

# The Cornerstone Third General

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## Letter From the Editor

Hello TBP!

Once again we find ourselves in a precarious situation; the week long bliss that is Spring Break is in our sights, but first we must endure the inevitable onslaught of midterms and projects due in the next weeks. As midterm season claims the lives of more and more unsuspecting students every year, it is important that we take a look at several important methods that you can use to survive (and maybe even succeed) during hard times.

Tip #1: Take advantage of stress-relievers, many of which are available through your friendly neighborhood TBP! Nothing gets the endorphins flowing like free bagels and coffee on Tuesdays, with the added bonus of energy and focus for studying, but we'll get to that.

Tip #2: Make sure you get enough sleep! While we've all been in the Dude at 3am cramming for an exam the following morning, science shows that proper sleep improves mental function. Understandably, most people won't be able to get the recommended 10 hours a night, but shoot for as much as you can!

Tip #3: As a very last resort, there is an archaic method of exam success that involved reviewing lecture material and attempting practice problems that is known as stu-dying. I would note that this is a largely unproven method, and records indicate a certain amount of danger associated with this method, and your mileage may vary. Stu-die (sp?) at your own risk.

Best of luck!  
Pranav Khambete  
Historian

## Third General Agenda

[tinyurl.com/tbpmig3gw16](https://tinyurl.com/tbpmig3gw16)

**Activity:** TBPhamily Feud!

### **Announcements :**

Events Team

Chapter Team

Executive Team

## Upcoming Events

**All meetings are at 6:30pm and are in 1013 DOW unless otherwise noted on the calendar.**

University Philharmonic Orchestra	Feb. 19
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Tuesday Breakfast Party on Monday	Feb. 22
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Third Actives	Feb. 23
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MindSET I	Mar. 12
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## Electee Reminders

### **Undergraduate Electees:**

⚠ 10 Service Hours (due by Mar. 15)

⚠ 1 Social or PD credit (due by Mar. 15)

⚠ Recommended: Sign up for Tutoring!

### **Graduate Electees:**

⚠ Many Grad Socials coming up!

⚠ Movie Night, Restaurant Week, Ice Skating & More!

## Undergraduate Electees of the Week:



*Tsatsral Battengel*

**Major:** Chemical Engineering

**TBP Acronym:** Tsatsa Being Positive

**Favorite Kind of Bagel:** Oatmeal

**Why she's awesome:**

Tsatsral has already completed her tutoring hour, as well as 5.5 service hours and has signed up for 9 service hours! She is also learning to play the ukulele.



*Brianna Lax*

**Major:** Chemical Engineering

**Favorite Kind of Bagel:** Asiago Cheese

**Why she's awesome:**

Brianna has already completed 5.5 service hours and has signed up for 10! She helped out at last week's Breakfast Parties and helped conduct the Leaders and Honors awards interviews.

## Graduate Electee of the Week:



*Tung-Yu Wu*

**Major:** Civil Engineering

**Favorite Kind of Bagel:** Blueberry Bagels!

**TBP acronym:** Top Bass Players

**Why he's awesome:**

Tung-Yu braved the harsh cold last weekend in order to save Nichols Arboretum from the evils of invasive species.

# The Dark Origins of Valentine's Day

In honor of our most romantic holiday, here we have a brief history of the origins of Valentine's Day. Many of us write V-day off as a so-called "Hallmark Holiday", but you may be surprised to find the true origins of this sweetest day. Enjoy!

This story was originally published on NPR online Feb. 13th, 2011 by Arnie Seipel. The full story can be found at <http://www.npr.org/2011/02/14/133693152/the-dark-origins-of-valentines-day>

Valentine's Day is a time to celebrate romance and love and kissy-face fealty. But the origins of this festival of candy and cupids are actually dark, bloody — and a bit muddled.

Though no one has pinpointed the exact origin of the holiday, one good place to start is ancient Rome, where men hit on women by, well, hitting them.

## Those Wild And Crazy Romans

From Feb. 13 to 15, the Romans celebrated the feast of Lupercalia. The men sacrificed a goat and a dog, then whipped women with the hides of the animals they had just slain.

The Roman romantics "were drunk. They were naked," says Noel Lenski, a historian at the University of Colorado at Boulder. Young women would actually line up for the men to hit them, Lenski says. They believed this would make them fertile.

The brutal fete included a matchmaking lottery, in which young men drew the names of women from a jar. The couple would then be, um, coupled up for the duration of the festival — or longer, if the match was right.

The ancient Romans may also be responsible for the name of our modern day of love. Emperor Claudius II executed two men — both named Valentine — on Feb. 14 of different years in the 3rd century A.D. Their martyrdom was honored by the Catholic Church with the celebration of St. Valentine's Day.



A drawing depicts the death of St. Valentine — one of them, anyway. The Romans executed two men by that name on Feb. 14 of different years in the 3rd century A.D.

Hulton Archive/Getty Images

Later, Pope Gelasius I muddled things in the 5th century by combining St. Valentine's Day with Lupercalia to expel the pagan rituals. But the festival was more of a theatrical interpretation of what it had once been. Lenski adds, "It was a little more of a drunken revel, but the Christians put clothes back on it. That didn't stop it from being a day of fertility and love."

Around the same time, the Normans celebrated Galatin's Day. Galatin meant "lover of women." That was likely confused with St. Valentine's Day at some point, in part because they sound alike.

### Shakespeare In Love

As the years went on, the holiday grew sweeter. Chaucer and Shakespeare romanticized it in their work, and it gained popularity throughout Britain and the rest of Europe. Handmade paper cards became the tokens-du-jour in the Middle Ages.

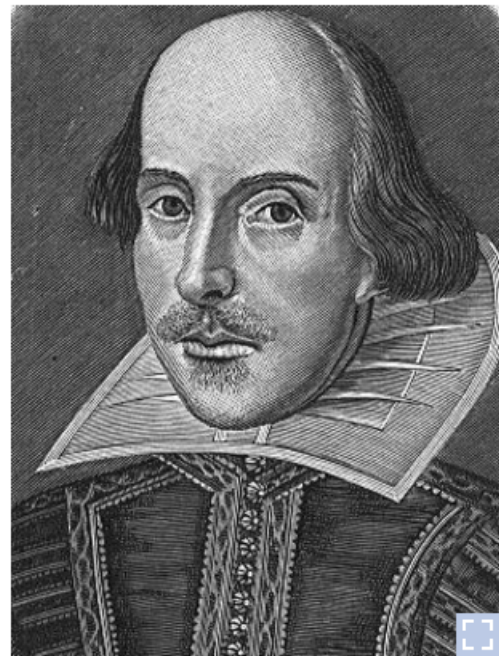
Eventually, the tradition made its way to the New World. The industrial revolution ushered in factory-made cards in the 19th century. And in 1913, Hallmark Cards of Kansas City, Mo., began mass producing valentines. February has not been the same since.

Today, the holiday is big business: According to market research firm IBIS World, Valentine's Day sales reached \$17.6 billion last year; this year's sales are expected to total \$18.6 billion.

But that commercialization has spoiled the day for many. Helen Fisher, a sociologist at Rutgers University, says we have only ourselves to blame.

"This isn't a command performance," she says. "If people didn't want to buy Hallmark cards, they would not be bought, and Hallmark would go out of business."

And so the celebration of Valentine's Day goes on, in varied ways. Many will break the bank buying jewelry and flowers for their beloveds. Others will celebrate in a SAD (that's Single Awareness Day) way, dining alone and binging on self-gifted chocolates. A few may even be spending this day the same way the early Romans did. But let's not go there.

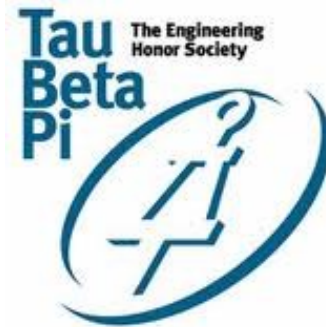


William Shakespeare helped romanticize Valentine's Day in his work, and it gained popularity throughout Britain and the rest of Europe.

*Peny-Castañeda Library, University of Texas*



# Sudoku, Comics & More!

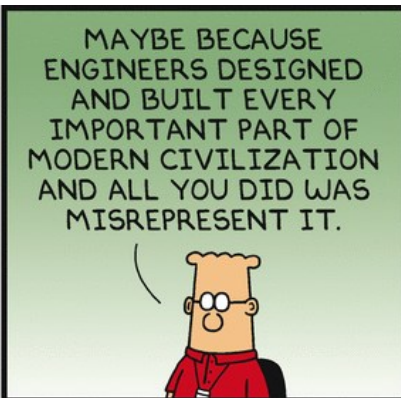


5	1	9						
		4			5	1	3	
6	8			1	2	5		
				2	8			7
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	7					4	8	
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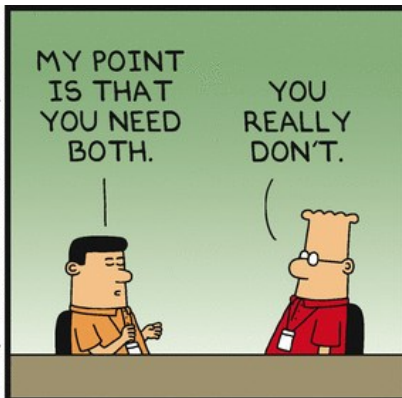
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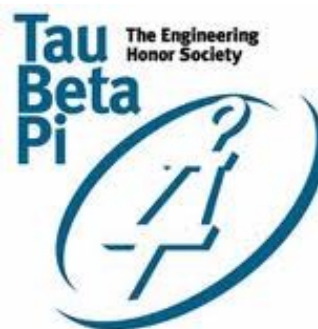
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# Sudoku Solutions



5	1	9	6	7	3	8	2	4
7	2	4	8	9	5	1	3	6
6	8	3	4	1	2	5	7	9
3	4	6	1	2	8	9	5	7
8	5	1	7	4	9	2	6	3
9	7	2	5	3	6	4	8	1
1	3	7	2	5	4	6	9	8
4	6	5	9	8	7	3	1	2
2	9	8	3	6	1	7	4	5

Note: If you attempt to use these solutions without actually trying to finish the puzzle, I will find you.

9	6	5	7	4	8	2	3	1
7	3	2	5	1	6	8	9	4
8	4	1	9	2	3	5	6	7
2	8	6	1	7	5	3	4	9
4	5	7	3	9	2	1	8	6
1	9	3	8	6	4	7	5	2
5	7	9	4	8	1	6	2	3
3	2	4	6	5	7	9	1	8
6	1	8	2	3	9	4	7	5