September 21 the Nine Network/KETC in St. Louis, along with WGBH Boston and WETA in Washington, pro­duced a show entitled “America After Ferguson.” The production was filmed at the University of Missouri—St. Louis’ Blanche M. Touhill Performing Arts Center E. Desmond Lee Theater from 2 - 5 p.m. “America After Ferguson” was an open town hall conversation about the racial tension believed to have been catalyst contribut­ing factor in the Michael Brown shooting, the reaction to the shooting, as well as other similar cases elsewhere. The event was hosted by co-anchor and co-managing editor of the PBS “NewsHour” Gwen Ifill.

Registration for the event was through Eventbrite and space was limited in the theater. Passes to the event were no longer available the week before. The Nine Network over sold tickets expecting to have overflow attendees watch a live film feed in the Anheuser-Busch Theater at the Touhill. on the day of the event they were able to fit everyone in the Lee Theater.

Attendees gathered outside the Touhill around 1:15 p.m. on Sunday after receiving an email that stated they would soon admit more people after 2:30 p.m. and seats were first come first served. Attendees were given cards for the “Race Card Proj­ect” created by Michele Norris. The card asked participants to write 6 words that came to mind when they thought of race. This project was created to instigate race conversations and was used intermittently in the program’s filming, but it also started conversations between people in line.

The issue goes far beyond Ferguson. This is a regional issue with deep rooted histo­rical implications,” said St. Louis resident Robert White III. Attendees were then given another card for prescreening purposes asking people if they wanted to speak and topics they would cover. These were collected with the Race Cards before entering the Touhill. Channel 9 crew members were interviewing people from the event as they were in line as well as staying after to give everyone a chance to participate in the conversation on the issue.

Ifill moderated the open forum discussion with an audience which included current and former elected officials such as U.S. Senator Claire McCaskill, St. Louis Alderman Antonio French, and former Mayor of Ferguson Brian Fletcher. Influential members from all over the country such as Constance “Connie” Rice, civil rights activist and the co-founder of the Advancement Project in Los Angeles, and the Police Chief of Cincinnati Jef­frey Blackwell. Also included were comments local media outlet Margaret Schneider, managing editor of “St. Louis Magazine”. The Brown family was invited to the event, but declined.

Former Mayor Fletcher started the campaign “I Heart Ferguson” and stated several facts about Ferguson that are ignored by the media and public since the Brown incident. He said that Ferguson was unfairly called a “suburban ghettos” even though it was named as one of the best cities of 2010. Before the Brown shooting, Fletcher said that Ferguson enjoyed a reputation as one of the more progressive cities in the region. He also stated a shocking fact that Ferguson insurance commu­nities would not cover damages sustained by businesses because the situation was deemed a riot. There is a donation fund set up to help those businesses get back up. The donation fund is http://www.gofundme.com/fundfer­gu­son.

“America After Ferguson” discussed the hot topics of racial profiling, discrimination, police brutality against people of color, and continued the dialogue of the events in Ferguson have restarted the conversation about race in America. Sena­tor McCaskill said she believes that the peaceful protestors were not given enough space to assemble and that the citizens have a “lack of trust” in their community leaders. When a local rapper “Tef Po” said that he felt change had not come, despite the sacrifices of past civil rights leaders such as Dr. Martin Luther King, McCaskill told him that people could have a great impact, especially on the local level. She encouraged the citizens to take leadership roles in elected offices so that the community will begin to reflect the values of its members.

WGBH Network previously recorded interviews with several influential people, such as former President Bill Clint­ton, playwright Anna Deavere Smith, and American Radio journalist and former host of NPR Michelle Norris, which were interspersed in the program.

Police Chief Blackwell faced a similar situation in Cincin­nati, Ohio in 2001 and gave encouraging words to St. Louis, “It’s going to be tough. First of all respect one another. It will get better.”

The show premiered on September 26 at 7 p.m. on PBS, “The Nine Network of Public Media encourages everyone to continue the conversation at #AfterFergusonPBS on Twit­ter. Those interested can also be part of an ongoing discussion by participating in the “Race Card Project” at http://theracecard­project.com/.

### MICHAEL HOLMES
STAFF WRITER

### KAT RIDDLE
NEWS EDITOR
**Ferguson unrest continues**

**WILL PATTERTON**
**CRIME REPORTER**

September 23, Michael Brown’s vigil was burned under uncertain circumstances. There are conflicting reports to how the fire started. Since the vigil consisted of lit candles, police claim that the fire was an accident, but residents in the area believe the fire was set deliberately.

That night, several people were arrested and two police officers were reportedly injured in Ferguson. The night of unrest is one of many following Michael Brown’s death on August 9. The incident started following several reports of gunfire in the area near the peaceful protests. According to KSDK, Beauty Town, beauty supply store on West Florissant was looted and the Whistle Spot Cafe was set on fire.

September 25, seven people were arrested after more protest, this time near Ferguson Police Department. Ferguson Police Chief Tom Jackson marched with the crowd hours after he issued a public video apology for the events on August 9. His presence raised tensions. Many residents in the area felt that the apology came too late and should have been done earlier. According to the Associated Press and other news sources, Mike Brown’s parents were “unmoved by the apology.” More controversy came when a local police officer was spotted wearing an “I am Darren Wilson” wristband. Police have been asked not to wear them anymore.

September 27, a Ferguson police officer was shot in the arm near the Ferguson Community Center. KSDK reported that the officer will be okay and West Florissant Avenue was shut down from Chambers Road to Interstate 270. Police are looking for the shooter who got away on foot. The shooting seems unrelated to the protests.

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**Ferguson Carjacking**

**KAT RIDDLE**
**NEWS EDITOR**

September 25, protests kept police attention away from a carjacking that happened less than a mile away in Ferguson. A 62-year-old woman and her 34-year-old son were at the Walgreens on North Florissant around 9 p.m. when the suspects got in their car, pulled guns on them, and forced the victims to drive. At one point, the suspects got a gun to the man’s head and threatened his life. The suspects dropped victims off in Spanish Lake where they were able to be picked up by a relative.

The suspects threatened to go to their house so the victims called 911, but told the police would respond, they never arrived. The victims had to go in Friday morning to the police station before the police opened an investigation. Ferguson Police Chief Jackson said that Ferguson Police are working with other agencies to keep citizens safe, but victims of this carjacking disagree. They believe the “violent protests” need to stop because they are preventing the police from responding to emergency calls from members of their own community.

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**EDIS NIKSIC**
Sophomore
Biology

“I’m looking forward to the hunting season. Being out in the woods and with nature and experiencing the rush of the hunting season.”

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**KRISTEN NACHBAR**
Freshman
Forensic Accounting

“The traditional fall things like football, bonfires, hoodies, and of course, Halloween.”

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**JACOB BROWN**
Sophomore
Finance

“Football… gives me something to do on Sunday; my internship for the experience.”

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**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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**GET INVOLVED**

Do you have a tip regarding a story? Have a correction to report? Do you have a question or comment for our staff? Contact us at thecurrenttips@umsl.edu. We look forward to hearing from you.

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

DANIEL C. HODGES
STAFF WRITER

Local company Emerson is beginning a partnership with the University of Missouri-St. Louis to offer scholarships to graduates of local high schools next fall semester.

The Emerson Community Scholarship Program (ECSP) will be offering $5,000 annual scholarships ($2,500 per semester) to graduates of the Ferguson-Florendo, Normandy, Jennings, Hazelwood, Riverview Gardens and Ritenour school districts," according to Associate Vice Chancellor-Communications Bob Samples. These scholarships will be available to new, incoming freshmen from these school districts, or transfer students who previously graduated from them. Samples also noted a supplemental scholarship will be offered to existing UMSL students who wish to mentor the ECSP recipients. Those student mentors are eligible for annual $2,000 scholarships ($1,000 per semester).

According to the "St. Louis Business Journal," Emerson has committed $1.5 million over five years to the scholarship program. These funds are equal to what Emerson previously donated directly to UMSL, said the "Springfield News-Leader."

According to an Emerson press release, the ECSP will offer 30 annual scholarships, focusing on students studying business science, technology, engineering or math-related fields. Other disciplines will be considered as well. The scholarship program is part of a new effort by Emerson to support the Ferguson community called Ferguson Forward. Ferguson Forward has four main points of focus: "Early childhood education; youth jobs, scholarships for college, technical and trade careers; (and) business development training."

"In addition to the 30 UMSL scholarships, Ferguson Forward is investing $750,000 toward supporting youth employment programs through MERS Goodwill and STL. Youth Jobs, the latter of whom will be able to expand into St. Louis County for the first time as reported in the "Springfield News-Leader." Ferguson Forward has also committed $1.75 million in scholarships over five years to Ranken Technical College for Ferguson-area students to study technical and trade skills. According to the "Springfield News-Leader," overall, Emerson has committed a total of $4.4 million "for scholarships and youth employment efforts in Ferguson and the area around the town."

Emerson was unaffected by the recent unrest in Ferguson. In an interview with "Fortune" magazine, Emerson spokesperson Mark Polzin said that the company was being run under standard operating procedures, and that they were in communication with authorities to ensure their continued safety. The shooting of Michael Brown happened on August 9, the unrest in Ferguson took place for approximately two weeks afterwards, and Emerson's Ferguson Forward initiative was announced on September 18.

How much the recent trouble in Ferguson had to bear on the development of Ferguson Forward is unknown.

Emerson Electric is a "Fortune" 500 (ranked 121) global manufacturing company headquartered in Ferguson, Missouri. Founded in 1890 by Charles Emerson, the company is a leading producer of electric motors and controllers, medical equipment, and industrial automation. Emerson Electric began moving its operations to Ferguson in the 1940s, according to Fortune magazine. Today, Emerson Electric employs approximately 132,000 people worldwide (approx. 1,300 in Ferguson) and has revenues of approximately $24.7 billion. Emerson stock rose 9 cents the day Ferguson Forward was announced and opened 34 cents higher the following day.

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Nancy Gleason honored by retirement party

Approximately 100 students, faculty, staff, alumni and others attended the retirement party for Nancy Gleason, associate dean, director of writing, and teaching professor at the Pierre Laclede Honors College. Gleason is currently celebrating her 26 years at UMSL, and is being honored at this event. Gleason has been in the University of Missouri-St. Louis just over the JC Penney lobby. Gleason has been at the University of Missouri-St. Louis just over 26 years. She had been in the English department for her first 11 years and at the Pierre Laclede Honors College for the 15 years following. Gleason will remain working part-time at the Honors College for three more years before officially leaving UMSL.

One of Gleason's personal biggest achievements was the creation of the "Bellerive." "Bellerive" is a literary publication where all UMSL students, faculty and staff are invited to submit creative works of poetry, prose, photography and art. The publication is put together by Honors College students enrolled in the "Bellerive" Workshop. The new issue of "Bellerive" was launched at a reception in Provincial House on the last Friday in February. It is celebrating its 15th anniversary this year. Copies of the publication may be purchased for $7 each or 2 for $12. For more information on the "Bellerive," please email Geri Friedline, assistant teaching professor of the Honors College, at friedlinege@umsl.edu.

"I attended UMSL," said Gleason, "and after teaching high school for several years, I came back for MA in English. I love this university and believe in public education."

Several speakers talked about Gleason's accomplishments while at UMSL, Robert Bliss, dean of the Honors College and associate professor of history, discussed hiring Nancy at the Honors College and her creation of the writing program. Ellie Chapman, former English department employee, spoke about being Nancy's mentor when she was in the English department. Dan Gerth, assistant dean and associate teaching professor at the Honors College, talked about her involvement in the Opportunity Scholars Program and how you could see her work there as emblematic of her service to the campus and students. Kris Balbuz, teaching professor of the Honors College, spoke about her as a friend and as someone who touches lives outside of the campus. Chancellor Thomas George also praised Gleason's achievements with the university before she spoke at the end about how touched she was by the party and attendees.

"I miss everything about her when she is gone. Thankfully, though, she will be working in Honors part-time for three years," Gleason said. "I knew I could not just stop being here completely because I would miss the students, staff and faculty too much." Gleason said. "But retiring from being associate dean will give me more time to walk more, read more, write a little AND spend more time with my family and my dog."

Gleason said, "I am more than happy if she wants to ever come out of retirement - even multiple times, like Brett Favre as long as she stays in Honors."

For those who could not attend the event, Balbuz and Jen Richardson, admissions representative of the Honors College, created an online guestbook for people to sign. Students, faculty, alumni, friends and others who knew Gleason over the years are encouraged to sign the online guestbook at http://ngleasonretirement.bravesites.com/.
Two new clubs have joined the family of University of Missouri—St. Louis' extracurricular activities. Founded in 2013, both are centered around encouraging the UMSL student body to live a life of health and wellness. These are the Triton Health Educators (THE) and the student athlete based program called, CHOICES! Tritons Think First!

The CHOICES program is close to the heart of the National Collegiate of Athletics Association (NCAA) and UMSL athletics; it encourages athletes to make smart and healthy choices. CHOICES is a program that is aimed to address high risk drinking and bring student athletes to the forefront of prevention. Triton basketball player and CHOICES member Kelly Kunkel, junior, business, said, "We host events promoting healthy lifestyles. Recently we partnered with the University Program Board showing different alcohol content levels. We also have a consent and safe dating program planned." Peer Leader of Triton Health Educators Megan Sandbothe, senior, nursing said, "I joined THE as a way to give back to my school, community and peers. I also accepted the position to challenge myself in an area such as public speaking and being an educator. Our goal is to appear at events and in classroom settings, in order to provide lectures, education, and resources to the UMSL student peers different health topic information. The group was founded last year when there was a marked need and desire for a group of peers to help a statewide peer program raise awareness of Prescription Drug Use. Since, then other programs and topics of choice have been added, for example CHOICES."

Members are asked to attend monthly meetings and help at tabling events, presentation and other various events and members also asked to complete training sessions on various topics so that they are able to educate peers properly (trained to become Missouri Certified Peer Educators)

According to Sandbothe, "Some benefits of being a member of this group include, getting involved with your campus and fellow peers, getting a chance to further your education and knowledge on certain health topics, social networking opportunity, it is a great resume builder, and you will become an asset to your school community and community as a whole by providing education and resources to other peers in need. you also get an opportunity to enjoy learning and helping from fellow students and having fun while doing so."

Triton Health Educators is looking for, and welcoming any UMSL peer that is willing and passionate about helping others become and stay healthy functioning students and members of society. The group meets twice a month in the Monstrano Room (by TLC computer lab) on South Campus. (first Tuesdays at 9 a.m., third Wednesdays at 3 p.m.) Interested in joining? Find out more by emailing THE at tritonhealtheducator@umsl.edu

ABC Greek step show wows

The 9th Annual Greek Step Show left the crowd exhilarated and wanting more. It was presented by the Associated Black Collegians (ABC), and they definitely showed up and showed out this year. The show was held on Thursday, September 25. Doors opened at 6:30 p.m. and the show began at 7:00 p.m. The big event took place in the Anheuser-Busch Performance Hall in the Blanche M. Touhill Performing Arts Center. The evening was comprised of talent from the Greek comedic sensations, brought back to host by popular demand, DeAndra "Dukk" Corder and his co-host, Nick "Mr. Bankshek" Banks. With an up-and-coming band, special guests, comedy, music and stepping styles of the Greeks, this show was going to be unlike the others. "The theme of the evening is remembering black excellence, and what it looks like even amongst travesty," said the President of Associated Black Collegians, Tierra Brown, senior, media studies.

The doors opened to the musical styles of DJ Kimmie Na, as a very diverse crowd paled in to get seats. This night showed that ABC was for everybody. The Executive Board of the ABC, President Tierra Brown, Vice President and Treasurer Jennifer Davie, Public Relations Officer Raymond Moore, Events Coordinator Crystal Atkins and Secretary Beanna Tarkinorton, made their way to the stage to get the show started. They did so with an introduction of the opening act Two-Twenty Seven the Band. The band is made up of alumni, graduate and current students of UMSL. They performed three of their songs; "Locdy Day", "Today" and "Get The Hate Out." Leader singer Lita Toq said some powerful words about the times we are in, "Spread some love to get some love."

The next act was Alpha Kappa Alpha Sorority. Incorporated. These ladies were very poised and graceful during their step routine. Even during their imitation of the five black male Greek fraternities, they did not miss a beat as they finished strong with their coordinated ending. They came out the comic flair of Dukk and Mr. Bankshek with their performance on stage and oncourt. The crowd was overwhelmed with laughter at their Greek parodies and relativity to everyday life. These sections of the show had the audience fully engaged. Then there was the rhythmic and electrifying performance by Phi Beta Sigma Fraternity, Incorporated. They really honed their skills for this night. With the yields of approval by the audience, they won the crowd. Coming back in to more music, the next act was up. Rapper Young Prince, who has opened up for such as T-Pain, then performed with a tribute to Michael Jackson. Then came the final act of the evening with a taste of what college and life was like. I saw the ABC Greek Step Show as a good way of exposing them to something positive," said Trey Gordon, head coach of Infinity Step Team. "It was their first time, and they were engaged the whole time! From the comic- cal MC's and different Greek organizations, they enjoyed the show! It's all about building our future leaders! Thanks ABC and the Divine 9 for a great show!"
ART REVIEW

University of Missouri-St. Louis' Gallery 210 opened in fall season with the annual "Exposure" exhibit series. "Notions of the Grotesque" features drawings and paintings by artists Travis Lawrence, Heather O'Shaughnessy and Edo Rosenblith. The free exhibit, which opened with a lecture and reception on August 23, runs through October 11.

The title is "Notions of the Grotesque," but that seems a bit of a misnomer. The images evoke the dark side of three diverse art styles: medieval, Victorian and graffiti. However, as the exhibit notes point out, the meaning of the word "grotesque" has changed over time. Now it usually means ugly, distasteful or repulsive. However, the original meaning of the word derived from an Italian word for 'grotto' or 'cave.' It is referred to frescos on the ceiling of Nero's unfinished palace that was rediscovered in the 18th century. The title of this exhibit harks back to that original meaning.

As you enter Gallery A, you see the works of Travis Lawrence, images that suggest medieval religious art heavy with symbolism and done in dark, ominous tones. Images reoccur throughout the 19 relief prints. Elephants, snakes, skulls, crowns, raindrops or tears, boats, castles and trees appear in intriguing combinations in the various prints, inviting one to puzzle out their meaning. The images evoke woodblock prints, illuminated manuscripts and stained glass windows. The images' suggestive meaning are enhanced by the evocative, often Latin-esque, titles like "Aviti Mundii."

The mysterious, dark compositions are laden with the suggestion of myth and meaning. An example is "Exodus," which features a wooden boat carrying three castle towers with flames sprouting from the windows and perched atop a giant green snake. The snake's head seems to be confronting the elephant head on the ship's bow. In the sky above, a hand descends from a stylized cloud with raindrops falling from the downward pointing fingertips. Next, one encounters the works of Heather O'Shaughnessy, Where Lawrence's works are presented in plain square wooden frames, all O'Shaughnessy's works, many untitled, are displayed in elaborate oval frames. The works are bas-relief works that suggest Victorian cameos and are also images infused with symbolism. However, these images in oil paint and charcoal are more brightly colored, but still use repeated images like skulls, hands and snakes. O'Shaughnessy presents cut-ways of heads suggesting medical texts, where we see skulls and flowing ropes of color which could mean veins, blood vessels or snakes. "Forget Me Not" is a stylized image that has the orderly restraint of a cameo pin. Yet, upon closer examination, that image is made up of multiple snakes in green, blue and black, which are interwining, swallowing or emerging from the mouths of other snakes.

The third artist featured in the exhibit is Edo Rosenblith, whose pieces reference street art, '60s underground comics and modern printmaking. Rosenblith has the largest work in the exhibit, "The Gathering" a reversed black and white graffiti-like mural that covers all of one gallery wall. The negative-like images drip white, rather than black, blood and are packed with visual references to violence and pop culture. All Rosenblith's works in this exhibit seem to have some homage to '60s underground comics artists, R Crumb in particular. Rosenblith's other works in this exhibit use comic-like line drawings, but are printed in bright monochrome, such as pink or blue. "Low Spectrum Series" is a succession of block print-like images, gouache on wood pane arranged according to the color spectrum.

The style of the three artists varies, but the effect as a whole is eerie, haunting and intriguing. All of which means that a trip to "Exposure 17: Notions of the Grotesque" is a perfect way to get in the mood for Halloween.

CATE MARQUIS
A&E EDITOR

AMY ZHANG'S NEW BOOK IS A HEARTBREAKING, HAUNTING TALE

Jacqueline Irigoyen
Staff Writer

Amy Zhang returns with a heart-gripping, haunting tale about the belief that suicide is the only way to stop the pain, in her novel "Falling Into Place."

Zhang is a high school junior who is just trying to get through the day. She was really close to her father, who passed away when she was younger. Afterwards, her mom was constantly traveling due to work and left her alone for weeks at a time. She hated coming home everyday due to work and left Emerson behind. She would drive around listening to music in her red Mercedes or do things with her two best friends, Jennie and Julia.

Zhang is the attention seeker, and Julia is the rich, yet humble friend who would smoke marijuana behind her parents back. Liz often drinks heavily, sleeps with too many guys, and is pretty much miserable, yet would never let anyone know it. Her favorite school subjects were photography and physics. She felt that photography gave her a little piece of happiness, because she got to escape reality and focus on the beauty that surrounded her.

Physics was something that she had always been good at. Eventually though, her depression and unhappiness went in the way of everything she once enjoyed, such as going to parties or just hanging out with friends. Instead, she was drowning away her sadness with drink and erasing her pain by sleeping around.

Finally, on a cold fall day, Liz felt like she had enough of being unhappy and felt that the world would be better off without her. She took what she had learned in her physics class that day, which was Newton's laws of motion, and put it into practice by crashing her Mercedes in a deserted area, expecting to die on impact.

The perspective of the narrator is surprising, and goes through flashbacks of what lead up to Liz's suicide attempt. Readers also follow Liz, her family and friends after the accident, as she is fighting for her life in the hospital. Overall, the book was well written and had a good story line. It may not be the best book this reviewer has ever read, and this reviewer probably would not read it again or recommend it.

The issues that Zhang addressed in this story are things that many people go through, but may not understand. The depression made the protagonist fill the voids and stop the pain with bad habits. It also made her feel like the world would be a better place without her. The story also ties in bullying, which is something that many people struggle with. After reading this book, this reviewer felt like Liz's story shows the world that a person can look put together on the outside, but in reality, they could be moments away from breaking.

Grade: C-
**Triton volleyball hosts tough conference rivals**

**ERIC HARRIS**  
SPORTS EDITOR

The Triton volleyball team faced a big challenge when they took on Great Lakes Valley Conference rivals Truman State this past Friday in the Mark Twain Health and Fitness Center. The Tritons came out swinging, keeping the score close in all four sets played. The University of Missouri - St. Louis took a 3-1 loss to the Bulldogs.

The Tritons won a very exciting third set but lost the other three with scores of 25-23, 25-22, 24-26, 25-19. The Tritons were leading in kills on Friday by Allie Ewing, senior, and Hannah Miller, junior, with 8 kills. The Tritons only gave up in the third set to Quincy with a final game score of 26-24, 25-13, 20-25, 25-19.

Head Coach Ryan Young was satisfied with the weekend, "Our kids battled extremely hard Friday and played a great defensive game, but came up a little short. Saturday we came out a little sluggish, but we came together and made a great comeback in the first game, which really set the tone for the rest of the match."

This weekend UMSL hosting Missouri University of Science and Technology Friday at 7 p.m. and Drury University Saturday at 5 p.m.

**UMSL soccer ends tough weekend with win**

**NICHOLAS PEREZ**  
STAFF WRITER

The University of Missouri-St. Louis Women's Soccer team had their three-game win streak come to an end on Friday night with a 2-0 loss to Great Lakes Valley Conference (GLVC) rival, Rockhurst University. The Hawks scored a goal in both halves for the win. UMSL slipped to 5-2 with the loss, and were 3-2 in the GLVC. UMSL is now in a five-way tie for second place in the conference standings. Laura Hurllbut, junior, elementary education, took four shots, while Jessica Minter, junior, nursing, attempted three shots. The Tritons owned a 13-11 advantage in shots on Friday as well as dominated the net on Sunday against William Jewell. But despite taking 21-6 shots on goal, the UMSL women's soccer team came up short in a 1-0 loss to the Cardinals on Sunday in GLVC. UMSL had six shots on goal including two attempts in the closing moments. Mary Hoffmann, junior, business administration, took a shot from the left side and hit the crossbar with only 90 seconds to play, while the last attempt went wide.

The UMSL Women's Soccer team falls to 5-3 overall, including 3-3 in the GLVC. UMSL had an 8-3 lead in shots in the first half and took three attempts on goal. Kali Thomas, junior, elementary education, almost gave UMSL a 1-0 lead in the 28th minute, but her shot bounced off the left post. Hurllbut took five shots for UMSL, placing three on target, while Sidney Allen, junior, elementary education, also recorded five shots. Hoffman took four shots. Megan Ohm, junior, psychology, played all 90 minutes, again, in goal, registering one save. The Tritons will be back on the field Friday, traveling to Missouri University of Science and Technology before a journey to Drury on Sunday.

The UMSL Men's Soccer Team, while the visiting team, Rockhurst delivered the men's soccer team its first loss of the season on Friday night with a 1-0 upset. The Men's soccer team fell to 5-1-1, 4-1 in the GLVC, which brought them into a three-way tie for third place. Despite having one goal get by him, Nick Lenkman, senior, business administration, had five saves, including two breakdown one-on-one saves in the closing minutes that prevented the Hawks from adding anymore points.

Coming back from their first loss of the season on Friday night, the Men's soccer team scored twice in the second half to record a 2-0 win against William Jewell giving them a 6-1-2 record also including 5-1 in the GLVC. Michael Schlemper, junior, criminology and criminal justice, came off the bench to score his first goal of the season in the 72nd minute from in the box with the assist to Evan Garrad, sophomore, biology. Then nine minutes later Nick Werner, freshman, undeclared, scored the win by putting a ball in the back of the net with an assist from DJ Bednar, sophomore, pre-engineering. UMSL outdoor William Jewell, 12-4, in the final 45 minutes, Tyler Collin, junior, accounting, placed all three shots on goal, while Chris Pearson, junior, early childhood education, put his two shots on target. UMSL Men's Soccer returns to the field on Friday, traveling to MST before a Sunday showdown at Drury.

**Triton in town**

This week:

**Tuesday the 30th:** Women's Volleyball @ Maryville University @ 7:00 p.m.

**Friday the 3rd:** Women's Volleyball vs. Missouri S&T @ 7 p.m.

**Saturday the 4th:** Women's Volleyball vs. Drury University @ 3 p.m. — Women's Tennis at the UMSL Women's Tennis Tournament, All Day Event

**Sunday the 5th:** Women's Tennis at the UMSL Women's Tennis Tournament, All Day Event

Chris Pearson, junior, fighting for possession of the ball during Sunday's game
Avoid midterm meltdowns

CYNTHIA MARIE FORD  
STAFF WRITER

Well, it is almost that time of year. Long nights studying, sleep deprivation, papers being graded, anticipation, all crammed into one stressful week. I am talking about exam week. Whether midterms or finals, it is something all students dread, but it does not have to be such a frightening time. There are ways around cramming, tips to the trade so that some students do not master until senior year. It’s all about time management, planning ahead, and keeping your eye on the prize. It is possible to ace an exam thrown your way with practice and pacing.

When asked, the University of Missouri—St. Louis student Tina Le, senior, accounting suggests, “Take good notes and keep all notes and PowerPoint organized.” Nothing will make you more prepared than attending class and paying attention.

And when it comes to study, note cards work wonders. It may be old-school, but the newer flashcards available on the market and phone applications can turn a boring notecard into something to remember. However, the most important way to plan for exams is as simple as looking through your course syllabus. Most classes provide a tentative schedule of all assignments, quizzes, and exams at the start of the semester. But with so many classes, it is hard to keep track of when each exam is. Personally, in my freshmen year I was provided with a free student planner. This was the best starting tool to use and I would suggest that students have one.

If affordability is an issue (because we all know how high textbook prices are) there are reasonably priced academic planners at a number of stores and even Microsoft Word allows you to print calendars/planners for free. Some students prefer using phone calendars and reminders, but for myself phone memos are unreliable, whether it be technical issues, the phone is off, reminders that failed to alert me, or misuse on my part. I have found it works best to physically write down important assignments. Writing things down not only visually reminds you, but leaves a mental sticky note in our brains.

Equally important, plan ahead: if there is an assignment due, give yourself ample time to complete it. Make note of the days you must work on these projects to avoid procrastination. If there is an exam Friday, create study sessions three weeks in advance for 15 to 30 minutes. It will be more useful than cramming seven chapters into a few hours.

So where does your break come in at? In order to have free time you must plan for it, so get the work out of the way as soon as possible to enjoy a day or two off. How to do this is simple and references our prior suggestion, which is to plan ahead. If you can plan weeks ahead, that is great. If you can plan months ahead, awesome!

Coffee brews health concerns

LOTTE JÖNSSON  
STAFF WRITER

A couple of weeks ago someone asked me, “Why do you drink so much coffee? It is bad for you!” I told them the same thing I have been telling for years. There is no proof, that coffee is unhealthy; however, it got me to think that this myth should be examined.

Various studies have shown different effects of coffee, some show that coffee is unhealthy, most of them that coffee is good for you. The Mayo Clinic’s weekly letter listed a few of the trials done on coffee finding that coffee reduces your risk of Alzheimer’s, Parkinson’s disease and Type 2 diabetes among others. But it is not only your physical health improving from coffee drinking, studies also show that women who drink coffee are less prone to depression. A Harvard professor also pointed out the fact that it does not affect risk of having heart problems or cancer; some studies even show that drinking coffee reduces the risk of different types of liver cancer.

But does that mean that you should drink as much coffee as you want to get all of these benefits? Dr. Rob Van Dam, an Associate Professor at Harvard School of Public Health, tells me that there is no medical internet site, that it depends on the amount and type of coffee drink. Ordering the more “modern” types of coffee such as Frappuccino or coffee with syrup might be bad for you, not because of the coffee, but because you increase the caloric intake. Also you should not drink so much coffee that you are shaking and cannot sleep. Earlier studies of coffee that targeted coffee as unhealthy also showed that those who are inactive, which are unhealthy, people who drink coffee tend to exercise less and smoke. They also tend to eat unhealthy. However, these are other lifestyle choices, associated with coffee, but it is not coffee in itself.

My opinion is that I will continue to drink a couple of cups of regular black coffee a day without having to worry that I will probably be aware of creamers and the more sugary not seem to be bad, rather it is the choices associated with coffee that can be bad and that we have to be on the look out for.

Battle of student mental health sinks and swims

ABBY NAUMANN  
STAFF WRITER

It would not come as a shock to any young adult who struggles with depression, anxiety, or another ‘meaningless’ physical or mental health concern, that there are not a whole lot of resources. In fact, there is not conversation about us at all. I guess we should not be surprised, since our struggles have been labeled “emotional” and “personal” for years-boolied up inside, packaged in a box of social disapproval, taped over with confidentiality laws, and stamped “your problem, not ours” since the discovery. Yet, on college campuses, where more and more resources are dedicated to those with physical disabilities, I have to wonder why there is still so little done for an issue so deeply connected to a person’s ability to learn, succeed, focus, and adapt? Why are we, who have been struggling to tread water, still expected to sink or swim?

Do not get me wrong, we are strong. Every day college students with depression and anxiety get up and face the world is a small victory; and we have goals and ambitions just like everyone else. We are future doctors, lawyers, and law-makers. We are members of study groups, honors students, and club presidents. But despite our ability to cope and thrive, I can not shake the feeling that a large injustice is done to us. We are expected to handle enormous amounts of stress while dealing with conditions for which stress is a danger, and we are expected to handle this stress just as well as our peers without this burden. Our only consolation is a vague name and phone number mentioned in the back of some orientation booklet under “psychological services.” There is no honor or certification, acknowledging the indispensable effort we put forth to succeed, given to us when we walk at graduation, nothing that will show employers or graduate schools the immense personal strength and tireless work hidden beneath our GPAs. We are largely underappreciated and unaided.

For my fellows, I have a message do not despair. Do not be ashamed of your battles, of who you are and the resilience you have. Do not hold yourself to an unattainable perfection. Do not blame yourself when others cannot understand. Be brave. Be proactive. I look forward to the day when society addresses mental health with the same gravity and compassion as physical health, when depression and anxiety are seen not as “personal problems” or emotional weakness, but as an authentic foe relatable to cancer and other tangible ailments. A day when the impact of stress and pressure on students is just as important as elevators, handicap ramps, and parking. Until that day, I will continue to raise awareness about mental health, and I am proud to be one of you.

WHAT’S CURRENT WEDNESDAYS

"Addressing the Challenges of Disabilities in a College Setting"

Join The Current and discussion leader Dr. April J. Regester, Assistant Professor of Special Education, for a lively, student-centered discussion. There are many unique challenges that students with disabilities face at the collegiate level. What ways can students, staff and faculty without disabilities better understand and be responsive to some of the challenges of their peers with disabilities?

When: Wednesday, October 1, 2014 at 2:00 p.m.
Where: MSC SGA Chambers
What: Discussion with Free Pizza Lunch
The 8th annual Undercover Weekend took place last Friday and Saturday. The two-day music event included ten local bands covering a wide variety of artists. From Rage Against the Machine to Rihanna, the show was musically diverse and packed with talent.

Friday night’s line-up consisted of five local bands performing thirty-minute sets. Night one began with Brother Lee & the Leather Jackals as Elvis, and was followed by Al Holliday and the East Side River Band as Joe Cocker. Search Parties as Hall & Oats, Bear Hive as LCD Soundystem and finally Volcanoes as Rage Against the Machine.

Each artist that performed on Friday night did excellent, covers of their chosen artist, however there were standout worth mentioning. Bear Hive did an amazing job capturing the spirit of LCD Soundystem, clothes and all. Opening the set with "Dance Yerself Clean" and continuing into a slew of excellent tracks, the electric performance got the crowd moving. Track selection, execution and exceptional lighting pushed Bear Hive over the top.

The final band, and perhaps the most excellent performance of the night, featured Volcanoes as Rage Against the Machine. Bursting onto stage with raw energy the band did an outstanding job stepping into their chosen performer. From stage imagery to clothing, for one night. Volcanoes became Rage Against the Machine. The group opened their set with "Calm Like a Bomb" and transitioned into "Bulls on Parade" and "Guerrilla Radio." They also played a selection of other hits such as "Bombtrack" and "Testify", finally closing with "Renegades of Funk." Everything about the set was on point. The vocals, drums and bass were delivered with power and emotion. The lines between songs sounded like they came straight from Zach De La Rocha’s mouth. Volcanoes used the energy and anger that Rage Against the Machine was famous for, and made it their own. They delivered to the crowd a masterpiece performance that was as close to seeing Rage Against the Machine as many will ever get.

Saturday’s performances kicked off with Brother Mouzone as the Flaming Lips, followed by Hidden Laken as The Cure, Bluefish as Rihanna. Backwater as The Poor Fighters and Valentine Hands as The Red Hot Chili Peppers.

While the second night had high expectations to live up to, there was no disappointment. Each performer did a fantastic job taking the musical elements of their chosen artist and delivering them to the crowd. Perhaps the most unique and standout choice was Bluefish as Rihanna.

Taking the challenge of covering female R&B singer Rihanna head on, Bluefish delivered. Distilling the unique sound that Rihanna created, the band delivered a set that was unmistakable. Yet, at the same time, they flawlessly blended their sound into each of the chosen tracks. Bluefish opened with "We Found Love," then "Umbrella" before brining on a brass quartet comprised of University of Missouri St. Louis’ students for "Diamonds." Perhaps the most amazing selection was the closing song "Stay." Behind amazing musical balance, the vocal harmony sent chills through the crowd.

The impressive set was profuse with tight percussion, excellent guitar and bass and outstanding vocals. All in all, Bluefish put on an unreal performance that may have been the highlight of the entire event.

Between showcasing local talent, providing outstanding music, and allowing a chance to hear live renditions of artists they may never see, Undercover Weekend was an absolute success. The annual event is one of the St. Louis’ hidden treasures. It provides entertainment to fans of all musical genres and should not be missed.

**Alumni attend Founders’ dinner at Ritz-Carlton**

The Ritz-Carlton Hotel in Clayton hosted the 23rd annual Founder’s Dinner for the University of Missouri-St. Louis. The banquet was held in a large banquet room lit with hanging chandeliers. The evening began with a cocktail reception in the hall outside of the banquet room. There were many UMSL faculty, staff, students and alumni who attended. While most attendees visited outside the banquet hall, a select group was ushered into the V.I.P. room.

The V.I.P. area was designated for the Chancellor’s and Founder’s members, Chancellor Tomas George, stated, “The Founder’s Dinner has been going on for decades... mainly recognizing donors and getting together with friends of the university. [The Founder’s Dinner] made sense... relates to how people are making it grow.”

One of the Founder’s of UMSL, former State Senator Wayne Goode, said the University was a “move towards urban education,” and he expressed that he was fortunate to be in the Missouri Legislature. “…my first year, 50 plus years ago.” Being involved in legislation from the beginning set Goode up for becoming a Founder of UMSL. Goode was appointed to the University of Missouri Board of Trustees in 2009 by Governor Jay Nixon. He served as chairman of the Board in 2013.

Lyle Britzende, director of plan giving at UMSL, said, "The Founder's dinner is an annual event that UMSL hosts every year... [while recognizing] faculty and staff who have served the university over 25 years... It's a terrific event. Everybody looks forward to it all year long." After leaving the V.I.P. room, dinner began, followed by speeches and awards shortly after. The 60 plus tables were booming with intellectual and exciting conversations during the meal. Once the dinner settled down, Chancellor George delivered his speech. Regarding the university, George said, "We are young and mighty, but feisty" and "holding strong in enrollment."

There were many awards and acknowledgements, such as respecting those who have worked at UMSL for 25 years and distributing the Chancellor’s Award for Excellence. In addition, five alumni were appreciated and given an award for the exceptional work they have done after graduating from UMSL. The five alumni included, Kathleen Boyd-Fenner, Barbara Willis Brown, Robert "Bobby" Norfolk, William Shang, and Claire M. Schenk. One alumna in particular brought many people of the UMSL community together for one night of celebration.

Wayne Goode (left), founder of UMSL, Tom George, chancellor of umsl, Richard K. Jung, Ed. D. Senior partner of Education Access Strategies, and Don Downing (right), Chair of the umsl board curators