WELCOME TO UMSL
A GUIDE TO CAMPUS 2014
THE CURRENT STAFF

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WELCOME TO UMSL!

This Orientation Guide is designed to help you get acquainted with the University of Missouri-St. Louis. Inside, you will find helpful information about where to eat, how to get around, housing options, campus arts and entertainment, campus sports and more!

Visit thecurrent-online.com for additional content.

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

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The Current is now seeking students to fill a number of positions. These positions are available on a volunteer basis, pay or for internship credit. Applications are available on our website at thecurrent-online.com. Please submit completed applications to 388 Millennium Student Center or thecurrentjobs@umsl.edu to be considered for open positions. For more information, contact us at thecurrentjobs@umsl.edu.

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UMSL Offers Variety of Campus Living Options

SHARON PRUITT
STAFF WRITER

The University of Missouri – St. Louis offers a variety of options for students looking to live on campus. From dormitories to apartments, there’s bound to be a match for any budget.

OAK HALL

Oak Hall, located on South Campus, is reserved for students age 22 and younger, accommodates more than 400 students every year. Inside the 150,000-square-foot residential hall are four-bedroom suites. There are four private rooms in each suite; each suite includes a bathroom with a dual vanity and bathroom stall for the four students residents to share. Each wing of suites is aided by a Resident Assistant, who can help students adjust to life on-campus and get acclimated to their new homes.

Oak Hall amenities include cable tv and wireless internet, 24-hour laundry room and fitness center, 24-hour front desk and RAs on call, study lounges on each floor, and a heated pool for all students to enjoy. For a full list of amenities, and to take a virtual tour of Oak Hall, visit the website of Residential Life and Housing at umsl.edu/services/reslife.

VILLA HALL

Villa Hall, located on South Campus, is an option for on-campus living for students over the age of 23. Students in Villa Hall live in single bedrooms with either private half-baths, shared half-baths, or shared full bathrooms attached between adjoining rooms. Each floor also features communal shower and restrooms with enclosed stalls. Villa Hall amenities include cable tv and wireless internet, fully furnished rooms that include Micro-fridge, desk and chair, XL twin mattress and bed frame, and access to the Oak Hall pool, fitness center, and game room.

MANSION HILL

Mansion Hill Apartments are a viable option married students or students with children who are searching for off-campus housing. Students must be at least 21 and enrolled in at least three credit hours at UMSL to live at Mansion Hill. The age requirement is waived for students with children, students who are married, cohabitating, and students who have at least 60 credit hours and are approved for the athletic community’s residence hall. Mansion Hill Apartments are located on the campus of the University of Missouri – St. Louis, and on the UMSL shuttle route.

Mansion Hill offers both one-bedroom and two-bedroom apartments. Amenities include an on-site laundry facility, 24-hour on-call staff, a police substation on site, a clubhouse with 60” Flat Screen television, and a swimming pool for residents.

UNIVERSITY MEADOWS

At University Meadows Apartments, students can choose between a variety of rooms and rates. Efficiency units are 495 square feet and of unfurnished space, ideal for accommodating 1 or 2 residents. 1 Bedroom units are 637 square feet and have 1 bathroom and are unfurnished; 2 bedroom units are 610 square feet of furnished space, and have 2 bathrooms. 4 bedroom units are 875 square feet of furnished space and also have two bathrooms.

University Meadows Apartments are located on South Campus.

Living in University Meadows Apartments gives students access to the clubhouse, which has a flat screen tv, wireless internet access, and daily breakfast bar. Other amenities include 24-hour coinless laundry facility, a sand volleyball court, and swimming pool and spa.

A price comparison chart that includes a full list of rates on every option listed above (excluding University Meadows) can be found online at umsl.edu/services/reslife. For more information on University Meadows Apartments, visit universitymeadows.umsl.com.

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Getting Around Campus

HIKARI KOBAWSHI STAFF WRITER & JOHN LUDEMAN MANAGING EDITOR/NEWS EDITOR

The University of Missouri-St. Louis can often seem difficult to navigate with the separation of the North and South Campuses. Fortunately, a shuttle service that runs between the two campuses is available for all students, faculty, staff, and visitors and is free of charge. The campus shuttle has operations from Monday to Friday, 7:30AM-10:45 Monday-Thursday, and 7:30AM-3:30PM on Friday.

Although the main purpose of the shuttles is to transport the UMSL students, faculty, staff, and visitors, the service also provides leisure activities. On weekends, the shuttles take folks off campus to enjoy dining and shopping in nearby neighborhoods.

The shuttle service also offers the Friday shopping shuttle, which takes passengers to local grocery stores. Bikes are picked up from the main circle by JC Penny on North campus at various times, and are dropped off at other Schuhes on Pleasant or Shopko square on St. Charles Rock Road. Saturday shopping shuttle cars rider to their choice of the local Wal-Mart or Target. Participants are picked up from the Mansion Hill, Provincial House, and University Meadows student housing facilities.

Also on Saturdays, International Shopping Shuttle option is available. Like the regular Saturday shopping shuttle, participants are picked up from the Mansion Hill, Provincial House, and University Meadows student housing facilities. From there the shuttle runs to the China Town Square, located on the 8100 block of Olive Boulevard. The square contains the East Oriental Grocery Store, China Town Marker, Universal gifts and furniture, and Wow Ton King.

Keeping Students Safe at UMSL

LATIWAUNNA TROUPE STAFF WRITER

As our freshmen enter the campus this fall they need to know that they are safe. There needs to be a dialogue between the University and its students and visitors. The Campus Police at UMSL provide a safe community for students to thrive in.

At a safe haven for students there are Campus Police, whose headquarters are located next to the UMSL-North metrolink station. They can be seen walking or driving around throughout the campus to keep the sight of protection and safety.

The Campus police are approachable and take time to make themselves noticeable at various campus events, including New Student Orientation. Students, as they are a part of the many booths that showcase their services and availability to students. They have put new protocols and programs in place to ensure that they are offering the students and accessible to the student body this fall. We’re very student oriented, friendly oriented, and service oriented. Tanya Robinson and Lisa Leng, Field Training Instructor with the Campus Police, Resistance Against Rape (RAID), is a women’s self help program, partners in Pre-empive Police, and work with students to provide a safe and accessible campus.

Students should plan to be involved in said programs to make sure that they know what to be aware of as the UMSL campus grows to keep its reputation as being one of the safest universities in St. Louis.

Being safe on and off of campus is a must. UMSL is located in the North County of St. Louis and the general public has access to the campus as well. There are public buses that service the UMSL South metrolink station and there are many people that use it throughout the day. Students need to be aware of their surroundings.

Crime has taken place at UMSL and that is something that needs to be understood. There is crime everywhere, but being able to not become a victim to crime is what prevention is all about. Have a happy and safe freshman year.

WHAT'S GOING ON AT UMSL

KARLYNE KILLEBREW FEATURES EDITOR

At the start of each fall semester, University of Missouri-St. Louis launches its year-long blue into non-stop student activity, with amazing programs from the Office of Student Life. There are various student organizations and academic departments. Although the endless opportunities are amazing, the infinite list of exciting options can seem daunting. Here is an overview of some of the annual show stoppers that will hopefully make the selection and scheduling process a bit more simple.

Fall Expo
August 27, 2014: the annual Fall Expo will be held in the quad. Booths will allow students to visit with the executive board and returning members of different student organizations, learn about their goals, purposes and visions and hopefully take a interest in the many other international shops and venues.

For safety’s sake, video cameras are equipped both inside and in front of the shuttles. The shuttles are also equipped with GPS tracking. Students, faculty, staff, and visitors who are interested in shuttle services are advised to visit the UMSL Parking and Transportation web site at www. umsl.edu/transportation/shuttle/ for specific shuttle schedules, including pickup and departure times.

UMSL is predominately a commuter school, therefore many new students will be driving their own vehicles to campus. There are various parking lots that are available on both north and south campuses.

New students should be advised that parking can be tight and arrive early.

Before using student parking, new students need to register their vehicles and obtain a parking permit to avoid tickets and fines.

Semester parking permits and special permits for motorcycles may be obtained at the Cashier’s Office in 285 Millennium Student Center. Registration of vehicles can be performed online. More parking information, such as a lot maps and rules is available on the UMSL Parking and Transportation web site at www. umsl.edu/transportation/parking/index.html.

Students can also ride their bike or walk to get to their next destination. In fact, it may be the best way to learn what the school offers very quickly. Whichever route of transportation is chosen, UMSL tries to accommodate it to make students, faculty, and staff’s campus experience better.

For more information and help determining what is the best fit for you, stop by the Welcome Center on the second floor of the Millennium Student Center.

SAFETY TIPS

WHEN WALKING:

- Remain Alert. People may try to get your attention but if you do not know them, stay focused on your way.

- At night always walk with another person or in groups. Call a friend and place them on your speakerphone as you walk.

- If getting off the metrolink at night have someone meet you there or call Campus Police at 314-516-5155 to have them pick you up and escort you to your dorm, if you do not feel safe walking alone.

- Remember, the public transit buses come to the UMSL South station so you have to be aware that there will be all types of people at the station throughout the day and night.

- Keep possessions close and get back to your dorm or apartment safely.

PROPERTY:

- Keep your personal belongings in sight at all times. Do not leave anything unattended when you take the metrolink or the metro buses.

- If you are taking belongings such as baggage from your dorm to the metrolink be sure to wait for the shuttle to get to the metrolink safely.

- You are important so protect your identification cards and debit/credit cards and keep them inside your bag.

DRIVING AND VEHICLES:

- Keep valuables in your car out of sight or locked in the trunk and always lock your vehicle.

- Be aware that you are not the only one using the road. Be an active driver and be aware of your surroundings.

- Do not blare loud music as it may be distracting to other drivers.

Vendor are set up in a designated parking lot. Student organizations host individual fairs where students can stop and play games to win prizes as well as ask information about an organization that they might be interested in. Craftsmen and traveling arts stop shop by shop by, giving UMSL students keepsake from their day out and the thrill of taking pictures with beautiful, exotic animals (this is more than a docile store-bred pigeon). To keep the fun rolling, there is always a March音乐会 concert the night of the fair featuring famous artists. UMSL has hosted BOB, Jagger, Joven, and Gale and in the past.

Although these are the major annual UMSL traditions, they are certainly not the only sources of fun. Everything from 30 day Instagram competitions for parking spaces to lock-ins at the North have graced the UMSL campus. Be on the lookout in The Current and other informational sources on campus for upcoming events and programs.
Where to Find Arts and Entertainment on Campus

CATE MARQUIS
A&E EDITOR

As a college student, you want experiences beyond the classroom. The University of Missouri-St. Louis campus offers both arts and entertainment, so you can both relax and deepen your university experience.

There are several venues for A&E on campus, and UMSL offers a number of entertaining events and activities throughout the year. For a more participatory experience, University Program Board sponsors day trips that allow students to explore St. Louis by visiting sites like the City Museum, attending a Cardinals baseball game, or sampling activities like paintball.

PERFORMING ARTS

Blanche M. Touhill Performing Arts Center

For performing art of all kinds - dance, theatre, jazz and other music - the Blanche M. Touhill Performing Arts Center is the place to be. UMSL's grandest performance space, the Touhill is a beautiful modern venue that contains two performance spaces, plus a lobby with floor-to-ceiling windows that gives a magnificent view of campus.

The Touhill presents both international and national touring performances and campus performances. The bigger shows are in the grand main theater, the Anheuser-Busch Performance Hall, while smaller shows take place in the more casual Lee Theater, which is sometimes set up with small tables, cabaret style. UMSL students get discounts and many concerts are free for students.

Music is also plentiful at the Touhill. The biggest popular music concert of the year is the annual Birthday concert. As part of this spring one-day carnival, the university books a popular national band for an evening concert at the Touhill.

The Touhill also hosts numerous jazz concerts, including big-name touring musicians like Sonny Rollins and Chris Botti. It is also the home for the annual Greater St. Louis Jazz Festival in the spring. Free concerts by UMSL student jazz bands also perform here.

Classical contemporary music concerts have included ones by the ensemble Alarm Will Sound which performed their award-winning concerto-performance art fusion "1969" and the Grammy-winning sextet eightblackbird.

UMSL Center for International Studies' International Performing Arts Series brings international performers of all types to the Touhill.

VISUAL ARTS AND PHOTOGRAPHY

Gallery 210

UMSL has several galleries for art and photography exhibits. Gallery 210 is a professionally-run art gallery with a strong reputation for featuring excellent art of all kinds from nationally or internationally known artists. Gallery 210 hosts two annual campus exhibits - the "Exposure" exhibit, which spotlights fine arts faculty in fall and Parental Advisory, the student art majors exhibit in spring. Paintings, sculpture and photos are featured.

Gallery Visio

The student-run Gallery Visio concentrates on works by UMSL students, alumni and faculty. Gallery Visio hosts fun gallery openings with free food, music and generally a chance to meet and chat with the artists. It also offers students experience in mounting art exhibits and serves as a place for art majors to show their work. Visio hosts the annual International Photography Competition.

Other venues are Gallery FAB (Fine Arts Building), Mercantile Library and Public Policy Research Center.

The decision to move away from home and pursue an education in a new city is a big one, and certainly not an easy one to make. Perhaps you are an incoming freshman from a different city, an international student who has come to study abroad or a transfer student looking for a change of scenery. Whatever the reason, your adventurous spirit has landed you in St. Louis.

St. Louis is ripe with culture and teeming with art, history and adventure. One of the best things about St. Louis is its accessibility. The MetroLink is a quick and easy transit system, which connects many of the most popular streets and strips. As an UMSL student, you are granted a free MetroLink pass with your tuition payment, making it a great way to start exploring easily.

THINGS TO DO IN ST. LOUIS

FOREST PARK

Forest Park is a great starting point. This 1,300 acre public park in the heart of St. Louis is home to some of the areas finest attractions, many free, such as the Zoo, Art Museum, Missouri History Museum, Science Center and the World's Fair Pavilion. This area is also home to one of the best golf courses in the Lou and the Boathouse Restaurant (with paddle boats), as well as a spring and summer outdoor theater at the Muny and Shakespeare in the Park (another free attraction). Other activities include tennis, biking, teeing, picnicking and, in winter, ice skating at Steinberg Skating Rink and sledding on Art Hill.

THE LOOP

Looking to jam out? The Delmar Loop is rated "One of the Ten Great Streets in America" and is a short MetroLink ride from campus. Head to the Pageant to see a concert by one of your favorite bands, go to the Tivoli Theatre to see an indie film or enjoy the Hookah Lounge at Rambous. The area is full of unique shops and restaurants and also laptop friendly, so you can take advantage of the free wi-fi.

DOWNTOWN

If you are interested in getting that "big city" feel, downtown St. Louis is your stamping ground. Catch a ride to the top of the Gateway Arch and take it all in. Check out a game at Busch Stadium to watch a game by the World-Series winning team the Cardinals and grab a drink at the new Ballpark Village. Check out the art-you-can-play-on at the City Museum or the nighttime on Washington Avenue. Get lost while looking at the shops, museums, art and green as bocce balls roll by in the gardens. This is the birthplace of a uniquely St. Louis appetizer characterized by a hunk of meat enclosed between a crispy, fried golden breaded topped with Parmesan cheese - the famous toasted ravioili. Then grab dinner at Gelato Di Riso and play a pick-up game of soccer near St. Ambrose to work it off.

SOU'TRAL

Wanting a night out to remember? This historic, originally French area just south of downtown is known for its unique French, spooky, but magical street scene. Visit the famous Busch Gardens Oktoberfest, get your groove on at the famous Busch Gardens Christmas, see the annual Mardi Gras Parade. Grab an imported beer from ITAP (International Tap House), eat shop at the Farmer's Market and groove to some blues music. It is a great college party scene and you might find yourself getting a team together for trivia at Ulysser's.

OTHER GREAT NEIGHBORHOODS/SIGHTS TO EXPLORE

Grand Center has the Fabulous Fox Theater, the St. Louis Symphony's Powell Hall, artis cherokee Street, traditionally Irish Dogtown and Missouri Botanical Garden with the Climatron geodesic dome and Japonerie Garden.

New to the Lou?

SEAN MARSHALL
STAFF WRITER
Much Athletic Diversity for UMSL Students

JOHN "SAMMY" LUDEMAN
MANAGING EDITOR/NEWS EDITOR

The University of Missouri-St. Louis offers extensive athletic and on-campus activities to currently-enrolled students. For prospective students who have not learned the athletic breakdown of UMSL, and for uninformed current students alike, the following is a brief introduction of what campus has to offer.

UMSL Campus Recreation hosts activities for students who are interested in participating in sports in a more casual atmosphere. They host athletic activities for individuals and groups all year round. In fact, there are activities offered right now. Beginning June 2, Campus Recreation will be offering wellness programs including aerobics, spinning and fitness services. Campus Recreation's website, www.umsl.edu/recrep, provides a calendar to guide students on specific sessions offered, as well as prices and locations. From June 2 until June 5, wellness activities will be offered for free to students.

In addition, Campus Recreation offers intramural sports, Rock Treks and Martial Arts, which usually begin in the fall semester.

Intramural sports are offered to individuals and groups and include a sign-up process in order to participate. Rock Treks and Rock Climbing offer experiences at a reduced rate. There are also Tai Chi classes offered on Tuesday and Thursday evenings. Tai Chi has been proven to reduce stress and build muscle and will have the opportunity to learn under Linda Gason, who has been learning and mastering the subject for 11 years. Any level of experience is welcome; however, there is a small fee for students and the class size is limited to 20. More extensive details on all of the student offerings can be found on the Campus Recreation website.

Campus Recreation is in the Mark Twain Center located on the North campus. Upon entering the facility, students can enjoy fitness areas, gymnasiums, racquet sports, field sports and aquatic facilities. The facility has much to offer featuring saunas, locker rooms, an indoor track and an Olympic sized pool.

Access is free to enrolled students and is extended to alumni, friends of alumni, Express Scripts employees and the community through paid membership plans.

As for competitive athletics, the University of Missouri-St. Louis is better known as the Tritons. The Tritons have 11 total athletic teams. The men compete in baseball, basketball, golf, soccer, swimming and tennis. The women compete in basketball, golf, soccer, softball, swimming, tennis and volleyball. The number of teams has increased by two from last year, with the men and women's swimming and diving programs entering their first competitive season after having been eliminated after the 1995-96 season. Schedules for the sports' upcoming seasons have not yet been released. The Tritons official web site, www.umsltritons.com, offers a full guide to all of the competitive sports at UMSL. Included on the site are full team schedules, rosters and the latest Triton headlines.

UMSL has five facilities that host Triton athletics: The Mark Twain Building on north campus is where volleyball and basketball host their games. Soccer games are played on Don Dallas field and tennis competes on the UMSL Tennis Courts. Don Dallas Field and the UMSL Tennis Courts are located right against the Mark Twain Center on north campus. Softball competes at the UMSL Softball Field located north of Floissant Road. Finally, baseball hosts their games at the UMSL Baseball Field, located on the south campus.

With UMSL's extensive athletic offerings, students have no excuse not to find an activity that interests them and take a break from studies. In addition to the extensive student athletic offerings, it will be an exciting year to be a spectator of Triton athletics. This up-coming fall and spring, the Tritons will have much to live up to from their extensive accomplishments this past academic year. It is a great opportunity for incoming transfers and freshman to join in on the excitement of supporting and being a part of the Triton's highly successful programs. All athletic events hosted at UMSL are free of charge for students.

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Quick Tips for UMSL Freshmen

MICHAEL WIETHOP
STAFF WRITER

College can be a slight—or major—change from high school. It is a different experience for everyone. And, as one of those rare history majors, my experience is likely different from most. With that being said, I have lived through two years of college at UMSL and am confident I can offer new students useful tips from a seasoned veteran. So listen.

- Get enough sleep. I know it sounds cliché, but it is repeated so often because it is true. While you may be tempted to stay up until 2:00 AM browsing the Internet, it is not wise. If you wake up groggy in the morning you will not have as much attention in class, you will not do as well on homework, and finally you might waste more time napping.

- There is a time for partying and a time for working. If the two times fight, make sure the time for working wins. You are paying for a college education, not to have fun.

- Make friends. College can be stressful as old friends part ways to go to different colleges. Without friends, life does not seem as meaningful, so make sure you have some. Strike up conversations with people who seem interesting. Pay attention to see if there are other people in your major. Then make sure to hang out with your friends. They will make college life go by much better, and help prevent the boredom and loneliness that sometimes comes with the experience.

- Pay attention to campus events. There might be something worth attending, and the social opportunity can help you meet new people. I met one of my friends at an event for my dorm hall.

- Take transportation into account. My classes have often been on different campuses 15 minutes apart, and it takes at least 15 minutes to walk from one campus to another. Consider getting a bike or using the shuttles. If you use the shuttles, read the schedules near the stops to see when they come and go. Show up to the stop early; better to wait a few minutes than miss the shuttle.

- The final and most important tip: do not procrastinate. Avoid putting off your work...especially papers. I am a notorious procrastinator and frequently write whole papers the day or two before they are due. In the process, stress accumulates by the second like the ticking clock of doom. I miss out on some fun, I might make careless mistakes, and I lose a lot of sleep. Paper due dates may seem far away and sometimes they may be, but there is nothing to lose by starting early. If you choose wisely and start early, you can plan around your class schedule, not to have fun.

Thoughts of an UMSL Freshman

ABBY NAUMANN
STAFF WRITER

Passing through the Millennium Student Center this summer, you may notice an unusual number of parents and students riding up on the escalators with brilliant red who pumped up the morning morale or their stomach, and New Student Orientation dates: Tuesday, June 24; Thursday, June 26; Thursday, July 31; Friday, August 1 (Triton Take-Off), Friday, August 22 (Sunday, August 30)

Welcome Back, Students!

Visit the Thomas Jefferson Library and take advantage of the great resources and services the Library offers:

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New UMSL Students Need Not Hunger:
Dining Options for the Starving Scholar

JAMES BRAGADO
STAFF WRITER

While University of Missouri-St. Louis scholars can patronize the numerous vending machines scattered across campus, sometimes one needs more than just Cheez-Its and Pop-Tarts. Luckily, there exist several convenient and inexpensive dining options at UMSL where students can fill their stomachs.

For a wide variety of cuisines to satisfy the palate, take the escalator down to the lower level and enter the Nosh. This cafeteria offers sandwiches, sushi, and a salad bar, and it houses several food stations including Pizza Hut Express and Wow Café, serving chicken wings, mounds of fries, and other grilled and fried foods. If you are in the mood for Library to gather resources for your latest research paper, grab a bite to eat at Café TJ just inside the front doors. There is no shortage of coffee on UMSL’s campus, and Café TJ brews up Starbucks coffee as well as pastries, yogurt, and other light fare.

In South Campus’ Provincial House, students can indulge to their heart’s content at South Campus including vegetarian and vegan options. They also offer Food on Demand, a takeout menu with an assortment of meals for students passing by between classes or running late on their way to go watch the Tritons win another game. Students can order to-go items via easy-to-use electronic kiosks on location.

The Southside Café in Chicken Masala the day after.

Finally, the Oak C-Store is a convenient store located within Oak Hall. Operated by Sodexo, it provides everything you would expect at a local gas station including loaves of bread, cans of soup, quarts of milk and juice, boxes of cereal, snacks, and that classic standard of college cuisine, ramen noodles.

Students with a meal plan will be happy to know that it can be used at the above establishments (except Subway and Pony Espresso). In addition to the options available on campus, UMSL operates the Ferguson Lunch Trolley every Wednesday. This free shuttle service provides roundtrip visits to nearby neighborhood restaurants, including those specializing in Soul, Mexican, Chinese, and Italian cuisine. With pickup locations at Woods Hall and MSC on North Campus and Marillac Hall on South Campus, it provides a convenient alternative to on-campus dining.

As Virginia Woolf once illuminated, “One cannot think well, love well, [or] sleep well, if one has not dined well.” These words of wisdom are especially true for college students. For more information about dining options at UMSL, visit umslsmiling.com. Bon appetit!