

The SHIELD

TRANSITIONS

New Student Guide

2014-2015

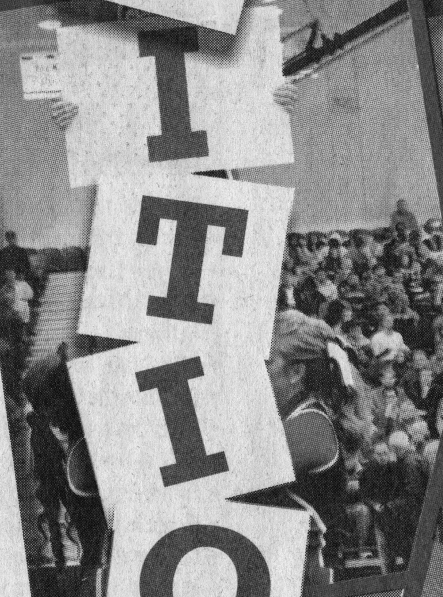
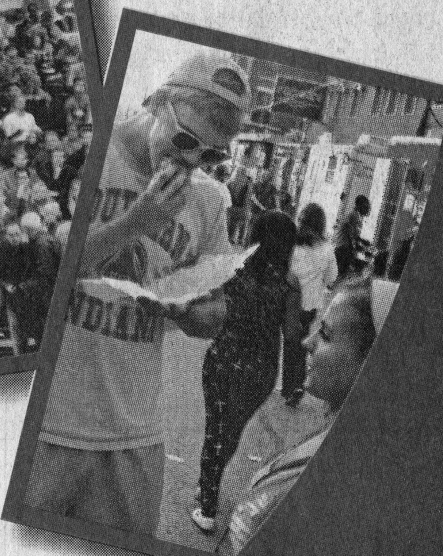
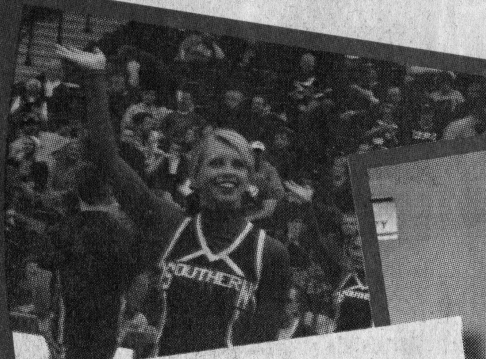
What to bring:

- for students,
- by students.

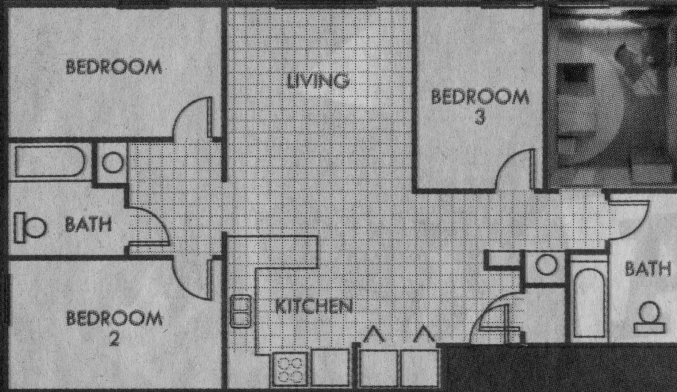
Getting involved
Greek Life 101

Living with Strangers
Freshmen 15:

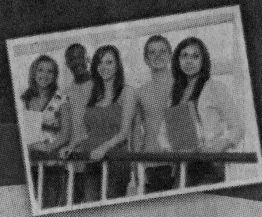
How to keep in shape



Your AFFORDABLE Dorm ALTERNATIVE



Eagle Village Student Apartment Homes offer comfortable living complete with all of the amenities you deserve! Uniquely designed just for young adults, Eagle Village is conveniently located next to the University of Southern Indiana and other Evansville area Colleges. Eagle Village is also just minutes away from local businesses, restaurants and downtown nightlife scenery and attractions. Our apartment homes include four private, fully furnished bedrooms (individual leases), spacious living areas, and we include absolutely everything in the rent. No other monthly bills! Stop by and ask our professional staff about the affordability and other conveniences that Eagle Village has to offer.



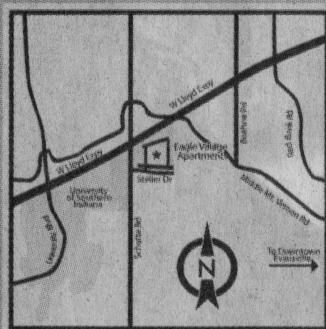
APARTMENT FEATURES

- Spacious Four Bedroom Floorplan
- Private Bedrooms with Individual Leases
- Fully Furnished with Modern Furnishings
- FREE Utilities
- FREE Cable (Extended Cable Available)*
- FREE Internet
- Full Size Washer & Dryer Included
- Central Heat/Air
- Ceiling Fans
- Dishwasher

FINANCIAL AID & SCHOLARSHIPS ACCEPTED

COMMUNITY FEATURES

- Conveniently Located Directly Across the Street from USI
- On-site, Professional, Caring Management Team
- 24-Hour Emergency Maintenance
- NEW Clubhouse with Billiards, Game Room & Resident Social Activities
- NEW Basketball & Sand Volleyball Courts
- FREE Shuttle to Campus, Shopping, Dining & Entertainment
- FREE "Joe On The Go" Coffee Bar
- FREE & Thoughtful Apartment-Mate Matching Available
- Future Residents Club
- Picnic Area with Charcoal Grill
- Community Fire Pit for Social Gatherings
- Minutes from Downtown Evansville, Restaurants, Shopping, Movie Theatres & so Much More!



EAGLE VILLAGE
student apartments

TEXT EAGLEVILLAGE TO 65374

WWW.EAGLEVILLAGEONLINE.COM

PH: 812-401-1454

814 SCHUTTE ROAD, EVANSVILLE, IN 47712

TRANSITIONS

is a publication of *The Shield* and was previously the USI yearbook until 1989, when it became Transitions magazine. The last magazine was issued in 1998, and *The Shield* honors this past tradition with Transitions: A New Student Guide.

Living with strangers	Pg. 4
What you need to bring	Pg. 5
Must-have apps	Pg. 6
College bucket-list	Pg. 7
Unnecessary must-haves	Pg. 8
Freshman 15	Pg. 9
Where to buy books	Pg. 11
Meal Plan\$	Pg. 12
Ask your adviser	Pg. 13
Going Greek	Pg. 14
Getting involved	Pg. 15
Campus Amenities	Pg. 16
Athletes-to-know	Pg. 17
Commuter Probs	Pg. 18
Evansville gems	Pg. 20
Upgrade your email	Pg. 21
On-campus events	Pg. 22

TIPS FOR UNDERCLASSMEN

By **JIMMY PYLES**
Staff writer

For all upperclassmen, it is relatively easy to spot a freshman – just look for the student with the campus map and the Eagle access card-holding lanyard around his or her neck.

Don't feel bad, though. Everyone looked like this for the first week of classes. I have some advice on how not to look new, along with some other tips that will help make your college career the best it can be.

Overdoing school spirit

School spirit is great, but students can get carried away when Mom and Dad are here for orientation. Students like to stop by the Campus Store and buy everything that says "USI" on it. Getting a shirt or two is not bad, but buying jackets, shorts and everything else is overboard.

You get a shirt at orientation. During the course of the next four years, you will have plenty of chances to get FREE shirts, so hold off on dropping a lot of money on USI clothes.

Remember college

College is an experience that you're never supposed to forget. These will be the people you will know the rest of your life.

You don't want to look back and think "Wow, I should have done more in college." Spend as much time studying as you do having fun, and you will do fine.

Make new friends

You're starting fresh in college. It provides you the chances to meet new people and create memories.

If you're living in the dorms, use that to your advantage when meeting fellow residents. That's why only freshmen are allowed to live there.

In your classes, do your best to meet people and don't be scared to introduce yourself.



Living with strangers

By **JIMMY PYLES**
Staff writer

I lived on campus for four years and had my share of living with friends and strangers.

Everyone starts out as friends, like the honeymoon phase in a new relationship - taking a billion Facebook pictures and documenting everything that happens in the first few weeks. But then everything changes.

Here are some tips for how to handle living in such close proximity with people who you may or may not get along with.

Time alone

Everyone needs alone time, regardless of how close you are - or how close you think you are.

Stop doing everything together. You don't want your only friend to be your roommate.

A lot of problems arise when spending too much time with someone. You tend to find little things about that person that drive you crazy, and it can get to the point where you can't even sleep in your own room anymore.

So limit time spent with all of your roommates. Whether that means study-

ing in the library or taking a walk around campus, that 15 minutes alone will make a huge difference when living with someone.

Be respectful

You're going to be in small room with someone for a long time, so treat them how you want to be treated. I know that phrase is overused, but it's true.

Be respectful about boundaries. Know that your roommate probably knows everything you're doing, especially if your beds are bunked. No one likes waking up to their roommate having sex quite literally "on top of them."

So double check before doing anything that may involve your roommates or their things.

Separate food

The one thing everyone loves is food, and the one thing everyone hates is when someone eats their food without asking. Invest in a mini fridge that you can keep under your bed in your room. This will allow you to keep your food and beverages safe so that your roommates can't drink all the Cokes before you can even crack one open.

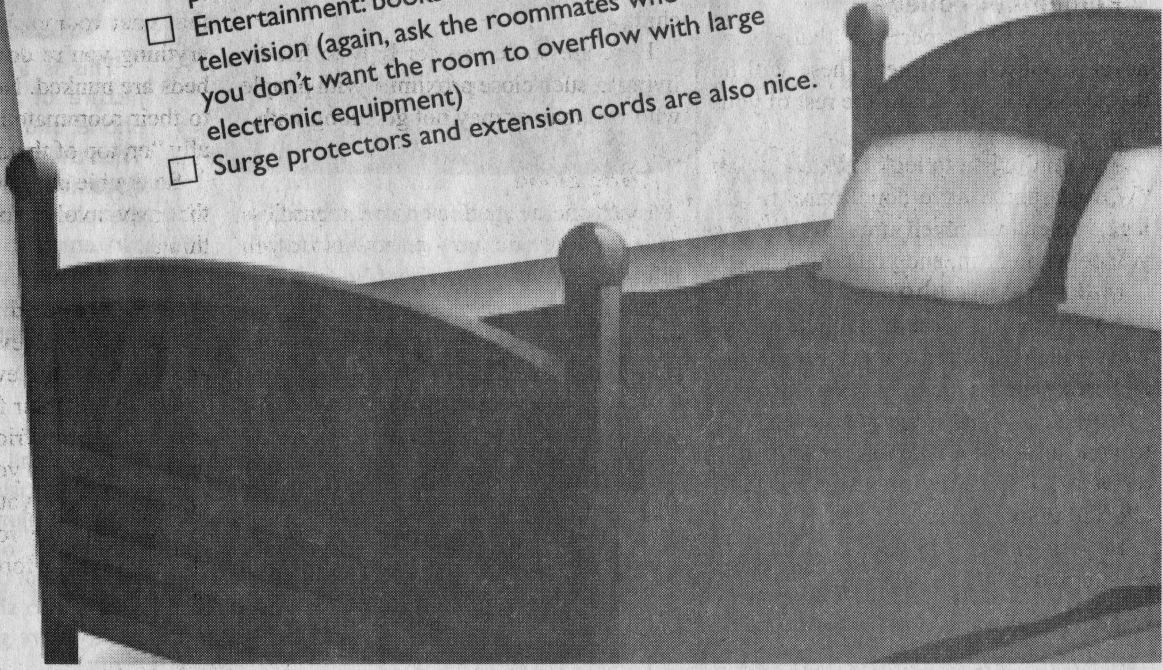
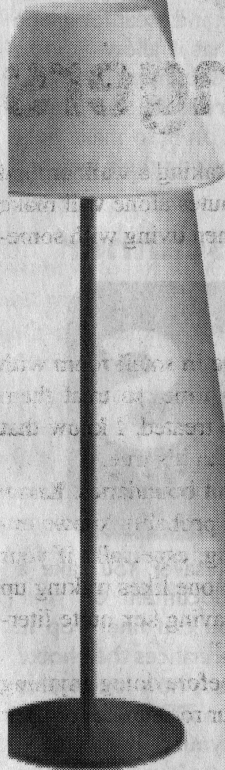
USI Checklist

By CALEB RILEY
Staff writer

What to bring:

- Microwave, microwavable dishes
- Cutlery, snacks
- Bed sheets (regular twin size will work)
- Pillows and blankets (tons of these are great)
- Foam mattress pad (pretty necessary in the dorm)
- Alarm clock
- Trash can
- Clothes
- Cleaning supplies (specifically chlorex wipes)
- Toiletries
- Towels and rags
- Medicinal supplies
- Extra storage (you will leave college with more stuff than you came with)
- Tape
- Office supplies: stapler, staples, paper clips, paper, sticky notes, pens, pencils, highlighters, calculator,
- Printers are nice if you have one (If not, contact your roommate and ask what kind of ink and paper they use, they'll be more than happy to share if you help keep the printer going)
- Entertainment: books of all kinds, movies, videogames, television (again, ask the roommates who will provide it, you don't want the room to overflow with large electronic equipment)
- Surge protectors and extension cords are also nice.

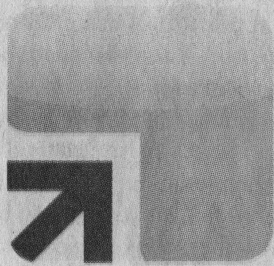
Don't worry,
all on-campus
housing is
furnished!



APPS TO START YOUR SEMESTER WITH

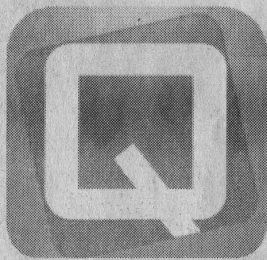
By SHANNON HALL
& JIMMY PYLES

Springpad



Springpad is a free note taking application that allows you edit on your phone, tablet and laptop. Users can stay organized by creating different notebooks for different subjects. Have a lecture you need to record? Want take a picture of the diagram on the whiteboard? Springpad allows users to import voice memos and pictures right into the notebooks. The best part is it all gets backed up to www.springpad.com. You never have to worry about loosing your notes ever again.

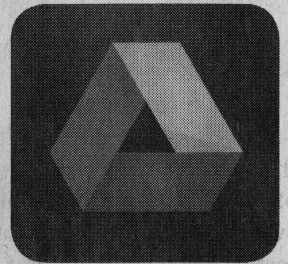
QBOT



QBOT is a promotions app that Sodelxo has teamed up with to make food costs a little bit more reasonable for students. QBOT allows you to scan a QR code that will give you rewards. After you have recived x-amount of scans, you can redeem them for 50 percent off or a free drink. Just be sure that you test the app when there aren't that many people in line because sometimes it takes awhile and no one wants a hungry mob behind them.

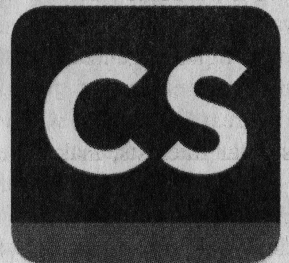


Google Drive



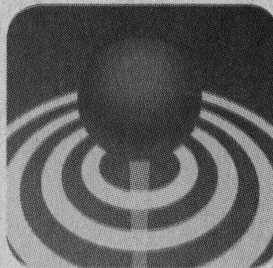
Having the Google Drive app is the best way to connect yourself with all of your projects or assignments. It's a gigantic flash-drive in space, and great for group projects, in that it allows you to easily share document between countless parties. It also shows who worked on it to make sure everyone is pulling their weight.

CamScanner



This is a lifesaver. You take a picture of a document on your phone, and you can fine crop it. Then the app enhances the photo/document. That's how it converts the photo to a PDF, which you can email to yourself/professors or share via DropBox. I have used this to send a form that I needed to send in person via email.

AroundMe



The app shows you what's all around you. You can look it up by restaurants, dentists, lawyers, insurance, doctors, home repair, banks, plumbers, auto services, dry cleaners and realtors. At one point, you WILL need auto service. And it doesn't hurt to get a dentist here or a doctor. The app also shows you how many people favorite the place you're going to.

COLLEGE BUCKET LIST

By **ROBERTO CAMPOS**
Staff writer

College is a big step in one's life. For most, it's their first time living on their own and the first step on the long road to adulthood.

College is an adventure full of self-discovery. It's easy to get wrapped up and lost between cramming for tests and chugging Mountain Dew at parties.

That's why having a bucket list of goals to accomplish while in college is nice. Once it's over and reality hits, you'll know you didn't miss out on anything. These are some helpful college tips to add to your bucket list.

1. Get involved on campus

In college, you get out what you put into it. To have a rewarding experience, you have to put some effort in. One of the best ways to do that is by getting involved with on-campus organizations, intramural activities or clubs.

It's a great way to meet new people with similar interests, make friends and relax when you're not performing the taxing duties of being a student. Plus, it's something you can add to your resume.

Our school's website is a great resource for finding organizations to be a part of.

2. Study abroad

Studying abroad wasn't something I considered when I embarked on my college experience, but it's something I'm glad I chose to do. Studying abroad is an amazing opportunity that's at every college student's disposal. It is a chance to broaden your horizons and see how the rest of the world lives.

It may seem expensive, but there are scholarships and opportunities that our school provides to make the experience attainable. When choosing a place to study, make it a country that you have interest in but don't know too well, so you

can discover that country while living there.

Studying abroad is a life-changing experience that reveals where your strengths lie and allows you to meet people from around the globe.

3. Internships

Internships are great for two reasons: you get the chance to earn real-world experience, and you can also learn from veterans in your field.

Every student should try to get an internship because they teach skills that can only be taught in a hands-on, professional setting. They make you more attractive to future employers who are looking at numerous other applicants who want the same job as you.

The idea behind college is that after it's all said and done, you'll be able to start a career and work your way up to making a living to support your future goals. Internships help you get to that career by providing a way to learn what it takes to thrive in your field.

Internships also look very good on your resume, are a chance to network with potential employers and can help you build up your references.

4. USI basketball vs. Bellarmine

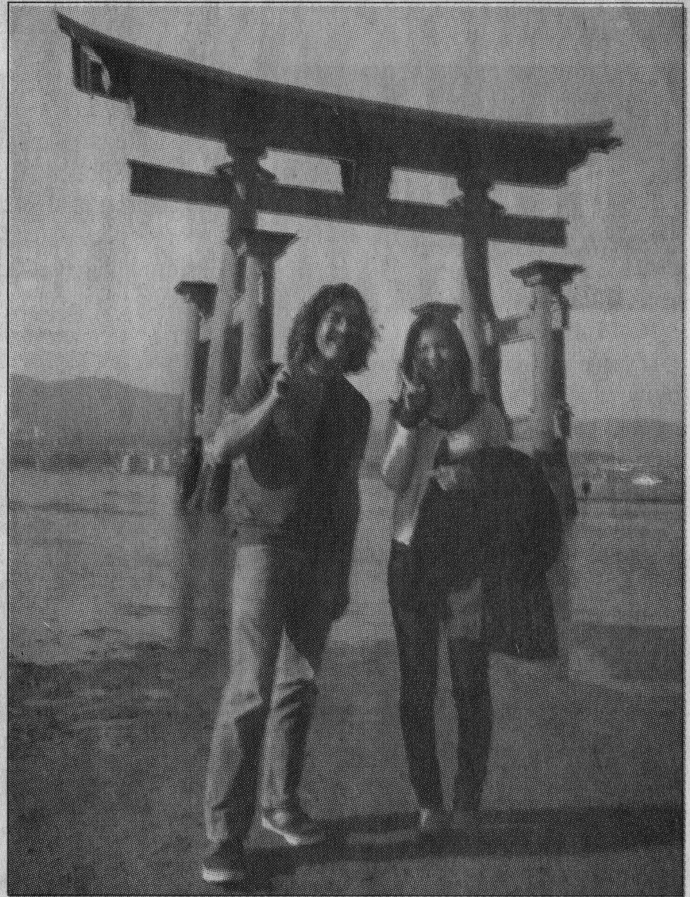


Photo courtesy of Roberto Campos

The *Shield* writer Roberto Campos takes a picture with USI international student Machicko. Campos studied abroad in Japan Fall 2012.

University

Attending sporting events is a great way to show your school pride and escape your dorm room for a couple hours.

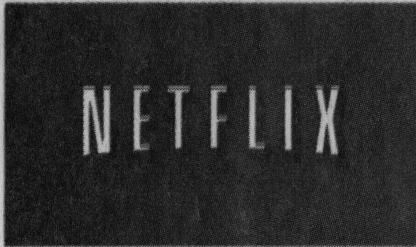
When Bellarmine rolls into town to face our men's and women's basketball teams at the PAC, that's a game you need to see. As conference rivals, USI vs. Bellarmine games are always competitive and the house is usually packed with students and local Evansville citizens sporting the red, white and blue.

The PAC is loaded, the intensity is high and you should be there to experience it.

Stuff students have but don't need...

By **SHANNON HALL**
Staff writer

The following are some things most college students have but don't really need. Some are free and others cost money but may be worth it to you.



Netflix

If you don't have this already, I don't know what the world's coming to. Everyone has Netflix. It's the chicken soup that you need when you're sick. Don't buy DVRs coming to college. Netflix has tons of TV series that you should be watching more than that crap that's on the TV channels.

Spotify

If movies aren't your thing and music is, Spotify is meant for you. It's free music - all kinds of music. Local musicians can get on Spotify. After so many months, more and more advertisers crowd the musicsphere. If you buy Spotify Premium for \$10 a month, you get no commercials, and your phone is connected to the music galaxy.



Amazon Student Prime

For three months, students log in with their .edu email addresses and receive free Prime membership. Prime membership ships so many products in two days. If you ever need an instant gift, this is the best thing ever. After three months, you have to pay \$49, and it includes free instant videos. Most of the videos are the exact same ones Netflix has (no "House of Cards" though). Prime would be considerably cheaper than Netflix, FYI.

EL CHARRO MEXICAN RESTAURANT

The Finest Mexican Cuisine in the Tri-State Area!

720 N. Sonntag Avenue • Evansville, IN • 47712 • 812-421-1986

Come and experience Mexican cuisine at it's best. Enjoy family dining and entertainment. Can't stay? Get it to go, even order online. El Charron, the finest Mexican cuisine in the Tri-State Area!

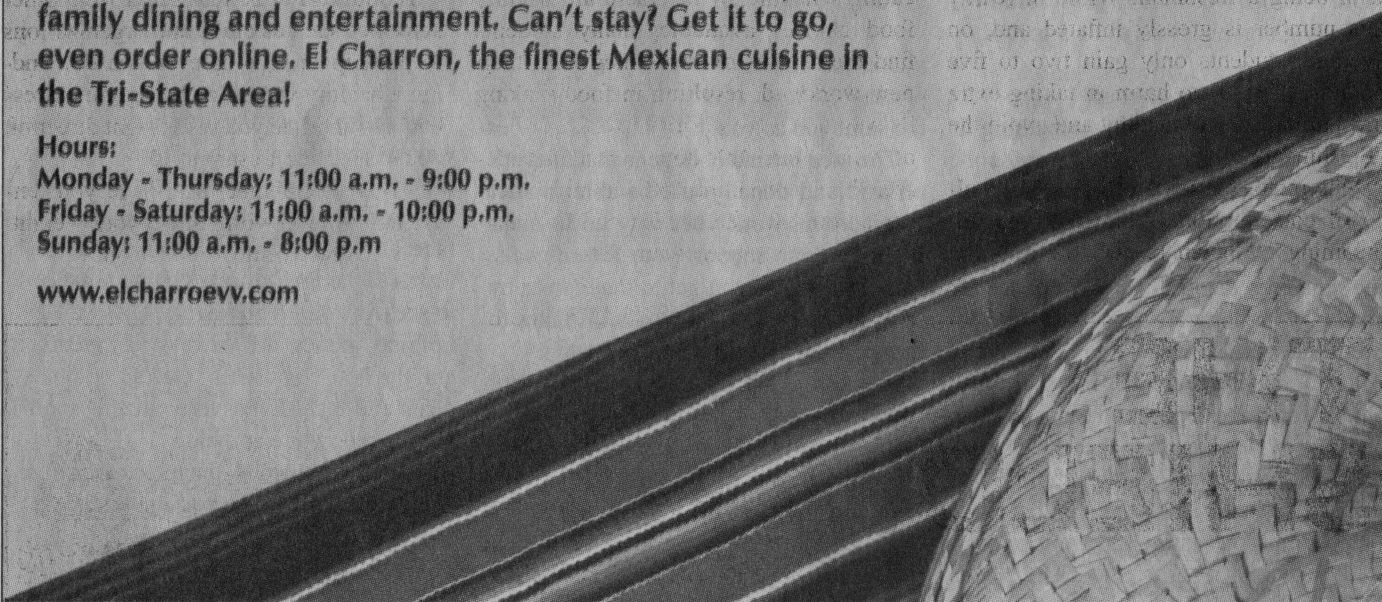
Hours:

Monday - Thursday: 11:00 a.m. - 9:00 p.m.

Friday - Saturday: 11:00 a.m. - 10:00 p.m.

Sunday: 11:00 a.m. - 8:00 p.m.

www.elcharroevv.com



FRESHMAN 15



By **CHRIS PROCACINA**
Sports editor

With all the excitement and anxiousness associated with starting your college career, there are undoubtedly some concerns you have.

Disregarding the academic side of college (as we all do from time to time) the heaviest concerns new students face are the mythical 15 pounds associated with being a freshman. While in reality this number is grossly inflated and, on average, students only gain two to five pounds, there is no harm in taking extra precautions to stay healthy and avoid the "Freshman 15."

One major cause of weight gain is alcohol consumption. While I'm sure all incoming freshman respect the law and

the dry campus policy put in place by the university, the perhaps nontraditional freshman (21 and over) should know that cutting down on the booze will cut out many excess calories that help pack on the pounds. This also helps combat the "drunk munchies" that tend to accompany drinking and leads to poor and unhealthy food choices.

On the topic of food, it's easier said than done to maintain a healthy diet and eating schedule. While there are healthy food choices available, many students find themselves overwhelmed with their new workload, resulting in food making its way down the priority list. Regardless of what your nutritional circumstances are, there are simple preventative measures you can take to fend off the freshman 15 or counteract your diet.

Physical activity is the key. It doesn't have to be as strenuous as throwing weights around, although this isn't discouraged. Make the little things count.

Try walking instead of driving whenever possible, especially for those of you who live on campus. The Recreation, Fitness and Wellness Center is free to all students and provides you the opportunity to rock climb, shoot hoops, jog, or any other number of exercise classes and workouts.

If you tend to be less active, find other activities such as clubs and organizations to participate in. Whatever you do, finding a healthy way of reducing your stress levels will guide you in the right direction to avoiding the freshman 15.

Try and remember you have your entire adult life to worry about your weight; you only get to enjoy college once.

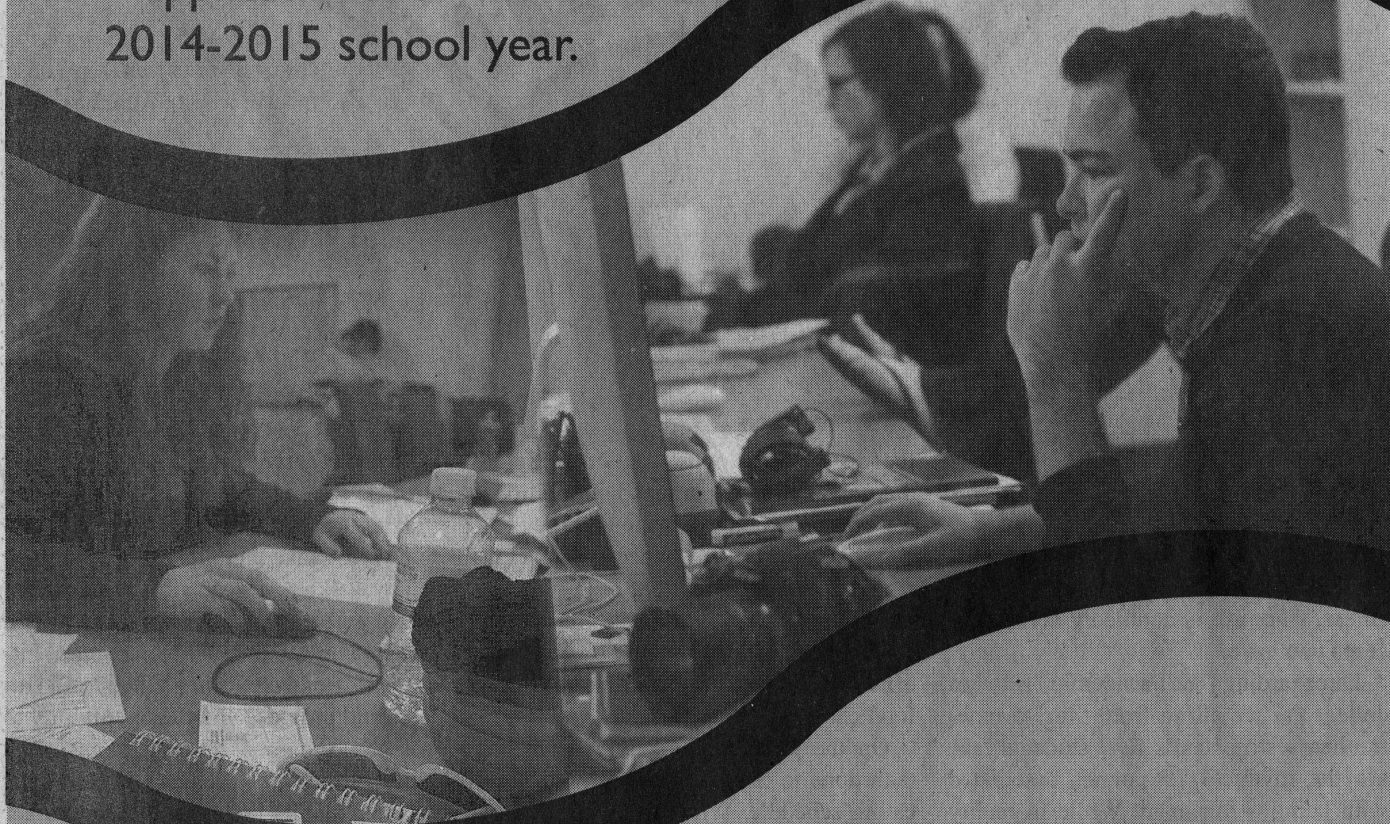
THE SHIELD

Available on
stands every Thursday



NOW HIRING

We are now accepting
applications for the
2014-2015 school year.



We are in need of:
Copy Editors
Reporters
Photographers
Sales Reps.

Apply in the lower level of UC East Room 0227

RENTING VS. BUYING

Everyone needs to buy books during their college career - or at least their first year. Renting costs less (roughly \$300 less your freshman year) but you don't get to keep the books. Renting is best for core classes because none of it pertains directly toward your major. But they will be used considerably. If you don't like random scribbles or lots of highlighting, a rented book may not be the best idea. Sometimes it's easier to buy books from different places, but if you rent them, you have to remember which ones go where. Purchased books stay in your possession, and you can always refer back to it whenever you want. But, who really looks at books after graduation?

CAMPUS STORE

All the books professors require for class have to go through to bookstore. If you aren't quick, they run out for the bigger classes. Of course, they order more, but the back order may take a little longer. One benefit of the Campus Store is that you can pre-order books, and they allow you to use financial aid before it reaches your account. You can also receive a \$1,000 credit that will go directly to your account. The Campus Store says it will price match other competitors.

New, Used and Rental

3/5

TXTBOOKRENTAL

This locally owned business that allows students to buy or rent books. Books can be ordered online and pre-ordered as well. They tend to have older editions of textbooks, which are cheaper and don't have that many differences between the newer editions. Thanks to a switch in ownership, TXTBookRental allows students to use financial aid. When selling books back at the end of the semester, the employees there also tell you if the USI Campus Store will pay more for a book than TXTBookRental. The biggest concern with TXTBookRental is it can take some time for your pre-ordered books to be gathered together. Some teachers like to teach the first day, which can be a problem.

Used, Rental

4/5

CHEGG.COM

With Chegg, you stay in your house and order the books you need. It's magical. The prices can vary. Most rented books are cheaper than the Campus Store, but some are overcharged as well. It just depends. Books arrive at your doorstep, which keeps you from waiting in lines. To return them, print off a mailing label, keep the box they arrived in and drop it off at the UPS Store (one is conveniently available on Pearl Drive). UPS only charges you \$1 if you need the box taped. Chegg allows you to avoid the lines and the waiting.

Used, Rental

4.5/5

*If you EVER need a code for a website login, always go through the USI Campus Store. They have the correct information that you need. TXTBookRental has books for sale with the code, but rarely do they ever actually give you the code - they do give you your money back for it though.

CAMPUS STORE

TXTBOOKRENTAL

CHEGG.COM

By **SHANNON HALL**, Editor-in-Chief

Let's talk meal plans

Students who live in the dorm have to get one of the following plans:

\$1,894

Red Eagle Plan

14 meals per week plus \$350 dining dollars per semester

\$1,894

White Eagle Plan

12 meals per week plus \$425 dining dollars per semester

\$1,894

Blue Eagle Plan

9 meals per week plus \$590 dining dollars per semester

Students who live in the apartments may buy one of the following meal plans, but aren't required to do so.

\$1,189

Titanium

70 meals per semester,
\$690 munch money
Titanium II
\$499 dining dollars,
\$690 munch money

\$910

Platinum

50 meals per semester,
\$510 munch money
Platinum II
\$400 dining dollars,
\$510 munch money

\$710

Gold

31 meals per semester,
\$450 munch money
Gold II
\$260 dining dollars,
\$450 munch money

Dining dollars and munch money are basically the same thing - you get dining dollars with red, white and blue plans, and munch money for titanium, platinum and gold plans. Both carry over into the spring semester, but you will not get the money back if you don't use it all by the time spring semester ends.

\$

\$

\$

\$

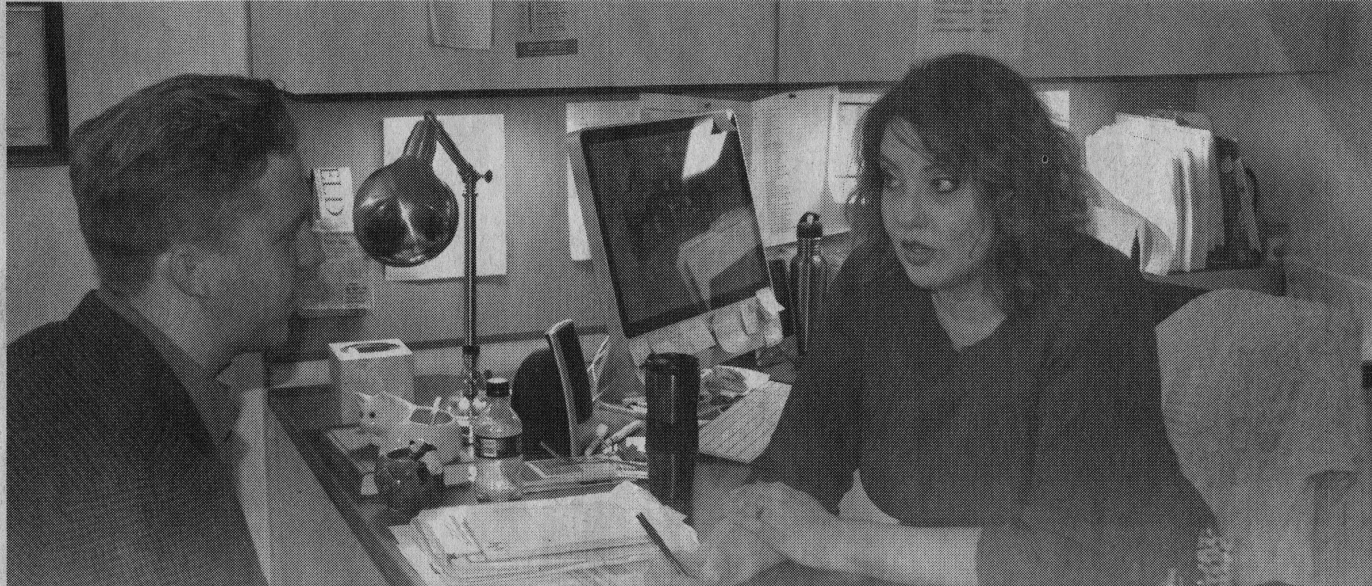
\$

\$

Flex dollars are an alternative to dining dollars and munch money. The three are all tax-free for food purchases, but flex dollars can be used for laundry, printing, food or in the bookstore.

Advising Center vs. Adviser:

Where should you seek advice?



By **JAMES VAUGHN**
Staff writer

Adjusting to the college lifestyle can be a challenge, and the responsibility of choosing a course of study doesn't make it any easier.

That's where advisers come in.

Advisers guide students and help them achieve educational, professional and personal goals.

They're basically the guardian angels of academia.

The college you're in determines the type of advising you'll receive.

In the fall of 2012, two advising centers opened doors to students in the College of Nursing and Health Professions and the Pott College of Science, Engineering and Education.

So what exactly is the difference between an advising center and a faculty adviser? Which one should you ponder life with?

The Shield asked Pott College Advising Director Keith Powers to break it down for you.

Advising Centers:

Advising centers meet more students' needs because the advisers are available throughout the school day.

"Our job is to be here at all times," Powers said. "We don't teach. We're more readily accessible."

Powers said about 50 students come through the advising center each day.

Center advisers have backgrounds in counseling and student development.

Locate your advising center:

Pott College of Science, Engineering and Education:
Education Center 3104

College of Nursing and Health Professions:
Health Professions Center 2023

Powers holds degrees in education, counseling and student affairs in higher education.

"The main thing is we dedicate our time to working with students," he said.

In the Pott College, students begin their college careers in the advising centers. By sophomore year, most are assigned to faculty advisers.

Center advisers help students under-

stand what they're getting into and make sure students know what they want to major in before they send them on their way.

"It's transitional," Powers said. "We want to help them get connected."

Faculty advisers:

Students in the College of Liberal Arts and the Romain College of Business are assigned a faculty advisor when they enter the university.

Faculty advisers are more knowledgeable about a student's major because they teach in the same program.

They meet with students during registration periods to develop schedules and sign off on any holds a student might have.

Powers said the Pott College keeps electronic files for all of its students so both faculty advisers and center advisers know where a student stands academically at all times.

But even after students are assigned a faculty adviser, they can opt to continue their quest for guidance within the advising centers.

Powers said center advisers will see any student, new or old.

Faculty members have busy schedules - from teaching to research - so the centers remain an option during emergencies.

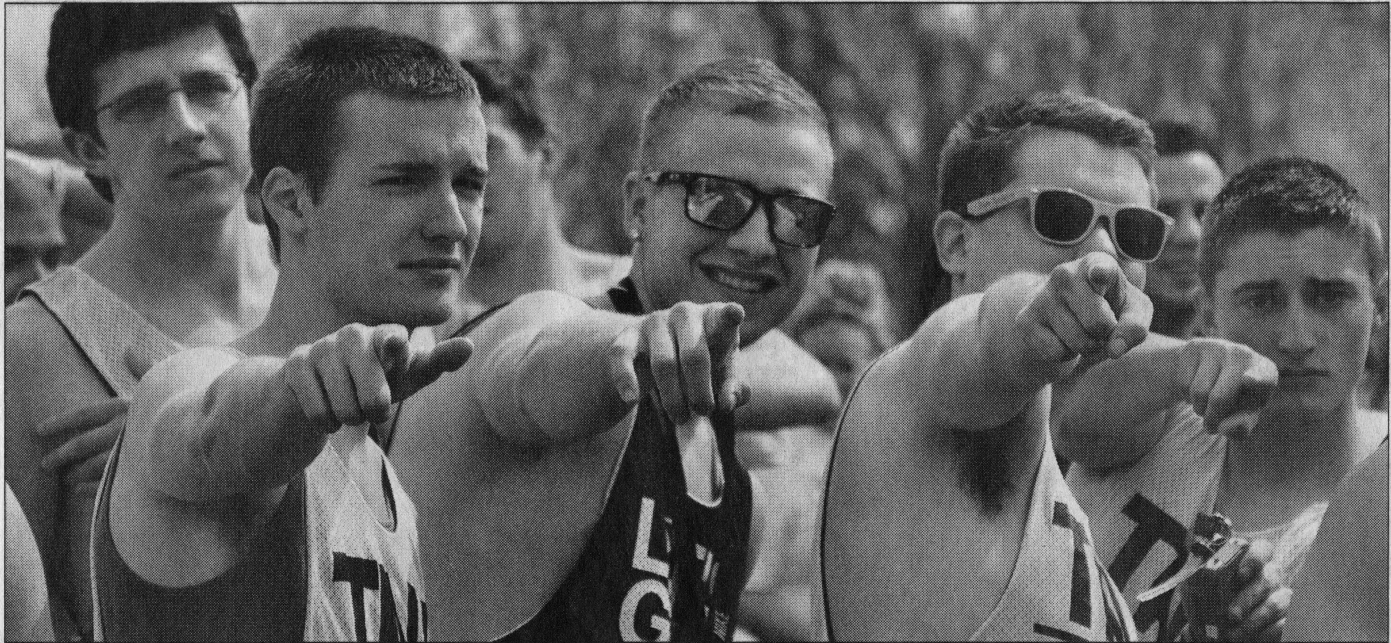


Photo by **JIMMY PYLES**/The Shield

Top: Members of Sigma Tau Gamma point at the camera during Greek Olympics.

GOING GREEK?

By **ROBERTO CAMPOS**
Staff writer

Greek Life at USI provides students with an opportunity to engage themselves in activities that will not only create friendship that will last a lifetime but also allow them to give back to the community that allowed the friendships to form. The only question is which is right for you?

Through a recruitment process students can find a fraternity or sorority that is best suited for them.

Sororities

Gamma Phi Beta, Alpha Sigma Alpha, Alpha Sigma Tau, Delta Sigma Delta, Alpha Kappa Alpha and Delta Zeta

The recruitment process for sororities is an organized event that takes place over four days. During those four days, women will meet with USI sororities in a search to find the right fit.

During the recruitment process, wom-

en will fill out a choice card and name two sororities they can see themselves being a part of. At the end of the four days, the women will find out if a sorority put a bid on them and if they got their choice.

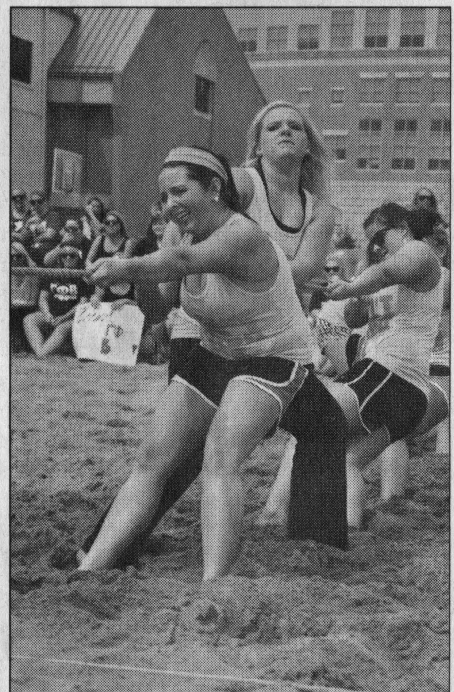
If a person does not get her choice, she does not have to take the bid. Sororities try to take everyone's first choice but are not always able to.

There is also a chance some women will not receive a bid because there is not enough room to take everyone who wants to join.

Fraternities

Alpha Sigma Phi, Kappa Alpha Order, Lambda Chi Alpha, Sigma Pi, Sigma Tau Gamma, Tau Kappa Epsilon and Phi Delta Theta

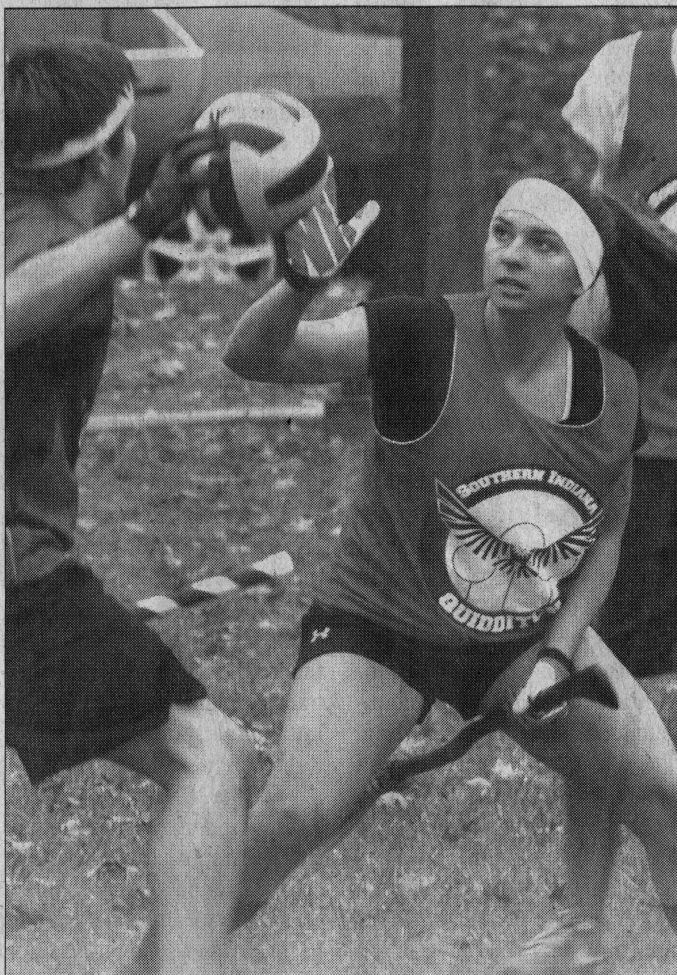
The fraternity recruitment process is less organized than it is for sororities. Guys will have the opportunity to talk to all



File Photos/The Shield
Members of Delta Zeta participating in Tug-of-War during Greek Week.

GOING GREEK? on page 22

USI clubs and organizations



USI Quidditch is one of the club sports at USI that competes against other schools. Photo by **JIMMY PYLES/The Shield**

Accounting & Professional Services Club
 Activities Programming Board
 Advertising Club
 African Student Union
 Alpha Kappa Alpha Sorority, Inc.
 Alpha Kappa Psi
 Alpha Mu Gamma
 Alpha Psi Omega
 Alpha Sigma Alpha
 Alpha Sigma Phi
 Alpha Sigma Tau
 American Chemical Society Student Chapter
 American Society of Civil Engineers Student Chapter at USI
 American Society of Mechanical Engineers
 Anime Club
 Art Club

Association of German Students
 Association of Information Technology Professionals
 Associations of Nursing Students
 Best Buddies
 Beta Alpha Psi
 Biology Club
 Black Student Union
 Campus Outreach
 Chi Alpha Campus Ministry
 Chinese Club
 College Christian Athletes
 College Democrats
 College of Republicans of USI
 Colleges Against Cancer
 Collegiate Girl Scouts
 Communication Studies Connection
 Communion & Liberation University

Dance Team
 Delta Epsilon Iota Honor Society
 Delta Sigma Theta Sorority Incorporated
 Delta Zeta
 Disney College Program Alumni Encounter
 Esports Club
 Food Nutrition Student Organization
 French Club
 Gamma Phi Beta
 Global Awareness Project
 Global Edge Movement
 Habitat for Humanity
 Health Services Organization
 Honors Student Assembly
 HOSA: Future Health Professionals
 Housing & Residence Life
 Humans vs. Zombies
 IEEE of USI
 Interfraternity Council
 International Club
 International Programs & Services
 Jane Austen Branch of the Regency Regiment
 Japanese Club
 Kappa Alpha Order
 Kappa Delta Pi Education Honor Society
 Lambda Chi Alpha
 Lambda Nu Theta Chi
 Latinos Unidos/Hispanic Student Union
 Marketing Club
 Medieval Studies Society
 Mu Gamma Pi
 National Residence Hall Honorary
 National Society of Collegiate Scholars
 Newman Catholic Community
 Olympic Weightlifting Club
 Optimist Club
 Order of Omega
 Panhellenic Council
 Phi Alpha Thata
 Phi Delta Theta
 Philosophy Club
 Physics Club
 Political Science Society
 Pre-Law Club
 Pre-Professional Health Club
 Psychology Club
 Public Relations Student Society

of America
 Quidditch Team
 RedZone
 Respiratory Care Club
 Riley Dance Marathon- USI
 RT Student Organization
 Rugby Club
 Secular Student Alliance of USI
 Sigma Phi Omega
 Sigma Pi
 Sigma Tau Delta English Honor Society
 Sigma Tau Gamma
 Sigma Zeta Math & Science Honor Society
 Soccer Club
 Society of Automotive Engineers
 Society of Professional Journalists
 Society of Women Engineers
 Sociology, Anthropology & Criminal Justice Studies Club
 Spanish Club
 Sports Management Club
 Student Alumni Association
 Student Ambassador Organization
 Student American Dental Assistants Association
 Student Christian Fellowship
 Student Education Association
 Student Government Association
 Student Housing Association
 Student Occupational Therapy Association
 Student Veterans Association of USI
 Student Writer's Union
 Students Advocating for Equality (S.A.F.E.)
 Students And ELderly Linking Around Relationships (STELLAR)
 Table Top Club
 Tau Kappa Epsilon
 The Edge Radio
 The Shield
 To Write Love On Her Arms (TWLOHA) USI
 Toastmasters Speaking Eagles of USI
 Ultimate Frisbee
 Vegetarian Club
 Veritas Apologetic Organization
 Westwood Student Ministries
 Women's Ultimate Frisbee
 Young & Educated YEA
 Young Life

USI Gems : *Campus has several useful facilities for students*

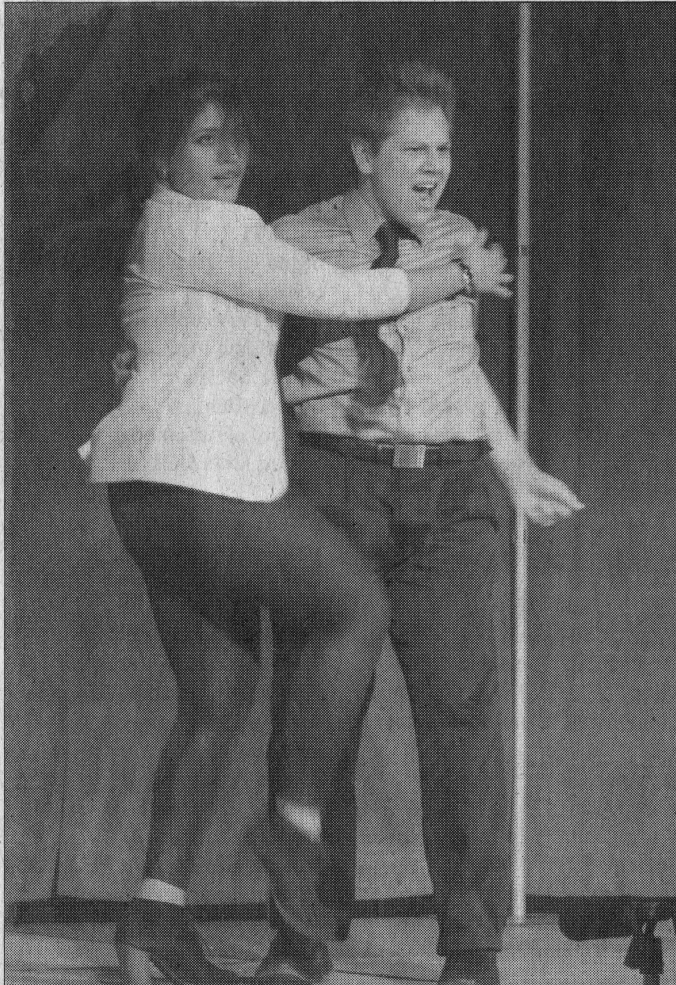


Photo by **BLAKE STAYROOK**/*The Shield*

Cindy Alfaro and Lance Grubb dance the merengue during the Multicultural Center's Live at the Apollo event.

By **JAKE TAPLEY**
Staff writer

USI has multiple facilities that are useful to students. While the Recreation, Fitness and Wellness Center (or the rec) may be more well known, the others are just as useful.

Academic Skills

Academic Skills is located in Room 1111 of the Education

Center. Functioning as USI's premier tutoring service, students are assisted by peers who are qualified in math, science, history, foreign languages or writing

The Writer's Room

The Writer's Room, located in Room 1102 of the Education Center, is a branch of Academic Skills that is focused specifically on writing. Students can have papers examined and proofread by writing tutors. Anything from a resume to an

essay to a formal report can be brought in, and classwork from any subject is fair game.

Eagles Write

A new addition to USI's student academic services is Eagles Write, a writing center located in Room 3057 of the Orr Center. Operated by and for the English department, Eagles Write is primarily a service for students enrolled in an English course or program, such as the International English Program (IEP).

Counseling Center

The Counseling Center functions as a support system for students. Located in Room 1051 of the Orr Center, this facility offers sessions in individual counseling, group counseling and couples counseling. They also offer a Relaxation Room for students, along with various workshops and programs.

Multicultural Center

Located in Room 1244 of the University Center East, the Multicultural Center (MCC) is another campus support system. Overseeing organizations such as the Black Student Union, Hispanic Student Union, South Asian Student Union and Spectrum USI, this facility is founded on diversity and inclusion.

Children's Learning Center

The Children's Learning Center is USI's daycare facility. Located on Clarke Lane between the Lloyd Expressway and Parking Lot G, this facility conveniences USI students, faculty and personnel who have young children to be tended to.

University Health Center

The health center is open to all students. If you live on campus, the university tends to automatically charge your account so you get free visits to the health center. They can prescribe prescriptions, which includes birth control. While they don't accept appointments, you just show up for a first-come-first-serve visit.

Recreation, Fitness and Wellness Center (RWC)

The rec offers many personally rewarding experiences to students. With a track, a workout facility, a rock wall, yoga rooms, basketball courts and even tables for pool and ping pong, students can enjoy some time off from schoolwork. Extracurricular activities such as intramural sports are also offered here.

Eagle Valley at USI

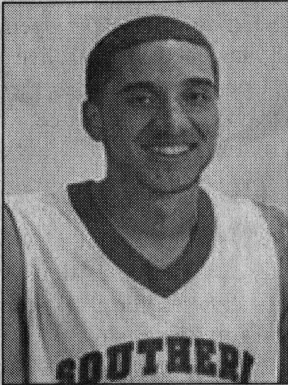
Functioning primarily as an on-campus, local disc golf course, Eagle Valley can be enjoyable to all students. This beautiful and spacious portion of campus is utilized by the ultimate Frisbee, cross country and track clubs to name a few. The wooded portion of the course even offers breathtaking nature trails (particularly in the fall).

Burdette-USI Trail

A relatively new addition to campus recreation is the Burdette-USI Trail, which can be found between the PAC and RWC buildings. Much like the Pigeon Creek Greenway Passage of Evansville, this trail is both multipurpose and scenic, winding through the USI woods and Evansville's west side for about three miles.

Players to watch out for

By **CHRIS PROCACINA**, Sports editor



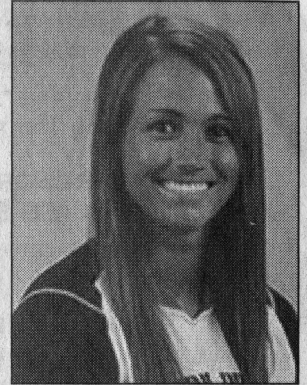
No. 1 guard, Gavin Schumann averaged 10.1 points per game through the course of his junior season. He also finished the year as a member of the GLVC All-Defensive team.



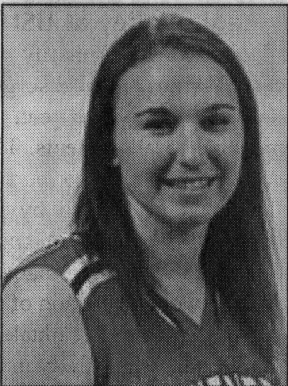
Augusta Schrader earned Academic All-GLVC honors during her junior season in cross country. She narrowly missed All-GLVC honors last season and finished 17th at the GLVC Championships.



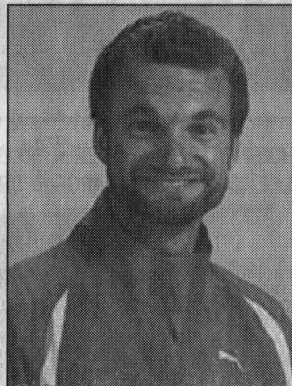
No. 11 Madi Vellky forward for the women's soccer team, led in scoring last season with 12 points. She was also named Academic All-District IV in her sophomore season.



Julia Kohnen will compete in both track and cross country this year after finishing her soccer career with USI. As a soccer player, she finished 8th all-time in goals, scoring and assists for the Eagles.



No. 44 forward/center, Anna Hackert will return for the women's basketball team to finish her senior season. As a junior Hackert earned 1st team All-GLVC accolades and joined the 1,000 point club. During the season, she averaged 18 points and 9.7 rebounds per game.



Tyler Schickel ran cross country and track as a freshman for the Eagles. He earned GLVC Freshman of the Year honors in cross country as well as All-GLVC honors. He finished first in the GLVC championships in the mile and earned All-GLVC accolades during both the indoor and outdoor seasons.

MUST GO: Annual Events

By **SHANNON HALL**
Editor-in-Chief

Each year, USI organizations put on annual events, and most if not all of them are fun. Here's my top 10 events every USI student should go to at least once during their college career.

- Labor Day at the Lake
- Live at the Apollo
- Midnight Madness
- USI Dance Marathon
- Midnight breakfast chill-out
- MLK Luncheon
- Homecoming
- Greek Life Philanthropy (Big Man on Campus, Lip Sync)
- Breakfast with the President
- Walk a Mile in Her Shoes

University Health Center

Deaconess Clinic University of Southern Indiana

**WALK IN CLINIC AVAILABLE TO STUDENTS,
FACULTY AND STAFF**

Contraceptive counseling • Birth control options • Immunizations/injections •
Pregnancy Tests • Physicals • STD diagnosis and treatment

LOW COST PRESCRIPTION MEDICATIONS (\$5-\$9)

Antibiotics, anti-inflammatories,
anti-depressants, and birth control

OVER-THE-COUNTER MEDICATIONS (\$5-\$8)

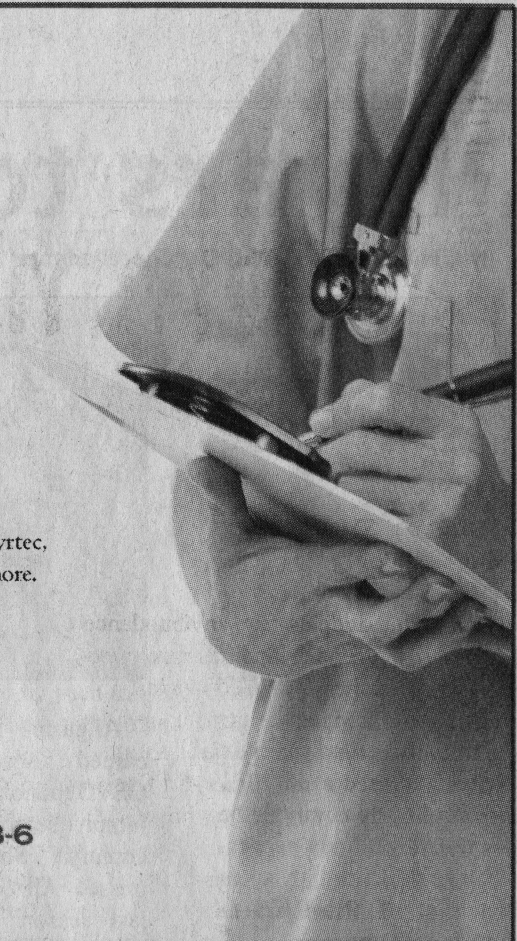
Advil, Tylenol, Aleve, Benadryl, Zyrtec,
Robitussin, Monistat and many more.

THE OFFICE VISIT PLAN

\$47 per semester includes unlimited office visits,
flu shots, yearly physical, and several tests
including: strep, flu, mono, drug screening, and
pregnancy test.

**LOCATED IN THE LOWER
LEVEL OF THE HEALTH PRO-
FESSIONS BUILDING**

**812-465-1250
MONDAY-THURSDAY 8-6
FRIDAY 8-4:30**



Golden Tower is THE Off-Campus Place To Be!

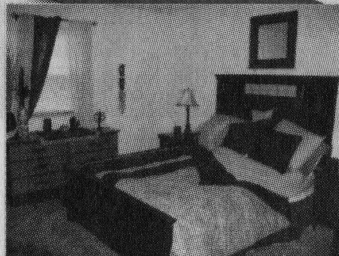
325 NORMA DRIVE • EVANSVILLE, IN 47712
WWW.GOLDENTOWERONLINE.COM

APARTMENTS AVAILABLE NOW!

WE WILL WORK WITH FINANCIAL AID
FIND US ON FACEBOOK!

Awesome Amenities:

2 FREE TANNING BEDS • SHUTTLE SERVICE • OVERSIZED CLOSETS • 24 HOUR FITNESS CENTER • FREE WI-FI AND CABLE • BASKETBALL COURT • SECURITY • DOG PARK • 24 HOUR LAUNDRY FACILITY • SAND VOLLEYBALL • VERY LARGE BEDROOMS



Commuter Probs

Tips to make day-to-day travels a little bit easier

By **BOBBY SHIPMAN**
Features editor

Commuter students face an abundance of hassles residential students rarely experience. Whether it be traffic jams, extended hours trapped on campus or having to take a catnap in the Rice Library. I have compiled a list of helpful tips to help your daily commute become a little less trudging.

1. Plan Ahead

Coming to campus, one's ear will adjust to the shrill tone in students' voices when they utter, "Parking at USI sucks."

Like beating a dead horse, debating the lack of decent parking spots on USI's campus proves frustrating, hairy and pointless- although I am not sure beating a live horse has any more justification.

Instead of griping, be prepared.

Schedule morning classes and leave your house, apartment, etc., as early as possible.

Think of it this way: you won't have to drive around in circles looking for a parking spot, walk a million miles to class and you get done early leaving the whole day ahead of you.

Make sure you fill up your tank the night before. Pumping gas at 7 a.m. when

you are already late for class is never pleasant.

2. Be thrifty

If you are rising early to beat the traffic, there is one thing you are going to need- java!

Don't blow your cash on over-priced, over-milked coffee-make your own.

I like to use dark-coffee (more flavor), with almond milk (sweeter and healthier). I also like to sweeten my early morning cup of sunshine with agave nectar. Agave nectar is not only exponentially healthier than sugar and artificial sweeteners, but it tastes great! Take that Starbucks.

Pack your lunch that way you can count your calories and save cash on food.

Are gas prices blowing a hole in your pocket? Try getting a job on campus.

Frankly, if you are commuting you are probably short on cash. Why not make money and avoid driving all over the city.

3. Use time wisely

Leave gaps between classes for study time.

The popular thing to do is smooch as many classes together as possible so you can get the heck out of dodge.

"I will just study when I get home."

Lies.

Forcing yourself to stay in an educational environment will leave you with nothing to do but study.

Why not study during your commute? No, I'm not saying you should shove your nose in a textbook while barreling down the Lloyd Expressway.

The app Panapto allows you to download your professor's lectures and listen to them over your car stereo.

4. Enjoy your stay

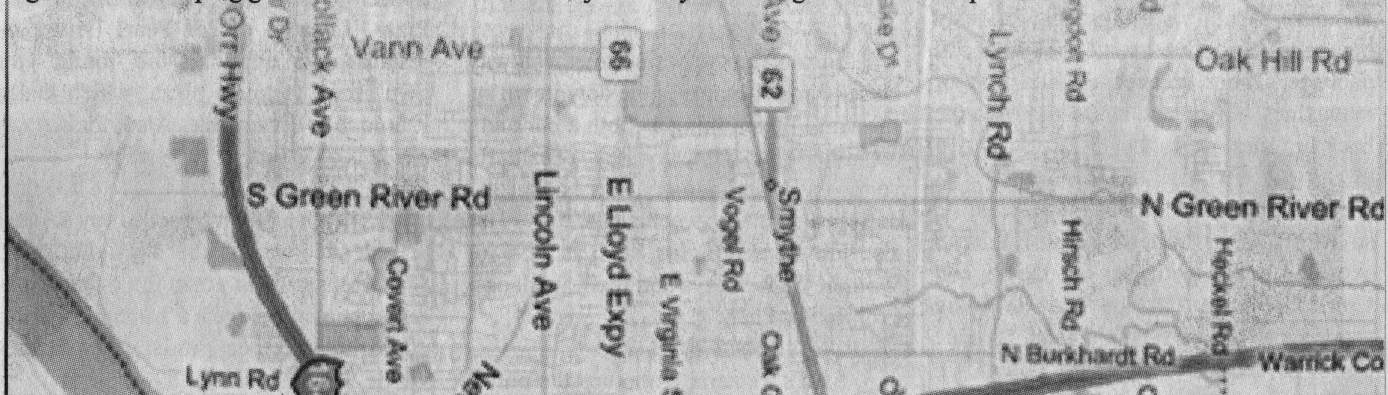
Campus activities, clubs, organizations, etc., are a fabulous way to make your extended stay on campus exponentially more enjoyable and make early rising exciting instead of strenuous.

Classes are unavoidable, they are sort of the reason you are attending college.

Learn to enjoy your studies. One thing I wish I comprehended as a freshman is the value of knowledge.

Don't limit your interests to what your major is. Branch out and take classes that aren't repeats of your high school core curriculum.

The more you know, the better you will be at whatever it is you pursue. Developing a hunger for knowledge makes commuting to class a much more rewarding experience.



#SupportLocalBusinesses

By **JAKE TAPLEY**
Staff writer

Evansville holds several local businesses that are good to keep in mind. Chain business are OK, but it's always fun to introduce visiting friends to a place that's only here in Evansville.

1. PG is an art café located on Franklin Street. Opening its doors in 2013, the venue has made great strides in diversifying Evansville's night life. From local art to poetry to punk rock to electronic music to film and even to ping pong, there is seemingly no limit to what can be experienced there. Also, the food is pretty good.

2. The Tin Man Brewery is a production microbrewery and restaurant located on Franklin Street. Aside from being one of the most aesthetically appealing facilities in Evansville, Tin Man is also green-friendly and boasts a diverse but excellent menu. Did I mention craft beer?

3. If you like wine or cheese or chocolate or art or local delicacies, then you might want to check out Winzerwald Winery. I personally recommend the Tell City pretzels, but there are all kinds of random goodies in their fridge. Winzerwald is another Franklin Street gem. There is something here for everyone, even if it's simply the atmosphere.

4. Located in the downtown Historic District, Penny Lane Coffeehouse is what you think of when you think "coffeehouse." Comfy seating, local art, tasty beverages and live music, it's the full package. There is even a collection of magazines, books, and board games in the back for guest perusal.

5. Everyone could use a bit of exercise, so why not make it enjoyable? Instead of going to the gym, try out the Pigeon Creek Greenway Passage Trail. Winding around town from Heidelbach Avenue (north of Garvin Park) to the downtown



Photo by **JIMMY PYLES**/The Shield

Bartender Andrew Booker pours a glass of Tin Man's beer that's made in its own microbrewery in Evansville.

riverfront, the multipurpose path runs a total 6.7 miles.

6. Quickly becoming the local standard for trendy haircuts, Old Town Ladies & Gents is a one-of-a-kind experience in Evansville. Opening its doors in 2013, the barbershop claimed the Evansville Living's "Best of 2014" award for "Best Salon." Also, the interior decorations and music are wonderful.

7. Located on the Main Street walkway, Babel Bar & Lounge is the downtown sushi hang. Functioning as both a bar and a restaurant that primarily serves sushi, the venue is certainly unique. Live music can be expected on the weekend, and there are also fun-themed nights, such as Working Women Wednesdays and their Speakeasy Prohibition Party.

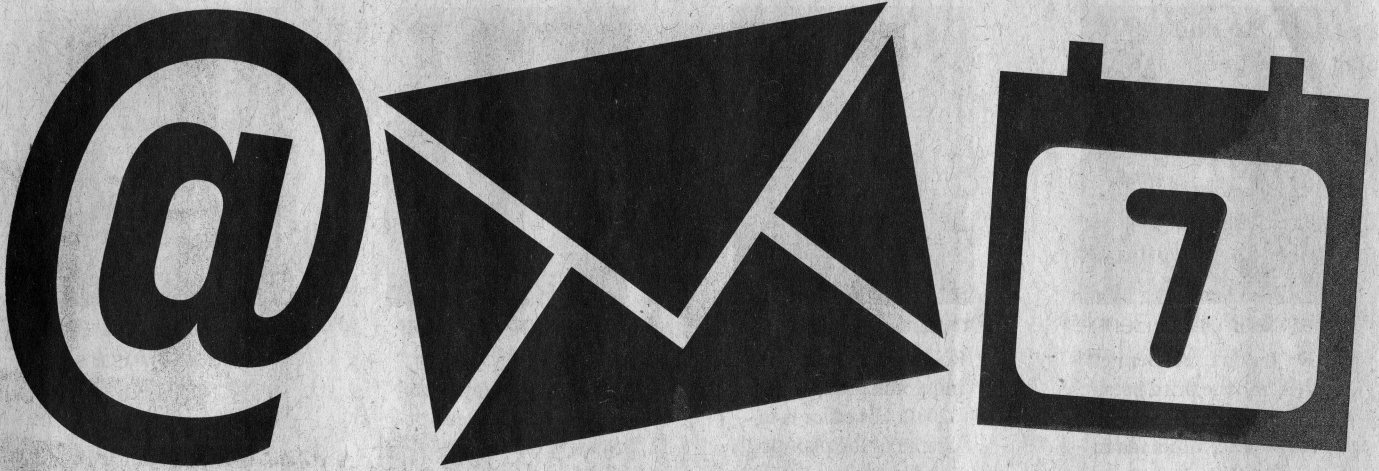
8. Sam's Pizzeria embodies the phrase

"neighborhood pizzeria." Literally situated in the middle of a west side neighborhood on Delaware Street, this locally owned and operated pizza joint is my go-to choice for delivery or pickup. Also, they give out coupons like it's nobody's business.

9. A much different but equally as enjoyable take on pizza can be found at a new West-Side establishment, Azzip Pizza. Located off of Pearl Drive, the restaurant is applying the "build your own" food tactic to pizza, which makes it unique to Evansville. Also, their Azzip sauce is awesome.

10. Another Main Street eatery situated on the walkway is the Twilight Bistro. This restaurant is great for breakfast or lunch or maybe even a romantic outing. Also, they sell local produce and rock the whole Bohemian look.

YOUR EMAIL ADDRESS NEEDS TO GROW UP



By **SHANNON HALL**

Staff writer

It's time to get rid of goody2shoes@hotmail.com or shanny.sunshine@aol.com or any other embarrassing emails. Welcome to college and the professional world.

Although I did say to get rid of the embarrassing emails, consider keeping them for junk emails, such as signing up for reward cards.

The beginning of your freshman year, you should create a whole new email with your first and last name - maybe a number.

Example: johndoe@gmail.com, doe.john1@gmail.com, or Jane.Doe13@gmail.com.

For two reasons, the best email to get while in college is a Gmail account, for two reasons. First, Google will rarely, if ever, have a break down.

Also, Google is starting to take over the world.

Once you create a Google email account, your world opens.

You now have access to Google Calendar.

Google Calendar allows you to create "events," where I like to record my classes (including classroom numbers) at the appropriate times.

You can sync your calendar to your phone - voila! Congratulations, you now have your schedule on your phone, which should always be on your person at every minute of every day.

(Hint: You can set an alarm so it will go off however long before your class.)

You can also create multiple calendars - one for classes, one for work, etc.

Google also has a nifty thing called Google Docs, or the Google Drive. Drive is pretty much a flash drive that is set up with your Google account. You can copy any document (or 10-page research paper that you cannot lose, ever) and paste it in a document on the Google Drive. Now

you can leave that computer, log into your account on 10 different computers, and the document will still be there. It's amazing. It's very similar to DropBox, but you log into your email more than DropBox.

When you make your account, you can join the not-so-popular world of Google+. The best part of Google+ is you can "hang out" with your friends.

Hangouts are like video chatting, but the hangouts allow you to see more than one person without an additional charge, unlike competitors such as Skype.

Anything on Google is shareable. Right click the document or even your calendar and share.

I highly suggest that you email anything you need for a presentation - PowerPoint presentations, Word documents, photos - to yourself, or put it in your Google Drive.

Computers across campus are fickle and have different programs on them. You never know when your flash drive will not work.

Follow us on twitter

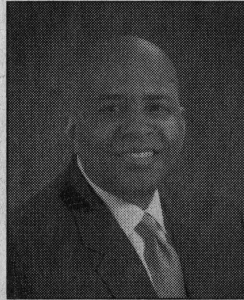
 @usishield, @usishieldnews, @usishieldsports

PEOPLE YOU SHOULD KNOW



President Linda Bennett

Dr. Linda L. M. Bennett became the third president of the University of Southern Indiana in July 2009, after serving as provost and vice president for Academic Affairs since 2003. In her first year as president, she led the effort to establish the University's first strategic plan.



Provost Ronald Rochon

Rochon has been working as the provost since 2010. His office is in charge of the planning and implementation of a learning environment that promotes a comprehensive, critical skills-focused student experience and prepares USI students to be active and involved citizens in their communities.



Dean of Students

Angela Batista
Batista will finish her first year as Dean of Student this August. The dean assists with the activities of the Student Government Association, is responsible for student judicial affairs and chairs the Students of Concern and Behavior Intervention Team.



Associate Provost for Student Affairs

Marcia Kiessling
Kiessling started working for USI in 2011. Kiessling assists the provost in guiding USI's Student Affairs programs and engage students in programs and services to help develop responsible, contributing members of a global society.

Greek continued from Pg. 14

fraternities during on-campus events that USI fraternities put on.

Unlike sorority recruitment where there are structured day-to-day events to put women out there, the men have to put themselves out there by talking to one or more fraternities.

By talking to the fraternities, the men open up opportunities to get invited to events held by a specific fraternity and can attend those events to make themselves more attractive to hopefully receive a bid from them. It is possible for a man to get a bid from all of USI's fraternities or not receive a bid at all.

fraternities or not receive a bid at all.

Bid Day concludes recruitment week and students learn what fraternities and sororities have placed bids on students. Students then choose to either accept or reject the bid.



**YOU'RE ALREADY
PROCRASTINATING
SO LIKE THE SHIELD
ON FACEBOOK**

THE SHIELD AT USI

TOP REASONS *to live on campus*

1. **FUEL ECONOMY! NO LONG COMMUTES TO CAMPUS**
2. **ON-SITE, ON-CALL STAFF READY TO ASSIST RESIDENTS**
3. **82% OF RESIDENTS STAY ON CAMPUS TWO OR MORE WEEKS IN A MONTH**
4. **24-HOUR MAINTENANCE**
5. **SHUTTLE BUS SERVICE FROM HOUSING TO CAMPUS**
6. **INVOLVEMENT OPPORTUNITIES**
7. **CLOSE TO ACADEMIC RESOURCES**
8. **MULTIPLE FOOD SERVICE OPTIONS AVAILABLE**

 facebook.com/usihousing  [@usihousing](https://twitter.com/usihousing)

**QUESTIONS? CALL HOUSING AND RESIDENCE
LIFE AT 812/468-2000 OR EMAIL LIVING@USI.EDU**

Join our bright and engaging community



Need help paying for college?

Get the help you need with a

STUDENT LOAN

from



**EVANSVILLE TEACHERS
FEDERAL CREDIT UNION**

*low rates, convenient access,
& no origination fee!*

Federally insured by NCUA

etfcu.org/studentloans

TWO CAMPUS ATM LOCATIONS

- Free Debit Rewards Checking
- Free Online and Mobile Banking
- Shared Branching Network

Open your account today at our West Evansville Office located at 4905 University Dr. (behind Dairy Queen)