we know it, our time at SIUE will be a distant memory and we will go out into the world to make our alma mater proud.

I can promise all of you that this is going to be a great year, but only if you make it one. Never forget that your happiness is your choice.

I have said it once, and I will say it again: make an effort to truly be a part of the E this year. Welcome back Cougars, we're glad you're here!

**Luke Jansen**  
Student Body  
President



## from the Vice Chancellor for Student Affairs

# Three guidelines for a successful college career

Welcome to the Southern Illinois University Edwardsville community! The transition to college can be an exciting and overwhelming time for you, and Student Affairs is here to assist you in the pursuit of your education.

Research shows that if you follow these guidelines, you will be successful on campus and become a successful graduate.

First, you must build your network.

As you may have heard, it's not only what you know, it's who you know. While at SIUE, you need to build a network of faculty, staff, and students who can help you achieve your dreams and goals. Engage faculty and staff both inside and outside the classroom. They will guide and mentor you, assist you in finding internships and co-ops, explore the possibility of graduate education and write those important letters of recommendation for you.

Probably the most important network though is a network of friends. College is a time to meet new people and develop lifelong relationships. A network of close friends can help you through the good and bad times and will always be there for you. Choose them wisely!

**A network of close friends can help you through the good and bad times and will always be there for you.**

Second, go to class and participate.

Yes, I am telling you to go to class! The number one way to get behind in your coursework is to miss class. Attend class and become an active participant in your education, engage faculty outside the classroom and ask questions if you don't know the answers. If you need help, ask for it! We are here to assist in your success.

Third, get involved in campus life.

Each year, nearly 10,000 students improve their health and fitness on campus by participating in Campus Recreation programs and services. More than 5,000 are involved in over 260 student organizations. And almost 1,000 students are actively engaged as members of fraternities and sororities at SIUE.

But it's more than just fun and games! Involved students earn higher grades, are more likely to graduate, and develop the skills valued by employers.

I look forward to meeting you on campus and hope you find your university experience both rewarding and memorable. Please feel free to contact me if you have any questions or concerns or if you just want to meet and discuss anything that is on your mind at [jwapple@siue.edu](mailto:jwapple@siue.edu).

**Jeffrey N. Waple**  
Vice Chancellor for  
Student Affairs



## Where do you Alestle?

Post a photo of you with your copy of the Back to School Survival Guide for a chance to win a \$50 gift card to Drunken Fish Sushi Restaurant!

### RULES

1. Must follow The Alestle on Twitter, Facebook and Instagram
2. Must post a photo of where you're reading the Alestle with the issue in the picture
3. Must use the hashtag #myBSSG2016
4. Must be appropriate

### CRITERIA

Winners will be selected by the editorial staff of the Alestle using the following criteria:

1. Quality and creativity of photo
2. Number of likes or shares on the photo

### DISCLAIMER

All photos can be used for the Alestle's social media and website needs.

In exchange, the Alestle will give the person credit for the photos in social media posts.

Share your photo by Friday, Aug. 26 on Twitter, Facebook or Instagram (doesn't need to be all three). A winner will be chosen and announced via social media Monday, Aug. 29.



The Alestle



@thealestle



@thealestle



# Keep calm and avoid parking tickets

**CHLOE RICE**  
Contributing Writer

Whether you live on campus, off campus, have a car or don't, knowing the transportation options and policies at SIUE is useful to get around town, and most importantly, avoid parking tickets.

Parking lots on the Edwardsville campus are color coded and

match corresponding parking permits that are available for purchase online or in person at Parking Services in Rendleman Hall. Commuters typically buy red passes, while housing residents generally have yellow passes. Other colored passes, such as green, orange, brown and silver, are also sold depending on one's parking needs.

No matter what color pass one has, it is crucial to only park

in the locations allowed during the times required. Parking Services often patrols the lots searching for out-of-place vehicles and will issue a ticket without remorse.

Fines for parking in the wrong lot, or not having a permit displayed start at \$20. If a fine goes unpaid for 14 days, \$10 is added. Additionally, after the first offense, one's fines begin to accumulate — the second ticket

will be \$30, the third will be \$40, and so on until the ninth offense when it reaches a maximum of \$100.

While not everyone may have their own car to drive and park on campus, SIUE is located in a community that offers several forms of transportation. The Madison County Transit buses outside of Peck Hall have many stops both on and off campus. Some of the stops include Cougar Village and the Morris University Center, along with Early Childhood Center. The bus ride is even free — a college student's golden ticket to success.

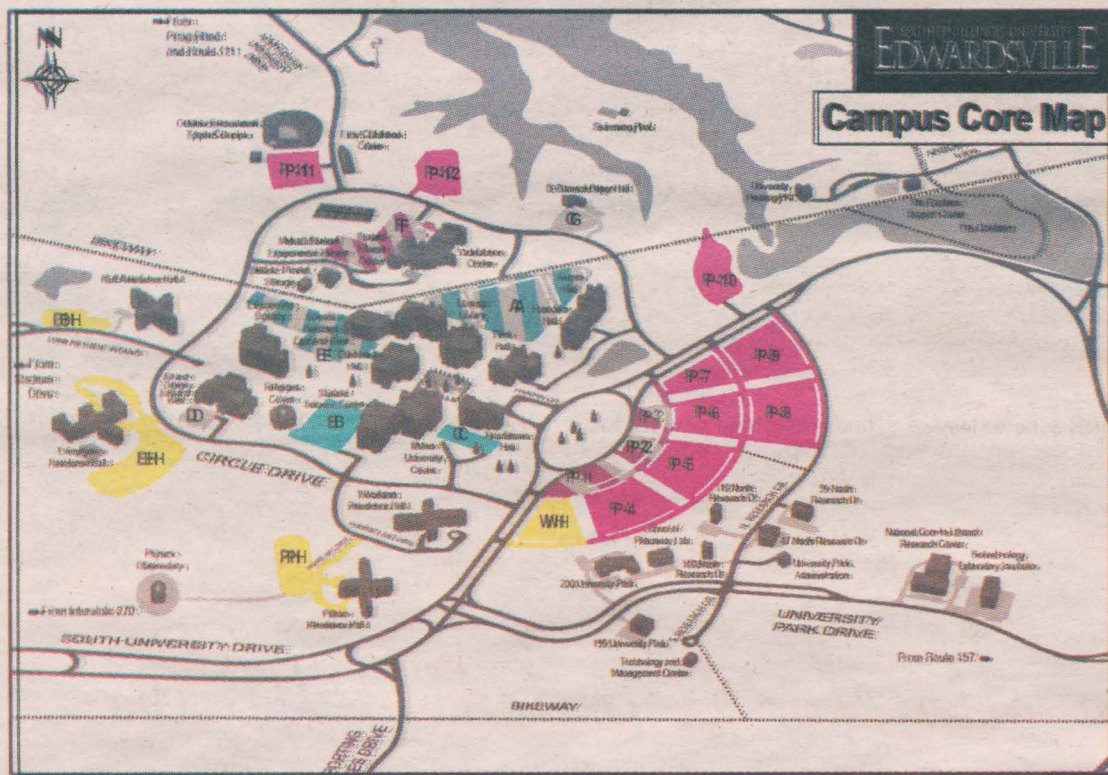
Students can also sign up to use Zipcars to get around town. Zipcars are located in Lot B, and one can access a car by downloading the Zipcar app on their phone and specifying their location as SIUE. The cost depends on how long the car is rented for, however, gas and insurance are included in the price. Each car can be rented for a minimum one hour up to a maximum of seven days. Zipcars are a great option for driving to stores or restaurants in town, or taking a day trip to St. Louis.

Although there are forms of transportation around Edwardsville, there are also forms of transportation to travel outside of Edwardsville. The Alton Amtrak train station is one reasonable form of out-of-town transportation. It is best to buy tickets for the train as soon as possible. It's also important to know the Alton train only travels north, however, the Greyhound bus travels multiple directions.

The Greyhound Station in downtown St. Louis provides opportunities to take you to a different college campus to visit a friend or to go back home for the weekend. Depending on when you buy a ticket, the price can range, but like Amtrak tickets, buying them early will be beneficial in the long run. Look up bus tickets on greyhound.com for times and prices.

Each form of transportation has a positive and negative side, but ultimately, they can get a student from point A to point B for fairly cheap with no hassle.

**FOR MORE INFORMATION ABOUT TRANSPORTATION, GO TO SIUE.EDU/PARKING.**



## Key to parking

- Residence hall lots BH, EH, PH, WH - Yellow tag required
- General commuter lots P4-P12 - Any color permit required
- Lots P1-P3 and F - Any color permit after 3 p.m.
- Lots A and E - Green or orange permits required
- Lots B and C - Paid visitor parking

## arts & issues

2016-2017

Free tickets for SIUE students courtesy of Student Affairs! Visit the MUC Welcome Desk to pick up your tickets and [artsandissues.com](http://artsandissues.com) for more information.

**SOUTHERN ILLINOIS UNIVERSITY**  
**EDWARDSVILLE**  
COLLEGE OF ARTS & SCIENCES



### Arts & Issues and Xfest present **Chicago Dance Crash** **Evil & Good**

Experience Chicago Dance Crash's signature blend of concert dance and hip-hop.

**Friday, Sept. 16, 2016, 7:30 p.m.**  
Dunham Hall Theater

Check out the additional Xfest performances at [siuexfest.com](http://siuexfest.com)!  
Sponsored by Commerce Bank

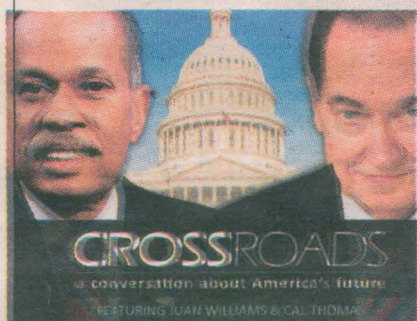


### Arts & Issues and the Center for Spirituality and Sustainability present **Autumn's Child with Mark Holland**

Savor the haunting beauty of the Native American flute.

**Saturday, Feb. 4, 2017, 7:30 p.m.**

Center for Spirituality and Sustainability, SIUE  
Sponsored by Scott Credit Union



### **CROSSROADS: A Conversation** **About America's Future Featuring** **Juan Williams and Cal Thomas**

Explore the implications of the upcoming presidential election.

**Tuesday, Oct. 11, 2016, 7:30 p.m.**  
Meridian Ballroom, Morris University Center

Sponsored by the Madison County Regional Office of Education



### **Louis Sullivan:**

#### **The Struggle for American Architecture**

Meet the director after viewing the first feature-length documentary about this revolutionary and brilliant architect.

**Thursday, Feb. 23, 2017, 7:30 p.m.**

Dunham Hall Theater



### **Peter Mayer's Stars and** **Promises 2016 - Wings of Angels**

Celebrate the holidays with Peter Mayer and an ensemble of world-class musicians.

**Thursday, Dec. 1, 2016, 7:30 p.m.**

Meridian Ballroom, Morris University Center  
Sponsored by TheBANK of Edwardsville



Arts & Issues, the Department of Chemistry's William J. Probst Memorial Lecture and the Department of Physics' Shaw Lecture Series present

### **Dr. Mae C. Jemison:** **Exploring the Frontiers of Science and** **Human Potential**

Breaking more than the sound barrier when she climbed aboard the space shuttle, Dr. Jemison became the first woman of color to travel into space.

**Thursday, March 16, 2017, 7:30 p.m.**

Meridian Ballroom, Morris University Center

Sponsored by the SIUE Graduate School, the William J. Probst Memorial Lecture Fund, the Dr. William C. Shaw Lecture Fund, the SIUE Office of the Provost, and the SIUE Chemistry Club

Intelligencer





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START PUSHING THE LIMITS.  
START FEELING INSPIRED.  
START LEADING THE WAY.  
START ACCOMPLISHING MORE.  
START MAKING A DIFFERENCE.  
START STRONG.**

**WELCOME SIUE STUDENTS. Ask about our SCHOLARSHIP OPPORTUNITIES.**  
For more information, visit [goarmy.com/rotc/cougar16](http://goarmy.com/rotc/cougar16) or contact Michael Porch at [rotc@siue.edu](mailto:rotc@siue.edu) or 618-650-2500.



## Student-centered security:

# SIUE ranks 25th for safest college towns

**KENDRA MARTIN**  
Contributing Writer

Going away to college for the first time can be extremely exciting. For the first time, a student can finally feel like an adult.

Even though they are away from school and practically on their own, it is beneficial for freshmen to be responsible and not get ahead of themselves.

According to Safewise, SIUE was named one of the Safest College Towns in America in 2015, so safety for students has been a top priority not only for the university, but for the SIUE Police Department as well.

SIUE has a number of safety precautions that are adhered to in order to make sure every student and faculty member feel safe.

One physically obvious safety measure can be seen all across campus. Blue light posts, which are emergency telephones have two large buttons that will alert campus police immediately.

Emergency blue light posts, like this one, are scattered across campus. Each post has a button that contacts the SIUE Police Department for emergencies and non-emergencies.

| Alestle file photo

One button is for emergencies, and the other is for non-emergencies. Students can use these if they feel unsafe walking back to their car at night and a police officer will show up to escort in a matter of minutes.

Additionally, students will become familiar with SIUE e-Lerts, which are mass messages sent to students, faculty and staff to alert about weather or other serious incidents that happen on campus to ensure their safety. One can also sign up to receive text alerts at [siue.edu/emergency/elert](http://siue.edu/emergency/elert).

It is important for a student to check their email every day because they never know when they will receive an e-Lert, and it is helpful to keep up to date on what is happening on campus.

While e-lerets is a text and email service, campus police also promotes downloading a smartphone app called Rave Guardian.

The Rave Guardian app allows a student to choose their

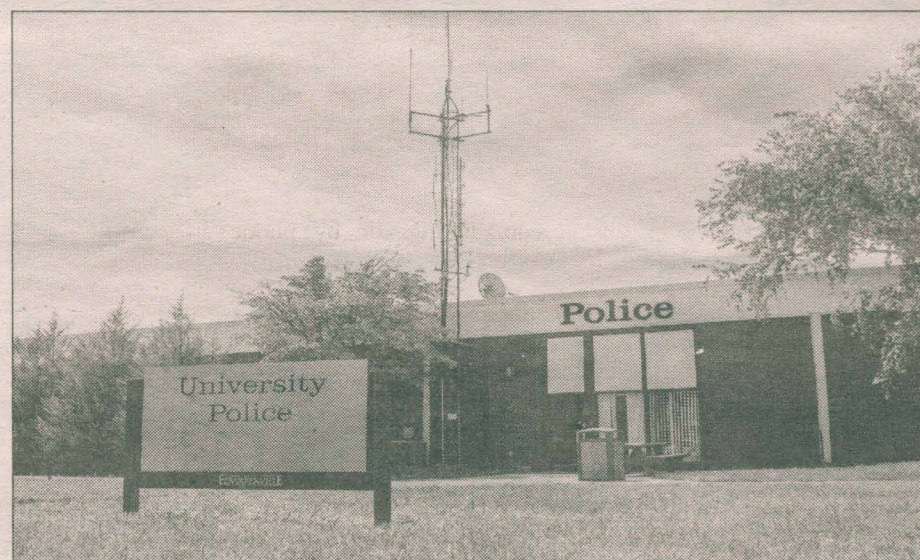
guardians as well as sets a safety timer that can notify people from the police department to check in on them if they are in unfamiliar territory.

A feature on the app enables emergency communication, which calls safety officials directly for help if there is trouble nearby and they can send text to your guardian if the student detects anything suspicious going on nearby.

Any Apple or Android device can download the Rave Guardian app for free.



The Rave Guardian app ensures quick contact with the police if needed.



The SIUE Police Department is located at the SIUE Campus 99 Supporting Services Road.  
| Alestle file photo

# WELCOME BACK...

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...From Your Good  
Friends At The



MEMBER FDIC

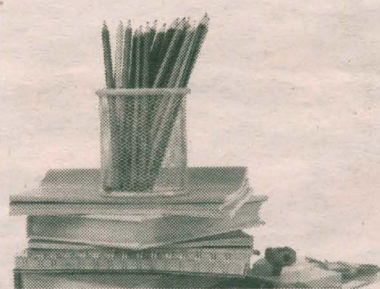
**Cougar Banking  
Center**

## Stop By The Cougar Banking Center To Enter To Win!

Located In the Morris University Center

One entry per person - Must be 18 years or older - No account relationship required - Account relationship does not improve chances of winning - Odds based on number of individual entries received in compliance to rules - Visit the Cougar Banking Center to enter the drawing - One winner will be announced on Friday, September 16 - Prize Values: \$175 (gift cards) - Contest completely sponsored by TheBANK of Edwardsville - MEMBER FDIC.





**KIAH EARL**  
Alestle Reporter

The SSC began as an idea proposed by a student, and has since transformed into the 24-hour resource center that it is today. Below is a list of the SSC's resources available to you as an SJUE student:

Applications to run for office are due during the spring semester of each academic year for the following fall. To learn more about Student Government, visit [siue.edu/kimmel/sg](http://siue.edu/kimmel/sg), or contact Student Body President Luke Jansen at 650-3821.

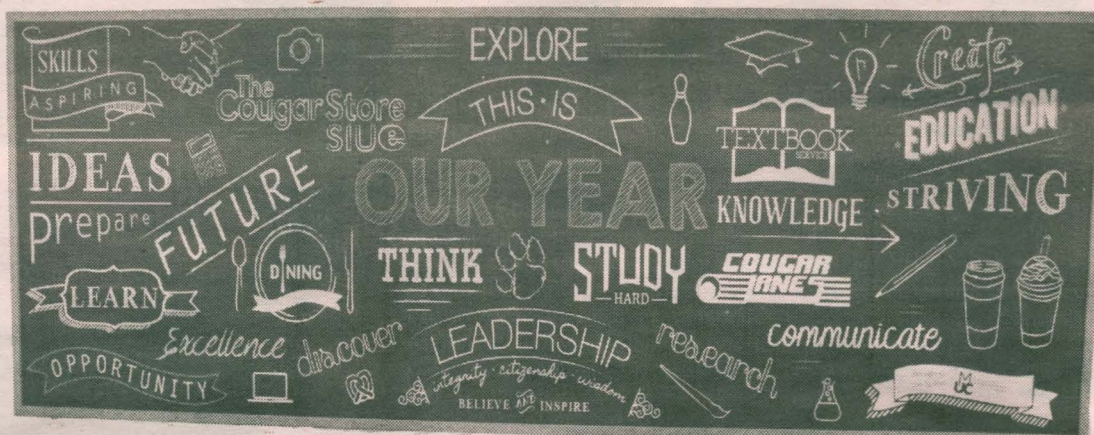
The Career Development Center is divided into four categories: students, alumni, employers and faculty and staff. For students, the CDC provides career counseling, internships, sample resumes and employer connections.

This office provides assistance to students through individual counseling, group counseling, healthy living workshops, consultations and referrals. Counseling Services also offers alcohol education and psychological assessments.

Located in lower level of the SSC, Health Services provides a variety of services to SIUE students. Appointments can be scheduled Monday through Friday 8:30 a.m. until 11:30 a.m. and 1 p.m. to 4 p.m. Health Services features an onsite clinic as well as a pharmacy and laboratory. For more information about Health Services, visit

**The Office of International Affairs** is located in the lower level of the SSC in room 0300. This office serves international students studying at SIUE, as well as SIUE students who intend to study abroad. For more information about International Student Services, visit [siue.edu/iss](http://siue.edu/iss) or contact the office by phone at 650-5099.

**FOR MORE INFORMATION  
ABOUT THE STUDENT SUCCESS  
CENTER, GO TO [SIVE.EDU](http://SIVE.EDU).**



| LaShaunda Jordan / Alestle

Student Success Center, Suite 1256  
Within the Academic Advancement Center  
(618) 650-3717  
siue.edu/lss

LSS provides non-credit bearing courses (Beginning Algebra; Intermediate Algebra; College Reading II; Basic Writing I and II) and college credit-bearing courses (Study Skills; Reading Speed & Efficiency; Career Planning & Development) to aid in student growth in the classroom.

**Hours:**  
**Monday -Wednesday** 8 a.m. - 7 p.m.  
**Thursday** 8 a.m. - 6 p.m.  
**Friday** 8 a.m. - 3 p.m.  
**Saturday:** closed  
**Sunday:** 4 p.m. - 7 p.m.

Hours:  
Monday & Wednesday: 8 a.m. - 7 p.m.  
Tuesday & Thursday: 8 a.m. - 8 p.m.  
Friday: 8 a.m. - 4 p.m.  
Saturday: 9 a.m. - 1 p.m.

Office Hours:  
Monday -Thursday 9 a.m. - 4:30 p.m.  
Friday: Appointment only

For the convenience of students, SIUE offers a variety of tests through Testing Services. These tests include, but are not limited to, placement exams, proficiency tests, CLEP, and standardized nursing exams.  
(618) 650-1246



# COUGAR CULTURE

## 10 traditions to be a part of at SIUE

BRITTANY COX  
Alestle Online Editor

There is a lot to learn when attending a new school, but this list of traditions will keep you busy throughout your time at SIUE. From general traditions to weeklong events, this is a guide to help you experience everything you don't want to miss.

### #1 Cougar Welcome

Cougar Welcome begins the weekend before classes start continuing through syllabus week, when students are moving into the residence halls on campus and acquainting themselves with their new schedules.

Cougar Welcome includes events such as Freshman First Night, back to school barbecues, activity fairs and more.

This year, be sure to check out the Poke-crawl hosted by A Cross Between Campus Ministry at 7 p.m. Wednesday, Aug. 24 starting in the Goshen Lounge. For a full schedule of this year's events, visit [siue.edu/cab/cougarwelcome](http://siue.edu/cab/cougarwelcome).

### #2 Painting the Rock

The Rock, located in the center of the Quad, is a well-known spot at SIUE. According to SIUE's website, it is made from a piece of granite that was used in the core buildings on campus.

The long-standing tradition of the Rock is that it serves as a place for student organizations to spray paint and claim it as their own. The Rock, including a 20-foot radius surrounding it, is reserved for freedom of expression, as well as the right to peaceful demonstration, according to the Student Organization Handbook.

Every semester, student organizations compete with each other to see who can keep it painted the longest, however, the Rock is not just used for competition — you will also see events advertised on it, so keep an eye out for new graffiti.

### #3 DLP Drag Show

Delta Lambda Phi, a gay progressive men's fraternity, hosts a drag show on campus in the Meridian Ballroom each year.

According to DLP member and senior applied communications studies major Timothy Tank, of Belvidere, this upcoming show in the fall will be their 10th annual.

"Every performer we invite has notoriety in the St. Louis area, and has been performing in bars and shows for a few years," Tank said.

In the past, according to Tank, DLP has collected cans in exchange for a reduced ticket price and donated them to the Glen Carbon Food Pantry, and last year, the organization donated a portion of the proceeds to charity.



A drag queen engages the audience during Delta Lambda Phi's annual drag show. | Alestle file photo



Assistant Athletic Director for Sales and Marketing Mason Glick and Eddie the Cougar give students rides from the parking lots during Homecoming 2015. | Alestle file photo

### #4 Homecoming Week

Homecoming week is a main tradition at any college or university you go to, but SIUE is special for the fact that its homecoming game is a soccer game, rather than a football game.

Homecoming is a weeklong event complete with student organizations battling it out to have one of their members named as homecoming king and queen. Starting the week off with a sidewalk chalk drawing competition, each participating student organization creates a chalk mural on the Quad according to the homecoming theme.

Other events during the week include an eating contest, a talent show, golf cart parade, as well as recliner races and ending the week with a pep-rally for the women's soccer game, and the homecoming tailgate for the men's soccer team, where the king and queen are crowned.

### #5 Family Weekend

Family weekend, held this year Oct. 14-16, is a weekend full of events catered to students and their visiting families.

To participate in family weekend, your family needs to register either online in advance, or there's an option to register the day of on campus.

Events planned include a casino night on campus, day trips to St. Louis, and brunch on Sunday morning.

This is a weekend that not only lets you catch up with family, but allows you to introduce them to your home away from home. For more information, go to [siue.edu/family](http://siue.edu/family).

### #6 Taste of Culture

Who doesn't love free food? Taste of Culture is an event put on by CAB that allows students to taste an array of foods from different regions, ethnicities, or cultures.

This year, the event will be hosted twice a semester, according to CAB adviser Andrea Keller.

While the upcoming Taste of Culture themes have not yet been decided, previous cuisines featured have been from Jamaica, Italy, Hawaii and Syria. Typically held during lunch hours in the Goshen Lounge, Taste of Culture offers a little variety to your normal mid-day routine.



The High Definition dance team performs its step routine at Marchdown 2015 in the Meridian Ballroom. | Alestle file photo

### #7 Step Shows

There are two main step shows on campus throughout the year, both held in the Meridian Ballroom. The Ebony and Ivory Step Show is usually held in January, and members from both the National Pan-Hellenic Council and the Panhellenic Council show off their step routines.

The other step show is the NPHC Marchdown, which takes place in March and is a show you do not want to miss. NPHC fraternities and sororities compete for the title of Marchdown champions. This is a highly anticipated event for which fraternities and sororities prepare all year.

### #8 Greek Week

Greek Week, typically held the week before Springfest, is a time where PHC sororities, IFC fraternities and UGC organizations battle it out to be crowned Greek Week champions.

Events include, but are not limited to, penny wars, all-Greek photo, chariot races, philanthropy events such as Relay for Life and a blood drive, ending the week with the Greek awards.

### #9 Springfest

Springfest, put on by Campus Activities Board, is the longest running annual event on campus, according to [siue.edu/cab](http://siue.edu/cab).

Similar to Homecoming in the fall, each year, the events throughout the week follow a theme and student organizations compete for spirit points by participating.

Springfest includes a banner competition, a movie in the Woodland Bowl, an eating contest, a scavenger hunt, a student organization fair, the banana split canoe, a lip sync competition and more.

Usually Springfest is a week or two before finals, so it serves as a fun time before buckling down to study.



Employees from the Bank of Edwardsville scoop ice cream from a canoe during Springfest 2016. | Alestle file photo

### #10 Finals Study Break

Finals are very stressful in college, but luckily for us, SIUE tries to help alleviate stress for its students.

The Lovejoy Library becomes a study hub as it transitions into a 24-hour facility for students to use all throughout the night.

Additionally, the Sunday before finals, the MUC provides a free, late night breakfast to refuel and refresh before the first exams.

The MUC also hosts events throughout the week to help students de-stress, such as petting sessions with therapy dogs and free massages in the Goshen Lounge. Be sure to get your name on the list early for a massage, because it fills up fast.



# SO YOU THINK YOU WANNA GO GREEK?

BRITTANY COX  
Alestle Online Editor

As a new student at SIUE, you will experience a lot of things in your first few weeks. One of those might be joining fraternity and sorority life. This is a guide about SIUE's four Greek councils and what organizations are underneath them. This will

also give you a little information about recruitment and how you can get involved.

It is important to note that SIUE has a strict no-hazing policy. Hazing, according to the anti-hazing document found at [siue.edu/kimmel/greek/resources](http://siue.edu/kimmel/greek/resources), is defined as "Any action taken or situation created, intentionally, whether on or off

campus premises, to produce mental or physical discomfort, intimidation, embarrassment, harassment or ridicule."

If you are interested in joining fraternity and sorority life, this guide will be a great starting place to help you better your knowledge of the organizations SIUE has to offer.

## Panhellenic Council (PHC)

The Panhellenic Council is home to four sororities on campus, Alpha Phi, Alpha Sigma Tau, Alpha Xi Delta and Delta Phi Epsilon. Recruitment for these four sororities usually only happens in the fall, but sometimes informal recruitment occurs in the spring.

Formal recruitment consists of three nights of meeting with the different chapters, completing the week with Bid Day.

To participate in recruitment, you first have to register online and attend an orientation meeting

where women will be assigned to their recruitment counselor.

The first being information night, you will go to each sorority and receive information, getting to know the women in each sorority. Formal recruitment is a mutual selection process, meaning you have to want the sorority and the sorority has to want you. With that being said, you have to be invited back each night to formal recruitment.

The second night is the philanthropy round. This is where you will get a chance to learn

about the philanthropy of the sororities who invited you back.

The final night is preference round. During this event, each sorority will show you some of their rituals and get to know the sisters a little more.

The following day is Bid Day, which is an exciting day when you enter a sisterhood of more than 100 girls.

For more information on each sorority, or how formal recruitment works, be sure to look at [siue.edu/kimmel/greek/cpc](http://siue.edu/kimmel/greek/cpc).

## United Greek Council (UGC)

The United Greek Council is comprised of several culturally-based, non-exclusive organizations that promote multicultural awareness, as well as offering a fraternal experience for students who join.

SIUE currently houses three UGC organizations — Alpha Psi Lambda National Fraternity, Inc.

(co-ed Latino), Delta Lambda Phi (gay progressive men's fraternity), Gamma Phi Omega International Sorority, Inc. (Latina) — while two new chapters, Sigma Lambda Phi International Fraternity, Inc. (Latino) and Sigma Lambda Gamma National Sorority, Inc. (Latina), will be introduced to campus this fall.

UGC's recruitment is very similar to NPHC, where they also attend "Meet the Greeks." After this informational meeting, each of the organizations hold their own informational night with recruitment events to follow. For more information about UGC organizations, visit [siue.edu/kimmel/greek/ugc](http://siue.edu/kimmel/greek/ugc).

## Interfraternity Council (IFC)

SIUE is home to six chapters of the Interfraternity Council — Alpha Kappa Lambda, Kappa Sigma, Phi Kappa Psi, Sigma Phi Epsilon, Sigma Pi and Sigma Tau Gamma.

While IFC chapters can technically recruit all year long, there is a recruitment week that takes place, both during the fall

and spring semesters.

Fall recruitment for IFC will take place this year, beginning Sunday, Aug. 28 and run through Friday, Sept. 2. A registration fee is required.

Recruitment for IFC will be different this fall than years before, as there will now be an information night where men

can visit each chapter to learn more before choosing the events they would like to attend during the rest of the week. For more information about recruitment and the different chapters, you can check out IFC's webpage at [siue.edu/kimmel/greek/ifc](http://siue.edu/kimmel/greek/ifc).

## National Pan-Hellenic Council (NPHC)

Fall 2016 will be an exciting time for NPHC as SIUE will gain a chapter of the Delta Sigma Theta Sorority, Inc., rounding out SIUE with eight of the "Divine 9."

For NPHC, there are four fraternity chapters and four sorority chapters, with the possibility of the fifth fraternity — Kappa Alpha Psi, Inc. to join in the spring.

The current active fraternities on campus are Alpha Phi Alpha Fraternity, Inc., Iota Phi Theta Fraternity, Inc., Omega Psi Phi

Fraternity, Inc. and Phi Beta Sigma Fraternity, Inc. The current active sororities are Alpha Kappa Alpha Sorority, Inc., Sigma Gamma Rho Sorority, Inc. and Zeta Phi Beta Sorority, Inc.

While these organizations are historically African-American, they are not exclusive, meaning anyone can join.

NPHC holds a quad show every year (this year, on Thursday, Sept. 15) for people to come and see each fraternity and sorority step/stroll and learn a little bit about each organization.

According to Rani Somers, the Kimmel Student Involvement Center overseeing fraternity and sorority life, there is a formal information meeting called "Meet the Greeks," Wednesday, Sept. 21.

After "Meet the Greeks," each individual chapter holds their own information night, leading into their recruitment. For more information on NPHC councils, visit the National Pan-Hellenic Council's webpage at [siue.edu/kimmel/greek/nphc](http://siue.edu/kimmel/greek/nphc).

# Beyond academics: Get involved outside of the classroom

LaSHAUNDA JORDAN  
Alestle Reporter

There is more to the college experience than the classroom. SIUE offers endless opportunities to get involved. Here are some reasons to get involved in clubs and organizations at SIUE

## 1. It allows you to get connected.

SIUE is full of resources, but the responsibility is on you to seek them out. Being involved helps you stay connected and build a network of friends, mentors and colleagues who can assist you in not only getting the most out of your experience at the university, but also help you to make an impact on the university itself.



## 2. It helps you build a sense of community.

Since you are leaving your family and friends behind, getting involved will help you discover new people with similar interests who you would not have come across otherwise. Since SIUE is a larger university, joining a club or organization is the easiest way to find like-minded people who share your same beliefs or hobbies.

## 3. It allows you to discover your true passions and strengths.

These newfound passions and strengths will follow you all through life. Joining a club or organization will allow you to discover what you do not like, as well. SIUE is fortunate to have a large number of clubs and organizations that cater to a wide range of interests. Attend activity fairs, go to informational meetings and do not be afraid to look into an organization about which you're unsure. You might just find one of your greatest passions.



## 4. It's a résumé builder.

It is never too early to begin thinking about positioning yourself for future employment. Clubs and organizations help you to cultivate leadership, networking, organization and often time management skills, all of which are valuable assets when searching for a job. After all, is not finding a job we love the reason we came to college in the first place? Academics should always be the number one priority; that is why it is essential to cross the stage and graduate from SIUE with more than just a degree. Taking the time to get actively involved will set you up to graduate with a solid portfolio of who you are and what you have to offer the world.



## 5. Sometimes, busier students do better in all areas.

This will vary a lot by the student, of course, but more free time does not always equal better grades. Being involved will require some organization and time management on the part of the student — and that is a good thing as far as preparing for the real world. Utilizing your free time in order to do something worthwhile will pay off more than any Netflix marathon ever could. One civic engagement, one community or service learning project, one study abroad experience, one work-study experience, and/or one research project. Go ahead and set yourself up for success by getting involved.



Go to  
[siue.collegiatelink.net/organizations](http://siue.collegiatelink.net/organizations)  
for a full list of all the clubs and  
organizations SIUE has to offer.



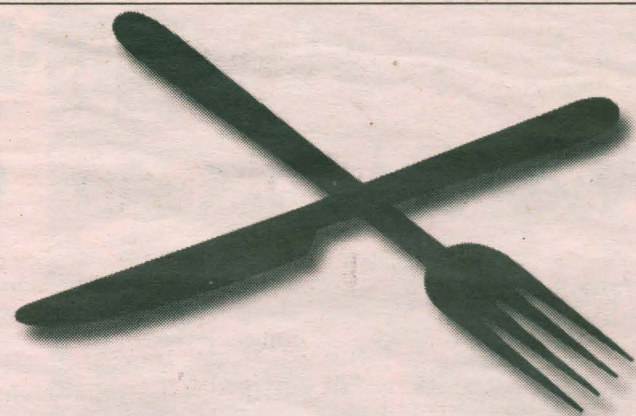
Organization pose for an "All Greek" photo in April 2016.

| Photo courtesy of Rani Somers



# Dining Services:

## Where to munch and crunch on campus



CONNOR McMAHON  
Alestle Reporter

SIUE presents many food choices at convenient locations for students who live on-campus or need a quick bite to eat in between classes.

### Terms to know:

#### "Swipes"

Using your 60/40 discount at the MUC to buy food for students who do not have a meal plan.



#### Example:

"Does anyone want to go to Center Court with me? I got swipes."

#### "60/40 Discount"

The greatest discount in the world. It will magically allow you to pay just \$6 of a \$15 meal.

#### Example:

"I thought the prices here were outrageous until I saw the 60/40 discount."



#### "Meal Plans"

Choosing between Meal Plan A and Meal Plan B is all about how much time will be spent on-campus and how much a student plans to eat. That seems pretty obvious, but every semester there are students scrounging through their futon for quarters so they can buy a burger from the combination gas station/McDonalds on the corner of Old Springfield Road and Center Grove Road—commonly referred to as Gas-Donalds. Growing boys and girls should definitely splurge for the larger meal plan.



#### Example:

"Anyone got swipes? I chose the small meal plan and I am out of money."

### Choices:

**Center Court** is the central hub of the SIUE dining experience that offers a salad bar, a main course area with a changing menu, a pasta bar with great tortellini, a mini bakery, yogurt bar and the Grab 'n' Go snack area.

**Pizza Hut** is located in the Cougar Den, this place is just like a regular Pizza Hut, but with a smaller menu and a 60/40 discount. Despite offering fewer choices than a full blown



Pizza Hut, it still offer plain, pepperoni and supreme personal pizzas, along with breadstick options, wings, or pasta. It also offers breakfast sandwiches for those who have dreaded 8 a.m. classes.

**Union Station** is less of a meal joint and more of a gas station with an endless amount of choices. Union Station is a prime location to treat yourself to some snacks and drinks. It will accept your Cougar Card, but be warned, they DO NOT participate in the 60/40 discount, and you will end up paying full price.

**PRO TIP:** When checking out, ask for your receipt because it will list your current balance.

Some people prefer **Kaldi's** and some love **Starbucks**, but thanks to the MUC, you can cram for finals or wake up for that 8 a.m. while drinking coffee from both. However, drinking two coffees at the same time is not recommended unless you really need an A on that final.



**Freshens** is located in the Student Fitness Center. It offers many healthy snacks and sandwiches. It also offer a great selection of smoothies and milkshakes.

**PRO TIP:** You do not have to be coming from the gym to grab a delicious protein shake, but if you are feeling guilty, walking to Freshens could definitely be considered a workout.



The **MUC Truck** is your best option if you are late to class but also do not think you can make it through an hour and 15-minute lecture without some food in your belly. The MUC Truck can be found parked in the quad for extremely convenient food-to-go and has some of the best BBQ in town.

**Skywalk** is located on the third level walkway connection between Alumni and Founders Hall. A decent sized menu relative to the size of the place, Skywalk is a convenient place to grab a snack if the MUC is a little bit out of your way.

**Chick-Fil-A** offers chicken and a bun, just like any other one you'd find off campus. Their waffle fries are a must have and their wide variety of sauces are located opposite their counter.



**Cocina** is located in the Cougar Den, right next to Pizza Hut, it offers tasty Mexican food prepared quickly — much like Taco Bell — with choices such as puffy tacos or smothered tacos and nachos.

**Auntie Anne's** is everyone's favorite mall pretzel shop that is located within the MUC. Depending on the lunch rush, they may be a little slow to deliver your pretzel, but it is worth your wait.

#### Boss Burgers

is your one-stop burger shop. Make it a double, add cheese or bacon and a side of fries to have it your way and be lovin' it.



**Bluff Hall** offers its own snack option in the main lobby in case you cannot be bothered to trek all the way across campus for a muffin and a Mountain Dew.

**Fixins'** is a well-hidden gem located in an upstairs corner of the MUC. It has the coolest beverage glasses around and a great menu that includes option such as buffalo chicken wraps, pulled pork sandwich and three kinds of salads. The best deal they offer would have to be the extremely cheap and tasty buffet.

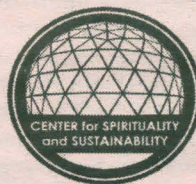


**The Wok** is located in Center Court and offering a variety of custom made Asian cuisine that is prepared right before your eyes. As you move down the line, just tell them what you want on your plate and your wish is their command.

Contact CONNOR McMAHON  
Call 650-3527

Tweet @cmcmahonalestle

Email cmcmahon@alestlelive.com



The Center's mission is to promote humanity's sacred connection to the Earth and each other.

The Center can be an oasis from hectic campus life. Stop by to see what we have to offer and enjoy a FREE cup of Organic Fair-Trade coffee or tea. Located On SIUE Campus Next To Visitor Lot B  
**EVERYONE IS WELCOME!**

## UNIVERSITY

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Enjoy the bonus of complimentary tickets to all Dunham Hall & Metcalf shows, including **Summer Arts** and **Season for the Child**.

This perk is made possible by the **Campus Activities Board**.  
Just bring your valid student I.D.

**Blithe Spirit**  
by Noel Coward  
October 12 - 15 at 7:30 pm  
October 16 at 2:00 pm  
DUNHAM HALL THEATER

**Dance in Concert**  
by Faculty, Students & Guest Artists  
Artistic Director-Kristin Best Kinscherff  
November 9 - 12 at 7:30 pm  
November 13 at 2:00 pm  
DUNHAM HALL THEATER

**A Good Woman**  
Based on the play *Good Soul of Szechuan* by Bertolt Brecht  
Adapted by Chuck Harper & Ensemble  
December 2 & 3 and December 7 - 10 at 7:30 pm  
December 4 & December 11 at 2:00 pm  
METCALF THEATER

**5 Women Wearing the Same Dress**  
by Alan Ball  
February 15 - 18 at 7:30 pm  
February 19 at 2:00 pm  
DUNHAM HALL THEATER

**The Drowsy Chaperone**  
Book by  
Bob Martin & Don McKellar  
Music & Lyrics by  
Lisa Lambert & Greg Morrison  
April 19 - 22 at 7:30 pm  
April 23 at 2:00 pm  
DUNHAM HALL THEATER

# SIUE

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# LIVING WITH ROOMMATES:

## How to understand & respect each other's living space

KYLE STEPP  
Alestle Reporter

### 1. Make contact before moving in.



For those of you who were given random roommates, it's important to get in contact with your roommate and set some ground rules from the beginning.

Get to know your roommate's quirks and preferences to eliminate problems before they arise.

### 2. Address problems while they are small.

Is your food disappearing from the pantry? Is your roommate playing music while you are trying to sleep? Confronting your roommate about a problem while it is small makes the roommate aware of something he or she may not otherwise know. Also,



addressing little things is much easier, and often more civil, than addressing them after they've become big.

### 3. Respect your roommate's possessions.

This seems like a no-brainer, but it's probably the number one reason roommates experience conflict. Maybe you borrowed a pair of your roommate's tennis shoes for a quick soccer game. To you, it seems harmless, but to them, you may have just stepped over an uncrossable line.

### 4. Be careful with guests.



For those in dorms, there are social lounges and study lounges for a reason. For those living off campus, be mindful of how often you bring people over. Again, it's all about communication and finding out when and how often your roommate is OK with company.



### 5. Keep the door locked.

This may not seem like a roommate relationship problem, but how would your roommate feel if their laptop and wallet were stolen in the two minutes it took you to get something out of your car?

### 6. Be open to new things.

People come from all different backgrounds with many different experiences, and your roommate is likely no different. They may have a religion or lifestyle different than you, so be open to new ideas your roommate brings into your life.

### 7. Be open to change.



As students, we should expect to learn, grow and change during our time at the university. The same goes for your roommate. Be comfortable addressing uncomfortable problems or situations that arise, but remember to be flexible in the ever-changing environment that is college life.



### 8. Be clean.

Everyone fears having the disgusting roommate that leaves half-eaten burgers, dirty laundry and wet towels everywhere. Using tip number one, you can lay some ground rules with a list of chores. A little communication goes a long way.



### 9. Ask before 'borrowing' food.

Food is a matter that has caused many fights between roommates. While your roommate could probably spare a bowl of cereal when you run out, make sure and ask that you can use it. If you and your roommate agree upon it, label your food items that are off limits.



### 10. Compromise.

This is one of the most important tips for roommates. You and your roommate won't agree on everything, so you'll both have to settle sometimes. Just remain understanding and remember you have to live with that person for the rest of the year.

Contact KYLE STEPP  
Call 650-3527  
Tweet @kstepalestle  
Email kstepp@alestlelive.com



## Career Development Center Services



Career Exploration  
Cougar Jobline  
Job Search Strategies  
Social Media Assistance  
Resume Referrals  
Co-op/Internship Program  
On-Campus Interviews  
Sokanu

Career Assessments  
Resume Development & Critique  
Mock Interviews  
Graduate School Preparation  
Professional Skills Development  
Workshops/Presentations  
Career Fairs  
Interview Stream

### 2016 Event Dates

Social Media Workshop: September 12, 2 - 4 p.m.  
October Career Fair: October 5, 10 a.m. - 2 p.m.  
Engineering Career Fair: October 6, 10 a.m. - 2 p.m.  
Guest Speaker, Andy Masters: October 18, 6 - 7:30 p.m.  
Mock Interview Day: October 25, 9 a.m. - 4 p.m.  
Health Careers Fair: November 14, 3 - 6 p.m.



Career Development Center  
0281 Student Success Center  
618-650-3708  
siue.edu/careerdevelopmentcenter  
Email: careerdevelopment@siue.edu



# WHERE TO BE AT THE E:

## *your back-to-school calendar*

<b>THURSDAY, AUG. 18</b> <b>Freshmen First Night</b> 3 p.m. - 9 p.m., Morris University Center		<b>FRIDAY, AUG. 19</b> <b>Men's soccer v. University of Dayton</b> 6 p.m. - 8 p.m., Korte Stadium <b>Women's soccer v. Chicago State University</b> 8 p.m. - 10 p.m., Korte Stadium <b>Class of 2020 Photo</b> 11:45 p.m., Cougar Statue
<b>SATURDAY, AUG. 20</b> <b>Be Greek BBQ</b> 5 p.m. - 7 p.m., Goshen Lounge <b>Hypnotist Chris Carter</b> 7 p.m. - 10 p.m., Meridian Ballroom		<b>SUNDAY, AUG. 21</b> <b>Women's soccer v. Kansas State</b> 1 p.m. - 4 p.m., Korte Stadium <b>Alpha Phi Alpha Back to School BBQ</b> 7 p.m. - 11:30 p.m., the Quad
<b>MONDAY, AUG. 22</b> <b>Department Resource Fair</b> 10 a.m. - 2 p.m., Goshen Lounge <b>Evening Student Reception</b> 4:30 p.m. - 6:30 p.m., first floor lobby in Peck Hall		<b>TUESDAY, AUG. 23</b> <b>Photo booth and free photo frame craft</b> 11 a.m. - 2 p.m., Goshen Lounge <b>Campus Activities Board Comedy Show</b> 7 p.m. - 9 p.m., Meridian Ballroom
<b>WEDNESDAY, AUG. 24</b> <b>Merchant's Fair</b> 10 a.m. - 3 p.m., Goshen Lounge <b>Ice Cream Social</b> 12 p.m., Goshen Lounge <b>Poke Crawl</b> 7 p.m. - 9 p.m., beginning in the Goshen Lounge		<b>THURSDAY, AUG. 25</b> <b>Free Kettle Corn</b> 10 a.m. - 2 p.m., front entrance of Lovejoy Library <b>PHC Sorority Recruitment begins</b> 5 p.m. - 10:30 p.m., locations TBA <b>23rd Annual Rocky Horror Picture Show</b> 7 p.m. - 9 p.m., Meridian Ballroom
<b>FRIDAY, AUG. 26</b> <b>Friday Free Flick: "Neighbors 2: Sorority Rising"</b> 6:30 p.m., Student Fitness Activities Center <b>Men's soccer v. Northern Illinois University</b> 7 p.m. - 9 p.m., Korte Stadium <b>Late Night with Campus Recreation</b> 8 p.m. - 11 p.m., Student Fitness Center		<b>SATURDAY, AUG. 27</b> <b>Root Beer Riot</b> 7 p.m. - 11 p.m., the Quad
<b>SUNDAY, AUG. 28</b> <b>Catholic Mass</b> 10:30 a.m., 5:30 p.m., Center for Spirituality and Sustainability <b>Interfraternity Council Recruitment: Informational Night</b> 6:30 p.m. - 9 p.m., the MUC		<b>MONDAY, AUG. 29</b> <b>Student Organizations Activities Fair</b> 10 a.m. - 2 p.m., Goshen Lounge <b>Men's soccer v. Valparaiso State University</b> 7 p.m. - 9 p.m., Korte Stadium
<b>TUESDAY, AUG. 30</b> <b>Student Organizations Activities Fair</b> 10 a.m. - 2 p.m., Goshen Lounge <b>Red Cross Blood Drive</b> 10 a.m. - 5 p.m., MUC Mississippi/Illinois Room <b>Just for Laughs: Eric O'Shea</b> 7 p.m., Meridian Ballroom		<b>WEDNESDAY, AUG. 31</b> <b>Volunteer Fair</b> 9 a.m. - 2 p.m., Goshen Lounge <b>SIUE Voices</b> 7 p.m. - 10 p.m., Meridian Ballroom
<b>THURSDAY, SEPT. 1</b> <b>CAB Informational Meeting</b> 4:45 p.m. - 6:30 p.m., SSC Room 1203 <b>Center for Spirituality and Sustainability Open House</b> 12 p.m. - 6 p.m., Center for Spirituality and Sustainability		<b>FRIDAY, SEPT. 2</b> <b>CAB Late Night Bingo</b> 7 p.m. - 11 p.m., Meridian Ballroom <b>Women's soccer v. University of Illinois at Chicago</b> 7 p.m. - 9 p.m., Korte Stadium
<b>TUESDAY, SEPT. 6</b> <b>Beta Alpha Psi Meet the Firms</b> 3 p.m. - 6:30 p.m., MUC Conference Center		<b>WEDNESDAY, SEPT. 7</b> <b>CAB Cougar Craze</b> 10 a.m. - 2 p.m., Goshen Lounge <b>Mississippi Valley Community Blood Drive</b> 10 a.m. - 3 p.m., the Quad
<b>THURSDAY, SEPT. 8</b> <b>Mississippi Valley Community Blood Drive</b> 10 a.m. - 3 p.m., The Quad <b>Film screening of "The S Word"</b> 5:30 p.m., Meridian Ballroom		<b>FRIDAY, SEPT. 9</b> <b>Morning volunteer projects</b> TBA, sign up in the Kimmel Student Involvement Center <b>Men's soccer v. California State Northridge</b> 7 p.m. - 10 p.m., Korte Stadium <b>Sigma Tau Gamma Beach Party</b> 8 p.m. - 12 a.m., location TBD
<b>SATURDAY, SEPT. 10</b> <b>SIUE eSports Smash Bros Tournament</b> 9 a.m. - 11 p.m., MUC Conference Center		<b>MONDAY, SEPT. 12</b> <b>Goshen Showcase</b> 10 a.m. - 2 p.m., Goshen Lounge <b>Send Silence Packing</b> 9 a.m. - 4 p.m., the Quad
<b>THURSDAY, SEPT. 15</b> <b>CAB Hispanic Heritage Month</b> 10 a.m. - 2 p.m., Goshen Lounge <b>NPHC Quad Show</b> 6 p.m., Goshen Lounge		<b>FRIDAY, SEPT. 16</b> <b>Late Night at the MUC</b> 8 p.m. - 12 a.m., Goshen Lounge
<b>SATURDAY, SEPT. 17</b> <b>Cougar Kids Saturday</b> 12 p.m. - 2 p.m., MUC Mississippi/Illinois Room <b>CAB Late Night Bingo</b> 7 p.m. - 9 p.m., Meridian Ballroom <b>Men's soccer v. Lipscomb University</b> 7 p.m. - 9 p.m., Korte Stadium		<b>TUESDAY, SEPT. 20</b> <b>Wellness/Benefits Fair</b> 11 a.m. - 2 p.m., Meridian Ballroom <b>CAB Current Affairs Event</b> 6 p.m. - 9 p.m., Goshen Lounge <b>Jazz Combo Concert</b> 8 p.m. - 10 p.m., Dunham Hall Theater
<b>WEDNESDAY, SEPT. 21</b> <b>CAB: Cougar Craze</b> 10 a.m. - 2 p.m., Goshen Lounge <b>Meet the Greeks (NPHC, UGC)</b> 6 p.m. - 8 p.m. in the MUC Madison Room		<b>THURSDAY, SEPT. 22</b> <b>Sigma Pi's Amazing Day Auction</b> 6 p.m. - 8:30 p.m., Meridian Ballroom
<b>FRIDAY, SEPT. 23</b> <b>Women's soccer v. University of Tennessee Martin</b> 7 p.m. - 9 p.m., Korte Stadium <b>Phi Psi Glow Party</b> 8 p.m. - 12 p.m., Field between the MUC and Dunham Hall		<b>SATURDAY, SEPT. 24</b> <b>Volleyball v. Tennessee State University</b> 1 p.m. - 4:30 p.m., Vadalabene Center Full Gym 1301

*Never miss a beat: check alestlelive.com for updates on every event at The E.*



# HOT SPOTS

## Where to go, what to do around SIU

### Close to home: Edwardsville

**HAILEY HUFFINES**  
Contributing Writer

While the campus is a hubbub of social gatherings and department events, sometimes students need a break from campus activities to let off some steam in the community.

Bar hangouts and coffee shops line Main Street of Edwardsville, but the list below is a compilation of other hot spots you may forget about when searching for something to do on a weeknight or a weekend outing.

#### Edwardsville Arts Center

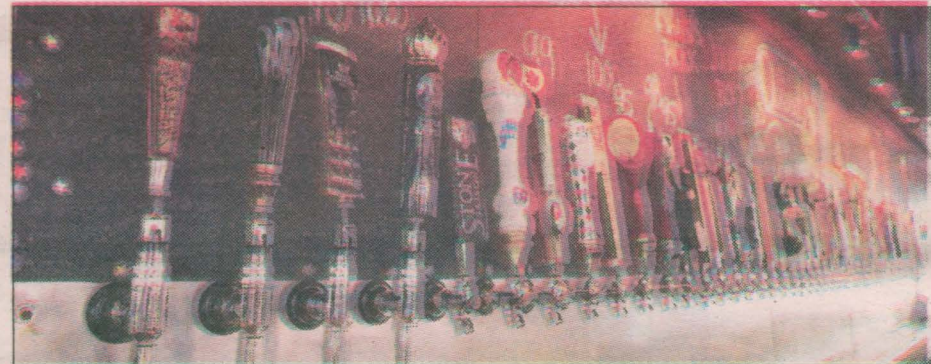
6165 Center Grove Road

For a taste in the cultured arts, visit the Edwardsville Arts Center to bide the time in local as well as national artists' work. Art fairs, exhibits and even adult art classes are provided, so visit [edwardsvilleartscenter.com](http://edwardsvilleartscenter.com) to keep tabs on the most recent news in art culture.

#### Big Daddy's Bar and Grill

132 N. Main St.

If you're 21 and need a bar with loud music, dancing and no worries, Big Daddy's is frequented by college students with the desire to have a night of fun. Not as relaxed as Recess Brewing or Stagger Inn, this bar is more for the wild child. So get your dance shoes on and prepare for an evening of unhinged excitement shared by students and locals alike.



Global Brew Tap House & Lounge offers a wide selection of beer for experts and beginners alike. | Alestle file photo

#### Global Brew Tap House & Lounge

112 S. Buchanan St.

If you are a craft beer aficionado or want to eat delivered pizza on a soft-cushioned couch with your best friends, go to Global Brew and try its vast selection of beers on tap. The dark environment is soft in comparison to other bars nearby, but it is a great starting point for the night, or a great option for those looking for a quiet night full of good beer and good company.

#### Watershed Nature Center

1591 Tower Ave.

If you are looking to get in touch with your inner explorer, Watershed Nature Center provides an organic look at wildlife and 40 acres of wetlands, forest and prairie habitats. It is kid-and-family friendly, and if you are searching for an educational experience, check out [watershednaturecenter.org](http://watershednaturecenter.org) to see what educational programming the center holds that suits your taste.



The Gardens at SIUE extends the opportunity to be immersed in nature without ever leaving campus. | Samantha Kitchen / Alestle

#### The Gardens at SIUE

1 Hairpin Drive

Before you enter campus near Cougar Village, The Gardens at SIUE lifts your eyes to the wonders of nature with its garden art, flora and fauna and a wooden bridge over a glistening pond. Students, faculty and staff alike commonly escape to The Gardens to relax in its silence, but you are welcome to bring friends to picnic or hike through the trails.

#### Recess Brewing

307 N. Main St.

A newer addition to the bar scene, Recess Brewing excels at giving its customers craft beer options in a cafe-type environment. Bring a group of friends or your new fling, maybe even mom and dad, and taste test a few new brews.

#### The Wildey Theatre

252 N. Main St.

Located right on Main Street, Edwardsville's own Wildey Theatre's antiquated façade is no old-school movie theater. In fact, it is a hot spot for locals to see fashion shows, film screenings, event parties and much more. It commonly feeds the interest of locals by playing affordable screenings of cult favorites, so keep an eye out for updates on its Facebook page or when you pass its marquees because you do not want to miss what Wildey Theatre has up its sleeve.

#### Edison's Entertainment Complex

2477 S. IL - 157

Which college student wouldn't love a fun night of bowling, laser tag and arcade games? Visit Edison's for a date night or with a group of friends, and make sure to try their food and drinks before hitting strikes in the bowling lanes.

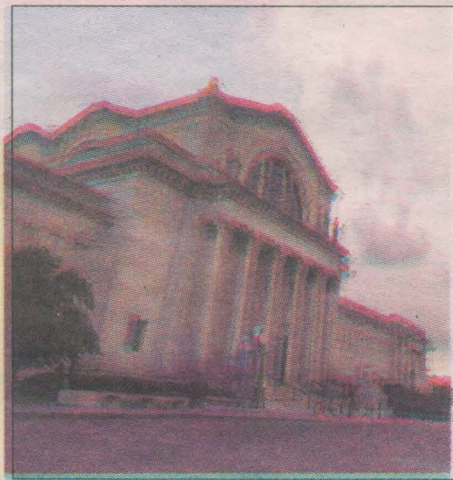


The Delmar Loop offers a variety of restaurants, shops, music venues and more.

| Alestle file photo

## Across the river: St. Louis

St. Louis is a quick 20-minute drive from campus, which greatly opens the door of possibilities for a student professionally, culturally and not to mention socially. College is the time to explore beyond your borders and discover new things. On a weekend trip with some friends, take advantage of all St. Louis has to offer and find something new to do and love. Compiled here is a brief preview of some — but not all — of the hotspots among the city. Enjoy!



The St. Louis Art Museum is one of the many attractions at Forest Park.

| Samantha Kitchen / Alestle

St. Louis' famous **Forest Park** — originally created to host the 1904 World's Fair — is situated on more than 1,300 acres in the middle of the metropolis. Home to many free attractions such as the St. Louis Art Museum, Missouri History Museum, St. Louis Zoo, St. Louis Science Center and The Muny, the park welcomes a crowd of visitors and locals every day. A large path for bikes and pedestrians borders the entire park and the grassy lawns provide a beautiful place to host events like Loufest Sept. 10-11 and the Great Forest Park Balloon Race Sept. 16-17. For more information, go to [forestparkforever.org](http://forestparkforever.org).

A walk down **The Delmar Loop** will show you this eclectic neighborhood of St. Louis, just around the corner from Washington University. Lined with a variety of independently-owned shops, vintage boutiques, international restaurants and music venues, The Loop stands out as one of the coolest places to kick it in the Lou. Whether it's checking out a live performance at The Pageant, grabbing a late night bite to eat at Peacock Loop Diner, or rummaging through the racks of Avalon Exchange, Delmar has something for everyone to enjoy. For more information, go to [visitheloo.com](http://visitheloo.com).

Check out **Grand Center** for a night on the town in St. Louis' artistic and cultural center featuring The Fabulous Fox Theater, St. Louis Symphony Orchestra, Sheldon Concert Hall and Art Galleries, Contemporary Art Museum St. Louis and St. Louis Black Repertory Company — the largest professional African-American theater company in the country. A short drive toward South Grand offers a wide variety of cuisines representing more than 12 different countries. Also nearby is The Grove business district — characterized by its diverse collection of businesses, bars and shops — scenic Tower Grove Park and the Missouri Botanical Garden. For more information regarding any of these attractions, go to their designated websites for times and events.

**Ballpark Village** is a hot spot for people of all ages who enjoy sports, food and drinks, conveniently located across the street from Busch Stadium. Filled with restaurants, bars, sports viewing areas, live music and the Cardinals Hall of Fame & Museum, BPV is a great place to hangout before or after a Cards' game. The atmosphere in BPV is exciting not only for the Cardinals, but for all the local sports teams: the St. Louis Blues hockey team and the recently established St. Louis Football Club soccer team. Check out upcoming events at [stlbballparkvillage.com](http://stlbballparkvillage.com).

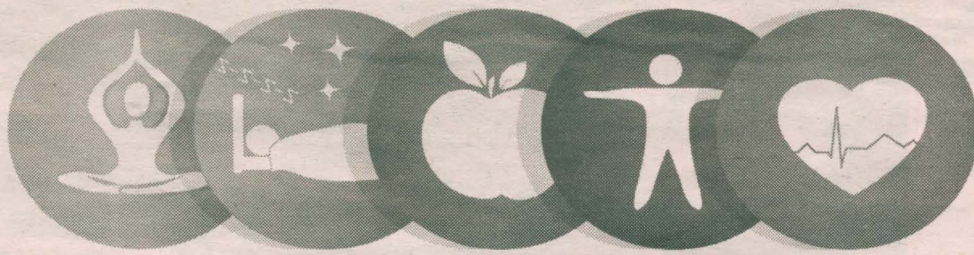


Busch Stadium, home of the St. Louis Cardinals, is located across the street from Ballpark Village.

| Samantha Kitchen / Alestle

CHECK OUT ALESTLELIVE.COM FOR MORE LOCAL HOT SPOTS.





## Staying in check with Health, Counseling Services

**CHLOE SMITH**  
Alestle Lifestyles Editor

From long nights of studying, diets full of Ramen and caffeine and the long, exhausting treks from the red lots or residence halls to the main buildings on campus, it is inevitable that students will experience those times when they're just not feeling 100 percent, whether it's physically or mentally.

Luckily for us here at the E, we have Counseling and Health Services, located conveniently on the first floor of the Student Success Center.

Counseling Services offers two

types of counseling: individual counseling, which is a one-on-one session between a student and counselor, and group counseling, which is a counselor leading discussion between multiple students going through similar experiences. Both types of counseling are covered in student fees, but be sure to remember that while students can attend as many group counseling sessions as they want, they are limited to only 10 individual sessions per semester.

Don't be afraid to take advantage of Counseling Services. It is a safe space that exists to help students. Here, students are able to talk to someone who can be trusted to not repeat what is said. Although, counselors are required to inform others if what is said eludes to the harming of oneself or others.

Health Services offers a range of services, including immunizations, physicals, laboratory work, women's health and more. Health Services is designed to offer quality healthcare to students in the most convenient way possible, so while certain services like pharmacy items, immunizations and certain procedures may require payment, the fee is minimal. Health Services also accepts health insurance.

It's important to realize that Health Services is often busy, so those looking to schedule an appointment will need to do so in advance. If a student feels that something is truly wrong, however, it

can never hurt to call and check. Health Services may have a cancellation and have time to see the student.

While college is one of the best times of life, it can also be one of the most stressful. It's important to take care of ourselves both physically and mentally, and taking advantage of the amenities Counseling and Health Services have to offer can help us do that.

Students can make an appointment with Counseling and Health Services by stopping by SSC 0222, calling (618)650-2842, or visiting Counseling and Health Services' webpage. For after-hour emergency situations, Anderson Hospital in Maryville is located about 15 minutes away from campus.

Contact **CHLOE SMITH**  
Call 650-3527  
Tweet @csmith\_alestle  
Email csmith@alestlelive.com

### Contact Information:

**SIUE Health Service**  
**0222 Student Success Center**  
**Campus Box 1055**  
**Edwardsville, Ill. 62026**  
**Call 618-650-2842**  
**siue.edu/healthservice**

## Not just Cougars: Encounters with SIUE's wildlife population

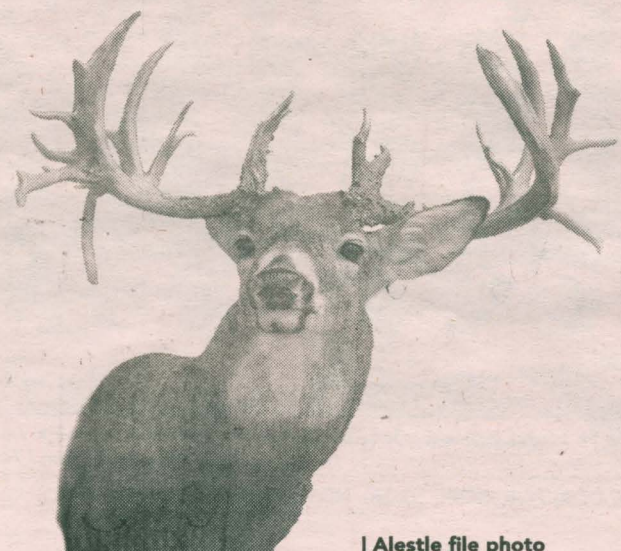
**KIAH EARL**  
Alestle Reporter

Wildlife on campus can be beautiful, but also dangerous at times. With SIUE sitting on the grounds of a national nature preserve, the high animal population on campus is expected. As a student, being prepared and knowledgeable when dealing with wild animals is always smart.

On campus, geese and deer encounters are the two most common type of animal that students, faculty and staff run into. Here are some tips on how to handle and/or prevent animal encounters on campus:

### 1. Do not feed the geese, ever.

While it may be fun to have two or three geese flock to you as you share your leftover sandwich bread, once more than a few come around, it can go downhill for you extremely fast. One person against even three or four geese can get ugly relatively quickly.



| Alestle file photo

### 2. Analyze your surroundings and recognize shaky situations.

When walking through The Gardens, in Cougar Village, or even around the main campus, expect to see wildlife, rather than allowing the animals to surprise you. Especially on campus in the evening or at night, be aware of wooded areas and those located near bodies of water. Allow yourself adequate time to figure out a route without disturbing the animals.

### 3. Ditch your headphones.

If you feel as though you may be walking into an area that could be heavily populated with wildlife, giving your headphones a break might be the best idea. Allowing yourself to key into your ability to hear what is around you can help you to know if an animal is nearby. While ditching your music doesn't sound fun, it can be the difference between hearing an animal before you see it. This also becomes especially important during the evening hours and into the night. Being able to hear when you cannot always see is important.

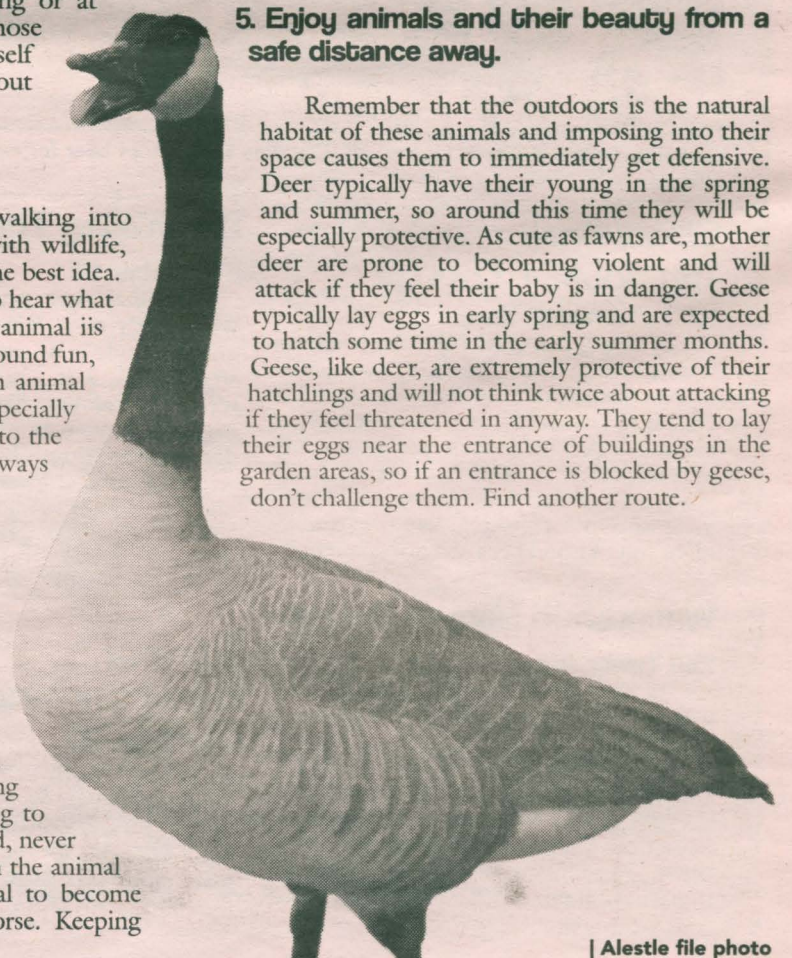
### 4. Stand your ground.

When faced with an animal encounter, one of the most important things you can do is remain calm and stand your ground. If an animal senses fear they believe that an attack will be easier because they will not recognize you as a threat. Remaining calm and not panicking will make the animal lose interest in you and therefore allowing you to go on your way. An important thing to remember is that while holding your ground, never act as though you are planning an attack on the animal you have encountered. Causing the animal to become defensive will only make the situation worse. Keeping

these tips in mind as you commute throughout the various areas around campus will ensure that you do not have any negative run ins with the animals that live here. Thinking safe and being prepared to handle the different situations that may arise are essential to your safety while on campus.

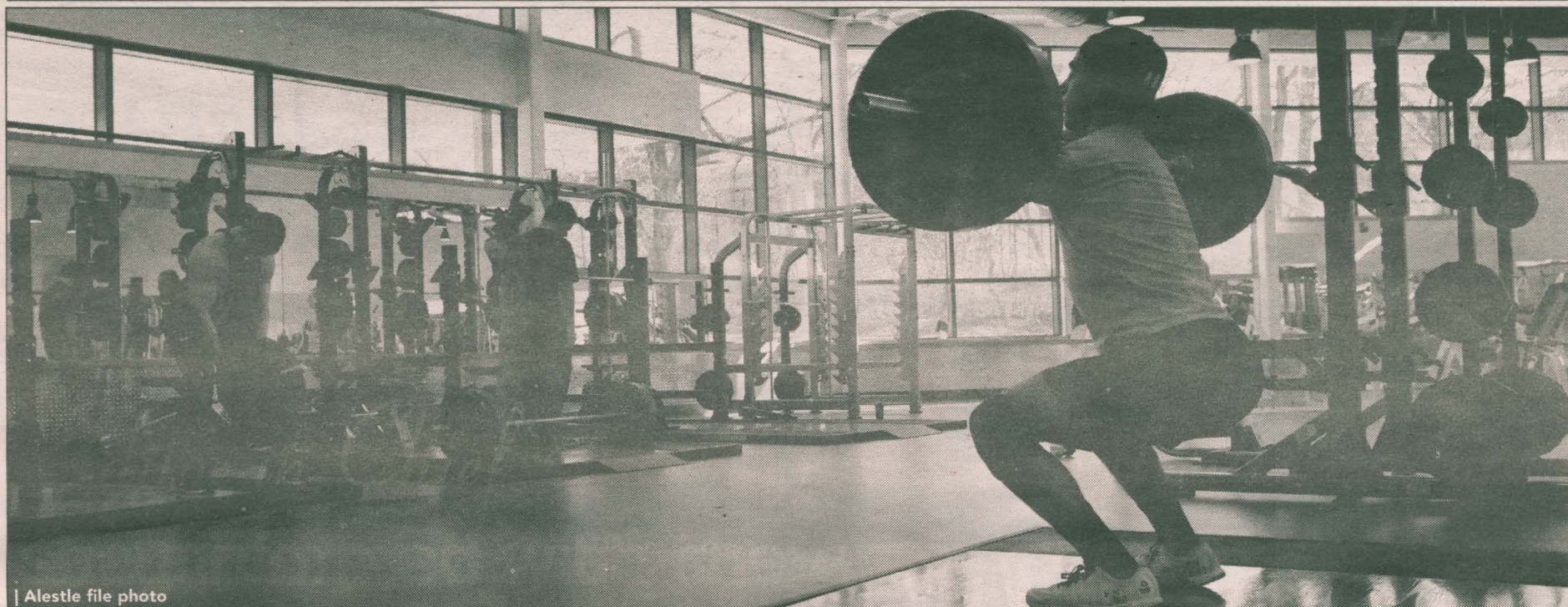
### 5. Enjoy animals and their beauty from a safe distance away.

Remember that the outdoors is the natural habitat of these animals and imposing into their space causes them to immediately get defensive. Deer typically have their young in the spring and summer, so around this time they will be especially protective. As cute as fawns are, mother deer are prone to becoming violent and will attack if they feel their baby is in danger. Geese typically lay eggs in early spring and are expected to hatch some time in the early summer months. Geese, like deer, are extremely protective of their hatchlings and will not think twice about attacking if they feel threatened in anyway. They tend to lay their eggs near the entrance of buildings in the garden areas, so if an entrance is blocked by geese, don't challenge them. Find another route.



| Alestle file photo





Alestle file photo

# Get swoll — it's included in your tuition

**CONNOR McMAHON**  
Alestle Reporter

Whether you are already a gym rat, want to make a new school year resolution to work out, are looking for a fun way to stay in shape or are trying to avoid the freshmen 15, Campus Recreation offers a the tools to meet your goals.

## Student Fitness Center

Exercising can help reduce the stress of writing that 30 page final paper that you put off writing until the last minute and the Student Fitness Center can help with its new and improved weight room.

With just the swipe of your Cougar Card, you gain access

to treadmills, stationary bikes, a running and walking track, free weights, squat racks and ellipticals.

If you want to work out but do not know where to start, the Wellness Center, located inside the SFC, also offers fitness assessment, consultations and personal trainers to help you along the way.

If you are looking for a different kind of workout, the SFC offers an indoor Climbing Gym. To help you refuel after a hard workout stop by Freshens and get yourself a protein shake or other healthy snacks.

## Group Fitness

Having a hard time motivating yourself to go to

the gym? Looking to meet new people? Do you just not want to work out alone? Then group fitness is for you!

Try taking a class in cycling or yoga or increase your deadlift with a strength class. Every class is led by an instructor, but be sure to arrive early because space and equipment are limited.

Most classes are free, but there are some exception for specialty classes, such as yoga and belly dancing.

## Club Sports

Club sports are student organizations that provide programs for instruction, recreation or competition in a specific sport or physical activity. Students have the option to

get involved with over 40 clubs including football, airsoft, basketball archery, skydiving, ice hockey and more. For additional information, go to [siue.edu/crec/clubsports](http://siue.edu/crec/clubsports).

## Intramural Sports

If you miss the glory of high school sports, want to remain active with friends or try something new, then check out intramural sports on campus. Create or join teams to compete with or against friends. SIUE has a variety of intramural sports at different competitive levels that eventually culminate in a playoff and champion. There is no better way to gain fame and fortune around campus than to become an intramural champion.

## Equipment

SIUE offers equipment that students can rent, or sometimes, buy with your Cougar Card at the Student Fitness Center.

Rent a basketball, and get your Kobe on in the student fitness center or rent a soccer ball. Bend it like Beckham on the indoor soccer field, which also converts to a rollerskate hockey rink. Smash the shuttlecock like the famous badminton player that I Googled, Lin Dan. Equipment issue also rents out bikes, tents and other outdoor equipment.

READ MORE ABOUT THE STUDENT FITNESS CENTER AT [ALESTLELIVE.COM](http://ALESTLELIVE.COM)

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**AUG 26**  
**CLIMBING GYM**  
**GRAND REOPENING**

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**LATE NIGHT**  
**2016**  
**with SIUE**  
**Campus Recreation**

**STUDENT FITNESS CENTER**  
**GROUP FITNESS DEMOS**  
**CLUB SPORTS FAIR**  
**BUBBLE SOCCER**  
**INFLATABLES**  
**GAMES**  
*and much more*

*questions?*  
contact **Natalie Hawkins**  
618-650-3242  
[NHSALE@SIUE.EDU](mailto:NHSALE@SIUE.EDU)  
**Tom Dougherty**  
618-650-3245  
[TDough@SIUE.EDU](mailto:TDough@SIUE.EDU)

**FREE event**

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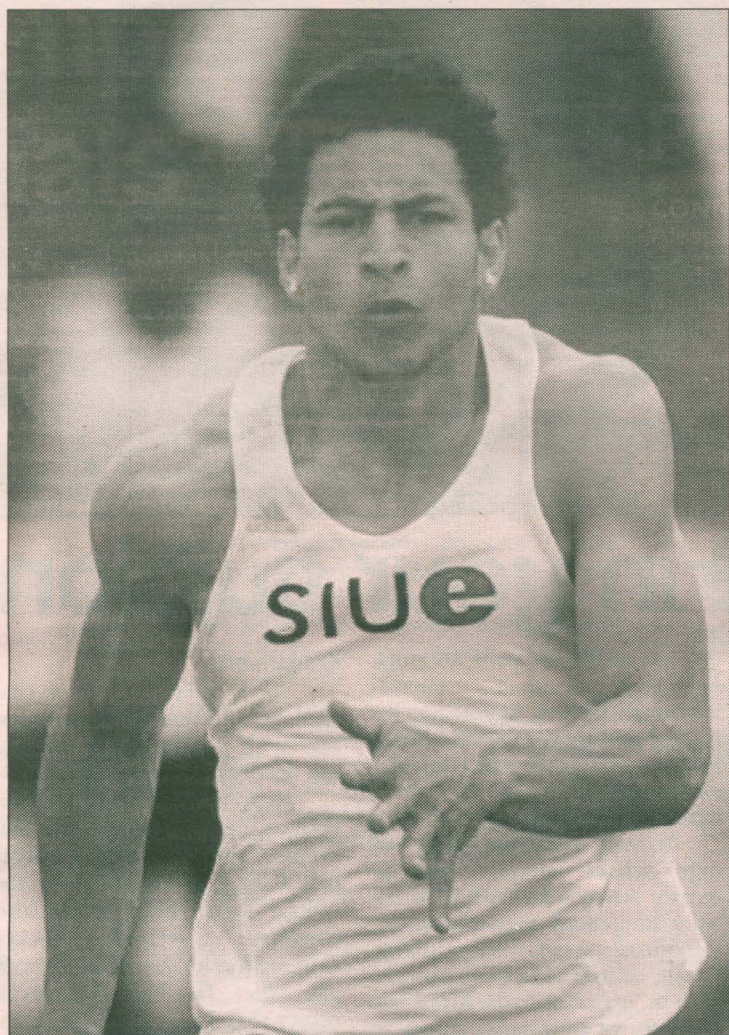
**CAMPUS RECREATION** **CONTACT US** 618.650.BFIT (2348)



# What you missed this summer in sports...

## SIUE sends jumpers to Olympic trials

**CONNOR McMAHON**  
Alestle Reporter



Junior jumper Julian Harvey punched his ticket to the NCAA Championships in Eugene, Ore. after a personal best jump of 25-11 1/2. Harvey earned his spot at the NCAA Championships after placing ninth in the long jump at the NCAA West Preliminaries. | SIUE Marketing and Communications

Following the 2016 track and field collegiate season, a representative from both the men's and women's track team qualified for the United States and Canadian Olympic Trials.

Sophomore Brittney Gibbs, a native of Toronto, finished in third place at the Canadian Trials with a triple jump mark of 41-2 1/2 inches, just shy of the Olympic standard of 43.96 feet, and junior Julian Harvey finished in 19th place at the U.S. Trials.

Gibbs came into the event with the second seed after qualifying for the trials with a mark of 41-8 3/4, which she recorded at the NCAA West Preliminaries.

SIUE Jumps Coach Joey Pacione said he is excited for Gibbs to build on the success she has had this year, and, that he sees a bright future for her.

"I am excited to see her blossom in the next three years," Pacione said. "She had an injury-riddled freshman year, and this shows how talented she is

once we got her healthy. She's going to keep the momentum of our program going."

Harvey, who claimed the OVC Championship in long jump this year, as well as earning All-American honors, finished his trials with a mark of 24-10 in long jump. The jump was a foot less than his personal best, which would have been enough to qualify him, and he finished in 19th. Harvey needed to finish in 12th place to advance.

Pacione said is also looking forward to Harvey's senior year where, he believes, Harvey is capable of being one of the top men's track and field athletes in the nation.

"I am expecting [Harvey] to be among the elite in the NCAA in his final year of eligibility," Pacione said. "The experience of competing at the trials will be a stepping stone for both of them to keep getting better."

Pacione said he was proud of everything that they have accomplished and that their drive and dedication was the major factor behind them qualifying for this massive event.

"I'm proud of them, and I've worked hard to give them the best training and coaching I can, but it means nothing without them committing to attaining greatness," Pacione said. "They both ascended to a new level of performance this year and should be proud of their hard work paying off."

Pacione expressed that he did not just view this as a great chance for just Gibbs and Harvey individually, but that it also provided a great opportunity for SIUE to be in the spotlight and reaffirm all the hard work that the staff and athletes have put into the program.

"People who see our jersey will realize we have huge goals and expectations here," Pacione said. "Any athlete coming here will have big shoes to fill and higher standards. When the expectations are higher, the performances come along with it."

Contact **CONNOR McMAHON**  
Call 650-3527

Tweet @cmcmahonalestle

Email cmcmahon@alestlelive.com

## Harris family continues basketball tradition

**CONNOR McMAHON**  
Alestle Reporter

After playing a year with Kansas State before transferring and sitting out a redshirt year at SIUE, sophomore shooting guard Tre Harris is looking forward to playing competitive basketball.

"I can't wait," Tre Harris said. "I'm really excited. Sitting out for a whole year is something I've never had to do, so I just can't wait for November to get here."

If the last name sounds familiar, that is because Tre is the nephew of the men's basketball Head Coach Jon Harris.

Tre Harris transferred to

SIUE from Kansas State in 2015, the same year his uncle accepted the head coaching position with the Cougars.

"I didn't call him and say, 'Hey man, you need to come back,' and he didn't call me. I was actually borderline trying to get him to stay [at KSU]," Coach Harris said. "I was trying to talk to him and make sure he was making the decision for the right reasons, and I think at the end of the day, he did. It just happened to work out timing wise."

Tre, now a redshirt studying business administration, began playing basketball at a very early age.

"Both my parents played, so I came from a basketball family.

When I first started walking, I first started playing," Tre Harris said.

He said it did not take long for him to realize that he was much more talented than the average player. In middle school, he said he began to notice that he had a lot of ability, and his dad helped him to cultivate and develop his raw talent.

"[My father] has been the one who was in the gym with me every day, pushing me. He coached me as a youngster on all of my AAU [American Athletic Union] teams growing up," Tre Harris said when discussing who influenced his game the most.

"My mom definitely had input as well but my dad the

most because he was more of my coach."

Tre was a local basketball star at Edwardsville High School, where he earned Hoop Scoop All-American honors as a senior before spending the summer playing basketball in Europe with the Global Sports Academy.

"That was one of the best experiences of my life. We traveled to Belgium, London, Germany and Amsterdam. Not too many people get to go there in their lifetime, and I was blessed enough to do that my first year of college," Tre Harris said. "I saw a lot and played a lot of good competition. I saw what life was like in another place so it was a really cool opportunity."

Coach Harris said he was pleased with how his nephew managed to help the team during his redshirt year.

"He was on our scout team," Coach Harris said. "He practiced with us every day; he did everything other than travel. [At practice] he would be the other team's best scorer, shot maker, and that made our guys work."

Both Tre and Coach Harris agreed that Tre brings the ability to score to the team, but he needs to work on his power and quickness to become a better player.

READ MORE ABOUT HARRIS AND OTHER SUMMER SPORTS AT ALESTLELIVE.COM

## SIUE Wrestler named All-American

**KYLE STEPP**  
Alestle Sports Editor

After redshirting his freshman year, sophomore heavyweight Jake McKiernan jumped at the chance to compete in the University National wrestling tournament, placing sixth in Greco Roman style and earning an All-American honor. McKiernan is the first SIUE wrestler since 2003, and first NCAA Division I athlete since 1987, to earn the All-American title.

In freestyle wrestling, athletes are able to take down opponents using their upper body, as well as leg attacks. In Greco-Roman, an athlete can only use their upper body, as leg attacks are prohibited.

McKiernan said his goal was to win the tournament, and he was even happier to place since he had only wrestled Greco-Roman style one other time.

"Being the first University All-American in a while is special to me, mostly because it makes me feel like I'm on the right track. I'm always trying to improve as a wrestler in any way I can," McKiernan said.

Head Coach Jeremy Spates said McKiernan is a strong freestyle wrestler, but his upper body strength and mechanics give him a distinct edge in Greco-Roman style.

"[McKiernan's] style is good for Greco because he has good upper body technique. He does some shrugs, he does some arm drags, and he does some really good throws. Also, [McKiernan] is very quick for a heavyweight, and I think that gives him a strong advantage. Overall, he's one of the smaller heavyweights, so he can get crucial angles against his opponents. Those things pay off more so in Greco than freestyle," Spates said.

McKiernan credits his long arms to his success in the Greco-Roman technique, as well.

"My length is what I think gives me an advantage in Greco. My arms are long and that makes it easier to get my hands locked around the body," McKiernan said.

McKiernan said he is excited to see the progress the team has made in the next season, and he sees competitive SIUE wrestlers in every weight class.

"I'm very excited for this winter. We have a ton of tough guys at every weight, and I expect us to do very well if we keep training the way that we have been," McKiernan said.

McKiernan has high expectations for the coaching staff to get the team ready, and to produce more All-American athletes.

"Coach Spates and [assistant] Coach Owen do an awesome job, and I know they'll get us ready,"

McKiernan said.

Spates said McKiernan will redshirt his sophomore year, but the wrestling program still has high expectations for him to break boundaries in SIUE athletics.

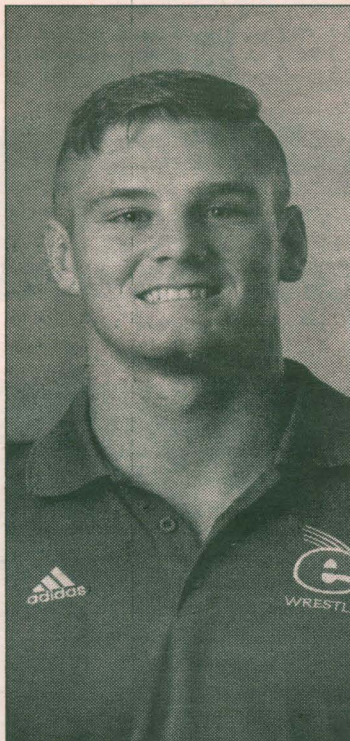
"I think [McKiernan] is going to continue to improve. He's always been an extremely hard worker. One of the biggest things is he was a small heavyweight to start with, so he's really been working in the weight room. So we have high expectations for [McKiernan]. We think this University National tournament is a stepping stone for him to become a national qualifier and an All-American in the future," Spates said.

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Redshirt wrestler Jake McKiernan | SIUE Athletics



# SIUE fall sports schedule

## Men's Cross Country

Friday, Sept. 2  
5:30 p.m.  
at EIU Walt Crawford Open

Friday, Sept. 9  
5 p.m.  
at ISU Country Financial Invitational

**Saturday, Oct. 1**  
**10:45 a.m.**  
**SIUE John Flamer Invitational**

Friday, Oct. 14  
4:15 p.m.  
at Bradley Pink Classic

Saturday, Oct. 29  
9 a.m.  
at OVC Championships

Friday, Nov. 11  
11 a.m.  
at NCAA Regionals

Saturday, Nov. 19  
at NCAA Championships  
TBA

## Women's Cross Country

Friday, Sept. 2  
4:45 p.m.  
EIU Walt Crawford Open

Friday, Sept. 9  
5 p.m.  
at ISU Country Financial Invitational

**Saturday, Oct. 1**  
**10 a.m.**  
**SIUE John Flamer Invitational**

Friday, Oct. 14  
3:30 p.m.  
at Bradley Pink Classic

Saturday, Oct. 29  
10 a.m.  
at OVC Championships

Friday, Nov. 11  
11 a.m.  
at NCAA Regionals

Saturday, Nov. 19  
at NCAA Championships  
TBA

## Women's Tennis

**Friday, Sept. 9**  
**10 a.m.**  
**SIUE Fall Invitational**

**Saturday, Sept. 10**  
**10 a.m.**  
**SIUE Fall Invitational**

Friday, Sept. 16  
10 a.m.  
at Hoosier Classic

Saturday, Sept. 17  
10 a.m.  
at Hoosier Classic

Sunday, Sept. 18  
10 a.m.  
at Hoosier Classic

Thursday, Oct. 13  
10 a.m.  
at ITA Regionals

Sunday, Oct. 16  
10 a.m.  
at ITA Regionals

**Friday, Oct. 28**  
**10 a.m.**  
**SIUE Indoor Invite**

**Saturday, Oct. 29**  
**10 a.m.**  
**SIUE Indoor Invite**

Friday, Oct. 14  
10 a.m.  
at ITA Regionals

## Women's Soccer

**Friday, August 19**  
**8 p.m.**  
**Chicago State\***

**Sunday, August 21**  
**1 p.m.**  
**Kansas St.\***

Friday, August 26  
8 p.m.  
at Denver

Sunday, August 28  
12 p.m.  
at Colorado State

**Friday, Sept. 2**  
**7 p.m.**  
**UIC\***

Sunday, Sept. 4  
1 p.m.  
at Iowa

Sunday, Sept. 11  
1 p.m.  
at Saint Louis

Friday, Sept. 16  
7 p.m.  
at Missouri State

**Friday, Sept. 23**  
**7 p.m.**  
**UT Martin\***

**Sunday, Sept. 25**  
**1 p.m.**  
**Southeast Missouri\***

Friday, Sept. 30  
4 p.m.  
at Belmont

Sunday, Oct. 2  
1 p.m.  
at Jacksonville State

Thursday, Oct. 6  
6 p.m.  
at Morehead State

**Friday, Oct. 14**  
**7 p.m.**  
**Austin Peay\***

**Sunday, Oct. 16**  
**1 p.m.**  
**Murray State\***

Friday, Oct. 21  
3 p.m.  
at Tennessee Tech

Sunday, Oct. 23  
12 p.m.  
at Eastern Kentucky

**Thursday, Oct. 27**  
**Eastern Illinois\***  
**TBA**

Sunday, Oct. 30  
7 p.m.  
OVC Tournament First Round

Friday, Nov. 4  
OVC Tournament Semifinals  
TBA

Sunday, Nov. 6  
OVC Championship  
TBA

## Volleyball

Friday, August 26  
6 p.m.  
at Wright State

Saturday, August 27  
10 a.m.  
vs. Dayton  
3:30 p.m.  
vs. Toledo

**Friday, Sept. 2**  
**7 p.m.**  
**Green Bay\***

**Saturday, Sept. 3**  
**7 p.m.**  
**Evansville\***

Friday, Sept. 9  
11 a.m.  
at Columbia  
3:30 p.m.  
vs. Bryant

Saturday, Sept. 10  
9 a.m.  
vs. Manhattan

Friday, Sept. 16  
12 p.m.  
vs. UMass Lowell  
7 p.m.  
at UIC

Saturday, Sept. 17  
1:30 p.m.  
vs. Bowling Green

**Wed. Sept. 21**  
**6 p.m.**  
**Eastern Illinois\***

**Saturday, Sept. 24**  
**1 p.m.**  
**Tennessee State\***

Friday, Sept. 30  
7 p.m.  
at UT Martin

Saturday, Oct. 1  
1:30 p.m.  
at Southeast Missouri

**Friday, Oct. 7**  
**7 p.m.**  
**Murray State\***

**Saturday, Oct. 8**  
**2 p.m.**  
**Austin Peay\***

**Friday, Oct. 14**  
**7 p.m.**  
**Morehead State\***

**Saturday, Oct. 15**  
**2 p.m.**  
**Eastern Kentucky\***

Friday, Oct. 21  
2 p.m.  
at Tennessee Tech

Saturday, Oct. 22  
2 p.m.  
at Jacksonville State

Wednesday, Oct. 26  
6 p.m.  
at Eastern Illinois

Saturday, Oct. 29  
2 p.m.  
at Belmont

**Friday, Nov. 4**  
**7 p.m.**  
**Southeast Missouri\***

**Saturday, Nov. 5**  
**2 p.m.**  
**UT Martin\***

Friday, Nov. 11  
6 p.m.  
at Austin Peay

Saturday, Nov. 12  
7 p.m.  
at Murray State

## Men's Soccer

**Sunday, August 14**  
**7 p.m.**  
**Notre Dame\***

Tuesday, August 16  
6 p.m.  
at Kentucky

**Friday, August 19**  
**6 p.m.**  
**Dayton\***

**Friday, August 26**  
**7 p.m.**  
**Northern Illinois\***

**Monday, August 29**  
**7 p.m.**  
**Valparaiso\***

Saturday, Sept. 3  
6 p.m.  
at Butler

**Friday, Sept. 9**  
**7 p.m.**  
**CSUN\***

Wednesday, Sept. 14  
7 p.m.  
at Memphis

**Saturday, Sept. 17**  
**7 p.m.**  
**Lipscomb\***

Saturday, Sept. 24  
7 p.m.  
at Loyola

Wednesday, Sept. 28  
6 p.m.  
at Ohio State

**Saturday, Oct. 1**  
**7 p.m.**  
**Drake\* Homecoming**

**Tuesday, Oct. 4**  
**7 p.m.**  
**IUPUI\***

Saturday, Oct. 8  
7 p.m.  
at Bradley

**Thursday, Oct. 11**  
**7 p.m.**  
**Missouri State\***

Thursday, Oct. 18  
6 p.m.  
at Xavier

**Saturday, Oct. 22**  
**7 p.m.**  
**Bradley\***

Wednesday, Oct. 26  
7 p.m.  
at Central Arkansas

**Saturday, Oct. 29**  
**7 p.m.**  
**Loyola\***

Saturday, Nov. 5  
7 p.m.  
at Evansville

Tuesday, Nov. 8  
at MVC Tournament  
TBA

Wednesday, Nov. 9  
at MVC  
TBA

Friday, Nov. 11  
at MVC  
TBA

Sunday, Nov. 13  
at MVC  
TBA

## Men's Golf

Saturday, Sept. 3  
UNO Invitational

Sunday, Sept. 4  
UNO Invitational

Saturday, Sept. 17  
EKU Intercollegiate  
sponsored by Raisin' Canes

Sunday, Sept. 18  
EKU Intercollegiate  
sponsored by Raisin' Canes

**Monday, Sept. 26**  
**SIUE Derek Dolenc**  
**Invitational presented**  
**by DoubleTree**  
**Hotels**

**Thursday, Sept. 27**  
**SIUE Derek Dolenc**  
**Invitational presented**  
**by DoubleTree**  
**Hotels**

Monday, Oct. 3  
UMKC Bill Ross In-  
vitational

Tuesday, Oct. 4  
UMKC Bill Ross In-  
vitational

**Friday, Oct. 7**  
**SIUE Alumni (Exh.)**

Sunday, Oct. 9  
Northern Illinois In-  
tercollegiate

Monday, Oct. 10  
Northern Illinois In-  
tercollegiate

Saturday, Feb. 25  
Loyola Intercollegiate

Sunday, Feb. 26  
Loyola Intercollegiate

Monday, March 13  
Bradley Spring Inva-  
tional

\*Home events are bolded

For more information on Cougars athletic schedules, go to [siuecougars.com](http://siuecougars.com).

For more information on SIUE sports and athletes, follow @TheAlestle on Twitter.



# Spend like a Cougar: student discounts for the frugal

**KENDRA MARTIN**  
Contributing Writer

Being broke in college is the worst, but it happens, and every college student goes through the pain of being hungry and short on cash. Luckily, several locations in the surrounding area, of which only a few are listed here, offer discounts to SIUE students.

## Doc's Smokehouse

1017 Century Drive, Edwardsville, 656-6060

Who doesn't love barbecue? Doc's Smokehouse offers many choices from salads to sandwiches to smokehouse burgers and ribs. One of its most popular items is their pulled pork, the corn casserole and sweet potato fries. Although Doc's Smokehouse does not deliver and is a bit on the expensive side with prices ranging between \$11-\$30, they do however offer takeout.

## Qdoba Mexican Eats

2100 Troy Road #5, Edwardsville, 655-9400

Specializing in Mexican food from burrito bowls to tacos, Qdoba also offers many perks such as registration rewards which gives customers a free order of chips and salsa of regular drink, email offers, birthday gifts and free entrees. With all these perks, being able to use your Cougar Card here is an added plus.

## Joe's Pizza and Pasta

4 Club Centre Court, Edwardsville, 655-9400

The pizza here has a sweet and tangy taste with a very thick, cheesy cheese — But it does not stop at pizza. Joe's also offers many Italian dishes such as fried ravioli, pasta, garlic bread and salads. If there was something to suggest, they would definitely recommend the honey barbecue wings. Cougars will not be disappointed.

## Wang Gang

1035 Century Drive, Edwardsville, 655-0888

If you're interested in Asian fusion, this is definitely the place to go. One of the popular items that many people who visit the restaurant rave about are the lettuce wraps which consist of seeded chicken, red onions, Thai chilies, bell peppers and Thai basil in Panang curry sauce. Wang Gang is relatively inexpensive for the amount of food provided, with entree prices ranging from \$8 to \$14.



## Wasabi Sushi Bar

100 S. Buchanan St., Edwardsville, 655-9880

For those sushi lovers, this is going to be a staple in your college career at SIUE. Specializing in Japanese food, one of the popular items here is the California Roll but some of their specialty items on the menu also includes the spicy tuna and edamame. If you are not particularly fond of sushi, Wasabi also offers other options such as spicy chicken and shrimp as well as teriyaki chicken.

## Dairy Queen

3905 IL-159, Glen Carbon, 288-5720

400 S. Buchanan St., Edwardsville, 692-8191

Many SIUE students swear by Dairy Queen. Dairy Queen in Glen Carbon offers a special for SIUE students called Cougar Tuesdays where if you show your SIUE ID, you will receive half off of your entire order. Although it can get a bit crowded on Tuesdays, the sweet taste of a blizzard after taking that biology exam will be worth it.

## CVS Pharmacy

126 S. Buchanan St., Edwardsville, 656-5114

A bit different from the others on this list, but definitely the most convenient. CVS Pharmacy offers many options from food to toiletries which will really come handy when your dorm runs a bit low on toilet paper.

## Great Clips

1516 Troy Road, Edwardsville, 692-4262

In dire need of a haircut? Being able to use your Cougar Card here is definitely a plus if you are trying to look good while saving money. Show your card to your stylist and you are ready to go.

## Hollywood Tan

23 Junction Drive W., Glen Carbon, 656-8266

If you are a fan of tanning and would like to have a nice, crisp tan for the long summer months at SIUE (new Cougars, you will get used to the humidity), you have to visit Hollywood Tans. Treat yourself to a tanning session and explain to mom and dad how you are able to save some money in the process with your Cougar Card.

# 1-800-SEND-FOOD 1-800-SEND-FOOD 1-800-SEND-FOOD

**HAILEY HUFFINES**  
Contributing Writer

Modern technology has brought us advances in medicine, science and electronics, but it has also brought us food delivery, and for college students, that becomes the bane of their existence while chasing their degrees.

Edwardsville and surrounding towns like Glen Carbon and Maryville are full of dining options for SIUE students, faculty and staff to visit. However, if you are stuck in your dorm studying for an upcoming quiz on chemistry, delivery sounds more plausible than a trip to find food.

Below is a list of the top restaurants and fast food joints in town that deliver to campus with their numbers, location and types of food.

## Quiznos

1053 Century Drive, Edwardsville  
692-9256

Monday - Saturday: 10 a.m. - 9 p.m.

Sunday: 10 a.m. - 8 p.m.

Food: soups, salads, subs

## Jimmy John's

1063 IL-157 Suite 3, Edwardsville  
656-5700

Sunday - Thursday: 11 a.m. - 2 a.m.

Friday - Saturday: 11 a.m. - 3 a.m.

Food: sandwiches, pickles, chips

## Domino's

120 E. Vandalia St., Edwardsville  
692-1515

Sunday - Thursday: 10 a.m. - 2 a.m.

Friday - Saturday: 10 a.m. - 3 a.m.

Food: pizza, chicken, pasta, salads

## Pizza Hut

2386 Troy Road, Edwardsville  
656-1110

Sunday - Thursday: 11 a.m. - 10 p.m.

Friday - Saturday: 11 a.m. - 12 a.m.

Food: pizza, pasta, wings

## China King

1063 IL-157 Suite 10, Edwardsville  
692-1888

Sunday - Thursday: 10:30 a.m. - 10 p.m.

Friday - Saturday: 10:30 a.m. - 10:30 p.m.

Food: Chinese

## The Orient

1518 Troy Road, Edwardsville  
656-0044

Monday - Thursday: 11 a.m. - 9 p.m.

Friday - Saturday: 11 a.m. - 10 p.m.

Sunday: 4 p.m. - 9 p.m.

Food: Chinese

## Wang Gang

1035 Century Road, Edwardsville  
655-0888

Monday - Thursday: 11 a.m. - 9 p.m.

Friday: 11 a.m. - 10 p.m.

Saturday: 10 a.m. - 10 p.m.

Sunday: 10 a.m. - 8 p.m.

Food: noodles, stir-fry, burgers, tacos



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