Students' hunger for subs satisfied

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Subway joins UMSL's cafeteria variety - met with support from student body

JOSEPH GRATE
Staff Writer

Students at the University of Missouri-St. Louis have decided to add another restaurant to the campus. Subway was chosen from amongst the vast array of options available and has since been erected in UMSL’s Pilot House. Signs went up this past month advertising the addition of Subway and jobs that would be open to UMSL students due to the grand opening. The new Subway opened on November 1 in the Pilot House on the lower floor of the Millennium Student Center and has since drawn a crowd of interested students, faculty and staff.

Tucked into the Pilot House of the MSC, the sandwich shop operates throughout the day. There the restaurant lies amongst the paint-splattered walls and colorful tables. Huddling behind the counter of meats and condiments are new student employees learning the ropes and trying to provide snappy service to the hungry customers as the experienced employees supervised them. It was slow but unique to be served a sandwich in the Pilot House environment.

The new Subway has been advertised for weeks and many were waiting to get a break from the same old food they are faced with every day on Campus. "This adds a little variety. It's different from sushi, burgers and fries," Justin Meyer, junior, political science, said. Meyer was studying Constitutional law in Subway's café atmosphere after having his lunch. Other students were there studying for tests or fiddling with their smartphones. Some took advantage of the couches to lounge with their friends or gathered at the long table that seated more than twelve people, creating an environment which was absolutely cluttered with books and Subway wrappers from the new sandwich shop.

If something is on campus and deals with food, then Sodexo, UMSL's food distributor, has always had their hands in it. This time, however, Subway opened up through the contributions of an independent owner. Gud Totakhil is the owner of the new Subway and also owns another in the Normandy Shopping Center. He has wanted to become more involved in UMSL for a while. "We wanted to be here a long time ago," Gud Totakhil, owner, Subway, said.

Ultimately, it was the students' votes for the installation of a Subway in the MSC that gave Totakhil the opportunity to get involved with the UMSL community at last. "We started back in January. And then in August, we signed the lease," Totakhil said.

UMSL was in his radius for Subway franchise expansion, which covers a five-mile area. That means within a five-mile radius of his store in Normandy Shopping Center, Totakhil owns the rights to any store that is built. So, as UMSL wanted a Subway on campus, they had to go to Totakhil since they are in his area. This will help him compensate for the loss of business the new store will take from his old one.

Opening on a college campus has its perks. "[Subway] gives us other options outside of what we normally get at UMSL," Matt Scherer, junior, business administration, said. This sentiment seems echoed by other members of the UMSL community, as Subway products have been seen everywhere on UMSL's campus, especially around the MSC, since Subway opened in the Pilot House.

Totakhil has been in the Subway business since 1997 and is passionate about what he does. "I love Subway," he says. Take a trip down to the Pilot House sometime soon, and check out the new shop.
The ailing job market, along with other drastic effects, has led many students graduating with an undergraduate degree as well as people disenchanted with the job market running scared to graduate school in order to avoid unemployment. As a result, students only keep accruing more debt without necessarily increasing their likelihood of finding employment afterward.

According to an About.com article entitled “Is Graduate School Worth the Cost?” colleges and universities are experiencing higher levels of enrollment than usual. Students often end up choosing to pursue a graduate degree because they believe it will make them more employable. Also, employees with graduate degrees earn more than employees with only an undergraduate or no degree. It is becoming common for students completing their undergraduate degree to look into graduate school hoping to improve their prospects concerning their future careers. There has also been a rise in the number of non-traditional students entering graduate school, many after experiencing layoffs, facing difficulties finding work in their field or an inability to find any employment at all, for that matter.

While a graduate degree could be the solution to some people’s employment problem, choosing graduate school to avoid the job market and improve financial prospects has a definite potential to backfire. According to About.com, on average, master’s graduates leave graduate school with $30,000 of debt. Additionally, employers in the current job market may be more unlikely than usual to hire employees with graduate degrees. Typically, employers have salary standards that pay employees according to their level of education, so those with graduate degrees would be set to make more than those with undergraduate degrees or no degrees. The problem is that, in the current economy, employers are unlikely to be willing to pay the inflated salaries that those with graduate degrees request. Due to that reason, students choosing graduate school to avoid the bad job market may ultimately wind up facing the bigger problem of unemployment as well as unmanageable debts from exorbitant student loans.

Professor Kosnik, economics, UMSL, advises that, while graduate school is a great opportunity for students who are looking for more knowledge about their field, graduate school is too serious an undertaking for those who are simply looking for temporary exemption from competition in the job market. “It depends on the student, and there is no certain answer as to whether or not graduate school is a good idea. If a student already has leanings towards graduate school and really wouldn’t mind more learning in a particular area, then it might not be a bad idea. If a student is just doing it to avoid the job market, well, then I’d probably advise them against going. Graduate school, in any discipline, is hard, often much harder than undergraduate work. So if you don’t truly want to be there and aren’t greatly interested in the subject matter, it is doubtful you will do well and then you will just be left with more debt, and maybe not even a degree if you fail to graduate. But if you truly have a passion for something, that is another story,” Kosnik said.

Ultimately, students will be forced to decide between the job market and graduate school as they plan their post-graduate life. With pros and cons, it will be a tough choice. “I’m struggling all the time to decide what to do next year. It would be wise to get a job in the field and then pursue higher education. Some employers will even pay for graduate school, then. It doesn’t seem wise to choose graduate school to avoid the job market. I don’t want to be in debt for the rest of my life. [Choosing graduate school to avoid the job market] would just avoid the real world and not solve anything,” Jackie Keck, senior, studio art and painting, said.
Bachmann Book Series brings in female corporate leaders

Fourth Installment of Bachman Book Series invited Former top Girl Scout to talk about leadership

RYAN KRULL
Staff Writer

Last week, two legendary female business leaders came to the University of Missouri - St. Louis campus to talk about their careers and answer questions from students in a panel discussion as part of the continuing Bachmann Book Series.

The Bachmann Book Series is made possible by John Bachmann, a senior partner at Edward Jones as well as an executive fellow of UMSL's Executive Leadership Consortium. Tuesday's event was the fourth installment of the series and featured Frances Hesselbein and Becky James Hatter.

Hesselbein was the president of the Girl Scouts of the United States of America from 1976 to 1990 and is currently the president and Corporate Executive Officer of the Leader to Leader Institute, an organization that focuses on ways to improve management in non-profit organizations. Hatter is the CEO of the Big Brothers and Big Sisters of Eastern Missouri.

After an introduction by Keith Womer, dean of the College of Business Administration at UMSL, a comprehensive question and answer session began with Bachmann asking questions of Hesselbein and Hatter regarding the successes of each of their distinct careers as well as how their leadership skills led to the success they achieved over the years in their corporate lives.

During this Q&A between Bachmann and the business leaders, the conversation often drifted to the importance of leadership in a corporation's overall success, both financially and in the eyes of the public. Hesselbein summed up leadership as "How to be, not how to do." And Hesselbein is widely considered to be an expert on leadership.

She has lectured on the subject in 68 countries and her new book is called "My Life in Leadership-The Journey and Lessons Learned Along the Way." Her previous published works include the book "Be, Know, Do: Leadership the Army Way."

Hatter's advice to aspiring corporate leaders was "to love your customer," rather than simply focusing upon the final profit margin at the year's end.

"Make sure whoever you are in service to, whether it is a social service or a business...loves the people you are serving and deeply cares about them," Hatter said.

Hesselbein then went on to talk about the high levels of cynicism and distrust that Americans hold for business leaders and politicians and how important honesty is at this point for leaders in business.

"You all are people who can do something about it," Hesselbein said. Addressing the audience in regards to turning around the perception of the American business community, Hesselbein continued. "This is a time when we need to get on our horse, whatever that may mean to you."

On the topic of leadership, Bachmann asked Hatter and Hesselbein about being female business leaders. "You are not aspiring to be a woman leader, but a woman who is also a leader," Hesselbein said.

Recognizing that a former president and CEO of the Girl Scouts was sitting on the discussion panel, Bachmann began to wrap up the Q&A on a lighter note by asking Hesselbein and Hatter to name their favorite Girl Scout cookie. For the record, Hesselbein's is Thin Mint and Hatter's is Caramel deLites.

In the hall outside the event there were a number of businesses and corporations for students to talk about potential job opportunities. One of the companies on hand was Boeing. Matt Daniels, a representative of Boeing, cited both Boeing's strong relationship with UMSL as well as Hesselbein's history of teaching at West Point and the Air Force Academy as his company's reason for being on site.

Also in attendance at the event with several others in his international finance class was Nitesh Jain. "[This discussion was] good for business majors, it will give them an advantage in the future to lead," Nitesh Jain, senior, business administration, said.
UMSL partners with Kansas City Medical School, announces accelerated osteopathic medical program

MADDIE HARNED
Staff Writer

The University of Missouri - St. Louis recently made the process of entering osteopathic medical school easier and faster for prospective students. At a luncheon ceremony on October 26, several UMSL faculty members including Chancellor Thomas George and Dean of the College of Arts and Sciences Ron Yasbin signed an agreement announcing that the university had partnered with the College of Osteopathic Medicine at Kansas City University of Medicine and Biosciences. Also in attendance at the luncheon ceremony was H. Danny Weaver, president and chief executive officer at KCUMB. Several UMSL faculty members who will closely work with the osteopathic medical program in the future were also present, including mentor for the College of Arts and Sciences Joe Southerland, Dean of Students Curt Coonrod and Director of Admissions Alan Byrd.

The partnership was enacted to develop a program that allows UMSL students to earn a bachelor's degree as well as a doctorate in osteopathic medicine in just seven years instead of the traditional eight years it normally takes to earn such degrees. "The program is designed so that an incoming freshman at UMSL would earn a bachelor's degree, most likely in liberal studies in just three years...then, the student would transfer to KCUMB to earn a doctorate of osteopathic medicine degree," George said.

To make the process even simpler, future students enrolled in the program will not have to take the MCAT, the medical school entrance exam that is notoriously strenuous even for the most gifted students. Another appealing aspect of UMSL's new osteopathic medicine program is that it offers an accelerated track to earning the O.D., shaving off an entire year of undergraduate studies so that students can enter Kansas City University of Medicine and Biosciences' College of Osteopathic Medicine after receiving their bachelor's degree in only three years. This accelerated course track is guaranteed to save not only time but also money for students enrolled in the program.

The field of osteopathic medicine has been on the rise over the past decade. The number of osteopathic medical school graduates in 2011 is nearly twice that of the number of graduates in 2005.

"Osteopathy takes a more holistic approach to medicine and the body is seen as a whole self-regulating unit," Yasbin said. "Out of all the times you have been treated by a doctor in your lifetime, chances are several of them were osteopathic doctors instead of medical doctors and you may have not even known it."

Prospective students will apply for the program during their freshman year at UMSL. George and Yasbin will begin the process of recruiting students in the near future. "We are looking for the best and the brightest for this program," Yasbin said. "Of course there are certain requirements for a student to enter the program, like a minimum GPA, but we also want students who show a real interest in the field."

Overall, UMSL's partnership with KCUMB to form an accelerated osteopathic medical school program is fairly unique and is one of only a few other types of similar programs. "We're very excited and hopeful about this opportunity for students," George said.

Development of non-invasive glucose monitor is one step closer to market

University of Missouri-St. Louis professor Zhi Xu and his team are stepping up to develop non-invasive glucose monitor for diabetes patients, making positive progress along the way

MINHO JUNG
News Editor

Pricking a fingertip is a painful routine all diabetes patients have to go through sometimes more than ten times a day in order to monitor their blood sugar levels.

"The pain they have to endure is another big concern. The current way of checking blood sugar levels requires drawing blood through the skin, which causes many diabetics not to test as often as recommended by their doctors," Zhi Xu, associate professor of chemistry and biology, said. "The non-invasive glucose monitor will significantly improve both issues."

The competition for developing non-invasive glucose monitor has been on since the mid-1980s in order to replace the painful and inconvenient traditional method. A plethora of research teams have been putting tremendous efforts into developing noninvasive technologies nationally and internationally.

"We are in the middle of the device development," Xu said. "Based on the fact that 25.8 million people in the United States and over 300 million people worldwide have diabetes, the size of the market is just immense."

Diabetes involves problems controlling blood sugar levels because the body is not able to produce or use the hormone insulin that regulates glucose. Either high or low levels of blood sugar could cause extremely devastating results. In addition, people who have diabetes are more likely to get other diseases associated with the kidney or heart. Although it could be detrimental to their health, the cost and inconvenience of needles prevent many patients from testing their blood glucose.

"Diabetes is a serious disease that could take away people's lives. Because there is no cure for the disease at this point, the detection and tracking of glucose levels is a key step for diabetes control," Xu said. "The cost of each test is about $0.7 to $1 before insurance. Considering the number of tests that the patients have to go through on a daily basis, it really is a big financial burden."

The general prediction states that non-invasive glucose testing devices will be found in the market within three to four years. Before the new technology gets into the market though, it has to go through strict U.S. Food and Drug Administration's scrutiny to get approval. Dr. Xu's non-invasive glucose monitor has been covered many times by local and national media, aiding in public views of the product.

"Our invention has been licensed. It really feels great and exciting," Xu said. "I expect to see more positive outcome of what we have been working on in the future."

According to the World Health Organization, diabetes is the seventh leading cause of death in the U.S. Nationwide, 180 million people have diabetes. WHO predicts that the number of patients will be doubled by 2030.

"Developing a non-invasive glucose monitor is exciting work, because it means a lot of people with diabetes will be able to monitor their blood glucose level without pain," Xu said. "Success with this project will touch many people's lives, who suffer from diabetes. I expect that it will benefit society as a whole."
Your weekly calendar of campus events. “What’s Current” is a free service for student organizations. Submissions must be turned in by 5 p.m. the Thursday before publication; first-come, first-served. Listings may be edited for length and style. E-mail event listings to thecurrenttips@umsl.edu, with the subject “What’s Current.” No phone or written submissions.

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Tuesday, November 15

Lunch and learn: the ethics of love and sex
From 12:30 p.m. to 2:00 p.m. Located in Century Room C and open to all.
Come to a Q&A session with John Brunero, Brit Brogaard, and Eric Wiland to figure what is naughty and nice in life. Also come enjoy free lunch.
For more information, call Erin Potts at 314-516-5531.

Wednesday, November 16

How’s your financial fitness?
From 4:00 p.m. to 4:45 p.m. Located in the Center for Student Success and open to students.
Are you concerned about having enough money to cover everything? Do you know the impact of student loan payments on your credit scores? Learn how to create a personal budget to help manage your college expenses and prepare for your financial future beyond college.
For more information, call Antoinette Sterling at 314-516-5300.

Thursday, November 17

Communication: The university and you
From 2:00 p.m. to 2:45 p.m. Located in the Center for Student Success and open to students.
This is an interactive presentation that will require participants to evaluate their true understanding of effective communication and its many elements. This workshop will decode the art of communication by identifying participant’s communication style and verbal vs. written communication.
For more information, call Antoinette Sterling at 314-516-5300.

Friday, November 18

Concerto competition final round concerts
From 2:30 p.m. to 5:30 p.m. Located at the Touhill and open to all.
The University of Missouri - St. Louis Department of Music hosts the Fourth Annual Concerto Competition at the Touhill Performing Arts Center. Open to the public, the final round is an exciting chance to hear the university’s top musicians compete for an opportunity to perform as soloist with one of the UMSL’s premier ensembles.
For more information, call the Touhill Ticket Office at 314-516-4949.
'Descendants,' other Oscar-bait film excite at St. Louis film fest

CATE MARQUIS
A&I Editor

The St. Louis International Film Festival is heaven on earth for serious film fans. SLIFF rolls into its full week of programing with remarkable international films, thought-provoking documentaries and rarely-seen Oscar potential short films, along with sneak previews of several Oscar-bait big releases.

This article will focus on films showing from Tuesday, November 15 through Sunday, November 20. The festival culminates that Sunday with its closing night party when the festival announces its award winners. Full descriptions of films and date and time are on the website www.cinemastl.org.

The festival offers films for the intelligent filmgoer, films beyond the usual Hollywood fare at the multiplex. Besides the chance to preview big films expected to be among the award-season's best, SLIFF is the best chance St. Louis film fans have to see big-buzz and worthy films, narrative features and documentaries, that play bigger cities like New York but usually skip us out here in "Byver" country. It is also one of the only festivals that is a qualifying venue for Oscar-hopeful short films. The festival has several programs of these delightful little cinematic bon-bons.

The festival has already seen the wildly successful premier of the crowd-pleasing "The Artist," the festival opener, Ralph Fiennes' bloody modern Shakespearean tragedy "Coriolanus" and David Cronenberg's "A Dangerous Method," which returns here in late December. Among the other Oscar potential and Hollywood heavy hitters previewing at SLIFF this year are "Butter" a biting comedy about competitive butter sculpting at Midwestern state fairs, and director Alexander Payne's ("Sideways") wonderful "The Descendants" which stars George Clooney as a member of a family with ties to Hawaiian royalty. "Shame," which stars Michael Fassbender, who also appears in "A Dangerous Method," the Duplass Brothers' mumblecore comedy "Jeff, Who Lives At Home," the Gen X reunion themed "I Melt With You" and WWII-set drama "In Darkness" are among the high-profile films screening this week.

Generally, these Hollywood films come back for a theatrical run. Much better to spend precious festival time (and dollars) on films St. Louis does not usually see. There are some major gems, including winners at other festivals, among them the Bosnian "Belvedere," Italian coming-of-age film "Corpo Celeste," Chinese drama "Empire of Silver," whimsical French adventure "The Fairy" and the imaginative, playful French bio pic "Gainsbourg," about singer Serge Gainsbourg.

A variety of national cinemas are represented. "Seven Minutes in Heaven" is a moving Israeli film about a survivor of a suicide bombing. "Simple Simon" is a sweet Swedish comedy starring Bill Skarsgard, son of famous Swedish actor Stellan Skarsgard. Stellan Skarsgard himself appears in "King of Devil's Island." "The Woman in the Fifth," a French-Polish crime thriller starring Kristen Scott Thomas from director Pawel Pawlikowski.

Two prize-winners are the Polish drama "Tomorrow Will Be Better," about three Russian boys and "The White Meadows" is a dream-like Iranian drama.

The full range of film genres, from comedies to action, appear in the fest. Japanese director Takeshi Kitano returns to his gangster film roots with "Outrage." "Shuffle" tells the tale of a man experiencing life out of order. "Headhunters" is a Norwegian crime thriller while "Hermano" is a crowd-pleasing family drama. "Hospitality" is a modern Japanese comedy.

Of course, there is plenty of art-house fare. Legendary Chinese director Kaige Chen offers the period drama "Sacrifice." "Young Goethe In Love," is a German film set in 1772 and inspired by Goethe's work and the birth of Romanticism. "The Athlete" is an award-winning German-Ethiopian drama about the barefooted runner who won Olympic gold in 1960. "Salt of Life" is a warm Italian comedy.

SLIFF always has fabulous animation, some kid-friendly but also some for adults. This year's program includes "A Cat in Paris," a hand-drawn French beauty and "The Ugly Duckling," a comic adaptation of the Hans Christian Andersen tale done in stop-motion. And Joann Sfar's charming kid's flick "Little Vampire."

Several restorations are featured, among them a Rin Tin Tin silent, "Clash of the Wolves," with live musical accompaniment and an introduction by the author of a book on the original movie hero dog, "House of Haunted Hill" continues the hundredth birthday celebration of St. Louis native Vincent Price. Legendary director Ernst Lubitsch's silent "The Wildcat" will be shown with live musical accompaniment.

The whole thing wraps up Sunday night, November 20, with a closing night party at the Moonrise Hotel in the Delmar Loop, where the winners of the various awards are announced. For lovers of cinema, SLIFF is the year's best festival.
In the Mood’ visits UMSL for swing dancing at Touhill

MATTHEW B. POPOSKY
Editor in Chief

Dancing is a pastime which is recognized not only across clique and age boundaries but across cultural boundaries as well. “In the Mood” visited the University of Missouri - St. Louis’ Touhill Performing Arts Center on Saturday, November 5, and set fire to the hearts of those in attendance with a blast from the past: swing music and dancing, in all their splendor.

The production “In the Mood” was selected by the World USO in 1993 to be an official entertainment for the 50th Commemoration of World War II and has since traveled across 48 states, as well as to Canada, Europe, New Zealand and Australia. Thus, they have spent nearly 30 years traveling the globe sharing the music and spirit of the 1940s with anybody willing to take a glance and learn something about American traditions and culture.

The performance followed the progression and evolution of swing music alongside the progress of World War II during the 1940s. As America went to war, the themes of swing music reflected the war, and that reflection was shown throughout the course of the performance, starting with portrayals of swing dance clubs in the carefree moments preceding the war’s crescendo, and continuing to the darkest moments of losing a loved one to the war. Swing dancing was portrayed in its darkest and lightest moments at the Touhill.

“In the Mood” represented their performance with the question “Have you heard the music that moved the nation’s spirit?” During their visit to UMSL, they certainly managed to rouse a variety of spirits throughout the evening.

With attendees ranging from veterans of World War II to those far too young to even understand some of the references made throughout the night, “In the Mood” had their work cut out for them. Despite this, the entire audience cheered and clapped along to every exciting number and rested in anticipation during the darkest moments of the storyline.

The show concluded with an encore of the opening piece, “In the Mood,” preceded by a recognition of the troops in the audience. From the United States Army to the Air Force, soldiers of wars both young and old were asked to rise and receive commemoration and respect through applause and cheering from their assembled peers. This was, of course, done in the traditional style of flashing back to the 1940s which “In the Mood” had retained all night, with references such as the Air Corps soon becoming the Air Force, etc.

Providing the musical accompaniment for “In the Mood” was the String of Pearls Orchestra. Everything involved in the “In the Mood” concert was performed live, there were no recordings. Therefore, it was absolutely imperative that the singers and dancers of the “In the Mood” performances were accompanied onstage by a live, professional orchestra. The String of Pearls Orchestra did an excellent job. From mellow melodies to crashing crescendos, the combination of the orchestra and the “In the Mood” singers and dancers was a fusion of artistic talents which was absolute magic to not only the ears, but the eyes as well.

“In The Mood” put on an excellent performance at the Touhill. It was a historical yet entertaining and engaging look into the music and culture of 1940s America accompanied by a commemoration of those men and women who daily lay their lives on the line for the prosperity and survival of their fellow man. This show is one to look out for next year and which provided entertainment to audiences of all ages.

Grade: A
Another wacky ride for Harold and Kumar in their Christmas special

Owen Shroyer
Sports Editor

Harold (John Cho) and Kumar (Kal Penn) are back again for their third comedy film, "Harold and Kumar: A Very 3D Christmas." The first two films were classic and set the bar high for their third adventure.

Six years have gone by since the two escaped from Guantanamo Bay. Since then, the best buds have become estranged and are leading two completely different lives. Harold is a successful businessman who is moving up in the world. He has a beautiful wife whose family is coming into town for the holidays. His in-laws have extreme Christmas traditions, which Harold is trying to uphold to get on their good side, especially his intense father-in-law Mr. Perez (Danny Trejo).

When the Perez family gets into town, the first thing Mr. Perez notices is Harold's fake tree in the living room, which upsets him very much. Mr. Perez is offended that Harold would not use a real tree. Perez has a tree brought in that was grown on his farm for twelve years, just to carry on a Perez family legacy of using a homegrown fir.

The last thing Harold needs now is his old trouble-causing buddy Kumar to come around and shake things up.

Kumar is living in an apartment with a young college roommate. Kumar's place is a mess and he is not working, after being kicked out of the medical field after failing a drug test.

Kumar is having a normal day of television and bong rips when his ex-girlfriend Vanessa (Daneel Ackles) shows up at his apartment, although they have not seen each other since their break-up three months ago. Vanessa is there to break the news to Kumar that she is pregnant, news he handles childishly. When she departs, she leaves a package on his doorstep, addressed to Harold. Kumar hops in a cab and heads to Harold's doorstep, addressed to Harold. Kumar hops in a cab and heads to Harold's to deliver the package.

Disaster ensues and Harold and Kumar's Christmas adventure begins with a search throughout New York City for a Christmas tree on Christmas Eve. The guys find themselves at a party at a Russian mob bosses' house, in a Broadway Christmas musical with their pal Neil Patrick Harris and even eating White Castle with their old buddies Goldstein (David Krumholtz) and Rosenberg (Eddie Kaye Thomas). As usual, the adventure involves lots of drugs, hilarious outtakes and insane circumstances.

This movie is guaranteed to bring some laughs, but not hysterical ones. The funniest highlight of the film is the toy of the season, Wafflebot, who comes in handy for the guys. The characters and scenarios are not up to par with the previous two movies and it has a few more heartwarming moments than one would expect, but it is still a funny comedy nonetheless.

For film fans going out for a laugh, this movie will come through for them but the 3D effects are not great and the movie plot is kind of desperate and drab in comparison to previous Harold and Kumar movies. This is not what one would call a must-see in theatres. Even fans of Harold and Kumar might rather wait for this one to come out on DVD.

Grade: B-

Want to read more movie review?
Check out:
www.thecurrent-online.com
I Fight Dragons's “Kaboom!” blows up listener's headphones

JANACA SCHERER
Managing Editor

Breaking out in a big way, I Fight Dragon's latest album has surpassed anything they have put out before. "Kaboom!" was released on October 24 and was met with a great reception from fans.

The band I Fight Dragons is a nerd's dream. Combining the high voltage of power pop and the 8-bit and chip tune sounds of Nintendo games (referred to as NES), the band has delved further into the genre of Nintendocore than anyone else has dared to go.

However, do not let the band's own self-declared nerdiness scare you away. They still sing of love, heartbreak and hope better than anyone else around. While some songs are created entirely from the NES system, other songs incorporate 8-bit so even fans can hardly pick it out from the rest of the music.

The band recently experienced some turmoil, as female singer Laura Green left the band due to personal reasons. However, a little over a year later, I Fight Dragons has released what is quite possibly the best album this year.

The band included old songs into the mix, such as "With You," (featuring new female vocals by Kina Grannis) and "Don't You?" "Kaboom!" is the perfect combination of old goodlly and new songs that will completely blow your mind.

The title song, "Kaboom!" is the first song that deserves a listen. It is fast-paced and features the perfect amount of NES to introduce new listeners to the sound. New listeners interested in giving I Fight Dragons a try should definitely check this song out first.

However, the absolute best song on this album is "Fight For You." An absolutely delicious love song featuring the smooth vocals of lead singer Brian Mazzaferri, this song deserves the repeat button for hours on end. With absolutely adorable lyrics ("Save the girl and the world will be jealous/ Wouldn't you if you knew that the truth/ Was the girl will take you too") the song is the perfect love ballad.

Those looking for some emotional motivation via music should check out "Disaster Hearts." A slower song, that features more NES sounds than the previous two songs, it once again shows off the simplicity and clarity that is Mazzaferri's voice.

However, Mazzaferri is not the only one with vocal talent in the group. They are also known for mixing in some a capella into songs. "Working" is an excellent example of this. Starting off with the combined singing skills of the group, NES sound effects (anyone else hear some Pokemon in it?) and then moves on towards the fast-paced, high-energy music that is their trademark.

From their ever-growing fan base and their continuing gratitude towards these fans, it is blatantly obvious that I Fight Dragons will be around for quite some time. The band gives out free songs to those who sign up for their e-mail list (almost 20 free songs have been given away since it's start in 2009) To sign up, check out their website: www.ifightdragons.com.

Check I Fight Dragons out when they hit up the Firebird later this month on November 20. Tickets are only $12 and the show is definitely going to be something to remember.

Grade: A+
Random Acts of Kindness encourages student happiness

BADIA EAD
Staff Writer

It's as simple as a smile, living a positive outlook, reminding a stranger they are beautiful or telling someone you care. Sometimes, a random gesture of kindness is all it takes to turn someone's day around.

The University Program Board wanted to get this message across to students through Random Acts of Kindness Week, which took place from Monday November 10 through Thursday November 14. On each of the four days, UPB encouraged acts of kindness:

- Monday, UPB inspired students to pay it forward. "Pay it forward is based on a film and book, [Do] three dom acts of kindness for strangers. It might be buying a cup of coffee or paying for someone's gas," Erin Potts, junior, finance, UPB, said. "We gave cards out and [said] here is something you could do to make people's day so much better, so much easier, and you should pay it forward, because if no one else does, who is going to start it?"

- Tuesday reminded University of Missouri - St. Louis students that they are beautiful. Operation Beautiful is a repeat act from last year in which post-it notes were stuck around random areas of campus with statements like "You are beautiful." It was the driving force behind Random Acts of Kindness Week.

- Wednesday brought what was actually going to be a funeral. Katie Green, junior, nursing, UPB, said. "I opened a door and there was a note saying, 'To me, it is a very personal message because I have known people in disaster areas and it's hard for them to get back to their life and it is hard for anyone who just feels like they have nothing left for them,' Potts said. The act also made sense to other students who decided to perform a random act of kindness and make a card.

- "Things like this remind people that they have not been forgotten. [This lets] them know that we are still thinking about them." Karlyne Killebrew, freshman, english, said. "I thought it was sweet. Sometimes the best [way] to help people in that situation is by giving them hope."

"It does not take a lot. It takes a random act of kindness," Potts said. Given the success of Random Acts of Kindness, this rings true.
Women in the Arts Conference promotes female success

ASHLEY ATKINS
Features Editor

"None of this would have been possible if it hadn't been for Barbara looking at our work, believing in our work, and the Women in Arts," Janet Goddard, writer and creative writing instructor at Visitation Academy, said. It was Sunday and Goddard along with her artistic partner Gretchen Hewitt, composer, had closed out what had appeared to be a very successful three day conference for Women in the Arts. Created back in 2005 by Dr. Barbara Harbach, director of the Women in the Arts, the conference was held in the J.C. Penney Auditorium at the University of Missouri St. Louis on Thursday, November 10 to Saturday, November 12. With a variety of presentations conducted by talented women, guests had an opportunity to come and go as they pleased, making it a schedule friendly conference.

To further promote women empowerment, Dr. Harbach had decided to present guests with a marketplace, set up outside of the auditorium that promoted women creators, as well as presented guests with an opportune moment to get a head start on their Christmas shopping. Guests at the conference included Dove Chocolate Discoveries, Plow Sharing, Qui Lin and Renata's Pictures and Jewelry, among others.

Renata Kilgore, owner of Renata's Pictures and Jewelry, inquired about being at the conference after seeing the event advertised in St. Louis American. Because [the conference] was women oriented and with my being an entrepreneur, I wanted to participate. It was a business opportunity to display my products and to network," Kilgore said.

Some of the goals of the Women in the Arts Conference were to praise women's accomplishments, encourage creative potential in youth, and recognize diversity among women creators. During the three days of the conference, guests were introduced to poets such as Lisa Zimmer- man, english professor, University of Northern Colorado. "I really wanted to go to an all woman conference because I am a feminist. For me being a feminist is a choice," Zimmerman said. She entertained the crowd with a poetry centered around her daughter, complications with her mother's lifestyle, and her brief adolescent encounter with an older gentleman at the age of twelve.

Chancellor Thomas George, who had made random appearances at the conference throughout the week, was impressed with the conference, commending it on its thoroughness, programming, and variety of artists. "I do not think that we could have asked for anything better," George said.

UMSL's own Maria Teresa Balogh, professor of Spanish, amused the crowd with her unpublished short essay "Dos and Don'ts for Growing Up in Macholand." It was centered around the difference between the upbringing of boys versus girls. While girls are taught how to upkeep a household, boys are taught how to value their property. Audience members commended her on talking about a subject that is hardly discussed out loud in society, both in America and internationally.

On Saturday, the crowd was introduced to the young film maker, Vanessa Woods, artist-in-residents, who had studied film at the San Francisco Art Institute with the original intent to focus on photography. "I was always interested in telling narratives and at the time I was doing it through photographs and so when I took this film class and I realized that you could put still images together and really tell stories and have sound and narrative, it all came together," Woods said. She presented a still of a piece entitled "On Alzheimer's," which consisted of photographs of herself in her grandmother's apartment. She animated the photos with her grandmother's objects to create the film.

Sunday was the last day of the conference and ended with a presentation and performance by Gretchen Hewitt, composer and Janet Goddard, writer. Together, they presented "The Mechanical Cat - The Collaborative Process of Writing a Musical with Janet Goddard."

They both credited their collaboration to Harbach. After Goddard had written a musical she was unaware of what she could do with it. It was not until a friend had suggested that she get in contact with Barbara Harbach who strongly promoted Women in the Arts.

"When [Janet] was looking for a composer she found Barbara and Barbara luckily thought of me and put us together," Hewitt said.

Hewitt enjoyed being apart of the conference as well as attending some of the other presentations. She said that she wished she could have taken advantage of more because it was so stunning.

"I was here all three days and my favorite part was today [Sunday]," Dianne Ridgeway, senior, media studies, said. "[The conference] was inspiring. It really shed light on every aspect of art including womanhood itself."

"It was absolutely outstanding. We had presenters that were at the top of their field whether it was poetry, or whether it was talking about sculpture, or whether it was about composition. It was a wonderful three days," Harbach said.
Why Youth...as Hell and aren't Louis students and faculty came together at the Political Science Academy to focus on the Occupy movement and the current political and economic climates.

The event offered attendees the opportunity to hear Joyce Marie Mushaben, professor of comparative politics at UMSL and Research Fellow, Center for International Studies Ph.D., present "Tent City vs. Turbo-Capitalism: Why Youth... as Mad as Hell and aren't going to take it any more" which shed relief on the situation that brought Occupy about and how the youth of the Occupy movement have the opportunity to affect real change, if the right steps are taken. The event was hosted by Terrence Jones, professor and interim chair of political science, Ph.D., at his home in University City.

Dr. Mushaben's 30-minute presentation covered the necessary information from history, economics and international politics as they pertain to the Occupy movement. She said that among the irritants driving the Occupy movement are the callous attitude of the government towards the lower classes and exorbitant expenditures by the government to benefit the rich. She also said that the political elites are out of touch with those they are in charge of representing, as they are overwhelmingly wealthy and thus do not comprehend the urgency of the problem for those who lose their homes or are concerned about Social Security and Medicare failing them in the future. Mushaben said that the income gap has only increased over time and the trickle-down theory of economics fails due to the few that earn the vast majority of the available money do not spend it all; therefore, it will never fall into the hands of anyone else.

However, Mushaben's presentation cautioned that it is too simple for the Occupy movement to blame the government and the wealthy and call it a day. She said that the protest needs to develop into more than it is. Some of the Occupiers may take the movement too lightly. Also, the Occupy movement still has a largely unclear purpose. It is the responsibility of the Occupy protesters—the youth—to first educate themselves on what they really want to gain from the movement. They should also look to history and identify with the protests of the past to see what has worked and what has failed.

Having a concept of history and a platform of clear principles and goals for the movement will give Occupy protesters a clearer idea of what to ask for. Then, the protesters need to achieve cooperation with society and politicians nearest them. Mushaben advocates that the protesters find a way to work with the police and protest lawfully, rather than work against them. Then, the protesters should work with local politicians to achieve their policy goals. She said that local politicians are more likely to be sympathetic because they have to bear the brunt of what the big, rich government decides and carry out these actions. When the Occupy movement becomes more defined and identifies clear targets, it should move to create changes in public policy. Policy changes alone can last and be impactful in the long run.

Following Mushaben's presentation was a lively Q&A. Emilio Pagoulatos, retired professor of Economics at UMSL said that young people ought to become informed about history before taking a side in politics or economics. Additionally, we should be informed about the people who provide information, because too often they lack credibility. Pagoulatos sees a lot to be gained for UMSL students attending PSA meetings, having increased understanding of history, economics and politics. "It has become very crucial for us to understand who are these people [politicians] talking about." If people who are educated do not understand, then those who are not educated are very easy to fool," Pagoulatos said.

Adis Alagic, junior, political science, president of PSA, stressed that PSA meetings are open to all UMSL departments and the topics are geared towards all audiences. "I would like for people to have their facts before they form their opinions," Alagic said. "I want people to accrue knowledge. Plus, it is always good to get involved. The meetings are open to everyone, including the UMSL community."
UMSL volleyball has quick end to conference tournamen run

OWEN SHROYER
Sports Editor

Tritons volleyball had a very successful regular season in 2011. They won nineteen games, including thirteen in conference. This was good enough for them to be second in the west division of the Great Lakes Valley Conference behind the Missouri S&T Miners. The team was on a three-game winning streak heading into the conference tournament, where they had a meeting with west division champion Missouri S&T.

Missouri S&T was two wins better in conference than the Tritons. The two teams split the season series. The first time they met was at Missouri S&T's home court, where they took care of the Tritons easily, taking the match in three straight sets. When the Miners came to St. Louis, University of Missouri - St. Louis was able to defeat them, 3-2, in what was one of the more exciting games of the year.

This was the post season though, and the Tritons needed to bring their best if they wanted to win. The first set did not start well for the Tritons, as they dropped the first two points on errors by Shelby Crawford, senior, biology, and Erin Higgins, senior, early childhood education. Shelby and Erin have been great leaders all season and these mental lapses are not characteristic of their play. The Tritons were able to stay in it early, but after the set was tied at eight points a side, the Miners took over, scoring five straight points en route to taking the set 25-20. UMSL made eleven errors in the first set.

The start of the second set gave UMSL hope, as Anna McNulty, sophomore, communications, set up Erin Higgins for the kill, something these two have done all year. Unfortunately for the Tritons this kill did not get Higgins back on top of her game, as she committed two errors soon after the point. UMSL stayed competitive longer in this set, and had it tied at ten. After battling with Missouri S&T through the midpoint of the set, the Miners slowly pulled away and won the set 25-22. The Tritons were able to clean up their play a bit, only making five errors, but it was the final two errors that did them in, as the team was only down by one when the score was 23-22. Two straight errors gave the Miners the set.

UMSL really had to dig deep to stay alive, but it was just not their day. The Tritons had their biggest lead of the day early, when they went up three to one, but it was all Miners from there. The Miners outsored the Tritons 24-7 after that en route to their 25-10 win in the set, and sweeping the match three sets to none.

This match certainly did not do the Tritons justice for their talent level and was not what they expected. Although they were knocked out of the conference tournament in the quarterfinals, it was to a very good team. The season is not necessarily over as the team hopes that their play this year will earn them a second straight trip to the NCAA tournament, where they hope they can sharpen up their play and make a run for the championship. This is certainly not how they want to end their season. Maybe a shot at a national title is what the team needs to get them to play their best volleyball.
Men's basketball tips off

OWEN SHROYER
Sports Editor

The University of Missouri - St. Louis men's basketball program is excited heading into the 2011-2012 basketball season. Last year, the Tritons introduced their new head coach, Steve Tappmeyer, whose work ethic and coaching ability was readily apparent. In his first season as head coach, Tappmeyer made UMSL basketball relevant by leading the team to its largest number of victories since the 1990-1991 season. The team also won ten games in the Great Lakes Valley Conference, which was the most in Triton’s basketball history and the first time the team had a winning record in conference play.

Last year’s team was a success, but Tappmeyer has this program on the rise and wants to change the tides here at UMSL. The team is only returning five players from last year and has ten newcomers. The players returning include two starters: center Zach Redel, senior, business administration, and guard Justin Hightower, senior, communications. Also returning are Ven- nie Ralmond, junior, middle school education, Eli Wiegle, sophomore, business, and Kevin Dwyer, sophomore, business. Hightower led the team in assists and steals last season, while Redel led the team in blocks. The leadership roles of these two seniors will be key in the success of the team this season, especially with all the new faces. “We have ten new players and that has been our biggest challenge. Our seniors will be counted on for leadership,” Tappmeyer said.

Among the newcomers are junior college transfers and five freshmen. Perhaps the most important newcomer is transfer student Troy Long, senior, liberal studies. Long has three years of college basketball experience, most recently last season, when he played for University of Southern Illinois - Carbondale, where he played in nineteen games. Previously, he played for Southern Illinois Community College, where he was an all-conference performer. Joshua McCoy, junior, communications, and Charlie Woods, junior, psychology, both transferred to UMSL from Cleveland State University. McCoy will add a shooting threat to the team, as he is a high percentage shooter with good range. Woods will help shore up the interior defense, as he led Cleveland State in blocks last season.

Among the five freshmen is guard Jack Connors, freshmen, business. Conno’s skills at guard earned his first team all-state his senior year in high school, averaging over sixteen points a game, six assists and four rebounds per game. Another incoming freshman guard is Janell Hatchett, freshmen, nursing. Hatchett brings with him a pedigree of success. Last season, he led his team to a perfect record and a state championship. Niel Brnaham, freshmen, finance, was an all-state selection in high school and a prolific scorer. The team added more scorers to the roster with Aareon Smith, freshmen, undecided, and Ben Ruether, freshmen, engineering, who are both guard/forward hybrids who can work the perimeter as well as get inside scoring.

The mixture of freshmen, transfer students and returning players provides a challenge for the Tritons to start the season with, as they will need to work on team chemistry every game. “We should be an exciting team to watch. We have hardworking guys that will continue to improve as the year goes on. We hope to get off to a strong start as we have a large number of players that can play. We have only been together for a short time. Teams with a large number of returners have a huge advantage this time of the year,” Tappmeyer said.

This season kicked off with the GLVC/GLIAC challenge with two away games. “Our opening weekend will tell us a lot about where we are at,” Tappmeyer said. The games were against Lake Superior State and Northwood University. Although the team lost both games, they showed improvement in a single night, and every player saw court time. The game against Lake Superior was lost in the second half when Lake Superior got hot. The Finders Feel for the Tritons was the three ball. The second game was much better for the Tritons, but despite battling hard the whole game and improving from the three-point range, the Tritons simply could not score against Northwood as they shot over 50 percent from the field.

If Tappmeyer is right about the weekend giving a good idea of where the team stands, then there is room for improvement. They showed improvement in one game, so hopefully this trend will continue. The team has its home opener November 19 against Lindenwood-Belleville. Maybe a home court advantage can help the Tritons to their first victory.

Golf fall season recap

ELI DAINS
Staff Writer

Despite a slow start to the fall season, the Tritons showed flashes of greatness and expect to tune up in the second half of the season. “We started slow, but played much better in the second half of the fall. We had a lot of new players this year, and it takes time for players to get comfortable with playing college golf. So the slow start is not unexpected,” Troy Halterman, head coach, UMSL, said.

Things started off well for the team, as they finished fifth out of eighteen teams in the Missouri Intercollegiate tournament, and won a one-on-one match against Maryville University. They then finished middle of the pack at 14th place out of 27 teams at the Great Lakes Fall Regional Tournament to finish up the month of September.

In the Great Lakes Regional Tournament the Tritons showed what it was capable of doing, finishing second out of 15 teams. In that tournament the Tritons played their best round of the season, shooting a 290 in the second round, and nearly caught up with first place finisher Bellarmine University. In the following tournament the team fell back to the middle of the pack, finishing seventh out of thirteen teams in this tournament’s standings.

The final tournament of the first half of the season was the California State University - Monterey Bay Invitational. “I think it showed the guys what the best in the country look like. We played the first two rounds with teams ranked in the top ten in the nation. Hopefully they realize that we still have lots of work to do in order to reach that level, but at the same time we showed for at least one round we can play at that level. I think the experience will only help us down the road,” Halterman said.

Players embraced the challenge of playing against more highly touted programs as well. “We got to see what the best competition in the country plays like and what we need to strive to be able to beat,” Joe Akinson, sophomore, business, said. The team ended up finishing in 13th place out of 15 teams, but will use the experience gained to move forward on a positive note. The team does not play again until the University of New Orleans Mardi Gras Invite, February 26.
Bieber and others like him
deserve a fair trial in the
court of public opinion

Paternity suits seem to be a new rite of passage for any male international headline nowadays. Seventeen-year-old heartthrob and superstar Justin Bieber is the latest victim. A twenty-year-old Los Angeles woman named Mariah Yeater is now claiming her three-month-old baby is Bieber's. Security guards does not excuse it. It is just bad business.

Also interesting is the fact that Bieber was raised devoutly Christian and his faith has become one of his most marketable selling points. It further conveys a sense of innocence in his act, appealing to the zealous and overprotective just as much as the neglectful and nonchalant. One tenet of his spiritualism that he has been especially vocal about during interviews is his immense disgust with casual sex. Whether or not this sentiment is heartfelt and actually practiced is obviously a mystery. The bottom line is, however, that his fan base believes it. Even loose association with a story like this causes serious and possibly irreparable damage to his character and brand. It seems highly unlikely that Bieber, no matter how wild with lust he may or may not have been, would commit character assassination of such a high degree, partaking in the very acts he so vehemently lobbies against. It is just bad business.

Secondly, there is no court hearing set for December which will determine the final outcome of the case. Whatever the outcome, it is possible Bieber's fans wouldn't believe the child is his without incorruptible proof to the contrary; given the image he cultivates, it would bring a shock to them all if their favorite singer was to be the father of an illegitimate child, especially after saying "I don't think you should have sex with anyone unless you love them." If the test comes up positive, Bieber's career would take an interesting turn of events. It would certainly affect his popularity, and it could even put his career in danger. The attorneys believe that this is a crime accusing Bieber of such acts, since he denies such thing took place. What people need to remember is that Yeater isn't necessarily out to ruin his career, if her story proves true, it's clear that all she wanted was to see justice done on behalf of her son.
In 2000, when it looked like the Florida recount was beginning to turn against them, the Republicans resorted to other means - in that case, legal intervention - to get the outcome they desired, and it worked. Bush v. Gore ended with a court-ordered halt to the Florida recount, and as a result, Bush became president of the United States.

Now, the Republicans are up to similar tricks. The Republican-controlled state of Arizona gained an additional seat in Congress following the 2010 Census, going from eight representatives in the House to nine; as such, the state government appointed a special committee to oversee the redistricting process. This five-person committee was comprised of two Republicans, two Democrats and a registered independent. This independent, a woman named Colleen Mathis, was also appointed to head the committee.

Two Republicans, two Democrats and an independent. Everything seemed perfectly fair and balanced until the committee actually began their work.

Before the redistricting, Arizona had eight national congressional districts, five of which were held solidly by Republican representatives and three others which leaned Democratic. The initial redrawn map released by the committee featured four strongly Republican districts, two heavily Democratic districts and three that would be competitive.

This did not sit well with Arizona Republicans, particularly Governor Jan Brewer, who sprang into action immediately when the committee released their initial map of the redrawn districts. She called for the dismissal of Mathis and the two Democrats on the committee, charging them with gross misconduct and excessive partisanship.

These charges appear to stem primarily from the creation of the three “competitive” districts. Apparently, creating new districts that might not be under solid Republican control is proof of “misconduct” and “partisanship,” according to Arizona Republicans. After all, no members of the Arizona GOP contested the new state legislative map drawn up by the committee, which would have all but ensured that 16 of the state’s 30 legislative districts would have remained under strong Republican control.

Mathis sided with a 4-1 majority in approving that map, which only serves to cast more doubt on Brewer’s claims of partisanship.

Also, it is not as if Brewer herself is a champion of moderation. This is the woman, after all, who invented vague stories about headless bodies in the desert to whip up support for her infamous “green card” law that empowered Arizona police to ask suspected illegals for proof of citizenship at will, a law conservatives wholeheartedly support and that liberals abhor.

In this case, Brewer’s hyper-partisan axiom was partially cooled by members of her own party. The Republican-controlled state legislature was unwilling to remove the two Democrats, believing the problem would be solved with the sole removal of Mathis.

Of course, that is not necessarily their call to make. There were a number of irregularities surrounding Mathis’ removal, not the least of which is the fact that in cases of alleged misconduct, as Brewer has suggested, only a judge has the power to remove a member of the commission, and not the governor or the legislature. In addition, the fact that Brewer and her cronies in the legislature knew the committee’s lawyer was attempting to appeal the decision, and to manage to ram the vote against Mathis through before the appeal went through certainly raises a few eyebrows.

The governor is certainly right about one thing: there is something fishy going on with the redistricting process in Arizona. However, any search for the culprit should begin with the governor herself.

Unsigned editorials reflect the majority viewpoint of The Current’s Editorial Board. Matthew Pospesy, Minho Jung, Ashley Akins, Cae Marquis, Jennifer Mathis, Jeremy Zschau and Janaca Scheer.
SCIENCE MATTERS

Forever young fruit flies? Study hints at key to slowing aging

The recent (but maybe not so great) film "In Time" centered on an idea that has gripped the human mind for centuries: immortality and endless youth.

Science has not been immune to this human longing and curiosity about life span. In the past, researchers have looked at the role of telomeres, the ends of chromosomes, in aging; the way that calorie restriction can increase longevity and the role of individual genetics in life span (if you want to live to 100, have grandparents who did).

A study led by Michael Karin, PhD, Distinguished Professor of Pharmacology in University of California - San Diego’s Laboratory of Gene Regulation and Signal Transduction and was published March 5, 2010 in the journal “Science.”

In this case, the protein plays a role in a signaling pathway that regulates metabolism. Sestrin impacts several key proteins, enzymes that catalyze changes in function, in the signaling pathway. Sestrin activates AMP-activated protein kinase (AMPK) and inhibits the target of rapamycin (TOR). Both in a pathway that is a central regulator of aging and metabolism in several organisms, including mammals.

Interestingly, calorie restriction activates AMPK, while TOR is activated by overeating. Also, activation of AMPK inhibits TOR. Sestrin deficiency was associated with accumulation of triglycerides, cardiac arrhythmia and muscle degeneration in young flies, lowering the weight gain, heart disease and muscle loss seen with aging in humans.

When it comes to increasing longevity and slowing aging, maybe we should go with our gut.

Cate Marquis is Arts and Entertainment Editor and a columnist for The Current.

MAD WORLD

Boxing world wants women to wear skirts; no reason required

Officials from The International Amateur Boxing Association (AIBA) have stirred up some controversy recently by suggesting that Olympic female boxers may soon be required to wear skirts in the ring. The final decision will be announced in January. However, this sad attempt to make female boxing more "feminine" (which, in popular society, is very nearly always synonymous with sexy in some way or another) is just another blow to equality for women in sports.

At a women’s boxing event, featured two female boxers whose names are printed in prominent places on the tickets.

The Amateur International Boxing Association presented competitions with skirts, rather than the usual shorts, during last year’s World Championships. They’ve stated that they want to "phase in" the skirts for international competitions. Understandably, many boxers rejected the ridiculous change, provokingly recognizing the obvious fact that it’s an Olympic sport, not a spring coutilion. There’s no logical reason for them to be required to wear skirts in the ring other than the fact that apparently the AIBA has as nuanced an understanding of gender roles as "boys = pants" and "girls = skirts," even in the ring.

For now, it’s up in the air as to whether or not the first female Olympic boxers will be made to wear skirts in the ring. The world will decide in January. However, this sad attempt to make female boxing more "feminine" is just another blow to equality for women in sports. The Amateur Boxing Association of England (ABAE) only lifted their ban on women’s boxing, which was previously in place for 116 years, in 1996. Men have the option of competing in 164 Olympic events; women, only 124. It wasn’t until 1992 that women could compete in judo. Women couldn’t enter weight lifting until the year 2000. There is no logical reason for women to be unable to participate in these sports on an Olympic level; it’s sad to think that when women finally are allowed equal entry, those in power attempt to implement aesthetic standards that infringe upon that equality.

This change would serve no real purpose other than to needlessly differentiate between male and female athletes. By forcing the women to assume more traditionally female clothing, the AIBA is doing its best to remind female athletes that, while the sport that they work tirelessly at may be not only their passion but career choice, in the eyes of many they are – and must be - women before they are athletes. And to many, being a woman means appearing traditionally female in all that they do, whether that’s dressing up for Halloween or boxing on an Olympic level. Their athleticism and skill is not allowed to hold center stage. One has to wonder how long it will be before all female athletes are expected to hit the ring or field in their underwear, Lingerie Football League-style.

Poland Boxing has made it required for their female boxers to wear skirts. Coach Leszek Piorcowski was quoted as telling BBC Sports that by wearing skirts the boxers give off a "good impression, a womanly impression." When statements like the aforementioned are made in complete seriousness, it just goes to show that women in the world of sports have a long way to go before they can reach anything even approaching equality.

Sharon Pruitt is a columnist and staff writer for The Current.
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**Comics**

Simply Beagle by Karlee Sellars

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December 4 - 8

December 11 - 15

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So wait, you guys have been holed up in here because you don't have any color?

Yeah, that's basically it. But we don't feel so bad about it any more...

Because you look like a huge doofus.