

STUDENT SPEAK What are your plans for Valentine's Day?

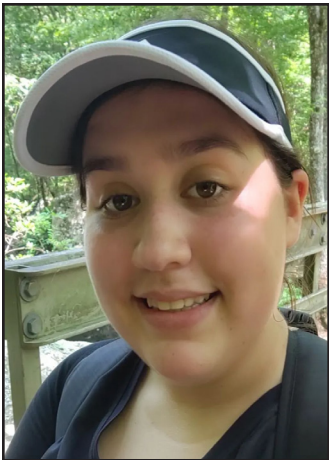
JORDAN HEARRING | STAFF WRITER



Clayburne Modelevsky is a junior pre-professional biology major from Jonesboro.

Clayburne Modelevsky said:

"I'm gonna have a special Valentine's Day workout."



Caitlyn Herring is a freshman graphic design major from Jonesboro.

Caitlyn Herring said:

"I'm getting a friend a box of chocolates and spending the day with her."



Angelica Ginn-Mitchell is a senior English education major from Salem.

Angelica Ginn-Mitchell said:

"I am doing absolutely nothing besides teaching."



John Caldwell is a sophomore general studies major from Springfield, Missouri

John Caldwell said:

"I will be defending the Craighead County-Jonesboro Public Library and LGBTQ+ material at the February board meeting."



Dean MacDonald is a 5th year, political science and B.A. music major from Paragould.

Dean MacDonald said:

"I'll be speaking at the Craighead County-Jonesboro Public Library and getting dinner on Main Street with my fiancée Lexi."



Branden Byrd is a senior business administration, major from Benton.

Branden Byrd said:

"I'm not sure exactly what, but I know I'm gonna be doing stuff with my girlfriend Gabby."

Affordable eats within walking distance of campus



Photos by Jessica McMillan | Staff Writer

A Footlong Spicy Italian Sandwich, Harvest Cheddar Sun Chips and a small Coke from the Subway on E. Johnson Ave. (right) totaled \$11.80

COLUMN BY JESSICA MCMILLAN STAFF WRITER

During the week students have access to various food options like Chick-fil-a, Starbucks and Einstein's Bagels. Of course the cafeteria, or "the cafe," is open longer and some food options change on a regular basis. Their semi new food program, the to-go containers, it makes it easier for students to eat comfortably

within the confines of their own room instead of warming up some processed food. Don't get me wrong, I love microwaved macaroni as much as the next college student; however, I can still get burned out on it. Every student has experienced that feeling at least once a semester. However the worst may be when you get burned out on what you eat regularly. Those meals that were once

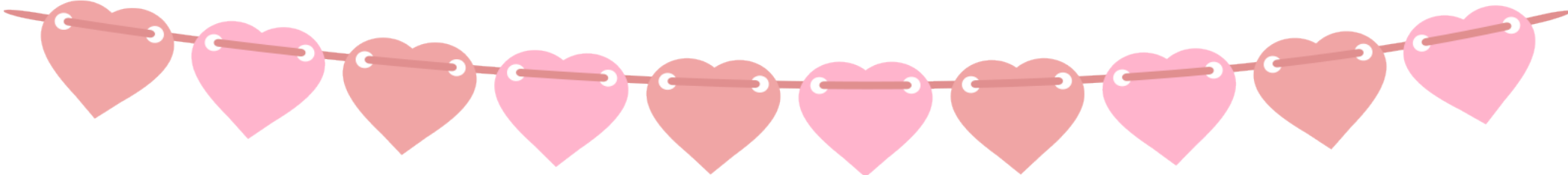
a source of comfort turn into a tasteless slop that you eat only for the calories it provides. The solution to the problem is simple, just change it up. There are places around the A-State campus that are within walking distance and aren't that expensive, especially if you have a budget. For instance, last Tuesday night I walked from my North Park Quads dorm to the Subway on E. Johnson. It

is the closest one to A-State, only about a 5 minute walk. Meaning those who live at Red Wolf Den, Collegiate Park or even Kays Hall can get to it with ease. I went there with a budget of \$15 and left with \$3.20 change. I ordered myself a Footlong Spicy Italian Sandwich with Harvest Cheddar Sun Chips and a small Coke which totaled to \$11.80. I was pretty full afterwards

and had no leftovers to save. The only possible problem is getting across traffic along E. Johnson Ave. or any of the other places near here. You do have the walking sign to help you, however, the walk light is shortso be aware of drivers who may not be paying attention. For instance, from my trip last Tuesday, as I was walking on the crosswalk a car started to move on my left and honked at me. No one

was hurt but it is just something to look out for no matter if you do have the light. It is pretty fortunate that we have a few places to go within walking distance. Especially for students who do not have a car like myself. My plan for the next couple food budget articles is to explore these places and give a review of it. From the perspective of a fellow college student on a budget and without a car.

Life



Approaching Valentine’s Day using the five love languages

ALEX CLARK

INTERIM LIFE EDITOR

Valentine’s Day is right around the corner, and you might be scrambling to find the perfect way to show someone you care about them – gifts get expensive, and it can be hard to find time for some grand gesture of affection. Whether you want to do something romantic for your significant other, or something to show a friend or family member how much you appreciate them, try to consider the other person’s love language when planning for the holiday. The five love languages are receiving gifts, quality time, words of affirmation, acts of service and physical touch.

TAKE A TRIP TO TARGET

If your Valentine loves receiving gifts, Target would be a great place to start. Target consistently stocks products to match most major holidays. Between the currently Valentine’s Day-themed seasonal section at the back of the store and Bullseye’s Playground at the front, there are a variety

of budget-friendly options to find the perfect gift. You can be classic and get a heart-shaped box of chocolates or a stuffed animal, or you can shake things up with some of their less traditional Valentine’s Day products.

ENCOURAGE AND AFFIRM

Words are everything. If your Valentine likes words of affirmation, be extra thoughtful for Valentine’s Day. A simple option is a heartfelt card expressing your feelings or appreciation toward them, or taking the time to call them to express those things.

If you want to mix it up, you can get cards or stuffed animals with recorded messages in them. Even just taking a minute to send someone a kind text can mean a lot to them if they

need to hear something nice. For a more personal touch, write something for them. You could write them a letter, or gift them a box of nice notes to read when they need extra encouragement. Make sure to be genuine and heartfelt when offering words of affirmation.

DO SOMETHING SWEET

Sometimes all someone wants is a break. If your Valen-

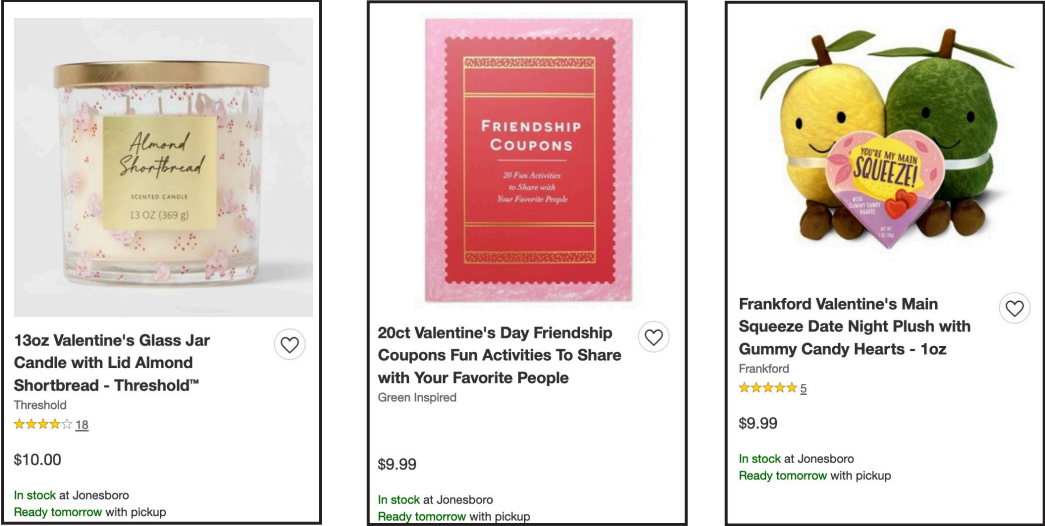
tine’s love language is acts of service, find ways to help them out. If they have a busy life and are struggling to find time to do things for themselves, do tasks for them to free up time for relaxation. If they have a sink full of dishes, do their dishes for them. Cook a meal for them so they don’t have to worry about it. This doesn’t just stop at getting those time-consum-

ing chores done. You can also help them with projects they may be working on, offering a different perspective on something or even physically assisting them if the situation calls for it. Even doing small things for them can take some of the weight off their shoulders. If they don’t want you to completely take over tasks, work alongside them and reassure them that you are there to help.

sis and fun way to spend time together. Be on the lookout for local businesses putting on Valentine’s Day events. For example, Jonesboro’s Native Brew Works will be hosting a “Plants, Pints, & Sweet Treats” pop-up Feb. 13 from 12-4 p.m. with Plant Cartel and The Bake Stop. If you’d much rather stay in, consider having a movie marathon, playing games or cooking a meal together. These are great options if you don’t have a lot of energy to expend and put you completely in control of your experience.

BODY LANGUAGE

Some people feel most loved through physical touch. Physical intimacy can be expressed in so many ways: holding hands, cuddling, kissing, playing with their hair, there are many possibilities. Find what your Valentine is comfortable with and make physical intimacy a priority. Even just letting them lay against you or vice versa while you both do your own thing can satisfy that need for physical affection.



PHOTOS COURTESY OF TARGET

Some of Target’s Valentine’s Day products include (left to right) scented candles with holiday-themed designs and scents, “friendship coupons” and stuffed toys with Valentine’s Day puns.

THIS WEEK’S POP PICK

REVIEW BY REBECCA ROBINSON | EDITOR-IN-CHIEF

“Euphoria” - HBO Max



PHOTO COURTESY OF NME

Every Sunday night at 8 p.m. I am sitting with my laptop ready to queue up the newest episode of “Euphoria.” I have never been interested enough in any show before to wait anxiously for new episodes. “Euphoria” will have you hooked. “Euphoria” debuted in 2019 with its first season premiering on HBO. Season two is currently ongoing with episodes airing on HBO and HBO max every Sunday. The show centers around the main character Rue’s drug addiction and her struggles to stay clean. The show explores topics from relationships, trauma, peer pressures and more. The series is produced with A24, a distribution studio for movies and television who is responsible for some of my favorite movies; “Lady Bird”, “Eighth Grade” and “Midsommar”. While juggling heavy topics the show has great cinematography and editing. The soundtrack is also notable with Labrinth’s scores and original songs. Season two has done a good job of introducing new characters and continuing the storyline of returning characters. Whether you watch for sparkly makeup and eye-catching outfits or watch for pure shock value you won’t want to miss an episode.

HOROSCOPES

☀ - IN SEASON

ALEX CLARK

MYSTIC CORRESPONDENT

+ ARIES + (March 22 - April 19) This is a good time to make changes. Transitioning into something new may not be easy, but it will benefit you.	TAURUS (April 20 - May 20) You need more variety in your life. Your routine is becoming too easy, and it will become monotonous if you don’t challenge yourself soon.	GEMINI (May 21 - June 20) You may be putting time and effort into things, but you are not giving them your all. Don’t be afraid of being passionate.	CANCER + (June 21 - July 22) You never really outgrow things you love. Revisit something you used to enjoy and experience it in a new light.
LEO (July 23 - Aug. 22) You are self-assured and motivated to push toward your goals. Don’t step on others in the process.	VIRGO (Aug. 23 - Sept. 22) It’s great to know what works for you, but you need to adapt to a group environment. Open yourself up to other perspectives.	LIBRA + (Sept. 23 - Oct. 22) Sometimes you have to pick your battles, even when none of them are easy. You will be prepared to face hostility with a level head.	SCORPIO (Oct. 23 - Nov. 21) Don’t take things lying down. Your situation will improve as long as you keep your head up and don’t let it embitter you.
SAGITTARIUS (Nov. 22 - Dec. 21) You are coming to terms with who you are and realizing your worth. This will help you move forward with confidence.	+ CAPRICORN (Dec. 22 - Jan. 19) It is good to think about things from a logical standpoint. However, don’t completely ignore what your heart wants.	☀ AQUARIUS ☀ (Jan. 20 - Feb. 18) You cannot always be in control of every situation. Let go and trust that things will work out.	PISCES + (Feb. 19 - March 21) It is time to make a decision. Think carefully about whether sacrifices are worth it, are you trying to please others or yourself?