Celtic Festival brings Irish food and music to the Touhill

PAUL PEANICK
STAFF WRITER

Llewellyn's Pub and the University of Missouri-St. Louis' International Studies and Programs co-sponsored the Celtic Festival, held on October 19 at the Blanche M. Touhill Center for the Performing Arts.

Together with the UMSL community and fans, they welcomed the John Whelan Band to the Anheuser-Busch Performance Hall, where they performed after an opening act by the St. Louis Irish Arts. The event included an Irish food and beer tasting preceding the evening's performance and sponsored by Llewellyn's Pub. Those with VIP tickets were able to attend the Llewellyn's Pub VIP experience after the show, which boasted an open bar, buffet, and the opportunity to mingle with performers.

"This is our premier Celtic arts performance for the year," Windell Stevenson, International Performing Arts Director at UMSL, said. "We have an Irish endowment that blesses us with the opportunity to put on an annual performance in the genre. I don't think you can get a more fun Celtic performer than John Whelan and his band. I just saw him sampling Llewellyn's food and beer (2) The John Whelan Band (3) Attendees gather in lobby for an intimate performance.

John Whelan has been touring for over forty years; thirty-three of those years were spent in the United States. He is one of the most accomplished traditional Celtic musicians. Immigrating to the United States in 1980, he was soon playing alongside Riverdance fiddler Eileen Ivers, in one of the most celebrated duos of the decade.

The show opener featured the spirited and exuberant performance of the St. Louis Irish Arts, a group of young musicians and traditional Irish dancers. These young musical aficionados wowed the crowd with their skill in fiddle, harp, clarinet, accordion, mini accordion and fun Celtic dancing jigs. It was a pleasure to witness such skill from performers so young and yet so passionate about their craft.

SLIA was founded in 1987. Located in Maplewood, Missouri, the organization is directed by Helen Gannon, a Limerick native. SLIA has since become one of the world's most successful academies of Irish music, song, dance and culture.

"There is something personally very enriching about broadcasting one's own musical horizons, about hearing what's out there, and that's why I came here tonight," Daniel McKinney, local resident, said.

This was readily apparent as the contagious joy upon the faces of the SLIA performers quickly spread to the audience. Their music harkened back to simpler times, to spring winds and old Irish blessings. A rich heritage to be a part of, the blood of the Irish is strongly represented in St. Louis.

Upon the conclusion of the show opener, the John Whelan Band set up to deliver an intimate and memorable performance. The band has been touring together for sixteen years now. It features not only the dry Irish wit and masterful accordion of John Whalen, but also a talented group of Celtic musicians, including Flynn Cohen on the guitar, long-time friend of John Whalen and bassist Tom Wrenmore, as well as dreamy, honey-voiced vocals by folk singer and guitarist Liz Simmons. Rounding out the group were Genevieve Gillespie, fiddler, vocalist, and dancer, and Chasind Rice (flute/whistles).

The vocals of Ms. Simmons were especially memorable. "I spent a long time thinking about how to introduce vocals into our music. I wanted to be in mind especially the respect I had for traditional Celtic music. And in Ms. Simmons I think we've really found our match," John Whalen said.

Liz Simmons has many gigs aside from it the lead singer of her own folk string band, Annalivia. A person might suspect, from her winsome voice, that all she ever does is sing, so haunting talk altogether.

Whalen and his band performed classics like "Silver Daggers," "King of the Fairies," "Gentle River," and "The Green Mountain," among others. The music flowed off their fingers and lips like water from an old Irish spring. By the finale, one could almost see the fairies up on stage.

A number of the Whalen band's tunes, somber tunes led onward by a mournful accordion, will bring some to verge of tears. Others are fast-paced, fun and full of harmonious impromptu melodic outbursts from flutes and whistles. The melodic variation these instruments and the Celtic style allow for is something to behold. Impromptu melody is one of the things that really differentiate traditional Celtic music from other styles. It is beautiful and timeless and respectful of an ancient tradition. It seemed the centuries-long memories of all the Celtic nations were packed up in the music of the John Whalen band that night.
LETTERS TO THE EDITOR

Dear Editor,

I strongly agree with the writer Editorial Staff about the U.S. not to intervene in Syria. The United States cannot afford another war like Iraq.

I think we should learn how to mind our own business and wait till we get invited before we intervene in Syria because majority of us here would rather wage peace than to engage in a war. When the U.S. intervenes in Syria it could bring war which I know the U.S. is not ready for that, so I think we should wait till they ask for help from the U.S. before we intervene.

Anna Agyeiwa, East Hartford

The Current accepts letters to the editor. All letters should be brief, and those not exceeding 250 words will be given preference. The Current edits letters for clarity and length, not for dialect, correctness, intent or grammar.

CORRECTIONS

October 14: Vol. 47; issue 1419

On Page 1, a photo of Robin Hearts was incorrectly captioned as a photo of Jaida Kiss, while a photo caption of Rydyr Reeves was misspelled as "Ryder Reeves."

Also on Page 1, the photo of Rydyr Reeves was attributed wrongly to Adeela Langrial; the photo was taken by Kate Timke. The Current apologizes for this grievous error.

Please report any corrections by emailing The Current at thecurrent@umsl.edu with the subject line "Corrections." We can also be reached at our newsroom by calling 314.516.5174. The Current welcomes any comments and suggestions.
NEWS BRIEFS

UMSL wins diversity award

The University of Missouri-St. Louis received a Higher Education Excellence in Diversity (HEED) Award. The HEED Award was created by INSIGHT Into Diversity magazine to recognize institutions that excel in their commitment to campus diversity. UMSL was one of fifty-six universities honored. Winners will be officially announced in the November 2013 issue of INSIGHT Into Diversity magazine.

Student Mural Contest

The College of Arts and Sciences announced its Student Mural Contest in a campus-wide email on October 17. Two mural designs will be selected that best suit the theme of "The Past, Present, and Future of the UMSL Promise." $1,000 in scholarship funds will be awarded to the designer(s) of each winning mural.

The contest is open to all UMSL students, who may submit designs individually or as a team. If a team is selected as winner, scholarship funds will be divided equally among all team members. Multiple entries may be submitted for each mural location and each design will be judged as a separate entry.

Students may submit physical copies of their designs or digital images on a compact disc. All entries should include the names and contact information of all entrants and a written statement describing the design concept. Entries should be delivered to College of Arts and Science’s Reception Desk, located on the third floor of Lucas Hall, by November 15, 2013. Questions or concerns can be directed to Professor Jeanne Zarucchi, Selection Committee Chair, at zarucchi@umsl.edu, with the subject line “Student Mural Contest.”

The winning murals will be in the entrance foyer of Lucas Hall and the Dean's Conference Room in 302 Lucas Hall. Though winners will be painting the murals over winter break, a background in art is not required. Painting material and technical assistance will be provided.

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SOCIAL MEDIA: OWNING YOUR OWN IDENTITY

Join The Current, the student-run campus news source, for free pizza and discussion at "Social Media: Owning Your Own Identity."

Professor Perry Drake, Professor of Social and Digital Media Marketing at UMSL, will introduce the topic and then lead a student-centered discussion.

"News at Noon" is a monthly forum for faculty and student discussions about current events, co-sponsored by The Current and the New York Times, with support from the Center for Research and Learning and the Office of Student Life at UMSL.

LOCATION MSC: CENTURY ROOM C
TIME NOVEMBER 13th, 12:15-1:30 P.M.

THE CURRENT
UMSL STUDENT NEWSPAPER

TIAA-CREF
Financial Services

The Lipper Award is given to the group with the lowest average decline in core holdings over a one-year period. The Lipper Award is based on a ranking of mutual fund companies for at least five years, with at least five funds in a category. A Lipper Fund Award recognizes the consistent long-term performance of a fund's management team. Lipper Fund Awards are based on a rank of 50 funds over a one-year period, adjusted for both return and risk. Lipper Fund Awards are based on Lipper's proprietary methodology, including portfolio characteristics and breadth of holdings, and are not representative of any individual investor's experience. The Lipper Fund Award does not guarantee future results. Consider investment objectives, risks, changes and expenses carefully before investing. Go to www.tiaa-cref.org or contact your investment service representative for further information. Read carefully before investing.
Disability Awareness Month enlightens campus community

SIMONNE KIMBLE  STAFF WRITER

Disability Awareness Month continued in the Sosh on October 15 with an educational display containing information on arthritis and thrombosis.

Throughout the month of October, University Health, Wellness, and Counseling Services will be presenting table displays and hosting a variety of events aimed at spreading awareness of disabilities on campus and in the community.

Students are encouraged to attend and gain information about the effects of disability is University of Missouri-St. Louis. Raising awareness among the student body is one of the core objectives of this month's activities.

Kathy Castulik, health educator for UHWCS, plays a hand in planning and promoting the annual events for disability awareness month at UMSL. She works closely with Linder Williams, program coordinator for the department of disabilities access services, and Tara Cramer, coordinator of student accommodations for the department of disabilities access services.

"The purpose of disability awareness is to educate the JMSL community about disability-related issues," Castulik said. "Disability Awareness Month began on October 2 with "Shoot from the Hoop," a basketball contest coordinated by the UMSL athletic department for students using wheelchairs. Several community organizations and institutions were involved in the event, including Washington University in St. Louis, Rehab Services for the Blind, and Challenge Unlimited. Participants had the opportunity to win free t-shirts for their participation.

"UHWCS offers in-depth information about a number of disabilities, along with providing activities. Attendees were able to experience the ways in which disabilities can effect everyday life." Jonathan Segers, sophomoric, political science, loves the fact that there is information on disability readily available to students on campus. "I think that it is a great thing for students with disabilities and even for the students without them," Segers said, adding that he believes everyone should be educated about the different types of disabilities. Throughout October, there will be different organizations present on campus to participate in Disability Awareness Month. Participating organizations include the Multiple Sclerosis Society, the UMSL SUCCEED program, and Bare Escentuals. Bare Escentuals will be offering free makeovers in an effort to encourage a positive self-image and increase self-esteem.

Castulik's goal is to inform as many people as possible about the different disabilities effecting those in the UMSL community. She is eager to get more students involved with the disability access services department.

"It has been a wonderful experience as a health educator to coordinate the disabilities event through the entire month of October," Castulik said. "UHWCS is an on-campus resource open to students, staff, and faculty. University Health Services is located in room 131 of the Millennium Student Center.

For questions or concerns, visit the Wellness Resource Page on the UMSL website or contact Kathy Castulik at castulik@umsl.edu.

To celebrate the University of Missouri-St. Louis' 50th anniversary, the Department of Music presented a jubilee concert on October 13 at 1 p.m. The University Wind Ensemble, in collaboration with the UMSL Alumni Band, performed at the Blanche M. Touhill Performing Arts Center.

The concert was conducted by Gary W. Brandes, associate teaching professor of music education, and Jim Widner, teaching professor of music and director of jazz studies. They were joined by guest conductors Herbert Duncan, Stephen Aubuchon, Robert Nordman, and Gregory Fox. The program featured the works of classical and contemporary composers.

The concert opened with the University Wind Ensemble performing "New World Dance," written by Mason Ellerby. According to the program notes, this piece was meant to "recreate the pioneering spirit of the journey across the America, the then New World, as this vast continent was opened up and its wonders exposed."

"Radiant Joy" by Steven Bryant followed, again performed by the Wind Ensemble. This piece featured many layers of rhythm paired with highly technical scores for the band.

"Radiant Joy is actually really hard, but really fun at the same time. It came together very well for the concert. It proves how much our band has grown, because only very mature and skilled band can pull off that piece," said baritone player Joe Hendricks, senior, music performance.

The next piece was "Be Thou My Vision" by David Gillingham, an expressive and inspiring piece. After that came "Kindergarten Flower Garden," a light and humorous work that used a style typical to theatrical or film music. A suite from "Carmen" by Georges Bizet, arranged by Warren Bellis, followed, which consisted of five movements: "Prelude," "Aragonaise," "Intermezzo," "Les Dragan d'Alca," and "Chorus and March." This famous musical piece unfolded the full brilliance of the orchestra by applying driving melodies and emotional harmonies.

The first half of the concert concluded with the "Chicago Tribune March" by W. Paris Chambers, edited by John Boyd. This piece featured unbreakable rhythm and grandiose festivity of the percussion complimenting the wind instruments.

"I started playing bassoon since of chance and ever since that time I have been only bassoon player. It is really cool that now we have a second bassoon player at UMSL, Dave Metzger. It is actually the second concert that I have played with him and I am grateful to have him with us," Hendricks said.

After the intermission, the University Alumni Band returned with "Fanfare and Flourish for a Festive Occasion" composed by James Curnow and conducted by Robert Nordman.

The band continued with "March," the first movement from "An Original Suite" by Gordon Jacob, edited by Heidenreich and conducted by Greg Fox. Then followed "Ye Banks and Braes O' Bonnie Doon" by Percy Aldridge Grainger, conducted by Steve Aubuchon.

The orchestra concluded with the "Banana and Bailey's Favorite March," composed by Karl King, arranged by Glover, and conducted by G. Herbert Lander.

All of the works performed were remarkable dedication, superb technically and outstanding quality.

"It's been 50 years (...) but those folks came together," Brandes said.

The event was sponsored by Jessica Flannigan and Angelee Frein, members of the Alumni Band Committee.

"It was cool to see so many UMSL graduates come back that were all still passionate about the music. It was also fun to see all the different conductors that have worked here. (...) Jessica Flannigan and Angelee Frein did a very good job bringing all of the [musicians] together for this performance," Hendricks said.

Following the formal concert, the Alumni Jazz Band performed in the lobby where a post-concert reception was held. A brief history of the University Wind Ensemble was presented to the audience using photographs and newspaper articles.

ANYA GLUSHKO  STAFF WRITER
TOUHILL

‘Abyssinian: A Gospel Celebration’ expertly combines gospel and jazz

ALBERT NALL
STAFF WRITER

Gospel and jazz fans alike came out to see “Abyssinian: A Gospel Celebration” on December 18 at 8 p.m. in the Blanche M. Touhill Performing Arts Center at the University of Missouri-St. Louis.

Wynyon Marsalis appeared with the Jazz at Lincoln Center Orchestra, supplemented by a 79-voice gospel choir, Choirale Le Chateau, conducted by Damien Sned. The event was presented by Jazz St. Louis which earmark funding for a roster of jazz artists in 18 cities. The objective of the night was to raise funds to enrich jazz studies at schools and colleges.

Marsalis has gathered numerous titles which include trumpeter, composer, teacher, and music educator. As the Artistic Director of Jazz at Lincoln Center Orchestra at Lincoln Center in New York City, Marsalis has been awarded nine Grammys for both jazz and classical music. One of his recordings was the first of the genre to win the Pullman Prize for Music.

“The Abyssinian Mass” was originally performed in New York in 2008 at the Harlem church that inspired the piece. The work encompasses a series of homilies by the Abyssinian Baptist Church on 138th Street in Harlem.

An hour before the concert, a large line formed at the ticket booth, to the limits of the percussion and wind sections warming up. Copies of “The Lord's Prayer” were distributed to patrons entering the auditorium, an indication of what one would expect from the gospel and jazz performance.

Marsalis’ performance reflected an African American religious experience that has remained committed to a theme of universal humanism while placing an emphasis on social protest and justice through nonslavish means. Marsalis fused these themes in his 2008 work “Abyssinian Mass.” Marsalis called it a musical performance that various components of jazz history with an emphasis on spirituals.

The evening started out slowly with music from the choir, along with a laid-back introduction from the trombone and bass. Eventually, this was joined by great clapping and snapping from the choir, whose bright red robes with white trim were appropriate to spirit of the St. Louis Cardinals’ baseball game against the Los Angeles Dodgers that was taking place at the time.

“The Lord's Prayer” was performed with a word-for-word breakdown. The performance included an emphasis on various parts of the composition. The evening really began with a big band performance, along with more snapping and clapping from the choir.

The problem was that, despite a packed house, it appeared the audience may have been distracted by the Cardinals’ game. Several tenors and sopranos featured during the performance tried to galvanize the apparently lackluster audience.

A sassy blues vocalist garnered some response from various sections of the crowd, but the overall reaction was subdued and nonexistent.

At the end of the performance however, Marsalis would not be shown up by the Cardinals play-off game. Marsalis enthralled an amazed audience with his charisma alone.

At the end of the show, a cake was rolled onto stage for the musicians and a laid-back introduction from the trombone and bass. Eventually, this was joined by great clapping and snapping from the choir, whose bright red robes with white trim were appropriate to spirit of the St. Louis Cardinals’ baseball game against the Los Angeles Dodgers that was taking place at the time.

The show begins with an explosion-filled television set for the enemy. Unfortunately, Kennex leads his team into another explosion-filled television set for the enemy. Unfortunately, Kennex leads his team into another explosion-filled television set for the enemy. Unfortunately, Kennex leads his team into another explosion-filled television set for the enemy. Unfortunately, Kennex leads his team into another explosion-filled television set for the enemy.

Together, they fight crime while trying to understand what really happened in the ambush two years before that cost Kennex’s team their lives. Amidst all the crime-fighting, Kennex, Dorian, and the entire police force come to realize that there is a lot more behind that story than meets the eye.

The show begins with an explosion, leaving the viewer wondering what’s happening. If you are someone who enjoys a built-up block story, then this is the show for you. With some very heavy and detailed background information, the show does well with dividing its time between information and action.

Kenneks himself is a strong character but not someone who loves to share his feelings. His partner Dorian tries to warn him about the stress he puts on himself, but Kennex does not listen, instead keeping his pain to himself.

If you are someone who is a fan of robots, blood and action, check out the premiere of Fox TV’s “Almost Human” on Tuesday, October 22, from 8:00-9:00 p.m. EDT. It may leave you wondering at first, but the time the five first scenes are over, you won’t be able to take your eyes off the screen.

MOVIE REVIEW

Fox TV’s ‘Almost Human’ starts with a bang

DANYEL POINDEXTER
STAFF WRITER

Fox will shower viewers with yet another explosive-filled television show with the premiere of “Almost Human” on November 4, 2013. The show stars Karl Urban as John Kennex, a detective of the future, Kennex leads his team into another explosion-filled television set for the enemy. Unfortunately, Kennex leads his team into another explosion-filled television set for the enemy. Unfortunately, Kennex leads his team into another explosion-filled television set for the enemy. Unfortunately, Kennex leads his team into another explosion-filled television set for the enemy.

As a detective in this hectic future, Kennex leads his team into another explosion-filled television set for the enemy. Unfortunately, the ambush is anything but easy and the police team is killed in the crossfire. Kennex himself is severely injured and left in a deep coma.

Two years later, he awakens in a world where androids protect the police. His superior orders him to return to the force and, after referring time and again, he finally cares in. However, not liking his new android partner, he finds his own. Dorian, an older model of android, played by actor Michiel Ealy.

The film does a good job portraying these early days, with energetic pace and clever use of graphic elements to paint the picture of web releases and code scrubbing. The service Assange performed in exposing war crimes. Then, it changes to a let-the-props-handle-it-now tone once he agrees to share the information. Although there is a little acknowledgment that the media had not been doing their job, the film increasingly brushes past that and complaints about Assange’s ego or social skills.

Despite this disappointing turn in tone, the meaningful, Cumberbatch himself never seems as shallow and his portrayal of Assange always remains a level of respect for the real person.

In the act, the story is always a strong point in this film. Daniel Bruhl is very good as Berg but the real acting kings go to Cumberbatch, Bruhl and Beillemare as they are effective in their roles as WikiLeaks activists. Laura Linney and Stanley Tucci are sharp and even dryly funny at times as State Department officials sent scrambling by the release of Manning’s documents, although the point of their scenes seems pale and whiny compared to the civilian deaths being concealed. At the Guardian, David Thewlis is very strong as Nick Davies, the man trying to get the WikiLeaks information out to the larger world.

Together, they fight crime while trying to understand what really happened in the ambush two years before that cost Kennex’s team their lives. Amidst all the crime-fighting, Kennex, Dorian, and the entire police force come to realize that there is a lot more behind that story than meets the eye. If you are someone who is a fan of robots, blood and action, check out the premiere of Fox TV’s “Almost Human” on Tuesday, October 22, from 8:00-9:00 p.m. EDT. It may leave you wondering at first, but the time the five first scenes are over, you won’t be able to take your eyes off the screen.

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‘The Fifth Estate’ is a missed opportunity, failing on exploiting the issues of secrecy and abuse of power to focus on a series of complaints about Assange personally.

‘The Fifth Estate’ misses the mark, though Cumberbatch excels in role

CATE MARQUIS
A&E EDITOR

If you are looking for a film the debves into the story behind WikiLeaks, one of the most influential forces in a post-9/11 surveillance-drenched world, you would be better off to watch the documentary “We Steal Secrets: The Story of WikiLeaks” than the new narrative film “The Fifth Estate.” In fact, “The Fifth Estate” is less about WikiLeaks than Assange, and less about Assange than Daniel Berg, who is the real central character of “The Fifth Estate.”

Director Bill Condon seems ambivalent towards this subject. The film is based in part on the memoir of Assange’s former co-worker and ex-friend Daniel Berg and the film largely embraces his view.

Despite that, Benedict Cumberbatch, known to many as PBS’ “Sherlock Holmes,” does an excellent job as WikiLeaks founder Julian Assange in this seriously flawed film.

The film starts fairly well. Australian mathematician Julian Assange (Benedict Cumberbatch) travels to Berlin in 2007 to attend a conference of computer programmers, hoping to do a presentation on his new whistle-blower website WikiLeaks. The conference is dominated by gamers and Assange gets little attention until fellow programmer Daniel Berg (Daniel Bruhl) recognizes him and helps out. Impressed by Assange’s abilities and the website’s idea of being a portal for whistle-blowers to leak information while protecting their identity, Berg is eager to join Assange’s organization of hackers.

The aloof, white-haired Assange is wary at first but eventually lets Berg in on the first secret: the array of hackers are really just the elusive, brilliant Assange himself.

Other activists and programmers join them, including Marcus (Moritz Bleibtreu) and Brigitte (Carice van Houten), to build the website. Exposing secret footage of remote-controlled drone attacks on civilians and journalists in Afghanistan, they grab the attention of the world—and the U.S. government.
Women's volleyball fight for playoff spot

MATTHEW GIANINO
STAFF WRITER

As the University of Missouri-St. Louis women's volleyball team begins the final stretch of the season, they find themselves competing for a playoff spot. Entering this weekend's action against William Jewell and Rockhurst, the UMSL Tritons placed seventh in a conference that awards eight playoff berths. With seven games remaining, including four at home, the Tritons' playoff destiny lies in their own hands.

The Tritons' 5-4 conference record accurately depicts their up and down season. They began the season with four victories against quality opponents before encountering the spoilsports this weekend's games, their competitiveness. Entering their 2nd place finish. Malone had an impressive 6 saves, and Goakeeper Nick Lenkman, The #9 ranked Tritons will travel to Killen, Alabama to participate at the TVA Credit Union Classic on October 21 and 22.

UMSL's women's volleyball team trounced the Illinois Baptist Senators with a 3-0 sweep in the Mark Twain Athletic & Fitness Center October 15, posting 25-20, 25-22, 25-21 victory. Chelsea Burke, senior, nursing, and Jory Siebenmorgen, freshman, studio art, led the dominant lady Tritons with 10 kills each. Lindsay Meyer, junior, international business, added 39 assists, and Emily Bragg, junior, elementary education, led the Tritons with 19 digs.

UMSL's women's soccer team defeated the Illinois Springfield Prairie Stars with a score of 2-0 at Don Daniel Field on October 18. Matt Burrus, senior, international business, capitalized on a header from 35 yards out in the 62nd minute and two minutes later Jon Huelsman, sophomore, elementary education, had 10 saves. Mitchell Cassi, economics, and Cassie McFadden, sophomore, nursing, each added a shot on goal.

With a final score of 0-1, the University of Missouri-St. Louis women's soccer team fell to the Rockhurst Hawks in Kansas City, Missouri on October 13. Rockhurst scored the contest's only goal in the 49th minute. Triton McFadden, sophomore, nursing, scored the contest's only goal. The #8 Rockhurst Hawks in Kansas City, Missouri on October 13. The Tritons' 5-4 conference record accurately depicts their up and down season. They began the season with four victories against quality opponents before encountering the spoilsports this weekend's games, their competitiveness. Entering this weekend's games, the Tritons sported an overall home record of 4-1. Young attributed the success to the team's familiarity with their surroundings.

"I think part of it is comfort. Practicing every day in our gym helps our passing, and knowing what kind of serves to expect - float serves especially. Even the background takes a toll on people mentally." Strong local support may also be lifting the Tritons. During the October 15 game against Missouri Baptist, at the same time that the Cardinals were competing in the National League Championship Series, Mark Twain Athletic & Fitness Center hosted approximately 100 cheering supporters. The crowd went into a frenzy as the Tritons defeated their opponent in straight sets.

"We were mentally focused throughout the whole match and that's what we've been arriving for all year," Young said.

Capturing that mental focus will be integral to the Tritons improving their performance in tournaments. Last season the squad compiled a record of 3-9 in tournament play, including a first-round exit in the GLVC championship. This season the team has improved to 4-4 in such matches, and their next test will be an annual crossover tournament beginning later this week. Familiarity with the travel, pace and intensity of tournament play may help the Tritons sharpen their mental edge.

Maintaining competitiveness down the stretch will rely on the Tritons' ability to play to their strengths. "When the team is performing well, it has certain indefinable characteristics." We play good volleyball," Young said. "We play good defense and we block really well. The best volleyball teams in this conference play that way. [The problems start] when we get away from that." The Tritons' playoff chances may come down to the final match of the season, a home game against conference newcomer and perennial powerhouse Truman State. The Tritons did not fare well at Truman State earlier this year, but they are looking forward to a rematch with the Bulldogs. "Truman is nationally ranked," Young said. "We played them tight, but we didn't take any sets off them. If we block a little better and play a little better defense, we can play with anybody in this conference."
ARE EXAM RESULTS A FAIR WAY TO JUDGE STUDENTS?

POINT: Exams measure what you know

There's nothing unfair about judging someone's smarts based on how well they do (or don't do) on exams. How else are we supposed to measure progress (or lack thereof)? Next, we'll be arguing that grades are bad and everyone should receive transcripts filled with either smiley or frowny faces.

Exams are the more convenient way of gauging how much someone knows. No one cares about your testing anxiety or the traffic jam that made you so late to class that you only had forty-five minutes to scribble down your answers. Doing well on tests isn't just about showing that you're intelligent, but proving that you have the ability to retain information under stress. These abilities are integral to future success.

This is the real world. You're going to be tested all the time so get used to it. Not everyone has the time to get to know you and see what a well-rounded person you are. You will be judged on results, not on the validity of your excuses.

No matter what your circumstances are, learn how to do well on exams. You won't regret it. Test-taking is your time to shine as a student, so study up and do well.

COUNTER: Exam results don't matter

Testing anxiety and poorly-worded questions are just two of the reasons that students can under-perform on exams. Even multiple choice exams can contain curvesballs meant to throw off students, no matter how well they study. Exam results should be a very, very small part of overall grades. Doing well on exams means nothing if you can't retain the information afterwards.

A large percentage of a student's overall grade should not be based on exam results alone. Other assignments that gauge how well a student is doing, like written assignments, class participation, and group activities, should carry just as much weight, if not more. Even college admissions offices don't judge students based solely on test scores. They look at the whole picture, and we should too.

More accurate ways of judging a student's performance would be to look at who they are as a person and what they take on in their lives. How many other classes are they taking? How many jobs do they have? What's their home life like? As with many things in life, context is everything. With the constant pressure to overachieve, it's easy for students to forget that test-taking is not the only determinant of success.

However, Wartman is quick to separate this silver lining from the tarnishing pressures of a rapidly decaying civil and moral foundation. Wartman also points out the use of whole-foods, or foods without process and chemical preservatives, are popularized as a key to overall well-being.

In light of this depressing state of affairs, I encourage you to consider cooking at home this week. There are well-documented benefits to preparing dibbes for yourself. Cooking is an important skill and builds independence. Many of us avoid cooking because it seems difficult, but this is a misconception not rooted in reality. Infinite recipes exist requiring minimal skill and ingredient, many using one pot and returning in consideration of limited economic ability.

The desire to cook is an addictive process, a passion that grows and expands with each dish, successful or otherwise. The desire to cook is easily fed with free online recipe availability and in-store specials on quality ingredients and basic kitchen equipment. Contrary to common understanding, preparing your meals at home is much more economically viable than eating out. Kitchen cooking is easier on the environment, and becomes an exercise in frugality when we are forced to equal the necessity of eating as a hobby and investing exercise in addition to a biological requirement. With home cooking, you are certain of each ingredient's quality, storage and preparation, a process conducive to weight loss and increased wellness. Instead of deep frying frozen potatoes and pulling a meat patty out of a steam tray and shuffling it on a plastic-wrapped bun, you can bake your spuds and use a leaner cut of meat, dramatically slashing the calories and fat content in the process.

Here is some sound advice you can readily apply as you embark on your lifelong culinary journey. First, stock up on some basic kitchen equipment. Family members and second-hand stores excel at this step, shrinking your initial hardware investment. Start with a large pot, a saucepan, a large pan and a wok, a large bowl, a grater, spatulas and stirring spoons, some oven mitts, and a collander. Consider supplementing your in the fight for food frugality. After your kitchen is adequately equipped with the bare essentials, it's time to learn to cook. The internet is your friend on this one, as technique and recipe can be conjured up immediately and tailored to your specific dietary needs and time constraints. When you've found a few recipes you'd like to attempt, plan your trip to the grocery store.

Weekly meal planning cuts cost and time constraints, taking the anxiety out of feeding yourself on a tight budget and schedule. Methods like slow-cooking, premaking freezer meals and rotating leftovers stretch your dollar even further. Pay attention to the food prep process. Once you've got your recipe and your ingredients, have a few friends or roommates over for a collaborative cooking night. Pot-lucks and dinner parties are great ways to socialize, and spending time together in the kitchen reinforces social ties and camaraderie.

This Thursday is Food Day, a nationwide grassroots campaign created by the Center for Science in Public Interest. The event encourages schools across the country to set up demonstrations offering information about sustainable farming practices, food policy, and consumer trends. This Thursday make it a point to cook at home and have a discussion about food in America. Ask your mom for the recipe for your favorite dish, or get a group of friends together in a kitchen to cook together. Start the conversation about eating and obtaining food in America. For more information about Food Day, visit Foodday.org. Let's get college kids across the country cooking this week.
The Current has been a part of UMSL since 1966. In honor of the university’s 50th anniversary, we are reprinting articles from years past. This story originally ran on October 22, 2001. For more Jubilee Flashback, visit our website at thecurrent-online.com.

On October 22, 2001, The Current published a feature story on the artwork of St. Louis artist Gail Ritzer. According to Emily Umbright, Features Editor of The Current in 2001, Ritzer’s work focused on quilts as story art. An exhibit of her work was displayed in Gallery FAB, located inside the Fine Arts Building.

"Quilts have served as documents of domestic history in much the same way that books have recorded our public history," Ritzer said, as reported by The Current in 2001.

Susan Moseke from the Rutgers University School of Communications and Information defines quilting as a craft that has roots that go as far back as the early to mid-1800’s and is an important part of American heritage. Quilting has evolved, becoming more than just a means of staying warm. According to Moseke, quilting has been used as a medium for storytelling dating back to the crusades of the Middle Ages. In American history, quilting has been used to document the hardships endured by slaves and as a means of expression favored by women.

Many educators believe in the importance of using quilts as a way of educating our youth about a variety of cultures. Some teachers also use quilting as a supplement to the teaching of creative writing skills.

In contemporary times, quilts have been used to advance political and social causes. The Names Project AIDS Memorial Quilt is a celebration of individuals who have died of AIDS-related causes. The AIDS Memorial is cited as the largest piece of community folk art in the United States since 2010. In addition, quilting projects have been used to raise awareness for a number of women’s issues and on behalf of women’s crisis centers. In Tucson, Arizona, Quilt for a Cause, Inc., raised $125,000 on behalf of the battle against breast and gynecologic cancers by auctioning handmade quilts. "Sewing a Cure" has raised $750,000 for uninsured women in Tucson since 2003.

READ THE COMPLETE STORY AT THE CURRENT-ONLINE.COM