

Special
Edition

The **Alestle**
Alton - East St. Louis - Edwardsville

Special
Edition

Monday, August 21, 2006

www.thealestle.com

Vol. 59, No. 1

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Back to School
Survival Guide

**Back to School
Survival Guide**

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The first copy of each Alestele is free of charge.
Each additional copy costs 25 cents.

Letters to the Editor Policy:

The editors, staff and publishers of the Alestele believe in the free exchange of ideas, concerns and opinions and will publish as many letters to the editor as possible.

Letters may be turned in at the Alestele office located in the Morris University Center, Room 2022 or via e-mail at alesteleeditor@gmail.com.

All hard copy letters should be typed and double-spaced.

All letters should be no longer than 500 words.

Please include phone number, signature, class rank and major.

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

However, great care will be taken to ensure that the message of the letter is not lost or altered.

Letters to the editor will not be printed anonymously except under extreme circumstances.

We reserve the right to reject any letters.

The Alestele is a member of the Illinois College Press Association, the Associated Collegiate Press and U-WIRE.

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

The Alestele is published on Tuesdays and Thursdays during fall and spring semesters and on Wednesdays during summer semesters. For more information, call 650-3528.

Have a comment?

Let us know!

Send us an e-mail:
alesteleeditor@gmail.com

The Alestele
Campus Box 1167
Edwardsville, Ill. 62026-1167

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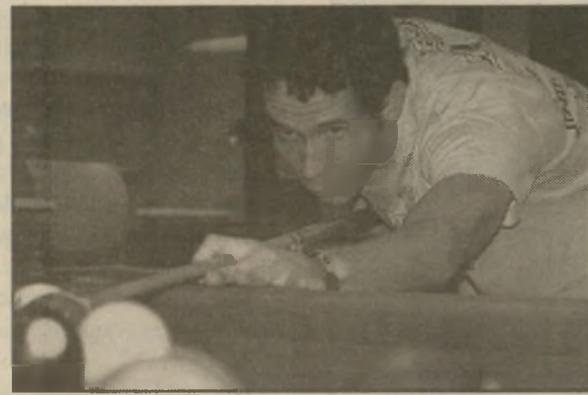
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Back to School Survival Guide

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Questions or comments regarding this section?
Contact Editor in Chief Megan McClure at
650-3530 or alestleeditor@gmail.com

Monday, August 21, 2006

New year presents fresh opportunities for students, newspaper



If you're joining us for the first time, welcome. If you're returning, welcome back.

It's a brand new year. As cliché as that may sound, it couldn't be truer for the Alestle.

This Back to School Survival Guide is designed to provide students the basic tools they need to succeed at SIUE. It is also our opportunity to show the new face of the Alestle: new topics and a new design for a new year.

Right now, the Alestle is in the midst of a recruitment drive. We are searching for students who are eager to lend their talents to our publication.

We need talented designers to assist in producing various sections of the newspaper. We need technology-savvy students eager to assist with our Web site as we prepare to expand our online edition to encompass various forms of media. Of course, we need writers - strong writers. If you have a way with words, a knack for interviewing and a motivation to succeed, come talk with us.

This newspaper isn't just for mass comm majors; it's for everyone. Of course, the majority of our staff comes from the mass comm department, but we also have staff members studying everything from graphic design to political science to criminal

justice. The Alestle is happy to employ any qualified, dedicated student, regardless of major.

Most importantly, we are here for you, the reader. Even if you have no interest whatsoever in working for the Alestle, we hope that you still understand your vital role in our publication.

Do you know of something happening on campus? Let us know!

Do you have an opinion you want to share with the campus? Write a Letter to the Editor!

Do you have questions, comments or concerns about the paper? By all means, talk with us about it!

We're available from 8 a.m. to 4:30 p.m. in Morris University Center, Room 2022. Feel free to stop by any time. I mean that very sincerely – our paper is your paper and you're always welcome here.

If those hours don't work for you, I'm available 24 hours a day, seven days a week at alestleeditor@gmail.com.

Our Web site, www.thealestle.com, also provides a medium for readers to express opinions through polls, article comments and letters to the editor. Some exciting changes are in store for our Web site in the future, so keep your eyes peeled!

The semester is just beginning, but we're already very excited about what the Alestle has to offer this year.

So, again, welcome. We hope this Back to School Survival Guide will provide you with the information you need to get this semester off to a good start. Remember, this is a brand new year – for you, for me, for the Alestle. Let's make it count.

Megan McClure
Editor in Chief

Student body president offers ideas for spending spare time on campus



My name is Carl B. Mitchell, and as Student Body President, I would like to welcome you to another year at SIUE. Next, I want to give you some advice on how to make sure this is not just another year at SIUE. So many times I hear from students that claim SIUE did not provide the college experience they were looking for. Usually, this statement comes from students who simply go to class and go home. Well, for those students and for new students, I have created a list of 50 ways to enjoy your year. Whenever you're sitting in your room dying of boredom with no idea what to do, simply grab a friend or two and tackle one or more items from this list. Everything listed can be done without leaving the campus. Enjoy!

Carl B. Mitchell
Student Body President

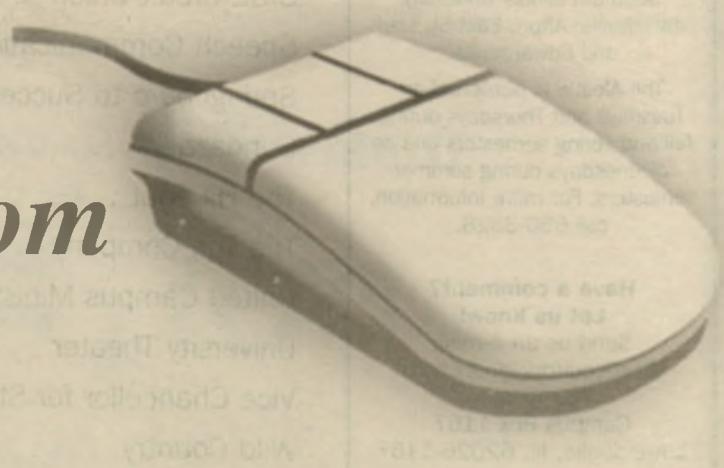
- | | | |
|---|---|---|
| 1. Go rock climbing | 20. Play table tennis | 36. Have a sleepover |
| 2. Go for a swim | 21. Go to an SIUE basketball game | 37. Take a walk on one of the trails |
| 3. Play a game of volleyball after midnight at Prairie Hall | 22. Go to a track meet | 38. Get a job |
| 4. Play badminton | 23. Go to an SIUE soccer game | 39. Read a book on the Quad |
| 5. Get a massage | 24. Go to an SIUE Club Football game | 40. Go to a Greek step show |
| 6. Play a game of wallyball | 25. Have lunch with a professor | 41. Participate in homecoming activities |
| 7. Try yoga | 26. Rent a canoe for Cougar Lake | 42. Participate in Spring Fest |
| 8. Join an organization | 27. Introduce yourself to your neighbors | 43. Sing karaoke |
| 9. Take a kickboxing class | 28. Do some community service with the Kimmel Leadership Development Center | 44. Go to a Student Senate meeting |
| 10. Try pilates | 12. Join a fraternity or sorority | 45. Eat lunch in the University Restaurant |
| 11. Go to Party Gras | 13. Work out | 46. Get a haircut by University Hair |
| 14. Join an intramural team | 14. Join a roller hockey | 47. Join Campus Activities Board |
| 15. Play roller hockey | 16. Play a game of soccer | 48. Talk to your Resident Assistant |
| 17. Enter a free-throw contest | 17. Enter a free-throw contest | 49. Go to the library |
| 18. Go bowling | 18. Go bowling | 50. Come by my office in Student Government |
| 19. Play pool | 19. Play pool | |

The Alestle wishes all students, faculty and staff a successful semester

Just a click away...

<http://www.thealestle.com>

...Log on now.



Chancellor invites students to become involved at SIUE

Welcome to a new year of excitement and opportunity at SIUE! You are here to build on your education and experiences of the past and to pursue learning a vast wealth of knowledge available through higher education. Years from now, you will likely find that fall brings to mind memories of textbook shopping, new friendships and rewarding classes. Whether you are a new or returning student, commit to making the most of your time on campus.

As students, you will benefit from our excellent academic programs, our faculty and staff committed to providing you with high quality educational opportunities and our

harmonious campus climate that encourages open dialogue and mutual respect among individuals with different backgrounds, cultures and perspectives. Citizenship, excellence, integrity, openness and wisdom comprise our university values and guide our work day in and day out. These values are so important to SIUE that you will be reminded of them every time you see the large banner in the Morris University Center.

As in other worthwhile endeavors, the outcome is often proportional to the investment. This is true both in your academic and extracurricular activities. There are numerous

opportunities to get involved in the life of the university.

For example, there are frequent faculty and student exhibits in the Art and Design Building and in the MUC. There is also the Arts & Issues series and a wide variety of organizations, associations and clubs to broaden your university experience. The Student Fitness Center is home to a variety of exciting recreational programs and, while every day is a great day to be a Cougar, this is especially true on days with scheduled athletic events — students are admitted free!

Another important opportunity for activity and involvement during your college

experience is to stay informed and offer your opinions on campus issues. An excellent way to do this is by reading the campus newspaper, the Alestle. The name is a combination of Alton, East St. Louis and Edwardsville and highlights the unity of SIUE's three educational branches. The Alestle is one vehicle through which the entire campus communicates. Don't hesitate to weigh in on topics of interest.

The fall semester signals a renewed opportunity for investment in the future. I am pleased and excited to welcome you to SIUE, a university that is on the move and quickly gaining national recognition. Best wishes

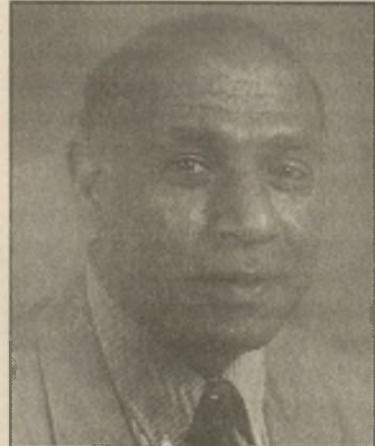


for a successful and fulfilling academic year.

Go Cougars!

Vaughn Vandegrift
Chancellor

Vice chancellor challenges students to achieve success at SIUE



Dear Students:

Welcome to the SIUE community! This is an exciting time in your life. As a student, you will be introduced to many new and different ideas and experiences; you will be

challenged to think logically and creatively about difficult questions and you will be asked to discuss the answers to these questions. Join in the discussions, you have much to offer.

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

First and foremost, invest the time and energy necessary to achieve good grades.

Most academicians recommend a minimum of two hours studying outside of class for every hour of class. Attend class regularly and make sure you know your instructor's attendance policy. Be on time and be prepared for every class meeting. Sit in the front of the

classroom! Follow your syllabus and make sure that you are organized and that your assignments are completed in a timely manner. If you need help, talk with your instructor or adviser so he or she can direct you to the best source of help.

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

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

community.

Third, get involved in student life.

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

Fourth, and lastly, take care of yourself.

Achieve the balance between

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

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

Sincerely,

Narbet R. Emmanuel,
Ph.D.
Vice Chancellor
for Student Affairs

Passing it on: Summer graduates offer advice to new college students

What is the most important thing you learned at SIUE?

"I'd say self-confidence and perseverance and making sure everything is going as planned. Be an advocate for yourself."

— Katrina St. Pierre,
Speech-Language Pathology



"Respect others. Keep an open mind and try new things."

— Mia Harsley,
Biology



"Beware of the snoring roommate and roommates who keep the room at 30 degrees. Everything else is basically a blur. Four years? Good luck."

— Eric A. Moayer,
Philosophy



"I learned to be more open-minded and diverse in my thinking."

— Allen Stoll,
History



"I got through it — I'm 61-years-old — just to be able to accomplish it!"

— Glenda Dressler,
Business Administration,
Human Resources Management



"No matter where, they will get you, the Parking Nazis."

— Anne Rathert,
Mass Communications



"Pay your tuition on time."

— Greg Turner,
History



Relaxing in the Morris University Center

From Cougar Lanes to Center Court,
the MUC provides a one-stop shop for students

by Aaron Sudholt
Alestle News Editor

Looking for food or any other service at SIUE can lead you to one of the several different locations on campus where students, faculty and staff can find a bite to eat, have a good time or even get a haircut.

The Morris University Center has several different businesses and university-operated stores located within its walls. Students who need something either related to their university life or anything else can usually find it there.

"This is a home away from home," MUC Director Mary Robinson said. "We try to provide for (students') out-of-classroom needs."

Food is the most prominent feature of the MUC, with five non-SIUE businesses on the first and lower floor of the building. Pizza Hut, Chick-Fil-A, Starbucks, Auntie Anne's and Taco Bell all offer fast food and snack options.

The MUC is open Monday through Saturday from 6:30 a.m. until midnight. On Sunday, it is open from 10:30 a.m. until midnight.

Other food areas not affiliated with third-party businesses have traditional food offerings. A deli, noodle and pasta counter, a grill and a general food area designed to offer home-style foods each have places in the lower level of the building.

Students do not have to go to the MUC to get food all the time, however. The Woodland Hall Cart and the Bluff Hall Café are both available for those wanting food before classes in the morning or after classes at night.

The Skywalk Café is on the walkway between Founders and Alumni Halls' third level and connects the two buildings. It offers drinks and prepared food during operating hours.

Serving Cougar Village residents is the Commons Building, which provides common services as well as food for Cougar Village residents.

Mailboxes for all Cougar Village residents are in the lower level of the Commons Building, along with mailboxes and a stamp machine on the upper level. Residents can mail letters here and can receive packages at the front desk on the upper level. Also provided are laundry facilities and a computer lab.

The Commons Grill offers a small grocery store for residents



Katy Hartwig/Alestle

Senior chemistry major David Fitzgerald plays pool in the Cougar Lanes Aug. 10. Pool is one of several table-top games available to play at the Cougar Lanes, along with bowling and a video arcade.

as well as a grill area where residents can buy sub sandwiches, hamburgers or fried chicken, among other selections.

However, those on meal plans can only receive their 60-40 discount on items prepared at the grill and not those in the grocery. For example, a freshly grilled hamburger will receive the discount, but a box of cereal or a bottle of soda will not.

The 60-40 discount is only given to residents on campus who buy a meal plan. Those residents are given a balance usually worth about 40 percent of their original payment, and then they receive a

discount so that the items they buy from either the MUC food areas or from the Cougar Village Commons Grill have costs reduced to about 40 percent of their original price. For example, a \$6 item will be reduced in cost to about \$2.40.

Items in the University Center and non-food MUC stores are not covered by the discount. A \$1.10 bottle of soda will remain \$1.10, even though the meal plan account already has a balance that has been reduced

60 percent. The bottle of soda is 160 percent more expensive than if you bought one covered by the 60-40 plans sold in another store.

Bottles of soda bought in the MUC food court are covered by the 60-40 plan, for example.

The MUC also offers a recreational facility - Cougar Lanes.

Cougar Lanes offers 16 bowling lanes with an electronic scoring system. Cougar Lanes also has an arcade, as well as billiards and table tennis.

The bowling rate for students is \$1.25 per person. Faculty, staff and alumni rates are

\$1.50 from Monday to Friday and \$2 on weekends. Public rates are \$1.75 during weekdays and \$2.25 on weekends. All bowling shoe rentals cost

\$1.25 per game. For both billiards and table tennis it costs \$3 per hour and for the public \$3.60 per hour.

In addition, the MUC has a bookstore located just inside the entrance and is closest to the Stratton Quadrangle.

"We've got the bookstore where (students, faculty and

staff) can get books and their reading," Robinson said.

The University Bookstore offers selections for out-of-class required reading plus recreational reading books, magazines and class supplies, such as pens,

notebooks, blank CDs, as well as SIUE merchandise.

Bookstore hours are 8 a.m. to 6:30 p.m. Monday through Thursday, 8 a.m. to 4:30 p.m. Friday and 10 a.m. to 2 p.m.

MUC/pg.13



Katy Hartwig/Alestle

Senior business administration major Michael Gravatt prepares pretzels at the Auntie Anne's in the Morris University Center.

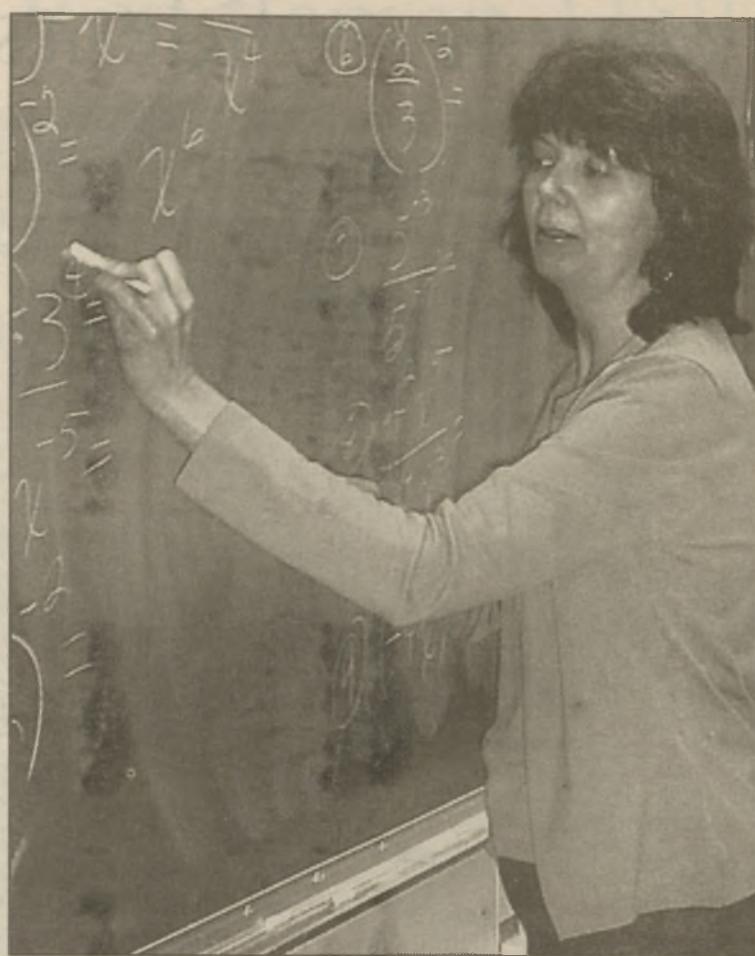


Photo Courtesy of Instructional Services
Math Resource Area coordinator Mary Lou Wlodarek demonstrates math skills to incoming freshmen for the Summer Bridge Program.

Help is on the way

Resource centers offer students the tools to succeed

by Aaron Sudholt
Aleste News Editor

Students having trouble with their courses can seek out assistance from one of SIUE Instructional Services' many tutoring labs for 14 different subjects.

The Instructional Services office offers a number of assistance programs for students needing academic support.

As part of their mission as a university supported assistance department, Instructional Services keeps track of tutoring services offered within departments. Also, Instructional Services offers its own tutoring programs, including the Writing Center.

The Writing Center offers students the opportunity to have their papers critiqued by staff and even provide support for the process of writing the paper itself. While it is aimed at students in the English 100 courses, other students can come in for help as well.

"What we try to do there is to help students become better writers," Instructional Services Director Karen Patty-Graham said.

"(The Writing Center) can help you with the direction of your paper," student worker for the Writing Center and senior

mass communications major Craig Fallin said. "You don't necessarily have to bring in a rough draft."

Do not expect to be able to drop a paper off and pick it up later with corrections noted, though. The Writing Center offers help with teaching how to write the paper and should not be viewed as merely a proofreading resource.

Another service offered by Instructional Services is the Math Resource Area, which can help students receive assistance with their math homework as necessary.

"(Students can) just decide to come in and work on their homework and if they need help, someone's there to help them," Patty-Graham said.

The Math Resource Area offers math tutoring to any student who wants the help and operates on a walk-in basis.

"We run an open lab. No appointment is necessary," Mathematics Resource Area Coordinator Mary Lou Wlodarek said.

Departments also run their own tutoring services for individual courses.

The Computer Science tutoring lab in Engineering Building Room 1036 is open to students who need help with their programming homework.

"Most of our tutors are

RESOURCES/pg.17

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Dunham Hall Theater

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Dunham Hall Theater

Come Back to the Five & Dime,

Jimmy Dean, Jimmy Dean
Nov 29 – Dec 2 at 7:30 PM • Dec 3 at 2 PM
Metcalf Theater

Black Theater Workshop

Purlie Victorious
Feb 7-10 at 7:30 PM • Feb 11 at 2 PM
Metcalf Theater

The Altruists

Feb 21-24 at 7:30 PM • Feb 25 at 2 PM
Dunham Hall Theater

Big Love

Apr 18-21 at 7:30 PM • Apr 22 at 2 PM
Dunham Hall Theater

SIUE Health Service

Cougar Care

All SIUE students may use the Health Service. Please bring your SIUE identification card with you at each visit. As a currently enrolled student you may see a member of our health care delivery team for a routine visit at no charge. A minimal fee is assessed for laboratory testing, pharmacy items, complete physical examinations, and immunizations.

Please call our office to schedule an appointment.

Location: Room 0224 (lower level) Rendelman Hall

Hours: Monday through Friday, 8:00 a.m. - 4:30 p.m.

Mailing:

Address: SIUE Health Service

Southern Illinois University at Edwardsville

Campus Box 1055

Edwardsville, IL 62606

Fax: 618-650-5839

Telephone: 618-650-2842 (Clinical Care)

Web site: www.siue.edu/HEALTH

For all serious injuries or illnesses: please call 911 for immediate assistance.

Examples of service offered by our office are physician visits for short term illnesses, routine examinations, STD screening and treatment, birth control methods, allergy injections, blood pressure checks, tuberculosis skin testing, immunizations, counseling visits, and health education programs.

Our laboratory and pharmacy will accept written requests from outside physicians. The pharmacy offers several over-the-counter medications available at very reasonable prices.

Renter's insurance shields campus residents

by Katherine Jung
Aleste News Stringer

Need some extra protection? Renter's insurance may be just the thing to ease your worries.

Living on campus is full of new experiences: meeting new people, buying new stuff—almost a whole new way of life. But with this new way of life also comes new risks.

University Housing Director Michael Schultz strongly encourages students who live on campus to consider renter's

"Students are not required - but they are strongly encouraged - to have renter's insurance..."

-Housing Director
Michael Schultz

insurance.

"Students are not required—but they are strongly encouraged—to have renter's insurance or check to see if they are covered by their parents' homeowner's policy," Schultz said.

For those who are not covered under their parents' policy, or who opt to have their own plan, there are many



Photo Courtesy of Kyle Wells

A Cougar Village Apartment building burned down in a fire Jan. 31, 2002. Renters insurance can cover catastrophic events such as fires.

options. Schultz recommends one company in particular because of their longstanding tradition of helping students.

"We recommend one company on our Web site, but (students) can also get (insurance) at any insurance company like State Farm, Allstate, etc.," Schultz said.

The recommended company, National Student Services Inc.,

has been providing affordable insurance to college students for nearly two decades. Their "Student Personal Property Plan" is recognized at over 1,000 colleges and universities across the United States.

With this plan, students living both on and off campus are covered for a full year. With a minimum deductible of \$25, the cost is less than \$40 a month.

With a higher deductible, the cost goes down to around \$30 a month for \$2,000 in coverage.

The plan protects students' belongings from fire, vandalism and even theft. Examples of things that are protected are clothing, electronic equipment, jewelry, computers and bicycles.

However, there are special provisions that apply. For example, personal property is

covered inside a vehicle as long as the automobile was locked and there is evidence of a forced entry.

For more information on National Student Services Inc., visit www.nssinc.com or call 1-800-256-6774. For information on university housing, call 650-3931.

Katherine Jung can be reached at alestlenews@gmail.com or 650-3527.

Know Your Rights & Responsibilities

As a contributing member of the SIUE Community, you should know your rights and responsibilities.

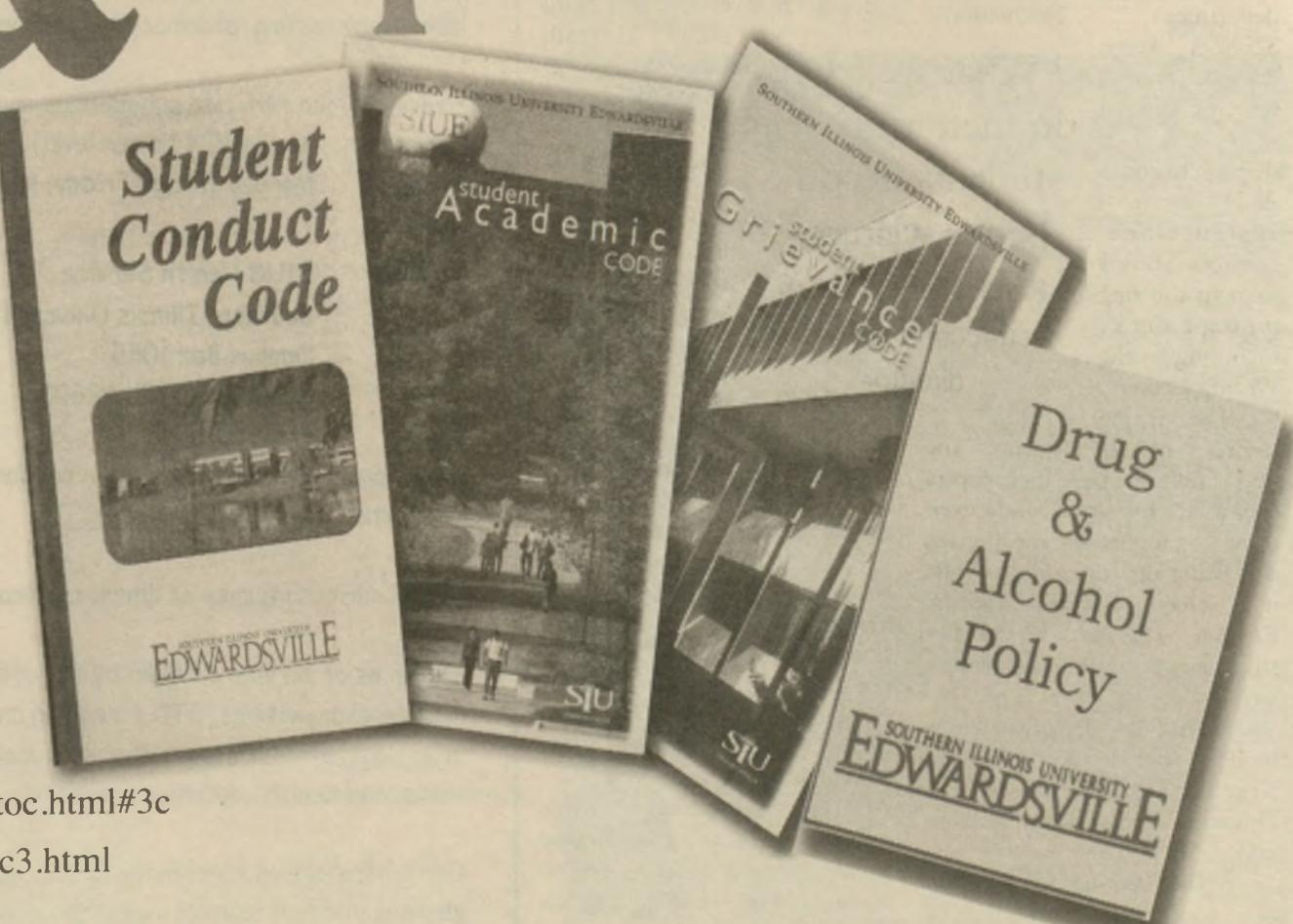
This information is available in print and on the SIUE Web site.

**SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE**

Check it out at...

<http://www.siu.edu/POLICIES/ptoc.html#3c>

<http://www.siu.edu/POLICIES/6c3.html>



For additional information contact the Office of Student Affairs at (618) 650-2020

Rendleman Hall has many campus services

by Katherine Jung
Alestle News Stringer

Rendleman Hall is the university's central administration building and is home to many offices students will need to visit on a regular basis.

Perhaps the office that gets the most traffic is the Student Service Center. Located in room 1309, some of their services include class registration and changes, and transcript requests. It is also where students receive their Cougar ID cards that are needed for a variety of services on campus.

Regular hours for the Service Center during fall semester are 8 a.m. to 6 p.m. Monday through Thursday and 8 a.m. to 4:30 p.m. Friday.

Another important office to know in case the unfortunate should occur is Health Services, which is located on the lower level of Rendleman at 0224.

All students, faculty and employees are eligible for appointments with Health Services with their valid Cougar ID card.

Health Services offers prescriptions at lower costs, confidential HIV and STD testing and a free counseling service.

The Student Employment office, which is located in Room 2221, is also a service that many students take advantage of.

Students can find jobs both on- and off-campus. Jobs listed within instudent employment can usually be scheduled around classes.

Students can also view jobs available online at stuemp.siu.edu.

One office that most students visit is Parking Services. Parking Services is open 8 a.m. to 4:30 p.m. Monday through Friday and is in Room 1113.

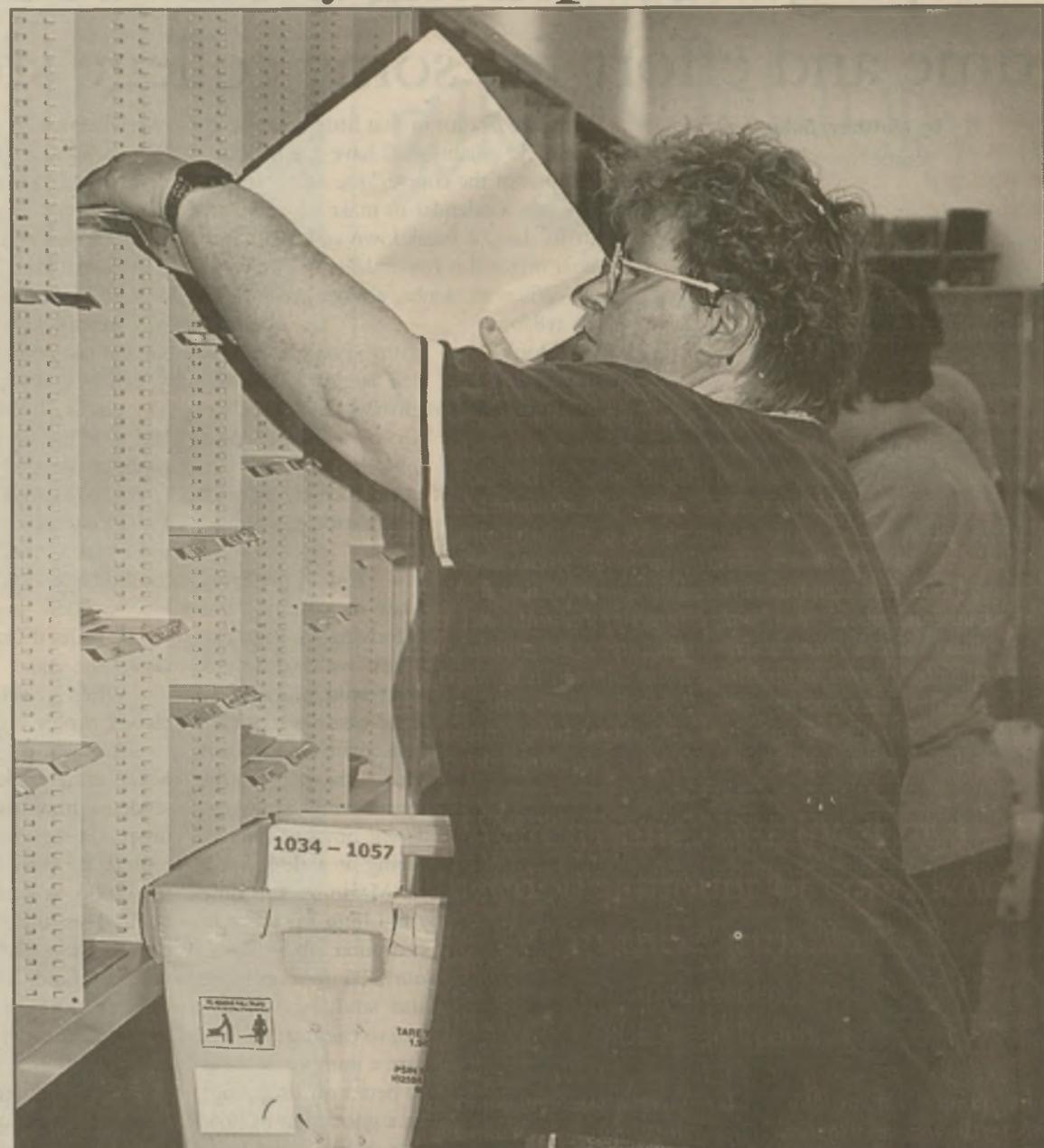
All students who park in SIUE parking lots are required to have the appropriate permit. Students who wish to purchase a permit must have their driver's license, the license plate number of the vehicle and a completed SIUE parking permit registration form.

Permits range from \$72 to \$112 and acceptable forms of payment include cash, check, MasterCard and Visa.

The SIUE Post Office is located on the lower level of Rendleman Hall in Room 0232. The post office is a fully functional post office running Monday through Friday. Students and staff can ship packages, buy stamps and rent post-office boxes. Letters can also be mailed.

Post office boxes are only available for students and employees of SIUE and can be rented for a fee of \$15 per semester or \$35 per year. For more information, call 650-2028.

Katherine Jung can be reached at alestlenews@gmail.com or 650-3527.



Katy Hartwig/Alestle

SIUE Post Office employee Lorrie Snyder sorts flat mail. The post office, located in the basement of Rendleman Hall, is one of many services offered on campus.



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Keeping a GPA strong is only a matter of time and effort for some college students

by Matthew Schroyer
Alestle News Stringer

With college starting up again, it is important for students to remember how to survive in the classroom.

For returning students, it means getting back in the groove. For incoming freshmen, it means developing study habits.

You probably suspected it, but the first rule of GPA safety is show up to class. This is crucial because on the first day of class, professors can drop you from the course if you fail to show up. Since many classes at SIUE have students lining up on waitlists, professors will not hesitate to drop a student that skips class. To guarantee you aren't dropped, show up early for every class on the first day.

On the first day, your professor will more than likely tell you the attendance policy. Pay attention to the policy, or you risk facing consequences for absences later. Even if daily attendance is not required, it still matters. By showing up, you are bound to learn something and you are less likely to miss important information about homework and tests.

Professors will also hand out the course syllabus. Cherish it. Treat it like a winning lottery ticket, because it is your ticket to success.

Academic adviser Maureen Bell said

"The first test is a good sign of how you are doing in the course."

-Maureen Bell,
adviser

and keep studying there. Firstly, experiment with music while studying. Try studying at different times of the day and night. Try studying at a desk, on a bed or on the floor. Maximize the time between classes by finishing up work in the library or in a computer lab.

Maintaining your GPA involves more than attendance and studying. It also means knowing when to call it quits.

Bell says there are a number of signs that indicate you are better off dropping.

"The first test is a good sign of how you are doing in the course," she said, "but the attendance policy can be a good indicator as well."

Bell also warns the feeling of being

that there is a lot in that little document. "The syllabus will have a professor's synopsis of the course," she said. "It may give you a calendar to make sure you are up to date, a breakdown of grades and what material is covered."

When in doubt, always go back to the syllabus.

Don't let your professors be strangers either. Bell suggests meeting with professors regularly. Good teacher-student communication can help you stay on track to earning a good GPA.

overwhelmed is another indicator that you have bitten off more than you can chew.

For sophomore Erica Plackemeier, overwhelmed was exactly how she felt last year.

"I was taking 18 credit hours and working 25 hours a week at Target," she said. "I couldn't handle it."

Plackemeier dropped the class and never looked back.

"I knew my GPA would suffer if I kept the class," she said.

When dropping classes, timing is critical.

According to the SIUE undergraduate catalog, students have two weeks to drop classes before tuition refunds are denied. For the fall 2006 semester, Sept. 1 is the last day to drop classes with a refund. That is also the last day to remove the class from the transcript and drop without a professor's signature.

During weeks three to 10, students can continue to drop courses without a signature, but a grade of "W" for "with

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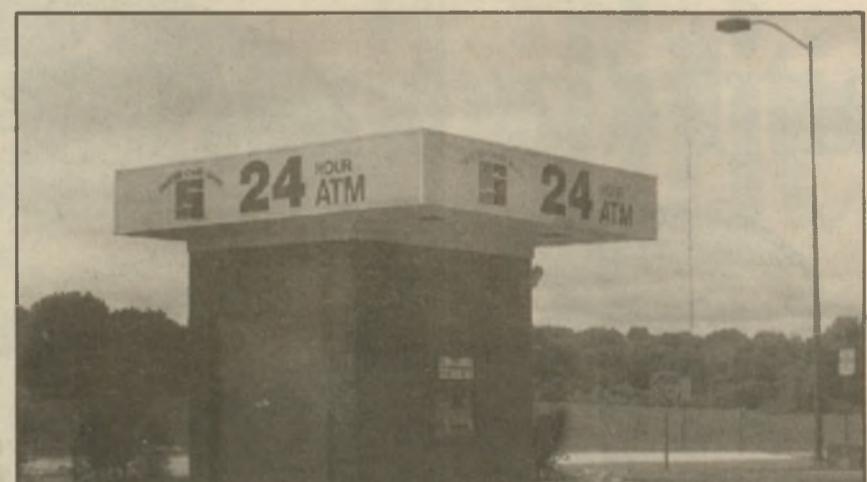
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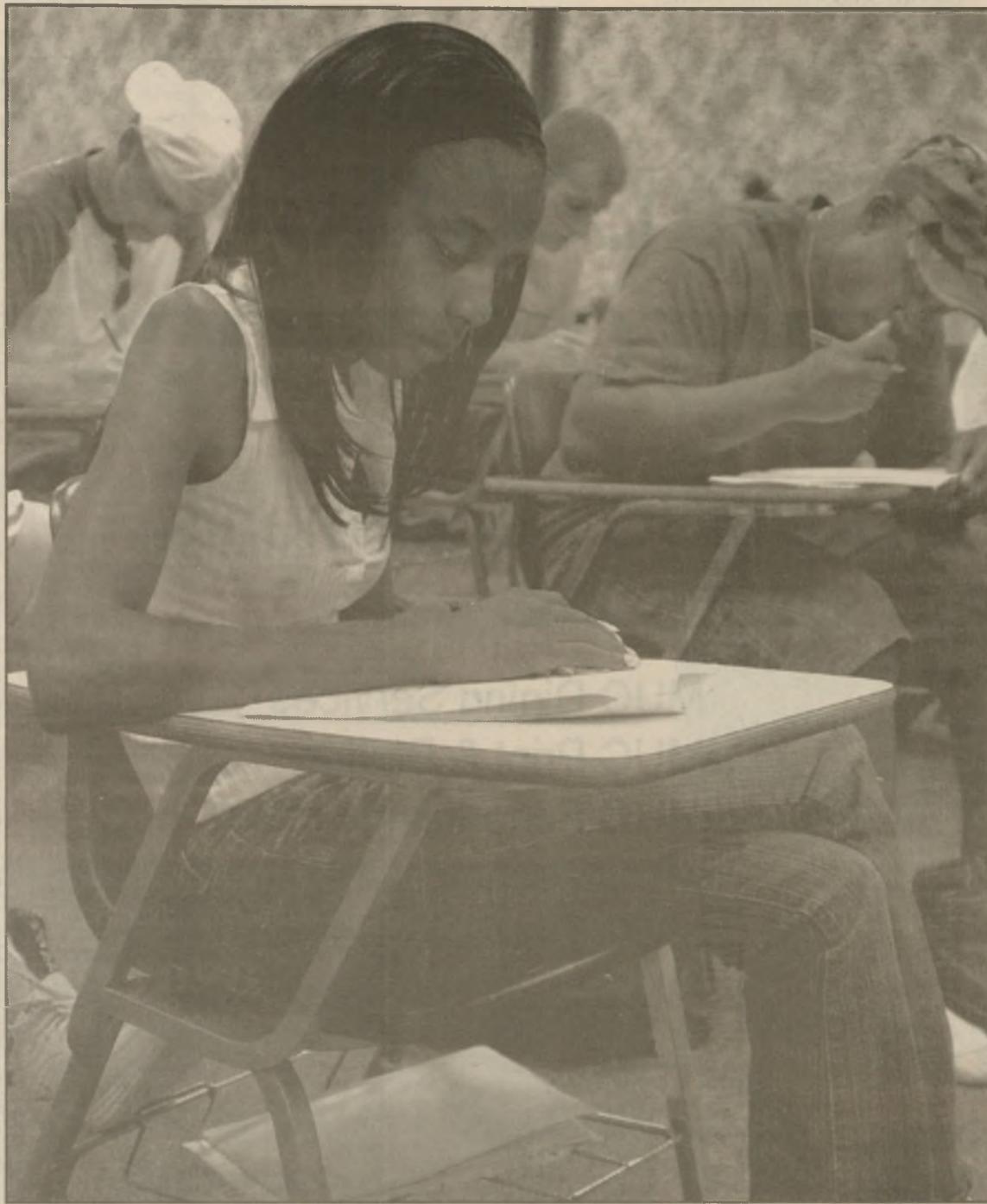
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Senior mass communications major Aretha Lumas takes her final exam in Mass Communications 401. Disruptions during tests and other classroom work have led administrators to discuss rules for classroom conduct.

Cougar Code dictates conduct

by Aaron Sudholt
Aleste News Editor

Classroom disruptions can be a big problem for students and instructors alike. For new and old students at SIUE, a new set of codes have been offered in order to prevent chaos in the classroom.

Earlier in the summer, the Cougar Code and the Cougar Creed were presented to Student

Government at the June 2 meeting.

While these codes are not mandatory, Associate Vice Chancellor Jim Klenke said they will be considered more closely as the year goes on and faculty and students have the opportunity to better examine them.

The code is aimed at preventing disruptions not only in class, but within the school itself.

The Cougar Creed

As a member of the SIUE learning community, I am:

- Committed to the SIUE community, its past, present and future.
- Open to other points of view.
- United in school pride and spirit.
- Grateful for the privilege and the opportunities of higher education.
- Accepting of classmates as colleagues and equals.
- Respectful of the rights and property of others.

The Cougar Commitment

As a member of the SIUE learning community, I pledge to uphold honorable and high standards. I commit to participate in a friendly and unique academic community. I will practice personal and academic integrity, respect the dignity of all people and respect the rights and property of others. I will demonstrate a concern for others, their feelings and their need for conditions which support their work and development. I have a responsibility to achieve academic and personal success and to make a positive difference on campus and in the community. Commitment to these ideals requires that I refrain from and discourage behaviors which threaten the freedom and respect that every individual deserves.

"It's all about respect," Klenke said. "Treat a faculty member with all the respect they deserve."

Students are encouraged to maintain a courteous attitude in class. In January, Vice Chancellor for Student Affairs Narbeth Emmanuel issued a statement for students to follow certain guidelines in the classroom.

Continually disruptive students have been subject to some discipline depending on the incident.

"If they've been majorly disruptive, they will be subject to actions from the conduct code," Klenke said. "We've had students that have been very disruptive, students who have not given the floor when the instructor asked for it."

Klenke said he would be discussing classroom etiquette with the deans and other concerned groups on campus as well as talk to freshmen in their 112 classes this fall.

"Let's work together to make this a better year," Klenke said. "This is an institute of higher learning, let's expect the best of us and we'll have a better experience."

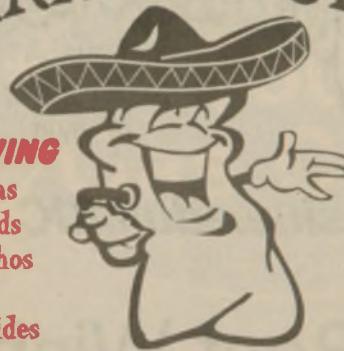
Aaron Sudholt can be reached at alestlenews@gmail.com or 650-3527.

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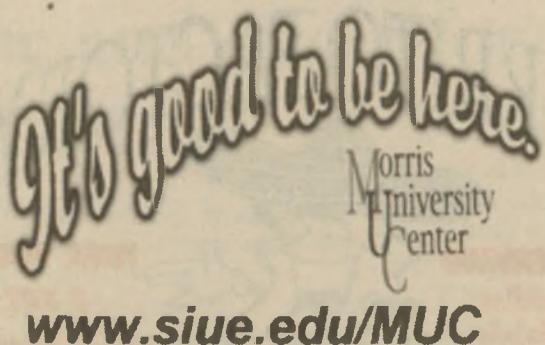
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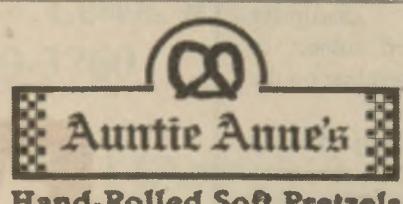
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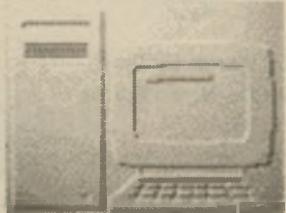


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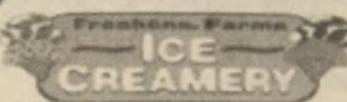


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Located Lower Level MUC

MUC
from pg. 6

However, for the first two weeks of class the bookstore will be open Monday through Thursday, Saturday and Sunday from 8 a.m. to 8 p.m.

Not only can students fill their stomachs and brush up on literature in the MUC, but they can also find haircare.

University Hair on the lower level offers haircuts to anyone interested. It has been a part of the MUC since the late 60s and is not affiliated with any national chain.

"We do hair, nails, anything to do with hair," University Hair Manager Terry Knebel said.

Though walk-ins are serviced according to availability, haircuts and other salon tasks are done by appointment.

"If we can do walk-ins, we will," Knebel said.

Rates for a haircut and shampoo are usually \$20, Knebel said. A manicure is \$15. Pedicures are also available.

Students who need help designing projects or any print

job that a professional printing service can provide can find help for it within the MUC.

The Print and Design office gives students a professional printing service involving the printing of pictures, documents and other items for students.

Photocopying, color printing and even large printing such as for banners and posters is available through Print and Design. Students can also use workstations to create and print their own flyers and other items. For a fee, student workers can make the design.

Music and dancing are part of the MUC as well.

The Meridian Ballroom often hosts dances, lectures and concerts that are either sponsored by SIUE or those who have paid to use it.

For more information, contact University Information at 650-5555.

Aaron Sudholt can be reached at alestlenews@gmail.com or 650-3527.

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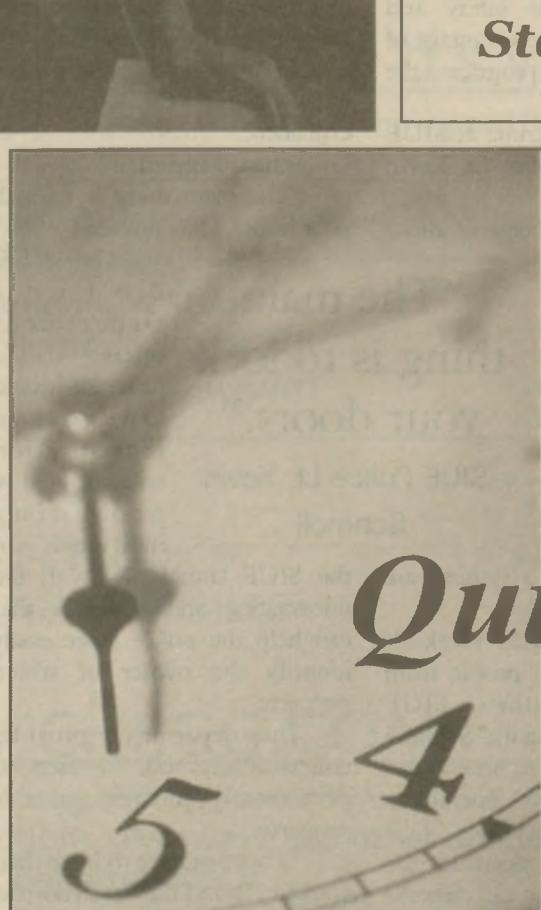
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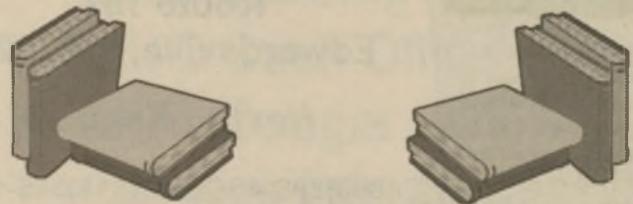
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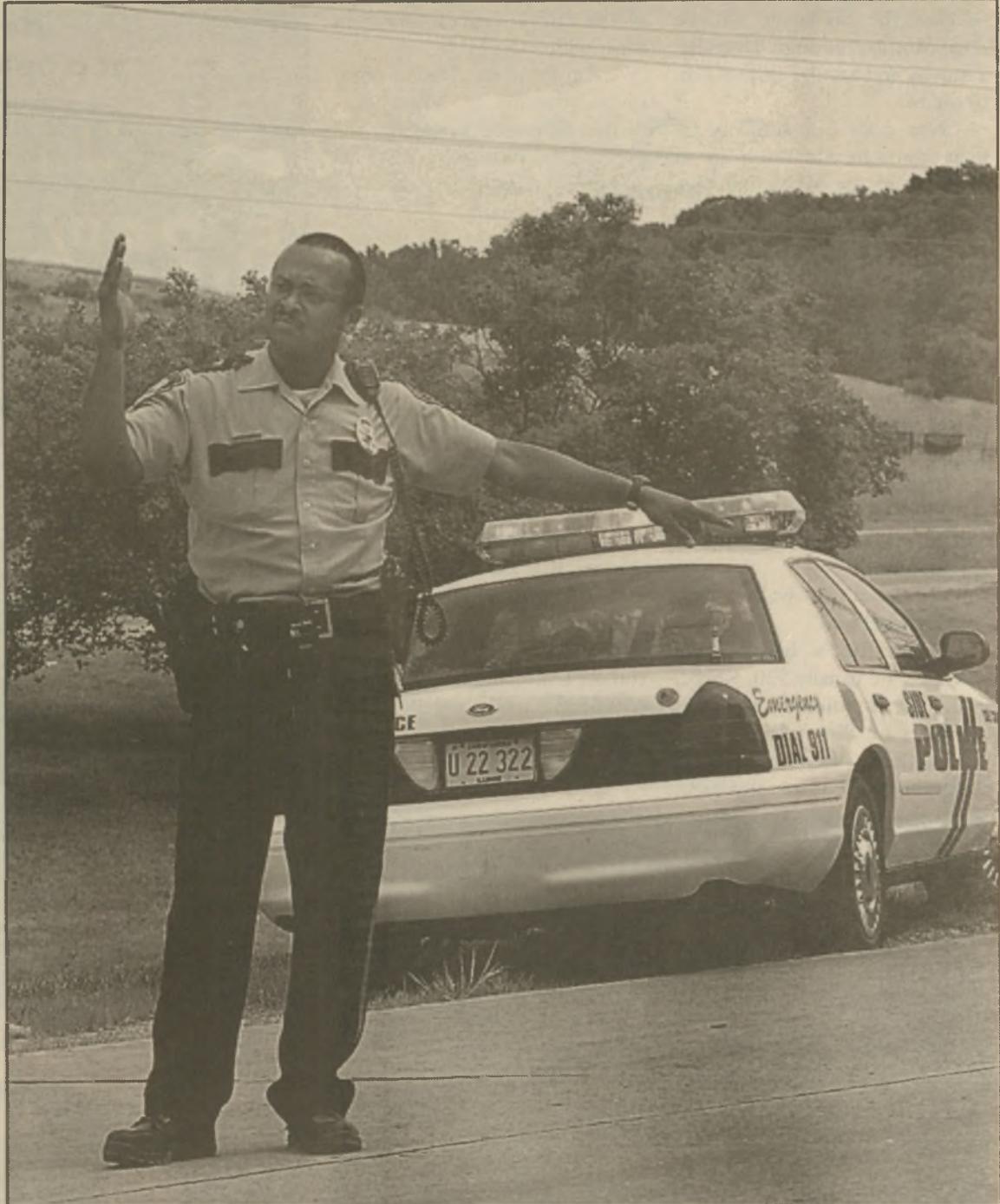
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Katy Hartwig/Alestle

SIUE Police officer Kelvin Peterson directs traffic around an accident Aug. 8 on South University Drive. Directing traffic is one job SIUE Police have on campus.

Campus police on patrol

by Stormy Tetreau
 Alestle News Stringer

With theft as the number one crime on campus, the SIUE Police Department wants students to make wise decisions in terms of their safety and property and to take advantage of crime prevention programs the department offers.

"The biggest crime at SIUE is theft," SIUE Police Lt. Kevin Schmoll said.

A large percentage of those

thefts are car break-ins. The department estimates that around 10,000 different cars are at the SIUE campus every day during an academic term and that students' highly-valued stereo systems are often the target.

"Most of (the car break-ins are committed by) people from ... outside (the SIUE community) coming in," Schmoll said. "(SIUE) is an area where many students have nice stereo systems and compact discs."

Students can decrease the risk of having their car targeted simply by not leaving items of value in a place where a potential

thief can easily view them. However, not all items can be hidden.

Jill Beck, administrative clerk in the records unit of the department, also pointed out that parking permits are hot items that thieves target. There were 39 parking tags stolen in 2005.

"It is mainly because people don't lock their car doors," Beck explained.

Schmoll agreed.

"The main thing is to lock your doors," Schmoll said.

**"The main
 thing is to lock
 your doors."**

-SIUE Police Lt. Kevin
 Schmoll

The SIUE Police Department offers a program called Operation Identification with the goal of providing individuals of

the SIUE community with the information and resources that can help the police more easily identify the owner of stolen property.

The department provides engravers that can be used to permanently identify valuable property.

"They just have to leave their student ID and they can (borrow the engraver to put) their name where they know where it is, but

nobody else does," Schmoll said. "In case something gets stolen, it is easier for us to identify things."

A form is also available that can be helpful in case a valuable item is stolen.

"There is a form they get so they can write down the model number and serial number (of valuables)," Schmoll said.

He suggested that students keep this form with their "important files."

Schmoll also suggested that students "program the (police station phone number), 650-3324, into their phone so that they have it on file in their phone listing and they don't have to remember it when it is needed."

This is important because the sooner the police respond to an incident the better chance that it will be positively resolved.

"If they wait, the longer they wait, the chances decrease of us solving the crime," Schmoll said.

"If you discover a theft, see a fight in progress or see something that just doesn't seem right, call right away," Schmoll said. "It might be nothing. It might be something."

For more information about the SIUE Police, contact them at 650-3324.

Stormy Tetreau can be reached at alestlenews@gmail.com or 650-3527.

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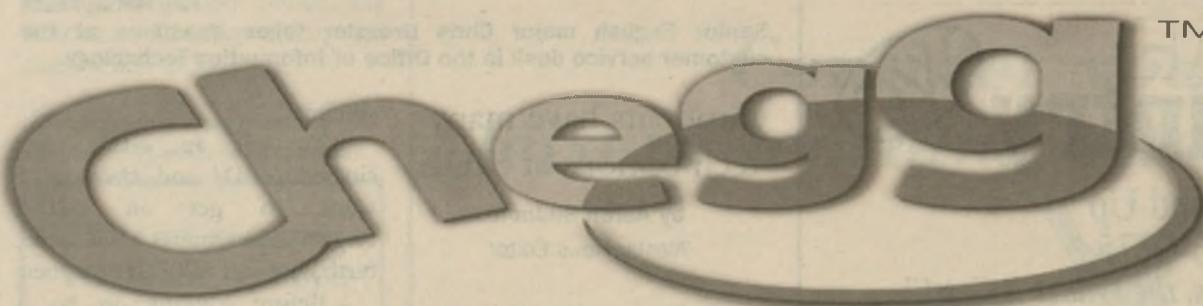
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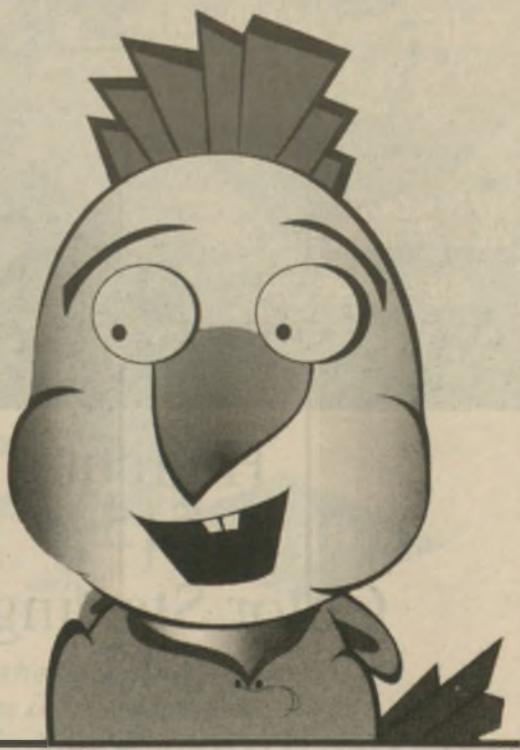
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Technology keeps campus connected to the world



Katy Hartwig/Alestle

Senior English major Chris Dressier takes questions at the customer service desk in the Office of Information Technology.

Students have many tech options at SIUE

by Aaron Sudholt
 Alestle News Editor

Technology is a vital part of most college students' lives, and accessing that technology on campus is usually done in one of four ways: an e-ID, a Student Telephone Account Number, a personal PIN number and student ID number.

A student ID, which corresponds to Social Security numbers, is used to access CougarNet and to identify students on forms. Signing into the Language Lab in Peck Hall, for example, requires students to state their ID numbers.

This is different from the e-ID, which is the login name required to access any of the Internet services SIUE has on campus. SIUE e-mail and its SPAM filters, the Blackboard online classroom assistance site, STAN numbers and access to computers in the library or computer labs all require an e-ID to gain access. Students also need their e-ID to access the Internet through SIUE in either the residence halls or Cougar Village apartments and to access the SIUE Wireless Network or dial-up Internet, which are available through SIUE for active

students.

To get an e-ID, visit siue.edu/e-ID/ and choose, "I want to get an e-ID." Registration requires a full name, birth date and SIUE ID number.

Before logging in to a computer on the Internet in the residence halls or Cougar Village apartments, you must have an e-ID ready so your computer can be identified for the network.

For freshmen unaware of how to execute this, help will be available when they move in.

"We will be in the (Morris) University Center for check-in day," SIUE Office of Information Technology Manager Brian Lotz said. "Our office will have extended hours for the week before classes begin and the following two weeks."

Every 60 days, the system will require the password to be changed for the e-ID for security reasons. This new security measure was implemented July 1 and was mandated by the state of Illinois.

The SIUE-based online e-mail account given to all faculty, staff and students on campus, or Webmail uses the e-ID as part of e-mail addresses. An e-ID is the beginning of the address and then is followed by "@siue.edu." Webmail accounts can be accessed from any Internet-enabled computer at

webmail.siue.edu.

Blackboard, also through e-ID access, acts as an online communication medium for students and their professors. The service, implemented last fall as a replacement to WebCT, offers the ability to post homework assignments, lectures and other information online or to coordinate assistance for students. Blackboard is generally used at the instructor's discretion.

Students who use Blackboard can not only coordinate their assignments and homework, but also use it to keep up to 50 megabytes of files online. Students who wish to use Blackboard can do so at bb.siue.edu.

The e-ID also helps students obtain academic counseling. AdvisorTrac is an online service that allows undeclared students find advisers in the Academic Advising and Accounting office to register for classes. AdvisorTrac can be accessed at advisor.siue.edu.

Another form of identification involves STANs. A STAN is a number entered before making calls off campus. All calls to other numbers on campus are free, but calls off campus cost money.

STAN's are available by going to the SIUE Telecommunications Web site at siue.edu/TELECOM/ and choosing the "Obtain your STAN online" option. Then, enter your e-ID and password and follow the directions.

STAN calls for students cost two cents per minute for local calls, those within 22 miles of campus. All other calls in the U.S. cost 10 cents per minute and international calls vary by country.

PIN numbers are also a feature of SIUE technology. A PIN number is used along with your student ID number to access CougarNet.

On the first attempt to log in, the PIN is your birth month, day and year, but afterward the system requires a new PIN to be set.

CougarNet provides information about personal records with the university like addresses and non-campus e-mail addresses, offers information and applications for student loans and access to class schedules, online billing and academic records.

For more information or assistance on technology services on campus, contact the SIUE Office of Information Technology at 650-3739. For more information on STAN use and access, contact Telecommunication Services at 650-3373.

Aaron Sudholt can be reached at alestlenews@gmail.com or 650-3527.

RESOURCES

from pg. 7

graduate students or students in upper level classes who have shown some expertise," Instructional Support Specialist Andrew Lamonica said.

Pictures of the tutors who work in the lab are posted on the wall so if students there have trouble with programming, they can easily find tutors on staff.

If there are no tutors working, students who need help can ask one another in the 30-person lab.

The lab is aimed at helping students in the 100 and 200 level computer science courses.

Other departments have

GPA

from pg. 10

"drawal" is given for the course. When calculating your GPA, a course with a grade of "W" is basically left out.

During weeks 11 to 13, students can drop courses only with the signature of their professor and adviser on an add/drop form. You will be given either a "WP" for "withdrew passing" or "WF" for "withdrew failing," based on your progress in the course. A "WP" is calculated the same way as a "W" for your GPA. A "WF" on the other hand, is calculated the same as the standard "F."

The catalog also explains that after week 13, you cannot drop courses. The professor will assign you something else besides a "W," "WP" or a "WF." Talk with your professor about what grade you might receive.

Regardless of the stage you are in, seek academic advice before dropping.

"Definitely talk to a professor," Bell said. "Also, talk to an adviser."

their own tutoring classes, though not all have been made known to Instructional Services yet and are not currently listed on their Web site.

"If they don't tell us about it, we don't list it," Patty-Graham said. "I think it is important for students to talk to their instructors about what tutoring is available."

For more information on Instructional Services, including a list of courses with tutoring available, go to siue.edu/IS.

Aaron Sudholt can be reached at alestlenews@gmail.com or 650-3527.

Dropping a course could mean you have to change your future courses.

After making an educated decision, the next step is to head over to the Service Center and fill out an add/drop form. Make sure you have your Cougar Card with you since they will ask for it. After the changes are made, take a walk over to textbook rental to drop off your old books.

The old adage "work hard, play hard" also applies to college, so go out there and enjoy college life. Blow off some steam after studying and reward yourself with good times with friends. Of course, it would be irresponsible not to tell you to keep it safe. So, keep your studying smart and your fun safe.

For information about adding or dropping classes or for more information about the Academic Advising office, call them at 650-3797.

Matthew Schroyer can be reached at alestlenews@gmail.com or 650-3527.

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Office of the Mayor
Gary D. Niebur

Welcome from the City of Edwardsville

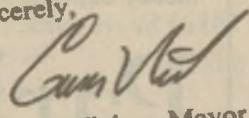
Welcome to Edwardsville and to SIUE! The people of this community are very pleased that another academic year at Southern Illinois University has begun. This new year is the signal that many recent graduates are on their way to meaningful careers while new and returning students continue their quest for information within the academic setting.

Everyone benefits from the knowledge you gain. Just at the local level, the City of Edwardsville certainly enjoys the introduction of many wonderful students, faculty, and staff members who now call this community their home. Their fresh ideas and enthusiasm have improved the overall quality of life and made this entire area much more exciting.

Every department of City government is at your service. Please know that we appreciate the tremendous direct and indirect investments that you make every day. We are proud of our historic city, and we hope you take advantage of our many restaurants, retail shops, and entertainment options.

Our goal is to make you feel as comfortable as possible in order that the home of Southern Illinois University at Edwardsville will always be your "home" wherever the path of knowledge may take you.

Sincerely,

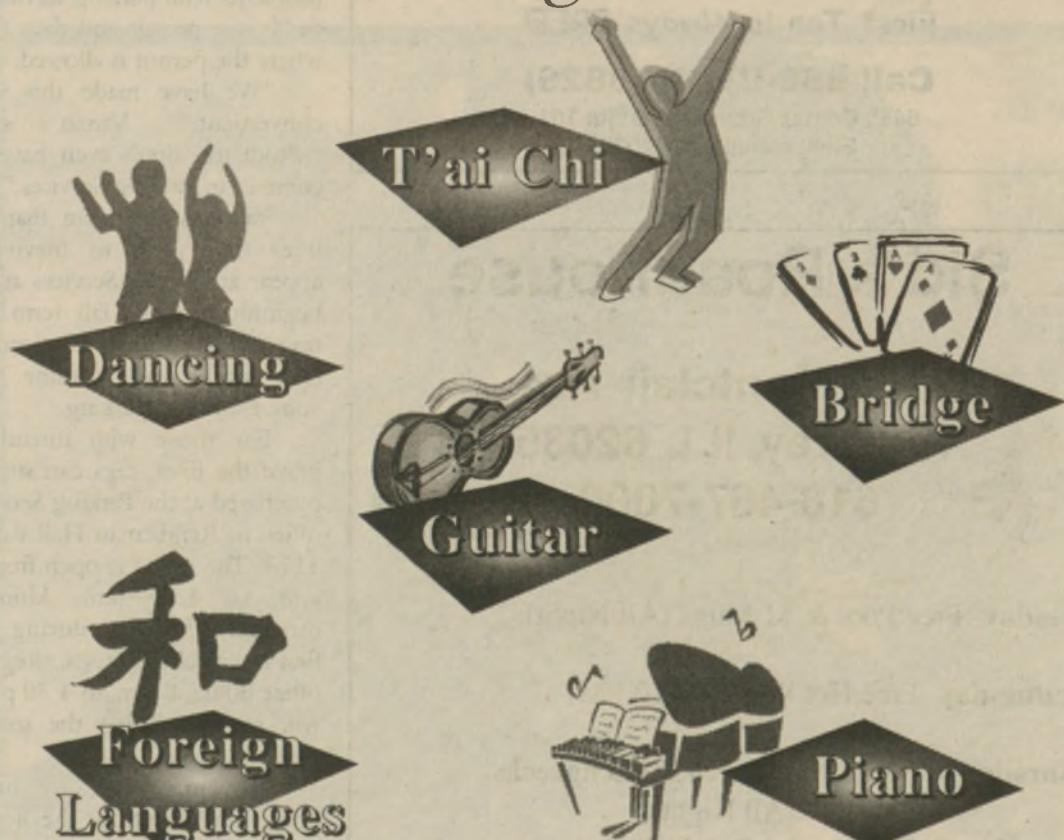


**Gary D. Niebur, Mayor
City of Edwardsville**

GDN/mjs

118 Hillsboro Avenue P.O. Box 407 Edwardsville, Illinois 62025 Tel 618.692.7530 Fax 618.692.7515 www.cityofedwardsville.com

Consider your leisure learning alternatives



**For a complete schedule of
Leisure Learning Activities call or stop by the
Office of Continuing Education
Rendleman Hall, Room 1330
(618) 650-3210 or www.siue.edu/CE**

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- have a diagnosis of early Alzheimer's disease.

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Maya Angelou
author, poet, educator



imagine
stopping the progression of Alzheimer's disease
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Andy Rathnow/Aleste

An SIUE Parking Services employee gives a ticket to a car at an expired meter outside Rendleman Hall and the Morris University Center. Parking meters run for up to two hours, depending on the amount of money deposited.

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(All Night)

Thursday & Friday- 9-1 D.J. Rob Hernandez

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Friday and Saturday 4PM-2AM

After 9PM Must Be 21

Parking on campus

by Stormy Tetreau
Aleste News Stringer

With 30,370 citations given in the 2004-05 academic year, students should take heed concerning SIUE's parking rules and regulations.

Administrative Services Director Robert Vanzo said the number one action that students can take in order to avoid problems with parking services is to "buy a permit and then park where the permit is allowed."

"We have made this very convenient," Vanzo said. "(Students) don't even have to come in to Parking Services."

Vanzo pointed out that the lines that seem to inevitably appear at Parking Services at the beginning of the fall term can now be avoided. Permits can be purchased online at admin.siu.edu/parking.

For those who intend to brave the lines, tags can still be purchased at the Parking Services office in Rendleman Hall Room 1113. The office is open from 8 a.m. to 4:30 p.m. Monday through Thursday during the first full week of classes. Regular office hours, 8 a.m. to 4:30 p.m., will resume during the second week of classes.

Students need to bring photo identification, the license plate numbers of the vehicles to be tagged and payment. Payment can be made by cash, check, MasterCard or Visa.

Vanzo also noted that students can avoid using their credit cards to pay for the permit.

"They can post the price of their permit directly to their student accounts," he said.

There are some regulations

regarding the purchase of permits. Only the intended permit holder, a parent or spouse can make the purchase. Also, outstanding tickets must be paid before a permit will be issued.

"If they have parking tickets, then they have to pay those first," Vanzo said.

The red and yellow lots that usually require a permit will have open parking during the first week of classes as well as the week prior to it, but students need to make sure that they get permits no later than the end of the first week of the term.

"(Open parking) give(s) students time to get everything straightened out," Vanzo said. "We want to give them time to get their permits. But remember, it is just in the red and yellow lots."

Commuting students will need to purchase, at minimum, a red tag, and resident students will need to purchase, at minimum, a yellow tag. The cost of a red or yellow tag is \$60. Yellow tags give resident students access to all of the lots that are open to red permit holders.

There are only a few ways to upgrade a permit. If a student has evening classes, an evening permit for \$92 can be purchased that will allow parking in Lots A, E or F after 3 p.m.

For those who do not want to shell out the extra money and do not mind the walk, the red and yellow permits do allow permit holders to park in Lots 1, 2 and 3 after 3 p.m., offering a bit shorter walk for students with evening classes.

There is also another permit available. The brown permit, at a cost of \$112, offers access to

parking behind the Student Fitness Center.

The brown permit was instituted last year due to overcrowding in the lot, according to a Sept. 15 Aleste article. Prior to that, red permits were permitted in this lot.

Vanzo expects that students will not have a hard time getting a brown permit this year if they want one.

"We had quite a few unsold last year," he said. "I think people were not too aware (that it was available)."

A green permit, which allows parking in lots A and E, may also be obtained through a lottery. Registration for the yearly lottery for a green permit ended Aug. 17. Students can register online at admin.siu.edu/parking/lottery_signup.htm. Some graduate students with assistantships are eligible to purchase green permits as well.

If regulations are disobeyed and students find tickets flapping on their windshield, there are different costs depending on the type of violation.

If a student is ticketed for parking at an expired meter, the cost is \$15. The cost for parking in the wrong lot, failing to have a permit or parking in a non-parking zone can range "from \$15 for first offense to \$55 for the fifth and subsequent offenses," according to the Parking Services Web site at admin.siu.edu/parking/parking.htm.

If a student feels a citation is unwarranted, an appeals process can be started at Parking Services.

Stormy Tetreau can be reached at alestenews@gmail.com or 650-3527.

MUC Food Service Hours

Center Court - Morris

Monday-Friday 7 a.m.-8 p.m.
Saturday and Sunday
(Continuous Service)
Brunch 10:30 a.m.-4 p.m.
Saturday Dinner 4-7:30 p.m.
Sunday 4-8 p.m.

Center Court Entrees

Monday-Friday 7-10:15 a.m.,
10:45 a.m.-2 p.m., 5-8 p.m.
Saturday 11:30 a.m.-7:30 p.m.
Sunday 11:30 a.m.-8 p.m.

Center Court Deli/Panini

Monday 10:30 a.m.-8 p.m.
Tuesday 10:30 a.m.-2 p.m.
Wednesday 10:30 a.m.-8 p.m.
Thursday 10:30 a.m.-2 p.m.

Center Court Noodle/Pasta

Monday, Wednesday, Friday
10:30 a.m. - 8 p.m.
Tuesday and Thursday
10:30 a.m. - 2 p.m.

Center Court Grill

Monday, Wednesday, Friday
7-10 a.m.; 10:30 a.m.-2 p.m.
Tuesday and Thursday
7-10 a.m.; 10:30 a.m.-8 p.m.

Center Court Chik-Fil-A

Monday 10 a.m.-11 p.m.
Tuesday-Friday 10 a.m.-8 p.m.
Saturday 10 a.m.-7:30 p.m.

University Restaurant

Monday-Friday 11 a.m.-2 p.m.
Starbucks Coffee

Monday-Saturday 7-2 a.m.
Sunday 11-2 a.m.

Pizza Hut Express

Monday, Tuesday, Thursday
10:30 a.m.-8 p.m.
Wednesday and Friday
10:30 a.m.-11 p.m.

Freshens

Monday-Friday 9 a.m.-7 p.m.

Taco Bell

Monday, Wednesday and Friday
10:30 a.m.-8 p.m.
Tuesday and Thursday
10:30 a.m.-11 p.m.

Pizza Hut Express/Taco Bell

Open Alternating Weekends
Saturday and Sunday
12-10 p.m.

Union Station

Monday-Thursday
7:30 a.m.-9 p.m.
Friday 7:30 a.m.-midnight
Saturday 9 a.m.-midnight
Sunday 10:30 a.m.-9 p.m.

Skywalk Food Court

Monday-Thursday
7:30 a.m. - 8 p.m.
Friday 7:30 a.m.-3:30 p.m.

Commons Grill

Monday-Friday 11 a.m.-11 p.m.
Saturday and Sunday 12-6 p.m.

Woodland and Prairie Cart

Monday-Friday 8-10 a.m.
Monday-Thursday 4-8 p.m.

Bluff Café

Monday-Friday 7:30-10 a.m.

Monday-Thursday 6-9 p.m.

Auntie Anne's

Monday-Thursday
9:30 a.m.-6:30 p.m.
Friday 9:30 a.m.-4 p.m.

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St. Charles, MO 63301**



Say What?

What's the most important thing you learned at SIUE?



"Don't snore while your roommate is in the room or you get a boot thrown at you."
Matthew W. Mau,
political science



"That everybody in life has something to contribute."
Brenda Powers,
instructional technologies

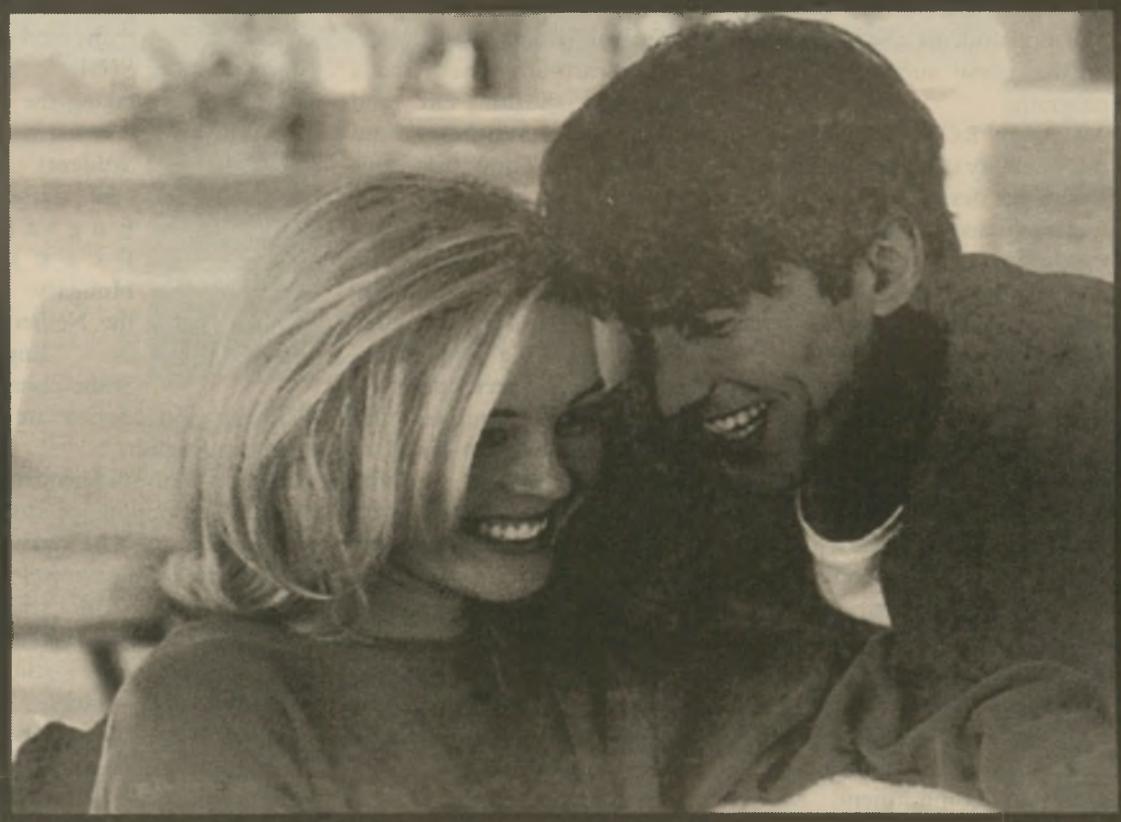


"It's worth it at the end.
It's all worth it at the end."
Brandi Newsome,
biological science



"Everything you learn in the classroom, learn it ... absorb it, because once you get out in the real world, if you didn't learn it then you are lost."
Traci Young,
mass communications

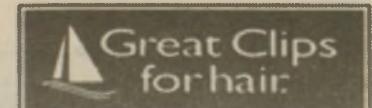
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Notes

Back to School Survival Guide

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Questions or comments regarding this section?
Contact Editor in Chief Megan McClure at
650-3530 or alestleeditor@gmail.com.

Monday, August 21, 2006

The following information was provided by departments and organizations on campus.
This is not representative of all campus departments and organizations,
only the ones that submitted information.

Army ROTC

Army Reserve Officers' Training Corps is a program designed to develop leadership and self-confidence in students. Each course offers leadership development and management skills training in both the classroom and leadership labs with full college credit.

For more information

- Phone 650-2500
- Web siue.edu/ROTC
- Office Founders Hall Room 3106

Army ROTC has Illinois state scholarships paying up to four years of tuition and federal scholarships paying up to four years of tuition, \$900 per year for books, most common fees and a cash stipend with no commitment required until the sophomore year. The U.S. Army pays all contracted cadets a cash stipend of up to \$5,000 per year.

Opportunities for adventure abound in Army ROTC. Students fly in helicopters, rappel from 40 foot high towers, fire rifles, learn land navigation and water survival techniques and may attend U.S. Army special schools such as airborne and air assault training. Nursing students also participate in the nurse summer training program.

Army ROTC improves the marketability of college graduates. Businesses desire people with the leadership and management skills taught through military science courses. Employers and graduate schools prize the experience of Army officers available to students who complete Army ROTC with a commission.

After satisfying their obligations, Army officers may choose to enter private business, public service or pursue a military career. The Army offers full employment benefits, including healthcare, life insurance, subsidized graduate education and a housing allowance.

Register for Military Science 101 today and try Army ROTC with no commitment. Learn about the Army and yourself.

American Pharmacists Association Academy of Student Pharmacists

The SIUE Chapter of the American Pharmacists Association Academy of Student

Pharmacists was founded in September 2005 with 39 members from the inaugural class of the School of Pharmacy. Nationwide, APhA-ASP has over 26,000 members from schools of pharmacy.

The mission of APhA-ASP is to be the collective voice of student pharmacists, to provide opportunities for professional growth and to envision and actively promote the future of pharmacy. The SIUE chapter's goal is to provide information, education and advocacy to help student pharmacists develop professionalism, improve pharmacy skills and advance patient care.

The chapter will host its First Annual Trivia Night on Friday, Sept. 8, at the Edwardsville Knights of Columbus Hall. The night will include a trivia challenge with many prizes as well as raffles and a silent auction.

A portion of the funds raised will go to the Glen-Ed Soup Pantry to help area families in need. To reserve a table or for more information, contact Chapter President Jennifer Lurk at jlurk@siue.edu.

This year, the chapter plans to organize patient care projects such as Heartburn Awareness at a community health fair and smoking prevention and cessation education for area teens. Also, members may participate in the National Patient Counseling Competition in which students' communication skills are tested as they counsel a hypothetical patient about his prescription.

APhA-ASP members also have opportunities to travel to regional and national meetings where students interact with members from other chapters, further develop their leadership skills and learn about patient care and professionalism.

The SIUE chapter will hold its annual membership drive in late August. All pharmacy students are eligible for membership.

Business

Prepare to join the global marketplace while having the time of your life!

Study Abroad with the School of Business!

"Do you have international experience?" That's the sort of

question a person might expect to hear in an interview or when being reviewed for promotion at some point in their career. The SIUE School of Business provides international study opportunities that help our students develop skills that enrich their lives and make them more marketable professionally.

With SIUE's International Programs, students can get to know another country and culture while earning academic credit at SIUE. This is possible because the School of Business has exchange agreements with partner universities in England, Germany, France, Hungary, the Netherlands and Mexico.

At any of these partner institutions, students can participate in a fascinating semester abroad that is uncomplicated and affordable. This is because participants register for classes at SIUE, pay

SIUE tuition, earn SIUE credits and receive SIUE grades for courses taken abroad. In most cases, studying abroad for a semester through School of Business programs costs only about 30 percent more than staying at SIUE and taking the same courses. Students can take classes in England, France, Hungary and the Netherlands in English. Some classes in Germany and Mexico are also taught in English.

Short-term study courses are an excellent option for students who prefer not to be away for a full semester. These travel-study courses also provide students with affordable opportunities to earn credit while studying internationally. Here, too, participants register for classes at SIUE, pay SIUE tuition, earn SIUE credits and receive SIUE grades for courses taken abroad. Travel-study destinations include Juárez, Mexico in January; Germany or Toluca, Mexico during spring break; or China or Hungary for two weeks in May between spring and summer terms.

Students often return from an international program feeling they have been transformed

during their time abroad. Many feel their most memorable and valuable educational experiences occurred while studying internationally.

We look forward to speaking with you about SIUE's International Programs in the near future!

Cougar Lanes

Are you wondering how to spend some free time between classes, or just looking for something to do during the evening? Cougar Lanes is your answer!

Cougar Lanes features 16 Brunswick bowling lanes equipped with the latest in automatic scoring technology, cosmic bowling for that "far out"

experience and bumper bowling for families with small children.

Cougar Lanes is home to the SIUE Men's and Women's Bowling teams, who compete on the national level. Inquire about the popular student bowling leagues and tournaments.

Cougar Lanes also features 11 championship Brunswick billiard tables to provide entertainment for all the pool enthusiasts. The tables are of the highest quality to ensure dependable playability.

There are 8-ball and 9-ball leagues and tournaments throughout the year, providing students with competitive weekly entertainment. Cougar Lanes is proud to be home to three-time International ACUI 9-ball Champion Lars Vardaman.

Bowling and billiard leagues last 10 weeks each.

Cougar Lanes also has two championship quality pingpong tables purchased straight from the U.S. Open International Table Tennis Championships. Pingpong tournaments are also held during the year.

In addition, air hockey, foosball, Dance Revolution and a host of other arcade games are available.

Cougar Lanes provides a smoke-free, alcohol-free environment great for family fun.

Engineering

Dear Students:

Welcome to SIUE! The faculty and staff of the School of Engineering extend an invitation to you to join us during the

2006-07 academic year. This year promises to be an exciting one for the entire university community and especially for the School of Engineering. Our award winning \$21.3 million Engineering Building with multimedia-equipped classrooms is fully equipped with state-of-the-art laboratory facilities.

We offer various professional degree programs in civil, computer, electrical, industrial, manufacturing and mechanical engineering, as well as computer science and construction management.

The School of Engineering assigns first priority to excellence in undergraduate education. If you have already decided to study in one of these areas, please consider declaring your major as early as possible so you can be assigned an engineering faculty member as your adviser. If you are still undecided, but are considering computer science, construction management or engineering as a possible career path, we invite you to attend the Engineering and Technology Focused Interest Reception from 6 to 8 p.m., Wednesday, August 30 in the Bluff Hall Multipurpose Room. School of Engineering faculty, staff and student leaders will be available to answer your questions.

Tours of our facilities are also available.

Again, welcome to SIUE and have a great academic year!

Bernard M. Waxman
Acting Dean
Ronald D. Banks

The Graduate School

SIUE offers master's and specialist's degrees, post-baccalaureate certificates on a full- or part-time basis in more than 30 fields of study within the schools of Arts

and Sciences, Business, Education, Engineering and Nursing.

Visit the Web site for a complete listing of all graduate degree programs, courses, assistantships, fellowships, links to departmental Web sites, etc.

Stop by the Graduate School Information/Welcome Booth from 4-5:30 p.m. Thursday, Aug. 24, at Peck Hall and pick up a

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from pg. 20

graduate student information packet, free gift and refreshments. Also, enter a prize drawing to be held at the end of Welcome Week. Have a Great Year!

Health Services Cougar Care

All SIUE students may use the Health Services. Please bring SIUE identification to each visit.

As a currently enrolled student, seeing a member of the health care delivery team for a routine visit has no charge. A minimal fee is assessed for laboratory testing, pharmacy items, complete physical examinations and immunizations.

Examples of service offered by the Health Services office are physician visits for short term

For more information

- Phone 650-2842
- Emergency 911
- Fax 650-5839
- Web siue.edu/HEALTH
- Office Rendleman Room 0224
- Address Box 1055
- Hours Monday-Friday 8 a.m.-4:30 p.m.

Health Services office are physician visits for short term

illnesses, routine examinations, STD screening and treatment, birth control methods, allergy injections, blood pressure checks, tuberculosis skin testing, immunizations, counseling visits and health education programs.

The laboratory and pharmacy will accept written requests from outside physicians. The pharmacy offers several over-the-counter medications available at very reasonable prices.

InterVarsity Christian Fellowship

Whatever your faith background, InterVarsity Christian Fellowship is a place to get to know Jesus better in the company of good friends.

The organization meets as a whole group at 8 p.m. on Thursdays in the Dogwood Room of the MUC. It also has small groups that gather in dorms and apartments throughout the week to discuss the Bible, faith and life.

Throughout the year, students can participate in service

For more information

- Contact Becky Gill
- E-mail beckgill@siue.edu
- Office Religious Center

projects, prayer groups, mission trips, hands-on leadership training and inter-school conferences.

We hope to meet you soon!

Kappa Delta Pi

Kappa Delta Pi is an international honor society that welcomes students who have shown high academic achievement and a commitment to education. Its members practice the ideals of service, leadership, and scholarship in education.

The Lambda Theta Chapter has been on the SIUE campus for almost 40 years and is dedicated to serving the educational community and children. Some of its ongoing projects include volunteering at the Ronald McDonald House, the Children's Hope Center, Children's Hospital in St. Louis, a science club at Jefferson School in Collinsville and providing tuition for five students through the Open Doors Project in Nigeria. One of the highlights of last year was the Reading is Fun Activity Days at Officer School at Collinsville's Kreitner School.

In addition to service, Kappa Delta Pi also provides professional development activities emphasizing education.

In the past, it has scheduled school administrators to speak about job interviewing, teachers to talk about the challenges of teaching, as well as speakers on service learning, No Child Left Behind legislation and meeting the needs of mainstreamed special education students.

Students with a GPA of at least 3.25

majoring in any School of Education program of study who have completed at least 12 hours in education and any School of Education graduate students or recent graduates of SIUE are qualified.

Invitations to attend an informational meeting will be sent to qualifying students.

Remember, this organization is more than patting yourself on the back for getting good grades; it is about helping others and enjoying doing it.

Nursing

Welcome to SIUE! On behalf of the faculty, staff

and students in the School of Nursing, congratulations on your choice to attend SIUE! The university can offer you myriad opportunities for social and intellectual growth so be sure to take advantage. One place to start is the School of Nursing!

SIUE's School of Nursing educates student nurses to be at the forefront of the rapidly changing world of medicine. The outstanding faculty is here to help students learn what it really takes to be a nurse.

The Simulated Learning Center is a state-of-the-art facility that provides students and with hands-on educational experiences meant to bolster their nursing skills. Clinical facilities throughout southern Illinois and metropolitan St. Louis allows students to learn at some of the top medical facilities in the nation. If nursing is where you are headed, the School of Nursing can help you get there.

The School of Nursing wishes each of you the best in the coming year and looks forward to hearing from you soon!

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destination dorm student checklist

Make sure you get the things you need for your new home at school

LINENS-N-THINGS
present this coupon for
20% off
any single item*



or

\$20 off
any \$100 or more purchase*



*One coupon per customer. Coupon must be surrendered at time of purchase. No reproductions. Valid In-store only. Sorry, coupon not valid towards the purchase of Krups, Capresso, All-Clad, J.A. Henckels, Wusthof, KitchenAid Pro Line Series, Sharper Image, Nautica, Tempur-Pedic, IJoy, The Little Giant Ladder, custom window or LNT Gift Cards. Cannot be combined with any other coupon or offer. Coupon not valid towards previous purchases and cannot be used with Linens-n-Things credit card first purchase offer. Other restrictions may apply. Please see store or LNT.com for details. Coupon expires September 30, 2006.

Crib Comforts

- 2 Sheet Sets. Includes flat & fitted sheets, pillowcase(s). Check with your college to see if you need X-long sheets.
- 1 Comforter or Quilt (Choose either poly or down-filled.)
- 2 Duvet Covers (If you chose a down comforter.)
- 2 Blankets (It's always good to have an extra.)
- 2 Pillows
- 4 Pillow Protectors
- 1 Mattress Pad
- 1 Fiberbed/Featherbed
- 1 Inflatable Aero Bed
- 1 Accent Rug

Hit The Showers

- 6 Towel Sets
- 1 Shower Liner
- 1 Shower Ring Set
- 1 Electric Toothbrush
- 1 Over The Door Hook
- 1 Blow Dryer
- Shampoos & Conditioners
- 1 Curling Iron
- 1 Electric Razor
- 1 Robe and Slippers
- 1 Bath Rug
- 1 Shower Radio
- 1 Cosmetic Organizer
- 1 Cotton Swab/Ball Holder
- 1 Manicure Kit

Clean It

- 1 Tabletop Ironing Board
- 1 Hand or Stick Vacuum
- 1 Cylinder Hamper
- 1 Compact Iron
- 1 Drying Rack
- 2 Laundry Bags

Cram Time

- 1 Bulletin Board
- 1 Desk Lamp
- 1 Floor Lamp
- 1 Desk Organizer Set
- 1 Bed Rest
- 1 Lap Desk
- 1 Waste Basket
- 1 Paper Shredder
- 1 Dry Erase Board
- 2 Floor Pillows
- 1 Throw

Must Haves

- 1 Clock Radio
- 1 Telephone
- 1 Fan
- 2 Albums/Photo Storage Boxes
- 2 Extension Cords
- 2 Squid Multi-Outlet Plug Adapters
- 1 Door Mirror
- Batteries
- Wall Hooks
- Frames and Posters

LINENS-N-THINGS

Phi Kappa Phi

The primary objective of the national honor society of Phi Kappa Phi is the recognition and encouragement of superior scholarship in all academic disciplines. The society is convinced that in recognizing and honoring those persons of good character who have excelled in scholarship, in whatever field, it will stimulate others to strive for excellence.

In 1897, a group of 10 students at the University of Maine, who perceived a need for an honor society on broader lines than any then in existence, was assisted by interested professors to organize the Lambda Sigma Eta Society. A year or so later, the name was changed to the

For more information

- Web siue.edu/PKP
- www.phikappaphi.org/Web/

Morrill Society, and in 1900 it was transformed into a national society by action of a committee composed of the presidents of the University of Maine, the University of Tennessee and Pennsylvania State College, now Pennsylvania State University. The Society was renamed Phi Kappa Phi, from the initial letters of the Greek words forming its adopted motto: *Philosophia Krateito Photon*, roughly translated as, "Let the love of learning rule humanity."

PKP currently has chapters in institutions from Maine to the Philippines and from Alaska to Puerto Rico. The PKP chapter at Southern Illinois University is Chapter 203, founded in May 1978. Membership in PKP is earned and is by invitation only and requires nomination and approval by a chapter. Both superior scholarship and good character are criteria for membership. In 2006, 101 undergraduate and 45 graduate students from SIUE were initiated into PKP.

In addition, SIUE students received awards through the Undergraduate Scholarship, Graduate Fellowship, Undergraduate Paper Competition and Study Abroad Grant programs.

Psychology

Psychology is the study of behavior and mental processes.

Psychology students learn about the intricacies of human behavior from infancy to old age. For example, decades of research on conformity reveals that intelligent, well-mannered college students will routinely say things they know to be false just to fit in with group norms. While studying what people do and think (along with how or why they do it and think it), psychology students learn to look beyond simplistic explanations. Psychology students examine the

complexity of life from a variety of perspectives and theories.

Psychology is among the most popular majors in the country.

Psychology is a highly ranked university major – and for good reason. Employers want people with good social skills, honed critical thinking skills and insight. The study of psychology can help students develop these skills and much more. The department's mission is to provide excellent and rigorous training in the science and practice of psychology at both the undergraduate and graduate levels. The goal is to develop educated individuals who are competitive in both top-quality graduate programs and the job market.

Psychology is excellent preparation for a career or graduate school.

Although Dr. Phil may be the most well-known psychologist of this generation, his career path isn't typical of psychology students. There are many job opportunities for people with a degree in psychology. Since psychology students are immersed in research and the scientific method, the skills they develop are highly valued by employers. A solid general education from SIUE along with a psychology major will prepare a student for a range of career opportunities in areas such as community services, customer services, employee relations, human resources, law enforcement, market research, sales and social services – just to name a few examples. Graduate training is required for licensure in psychology.

Psychology is a science – not a television show.

The main character in the USA Network television show "Monk" is portrayed as a quirky detective with an obsessive-compulsive disorder who attends therapy frequently and uses his powers of observation and keen intellect to solve crimes. Other television shows and movies present psychological issues in various ways, but these representations are almost always devoid of the insightful scientific findings that characterize the progress in the field of psychology. One of the benefits of taking a psychology class, completing a psychology minor or graduating with a psychology degree is learning to approach human behavior and mental processes as a scientist. Psychology is a science! Take a psychology class and explore the science of psychology!

Dr. Bryce Sullivan, Chair
Department of Psychology

Psychology Club

The Psychology Club is an academic society organized to offer social and academic opportunities in the field of psychology.

The club's main goal is to provide a broader education to

Back to School Survival Guide

students concerning issues in psychology and the psychology education experience at SIUE. Many students enter the psychology field not fully understanding the extensive aspects of the subject or the educational requirements in psychology.

The Psychology Club is in its second year and is under the guidance of Betsy Meinz and Laura Pawlow, both professors in the Psychology Department.

Many events are planned for the upcoming year, including a Back to School BBQ and several guest speakers.

Entry requirements for the club are minimal. First,

there are no dues to join the organization. Second, students must maintain a GPA of 2.0 to be a part of the organization. The Psychology Club is not limited to psychology majors or minors, but rather to anyone who is interested in psychology, including undergraduates who are undecided in their major.

Religious Center

Students, be sure to check out the Religious Center on campus. It is the geodesic dome building next to Lot B. The Religious Center is home for campus ministries who are

dedicated to keeping religious faith and experience in dialogue with higher education. The Religious Center seeks to assist students, faculty and staff who wish to

enrich their spiritual lives as we offer an oasis from the hectic pace of university activity.

The center can provide opportunities for relaxation and reflection as well as other perks such as DSL internet access, an alternative library, student lounges, quiet places to study, meditation room, big screen TV with VCR, computer lounge with internet access and a color printer and counseling services.

The Religious Center also provides free coffee, tea and hot chocolate to all students. The building is open from 10 a.m. to 3 p.m. Monday through Friday.

Social Work

In the past, people often thought social workers were people who gave out money to the poor, public aid workers, or those people who took children away from their families, child welfare workers.

While social workers continue to work in the child welfare field, the emphasis is now on the reunification of families

and service delivery referrals for day care, counseling and substance abuse treatment.

Furthermore, social workers rarely work for the Department of Human Services, which administers programs of assistance to the aged, blind, disabled, temporary assistance to needy families, the food stamp program and child support payment programs.

So where are social workers

employed?

Social workers work in mental health as counselors and therapists in both public agencies and private practice, in child welfare agencies and in corporate America as employee assistant specialists throughout the region.

They are also employed by school districts, hospitals, home health agencies, hospice programs, agencies for persons with disabilities, chemical dependency and prevention programs, correctional settings such as prisons, courts, and departments of probation and parole. In addition, they are found working in programs for the elderly, group homes, adoption agencies and refugee agencies.

In other words, social workers are "everywhere" providing services to everyone in need of assistance.

Contact the Department of Social Work for additional information on our BSW and MSW programs.

Student Social Work Association

The undergraduate Student Social Work Association has a long history of involvement with the community. During the last academic year, students raised money for hurricane victims, provided Thanksgiving baskets for needy families, served meals in homeless shelters, provided Christmas gifts to needy children and families, provided entertainment for elderly residents in a nursing home, donated baby items to a crisis nursery and collected bottled water for

distribution to the homeless population in the region. Students participated in numerous fundraisers to accomplish their goals and gave unselfishly of their own limited funds to provide needed items for those less fortunate.

All funds collected by SSWA are used for service projects in the community and the newly elected officers are gearing up for the fall semester.

Theater and Dance

The Department of Theater and Dance plays an important

role in the cultural programming on the SIUE campus. Campus life is enriched by the six main stage shows produced by the department.

The stage is the laboratory and workshop for students studying dance, design and performance, but it takes an audience to create a theatrical experience. SIUE students take advantage of the tickets they can get free with their student ID. Students make up the bulk of the audience for the productions in Dunham Hall Theater and Metcalf Theater.

Attending theater events can be an extension of college students' learning experiences. It allows people to see issues from another point of view, to question, to think and to be entertained.

SIUE is a liberal arts university and students have the opportunity to experience all of the arts during their education.

Academic Main Stage Season 2006-07:

Twelfth Night: 7:30 p.m. Wednesday, Oct. 11, through Saturday, Oct. 14; 2 p.m. Sunday, Oct. 15; Dunham Hall Theater.

Dance in Concert 2006: 7:30 p.m. Wednesday, Nov. 8, through Saturday, Nov. 11; 2 p.m. Sunday, Nov. 12; Dunham Hall Theater.

Come Back to the Five & Dime, Jimmy Dean, Jimmy Dean: 7:30 p.m. Wednesday, Nov. 29, through Saturday, Dec. 2; 2 p.m. Sunday, Dec. 3; Metcalf Theater.

Black Theater Workshop, Purlie Victorious: 7:30 p.m. Wednesday, Feb. 7, through Saturday, Feb. 10; 2 p.m. Sunday, Feb. 11; Metcalf Theater.

The Altruists: 7:30 p.m. Wednesday, Feb. 21, through Saturday, Feb. 24; 2 p.m. Sunday, Feb. 25; Dunham Hall Theater.

Big Love: 7:30 p.m. Wednesday, Apr. 18, through Saturday, April 21; 2 p.m. Sunday, Apr. 22; Dunham Hall Theater.

United Campus Ministry

United Campus Ministry is a progressive and inclusive Christian ministry at the SIUE Religious Center. Its goal is to create a safe and welcoming atmosphere where SIUE students, faculty and staff can explore issues of faith and spirituality.

UCM offers Subversive Bible Study – a fun, engaging, and controversial look at scripture at 7 p.m. on Tuesday evenings. This fall, the study guide for Subversive Bible Study is Jacque Ellul's "Anarchy and Christianity."

UCM also provides a brief, 20-minute informal worship experience called Midweek Worship at 12:10 p.m. on Tuesdays.

Each Wednesday at noon all SIUE women (faculty, staff and

NOTES
 from pg. 22

students) are invited to Sisters' Circle, an informal discussion group providing support, friendship and spiritual growth.

Labyrinth Walk is available on the first Friday each month from 10 a.m. until 5:30 p.m.

UCM works with several local churches to bring Meals and Music – a free dinner with live, contemporary Christian music – to Woodland Hall on most Sunday evenings.

UCM participates in the spring break volunteer trip to Cherokee Nation, Oklahoma, with the Student Leadership Development Program.

The group is planning its second summer break trip to Koinonia Farm, an intentional Christian community and the birthplace of Habitat for Humanity near Americus, Georgia.

Sunday worship is held each week at 12:15 p.m. in the Dome Room of the SIUE Religious Center with our partner, Peace Community, a new congregation committed to peace and justice for all people.

Come as you are – all are welcome here!

University Archives

The Louisa H. Bowen University Archives & Special Collections preserves and makes accessible the historical records and publications of the university.

The Archives is about to release a Web site dedicated to

the history of the Mississippi River Festival, a performing arts festival held at SIUE between 1969 and 1980, featuring the St. Louis Symphony Orchestra and the most prominent popular musicians of the era.

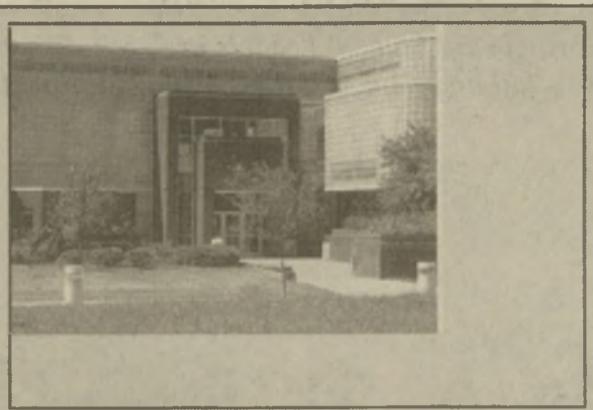
This site will feature a searchable database that includes every artist who appeared at the MRF.

For more information

■ Phone 650-2665

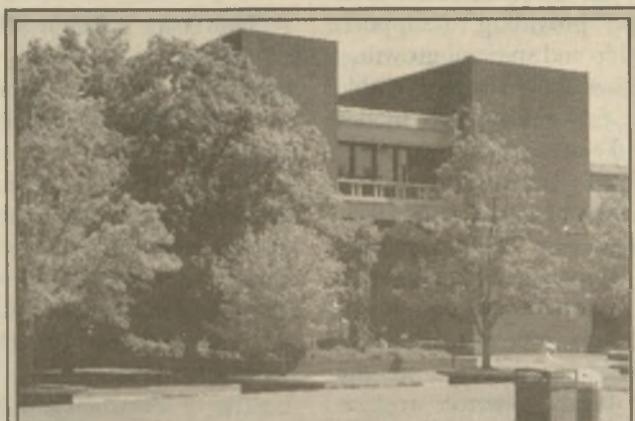
■ Office Lovejoy Library Basement

performing arts festival held at SIUE between 1969 and 1980, featuring the St. Louis Symphony Orchestra and the most prominent popular musicians of the era.



Vadalabene Center (VC)

The Sam M. Vadalabene Center houses the Departments of Kinesiology and Health Education. It also houses two gyms, exercise equipment and a swimming pool.



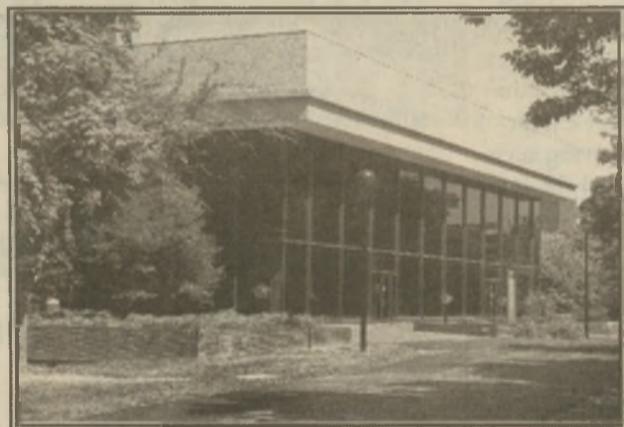
Lovejoy Library (LB)

Lovejoy Library is home to the Abbott Auditorium, Academic Computing, Audio Visual Services and the Good Buy Bookstore.



Science Building (SL)

The Science Building houses the Departments of Biological Sciences, Chemistry, Mathematics and Statistics and Physics. It is also home to the Environmental Sciences Program.



Katherine Dunham Hall (DH)

Dunham Hall is home to the Departments of Theater and Dance, Music and Mass Communications.



Engineering Building (EB)

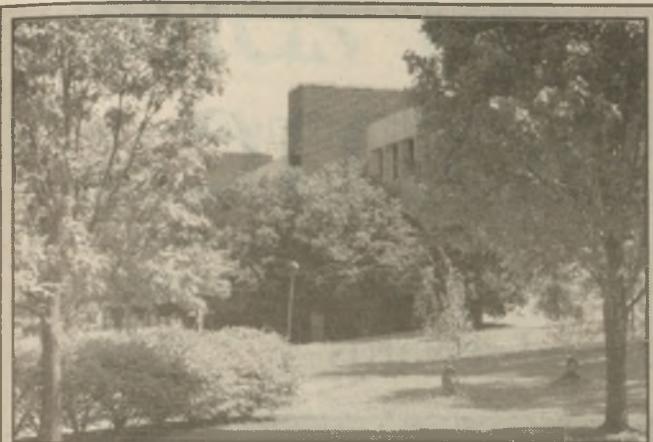
The Engineering Building houses the School of Engineering, and the departments of Civil Engineering, Computer Science, Construction, Electrical and Computer Engineering and Mechanical and Industrial Engineering.



Art and Design Building (AD)

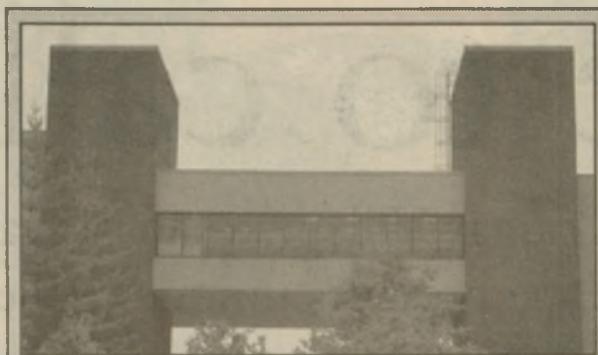
The Art and Design building is home to the Department of Art and Design.

Religious
The Religious
Ministries and the
campus.



Alumni Hall (AH)

Alumni Hall houses the Schools of Education and Nursing and the Departments of Economics and Finance, Educational Leadership, Family Health and Community Health Nursing, Geography, Public Administration and Policy Analysis, Primary Care and Health Systems Nursing, Psychology and Speech Communication.



Skywalk

The skywalk connects Founders Hall and Alumni Hall. It is home to the Skywalk Cafe.



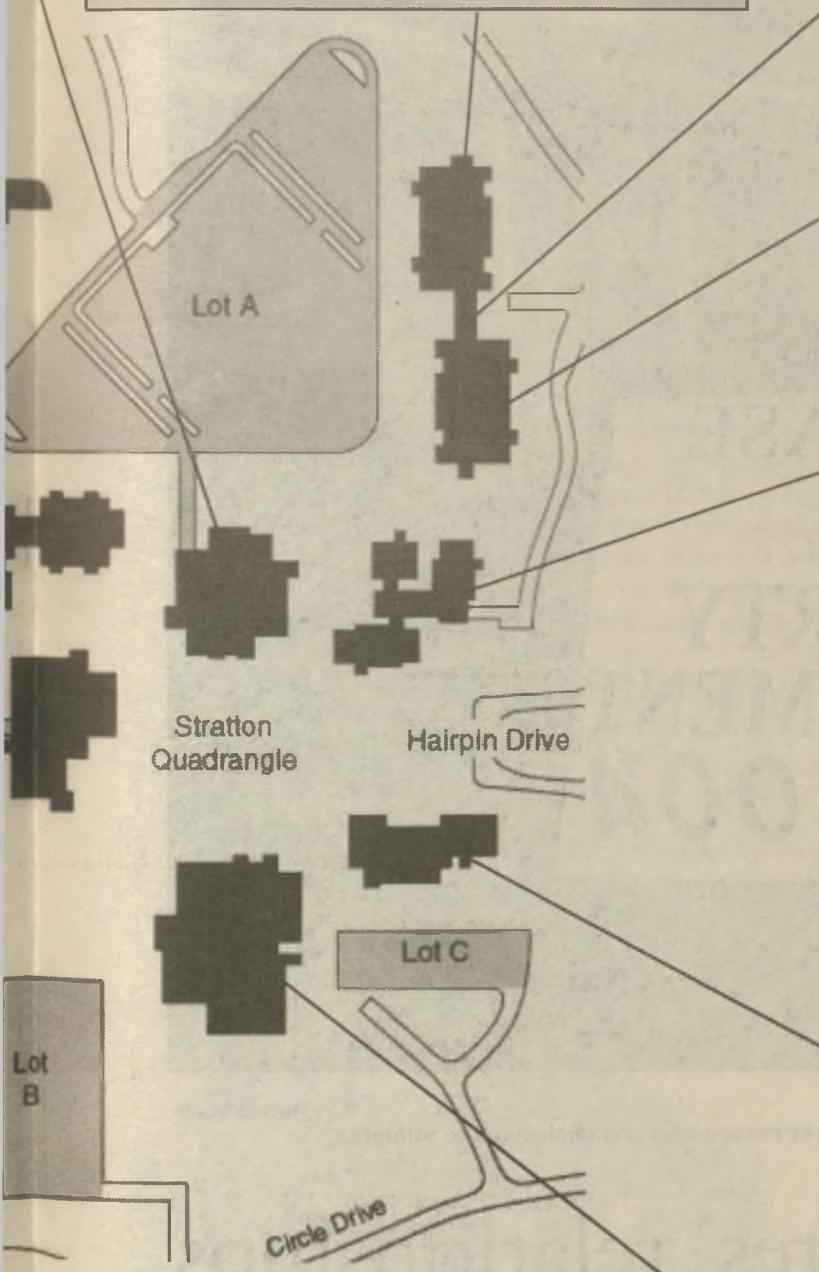
Founders Hall (FH)

Founders Hall is home to the School of Business and the Departments of Accounting, Computer Management and Information Systems, Curriculum and Instruction, Management and Marketing and Special Education and Communication Disorders. It also houses the Career Development and Reading Centers.



Peck Hall (PH)

Peck Hall houses the College of Arts and Sciences, and the Departments of Anthropology, English Language and Literature, Foreign Languages and Literature, History, Philosophy, Political Science, Social Work and Sociology. It is also home to Academic Counseling and Advising, the Criminal Justice Studies Program, the Writing Center and the Mathematics Resource Area.



Morris University Center (MUC)

The MUC is home to the Office of Conference and Institutes, International Students Services and the Kimmel Leadership Center. It also contains Auntie Anne's Pretzels, the Center Court, Cougar Lanes, Pizza Hut Express, Starbucks, Taco Bell, the University Bookstore, University Hair and the University Restaurant.



Rendleman Hall (RH)

Rendleman Hall houses the Admissions Office, Health Service, Parking Services, the Office of the Bursar, the Office of the Registrar, the Service Center, Student Employment, Student Financial Aid and University Housing.

A place to call home

From the residence halls to Cougar Village to an off-campus apartment or house, the place you call home presents unique challenges and rewards

Landlord laws

A guide to your rights as a tenant

by Andy Rathnow
Alestle Photographer

Students living in an off-campus apartment may find themselves in a conflict with their landlord through the course of their lease.

Learning tenant/landlord rules and regulations may prove to be a valuable resource to

"The best course of action is to meet with the landlord and figure out whether the problem can be worked out."

student renters. The Illinois Compiled Statutes are available in the reference section of Lovejoy Library.

The lease agreement is the most important piece of reference for a renter. Always make sure every occupant and the landlord has a copy of the lease with each party's signature. This can prevent acts of forgery and falsification by the landlord.

If a renter does not have a written lease, it would be best to talk to the landlord about getting the terms of the agreement in writing or on audiocassette. This

helps to clarify what duties and responsibilities are the landlord's and which are the tenant's.

Most leases outline when the rent is due and when the rent must be paid, which helps avoid late fees or increases in the amount due. There is an important distinction between these two dates because most landlords do not expect payment until the day the rent must be paid. However, the landlord can file a five-day notice, or five-day demand for rent, after the rent's due date. After those five days, if rent is not paid, the landlord can file for an eviction. A landlord would not be likely to win an eviction suit if he or she has not sent a five-day notice and allowed those five days to pass. The demand for rent is outlined in 735 ILCS 5/9-209.

Any violation of a term or condition of the lease allows the lease to be canceled by the landlord via a 10-day notice to quit (735 ILCS 5/9-210). However, due to often vague and conflicting lease terms and conditions, why the landlord is accusing the tenant of the violations and whether the tenant believes him or herself to be in violation should be researched.

The best course of action is to meet with the landlord and figure out whether the problem can be worked out. If it cannot,

TENANT/pg.35



Katy Hartwig/Alestle

Living in an off-campus apartment can present many perks and challenges to students.

Communication key to roommates' relationships

by Courtney Rakers
Alestle Managing Editor

It's 3 a.m. You're busy trying to cram for your 9 a.m. math midterm when your roommate strolls in. She's drunk – again. You try to ignore her and continue studying, but she wants to talk about the hot guy who was hitting on her at the party while she blasts Ashlee Simpson on her computer. Studying is just not going to happen. It wouldn't be such a big deal if this were an occasional behavior, but this girl drinks like a fish every night of the week. What do you do?

Roommates are not always easy to handle. From the

obnoxious boyfriend who has taken up residence in your room to the mold growing on the bathroom sink, there are a lot of conflicts that can arise from living with another person, some of them big and some small.

Sophomore genetics major Ashley Hay said she had no trouble with her roommate, but her suitemates had trouble remembering to clean the bathroom.

"I had to talk to them," Hay said. "It wasn't bad though, they understood (my concerns) and the problem was resolved."

Transfer student Lauren Showalter had a similar issue with her roommate, but resolved

it another way.

"I had a roommate who would not clean the bathroom,"

"If you have a big pet peeve, let them know in advance so there won't be trouble later."

-Ashley Hay,
sophomore

Showalter said. "We talked to her and she ended up paying us \$10

to clean the bathroom for her.

"It worked for us," she added. "I was fine with taking the money."

No matter what the problem is, working with your roommate to find a compromise that works is key.

Hay felt she had a good relationship with her roommate in part because they knew each other from high school and in part because of their similar personalities.

University Housing uses a personal data summary submitted by students with their housing contracts to assist in "matching you with applicants who respond similarly in order to

find compatible roommates," according to the housing application.

Applicants are asked questions about their study habits, living environment preferences and alcohol and tobacco use and then assigned a roommate based on their answers.

Roommate contracts provide another great starting block for communication. Many resident assistants will provide roommate contracts for their residents during the first week of the semester.

A roommate contract is an agreement roommates sign

ROOMMATES/pg.35

Suds up:

Laundry tips for the novice washer

by Courtney Rakers
Aleste Managing Editor

College life is full of firsts. Some students may be faced with the prospect of doing their own laundry for the first time – ever. Piles of dirty laundry cluttering the floor can be unattractive, as well as more than a little distracting.

Although doing laundry can seem overwhelming, following a few simple steps will have you on the road to a clean wardrobe in no time.

The first step to successfully running a load of laundry is sorting. Separate the lights from the darks and make a separate pile for heavier items like jeans, sweaters and towels. Delicates should be washed in their own load to avoid damage. Bright colors, particularly reds, should also be washed separately from the rest of your clothing, as they tend to run in warmer temperatures.

This is the proper way to sort clothes. It may be unrealistic for some students to run this

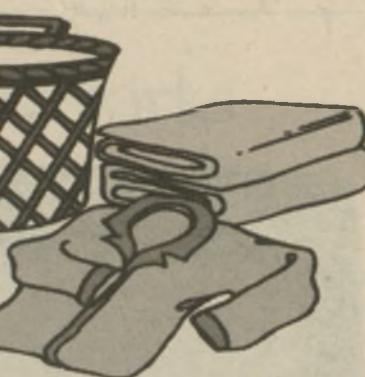
many loads for obvious financial reasons or if they are doing their laundry weekly because they may not have enough to fill a load.

There are two solutions to this: find a "laundry partner" and wash your clothes together or combine different types of loads

and wash everything in cold water. Cold water is not as effective for cleaning as hot, but this ensures nothing will run.

Once the laundry is sorted, double-check the instructions on the labels. The instructions will often give ideal washer and dryer temperatures and cycles for the item. Remember: dry clean only means dry clean only.

Now you can begin the actual washing process. First, select the correct cycle. As a general rule of thumb, whites and colors run on the regular cycle. Whites are washed in hot water, colors in warm or cold water. Delicates and wool clothing



should be washed in the delicate cycle with cold water. Jeans and towels can be washed in the permanent press cycle with cold water.

Start the cycle. Add the correct amount of powder or liquid detergent according to the instructions on the box. It is important to fill the washer with enough water to dissolve the detergent before adding the laundry. As a rule of thumb, powder detergent takes longer to dissolve than liquid, so let more water in for powder.

Do not overfill the washer. Your clothes should be completely covered with water and go no higher than the top of the agitator. If a washer is overloaded, it may be thrown off balance and stop and will not clean your clothing as well. When the washer is properly loaded and set to the correct cycle, start the machine and take a break.

Once the cycle is complete, you can begin drying your clothes. Check the lint filter and clean off excess lint if necessary. If you choose to use dryer sheets,



Katy Hartwig/Aleste

Junior Brent Smith finishes a load of laundry at a local laundromat.

add them now.

Put your clothes into the dryer. Again, overfilling the dryer will not save time or money. One load in the washing machine is one load in the dryer.

The normal setting is hot which is good for drying large loads. Permanent press is a more moderate heat setting and

delicate is a low heat setting. Recheck your clothing's care tags if in doubt. Begin the dryer and take another break.

Once your clothes are dry, remove the laundry and hang or fold each item to avoid wrinkles. You're finished!

Courtney Rakers can be reached at alestemanager@gmail.com or 650-3478.

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Millions of college students are social networking and sharing personal details with strangers over the Internet with Web sites such as MySpace and Facebook.

How can students stay private when trying to get to know the public?

by Kristen Reber

Aleste Assistant Managing Editor

With the growing number of social networking sites, the Internet is becoming a friendlier place. But many do not realize the risks and unfriendly consequences that filling out the "about me" box can bring.

The news is peppered with stories of lawsuits and arrests of Internet predators as the services have gained popularity and people of all ages register for accounts.

According to an article by the Associated Press, because of the growing number of social Web sites – including Web journaling sites such as Xanga and LiveJournal – universities, such as Louisiana Tech and the University of Louisiana at Monroe, have even decided to discuss safety

with new students at freshman orientation.

SIUE Police Lt. Kevin Schmoll said campus police have received just a few reports of Internet harassment, mostly involving e-mail. More extreme cases of harassment could lead to a misdemeanor charge.

"If it occurred on campus, it would be considered in our venue (and) then you could press charges," Schmoll said. "It's actually a disorderly conduct charge. If it occurs somewhere out of state, we'd have to turn it over to whatever agency it occurred in, wherever the message was sent from."

One of the most popular directories in the academic world is Facebook. The site supports more than 22,000 high schools and 2,200 colleges and universities, including SIUE.

Opened in February 2004, the site has had more than 8 million users. According to a Facebook press release, "two-thirds of people come back to the site every day and spend an average of 20 minutes" making it the "seventh-most trafficked site in the United States."

In addition, beginning in May, work networks, supporting 6,400 companies, were added to Facebook to accommodate the growing number of alumni. According to a Facebook press release, "one-third of college students on Facebook" graduated at the end of the 2005-06 academic year and joined the workforce. "Forty-five percent of Facebook's college alumni currently come back to the site every day," the release said. "Facebook's work networks will

The "My Privacy" option in the toolbar on the left side of the site offers many choices for protection. The site allows members to decide which networks may see their profiles and photo albums; whether faculty, staff, alumni, graduate students or undergraduate students may see details; what specific contact information, such as home address and cell phone number, is available and who it is available to; and who may view members' login status or semester's courses and section numbers. Facebook also allows users the opportunity to decide whether they want to open their profile to everyone from their school, to friends of their school friends or only their own immediate friends.

Furthermore, in order to use Facebook, one must have a valid e-mail address from a site-supported school or company to join, ensuring members that a user is legitimate. After approval, users may create a profile – which can be made public to everyone in the school network or private for friends – and request friendships with other members or invite new users, who are at least 13 years of age.

While Facebook may appeal to mostly high school and college students, MySpace is a free social networking site open to anyone at any location. Users sign up for the service with a valid e-mail address and create a user profile. Next, a MySpace user may invite friends to join

"I choose to have my profile private because I feel it gives me more control over who has access to my information..."

-Veronica Ashbaker,
senior

allow them to connect with the people around them. Alumni can join their work network from their existing accounts and then invite coworkers to join.

Despite the growing number of users, whether they are still attending high school or now working for A.G. Edwards, Facebook claims privacy is still a top priority and that users are safe. The Web site attributes part of the site's success to the privacy-control tools.



Photo Courtesy of Facebook
Facebook members can change privacy settings in the toolbar on the left-hand side of the social networking site.

Privacy in local networks

The SIUE Directory

While students should definitely take precautions when signing up for large social networking sites such as Facebook or MySpace, campus members looking for privacy closer to home may want to keep details private in the 2006-07 SIUE Directory. Such students should act quickly as the deadline for directory exclusion is fast approaching.

The directory, which provides personal information, such as the campus member's name, home address, phone number, SIUE Web mail account address, major and class, is made available on the SIUE Web site and in print form and is usually available early in the fall semester.

"The deadline for fall is Aug. 25 and although we take the forms at any time, you have to get it in by then to be excluded from the published university directories (this year)," Office of the Registrar Assistant Manager Chris Leopold said. "(In the) last academic year, fall 2005 through this past summer, we had 60 students who had new requests."

Once students ask for their information to be excluded, the hold stands in the following years.

To have information excluded from the directory, students may fill out the form available in the Service Center in Rendleman Hall Room 1309 or visit the registrar's Web site at siue.edu/registrar/forms, print the Directory Information Release PDF and return the filled out form to the Service Center. Students also looking to cancel the privacy hold may also fill out the form available in the Service Center or on the Web site.

SOCIAL NETWORKING from pg. 28

their personal network.

Like Facebook, MySpace gives users the opportunities to join groups, upload pictures, send private messages and comment on members' profiles.

Nearing 100 million users, MySpace recently has been under heat for less than satisfactory security measures. The mother of a 14-year-old Texas girl filed a lawsuit against MySpace this summer. According to a June 30 article in Fortune Magazine, "the girl says that a 19-year-old posing on the site as a high school football player lured her in May to an apartment-complex parking lot, where he sexually assaulted her."

One major difference between MySpace and Facebook is the anonymity MySpace brings. Since the site does not require a valid e-mail address through a supported organization, anyone can join and, essentially, be whoever he or she wants to be.

"People aren't always who they say they are," according to the Myspace Web site. "Be careful about adding strangers to your 'friends' list. It's fun to connect with new MySpace friends from all over the world, but avoid meeting people in person whom you do not fully know. If you must meet someone, do it in a public place and bring a friend or trusted adult."

In addition, MySpace offers options to block and report users who are harassing site members. The site also suggests contacting MySpace if someone is pretending to be you.

Users must be at least 14 years of age to use MySpace and the profiles of minors remain private to those over the age of 18. While it is strictly prohibited to lie about age on MySpace,

some users have lied in the past to obtain a private profile. However, recently, MySpace opened the private profile option to users over the age of 18.

Statistic

1,933 photos were uploaded onto Facebook by SIUE students Aug. 2.

SOURCE: Facebook Pulse

Senior art and psychology major Veronica Ashbaker is one student who takes advantage of private profiles, saying experience through work has led her to keep herself protected on Facebook.

"I think both MySpace and Facebook are fun and easy ways to meet people and keep in contact with friends, but as a volunteer for Call for Help (a sexual assault unit) and an employee of a domestic violence shelter, I also know firsthand the importance of doing everything you can to protect yourself from potential predators," Ashbaker said. "I choose to have my profile

Statistic

Nine percent of SIUE female Facebook users say they are looking for a relationship, compared to the 18 percent of SIUE males on the site.

Source: Facebook Pulse

private because I feel like it gives me more control over who has access to my information, since I like having my phone number and e-mail available for my friends if they need to get a hold of me.

"If I wanted to have a public profile, I would definitely choose to leave off my contact

information such as my address, phone number, class schedule, etc. I also wouldn't add someone as a friend until I was sure I wanted them to have access to my information. If you don't protect yourself, who will?"

Many students, however, feel safe with a public profile on online social networks. Despite having a public profile, senior theater and dance major Mary O'Rourke says only allowing people you know as friends on sites such as Facebook can help protect personal information.

"I feel fine with a public profile on Facebook. I have never had any problems or situations where I felt in danger or threatened by anyone," O'Rourke said. "There are options to only let your friends see your profile and you don't have to add people you don't know or talk to them. Just be smart about how you handle your profile and there should be no problems."

Some, who feel comfortable with public profiles on Facebook, do not necessarily have the same feelings for MySpace.

"I do feel safe with a public profile on Facebook because it gives you an opportunity to include what you want and don't want other people to see. It also allows you to set your profile to where others can't see it unless you accept them as a friend," senior graphic design major Amber Burtle said.

"MySpace, on the other hand, is a little more open, I guess you could say, but I feel that if the person doesn't feel safe, then don't sign up for it."

Kristen Reber can be reached at alestle@gmail.com or 650-3531.

face the public

With Facebook being one of the most popular social networking sites in the academic world, it is only smart to keep up to date on how to keep private details from getting to the public.

NOT EVERYBODY IS WHO THEY SAY THEY ARE

Yes, everyone must put in a valid e-mail address from a supported network, but while Hugh Hefner did attend University of Illinois-Urbana Champaign, he probably doesn't have an e-mail address from his time there and chances are he probably doesn't have a Facebook profile either.

SENDING THE WRONG MESSAGE

With the addition of global groups on Facebook, users from any school or work network may connect with mutual interests. While "The Largest Facebook Group Ever" may guarantee you a harmless and chat room-like wall discussion with the cute stranger from Harvard, private messages can make the chat a little less anonymous. Once a member sends a message to an out-of-network user, selected profile details, such as the 300 pictures you are linked to, become available to those who receive the messages.

THE PICTURES ARE OUT THERE

Since Facebook has provided unlimited photo space for members, the possibilities for embarrassment are endless. Even more so, since many alumni and employers are becoming wiser about social networks, a picture of you drinking a beer at last weekend's bar crawl could cost you a job or an internship. In order to keep the good times private, remove your name from the picture's tag, keep the photo album private for just friends or just don't post the pictures on the web.

WHATEVER YOU CAN GET

One of the most interesting profile details on Facebook is the relationship status. Whether a fledgling new couple finally admits their "In a Relationship" status or a drama-loving pair says "It's Complicated" every other week, relationship status invites much interest to everyone from the user's friends to strangers in the network. When a member changes his or her status to "Single" or "Whatever I Can Get," the most suave of Facebookers may take that as an invitation for some romance. If you want to avoid messages boasting of good times, leave your status blank or marry your best friend to avoid the notes.

*know your world
read the alestle*

Let's talk about sex

With movies, music and magazines selling sex, many dangerous, but preventable consequences are on the market

by Kristen Reber
Alestle Assistant Managing Editor

College presents a number of opportunities for new students such as late night bar crawls or eating waffle fries and cookies for breakfast. Without curfew and anxious parents, it is even acceptable to just not go home.

But going back for one-on-one post-party action can result in lifelong consequences.

Sophomore philosophy major Mandy Zumwalt is one student who realizes the risks of sexually transmitted diseases. She believes practicing abstinence or using a condom are the best methods of protection.

"It's a lifelong commitment," Zumwalt said. "(It's) something you have to deal with and you have to tell your partner and you have to be careful because people aren't truthful."

One of the most deceiving aspects of an STD is the fact that a carrier does not necessarily display symptoms. In addition, since anyone can acquire an STD, appearances can be deceiving.

"Unfortunately there is not one tell-tale sign. All of the STDs are different ... Some STDs are inside your body and you do not have any side effects for a long time," Planned Parenthood of the St. Louis Region CEO Paula Gianino said.

Communications sophomore Kelsea Kanallakan said she was surprised by one acquaintance's infection.

"I do know someone (who has an STD)," Kanallakan said. "She's 30 ... She just got divorced and is going through a 17-year-old phase, sleeping around, and got an STD. It shocked me."

Sexual abstinence is one obvious choice for those wanting to avoid long-term consequences.

"It is one of my top goals to help women protect their fertility through their college years," School of Nursing professor Margaret R. Laws said.

"Naturally, the best way to do this is by avoiding sexual intimacy," she said. "However, this is not a viable option for many people and eventually most women choose a relationship. Sometimes these relationships result in marriage."

While abstaining from sex is not necessarily a desired option for some, it is the only way to completely avoid the risks of pregnancy and sexually transmitted diseases. Condoms are the next best thing for safe sex.

In addition, Laws recommends getting tested before participating in sexual acts with a new partner.

"My message to everyone, regardless of their situation, is to have yourself and your partner tested before engaging in risky behavior," Laws said. "If your partner is unwilling to get

tested, beware. If you are unwilling to propose testing to your partner, walk away."

According to Laws, Health Services is one spot where students can get tested for a low price. The total cost for a man receiving screenings for all STDs at Health

Statistic
An estimated 19 million new infections occur each year, with almost half among people between 15 and 24 years old.

Source :
Centers for Disease Control Web site

Services is \$114. If the patient has had the hepatitis vaccination, the price is reduced to \$76. For women, the total cost is \$100.50 and \$62.50 after the hepatitis vaccinations.

"At our health service, we can test for most diseases very inexpensively. Men can be tested by simply providing a urine sample and one blood sample," Laws said. "For women, the screening is a little different. A pelvic exam is performed to collect a sample for chlamydia and gonorrhea. Then a simple blood test is collected for HIV, herpes, syphilis and hepatitis. You can pick and choose whichever tests suit you."

Health Services is in Rendleman Hall, Room 0224. Those wanting to be tested for STDs are usually seen within two weeks and current students pay only for lab fees and medications.

Office hours are 8 a.m. to 4 p.m.

SEX/pg.31

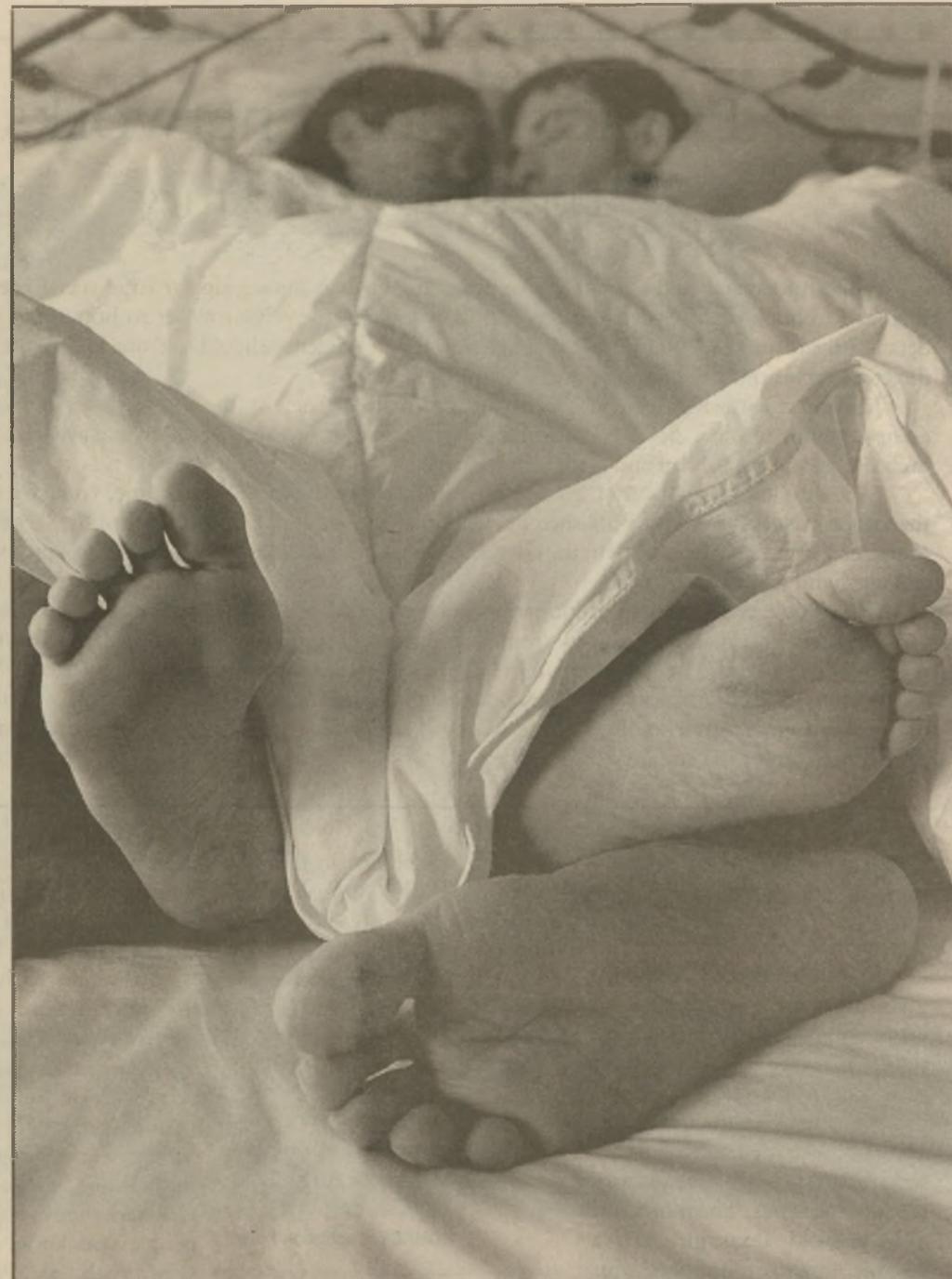


Photo illustration by Katy Hartwig/Alestle

Committing to purity

by Kristen Reber
Alestle Assistant Managing Editor

When the stereotype of the typical college student includes large amounts of pizza, alcohol and sex, it may come as a surprise to some that many students on campus are taking a protection approach that is rare in this day and age: remaining a virgin until marriage.

SIUE students have even created a Facebook group dedicated to their commitment.

Junior psychology major Tanya Bovinette is a member of the Facebook group, the Proud Virgin Club, which boasts nearly 130 SIUE students as members.

"I am so proud! We virgins are far and few between," Bovinette said. "I am proud that I can be in a serious relationship and still maintain my values and beliefs. I am proud that I have stayed true to my God and myself. I'm just proud of myself and it is so nice to know that I am not the only one, especially when it feels like you are the last virgin on the planet."

Bovinette decided to remain a virgin until marriage when she was 13. Her decision came after her church held a True Love Waits seminar, which promotes sexual purity.

"I knew that God wanted me to remain pure until I was married," Bovinette said. "I have a ring that I wear every day that is a constant reminder of that day. I wear it on my wedding finger and that ring will be

**I am so proud!
We virgins are
far and few
between."**

-Tanya Bovinette, junior

exchanged with my husband's on my wedding day."

Bovinette says her decision to remain a virgin until marriage has received mixed reviews from her peers.

"At first it wasn't really a big deal because at the time all of my friends were virgins too, but I knew that would change as the years passed. I never really had anyone make fun of me for my decision," she said. "Since I am 20, soon to be 21, and still remain strong in my commitment, the response is, 'Good for you ... I couldn't do it!' and 'Hold out as long as you can!' Most people seem proud of me, and I am of myself."

Bovinette is confident in her commitment, but said it can be challenging, especially since she has been involved in a relationship for two years.

"Being that close and that in love with someone makes the decision a lot harder," she said. "Luckily

my boyfriend has made the same commitment and is a virgin himself. We try to avoid situations where it would be easy to fall into the temptation of breaking both of our promises. We made the promise to God first and then to each other. I know that he and I will get married, so knowing that my future is with him sometimes makes it difficult to stay strong, but we do!"

Junior electrical engineering major Kurt Clothier, also a proud virgin, said that his parents' beliefs and the beliefs of his

Proud Virgins/pg.31

SEX

from pg. 30

Monday through Friday. For an appointment, whether it is STD related or otherwise, call Health Services at 650-2842.

In addition to Health Services, Planned Parenthood also offers STD testing. Gianino said it is important to not let fear dictate decisions on getting tested.

"STD tests are easy, quick. At all Planned Parenthood sites, you can come in and get tested without an appointment," Gianino said. "Early testing leads to early detection and that means a quick and easy cure for most sexually transmitted diseases. Don't ever let the fear of the tests or the results stop you from getting the tests. We believe at Planned Parenthood that knowledge is power and early testing and diagnosis leads to early cure through medication for most sexually transmitted diseases."

"It is very important for people who are sexually active, first and foremost, to do everything you can to prevent

getting an STD. If you have had unprotected sex, it is very important to get tested so we can quickly take care of the STD before it becomes a bigger problem."

The centers are open on Saturdays and two evenings throughout the week for students' convenience. Costs vary from patient to patient, but are reasonable, Gianino said.

Six centers are within the St. Louis Region, with the closest located in Fairview Heights, North St. Louis County and in St. Louis' Central West End.

To make an appointment at any Planned Parenthood, call 1-800-230-PLAN. For more information and the hours of the local centers, go to their Web site at www.ppslr.org.

"Knowledge is power and we believe planning is power," Gianino said. "Especially when it comes to people's sexual lives."

Kristen Reber can be reached at alestle@gmail.com or 650-3531.

PROUD VIRGINS

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church helped him choose to remain a virgin until marriage, but experiences in high school solidified his decision.

"It was then that I watched countless couples smooth sail into the first few weeks of their relationship without a hitch, only to break up not a few days after they had become intimate with one another," Clothier said. "A few weeks of dating soon turned into one, and then maybe four or so dates, and then, if you were really 'lucky,' you could get some on the first date and end the thing right there. Sex had started to become the basis around not only people's relationships, but their entire lives. Frankly, it kind of made me sick."

"How could we as a society preach about all of this 'la ti da love' garbage only to throw it all away on one night of cheap sex? You only get one first time, and I wanted mine to be as special as possible."

While remaining a virgin until marriage is a challenge, Clothier does believe it can be more of a challenge to guys because of social expectations.

"I have to admit, there have been a lot of times in my life that I really wanted to quit this whole monogamous quest and just go with the flow ..." Clothier said.

"... People almost seem taken back to hear that I, for some

reason unknown to them, haven't had sex yet. Some people think it is a noble thing to do and actually wish they could go back and follow the path I have chosen, but the majority of people just think I am sexually challenged or something. I think it is a lot harder to be a virgin as a guy than as a girl. Guys are deemed unmanly and all of that crap if they do what I am doing."

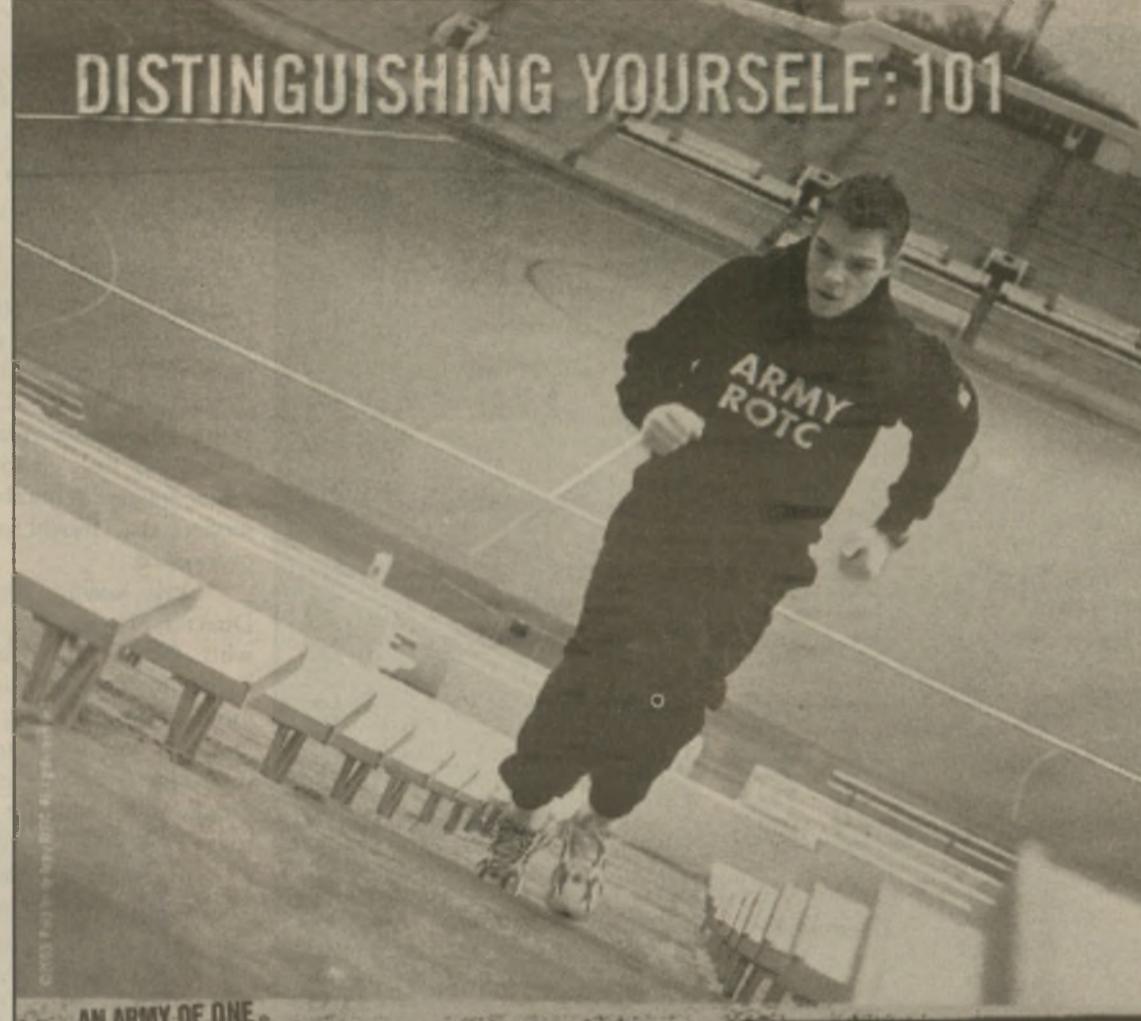
While others' beliefs about remaining a virgin may have originally led to second thoughts, Clothier now is confident and proud of his decision.

"Although I have been ashamed of my choice to remain a virgin until marriage before, I no longer care what others might think," Clothier said. "I don't have to worry about STDs or paying child support or anything like that. I am free of the hold that sex has on most of the people I know. My first time will most likely be awful, I understand that, but it will be her first time too, and the amount of crappiness that our first time might be won't possibly compare to how incredibly wonderful it will be to give that gift to the girl I plan on spending the rest of my life with."

Kristen Reber can be reached at alestle@gmail.com or 650-3531.

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Services help students keep their balance



Katy Hartwig/Aleste

Personal trainer Andrew Isensee, exercise and wellness senior, supervises graduate student Judy Marshall's workout.

Center in on wellness

by Kristen Reber
Aleste Asst. Managing Editor

Nestled near the main entrance of the Student Fitness Center, just across from the center's basketball courts, is the Wellness Center. While the office may be missed on first glance, the center offers a number of services that should not be overlooked.

Chris Koenig, Assistant Director, Fitness Programs, who joined the Wellness Center in June, says there is more to health than a good workout and the center is there to help with a variety of programs available for little-to-no-cost.

"The idea behind the Wellness Center is in the title. It is not just fitness. It is about wellness," Koenig said. "I want students to be able to use the Wellness Center as a resource. Almost everything we offer is free for students and (that) is the big thing we'd like to get across. Some students may use the Student Fitness Center and don't realize we are right here and have services that can be very beneficial for them."

One of the latest services to be added to the Wellness Center is the Bod Pod, a non-invasive measuring device. The tool, which belongs to the Kinesiology Department

and is available for assessments, just requires a breath of air and a few bucks.

"The Bod Pod measures body composition and is probably the most accurate tool that is being used in exercise physiology right now," Koenig said.

According to the Bod Pod's official Web site, "The

"I want students to be able to use the Wellness Center as a resource."

-Chris Koenig,
Assistant Director,
Fitness Programs

Bod Pod is a complete turnkey system for measuring and tracking body fat and lean mass using patented air displacement technology. Because of its high level of accuracy, ease-of-use and fast test time, the Bod Pod has quickly become the method of choice for measuring body composition."

Cost ranges from \$15 to \$25 per appointment for an assessment by the machine.

Free student and fitness center member sessions include fitness assessments

and consultations. The fitness assessments also are available to SIUE faculty and staff for \$20 for the complete assessment and \$5 for the body fat test only.

Following fitness assessments or consultations, personal trainers also are available to all SIUE students and SFC members in need of a push in the right direction. Packages of five and 10 one-hour sessions are available.

"We offer personal trainers for those who don't quite know where to start," Koenig said. "(They are) certified to be personal trainers, we don't just have students come in here non-trained. They are trained."

Some students may be motivated to hit the gym, but a fear of not fitting in while working out keeps a few on the sidelines. Koenig says the Wellness Center tries to make those new to exercise more confident.

"We have what I consider a very diverse clientele," Koenig said. "With students, there are different types of fitness levels, all different types of body shapes, different aerobics classes from advanced to beginner, and the equipment is very user-friendly ... Also, we have weight room staff

WELLNESS/pg.33

Get adjusted with campus Counseling Services

by Kristen Reber
Aleste Assistant Managing Editor

Starting college can be a challenge for students. Beginning difficult classes, learning how to share seemingly closet-size dorm rooms and dining in the vast Center Court can leave you feeling lonely and like just another face in the crowd.

Even if you've been counting down the days since receiving the acceptance letter, homesickness is common for students of all ages.

"Most people don't like change very much. Even though you are looking forward to getting here, change can still be difficult," Counseling Services Coordinator Sarah Bradbury said. "You have to give yourself time to adjust to it."

In the fall semester, Counseling Services sees a number of students who suffer from homesickness, according to Bradbury. For some cases, she has a simple prescription.

"One of the things that we tell them is to give themselves some time because that adjustment to college, especially

for freshmen, is very difficult and you need to give it some time," Bradbury said. "Certainly coming here (to Counseling Services) and talking to someone about it is helpful, touching base with resident assistants, trying to meet people on their floor is helpful. Talking to people in classes is helpful."

Knowing someone on campus can give a student a head start with making new friends and adjusting to a new way of life, so, naturally-outgoing students may have an initial advantage over shy students.

"What I've generally found is students who are shier have more problems," Bradbury said. "Because sometimes if you come here and you already know somebody, it makes it somewhat easier than if you come here and you don't know anyone."

"I would say we tend to see (at Counseling Services) those people who come here and really don't have any connections and sometimes those students who are really, really close to their families have trouble ... because they are so used to having their families there," Bradbury said. "The harder it is for them to get

back home, the more difficult it can be."

Psychology graduate student Liz Stelter says she did not suffer from homesickness because of her participation in campus organizations.

"It was more excitement.

"...don't wait to the point until it becomes totally overwhelming."

-Sarah Bradbury,
Counseling Services
Coordinator

The excitement overshadowed homesickness," Stelter said. "I was really involved on campus, so I was too busy to think about it."

While Dara Berman, also a psychology graduate student, does admit to calling family frequently in the early days of her college career, she agrees that involvement does help make

socializing easier.

"Get involved with campus activities, that helps," Berman said. "Go Greek!"

Counseling Services is open to students who want someone to talk to about the major life change, among other things, such as relationship issues.

A satellite office is available on the main campus for students who need to talk but don't have access to the main office.

"We have an office in Health Services for students who can't get out here," Bradbury said. "They may not have transportation, they may be on a really tight schedule. We have an office there basically in order to make us more accessible."

Typically, there is a 15 session limit for students, but Bradbury says under some circumstances that cap can be waived. Referrals are also available for students who need additional help.

"If there is a problem that it doesn't seem we can help a student with or (the problem is) beyond what we are able to do (we can refer them)," Bradbury said. "Our main concern is that when a student comes in they can

get the help that they need whether it be by us or someone else."

Bradbury does recommend that students fill out paperwork ahead of appointments if possible.

For an appointment or more information, call Counseling Services at 650-2197. The Counseling Services main office is at the junction of North University Drive and Lewis Road and is open from 8 a.m. to 4:30 p.m. Monday through Friday. Walk-in appointments are available at the main office only.

If it is after office hours, students with emergencies are urged to call 911.

"Usually what I tell students is if they are having problems, don't wait to the point until it becomes totally overwhelming. The sooner you address whatever the problem is, the easier it is to find a resolution. Don't wait even if it is very scary," Bradbury said. "Sometimes just talking about it helps."

Kristen Reber can be reached at aleste@gmail.com or 650-3531.

Wellness Center		
Programs	Session fees and costs	Session length
Fitness Assessments	Free for students and SFC members; \$20 for SIUE faculty and staff.	Approximately 45 minutes
Fitness Consultations	Free for students and SFC members; \$10 for SIUE faculty and staff.	Approximately 45-60 minutes
Injury Consultation	\$10 for students; \$17 for faculty, staff and SFC members.	Approximately 30 minutes
Personal Fitness Training	\$50 for five sessions and \$90 for 10 sessions for students; \$60 for five sessions and \$100 for 10 sessions for SFC members.	60 minutes
BodPod	\$15 for students, \$20 for SFC members, \$25 for SIUE staff and faculty.	Approximately 5 minutes

Counseling Services Hours

8 a.m. to 4:30 p.m. Monday through Friday

Call 650-2197 for an appointment or for after hours emergencies, call 911

WELLNESS

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looking for opportunities to help you out if you have questions in making exercise less intimidating.

"We try to do everything we can to make it a comfortable environment for everyone to exercise in," Koenig added.

Most of all, Koenig wants to see students pick up healthy habits in their first years away from home.

"I think exercise and a focus on health is something that sometimes gets put on the back burner when people get into college and their schedule gets busy and they have a lot of stress and things start seeming overwhelming," Koenig said. "There is nothing really better than taking some time for yourself and utilizing the services we offer to keep you fit and energized and we are willing to help in any way we can. I would really like to see people coming in as freshmen not getting into bad habits."

Aerobics classes hitting the residence halls this fall may help on-campus students get a chance for some exercise each week without even having to leave the residence hall. The new program will be introduced during the first week of school when a fitness expo will be held, mainly on the basketball courts in the SFC Wednesday, Aug. 23, and Thursday, Aug. 24. Dieticians will

be on-hand to discuss nutrition, fitness professionals will perform fitness consultations and personal trainers will be available to answer workout questions.

"That week is going to have a little bit of everything. We are going to be doing a meet and greet (and will give) information about the Student Fitness Center and the Wellness Center," Koenig said. "Tuesday, we are doing aerobic classes over in the residence halls."

One evening will be reserved for a group aerobics sampler where students can "get a taste of all the classes we offer in the fall and meet the instructors," Koenig said.

For an appointment or information about the fitness expo, call the Wellness Center at 650-2395.

The Wellness Center, found near the main entrance of the SFC, is open 8:30 a.m. to 5 p.m. Monday through Friday, with an hour-long closing between 1 p.m. and 2 p.m. every Thursday.

For more information, visit siue.edu/CREC/wellness/.

Kristen Reber can be reached at alestle@gmail.com or 650-3531.

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- Youth group • Youth and Children's center

† Adults

- LIFE groups - smaller intimate groups for learning about the Bible and building relationships • Eagle's Wings (seniors 50 and over)

SERVICE TIMES

Sunday Morning
 Worship 10:15 am
 Sunday Evening
 LIFE group and worship 6:00 pm
 Wednesday Evening
 Programs 7:00 pm

Between student loans and credit cards, students may find themselves Drowning in debt ...

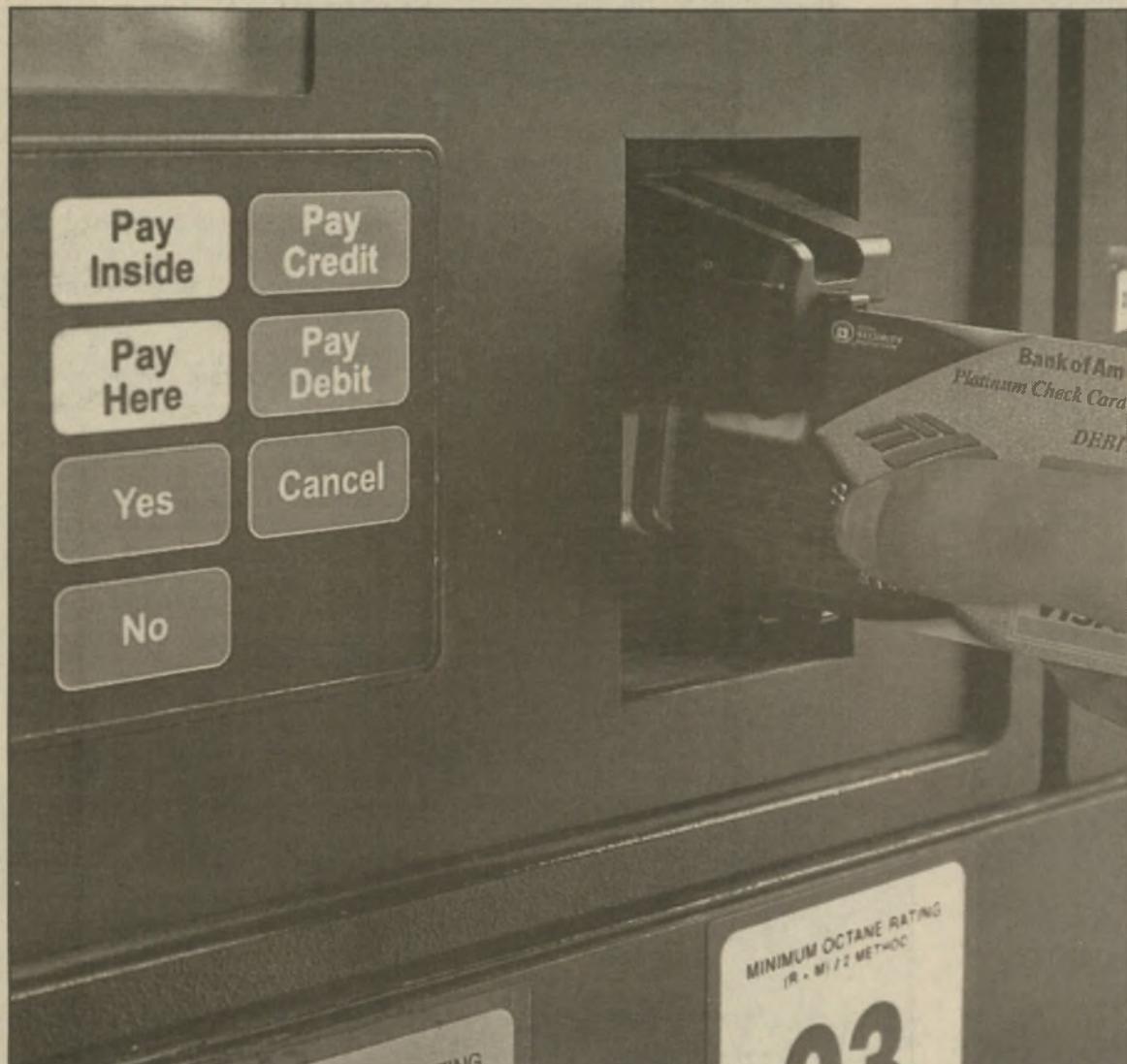


Photo illustration by Katy Hartwig/Aleste

Use of credit cards among college students can lead to high levels of debt.

Credit card use begins early in college career

by Courtney Rakers
Aleste Managing Editor

Junior history major Pat Brazill carries one credit card with a balance of \$1,000. Brazill said he uses the card "mainly for going out," and is not worried about future debt.

"I like having it," Brazill said. "My mom pays for it."

Brazill said he plans to continue using the card after college, even after he takes over the payments from his parents.

Brazill is not alone in carrying a credit card with a high balance.

According to a study on undergraduate credit card use from lender Nellie Mae, the average outstanding balance on undergraduate credit cards was \$2,169, a reduction of seven percent from 2001.

Nellie Mae provides alternative student loans for undergraduates to assist with the costs of college not covered by federal loans, grants or

scholarships.

Published in May 2005, the 2004 study is the fourth of its type "prompted by concern over increasing credit activity among college students."

Although 76 percent of undergraduates in 2004 began the school year with credit cards, Nellie Mae reported that most students get their first card during their freshman year. Fifty-six percent of undergraduates said they applied for their first card at the age of 18.

reported using credit cards for tuition.

Freshman Brittny Reynolds said although she doesn't have a card yet, she too plans to apply for one soon.

"At first I wasn't going to get a credit card," Reynolds said. "(Credit card debt) is a big concern."

Reynolds has reason for concern.

While only 42 percent of freshmen carry a card, the number jumps to 91 percent for seniors.

Seniors carry more credit cards — and more debt. As many as 56 percent of seniors carry four or more cards while only 15 percent of freshmen carry that many.

The study found that final year students carry an average balance of \$2,864, while freshmen carry an average balance of \$1,585.

-Nellie Mae,

Undergraduate students and credit cards in 2004

Freshman pharmacy major Jennifer Taylor said although she does not have a credit card yet, she plans to get one soon.

"I'll use it mostly for food and little things," Taylor said. "I want to use it to build credit."

The number one reported use of cards is for school supplies, with 74 percent of undergraduates responding, Nellie Mae reported. Seventy-one percent of students said they used their cards primarily for textbooks and food. Slightly fewer than 24 percent of students

SIUE's location indicates that student debt here may be higher than that of other regions.

Nellie Mae found that students in the Midwest carried higher credit card balances than any other area in the U.S.

"You just have to be careful," Reynolds said.

Courtney Rakers can be reached at alestemanager@gmail.com or 650-3478.

Need cash for college?

Alternative student loans not always a quick fix

While alternative student loan programs provide students with an opportunity to get quick cash for college, borrowing too much money can leave students in a sticky financial situation after graduation.

Unlike federal loans, private education loans from lenders like Citibank and Sallie Mae allow students to borrow for non-tuition costs such as room and board.

According to Nellie Mae's 2002 National Student Loan Survey, the average cost of college is rising rapidly. Meanwhile, federal loan limits have not been increased in more than 10 years, causing more students to turn to private lenders to finance their education.

The College Board reports that students borrowed almost \$10.6 billion in private loans in 2003-04.

Nellie Mae states that "the total volume of private student

loans has now surpassed the amounts awarded annually under the government-financed federal student educational grants, federal work study and federal Perkins loans programs combined."

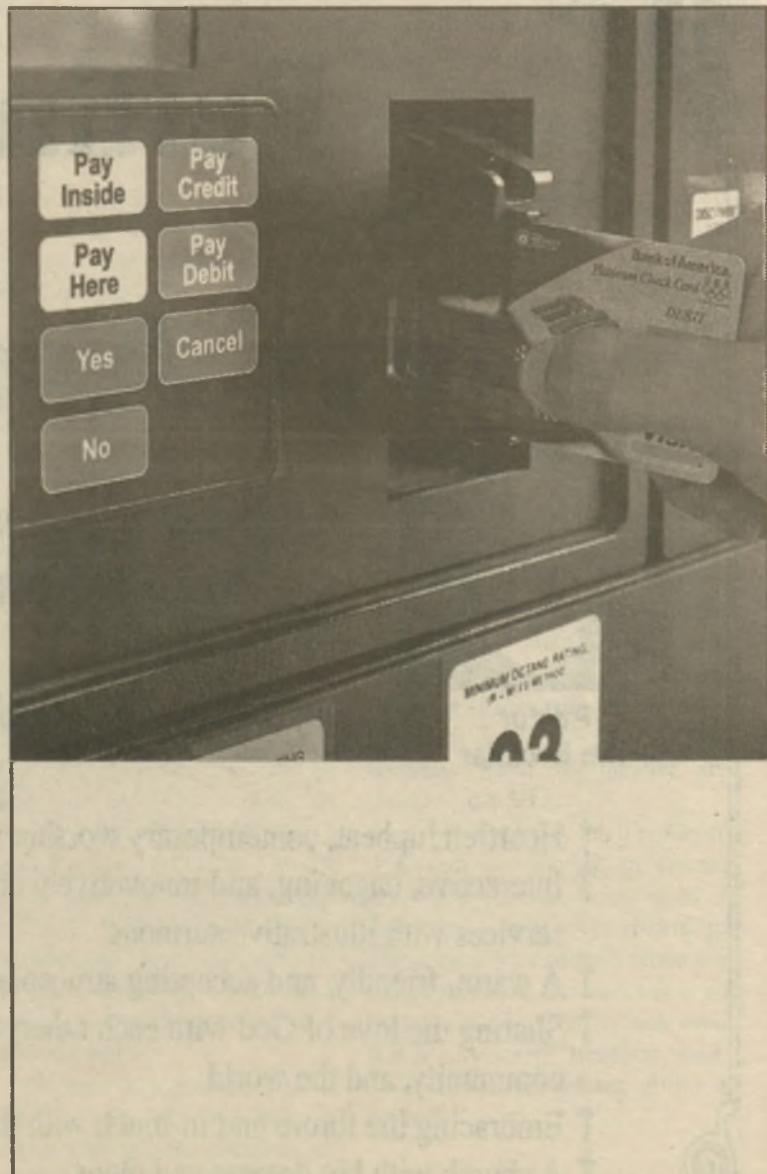
While private loans offer students a chance to receive large amounts of money quickly and easily, many students may not realize that interest begins accumulating while they are still attending school.

"While it is a small percentage of students that borrow from private lenders like Sallie Mae, those who do turn to private loans are borrowing quite heavily," said Marie O'Malley, vice president of marketing at Nellie Mae Corp. and co-author of the 2002 NSLS in a statement.

According to the NSLS, the average undergraduate debt accumulated by borrowers in 2002 was \$18,900, resulting in a monthly payment of \$182 a month after graduation.

O'Malley added that as many as 25 percent of private loan borrowers feel they have significant problems with their education debt after graduation.

The solution? Borrow money for your education responsibly and remember, your student loan payments may be due sooner than you think.



Katie Groth/Aleste

Sophomore business major Kristie Schuldt uses the Bank of Edwardsville's ATM in the Morris University Center.

TENANT
from pg. 26

the next course of action would be to seek legal advice and figure out who is most correct.

Leases usually provide for when and why the landlord is allowed on the property, but usually these provisions require 24 to 48 hours advanced notification by the landlord and consent of the tenant.

Unless there is a visible and immediate danger to someone on the property or the property itself, the landlord must have permission to enter the rented property. If the landlord goes into the house or apartment without permission, the landlord can be arrested for trespassing.

In the case of renting a house, if the landlord is on the property, but not inside the house, the tenant must first ask the landlord to leave, and if the landlord refuses, the police may then be called and the landlord arrested for trespassing.

These regulations also apply to any agent of the landlord (any person on the property at the sole request of the landlord for any purpose dealing with the property).

If there are any damages to the property that are not beyond reasonable wear and tear for the time the tenant has lived there or any problems that the landlord is responsible for fixing, a tenant may send the landlord a letter explaining what is wrong and what needs to be done to fix it. After 14 days, if the landlord has not made any reasonable effort to fix the problem the tenant may repair and deduct the expense of the repairs. There are several other conditions that must be met, such as the repairs cannot exceed half of the monthly rent amount or \$500, whichever is less, and the repairs must be done

by a certified repairman. A repair and deduct should be a last resort. For complete information on this law see 765 ILCS 742/5.

During any point of a lease, the landlord may send a written notice to terminate the tenancy. If the lease is a year or longer, this notice must be given between four months and 60 days prior to the termination date. If the lease is less than one year, the landlord only needs to provide 30 days notice. Some leases have a shorter time period but these are the minimum required by law. A landlord needs no reason to terminate a tenancy in this way.

The Retaliatory Eviction Act (765 ILCS 720/1) says that a landlord cannot terminate or refuse to renew the lease of a tenant who has notified any governmental authority of a violation of the building or health codes. So if there are any violations of the building codes or health codes in a house or apartment, the landlord cannot hold this against the tenant. This only applies to residential properties and overrides any terms in a lease.

When renting a house or apartment there are many more things to know about the rights of tenants. Landlord-tenant laws are very specific and most of them favor the renter, not the landlord.

A pamphlet on landlord-tenant law can be picked up in the circuit clerk's office in the Madison County Courthouse.

When talking with a lawyer about these issues it is best to be as honest as possible and remember that the more they know, the more they can help.

Andy Rathnow can be reached at alestlephoto@gmail.com or 650-3531.

ROOMMATE
from pg. 26

agreeing to specific rules for the room. Contracts can be personalized to include rules for specific quiet times during the week, boyfriend/girlfriend visiting hours or guidelines for overnight guests.

It is up to the roommates to decide what issues are important to them and to find a compromise that works for both residents. If roommates get to know each other's preferences and respect one another's feelings, problems are much less likely to occur.

Hay said that in the event of

a conflict, she felt students should try to speak with their roommate first. She added that if that doesn't work, students should seek help from their RA.

Showalter and Hay agreed that communication is paramount to avoiding conflict with a roommate.

"Set your boundaries and rules," Hay said. "If you have a big pet peeve, let them know in advance so there won't be any trouble later."

Courtney Rakers can be reached at alestlemanager@gmail.com or 650-3478.

MCT
from pg. 37

and the MetroLink provides even more opportunities to get from SIUE to various parts of St. Louis. Both MCT and MetroLink offer monthly bus passes, but you can also purchase a Metro Monthly System Pass through MCT that is good for all MCT and MetroLink routes.

For more information about MCT bike trails, as well as MCT bus routes, students can visit the MCT Web site at www.mct.org. The MetroLink Web site can be accessed at www.metrostlouis.org.

Matthew Schroyer can be reached at alestlestyles@gmail.com or 650-3531.

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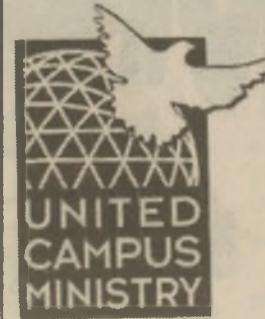
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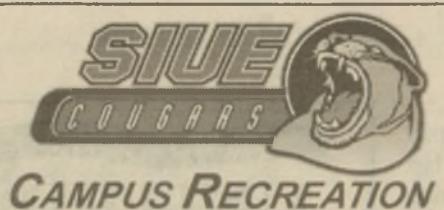
Self improvement in public speaking is not exclusive to Speech Communication Majors. Engineering, Business, Education, and Nursing are but, a few disciplines that have taken advantage of the Speech Center's student tutoring sessions. Students are able to plan, develop, and practice presentations for class, business, and personal use with the guidance of a qualified student tutor.

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Wednesday: Expo at SFC 5 - 8pm
Thursday: Expo at SFC 5 - 8pm
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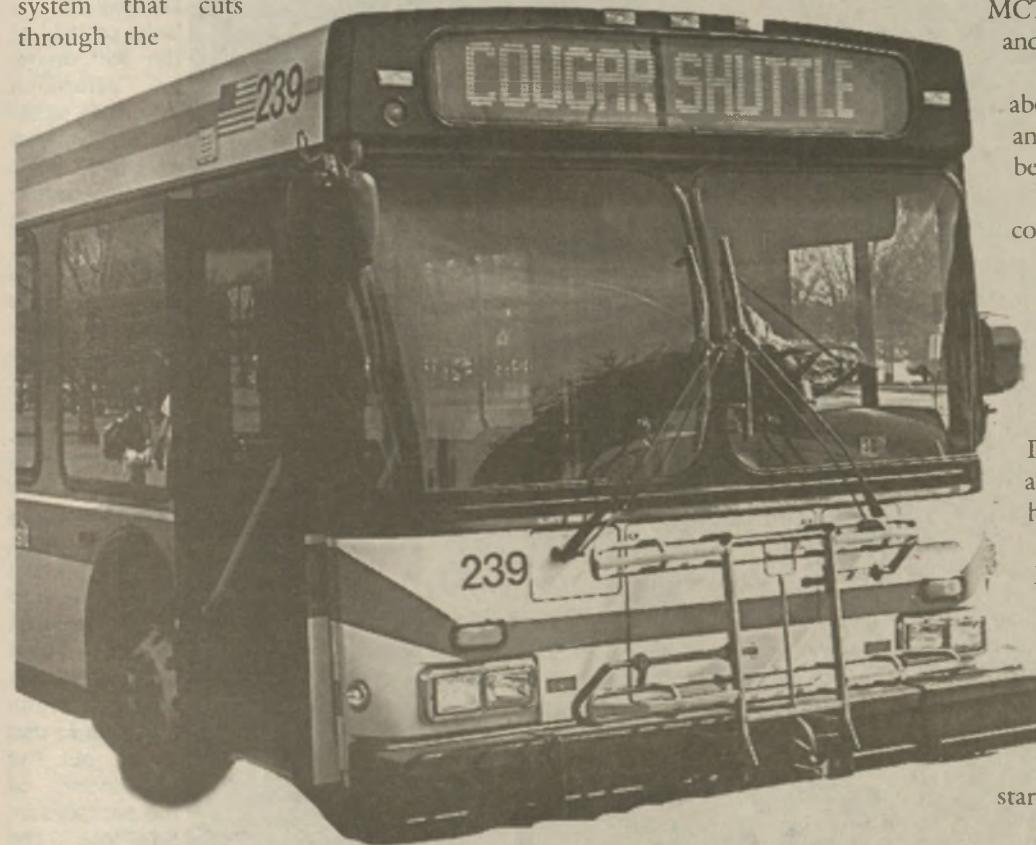
by Matthew Schroyer
Alestie Lifestyles Stringer

To many students, gas does not come cheap. The growing gas prices are making a tear in student's wallets that is hard to mend.

"I think gas prices are absolutely ridiculous," senior French major Aaron Newcom said. "They keep going up and up, but my salary is staying the same. That's not a good combination."

Fortunately for some SIUE students, there are alternatives to transportation.

One such option is the bike trail system that cuts through the



scenic Edwardsville landscape. Over 75 miles of bike trails are maintained by Madison County Transit, the MCT Web site states.

SJ Morrison, the assistant director of marketing for MCT, said the bike trails offer much more than getting from point A to point B.

"Not only are they a mode of transportation, but also a great means of exercise," he said. "We like to think of them as 'linear parks.'"

Although trails don't lead directly to large businesses such as Wal-Mart and Target, Morrison says one trail leads to

Market Basket, a family-owned grocery store.

For students who live in downtown Edwardsville apartments, Morrison said bike trails give them the option of riding a bike to class, forgoing the costs of a parking pass.

The MCT bike trails, which are former railways converted into bike paths, are by no means a secret.

According to Morrison, the bike trails were so popular, MCT ran out of trail maps this year.

"We are in the process of reprinting," he says. "Right now, people can go on the MCT trails Web site and find information and order a map."

The maps contain information about points of interest along the trails and Morrison expects the new maps to be available in mid-September.

Bike trails aren't the only complementary service offered by MCT.

Every day, MCT gives free rides between Cougar Village and Hairpin Drive on bus number 17, also known as the Cougar Shuttle. On weekdays, the bus makes a trip every 10 minutes between Hairpin Drive and Cougar Village, with a stop at the Early Childhood Center every hour.

Freshman CMIS major Jordan Ronat said the Cougar Shuttle was handy during the day, but less practical in the evening, when the shuttle travels in longer time intervals.

"I had to get to the bus stop about 20 minutes before my class started toward the end of the semester,"

Ronat said. "Maybe I'm just weird, but waiting 20 minutes for a three minute ride to campus just seems silly to me, so I just walked to class the last couple weeks of the semester. It took 15 minutes."

For students that wish to travel from SIUE to Edwardsville, Morrison suggests the number 16 bus, which picks up students at Hairpin Drive, and makes a loop around Edwardsville.

"Last year we were averaging 2,500 students a day."

-SJ Morrison,
assistant director of marketing

Morrison said the MCT service has been very popular with students.

"Last year, we were averaging 2,500 students a day," he said.

According to its Web site, in addition to service within Edwardsville, MCT operates busses to Granite City, Madison, Venice, Alton, Wood River, the SIUE School of Dentistry, Highland, Troy and St. Jacob.

It is also possible to take an MCT bus to downtown St. Louis. On weekday mornings, there will be three trips from downtown St. Louis to SIUE and four trips back to St. Louis in the afternoon.

The bus routes are designed with speed in mind, Morrison said.

"These are express busses that have very few stops on their way to St. Louis."

Combining the services of both MCT

MCT/pg.35

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Men's soccer team is ... Ready for Redemption

by Mallory Hensley
Alestle Sports Stringer

Victor Pacheco was flabbergasted when he saw his team fall two victories short of the NCAA title last season.

Helpless after suffering an injury that banished him to the sidelines, Pacheco watched, stunned, as Raphael Guimaraes of Franklin Pierce knocked in a goal in the 84th minute, eliminating SIUE from the

when I heard that I was out for the remainder of the season. I want to work even harder this year so I can help my teammates bring back a trophy."

Watch out, opponents. He is back. You cannot spell "victory" without Victor, and this senior midfielder is back with a vengeance. Flanked by 21 other talented athletes, Pacheco refuses to let the SIUE men's soccer team fall short of anything but a national title this year.

"I want to work even harder this year so I can help my teammates bring back a trophy."

-Victor Pacheco,
Senior midfielder

national semifinals of the NCAA Division II Men's Soccer Championships.

"It is always sad when you work so hard the whole season, expecting the Final Four and the chance to be playing at such an important event," Pacheco said. "I was very sad and depressed

"I expect a national title because I think that this year is our time to shine," Pacheco said. "I can think of no better way to end your college career than with a national title and having your name remembered by future

MEN'S SOCCER/pg.39



Katy Hartwig /Alestle
SIUE senior
midfielder Victor Pacheco (r) uses a nifty toe maneuver to elude freshman back Tim Lindsay (l) and keep control of the ball during an afternoon practice session on August 8 at the SIUE practice soccer fields behind Korte Stadium. Pacheco, who led the Cougars in most major offensive categories last year, suffered an injury to his collarbone on Nov. 12 in the NCAA Division II Great Lakes Regional Championship game against Truman State University at Korte Stadium and was forced to sit out the remainder of the postseason. SIUE lost in the NCAA semifinal.

Women's soccer team thirsty for more success

by Mallory Hensley
Alestle Sports Stringer

The athletes on the SIUE women's soccer team are ready to put their game faces on.

Still riding the adrenaline rush of making an appearance at the NCAA National Tournament last year, the Cougars are ready to continue the success they found in the 2005 season.

With all but five of the women on the roster being returning players, they are expected to do just that.

Under the direction of SIUE Head Coach Lynda Bowers, the 2005 Cougar team set three school records. SIUE notched 17 victories, a feat never accomplished in the past. Ten of those wins were consecutive. Twelve shutouts pushed the team into the record books, and the Cougars added to their accomplishments by notching 129 corner kicks.

"We are coming off a really good year," Bowers said. "Last year was the best season we have ever had in the school's history. Expectations for this year are very high."

Last year's team saw four of its members named All-



Conference. Two of those athletes return to Korte Stadium and are expected to shine this year.

Kristine Armstrong, co-captain of this year's team, was an All-Great Lakes Valley Conference first team selection. Armstrong was the team's leading scorer, netting 12 goals. She was the second-leading scorer in the GLVC.

Armstrong's name appears in the record books, as she ranks 8th in SIUE's history with 26 goals scored in her career thus far. She also is ranked 10th with 62 points. In 2005, Armstrong scored five game-winning goals, sealing the deal time and time again for her team.

"Kristine is a forward and has been our leading goal scorer since she was a freshman. She sees a lot of action on the field, and will be a key player for us again this year. She is very experienced, and has excellent leadership skills," Bowers said. "The other players, especially the freshmen, will learn from her."

Senior forward Kayla Fromme was a second team All-GLVC pick in 2005, after

Katy Hartwig /Alestle
SIUE freshman back and midfielder Kelley Humphrey, left, and SIUE junior midfielder Katie Yearian race toward the ball and fight each other to gain possession during an Aug. 9 practice session at the SIUE practice fields behind Korte Stadium.

WOMEN'S SOCCER/pg.44

MEN'S SOCCER

from pg. 38

generations of SIUE athletes."

On a personal level, Pacheco hopes to break the all-time assist record. He is six assists away from tying the mark set by former Cougar John Carenza in 1974. Yet Pacheco, a midfielder who hails from Brazil, has his head on straight and does not forget what the game is all about.

"I am pleased to know that people think that I am a good player, but without my teammates, I would never be in this position. I see myself as a part of a successful team that has accomplished a lot in the past few years," Pacheco said. "I think that my teammates have confidence in my scoring capabilities, and I also try to meet their expectations."

SIUE finished the 2005 season with a 16-3-3 record. The Cougars will be looking to expand on their string of 34 consecutive Great Lakes Valley Conference regular-season victories.

An impressive 18 veteran players will be returning to the field this year with eligibility. Seven new uniforms will also be distributed, as SIUE Head Coach Ed Huneke chose five new freshmen, a sophomore and a junior to help lead the Cougars to victory.

Huneke was named Great Lakes Region Coach of the Year by the National Soccer Coaches Association of America in 2005 for the second consecutive year. It

is no wonder why SIUE was ranked either No. 1 or No. 2 in the NSCAA/Adidas national poll every week, excluding the final two. At that time, the Cougars were ranked fourth in the nation.

The returning upper classmen are highly decorated. Last season, SIUE produced two All-Americans. Senior Mike Banner, who was also named to the All-Great Lakes Region and All-Conference teams, was on the first team All-American as a junior.

"I am so excited to play along with forward Mike Banner again because of his impressive skills and speed," Pacheco said. "I think that he is one of the best college players I have played with and played against."

Current senior Kevin Thibodeau was named second team All-American, first team All-Great Lakes Region, GLVC Player of the Year and first team All-Conference. Thibodeau piloted SIUE's defensive unit, which stopped all but 11 goals last year.

Pacheco was an All-GLVC first team selection, as well as an All-Great Lakes Region second team pick. John Matthews, a senior, was also an All-GLVC first team pick. Matthews also picked up second team All-Region honors. Fellow senior Trevor House was picked for the

MEN'S SOCCER/pg. 44



Katy Hartwig /Alestle
SIUE sophomore forward and back Matt Harris, left, uses his body to hold SIUE sophomore John Anzalone off as they tussle for control of the ball during an Aug. 8 practice session at the SIUE practice fields behind Korte Stadium. The Cougars open the season at 5 p.m. Friday against Fort Lewis College in Denver.

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SIUE spikers sport look of youth on the hardwood

by Matthew Bruce
Alestele Sports Editor

In the summer of 2005, the SIUE volleyball team tacked six recruits onto its roster, signing five high school standouts and one junior college hard hitter. This summer, the Cougars added another half-dozen new players.

With the departure of seven seniors – including All-American middle hitter Heather Bonde – from a team that finished 28-6 last season and won the Great Lakes Valley Conference crown, SIUE's core of underclassmen will need to step up this year for the Cougars to achieve any measure of success.

"It's an entirely different team," SIUE Head Coach Todd Gober said. "The big thing that concerns me is that we're going to have an entirely new starting lineup. So I don't know exactly

what to expect."

Gober made it clear that he did not want his team to try to pick up where last year's group, which advanced to the second round of the NCAA Division II Great Lakes Regional Tournament, left off.

"From what I hear, other teams are lining up thinking that they're going to be smacking us around this year because we graduated everybody. And that's going to be our motivation," Gober said. "I really don't want to focus on being defending conference champions. I'd rather just have this group be a whole new identity, a whole new team. Forget about whatever we did last year. Let's just go out and create an identity now and let people know that for the next three (to) four years in the conference, this group is going to be running the show."

footwork, our offensive systems and things like that. That's a tougher position, it seems like, to come in and learn, so that's going to probably be the area where we're slowest to learn and get quick."

The duo of Bonde and Tina Talsma held down the fort up the gut for the Cougars last season, but they departed for graduation.

Bonde was named GLVC Player of the Year and All-Great Lakes Region while Talsma racked up a team-high 23 blocked shots to go along with 402.5 total points.

"They were really solid," Gober said. "You don't know what you have until they're gone. And now I'm looking back and saying wow it was really easy with those two. I didn't have to worry about our middles."

Gober will look to SIUE senior Jamie Jones to fill one of

"We're young, but I've got a tremendous amount of confidence in these girls."

-Todd Gober,
SIUE Head Coach

One of the biggest questions for the Cougars to answer in 2006 will be the gaping hole in the middle of their formation.

"One thing I think we're really going to have a tougher time replacing is our middle (hitters)," Gober said. "It's going to take them a while to learn the

voids in the center and expects four of his new players to compete for the second middle-hitting position.

SIUE sophomores Kate Hofeldt and Mallory Clements will return to the lineup to

VOLLEYBALL/pg.44

Old and new in store for men and women's cross country teams in 2006

by Geoff Schardan
Alestele Sports Stringer

Both the SIUE men's and women's cross country teams have plenty of youth this upcoming season. They also have some returning players who are coming back with more experience.

Both teams also will be having a new head coach this year. David Astrauskas will be the head coach this season. He has been the men's track and field head coach at SIUE since 2004. In 2006 he was named the Great Lakes Region's Coach of the Year.

The men's cross country team lost one of its top runners, Brian Taghon, but the Cougars have nine returning runners. Only two of them are seniors, so they have a lot of young runners who gained some experience last year.

Besides the returning runners, they added five incoming freshmen. The freshmen include Erik Axelson, Sean Gosewich, Jared Starnes, Brandon Stoddard and Ryan



Courtesy of SIUE Photo Services
An SIUE men's cross country runner leads a pack of athletes as the group races across the grasslands of the SIUE Cross Country Course during the Illinois/Missouri Border Wars last season. The Cougars placed sixth out of 20 schools at the NCAA Division II Men's Cross Country Great Lakes Regional Championships in 2005.

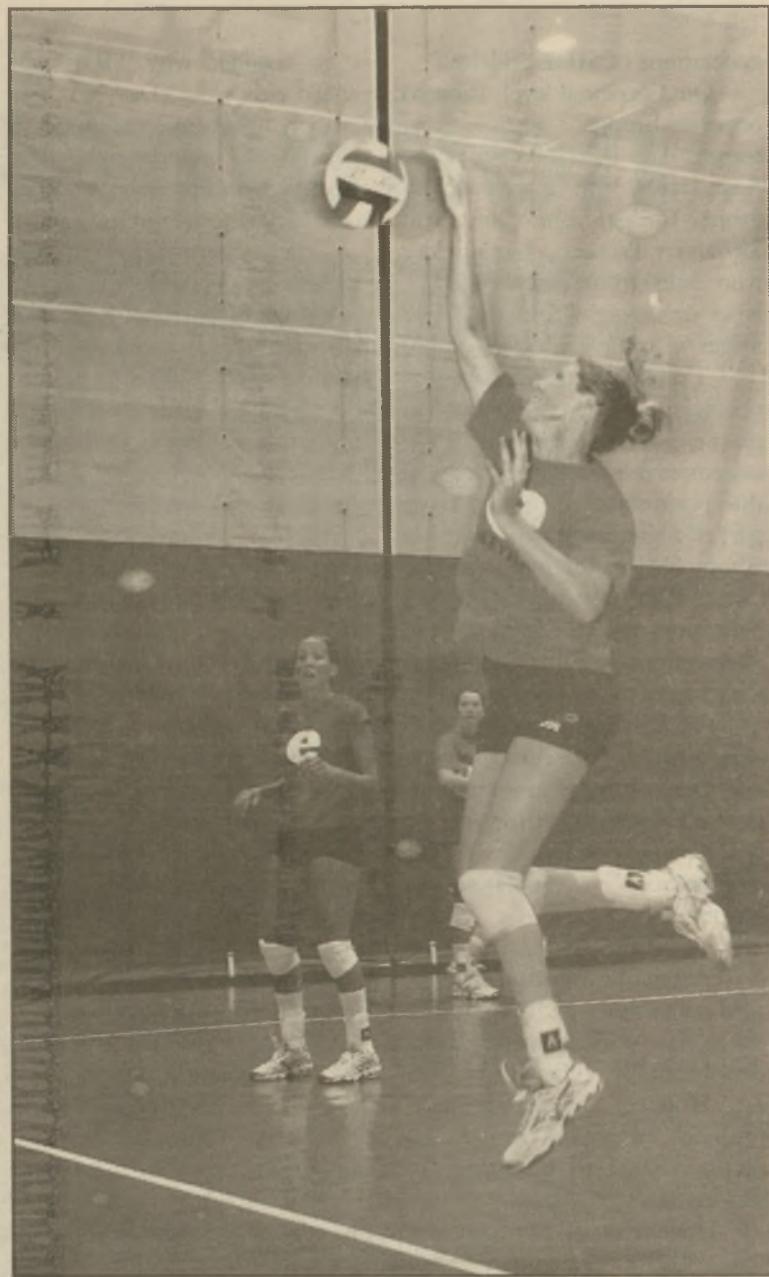
Wessling.

The team had a great season last year. The Cougars won two of the meets and finished in the top five in six of the seven meets. They also finished third in the

Great Lakes Valley Conference Championships and sixth in the NCAA Regionals.

The women's cross country

CROSS COUNTRY/pg.46



(Left) SIUE senior defensive specialist Beth DeGreeff goes airborne to set the ball. (Above) SIUE junior middle hitter Ruth Shurts, who transferred to the Cougars from Illinois Central Community College, jumps up to deliver a kill during a recent practice at the Vadalabene Center.

SFC has a lot to offer

by Geoff Schardan
Alestele Sports Stringer

Students have a great place to go to get rid of the stress of going to class:

The Student Fitness Center in the Vadalabene Center. It's for SIUE students, faculty and staff and offers a variety of fitness equipment to get a good workout.

"Eighty-five percent of the undergraduate population used the facilities last year," SFC Assistant Director Keith Becherer said.

The SFC is over 4,000 square feet and has three basketball courts and a multi-purpose court for indoor soccer or hockey just to name a few things. There is also a three-lane jogging track, free weight and aerobic workout rooms, an indoor swimming pool, rock climbing wall and racquetball courts.

Besides all the fitness equipment, there are also a variety of classes offered in the VC Dance Studio on the second floor by the track. Some of the classes offered are boxing, step classes, reality kickboxing, cardio,

strength, flexibility and abdominal training.

The Student Fitness Center also has a Wellness Center with free fitness assessments and consultations. They also have massage therapy, personal fitness training and injury consultation for a small fee.

Some of the items checked in the fitness assessment are blood pressure, body composition, flexibility, muscular strength and endurance and cardiovascular fitness. There's also a Bod Pod that can measure body fat composition to SIUE students for \$15.

The Student Fitness Center also has an Equipment Issue where students can check out basketballs, volleyballs, racquetball rackets, footballs and hockey equipment among other equipment items. They also have exercise videos you can check out for the day or equipment you can buy.

"There will be a facility expansion meeting on September 12. There will be a couple phases. Phase one is an addition to the weight room and finishing

SFC/pg.43

Practice makes perfect



Katy Hartwig / Alestle

SIUE senior All-American back Kevin Thibodeau, right, who was named the Great Lakes Valley Conference Player of the Year last season for his defensive excellence, nearly slides in for a steal as SIUE freshman forward and midfielder Tim Weir makes a pass during an Aug. 8 practice session at the SIUE practice fields behind Korte Stadium.

Cougars 'putt' best foot forward

by Nicholas Johnson
Alestle Sports Stringer

The Cougar women's golf team's search continues for the predecessor of former Head Coach Mark Marcuzzo, who successfully re-established a Cougar golf program, which had been absent for nearly a decade.

After the past season, Marcuzzo departed to pursue a professional opportunity in Arizona.

Kyle Viehl will be at the helm for the men. Viehl, a former Cougar and assistant head coach for both programs, has been involved with the sport for 30 years.

Viehl believes he can help the team with the mental aspect of the game. The men's team returns with the entire 2005-06 roster, led by sharp-shooting seniors Kyle Gansauer, Craig Heinzmann and Kyle Lickenbrock, along with the addition of freshman Dillon Brasher.

As for the team's aspirations for the season, Viehl hopes for a repeat in last season's performance, a Regional bid and a top five finish. The team will

host the second of five events this fall, the Cougar Classic, the same event in which the team edged out a victory last season.

Viehl said he considers the keys to this season for the Cougars to play well will be consistency and the team's depth.

The Cougar women are coming off a most impressive season and look to junior Ashley Hemann and rebounding junior Casey Biddinger to guide the team of 11 to its fifth consecutive appearance in the NCAA Tournament.

After the departure of last year's leading golfer Brittany Hood, the program will rely on Top Illinois high school prospect and freshman Olivia Fox as she heads the pack of six new Cougars on the roster.

The men and women's teams begin play Sunday, Sept. 10 and Saturday, Sept. 2, respectively. The men tee off the season in Perry Park, Ky., at the Northern Kentucky Invitational, while the women get their fall campaign underway with the Ferris State Invitational at the Katke Golf Course in Big Rapids, Mich.

Nicholas Johnson can be reached at alestlesports@gmail.com or 650-3524

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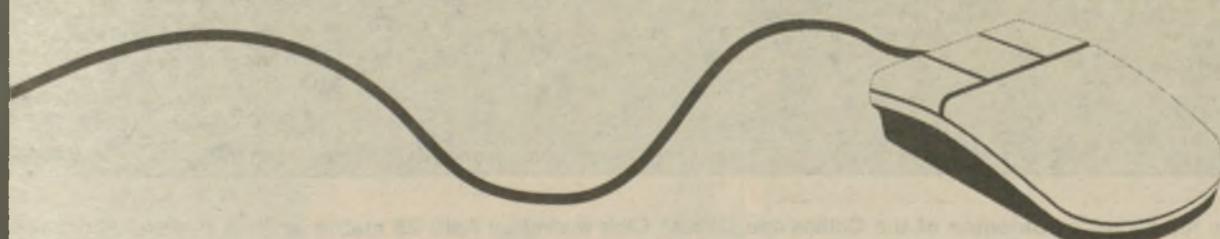
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- Education Career Fair '07
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- Pharmacy Career Fair
Tuesday, February 1, 2007

Intramural sports back and better than ever



SIUE students compete in the Intramural Sand Volleyball Tournament at the Cougar Village Sand Volleyball Court.

Courtesy of SIUE Photo Services

by Geoff Schardan
Aleste Sports Stringer

When class is over and you have some energy to burn after sitting through a long session, try intramural sports.

Some of the sports offered include football, basketball, hockey, soccer, softball, volleyball and tennis just to name a few. There are enough sports that there is something for everyone.

Whether you want to be in a league, tournament or a race, IM sports has it all. The first event is a 5K run on August 27. Tournaments start Sept. 6 and leagues start Sept. 8.

"The registration dates have been pushed back a week to give the first year students extra time to register," Campus Recreation Assistant Director Keith Becherer said.

During the fall there are 21 events scheduled. They range from a bass fishing derby to floor

hockey. The new sports this year are washers, wiffleball and pickle ball.

During the spring, there will be 18 events scheduled. There are also three new sports in the spring as well: ultimate frisbee, kickball and 4-on-4 football.

"The most dramatic increase (in teams) was softball," Becherer said. "Volleyball was second."

With intramural sports growing every year, there are expansions. Scoreboards have been added to the Rec Plex and concrete has been poured for dugouts and a bench area.

A full time position is also being added for IM programs, so the personnel can be available at games and to the students at other times.

In addition, the number of league nights is being increased so students that work can still participate.

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Students can create their own fun with club sports

by Mallory Hensley
Aleste Sports Stringer

Do you love SIUE, but wish it had a Frisbee golf team? What about speed skating? Your wish could be the Department of Campus Recreation's command.

SIUE offers a host of club sports. From the Outdoor Adventure Club to the Wakeboard and Water Ski clubs, Campus Recreation currently supports 23 diverse teams. Whether your home is in the water, on the land or even in the air, the SIUE Sports Club teams have a uniform waiting for you.

But if you and your friends love playing a sport that SIUE does not currently offer, have no fear. You could be well on your way to beginning a new Cougar tradition.

The idea of the club sport developed in the mid 1800s, but faded into the background when varsity sports gained popularity. One hundred years later, club sports made a comeback, popping up at institutions across the nation. The Club Sports program was generated at SIUE to fill the void left by other recreational opportunities. Varsity sports accommodated only a small number of athletes, and intramurals did not offer the competition that other students craved. Hence, the SIUE Club Sports program was born.

"Overall, the goal is to provide recreational and social opportunities for students who have similar likes and interests. It is a fantastic opportunity for students to network with people who have common passions," Campus Recreation Assistant Director Keith Becherer said. "It



Andy Rathnow /Aleste

Bhavin Patel, far left, tries for a shot as batsman of the Collinsville Cricket Club during an April 23 match against the SIUE Cricket Club at the unveiling ceremony for SIUE Cricket Pitch. The Cricket Club is one of the many thriving organizations of the SIUE Club Sports program.

is a way for students to get involved in campus life and to have a productive extracurricular activity under their belts."

The clubs depend greatly on the initiative of their student members and their ability to organize and handle finances. The program provides a setting

in which the students learn executive skills, as well as reap the benefits of instruction in their specific sport.

"I think that the Club Sports program is ran extremely well. We really do have pretty much a program for just about anybody interested in just about anything.

I know that Keith Becherer and everyone else at the administrative end strive to provide opportunities for everybody," Club Football President Jon Shumaker said. "If we don't have a club sport in existence, and there is interest, the school is ready and willing to support it. That is just amazing."

The Club Sports program elects officers that serve as go-betweens with the Department of Recreation. SIUE provides minimal funding to the clubs, who often conduct fundraisers to

SFC

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the offices," Becherer said. "Phase two will be adding two courts and a juice bar or deli."

The meeting is to approve the expansions and set dates for them. The courts that are added will be multi-purpose and used for speakers, concerts and as an activity center.

Students that plan to have a group can reserve the courts or

rent outdoor equipment. The SFC's list of outdoor equipment consists of tents, canopies, sleeping bags, coolers, canoes and kayaks, all at varying prices.

During the first week of class from Tuesday through the weekend, there will be a preview of the classes that will be offered. Becherer said Saturday, Aug. 26 all night till the morning there will be a camp out with activities,

camping and fishing lessons in the morning.

The SFC is open seven days a week, from 6 a.m. to 11 p.m. weekdays. On Saturday the facility is open from 9 a.m. to 9 p.m. and Sundays noon till 9 p.m. The Climbing Gym is closed on Sundays.

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SIUE sophomore civil engineering major Evan Wiemers looks at himself in the mirror as he exercises in the Student Fitness Center on Aug. 9.



SIUE junior economy finance major Armand Bellamy grimaces as he pumps iron in the aerobic workout room of the Student Fitness Center on Aug. 9. The Student Fitness Center consists of two workout rooms, four basketball courts, a dance studio and a three-lane track.



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VOLLEYBALL

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provide strength from their respective positions. Hofeldt, a right-side hitter, garnered an All-GLVC honorable mention nod last year and Clements, who was the team's setter during the spring season, was second in the GLVC in service aces with a total of 59.

"Mallory has the potential to be an All-Region caliber player," Gober said. "She's got the ability to throw up a triple-double every single night. That doesn't happen very often."

"She's one of our big bangers," Gober said of Hofeldt. "She can put the ball down. She jumps really well. (Hofeldt is a) powerful player."

SIUE senior Tricia Happe and SIUE junior Kim Potthast will serve as team captains, supplying the squad with some leadership. Potthast is coming off of surgery on both of her knees for the second consecutive season.

"She's a tough young lady,"

Gober said about Potthast. "It's going to be a trying year for her. She's all excited to go. I think she's going to have a great year."

Newcomers to the Cougar lineup are four freshmen (Tiffany Turner, Lauren Spencer, Lisa Heitkamp, Candace Kummer), an NCAA Division I transfer (Kelsey Hubert) and junior college standout Ruth Shurts.

"We had a big-sized recruiting class," Gober said. "We've got three girls that are 6'1" or above out of this class."

"We do have big bangers," he added. "We've got some girls that can hit the ball and jump really well. But I think it's going to be a really exciting type of volleyball here."

One bright spot for SIUE going into the fall is the 8-4 mark that they put up in the spring season competing largely against Division I schools such as Austin Peay University, which the Cougars beat twice.

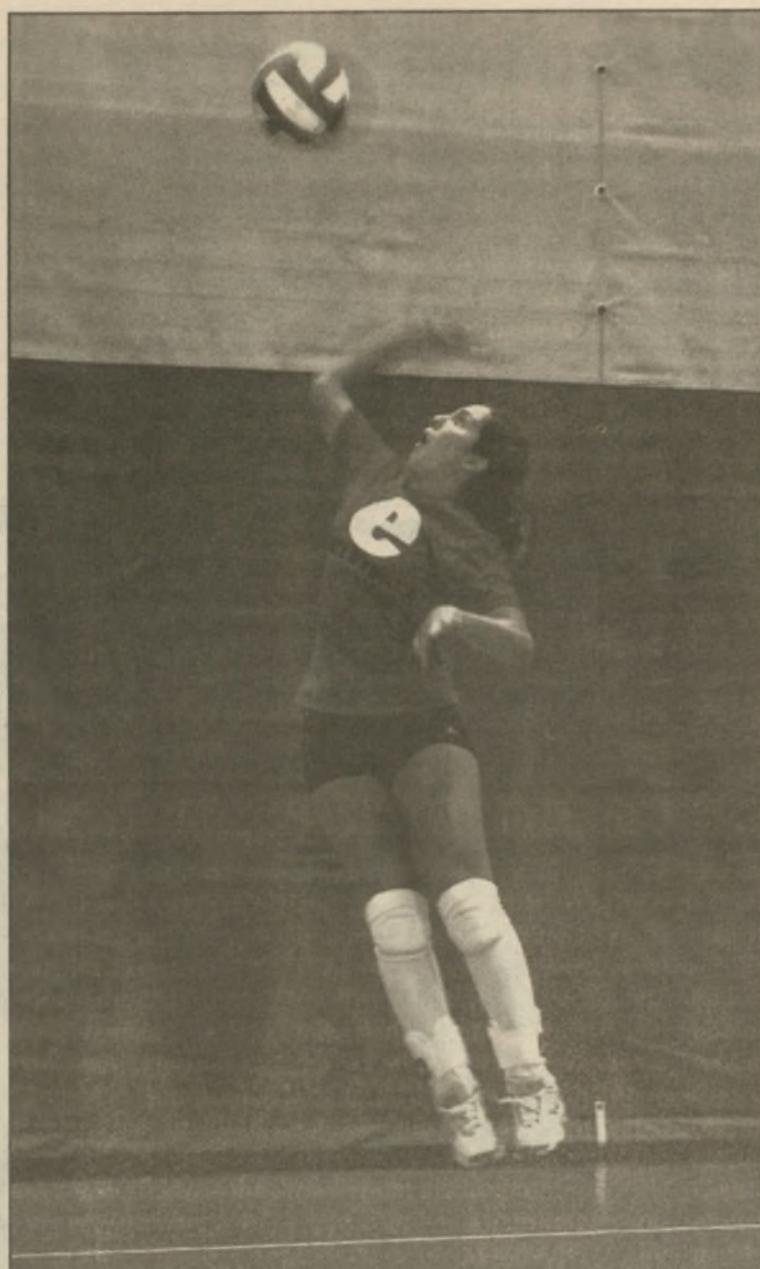
"I was impressed at the

chemistry I saw between the young ladies on the team," Gober said. "We weren't the biggest team this spring, we weren't the most powerful. But they just competed exceptionally well. They didn't get rattled. They kept pushing, they kept fighting (and) they kept doing the little things. It was really fun to watch them."

The Cougars get to show what they've got when they kick off the season in the North Alabama Tournament against Albany State University at 10 a.m. Friday, Aug. 25 in Florence, Ala.

"We're young, but I've got a tremendous amount of confidence in these girls," Gober said. "Great work ethic, they've got great attitudes. I think it's one of the most competitive returning group of players I've ever coached."

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Pete Ridens/Alestle

SIUE sophomore defensive specialist Emily Goebel flies high to deliver a smashing kill during a recent preseason practice at the Vadalabene Center.

MEN'S SOCCER

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second team All -GLVC.

SIUE completed the 2005 season as one of the best Division II team in the United States. The Cougars had a .62 shutout percentage, placing them at number two throughout the nation. They had the third best goals against average at .50, and

were also ranked fifth in the number of saved shots on goal at .855.

"Everybody has been willing to fight for each other on the field. That is what makes us a good team," Pacheco said. "I think that last year's upsets have brought us even closer to each

other, which will really help this year."

The soccer season kicks off with a home game against Fort Lewis on Aug. 25 at Korte Stadium.

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SIUE sophomore forward Jenny Kates, right, sneaks a foot in to block a pass to SIUE sophomore midfielder Elizabeth Valenti during an Aug. 9 practice at the SIUE practice fields behind Korte Stadium.

WOMEN'S SOCCER

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switching from playing back in 2004. Fromme was third on the team with five goals. Her shot percentage, .333, and shots on goal percentage, .800, were the highest on the team.

Padra Bencini, a senior back, will be the co-captain alongside Armstrong. Bencini was named to the 2005 Academic All-District V College Division first team.

"Padra has played just about every minute of every game since she was a freshman," Bowers said. "She and Armstrong will anchor our lineup and should do a great job leading the team both on and off the field."

Freshmen Jessica Bretana, Maria Culp, Kelley Humphrey,

Sarah Lockhart and Correen Roark will be new faces on the field this year. Bowers said she expects the freshmen players to step up and make an immediate impact on the team.

"We were fortunate last year to have such a great young team. They were all capable of being starters," Bowers said. "This is not a rebuilding year. We are just going to reload and come back even stronger than last year."

SIUE's season opener is an away game against Missouri Southern State University at 11 a.m. on Saturday, Aug. 26th in Joplin, Mo.

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Katy Hartwig/Alestle
SIUE senior Doug Kim lunges to return a volley during an April 11 match at home against the University of Southern Indiana.

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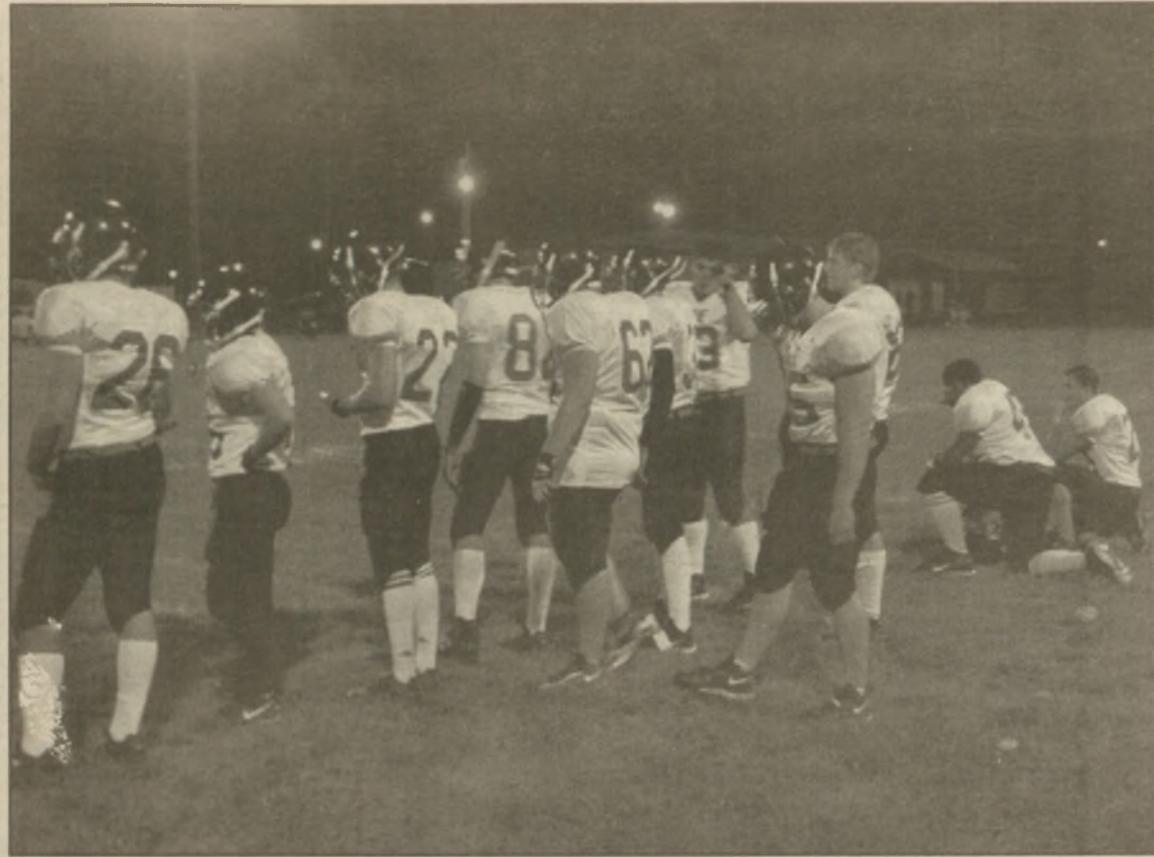
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Courtesy of SIUE Photo Services

Members of the SIUE Football Club watch from the sidelines during a game last season at Bunker Hill High School in Bunker Hill.

CLUB SPORTS

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supplement the fees paid by members.

"The Club Sports program rewards you for your effort. If they see you are doing all you can, as far as fundraising and improving your sport, they are willing to reward that effort by increasing the support from the university," Shumaker said. "That has helped the football program out immensely."

The teams can be purely competitive or for recreation. Many of the clubs travel across the country to compete against other schools or organizations. Some of the competitive SIUE club teams are the football and hockey teams.

"I love being in a club. I have made some great friends, and it seems like each semester I make more and more," Hybrid Movements Club President Kyle Fuhrmann said. "A lot of friendships that I have developed within the club have turned into friendships that continued outside of the club, and even have led to a few job opportunities."

Any group of eight or more students can apply to organize a team with Club Sports status. To

be considered an SIUE-affiliated club, the students must first turn in a petition demonstrating their interest in beginning a club. Next, the students meet with a committee of Student Government members, where they are instructed to make a constitution for their organization. Once a president, vice president and secretary/treasurer are selected, the officers complete a packet of registration forms and submit them to the Department of Campus Recreation.

"The administration is great. Everything falls under Keith Becherer. He's a really great and understanding guy," Tae Kwon Do Hapkido Club President Cory Fourquean said. "As an officer, I submit a lot of forms and waivers. The SIUE program is a good way to get Tae Kwon Do training for very cheap. It's a great deal. They are always trying to add new clubs. It's a great thing to get involved in."

Club sports commence as soon as school starts. The Morris University Center will act as a grand market for anyone looking for extracurricular activities to get

involved with.

"We will have tables at Welcome Week in the MUC where the executive council and representatives from each club will pass out information on practice times and where teams meet," Becherer said. "Students are encouraged to just show up at practices and get a feel for the teams that way. Most of the clubs have scheduled meetings, which will be advertised via flyers all over campus."

Participation in club sports is a way to keep students mentally and physically fit, while expanding their social networks and helping them develop life skills.

"The biggest thing is to promote growth. The strength of some of the clubs is a testament and credit to the students who run them. When given the opportunity, students become great leaders," Becherer said. "It is exciting to see the progression of people who rise up from the ranks and become officers in the clubs. That is an exciting and rewarding result of club sports."

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CROSS COUNTRY

from pg. 40

team also has youth, with seven of the 12 members being underclassmen.

The team had a good season last year, winning one meet and finishing in the top three in three of the eight meets. The team had a great start but didn't finish so well in the GLVC Championships and NCAA Regionals, finishing seventh and 18th.

Both teams start their seasons on Sept. 2 at Washington University.

Geoff Schardan can be reached at alestlesports@gmail.com or 650-3524.

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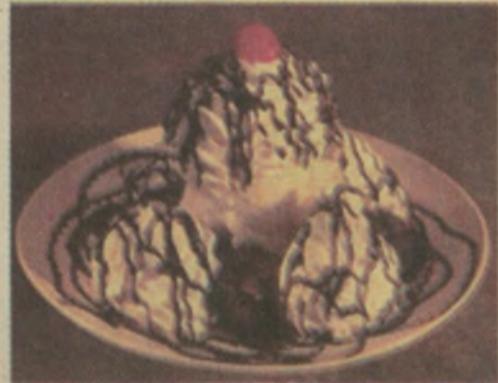
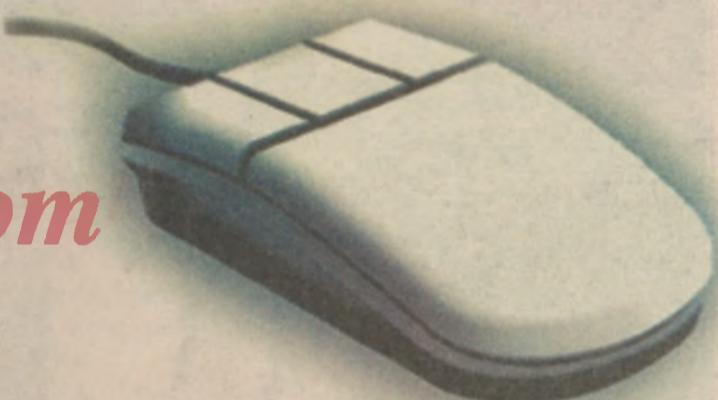
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