Meal plans mandated for residents

CULLEN WILLIAMS
STAFF WRITER

While the University of Missouri - St. Louis is seen as mostly a commuter school, roughly 1,000 students chose to live on campus. The campus has a number of residential halls and apartments, but for those who live in either Oak Hall or Villa Hall this means a mandatory meal plan, with the exception of Honors Living Community in Villa Hall. The meal plans range from $1599-$1840 per semester, $1790 per semester, and $1675 per semester, depending on which option the student purchases.

The current meal plan options were put in place after Sodexo, an international food services company, was awarded a five year contract with UMSL, which started in January of 2011. The meal plan options available for lowerclassmen are as listed below.

Option 1: 100 meal blocks with a $350 declining balance ($1599 per semester)
Option 2: 150 meal blocks with a $250 declining balance ($1790 per semester)
Option 3: 200 meal blocks with a $150 declining balance ($1840 per semester)

Each student living in Oak Hall or Villa Hall is required to purchase a meal plan in order to live on campus. According to Gary Prellwitz, general manager with Sodexo, these plans are mandatory because, "Those facilities are not designed to have students doing a lot of cooking in their rooms." This suggests that the only way meal plans would ever be voluntary is if the residential halls had adequate cooking space for the students.

Once students have been set up with a meal plan, they are able to use their card in a variety of locations, including The Nosh, South Campus Dining Hall, Southside Cafe on South Campus, Cafe TJ located in the Thomas Jefferson Library and Einstein Bros. Bagels in the Millennium Student Center. However, the meal block can only be used twice per day, Monday through Thursday from 10:30 a.m. until 2 p.m. in The Nosh; though it's unlimited in the South Campus Dining Hall, which is located in the Provincial House.

It is the unlimited use, within the purchased blocks, which Corey Smith, freshman, engineering, praises. "I don't really have time to eat with my busy schedule, so it's nice that I can go to Provincial House and use my plan whenever and as often as I want."

However, he also expressed his concern about not knowing how many meal blocks were left on the card and the fact that, if not used, the meal blocks would disappear at the end of the semester. "It wasn't really explained. What happens when I don't have any meal blocks? And if I don't use all my plan, they [the meal blocks] get chopped off, which is really frustrating."

Another student, Marcus Scimio, freshman, engineering, stated, "Yeah, I would like to see a plan for freshman that rolls over to the next semester."

A forth option available only to returning residents has a balance of $1675 per semester without meal blocks. According to Prellwitz, a rollover, all declining balance plan for UMSL students that can be used over the course of a single academic year, is only available for upperclassmen and will not be an option for lowerclassmen. Also, when asked about the profit margin on each meal plan, he declined to answer.

Sodexo and UMSL administrate campus-wide surveys in order to make sure they are adequately serving the students, as well as keep comment cards in the dining hall.
Protesters seeking a special prosecutor appointed for the Michael Brown case planned to gather at I-70 and Hanley to stop traffic during rush hour. Protestors arrived around 3:20 p.m. and were met by police from surrounding communities, along with St. Louis City and County officers and the Missouri State Highway Patrol blocking off each access point to the highway. Police told protestors they had a right to protest but they could not protest on the highway because it would be a safety hazard for both protestors and drivers.

Officers warned the approximate 150 protestors to stay off the ramps to the highway or be arrested. Sergeant Al Nothum of the State Highway Patrol said 35 people were arrested. Nothum also said protestors threw rocks, concrete blocks and bricks. Most are being charged with unlawful assembly and a few are being charged with assault of an officer.

One woman in a protest shirt eluded police and made it onto the highway. She crossed the westbound traffic lanes and made obscene gestures towards the police and threw a bottle at them before being taken into custody. Most protestors did not want to cause trouble and wanted a peaceful protest.

A previous shutdown was planned on September 1, but was cancelled due to the family’s request. Some protestors did not receive notice of the cancellation and stopped traffic briefly around 4:40 p.m. at I-270 and West Florissant.

The idea to shut down the highway came from a previous successful shutdown in 1999. Activists shut down I-70 demanding the hiring of more minorities. While the stated goal of closing I-70 was not achieved by protestors, the demonstration did necessitate the closing of the Hanley exit near the Metrolink station near the University of Missouri—St. Louis campus.

A multitude of events have happened in the University of Missouri—St. Louis community this past week. Starting early Sunday morning just after midnight, UMSL Police drove over to Country Club Hills to assist with a short fired call. There have also been a number of car accidents on the UMSL campus. Two of which happened in the West Drive Garage near Thomas Jefferson Library; the other accidents occurring on South Campus and in the Millennium South Garage.

On September 10, the University of Missouri—St. Louis Police Department released a CLEARY Timely Warning about car damage and property theft occurring at The University Meadows Apartments. The vandalism and theft occurred over the past several nights. The Jeanie Clegy Disclosure of Campus Security Policy and Campus Crime Statistics Act requires universities to disclose any crime on and near campus. Along with car damage, some victims reported property missing from the cars overnight as well.

Anyone having information concerning these incidents is asked to contact Detective Kevin Buchheit by phone, 314-516-5160 or email buchheitk@umsl.edu.
MyGateway and internet downed for hours during storm

KAT RIDDLE
NEWS EDITOR

MyGateway and internet downed for hours during storm

UML gets a handle on student printing!

DONNA BRANDY
STAFF WRITER

UML gets a handle on student printing!

Why is there an additional $30.00 charge for printing? The question most students at the University of Missouri - St. Louis have been asking since the beginning of the semester. In actuality there is no additional charge for printing. Students have always paid for printing via tuition and fees. In the fall, the Print Cut system provided a white page cost of $0.03 and each color page cost $0.10, and their remaining balance.

Although it may seem like a hassle under this new printing method, transfer student Sam Killingsworth, junior, finance major said, “It’s fine with me. I went to Meramec before and there is only one place you can get free printing, so I like it.” The advantage of students repeatedly typing in their SSO ID and password adds security because "it protects you. If you didn’t log off of a computer and somebody comes and sits down at your computer, they had total access to your page count. They could print your 1,000 pages [and] nothing could stop them," said Rachel Vaughn, nursing senior. Previously, 20 pages was the white limit, but now the student has to print at any given time. Now, if they [the student] choose to print all 1,000 pages at one time, it can be done," said Doug Williams, manager, instructional support service, however the student then would exhaust their supply. For this semester, if a student did exhaust their supply they could ask for assistance to complete a work ticket to request $10 in additional pages. If the student has problems while printing pages, the staff worker can reimburse the student for the number of pages incorrectly printed.

For future semesters, if a student, staff, and faculty member has exhausted their $30.00 limit, a ‘Triton Personal Print’ declining balance system will have been created to add funds in $5.00 increments by credit card. Students will also be able to use the ‘Secure Print Queue’ where they can reserve their printing until they have access to a secure device to release the print job by scanning their TritonCard. Any student who wants to track their printing transactions and would like to know more information about the new printing method, please log on to http://www.umsl.edu/tritonprint and click on the MyTritonPrintapplication link.
UMSL blood drive meets and exceeds goals

DANIEL C. Hodges
STAFF WRITER

On Monday, September 8, 63 students, faculty, and staff each traded a pint of blood for a pint of ice cream, breaking a campus goal of 44 pints at the first blood drive of the 2014-2015 academic year.

The Mississippi Valley Regional Blood Center (MVRBC), a 501(c)(3) non-for-profit organization, returned once again to the University of Missouri System to aid in the blood drive from 11 a.m. to 3 p.m. in the Century Rooms of the Millennium Student Center (MSC). In comparison to an organization such as the Red Cross whose blood donations are distributed worldwide, the MVRBC provides blood to 88 hospitals across Missouri, Illinois, Wisconsin, and Iowa.

Headquartered in Davenport, Iowa and serving a population of over four million people, the blood center handles over 250,000 units of blood from more than 180,000 donations per year at their 16 permanent donation sites and over 4,000 blood drives. Each donation made can save up to three lives. The MVRBC is always accepting applications for volunteers, operations, support, or outreach. More information can be found on their website (http://www.bleedcenter.org/ join-our-team/volunteer-op­portunities/volunteer-pro­gram-overview.aspx).

In addition to the MVRBC’s free t-shirt, the University of Missouri-St. Louis partnered with them to offer a free pint of ice cream to students, faculty, and staff who donated a pint of blood. In the Anika Barnes’ opinion (MVRBC), offering the free ice cream certainly impact­ed turnout positively—giving away anything free would.

Several students noted that the promotion was not a factor in their donation. Some, like Joshua Jansen, freshman, biomed­ical engineering, were instead compelled to donate blood. “I’m donating blood because it’s the right thing to do,” Jansen said. Others noted that the pint-for-a-pint offering wasn’t well advertised. Tiffany Shock­ley, senior, criminology and criminal justice, “didn’t even know [the ice cream] was there until I was up there.” On the other hand, the donation itself was well-advertised; students interviewed saw information about the blood drive on Orgsync, the MSC bridge, and the inside of the MSC rounded.

In the past, the blood drive has attracted more than 70 UMSL donors in a day. This blood drive fell short of such an August number with only 63 donations, though well past the goal of 64.

The Mississippi Valley Regional Blood Center typically runs blood drives at UMSL approximately every three months, but will run the next one earlier on October 30, also in the Century Rooms of the MSC. Students planning on giving blood are advised to get plenty of sleep, drink water, eat a healthy meal (high in iron and low in

Associated Black Collegians host welcome week

From September 7 until September 12, the Associated Black Collegians (ABC) hosted their annual Welcome Week. Five days of events, this year’s ABC welcome week was filled with a variety of opportunities for any student to enjoy themselves and meet people.

The opening event was a Welcome Barbecue Picnic hosted at Oak Hall from 4 p.m. to 7 p.m, on September 7. There was a buffet style food station with build your own burgers, hot dogs with traditional sides, like potato salad and coleslaw. They even had veggie burgers to cater to those with a more particular palate.

DJ Kimmy Nu or Kimiya Simpson, junior, media studies, provided the musical entertainment for the evening. A sizable crowd with a large mix of majors, classifications, and ethnicities eventually filled up the patio area in front of the DJ booth to dance the night away. John Hood, freshman, succeed program participant, waved the crowd with his piuouette skills and flexibility. He later noted that, “it was awesome.”

The next day’s event provided another chance for people to get to know each other and play around a bit. From 8 p.m. to 11 p.m, the Pilot House was sanctioned as the place of ABC Game Night. Participants could come and bring their favorite games, or show up with nothing but themselves, ready to chitchat and challenge their peers. Despite a slightly smaller crowd, the previous night’s merriment was kept up amidst the easy competition and the sweet and salty snack table provisions.

The event was held on September 9 breached into more serious territory, from 4 p.m. to 6 p.m. in room 316 of the Millennium Student Center. ABC hosted a transition forum called #IWindWouldIKnown. A representative from each of the major departments essential to student success came out to chat with students about the particular services their offices provide, as well as the lesser acknowledged opportunities available to students who utilize those resources. The Office of Financial Aid, Academic Affairs, Career Services, Health Services, Residential Life, Multicultural Student Services, and the Office of Student Life each brought pertinent information about being successful at UMSL. Also, these offices brought commemorative little personalized trinkets for the attendees, such as UMSL pens and cups. If an attendant had any preliminary questions that they wanted addressed or any post event commentary, they could have posted it on Twitter or Instagram and have hashtagged it #IWouldKnow.

Although the social aspect of ABC is a major component and significant factor in realizing the organization’s overall mission, the Transition Forum was hosted to also augment what ABC President Tierra Brown, senior, media studies, has repeatedly said is, “our duty to raise the level of retention rate...it is our responsibility to express the importance of staying involved and overall we are accountable to making sure that our students graduate.”

This theme could potentially have been seen in the following night’s event on September 10, Stomp the Quad. Originally set to be held in the Quad, the event was relocated to the Pilot House because of inclement weather. Stomp the Quad presented the entire UMSL campus with a chance to learn something about National Panhel­lenic Council (NPHC) Greek organizations, commonly referred to as the “Divine 9.” Undergraduate members from each of the 9, historically black Greek letter organizations were present to talk about the history, general purpose, and values of their respective organizations.

Each organization also did a little step or stroll characteristic of their particular group for the crowd. Students potentially interested in being involved in Greek Life or simply looking to learn something about it were encouraged to come out and get to know some of the members.

The wrap up event for the week continued with the spirit of getting UMSL students involved in campus community life: “Take Me Out to the Ballpark with ABC.” Their early promotional activities encouraged students to purchase tickets to the Cardinals vs. Colorado Rockies game from the Office of Student Life and attend the game with the Associated Black Collegians returning members and E-board. Although attendance would have surely helped build relationships among the ABC community, it would also give the students opportunities to engage with the UMSL community at large. Judging by the crowds and the Instagram traffic on ABCW3W (ABC Welcome Week), there was no shortage of student engagement.
LouFest ends summer with a bang

CHRISTIAN DEVERGER
STAFF WRITER

St. Louis’ premier music festival, LouFest, did not fail to deliver this year. The 2014 event provided a weekend of exceptional musical performances in the beautiful Forest Park. Headlined by the Arctic Monkeys and OurFest, the festival drew close to 36,000 attendees in its two-day run.

While LouFest has only been a festival for 4 years, it has exploded in popularity. The festival has allowed St. Louis to experience big name performers that many would never get the chance to see otherwise.

Arriving on the first day, the most noticeable convenience was ease of access. The Metrolink Station at Forest Park-DaBalvierre offered bases running straight to the gates of the festival. Entering the festival was also quite hassle free, lines were short, and bag checks were simple.

Upon entering the festival grounds, the size of the event became immediately apparent. The grounds opened up and the four stages appeared, each spaced around the concert grounds. This allowed up to four different artists to play simultaneously. Even though there were often many artists playing at once, there was little sound overlap around the stage areas. The grounds themselves never felt cramped, and the stage spacing welcomed the opportunity for people to set up blankets, play Frisbee and other backyard games.

Day one performances began with the artists Kins, Big Bro’ther Thunder and the Master Blasters, and Colin Lake. With twenty performances throughout the day, there was no lack of music to choose from. Some of the more popular sets included performances by Washed Out, The 1975, and Cake.

The night closed with a powerhouse set by English rock band, the Arctic Monkeys. Beginning with the hit single “Do I Wanna Know?” and picking up speed from there, the set included many of the band’s popular hits as well as songs from their 2013 record AM.” Tracks such as “I Bet You Look Good On The Dancefloor” and “Brianstorm” made for an energetic filled and danceable performance, while classics such as “505” and “Florecent Adolescent” catered to older fans. Concluding with an encore and finally the song “U Mine?” the Arctic Monkeys delivered an entertaining performance that was an exclamation point on the first day of the festival.

The following day there was no drop in excitement from the crowd. Starting at noon, there were performances by the bands UME, Pretty Little Empire and Old Salt Union. Bands such as Portugal. The Man, Grouplove, and Matt and Kim played throughout the afternoon, all leading up to the reunited Hip-Hop duo, OutKast. Starting right as the sun set, OutKast delivered on all fronts. Excellent audiovisual effects on top of hit after hit made for one of the best performances of the weekend. Songs such as “I’m Sorry Miss Jackson” and “Hey Ya” closed out the festival with a bang.

Aside from being a musical event, the festival also was a showcase of St. Louis as a city. There were many options for food, and all were local favorites. Restaurants like Sugarfire Smokehouse and Mission Taco Joint each had tents set up. Other choices included Kaldi’s Coffee, and Strange Donuts, each offering their unique tastes. Prices for food were also reasonable, especially for an event of its size.

Schlafly, one of St. Louis’ local breweries, also had a large stand set up, giving concert goers a chance to try their many beers. There was a selection upward of ten different beers to choose from, lending to not only a diverse musical selection, but also a wide mix of different cuisines.

LouFest has been a platform to introduce the city to bands they may have never even heard before. LouFest is something that St. Louis should treasure, an opportunity that not every city has, and an event that everyone should try to experience.

‘Comic Explosion’ blasts through Gallery Visio

ASHLEE CARLSTROM
STAFF WRITER

There is a “Comic Explosion” at the University of Missouri St. Louis this month. Gallery Visio, the student-run art gallery located in 170 Millennium Student Center near the Pilot House, is hosting a comic show from August 27 through September 26.

The gallery set up three-piece comics around the space’s white walls, making the art explode to the viewers. There are 15 works of art created by young local artists in the St. Louis area on display. Almost all of the pieces are for sale and the show is free. Anyone can come and visit the gallery Tuesday through Thursday from 10 a.m. to 5 p.m. and Friday from 9 a.m. to 1 p.m.

The majority of the comics are drawn in the classic black and white, but a few are in color. The comics in color give a more modern vibe, with a Japanese comic appearance. More than half of the pieces are drawn with pen and ink, while the rest are digital prints or even a mix of both.

There are ranges of statements being expressed through the works, but several of the comics give off dark or explicit messages. Although the communication of the comics are edgy, the pieces are impactful to the viewer. For example, “Hel-lava World,” drawn on Bristol board/acid by Stuart Shadwell, is a sinister and evil-themed comic illustrating a conversation between the devil and one of his slaves.

On the other end of spectrum, there are some humorous comics that leave the crowd smiling. One of those comics is about a squirreled showing a fellow squirrel his favorite pastime: running in front of cars at the last possible second. Of course, almost everyone has experienced this moment, seeing this situation come to life as a comic allows the viewer to picture this event while remembering panic and frustration as the driver swivels and dodges the sneaky little squirrel.

“Comic Explosion” is a small and tasteful show with loud messages conveying stories that many individuals can connect to. Do not miss this display of powerful work, and make the effort to visit Gallery Visio to view this exhibit.
Volleyball bumps win streak to four in a row

ERIC HARRIS
SPORTS EDITOR

Stand were packed the past Saturday as the University of Missouri–St. Louis' women's volleyball team took on the University of Illinois – Springfield in this season's first in conference match. The UMSL Tritons' volleyball squad showed to be a true force to be reckoned with, taking a 3-0 clean sweep over UIS.

In the first set we saw plenty of action from the first serve. The Tritons took a quick lead in the first set, and at one point they had a 7 point lead but UIS gave a strong comeback attempt making the final score for the first set 25-20, Tritons.

The second set the UIS Prairie Stars came back on full blast keeping the score very close throughout the rest of that set until the Tritons broke away leading to a 25-19 win of the second set.

In set three the Tritons took complete control of the match and put up a dominating 25-14 to finish off UIS. Jory Siebenmorgen, sophomore, studio art, led the team kills Saturday with 15 followed by Carly Ochs, junior, accounting, with 12 kills, and Haley Brightwell, graduate, business administration, with 10.

Sunday afternoon the Tritons upped their record to 5-1 in a close match with McKendree keeping UMSL undefeated in conference throughout the opening weekend. After a tough first set of 29-27, the Tritons took control of the court in the second and third sets with scores 25-21 and 25-20. Final score from Sunday was 3-0 UMSL.

Jessica Ploos, junior, criminal justice, led the team with 8 kills.

Head Coach Ryan Young is excited to see how this team is coming together. "We played real consistent on defense and did a great job with our serving in our match today. We had a great balanced attack and everyone did a great job when called upon. Our back row players did a really good job in serve, receive, and buying into our defensive game plan," Young said.

This coming Wednesday the Tritons travel to Rolla to take on rivals Missouri University of Science & Technology. Next weekend UMSL volleyball is on the road to Romeoville Illinois to face Lewis University, then up to Kenosha Wisconsin to face the University of Wisconsin – Parkside.

UMSL Night bats at the ballpark

ABBY NAUMANN
STAFF WRITER

On September 12, the Office of Student Life led one of its most popular outings called, University of Missouri–St. Louis Night at the Ballpark, as a part of the Weeks of Welcome. At this outing, UMSL students were invited to experience a taste of true St. Louis culture—a Cardinals game. The tickets, which cost $15 for students, ordered ahead of time, guaranteed a free UMSL-themed Cardinals baseball cap and a free hot dog and soda at the stadium. Seeing as we're talking Busch Stadium, where a regular soda goes for $5.50 and the Build-Your-Hot-dog for $9, this was a considerable value. That's not including the tickets themselves, which were valued at $41 a piece.

Besides the outrageous value, students shared their enthusiasm about experiencing an important part of St. Louis together as a university. Kristin Winnegar, junior, communications, gave her perspective as a group leader with New Student Programs. "New Student Programs has crew leaders who have led students at events since this summer and the Triton Takeoff. Last weekend we had our first adventure at the St. Louis Zoo. [This weekend] 12 to 14 freshmen met with us before the game. Our job [as crew leaders] is to pump up the students going to events, get people excited about UMSL."

While some students met with leaders, such as Winnegar, at Oak Hall before taking the MetroLink to Busch Stadium, others arrived on their own. It became clear upon entering the stadium that there was an UMSL fever. A sea of red and gold had made their way up to their seats, and when the UMSL mascot, Louie the Triton, made an appearance, the section went wild. Louie accompanied Cameron Roark, Vice President of the Student Government Association, as Roark threw out the first pitch.

Overall, the UMSL Night at the Ballpark was a success for the Office of Student Life and Office of New Student Programs, who reported a revenue of 300 student tickets. The next WOW Adventure put on by New Student Programs will be September 26 to the City Museum. Be sure to check out future events in your Weeks of Welcome booklet or online at www.umsld.edu/newsstudentprograms.

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Computers often have to keep up with the ever-changing world of technology and constantly have to improve software and programs to stay functional. Having an outdated computer can lead to numerous problems that can wreak havoc on a person's life. Even opening a PDF file can be a hassle if your computer is not up to date. Since technology seems to move at the speed of light, it is very important to get the latest software and programs and constantly update.

Paring from an old computer can be hard but to stay on top of the technology you have to be prepared to get rid of the outdated Mac or PC. Here are 5 ways to tell when it is time to upgrade.

1. Computer is very slow

You may realize your computer is slow when you turn on your Mac or PC and it takes a long time to finish the start process or it takes longer so open or close a program. Opening a program usually takes a lot of memory to process. When it takes a longer time than normal to start up a program, this can indicate that the memory of the computer is low or that there are internal issues.

2. Programs crash way too often

When first buying a computer and using a program for the first time, the program usually runs normally. The speed of the programs generally are fast, with no signs of slowing downs or crashes, but as the months and years go by you may start to notice changes.

Programs take a longer time to load, sometimes crash in mid use or it just will not open at all. As your computer gets older and updates are more frequent, the programs suddenly cannot function as well anymore because your computer is falling behind the technology curve. This can be a sign that it is time to upgrade. Although there are other solutions to this problem, a new motherboard or a better video card can be purchased to help resolve the issue.

3. Software or programs are out of date

Since technology never stops moving, a lot of programs and software tend to fall behind the times. These programs and software become unsupported on newer hardware. This means if your computer has issues it is much harder to fix because there is not a programmer who can write the upgrade for the software anymore. It makes a problem that was once a easy fix become almost impossible which means you might need an upgrade.

4. Usage has changed

Computer users are unpredictable. It is very common for a user to suddenly want to change how they want to use their computers. Have an old computer but want to use the latest edition of Photoshop? It is much harder to do with an old model computer. Trying to add new components to an old technology may be very frustrating and can come with a lot of problems. Instead of buying a new computer, purchasing a new graphic card, adding more memory, or inserting a new driver may also help.

5. A more modern computer

Some computers are just so outdated that you cannot upgrade them. Connection cables will not fit to newer systems because the standards change. It counts the modern speed in kilobytes per seconds. With all this and more it is just time to get with the times and upgrade to a better functioning, newer computer.

Use these tips and decide if it is time to throw out the old computer. Technology does not slow down and everyday it seems there is something new in the tech world. Go ahead and make that upgrade. Not everything lasts forever, especially technology.

Finding the best time to upgrade a computer

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Landing the interview: resume tips and tricks

Have you been having a hard time landing an interview? Have you been spending hours on end applying for new jobs? Are you tired of being stuck at a dead end job that is completely irrelevant to your long term career goals? Well my friend, have you considered the possibility that your resume may be the problem? Now wait one second, I know you are probably thinking, "What's wrong with my resume?" Well honestly, I cannot really tell you any specifics right now, because I am likely miles away from you at this moment. However, I will do the next best thing and elaborate upon some of the dos and don'ts of resume writing. Please feel free to adjust your resume accordingly.

Dos: Paint a picture of yourself in your resume.

Are you a natural born leader? An independent minded innovator? A tech savvy genius? These are just some of the images that you may want to project to a potential employer. How can you produce such an image you might ask? It is simple, by creating a resume that highlights your passions, your unique skill set, your educational background, your work history and volunteer experience. By producing a resume that projects an image into potential employer's heads, you can give yourself a much needed advantage over other applicants.

Don't: Be dishonest in your resume.

Honesty is not only unethical it is downright corrosive to the productivity of an organization. That being said employers always further inquire into the history and nature of the experiences you list on your resume and are likely to discover any fabrications and inconsistencies on it.

So it is best to be completely honest on your resume and to simply highlight your skills and strengths rather than create falsified ones.

Don't: Double check your spelling and grammar.

I have personally seen employers discard resumes the moment they run across a spelling or grammar error, and I believe they are justified in doing so. After all, recruiters must sift through hundreds of resumes a day and they do not have time to waste valuable energy on applicants who do not even care to double check their own resume. Do yourself a favor and double check your spelling and grammar. Read it out loud and see if it flows, ask friends and family members to double check it as well. Do not let something as simple as a spelling mistake prevent you from landing your dream job.

Don't: Let bad etiquette prevent you from receiving a job offer.

Before you even begin to dream of writing your resume you should take time out to fix your etiquette, specifically your phone and online etiquette. You would be surprised how many times I have seen an application that was initially selected for an interview get discarded due to an applicant’s ring back tone, inappropriate voice mail message, a ridiculous email address or poor self-monitoring on social media. Be sure to present yourself in a professional manner through all of these channels in order to avoid narrowing your job opportunities.

Dos: Research potential employers and tailor your resumes to meet their needs.

President John F. Kennedy once said "ask not what your country can do for you — ask what you can do for your country." Well said, Mr. President! But in the case of resume writing I would encourage you to "ask not what your company can do for you — ask what you can do for your company." This attitude will allow you to think like an employer and will encourage you to write your resume in a way that will present you as a safe, reliable, and motivated potential employee.

Don't: Stop here

I have given just a little tidbit of information on how to improve your resume and avoid pre-screening pitfalls. However, the professionals at the department of Career Services here at the University of Missouri-Saint Louis are both willing and able to provide you with further assistance. They offer excellent services such as resume critiquing, interview skill development and job search assistance. Career Services is located in room 278 of the Millennium Student Center and can be reached at (314) 516-5111 or at careerservices@umsl.edu.
Three years since the release of his last full-length album, "Ashes & Fire," Ryan Adams' new, self-titled album is a genuine, carefree love story.

This album is different from his previous work due to the fact that he self-produced this album through his own record label, PAX-AM. His original alternative-country sound is gone and a new sense of freedom comes through in his music.

In "Am I Safe," "My Wrecking Ball," and "Let Go" the familiar soft tone with the sound of the acoustic guitar is shown and the vulnerability that Adams has always used in his lyrics is still apparent. The use of lost love or problems with communication between loved ones comes through in the lyrics to "Tired of Giving Up." When listening to songs such as "Troubled," "Gimme Some Thing Good," and "Stay With Me" the electric guitar remedies that and Adams' tone feels like a song from the Replacements or Tom Petty and the Heartbreakers. The vocals in "I Just Might" reminded this reviewer of only one person: Bon Jovi, and more specifically "Keep The Faith." With the use of a small rock band and a different vibe, this album feels more powerful than "Ashes & Fire."

Those three songs have a theme dealing with the idea of wanting more out of a certain situation or even in life, and doing more than just simply living life. Something that Adams has always been known for is his use of dreary and mopey lyrics. In this album, he pokes fun at his own music for those who say he always sounds the same. While it may seem like Adams has the same reoccurring themes in his music, it would not be the same if he did not write about human emotions and real-life situations. He did not have any restrictions with this album, and so he was able to produce these songs the way he had always envisioned.

Listening to this record, one may think that Adams is just someone who has a hard time finding and keeping love, or who has been mistreated many times that these words are just from experience. The truth is, Ryan Adams is always writing music that deals with his real life experiences and that is what makes his music so appealing to listeners.

A new sense of confidence is definitely something the reviewer would say helped put together such a fantastic album. With Ryan Adams not only at a high point in his career, but with his personal life as well, after giving up drugs and alcohol, he has brought a whole new perspective to his music.

This is not the kind of album that one just listens to once and understands where the artist is coming from. This is the kind of album that one listens to again and again and feels a different emotion each time. It shows Adam's growth over the years and creativity he brought out for this work. The self-titled album is relatable for not only the married folks but also the couples who have managed to survive past the honeymoon phase.