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Foreign Language Week brings a taste of global cuisine to UMSL

HEATHER WELBORN
FEATURES EDITOR

Global cuisine was the focus of Foreign Language Week last week. Students and faculty were invited to attend free cooking demonstrations across campus and sample dishes from around the world. Each day offered new events that showcased traditional dishes from countries like France, Japan and Latin America.

The Spanish department presented Tea and Taste of Latin America in 571 Clark Hall on March 5. Faculty members prepared guacamole and mate, or South American tea. Liz Fonseca, assistant teaching professor of foreign languages and literature, scooped out avocados into a large glass bowl as she shared her guacamole recipe with attendees. As she worked, the smell of each ingredient began to build, until the room was filled with the smell of lime and cilantro.

Fonseca noted that all of the ingredients used in the dish are indigenous to South America. In addition to the basic elements like tomato, onion, and jalapeno, Fonseca emphasized the inclusion of cilantro as a requirement for good guacamole. Students eagerly dug into the chunky lime green paste with bright yellow corn chips, quickly polishing off the first batch of guacamole.

In addition to the guacamole, mate was prepared for attendees. The drink is traditionally prepared with loose-leaf tea leaves scooped into a small hollowed-out gourd, used as a teacup. Water is heated to near boiling and added to the tea-filled gourd, then briefly steeped before drinking. Mate is commonly enjoyed through a specialized straw with a spoon at one end. The spoon has small holes that work like a filter while drinking to keep the mate leaves from sucking up with



The campus community enjoys ethnic cuisine during Foreign Language Week

the brew.

Students were given a convenient mate sampling method of tea bags in Styrofoam cups. Attendees spoke excitedly in Spanish and French with fellow students as they enjoyed their Latin dip and tea.

The Japanese department hosted a cooking demonstration on March 6 in 527 Clark Hall. Students were steadily drawn in to the room as the smell of okonomiyaki wafted into the halls. Okonomiyaki, or cabbage pancake, is a commonly served dish in Japan. Hiromi Ishikawa, political science, graduate, stood behind a large electric skillet as she prepared Hiroshima-style okonomiyaki. Students gathered around the skillet and took photos

as Ishikawa added each ingredient. In contrast to the familiar components of Latin cuisine, Japanese-style cooking introduces ingredients lesser-known to the average American. Fish powder was added to the pancake batter, which was topped with shredded cabbage and bean sprouts.

Once flipped, the pancake steams the vegetables underneath it as sliced pork and soba noodles cook alongside it. Okonomo sauce, a dark and sticky sauce reminiscent of teriyaki, was added to the noodles and pancake. Once the ingredients were thoroughly cooked, Ishikawa stacked the vegetable pancake on top of the pork and noodles and after a firm press, sliced the dish into eighths for a growing line of

students eager to sample the dish.

Ishikawa made multiple batches of okonomiyaki to satisfy the massive demand for the dish. She smiled excitedly as students reacted positively to her cooking. Condiments adjacent to the skillet were liberally used by students, who added Japanese mayonnaise, seaweed sprinkles and fish flakes to their dish before consuming. The fish flake made for an interesting condiment, as it wriggled on top of the hot food as students ate. Every plate was licked clean and received loud compliments. Hard-to-find ingredients found in the dish can be found at ethnic groceries like Global Foods Market.

Shortly after the okonomiyaki

demonstration was La Table Francaise in the Millennium Student Center's Nosh. Students were offered a slice of King's Bread, a French pastry commemorating Mardi Gras. The dish was a layered spiral of flaky cinnamon pastry with colored frosting. The colors bore significance, with green for faith, purple for justice and gold for power.

One piece of bread hid a small plastic figurine of a baby. The recipient of this piece is crowned King or Queen of Mardi Gras, and is traditionally meant to host the King's Bread party next year. The French department hosts table conversation every Thursday at 3 p.m. in the Nosh.

INSIDE



Job Fair pg 3



Toastmasters pg 4



'Coppelia' Ballet pg 5



Peter and the Starcatcher pg 5

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THE CURRENT ONLINE



Comic by Mike “MR” Nash

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Letters to the editor should be brief, and those not exceeding 250 words will be given preference. We edit letters for clarity and length, not for dialect, correctness, intent, or grammar. All letters must be signed and must include a daytime phone number. Students must include their student ID numbers. Faculty and staff must include their title(s) and department(s). The Editor-in-Chief reserves the right to respond to letters. The Current reserves the right to deny letters.

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The Current values feedback from the campus community. What do you think of our campus coverage? Let us know your thoughts at thecurrent@umsl.edu.

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THE UNDERCURRENT By Siyun Zhang

HOW DO YOU FEEL ABOUT THE SHUTTLE SERVICE AT UMSL?



JAEMIN LEE
Sophomore, Biology
“There are not enough seats, and the seats are so small.”



JESSICA YOUNG,
Sophomore, English
“It’s pretty good, but at night, the shuttle service is usually late.”



YING SUN
Senior
International Business
“It’s really convenient.”



NEWS BRIEF

SGA General Assembly resolutions pass

The first resolution recommends the addition of “gender identity and expression” to the language of the University of Missouri system’s non-discrimination policy. Similar resolutions are being presented by the other three UM campuses, demonstrating support for the policy update. The affirmative student recommendation will be presented at the Board of Curators’ meeting on April 10-11.

The second resolution addresses the lack of lactation rooms for students. Currently, UMSL staff and faculty and staff have at least temporary access to spaces, other than restrooms, for lactation. Students do not have such designated spaces. Temporary spaces to accommodate such needs have been identified in Provincial House, Benton Hall, and in the first floor of the Millennium Student Center, but the resolution would provide for the inclusion of these facilities in the plans of new building projects as well as put into policy a mandate for such facilities to be made available in existing buildings. This resolution was drafted with the help of a student who had experienced some difficulty in obtaining such a space. Federal law currently mandates such spaces for employees; the resolution extends such support to students.

Administrative approval and action are pending for both resolutions.



JENNY LIN/THE CURRENT

SGA Meeting

Students and more flock to UMSL job fair

PAUL PEANICK
STAFF WRITER

The University of Missouri – St. Louis hosted its semi annual spring internship and job fair on March 7. Hundreds of students, recent graduates, and other job seekers turned out to investigate opportunities, market themselves, and network with employers and each other.

Representatives of a large number of companies were there in attendance to deliver information about opportunities local and abroad in a variety of fields ranging from engineering and chemistry to finance and business administration. In total, 117 companies had registered to attend the event by the March 7 deadline.

A few of the many notable names in attendance included Monsanto, headquartered in St. Louis, a number of police departments, financial firms such as Wells Fargo and Northwestern Mutual Life, local and regional banks, BJC Healthcare, Ameren, AT&T, and global media mogul Thomson Reuters.

Students and job seekers are advised to prepare themselves for local job fairs. While regarded as less pressuring than an interview, job fairs present their own unique challenges. A job seeker needs to research the companies and the positions they are hiring for beforehand. The job fair is regarded as a great way to pitch oneself in person. Rather than just submitting a resume and cover letter by email, job seekers can introduce themselves, deliver their elevator speech, and hand out a resume in person.

The rising significance and importance of mobile computing could be seen at the job fair as well. Dozens of job seekers stood or sat above the rows upon rows of employer tables on the bleachers gazing at laptops and smartphones, many no doubt doing some last minute research on the employer they were about to approach next.

Many employers now have online hiring processes, but it’s still important to keep a good paper resume and business card. Gary Lee, local businessman and son of the late philanthropist E. Desmond Lee, himself heavily vested in the UMSL community, gives this advice: “Every student should have a business card, even if you have to make them yourself. You may hand out 100 of them and 99 go into the trash, but that last business card, that can lead to a connection that can last a lifetime. Always have a business card.”

Social media such as LinkedIn is becoming more prominent as well. Professional headshots for LinkedIn were offered during the event by the university. UMSLs own photographer and alumni Danny Reese took the photos,

which were developed and handed out to jobseekers on site at no charge.

LinkedIn is used by many employers and has hundreds of millions of accounts in its user base. The site’s prevalence continues to rise. LinkedIn now has a new alumni feature, where former UMSL students can network with current students, employers and others to find new career opportunities. The alumni tool can be reached via linkedin.com/alumni.

James Page is the assistant director of Student and New Graduate Engagement. Page stressed the importance of LinkedIn and helped those unaware of it get signed up or find ways to improve their profiles.

“Everything on your LinkedIn needs to be as professional as possible. Employers are going to look it over, much the way they would a resume, and make snap judgements. That’s part of the reason we are offering these free professional headshots today. I’ve spoken with a lot of alumni that do hiring recently and I consistently hear how important LinkedIn is becoming in the hiring process. It really shouldn’t be lumped in with the other social media platforms because it is such an indispensable tool these days to help you find a job,” Page said.

In this job market, five years out of a recession, the economy is finally shifting into a higher gear. But traction is coming slowly, and job seekers, students, and recent graduates need to use every tool at their disposal to stand out from the crowd and achieve the success they’ve always dreamed of. Having a good resume, professional attire, and a proper social media presence, along with a knowledge of the company can go a long way to getting that first job, or making that next big step in the career ladder.



AARON PAUL
DOMINIC COOPER
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IN THEATERS FRIDAY, MARCH 21

Triton Toastmasters meeting supports public speakers

HEATHER WELBORN
FEATURES EDITOR

Looking to improve your public speaking and leadership skills? Consider attending a meeting of Triton Toastmasters, held at noon every Thursday in 101 Woods Hall. Guests are encouraged to observe, participate and evaluate speeches given by fellow students and faculty.

The articulated mission of Toastmasters International is to “provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills.” This speaking and evaluation experience increases self-confidence and familiarity with a variety of leadership roles.

Weekly meetings follow an hour-long schedule broken down into well-organized speaking and evaluation segments. Adhering to a tight itinerary is essential to successful execution of speaking and leadership roles. This emphasis on timing and structure makes punctual arrival and speech duration of primary importance.

Members and visitors are issued a printed schedule upon arrival to follow along with the flow of the meeting. Speakers keep track of

their remaining time by looking at a timer that resembles a traffic-light as they speak. Presenters who are too far under or over the allotted speaking time are disqualified from winning a speaking award at the end of the meeting.

The meeting on March 6 began with Toastmasters President Ron Gossen calling the meeting to order. He welcomed visitors before introducing Linda Carter, Vice President-Education. Carter in turn introduced Ann Larsen, the Toastmaster of the Day.

Larsen continued the chain of formal introduction as she presented the four analytical roles of Timer, General Evaluator, Ah-Master and Grammarian. Of the less-familiar leadership roles, the Ah-Master listens for poor speaking mistakes, words like “uh” and “um.” The Grammarian catches incorrect tense and word use, such as using the word “ain’t.”

Toastmaster Larsen presented each of the three speakers and evaluators of the afternoon. Each of the three speakers of the afternoon was assigned an evaluator, who followed an official Toastmasters guide to effective evaluations.

Evaluation, also called reaction or feedback, is described by the guide as “the heart of the Toastmasters educational program.” Offering and receiving helpful, observational feedback is instrumental to developing speaking and leadership skills.

A well-written opinion of a speaker mentions its effect on the evaluator, strong and weak points made by the speaker, and specific improvement advice. Evaluators are instructed to maintain eye contact and smile at their speaker, as well as mention specific examples of effective speaking from the presentation. Evaluations are never judgmental or authoritative, and should focus on oratory elements like delivery, vocabulary, organization, and clarity.

After the speeches of the day were delivered, Toastmaster Larsen turned the floor over to Table Topics Master of the Week, Kristel Hollingsworth-Smith. The Table Topics portion of the meeting allowed attendees to practice their impromptu speaking skills. Volunteers were given a topic to speak on for at least a minute and a half, without using any notes or



Michael Butler takes the floor at Toastmasters meetings

preparation time.

Toastmaster Larsen yielded the floor to James Page, the General Evaluator. Page called for attendee evaluation ballots before calling on each evaluator to share their opinion of their assigned speaker. Each response was supportive and offered a suggestion for future improvement. After evaluations were given, the Timer, Ah-Master and Grammarian listed the duration and technical execution of each speaker.

Ballots were collected by Larry Taylor, Sergeant-At-Arms at the weekly meeting. Taylor tallied up the votes as General Evaluator Page gave

his meeting and leader evaluations. Page returned control to Toastmaster Larsen, who presented blue-ribbon awards for speaker, evaluator, and table topics speaker. President Gossen offered closing remarks before adjourning the meeting. He encouraged visitors to attend again on Thursdays, and to consider official Toastmasters membership.

For more information on Triton Toastmasters, visit a weekly meeting on Thursdays at noon in the Alumni Center at 101 Woods Hall. For general information or membership, visit toastmasters.org.

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TOUHILL REVIEW

Alexandra Ballet’s ‘Coppelia’ was gorgeous, comic dance

CATE MARQUIS
A&E EDITOR

Alexandra Ballet offered a lovely, well-danced and surprisingly funny version of the ballet “Coppelia” at the Blanch M. Touhill Performing Arts Center on March 8-9. “Coppelia” was a fully-staged production, with pretty, charming sets and beautiful costumes and featured talented dancers, including guest stars from other troupes. The only thing lacking was a bigger audience to enjoy this delightful production in the Touhill’s Anheuser-Busch Hall.

Despite a rather sparse crowd, the Alexandra Ballet troupe gave a wonderful performance on Saturday night. The comic ballet’s story is based on a tale by E.T.A. Hoffman, about two young lovers in a small Germanic village who quarrel over a mysterious beautiful girl Coppelia (Sarah Elizabeth Agan), whom they assume is the daughter of the town’s elderly Dr. Coppelius (Octavio Nieto-Jacobo).

Lively Swanilda (Megan Buckley) feels snubbed when the girl she sees reading in the second story window of the doctor’s house refuses to acknowledge her friendly waves and leaves in a huff.

When Swanilda’s boyfriend Franz (Benjamin Stone) wanders into the town square and spots the same girl in the window, he is flattered when the same girl seems to blow him a kiss -something Swanilda returns to the square just in time to see. In fact, what appears to be a girl seated at the window is actually a mechanical creation of the old inventor, as we discover. The couple’s argument over Coppelia is interrupted by the arrival of their friends and then other villagers, including Swanilda’s father, the Burgomeister (Gregory Ragsdale), who dance into the town square, so the misunderstanding between the lovers remains.

Guest stars from other professional troupes took the principle dance roles, with members of the local Alexandra Ballet dancing supporting roles. However, many of the guest dancers had links to Alexandra Ballet or St. Louis. Buckley is an alumna of Alexandra Ballet who is now part of the Portland Ballet troupe in Maine.

Alexandra Ballet has a dance school which may have led some potential audience members to



believe that this production would be danced by students or be a less than full-staged production, both false assumptions.

Buckley was impressive, clearly the star of the evening, dancing with energy and precision. Other stand-outs were Stone, as her partner Franz, and Dajuan Johnson, a St. Louis native now studying dance at University of Missouri-Kansas City, who showed off some impressive leaps as Franz’s best friend. Among Alexandra Ballet’s regular troupe, strong performances were delivered by Maddie Demaree and Hannah Schwartz, who both danced with

Johnson, and two young men in the Trainee branch of the company, Ravi Shastri and particularly high-leaping Daryon Kent.

Like all ballets, the story exists mostly as a setting for the dances but this production fully exploits its farce comedy potential, with charming and amusing results. Buckley is a marvelous dancer and the Alexandra Ballet alumna is the true star of this show. She expands the story’s comic elements with a delightful pantomime performance that evokes silent comedy movies and charmed the audience thoroughly. Stone and other members of the troupe

added more pantomime comedy to the production. Like “The Nutcracker,” “Coppelia” has a few roles that are primarily acting rather than dancing, including the parts of Coppelia, Dr. Coppelius and the Burgomeister, all used to great comic effect. Neito-Jacobo added great comic elements as the inventor Coppelius and Agan was excellent as his robotic creation Coppelia. A number of members of Alexandra Ballet took roles as other mechanical dolls in the doctor’s workshop and every one of them was charming. Overall, it was a delightful evening of comedy and dance.

THEATRE REVIEW

‘Peter and the Starcatcher’ delights audiences old and young

CATE MARQUIS
A&E EDITOR

The Tony award-winning Broadway show “Peter and the Starcatcher” made its St. Louis debut at the Peabody Opera House on March 7 through March 9. The show is an imaginative comic prequel to Peter Pan, based on the bestselling book by humorist Dave Barry and St. Louis-based thriller writer Ridley Pearson.

This hilarious tale of pirates and Victorian-era high-seas adventure is a goofy, creative and highly entertaining cross between Monty Python, Gilbert and Sullivan and imaginative child’s play. “Peter and the Starcatcher” is billed as “the grown-ups prequel to Peter Pan” but there is plenty for kids. It is the best kind of family entertainment, the type that offers humor for both grown-ups and kids. It is also the best kind of musical, in that it has humorous, hummable tunes but just a sprinkling of them instead of delaying the story with numerous elaborate production numbers.

The Peabody was packed

for Friday night’s performance, with many in the audience (and even ushers) sporting drawn-on handlebar mustaches, like the one worn by the story’s villain Black Stache. The Peabody stage was framed by an old-fashioned fancy golden proscenium arch, draped with red velvet curtains but both look the worse for wear, shabby and frayed. On stage is what appears to be the backstage area of a run-down theater circa 1900, where an adult cast stands dressed as raggedy turn-of-the-nineteenth century children, all boys except for a solitary girl. They talk about childhood dreams and how those dreams fade as they grow up. Suddenly, they begin to act out one of those childish dreams, using improvised sets, props and costumes, evoking the way children transform objects at hand, like a cardboard box or a kitchen tool, into a ship’s cabin or a hat.

Their tale is set in 1886, a high-seas adventure with a British lord, his bright young daughter,

and three orphan boys who are given a secret mission from Queen Victoria to deliver a treasure chest to an island kingdom. Young Molly (Megan Stern) is the epitome of the Victorian heroine: spunky, confident and eager to please her father Lord Aster (Nathan Hosner). Lord Aster is the classic British literary adventurer who is also a doting single father.

For this mission, father and daughter must take separate ships. Lord Aster and his assistant Captain Scott (Ian Michael Stuart) board the faster ship Wasp to transport the trunk of valuable but mysterious “starstuff,” while Molly and her nanny Mrs. Bumbrake (Benjamin Schrader, in an apron and what appears to be flower pot on his head) are on the slower, safer merchant ship Neverland.

Aboard the Neverland are three orphaned boys - Prentiss (Carl Howell), Ted (Edward Tournier) and Boy (Joey deBettencourt), who has been an orphan so long

he’s forgotten his name - as well as scheming Captain Slank (Jimonn Cole) and a chubby sailor named Alf (Harter Clingman) who takes a shine to the nanny. Meanwhile Molly’s father and his brave assistant are confronted by pirates, lead by the colorful, mispronouncing Black Stache (John Sanders) and his first mate Smee (Luke Smith).

Molly and her father speak to each other in code - the language of the dodo bird - to avoid revealing their secret mission, a Pythonesque bit of absurdity. A rope creates the confided space of a ship’s cabin or choppy seas. The cast play various supporting characters, engaging in endless bits of comic business and transforming ordinary objects into a remarkable stream of sets and props for the sea-going story. But as the story unfolds, improvised sets, props and costumes slowly give way to the appearance of more conventional theatrical elements as we become absorbed in the adventure. The concept is remarkably clever but what really

grabs the audience, kid and adult, is how funny and energetic it all is.

After intermission, the stage is completely transformed into an island world, where things get more magical. The audience is serenaded by a bunch of “fish” that have been transformed into mermaids - the mostly-male cast transformed by some cloth, sparkly fans for tails and kitchen tools attached to their chests for breasts (the vegetable steamers are the best). The ship-wrecked orphans try to evade the pirates but encounter an unfriendly native tribe led by Fighting Prawn (Lee Zarrett), whose native language seems to consist of the names of Italian foods like cannoles, pasta and antipasto, as the story steamrolls to its magical, inventive conclusion.

The result is pure fun and great entertainment, the kind of fun romp families can enjoy again and again. One weekend is a short run and hopefully “Peter and the Starcatcher” will fly back soon.

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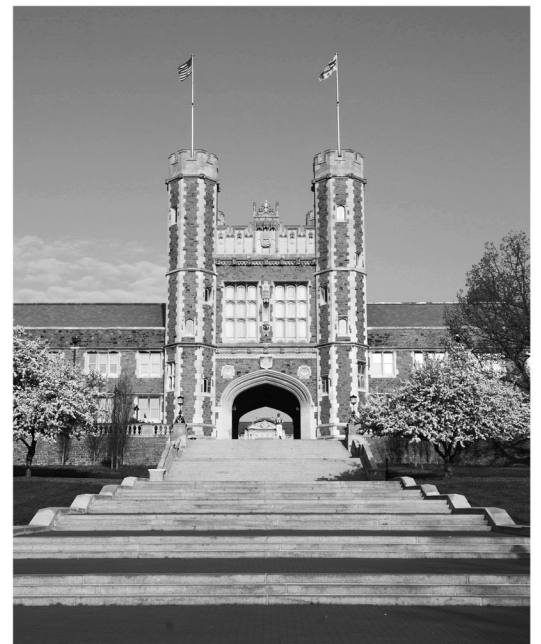


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12

POINT

COUNTERPOINT

IS BLACK HISTORY MONTH STILL NECESSARY?

POINT: It's important to learn our history

Black History Month is a time when Americans celebrate and honor the many African Americans that worked hard to make this country what it is today, fighting to end segregation and promote equality. It's important to honor the accomplishments of those who came before us, and setting aside time to do so insures that we continue to learn and grow from our shared history.

Black History Month is held during one of the shortest months of the year, but what most people don't know is that there is a specific reason for that. When it was first created, Black History Month was called "Negro History Week" and took place during the second week of February because it fell on both Abraham Lincoln's and Frederick Douglass's birthdays. As it received positive feedback, the interest in African American history began to rise throughout schools; students and administrators even began to form black history clubs. This

week-long celebration soon grew to encompass a month due to all of the positive progress of the Civil Rights Movement in the early 1960's.

There are still many people who honor Black History Month and pay their respects; appreciation for it has not deteriorated. 'Jeopardy' even produced a special episode in honor of Black History Month, consisting of questions about African American history. Without Black History Month, black history month clubs would not exist, nor would the interest in African American history that grew in schools across the country. Black history would have faded into obscurity.

As they say, those who forget their history are doomed to repeat it. Black History Month is a time to celebrate how one of many other cultures have worked so that future generations can live in a better world than they had to.

COUNTER: It's unfair to other cultures

The idea behind Black History Month – that there should be a designated time for the entire country to recognize the contributions of a marginalized people – is a nice sentiment. However, devoting an entire month to black history is largely pointless. African American history is taught throughout the year in grades K-12, which means that most of the information covered in February should be and is integrated into every day lesson plans. Black History Month defeats its own purpose by overloading easily distracted students with the same information for one month every year.

There's also something to be said on the value of self-lead learning. Everything that's discussed during Black History Month is available in history books. Why wait for February to learn about our nation's history? Focusing on one culture during one month discourages individuals from learning on their own.

Black History Month also excludes other cultures. What about the groups that came to this country and also struggled for years? For example, Native Americans lived in this country before anyone else and generations of Americans learn about their

struggles. They were suffering at the hands of white colonizers even before African Americans so why isn't their month as popular as Black History Month? Having a month dedicated solely to African American history just doesn't seem right when there are so many other cultures here in America that have been through so much as well.

When it comes down to it, America is a country where so many different cultures have struggled only to become even more successful today. Why are these cultures not celebrated with a month of their own? If we, as a society, want to truly focus on equality, we should focus on other cultures equally, rather than concentrating on only one per month and excluding the others.

In this day and age, there isn't as much of a need for Black History Month. What makes America stand out from other places is its cultural diversity, but how can that diversity be celebrated by singling out only one culture to learn about? It's time that we as a society focus on other cultures for a change, and we should do that intergrating these topics into regular coursework.

SCIENCE MATTERS

Why do those fools fall in love - in spring?

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A&E EDITOR



Spring is on the way so that means love is in the air. Valentines Day may fall in February but when spring is on the horizon, everyone's feeling romantic.

When you meet someone new, you often know pretty soon if there is "chemistry" between the two of you. The word is often used, meaning a hard-to-define spark of attraction and affinity between two people. The term is surprisingly close to the mark.

So why do we fools fall in love?

Our tendency to find each other attractive is part of our species' drive to survive - specifically by procreation. In humans, with our long childhood, it is also beneficial if the couple stays to together to raise those children.

People never think about this but some rules of attraction reflect fitness for breeding. A list of traits that men or women generally find attractive in the opposite sex are usually paired with reproductive fitness and health, things like small waists for women and being tall for men, and shiny hair and white teeth for either. People are also drawn to people with similar backgrounds, like religion, socioeconomic levels, education and so forth. Then there are the less obvious reasons. But not too much alike - an "opposites attract" rule helps ensure a pair are not too much alike, or possibly related. Inbreeding makes for birth defects.

The hormones testosterone and estrogen play key roles in the initial attraction or lust. Studies have found that some men have detectable levels of testosterone in their saliva, and prolonged kissing can transfer some of that. Even holding hands adds to the effect. Other studies found the skin-to-skin contact of just hand-holding relaxes us and protects against stress hormones.

Pheromones also play a role in attraction. These are the subtle chemicals people give off to attract one another. They enter through the olfactory system but may not actually be identifiable as smells. We do not usually think about this but people have specific scents, which are likely linked to their unique genetic make-up.

Who we fall in love with is in some part in our genes, according to a 2007 study published in Psychological Science, and it has to do with our immune system.

Immune systems come in various genetic types, or genotypes, called major histocompatibility complex, or MHC, genotypes. There is evidence that vertebrates seem to prefer to mate with individuals with a different MHC genotype

“Our tendency to find each other attractive is part of our species’ drive to survive.”

than themselves. This has been regarded as a safeguard against inbreeding. Offspring with parents contributing different MHC genotypes are thought to have an immune advantage, and are better able to resist more disease assaults.

The study found that in human couples with more similar MHC genotypes, women were less responsive sexually and more likely to likely in engage in extra-relationship sex and were more attracted to other men.

When searching for "the one," the perfect romantic match for you, it is not really practical to search the whole planet. So Nature helps out by making it easier for you to see what is so perfect about your honey, why

he or she is "The One" rather than focusing on any flaws.

Once in love, couples are in a state of euphoria and emotional turmoil. Studies in the 1960s noted the similarities between people in love and those in a panic attack, with feeling of anxiety and nervousness. Being in love is also a happy state, with elevated levels of dopamine, norepinephrine and phenylethylamine. Dopamine is associated with pleasure, norepinephrine with euphoria and the racing heart level of excitement, and phenylethylamine, like its chemical cousin amphetamine, is associated with energy and desire. This is very like the state of being addicted, both pleasurable and obsessive. You are hooked on that person.

Eventually, this euphoric state calms down, and levels of dopamine and norepinephrine return to normal. In some cases, you then lose interest in that person, or wonder what you were thinking, and move on. However, if you truly have things in common, and you really do like each other as people, a new set of chemicals come into play to deepen the relationship.

Next week, we will look at the science of why we stay in love. Meanwhile enjoy the hint of spring weather.

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