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Gallery 210 hosts a winning set of exhibits to kick off its fall season

GARRETT KING
Staff Writer

Gallery 210, University of Missouri – St. Louis' resident exporter of St. Louis art and culture, kicked off its fall season on September 6 with a public reception. The gallery's latest additions—"Exposure 15," the UMSL Faculty Jubilee and "Whelm" (the large metal sculpture displayed on the gallery's lawn)—were just a few of the attractions in an evening of food,

music and culture. As is typical of Gallery 210's receptions, the artists whose pieces were on display came to join in the festivities and field the questions of 210's eager patrons.

Thursday's reception welcomed Deb Douglas, Heather Corley and Gina Alvarez, who presented their work in "Exposure 15." Professor of photography, Dan Younger, associate professor and fine arts coordinator Jeff Sippel, associate professor of graphic design Gretchen Schisla,

associate professor of art and art history Phillip Robinson and professor of art and art history Ken Anderson (all UMSL faculty presenting their work for the Jubilee) were also present, as was Army Nadler, the sculptor behind "Whelm."

The artists' work varied immensely. For "Exposure 15," Douglas's work featured blown up collages; Corley had a unique sculptural piece called "Certain Uncertainty," which took advantage of the gallery's accommodating space and Alvarez had several abstract features, including some that were partially housed in blown glass containers.

By contrast, Nadler's "Whelm," a very noticeable piece by virtue of its prominent placement near the Millennium Student Center's north parking lot, is a mass of metal rebar knotted into a spiral sculpture.

The work of the UMSL faculty on display for the Jubilee held an equal degree of eclecticism and

included sculpture, silk-screens, sketches, photography and even a graphic design portfolio.

Douglas stuck to mediums like enamel paint and graphite, Alvarez used paper and mixed media and Corley employed cardstock, string and dye. Each artist's work communicated different themes. Douglas prefers to capture such abstractions as nostalgia, relationships and pattern in her work. Meanwhile, Alvarez's pieces communicated a sense of wonder and mystery.

The artwork on display for the Faculty Jubilee was just as varied, featuring Younger's evocative photography, Anderson's bizarre sculptures, Sippel's exquisite canvas paintings and Schisla's graphic design work. Ken Anderson's Frankenstein-esque pieces were particularly noteworthy, featuring bits of found objects assembled into strange sculptural hodgepodes with titles like "Hot Hoodoo Heat."

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Exposure 15 at Gallery 210.

Photo by Yeseul Park/The Current

UMSL promotes HIV awareness

SHARON PRUITT
News Editor

University of Missouri – St. Louis's Office of Health, Wellness, Counseling and Disability Services promoted HIV Awareness by setting up an informational table in the Millennium Student Center's Second Floor Rotunda on August 29 from 10 a.m. to 2 p.m. The table was set up to remind students that free HIV testing and a variety of other health-related services are available to them.

"I have found that by having weekly tables on specific areas of healthcare, a lot of students have various questions that I'm able to help them with," Kathy Castulik, health educator, nutrition specialist and diabetes educator for the Wellness Resource Center, said. "I also let students know about Health Services: who we are and what we have to offer."

Students may also be seen by nurse practitioners for assessment and consultation; there is no fee for the majority of services that do not include lab testing. Patients may be seen on a walk-in basis, though students are advised to make an appointment when possible. Referrals to medical facilities are provided when deemed necessary by a professional.

University Health Services offers allergy injections, weight, blood glucose and blood pressure checks, contraception and



HIV testing station.

Photo by Yeseul Park/The Current

birth control services (including emergency contraception), pregnancy testing, well woman exams, immunizations, illness and injury visits, physical examinations, laboratory testing, diabetes assessments and self-management, nutrition assessment, alcohol awareness and education, HIV and STD testing and urine drug screening. These services are free for students.

University Health Services can also help students with smoking cessation education and guidance. (continued on page 3)

UMSL Career Services holds first job fair of the Fall 2012 semester

ALBERT NALL
Staff Writer

The University of Missouri – St. Louis Fall Internship & Job Fair will be held on September 14 at the Mark Twain Building from 10 a.m. to 2 p.m. The fair will provide an opportunity for job seekers and prospective UMSL graduates to network and discuss internship and employment opportunities with organizational representatives at one location.

"Job fairs are not just for current students. They are also there for people in the community, UMSL alumni as well as individuals representing the companies in attendance," Teresa Balestreri, Director of Career Services at UMSL, said.

Krista Hedrick, a staff member in the Career Services Office, commented

on the many ways in which job fairs can benefit employers. "There is still time for prospective organizations to get into this fall's event," Hedrick said.

While some students may be tempted to contact companies before the job fair to get a leg-up on the competition, Balestreri advises against it.



Writing a resume at the workshop.

Photo by Yeseul Park/The Current

Balestreri added that over 100 employers, schools and other professional organizations are expected to attend, and the numbers are being updated daily.

The best way for job seekers to prepare for a job fair is to research companies beforehand. Ideally, job candidates will (continued on page 3)

Campus food made easy

ANYA GLUSHKO

Assistant News Editor

There are four easy ways to stay healthy and on top of your college career: get enough sleep, study, relax and eat well. The latter can be a problem for busy college students, but conveniently, it is not difficult to find a place to eat at the University of Missouri – St. Louis campus. It is important to find a place that suits your taste and demands the best.

South Campus's Provincial House, which is powered by Sodexo Dining Services, features a rare food-on-demand program. Students can order their meals at a computerized kiosk and have their food cooked almost immediately by Sodexo chefs.

The Provincial House dining hall features an all-you-can-eat buffet setup and offers a wide range of foods to please everybody's taste buds. Students can get soup, salad, pizza, pasta, homemade desserts and more. Fresh drinks include natural juices in flavors such as grape, orange, apple and cranberry. Many of the entrées include a "Build your Own" option that allows customers to customize their meals. For instance, one can order a sandwich without bread, and it will still be served as artistically as a picture on the plate.

In addition to variety, Provincial House offers unbeatable accessibility for UMSL students and staff.

"It is a convenient place to bring friends and family because it is right next to the residence hall," Maureen McCarthy, senior, anthropology, said.

"I like eating at Pro Ho because there is a fixed price every time, and you can use your meal plan," Christian Cahill, sophomore, studio art, said.

In addition to variety, Provincial House offers unbeatable accessibility for UMSL students and staff.

North Campus's Millennium Student Center hosts several fast food options. In the Nosh, there is plenty of selection, from pizza to sushi. The Pilot House contains our newest addition, the local Subway. And for a quick breakfast, beverage, or light snack, the MSC second floor offers Einstein Bros Bagels.

"I like the Nosh because there is a large variety to choose from," Shatera Davis, sophomore, undeclared, said.

The Nosh has several restaurants. The soup and salad bar offers healthy choices of veggies, homemade soups and fresh baked bread. At Simply to Go, one can grab an already prepared meal, choosing from sandwiches, salads, desserts and microwavable meals. WOW! Cafe is famous for its spicy chicken wings and other southwestern-style meals.

"It is fresh every day; I am sure of this because I work here," Nikki Malone, a restaurant employee, said.

The Nosh also offers hot pizza, homestyle cooking and international food to meet a wide array of demands.

Sushi by AFC brings an exotic flavor of oriental culture to the Nosh; it also offers vegetarian options such as cream cheese sushi and vegetable rolls. (continued on page 4)

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Crimeline and Reports

Indecent exposure reported at Clark Hall

September 6, 2012 - 12:40 pm
A student reported she was approached by a suspect while on second floor in the hallway of Clark Hall located on the North Campus. The suspect initially asked her where the men's room was located. He then went into the men's room and returned moments later to ask her if she knew where he could register for classes. She gave him instructions and he then asked if he could masturbate and then exposed himself. The victim was not physically harmed or injured during the incident. The UMSL Police Department was notified shortly after the incident occurred.

The suspect is described as a black male in his late teens or early 20s; approximately 5 feet 7 or 8 inches in height; long thin dreadlocks (shoulder length or longer), medium build; wearing a blue button-up long sleeve shirt with Vaterott logo and dark pants. The victim chased the suspect from Clark Hall towards the Millennium Student Center and then lost sight of him. The investigation is being conducted by the University of Missouri Police Department. Anyone with information that may be helpful in the investigation is asked to call the UMSL Police at (314) 516-5155.

What's Current

Monday, September 10

Wellness classes sponsored by Campus Recreation
Campus Rec's Fall Wellness Programs have certified fitness instructors teaching classes such as spinning, aerobics, body challenge, step and tone, yoga, water exercise training and more. Sign up in the Campus Rec Office, Mark Twain 203, (314) 516-5326. For class descriptions, schedules and fees, visit www.umsl.edu/services/recsport.

Monday Noon Series: "Germany's Cowboy and Indian Culture"

Paula Hanssen, coordinator of German Studies at Webster University, explores Germany's Cowboy and Indian culture. German author Karl May's popular Western novels formed the typical German youth's view of the American West and Native American culture. Presentation includes clips of films based on the novels and the annual Karl May festival. Event is 12:15 p.m. to 1:15 p.m. in J. C. Penney Conference Center 402 and is free. For information, contact Karen Lucas at (314) 516-5698.

Pizza meet and greet with Delta Sigma Pi

It's recruiting season for Delta Sigma Pi, a fraternity for men and women pursuing careers in business. Join DSP for free pizza and refreshments, 1:45 p.m. to 5:45 p.m. in SSB 218. For information, contact Stacy Bueneman at (314) 761-9951.

It's about time (management)!

This Center for Student Success workshop teaches how to improve grades, improve quality of life and divide time between work and recreation. This workshop will help you examine how you spend your time and how you might be able to become more efficient in your role as a student. Workshop takes place 3 p.m. to 3:45 p.m. in MSC 225. For information, contact Antonette Sterling at (314) 516-7994.

The major challenge: choosing a major

Have you ever questioned your major choice or wondered if you will find a major that's right for you? This workshop debunks common myths such as "There is only one right major for me" or "A major is the same as a career." You will learn how to identify majors and career paths that are a good fit for your personality, interests, strengths and values. Workshop is 5 p.m. to 5:45 p.m. in MSC 225. Students may follow up for individual assistance. For information, contact Antonette Sterling at (314) 516-7994.

Tuesday, September 11

Last day to pre-register for UMSL Fall Internship & Job Fair

Last day to pre-register for UMSL Fall Internship & Job Fair on Friday, September 14. Pre-registration is only available for current UMSL students and UMSL alumni. Admission for UMSL students/alumni who do not pre-register is \$5 at the door. To pre-register, click on Job Fairs at <http://careers.umsl.edu>. For information, contact Career Services at (314) 516-5111.

Dr. Edwin Fedder Annual Lecture: "International Law, the War on Terror, and New Modes of Conflict: What Rules Apply?"

The Fedder Annual Lecture in Foreign and International Affairs will be given by Dr. Robert P. Bamidge, lecturer on international law, School of Law, University of Reading, United Kingdom. A reception will begin at 7 p.m., with the lecture starting at 7:30 p.m. in MSC's SGA Chamber. For information, contact Bob Ell at (314) 516-7299.

MCR Freshman Academic Success workshops: time management

Office of Multicultural Relations' Freshman Academic Success two-part workshop presenting study techniques. Part one: time management, which helps students design a weekly study schedule, takes place September 11, noon to 1 p.m. in MSC 313. Part two: how to study effectively, which helps students find the best ways/times to study for each class, takes place Sept. 13, noon to 1 p.m. in MSC 313. For information, contact Office of Multicultural Relations at (314) 516-6807.

Delta Sigma Pi presents Daniel Andrews

Entrepreneur Daniel Andrews earned over \$100,000 within 18 months of starting his business. Come find out how he did it. Light refreshments will be provided, 2 p.m. to 3 p.m. in MSC 316. For information, contact Stacy Bueneman at (314) 761-9951.

University Assembly/Faculty Senate meeting

This meeting takes place 3 p.m. to 5 p.m. in J.C. Penney Conference Center 202. For information, contact Loy Harvey at (314) 516-6769.

Panhellenic recruitment - last day to register

Open recruitment for sororities Alpha Xi Delta, Delta Zeta and Zeta Tau Alpha at this event 4:30 p.m. to 9 p.m. in MSC Century Rooms. If you still need to register please bring four photos of yourself, your high school or college transcript and the \$25 registration fee. More details available at <http://www.umsl.edu/studentlife/osl/Greek%20Life/Recruitment.html>. For information, contact Kelly Forsythe at (314) 516-5291.

How's your financial fitness?

Are you concerned about having enough money to cover everything? Do you know the impact of student loan payments on your credit scores? Learn how to create a personal budget to help manage your college expenses and prepare for your financial future beyond college. Workshop is 5 p.m. to 5:45 p.m. in MSC 225. For information, contact Antonette Sterling at (314) 516-7994.

Introduction to fiction writing seminar

This class, 6 p.m. to 8 p.m. in J. C. Penney Conference Center 204, covers the writing process, character development, plot, story structure, setting, dialogue and point of view. Students will have ample opportunity to brainstorm, write and revise. Fee: \$299. For information, contact Mary Gough at (314) 516-5974.

Wednesday, September 12

"Who am I and where am I going with my life?"

Making connections is vital for career success, but the first connection that must be made is with you. Learn more about your personality, interests and values and how these three aspects fit together to make your career identity. Knowing your career identity is the first step in ultimate career planning. Workshop is 11:30 a.m. to 1 p.m. in MSC 314. For information, contact Office of Multicultural Relations at (314) 516-6807.

Ferguson Lunch Trolley

Catch a ride on the Ferguson Lunch Trolley, providing free round-trip shuttle service to Ferguson Citywalk restaurants for lunch on Wednesdays. The trolley will make four continuous loops between 11:30 a.m. and 2 p.m. Sandwich board signs will be placed at trolley pickup sites at Woods Hall (west side), MSC (east side) and Marillac Hall (main entrance). Many Ferguson restaurants are included. For information, contact Mary Haux at (314) 332-5546.

Applied Research Seminar: "They permit our school funds to be robbed: St. Louis home rule movement and the disintegration of regional governance"

Public Policy Research Center talk presented by Hiroki Sampei, professor of history at Kumamoto University in Japan and faculty fellow at PPRC. Seminar will explore what the 1870s push for home rule reveals about local American government and how it reflects challenges currently faced by the Japanese government. Event takes place noon to 1:15 p.m. in SSB 427. For information, contact Rebecca Pastor at (314) 516-5273.

Your weekly calendar of campus events. "What's Current" is a free service for student organizations. Submissions must be turned in by 5 p.m. the Thursday before publication; first-come, first-served. Listings may be edited for length and style. E-mail event listings to thecurrenttips@umsl.edu, with the subject "What's Current." No phone or written submissions.

Mindfulness Meditation

Mindfulness Meditation is a proven and increasingly popular method for reducing stress, anxiety, depression, insomnia and a variety of medical conditions. Incorporating Mindfulness into your schedule can enhance your overall well-being and allow you to live your life more fully. These weekly guided Mindfulness activities are free and open to beginning as well as experienced meditators. Session is 12:15 p.m. to 12:45 p.m. in MSC 225. For information, contact Jamie Linsin at (314) 516-5711.

Economics Talk: John Steele Gordon, business historian and author

The Department of Economics and the F.A. Hayek Professorship in Economic History present a talk by John Steele Gordon, a frequent contributor to the Wall Street Journal and a commentator on National Public Radio's Marketplace, from 2 p.m. to 3:30 p.m. in SSB 331. Gordon has appeared on numerous radio and television shows including Business Center and Squawk Box on CNBC and The News Hour with Jim Lehrer on PBS. He has been published in Forbes, the New York Times, the Washington Post's Book World and Outlook. He wrote "An Empire of Wealth: The Epic History of American Economic Power," "Hamilton's Blessing: The Extraordinary Life and Times of Our National Debt," "The Great Game: The Emergence of Wall Street as a World Power, 1653-2000" and "The Business of America," a collection of his columns from American Heritage magazine. For information, contact Judy Cates at (314) 516-5353.

Getting the most from note-taking

Learn how to format and organize your notes to be the most beneficial for you. Workshop takes place 2:30 p.m. to 3:15 p.m. in MSC 225. For information, contact Antonette Sterling at (314) 516-7994.

Commuter Break

If you need a snack, University Program Board will be giving out free food at Marillac Hall, 5 p.m. to 6 p.m. For information, contact Shatera Davis or other UPB members at (314) 516-5531.

Bowling with Delta Sigma Pi

Delta Sigma Pi, professional fraternity for men and women pursuing careers in business, is recruiting and offering a free bowling night, 7 p.m. to 10 p.m. at North Oaks Bowl, for students wanting to see if DSP is the group for them. For information, contact Stacy Bueneman at (314) 761-9951.

Thursday, September 13

Coed softball deadline

Deadline to sign up for Campus Rec's coed softball three-week league (Wednesday afternoons beginning September 19). Team and individual entries accepted. To register, follow the instructions at www.umsl.edu/services/recsport/assets/pdfs/TeamSportSignup.pdf. For information, contact Campus Recreation Office, Mark Twain 203, (314) 516-5326.

Irish Studies talk: "A Riot About Representation"

The Irish Studies talk "A Riot About Representation: The Women of Easter 1916 and 'The Plough and the Stars' Riots of 1926" will be given by Mary Trotter, University of Wisconsin, Madison. The lecture will be in SSB 331 from 12:30 p.m. to 1:45 p.m. For information, contact Bob Ell at (314) 516-7299.

Test-taking strategies: This is a test...this is only a test
Learn tips about taking certain formats of tests (multiple choice, essay, true/false, etc.) and get information to make your test preparation more productive at this workshop from 4 p.m. to 4:45 p.m. in MSC 225. For information, contact Antonette Sterling at (314) 516-7994.

Phi Mu Alpha volleyball

Come join the men of Phi Mu Alpha for a night of volleyball, 6 p.m. to 8 p.m. at volleyball court outside of Oak Hall. We will be meeting at the Villa building and transitioning to the volleyball court. For information, contact Brett Lindsay at (636) 578-5085.

Multiple Sclerosis fundraiser at Buffalo Wild Wings
Join Delta Sigma Pi from 7 p.m. to 10 p.m. at Buffalo Wild Wings in Creve Coeur to raise money for the Multiple Sclerosis Society. All proceeds will go to MSS. For information, contact Stacy Bueneman at (314) 761-9951.

Friday, September 14

UMSL Fall Internship & Job Fair

UMSL Job Fair is 10 a.m. to 2 p.m. at Mark Twain Building, and is an opportunity to meet and discuss internship and employment opportunities with employer representatives in one location. Pre-registration (deadline September 11) only available for current UMSL students and UMSL alumni—you must present your admission ticket at the door. Admission for UMSL students/alumni who do not pre-register is \$5 at the door and for non-UMSL job seekers is \$10 at the door. For more information, visit UMSL Career Services, MSC 278, (314) 516-5111. Click on Job Fairs at <http://careers.umsl.edu> to pre-register and to see a list of employers attending. For information, contact Career Services at (314) 516-5111.

"MADCO: Outburst" dance at Touhill

UMSL's dance troupe, MADCO, performs Friday, September 14 at 8 p.m. and Saturday, Sept. 15 at 2 p.m. and 8 p.m. in Lee Theater of Touhill Performing Arts Center. If you've seen MADCO perform even once, you know the company's dancers for their athletic prowess, technical skill and physical talent. In "Outburst," we get into their creative heads. The entire Outburst program will consist of very personal pieces, created by MADCO dancers. These individual pieces come together as an entertaining, synchronized collection. Discount student and faculty/staff tickets available. For information, contact Touhill Ticket Office at (314) 516-4949.

Saturday, September 15

Experience St. Louis: Busch Stadium tour

See the broadcasting booth and more on the Experience St. Louis: Busch Stadium tour, 10 a.m. to 2 p.m. Only 32 spaces available, so sign up soon at Office of Student Life. Pickup for the tour is in front of Provincial House. For information, contact Katie Green or other UPB members at (314) 516-5531.

Campus Rec's horseback trail ride

Campus Rec's horseback trail ride, 10 a.m. to 11:30 p.m. at Ace Stables, 9115 Natural Bridge Road. Come out and enjoy a fun, pleasant morning of horseback riding. Only \$10 for UMSL students. Participants must register in advance. For information, contact Campus Recreation Office, Mark Twain 203, (314) 516-5326.

UMSL at Grand Center's open house

Ribbon cutting ceremony at 10:15 a.m. followed by refreshments, tours of the new facility and a live broadcast from KWMU, the St. Louis Public Radio, the NPR affiliate once located on North Campus. Meet NPR's co-host of Morning Edition, Renee Montagne, 10 a.m. to 2 p.m. in Grand Center at 3651 Olive Street, St. Louis, MO 63108. For information, contact Phil Donato at (314) 516-5425.

Sunday, September 16

Day at the museum: Holocaust Museum

Take a trip to the Holocaust Museum and Learning Center with University Program Board, 11:30 a.m. to 2:30 p.m., to learn more about one of the most pivotal times in history. Students will be led on a free tour of the museum. A sign-up sheet will be available in the Office of Student Life. A \$5 refundable deposit is required to sign up. The bus will leave from Provincial House at 11:30 a.m. For information, contact Marissa Steimel or other UPB members at (314) 516-5531.

News

Executive Leadership Consortium hosts variety of events for Fall 2012 semester

ALBERT NALL
Staff Writer

Since its establishment in 2003, the Executive Leadership Consortium has devoted a large amount of time, energy and resources to helping University of Missouri – St. Louis students become effective leaders. Through the events and programs that the Consortium hosts, students are exposed to successful leaders in various fields and industries.

The Executive Leadership Consortium will be sponsoring a number of events open to students during the Fall semester.

On September 19, a panel of leaders and members of the St. Louis Rotary Club will discuss professional ethics with students and faculty from 5:30 p.m. to 6:45 p.m. in the J.C. Penny Conference Center. Panelists at that event will include architect Tom Teasdale, President and Treasurer of Growing Green, Inc., as well as Teri Pesapane and Christopher Blake, Executive Directors of the Downtown Children's Center.

As part of the Great Lecture Series, the College of Arts and Sciences and the UMSL Alumni Association will co-sponsor an appearance by Claire Schenk on October 10 from 5:30 p.m. to 6:30 p.m. in UMSL's Century Rooms. There will be a reception with Schenk after the speech. Schenk is a partner at Thompson Coburn LLP and a member of the firm's litigation practices group. Her areas of specialty are healthcare fraud and abuse and false claims against the government.

The Executive Fellows Mentoring Project for fall 2012 will be held in SSB 427. The first session will be held on Oct. 2 from 2 p.m. to 3:15 p.m.; the second will be held on Oct. 9 from 2 p.m. to 3:15 p.m. and the third will be held on Oct. 16 from 2 p.m. to 3:15 p.m. The purpose of this project is to help students meet their career objectives upon graduation. Executive fellows at the workshops will facilitate sessions with three to five students who must attend all three sessions. The Executive Fellows who will facilitate the sessions this semester are Gary Lee, Robert Muldoon, Tom Teasdale and Dick Navarro.

UMSL promotes health among students with HIV Awareness table

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Information on student health insurance is also provided, along with claim assistance.

"Students open up to me, letting me know of their health concerns and how I can help them," Castulik said. "By providing a table, it allows me to be out there with the students, and in between classes, they stop by to ask questions. By being there, I'm able to answer their questions and refer them to where they need to go next."

Castulik added that tabling has been a tremendous success, with the number of students who drop by ranging from 75 to over 400.

Students can also utilize the Wellness Resource Center for free educational resources and material that can aid in academic projects such as speeches, essays and presentations.

The "Filling Your Personal Toolbox" workshop will take place on Oct. 25 from 3 p.m. to 5 p.m. in the Millennium Student Center. The workshop will include a panel of female professionals who will discuss real world experiences with students.

Gloria Ross of Okara Communications will moderate. Ross is President of the Press Club of Metropolitan St. Louis. Panelists will include Alex Dietrich, the assistant director of Community Education and Events at the Missouri History Museum; Vicky Gonzalez, founding member and managing partner of Nidas Investment Partners and Kathy Meath, president and CEO of St. Louis Arc.

"The general purpose of the 'Filling Your Personal Toolbox' workshop is to expose students to the real world professional practices that are not available in a classroom setting," Dr. Malaika Horne, director and administrative head of the Executive Leadership Consortium, said. Horne added that there are often unwritten rules and protocols of which students may not always be aware in the business world.

Networking with workshop coordinators as part of the "Filling Your Personal Toolbox" workshop will prepare students for participating in the Women's University Mentoring Project. This project runs during the Spring semester. Those enrolled in the project will be paired for a one-on-one mentoring relationship with a professional who was in attendance at the fall workshop.

The "Filling Your Personal Toolbox" workshop is open to students of all majors and classifications, and the events will include an orientation. Students are encouraged to dress in business attire and bring business cards.

The Great Lecture Series is open to the public free of charge. This includes UMSL alumni. There is an anticipated attendance of 200 to 300 people at the events.

Participants in the Executive Mentoring workshops and the Women's University Mentoring Project must sign up beforehand.

For more information on the Executive Leadership Consortium, contact Dr. Malaika Horne at (314) 516-4749.

"The general purpose of the 'Filling Your Personal Toolbox' workshop is to expose students to the real world..." Dr. Malaika Horne

Preparing for the job market: UMSL Job Fair

(continued from page 1)

possess knowledge of the companies that they are interested in.

While some students may be tempted to contact companies before the job fair to get a leg-up on the competition, Balestreri advises against it. Instead, she urges students to come to the Job Fair Success Employer Panel at the Student Governance Association Chambers. The panel will be held on the third floor of the Millennium Student Center from 3:30 p.m. to 5 p.m. on Sept. 11. For students looking for last minute help concerning the job fair, this is an opportunity to speak to a panel of recruiters about how to be successful at the fair.

Another way for job seekers to prepare is to attend a resume workshop such as the one that was conducted by Rachael Boehlow, a workshop specialist, on Sept. 5 in the Career Services office. Boehlow responded to student questions on topics such as how people in attendance at the job fair should conduct themselves and how to dress for the fair.

During the workshop, Boehlow pointed out that while job seekers should not include a photo in their resume, one can give an employer information about social media sites such as Facebook and Linked-In, where a company can find a

photo. Boehlow also advised job seekers to dress professionally and carry an appropriate portfolio or attaché case when attending a job fair.

One of the things that companies generally look for in candidates is leadership ability.

"It isn't about just leading people and being in charge, when it comes to leadership ability," Boehlow said. "What leadership is about is how it is expressed, and leadership skills include such things as taking initiative, training and mentoring and knowing how to

communicate well." offered at job fairs. Balestreri recommends that students check the Career Services website at <http://www.umsl.edu/depts/career/index.html> for resources and tips on how to be successful at job fairs.

"Students shouldn't feel discouraged if they perceive themselves as lacking experience," Balestreri said. "There are many ways for students to gain experience that would enhance a resume by way of such things as education, studies, internships, as well as leadership workshops and volunteer experience. Company recruiters look for this experience on a resume presented at a job fair. Also, participation in student organizations at UMSL should not be overlooked."

UMSL students and alumni should pre-

register and present a ticket for admission at the door. The deadline for pre-registration is Sept. 12. For UMSL students who do not pre-register, the admission fee is five dollars at the door. For non-UMSL job seekers, admission is 10 dollars.

Organizations looking for more information on exhibiting at the Sept. 14 job fair or future events can contact Puspa L. Bueneman at (314) 516-5001. Students who need help with success at job fairs may contact Career Services at (314) 516-5111.

"Students shouldn't feel discouraged if they perceive themselves as lacking experience." Balestreri

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Reception: 6:30-7:15 PM
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Claire M. Schenk is a partner at Thompson Coburn LLP in the firm's Business Litigation practice group.

She concentrates her practice in health care fraud and abuse, False Claims Act litigation and government contracts.

Schenk's practice includes representing and advising hospitals, health plans, service areas nursing homes, physicians and physician groups.

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Features

UPB's Comedy Night brings comedian Justin Berkman to Pilot House

ANYA GLUSHKO
Assistant News Editor

The University Program Board's Comedy Night on September 5 at 7 p.m. in the Pilot House of the Millennium Student Center was supposed to lift University of Missouri - St. Louis students' spirits.

"[The event was supposed to] bring some laughs to the new school year. As they say, laughter is the best medicine," Erin Potts, senior, finance, Programs Chair of the UPB, said.

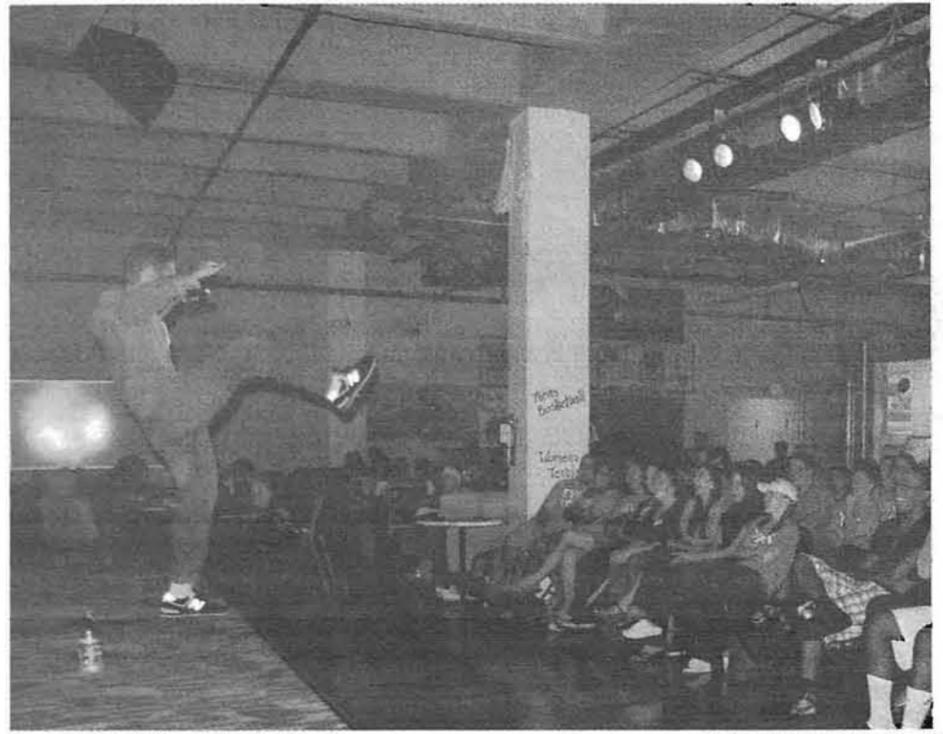
The Pilot House was only about half-filled with

students as the Comedy Night got started. Despite the event being well-promoted, very few showed up, perhaps because of the wet, gloomy weather.

"We started planning [this event] back in June. We got emails from Justin. He tours around colleges, churches and other events and has his videos on YouTube. Before we make any decisions we are sure to look up the person; we watched his videos and we [UPB] were all laughing," Potts said.

Berkman warmed up the audience by joking about his height and appearance, trying to make the audience

(continued on page 6)



Comedy night UPB on MSC pilot house.

Photo by Yeseul Park/The Current

Campus dining

(continued from page 1)

The Pilot House looks almost like a concert venue with its prominent stage, spray-painted walls and tables and giant chessboard. Best of all, it hosts a Subway in its club-like underground setting, though some students are unhappy with certain aspects of the sandwich shop. "We [students] are very upset that we cannot use our declining balance and meal plan at Subway," Teddy

Bondholder, junior, anthropology, said. Ashley Eaton, junior, media studies, promptly agreed.

Getting a cup of coffee from Einstein Bros Bagels is a good way to start a busy college morning. The savory scent of cream cheese and fresh pastries is sure to wake up even the most sluggish student.

"We have a lot of healthy choices—bacon and egg whites, low fat smoothies and other items on the menu that are under 350 calories," Jennifer Jackson, Einstein Bros Bagels employee, said.

Provincial House Dining Hall is open for breakfast Monday through Friday, 7:30 a.m. to 9:30 a.m., for lunch Monday through Sunday, 11:00 a.m. to 2:00 p.m. and for dinner Monday through Sunday, 5 p.m. to 7:30 p.m.

The Nosh is open Monday through Thursday from 7:30 a.m. to 7:30 p.m. and Friday from 7:30 a.m. to 3:00 p.m.



Einstein Bros. Bagels is one dining option on campus.

Photo by Cate Marquis/
The Current

Steimel shows that college is fun, but we're here to learn

KATHRYN BEWIG
Staff Writer

Marissa Steimel, junior, communications, is well known around the campus of University of Missouri - St. Louis for the extraordinary amount of time and effort she puts into making UMSL a fun place for everyone.

Born in her family home on September 16, 1991, Steimel is the eighth of nine children. Steimel and her siblings grew up and still live in St. Charles. Steimel's mother stays home to take care of the family and her father works as an Associate Circuit Judge.

Steimel was home schooled until high school, which is when her interest in community involvement began.

(continued on page 6)



Marissa Steimel being peppy. Photo by Kathryn Bewig/
The Current

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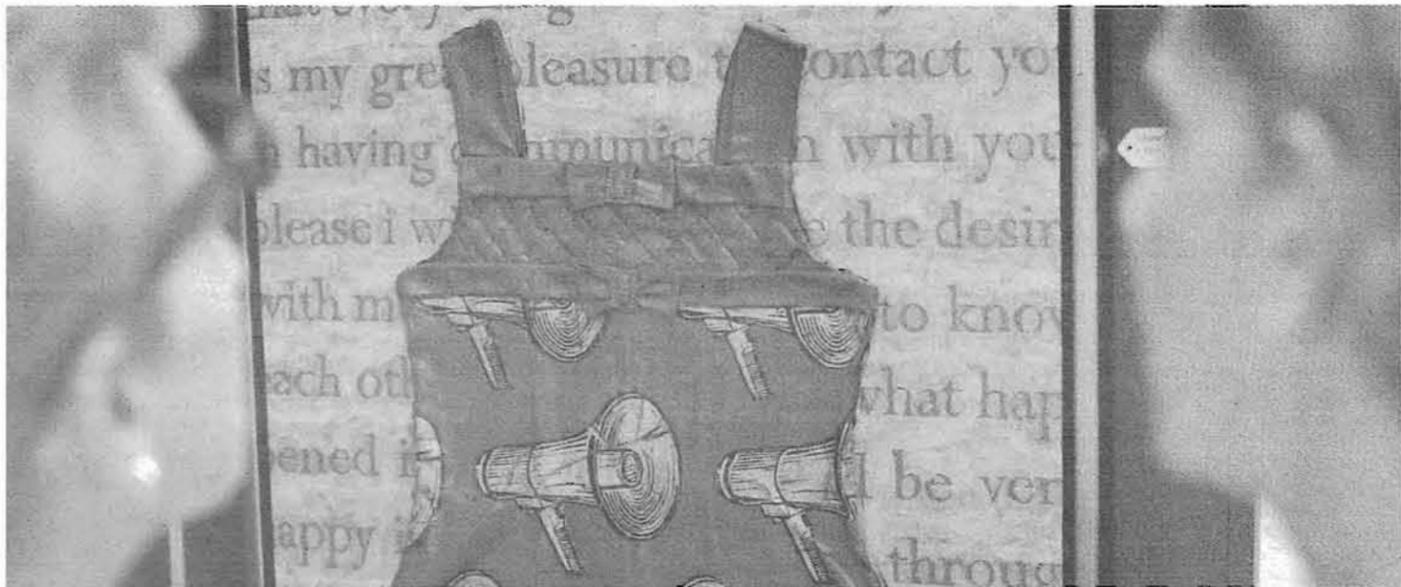
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A&E

Going into its nineteenth year, the fair has gained a massive following, drawing artists from throughout the United States and Canada and attracting visitors of all ages.



Saint Louis Art Fair is a three-day event in Clayton.

Photo by Ahmad Aljiryed/The Current

Artists from far and wide strut their stuff at the nationally celebrated St. Louis Art Fair

DAVID VON NORDHEIM
A&E editor

Warm, beautiful weather and good fortune greeted artists and art lovers alike in the heart of Clayton last Saturday. Though a torrential downpour threatened to cast a dark cloud over the St. Louis Art Fair Friday night, the artists managed to preserve their work for the mass of attendees on Saturday.

The St. Louis Art Fair is a prestigious, nationally praised fair held every year. It is often hailed as one of the greatest art fairs in the country. Going into its nineteenth year, the fair has gained a massive following, drawing artists from throughout the United States and Canada and attracting visitors of all ages.

Approximately 1500 artists applied to feature their pieces this time around, but only 181 were given the honor of showcasing their work. Decorative fabrics, handmade jewelry, carefully crafted glass and truly

inspiring paintings and photographs lined the streets of Clayton's business district. It was a quite a sight to see—artists and patrons coming together for the sake of art.

One artist, Starr Hagenbring from New Orleans, Louisiana, featured beautifully hand-crafted silk jackets that were a hit among the female crowd. The jackets clearly took a great deal of painstaking time and labor.

"Nobody else is nutty enough to do it," Hagenbring said, remarking on the uniqueness of her garments.

This lovable quirkiness of the artists was noticeable throughout the fair. Joachim Knill of Hannibal, Missouri, brought more than art with him to St. Louis—he brought an entire art installation.

"National Treasure," created to resemble a shipping crate, represented the deconstruction of culture and its rebirth in foreign lands. "Art is removed from one culture and taken into another," the exhibit stated. This

point becomes clear once Knill's art is purchased and taken into a stranger's home, acquiring new meaning and slowly losing sight of its origins. Knill not only sold paintings; he also left a significant impression on the minds of visitors to the installation.

Not everything at the fair was quite as cerebral, however, as the directors of the event ensured fun for visitors of all ages. The ArtMart Creative Castle was an immensely popular attraction, offering arts and crafts, as well as storytelling, for the younger crowd.

St. Louis institutions, including the Magic House and the St. Louis County Library, provided a welcoming atmosphere for children to satisfy their creative imaginations. Paper bag hats, bookmarks and rain sticks were among the crafts children could make. Many parents seized the opportunity to enhance their children's appreciation of the arts.

One section of the Creative Castle served as a way to inspire and encourage the talents of children and

adolescents. "Create" featured the gifted work of youths ages eight to 18, and it was inspiring to see the dreams of such creative young artists supported.

But the art was not the only popular attraction of the fair. Live music and food were available throughout the day, and they only enhanced the good-spirited atmosphere of the event. From food trucks to talented musicians, the fair provided a satisfying amount of food and entertainment.

Even window shoppers and those who had stumbled upon the fair by accident found themselves enjoying the day, which was well worth the efforts of the fair organizers.

Clearly a success, the St. Louis Art Fair enabled talented artists to showcase and sell their designs while creating a momentary getaway for families desiring entertainment suitable for all age groups. It is abundantly clear that the fair has earned its impressive reputation in its nearly two decades of operation.

Animal Collective changes it up again in "Centipede Hz" Gallery 210 fall 2012 season

DAVID VON NORDHEIM
A&E editor

The landscape of the indie community has changed drastically since "Merriweather Post Pavilion." Universally heralded as an instant classic by the usual suspects of breathless indie hype (Pitchfork, Spin, Q, etc.) and mainstream outlets alike, it has since earned a near-mythic reputation. Rolling Stone even went so far as to dub Animal Collective's cult-like following as the second coming of the Deadheads. One could practically hear the drum circles in the distance.

Whether or not Animal Collective actually achieved the cultural revolution everyone seemed to be expecting is debatable, but expectations for the inevitable follow-up were high, to put it lightly. The three years since "Merriweather Post Pavilion," their fifth official album and by far their most publicized, has seen core members David Portner and Noah Lennox (better known as Avey Tare and Panda Bear) each releasing solo work. These solos, although compelling when judged on their own merits, failed to inspire the same fever-pitch enthusiasm as Animal Collective's best work.

As the indie community bided its time for the next official AC release, the Internet was full of speculation on what freak-folk voodoo would emerge on "Centipede Hz." The first taste of the new batch of electric Kool-Aid came from both

the "Honeycomb" and "Gotham" singles, released in late July.

Both singles—the kind of clanging, murky jumbles of warped psychedelic pop that only Animal Collective can create—provide an excellent introduction for the equally cluttered "Centipede Hz." Every track on the album is a burbling hodgepodge of noise, buoyed with hypnotic tribal percussion and Avey Tare's cosmic mantras.

From the acid-laced campfire songs of "Sung Tongs" to the synth-driven glitch-pop of "Merriweather," every new Animal Collective release sounds remarkably unlike its predecessors. As such, it hardly comes as a surprise that it proves challenging to draw comparisons between "Centipede Hz" and the rest of the band's discography.

Far removed from the psychedelic techno of their career watermark, "Centipede Hz" feels more established and less experimental than some of Animal Collective's most celebrated work. Song titles like "Today's Supernatural" demonstrate that the group is just as thematically ineffable as always. However, listening to the album inspires a pervasive feeling that there is nothing quite as haunting as "Merriweather" anthems like "My Girls" and "Summertime Clothes."

Frequently, the lack of hooks seems deliberate. The album seems to be completely stripped of conventional song structure, making it a more atmospheric

listen than previous AC releases.

This approach has its drawbacks, of course. Many of the tracks feel like half-finished ideas. While tracks on previous albums, like "MPP" opener "In the Flowers," chugged along on a repetitive synth-arpeggio or vocal hook before reaching an astonishing climax, "Centipede Hz" is much more workmanlike in its monotony. Many tracks, like "Applesauce" or "Wide Eyed," seem poised to reach a brilliant left turn but never fully develop that brilliance.

This is not to say that Animal Collective is falling prey to creative exhaustion. Quite the opposite, in fact—each track is completely bloated with layers of effects, so much so that it proves difficult to digest any one part in a single listen. "Rosie Oh," for example, is so buried beneath its tribal percussion, squawking MIDI tones and gurgling guitar that by the time it ends it leaves almost no impression, functioning as little more than psychedelic wallpaper for the album as a whole.

However, though it may not seem quite as instantly unshakable as "Feels," "Strawberry Jam" or the aforementioned "Merriweather," "Centipede Hz" does reward repeated listens.

Animal Collective takes several departures from their signature sound, and more often than not these departures offer compelling results. Take, for instance, the soothing ambiance of "Pulleys" or the ghostly chanting that echoes through "New Town Burnout."

Brimming with new ideas but only fitfully brilliant, "Centipede Hz" has all the trappings of a transitional album for a group that is still in the midst of its creative peak. After all, every "Wish You Were Here" has its "Animals." If this Pink Floyd analogy holds true, Animal Collective is sure to create their own "The Wall" eventually.

Grade: B-

(continued from page 1)

Each piece had a lot to offer to the viewer, and the artists had plenty to say about their work. Many of the artists were faculty themselves. Douglas, for instance, is an assistant professor in Art History at St. Louis University, and Nadler is a Washington University faculty member. The entire reception was put together very well. Food and drinks were provided to all who were in attendance. A DJ was also present, playing a wonderful medley of music to accompany the exceptional art.

Gallery 210 was fairly packed, with people swarming the showcased artists on all sides.

The reception was an immense success. The food was good, the atmosphere was great and the art was simply breathtaking. One would be hard-pressed to think of a more ideal Thursday night than one involving a nice meal and the opportunity to rub elbows with the art faculty of some of St. Louis's most prominent institutions.

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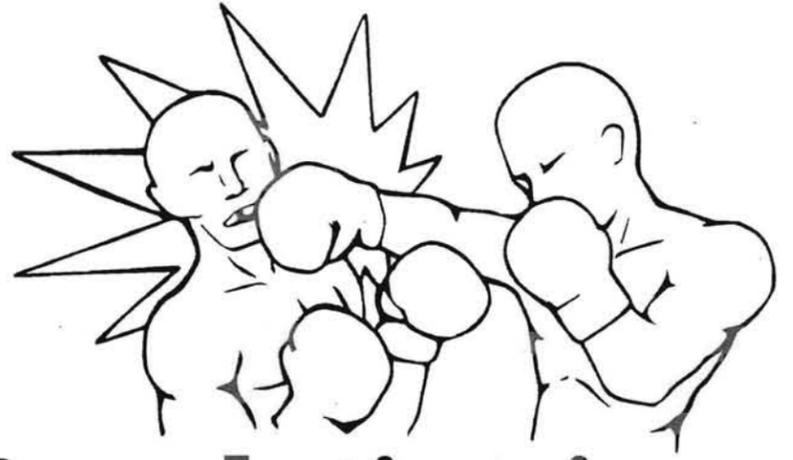
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OPENS AT LANDMARK'S TIVOLI ON SEPTEMBER 14!

Opinions



TRIOPOC COUNTERPOINT

They weren't being paid enough to be model employees

Three daycare workers were arrested for instigating and filming a fight between toddlers in Delaware earlier this week. The incident happened in March 2012 and has been quite a source of mockery on many blogging sites.

The main point of discussion on the Internet is how shocked the parents were when they found out this was happening. But honestly, is it really fair to judge the people working a low-paid job that requires them to look after screaming, snot-filled children?

The main purpose of a job is to earn money. Of course, there are also silly ideas about life goals and people wanting to reach (as famous psychologist Maslow called it) self-actualization.

Sorry, but last time I checked self-actualization does not pay the electric bill every month.

Consider this analogy for a minute. Timmy's mom tells him to clean his room, but Timmy does not get an allowance. Susie's mom, on the other hand, tells her to clean her room and gives her five dollars to spend on candy when she finishes. Susie has an incentive and will

therefore work harder than Timmy to complete the task. The same principles apply in the professional working world.

It is no surprise that people working in a low-wage position, like daycare workers, are likely to be less considerate in handling their jobs. If daycare workers were paid more, they would take their jobs more seriously and be more responsible.

It is the responsibility of managers to provide incentives to their workers so that incidents like the one in Delaware do not happen. Workers need to be paid relative to the amount of responsibility that is expected from them. Quite frankly, changing diapers and listening to children screaming all day is definitely worthy of a nice paycheck.

The basic idea here is that if you want people to take their work seriously, then you also need to provide incentive. People work for rewards. If you want workers to act more responsibly, then you need to give them a reason to do so.

Sorry, but last time I checked self-actualization does not pay the electric bill every month.

OUR OPINION:

Voting should not be made into a difficult process

THE CURRENT EDITORIAL STAFF

Crowded polls. Early closing of poll locations. Polling locations changing suddenly and without warning, after years of remaining the same. Oppressive voter ID laws. All these things discourage voter participation in certain demographic groups, such as minorities, citizens in lower income brackets, the elderly and students.

The approaching 2012 presidential election has been prefaced with wave after wave of voter suppression tactics. One such tactic is changing the rules and regulations of early voting. In the past, early voting has been utilized by many African-American churches who travel together to the polls on Sundays as part of Souls to the Polls programs. Professor Paul Gronke of Portland, Oregon's Early Voting Information Center testified before a judge that African-Americans in Florida were statistically more likely to vote early.

A judge in Florida has recently ruled against enacting a change in the early voting policies of certain counties that would have shortened the time frame to vote early from 14 days before the election to eight days.

Organizations and groups that host voter-registration drives have also had to deal with stricter guidelines than ever. In some states, stricter deadlines have been set that dictate how long the groups have to turn in completed applications. In many cases, those groups now also risk incurring fines if that deadline is missed and forms are turned in late.

Many states have tried to introduce stricter voter identification laws that would require a government-issued and/or photo ID in order to cast a vote. The reason that has commonly been given for introducing these

stricter voter ID laws is preventing voter fraud. However, according to the Brennan Center for Justice at New York University School of Law, fraudulent voting is extremely rare. Restrictive voting laws are just another thinly veiled attempt to keep certain groups from voting by making it more and more of an inconvenience to do so - or in some extreme cases, a near impossibility.

There has also been an attempt to shorten poll hours in many places, which creates an unnecessary hassle for those who not only have to work on election day, but whose jobs may be a considerable distance from their polling location.

There is also the problem of overcrowded polls that are the result of too many residents being assigned to the same polling location. How are voters supposed to cast their ballots when both time and location are working against them?

Who wins by making voters jump through hoops that weren't in place just a few years ago?

These laws and new restrictions are placed as obstacles to voters, effectively limiting voter participation. However, the right to participate in the democratic process is at the heart of democracy. We all have a voice and a vote, and manipulative ploys like the aforementioned cheapen the entire process.

Everyone in this country should be encouraged to exercise their right to vote and given ample time and opportunity to do so. To equalize voting for all classes, election day should be declared a civic holiday to make it easier and more convenient for everyone to get to the polls.

Regulation is needed to ensure childcare safety

Anyone who would victimize a child is evil. There is no debating that. The younger the child, the harder the abuse is to understand. It is beyond imagination to take advantage of the trusting naiveté and dependency of a child.

That is why pitting toddlers against each other and then filming the fight, is appalling. The daycare workers who allegedly committed that act in March 2012 deserved their arrest.

The argument that paying daycare workers more will increase the quality of daycare has its legitimacies, but ultimately fails to answer the burning question of how this could happen and to solve the problem of preventing any similar future incidents.

Minding children is difficult, and good daycare workers should be paid more. If more money were offered for a

daycare position, there would likely be more applicants and therefore more selectivity. Ultimately, this may lead to better quality childcare.

However, no amount of money can stop cruel people from behaving reprehensibly. The sickening amount of indifference it took for the perpetrators of the toddler fight to do what they did cannot be quelled by a few more dollars an hour. They did it because they are sick and cruel.

It takes more than money to make sure children in daycare facilities are safe. It takes enforced industry standards that must be evaluative of the way daycare workers manage children.

Daycare workers need to be evaluated rigorously and regularly and reprimanded or terminated for their failings. That will ensure the safety of children.

The younger the child, the harder the abuse...

Justin Berkman performs

(continued from page 4)

members feel good about themselves. Berkman made fun of everyday issues such as politics, celebrities and relationships. He also showed off his gymnastic and dancing skills. "If you are in a fight you could just break out your gymnastics," Berkman said.

This Stanford University alumnus delved into comedy before he graduated. He started his performing career at run-down clubs in San Francisco. "I just try to come and give people a night of fun. I give my opinions and if people disagree it's okay," Berkman said.

While Berkman was able to get a few laughs from the crowd with his humor, audience participation was reluctant. When Berkman asked UMSL students if they party or drink, there was complete silence. "So what do you guys do for fun?" Berkman asked.

This lackluster cooperation couldn't keep Berkman down though; he interacted with the audience through

the whole show, sometimes talking to or poking fun at audience members. Not only those in the first rows received comedian's attention, but some of the rows in the back were poked and prodded as well.

Dionna McKinney, sophomore, communications, was one of the people Berkman singled out. "He covered a lot of subjects, maybe too much... It was pretty funny when he talked to me; I liked how he incorporated the crowd," she said.

By the end of the comedy show, students had mixed emotions about performance.

"I thought he was pretty good. Some of the jokes were improv styled. Most of the jokes were repetitive, but he grabbed people from the audience. I was not too sure at first, but by the end he got me. He used very relatable things... He talked about up-to-date topics," Daryl Harrell, sophomore, business and English, said.

Marissa Steimel: the social academic

(continued from page 4)

She was on the varsity cheerleading squad, in the honors concert band, President of both the student body and the National Honor Society and a member of the speech team.

At UMSL, Steimel serves on the University Program Board as Executive Chair and is a member of Delta Zeta and the Honors College club PLHCSA.

Steimel loves her work for the UPB. "Even if it weren't my job, I'd still be active," she said.

Steimel also served on UMSL's cheerleading team before sustaining injuries.

Delta Zeta is a major part of how Steimel stays social on campus. She even won the Spark Plug award, which means she inspired her chapter in many ways. She also won the Outstanding New Member award, which recognizes one student from multiple Delta Zeta chapters.

"All the work I put in at UMSL was recognized across multiple states," Steimel said in reference to the Outstanding New Member award.

Though meeting new people is a big part of campus activities, for Steimel, those activities are trumped by only one thing: Academics have always come first for Steimel. Much of her time is spent focusing on schoolwork.

"You're paying for college, so you need good grades for scholarships," Steimel said. She considers maintaining a high GPA to be important for future job prospects, as well.

With all of these obligations and activities, organization is a major part of Steimel's life. Without a daily written plan, she claims she would be completely lost. Staying organized is not difficult for her because she is used to large workloads and has been for a long time. However, there is a lot of maneuvering involved in making sure events do not overlap. With all of those events on top of her schoolwork, Steimel joked that sleep is low on her list of things to do.

When Steimel is not running to meetings, events or classes, she enjoys sitting at home and watching movies. Even though this is a way for her to relax, she often likes to watch movies with friends or family. "Being alone is my least favorite thing," Steimel said.

Steimel also enjoys playing softball and dancing, but her favorite thing to do is laugh.

In the future, Steimel hopes to work as an event planner or with student affairs. She is also searching for a graduate school, which she hopes to attend after finishing at UMSL in two years.

Health Column

Fit and Fierce

STACY BECKENHOLDT
Staff Writer

Those who make physical fitness a priority frequently test themselves by entering races such as 5K runs, full marathons and triathlons. In recent years a new form of racing has appeared that is giving fitness enthusiasts a run for their money.

Known as obstacle course racing, or OCR, these races take place outdoors, not on pavement but in natural settings where racers battle the environment, nature and military-inspired obstacles.

The website www.active.com, a one-stop shop for all things racing, describes OCRs as the "latest and greatest... racing and team-building events with a whole lot of craziness and good times thrown in." There are several different racing events, such as the Warrior Dash, Tough Mudder and Spartan Race, and each one has its own signature style.

For example, the Tough Mudder is known for the craziest obstacles, such as Electroshock Therapy. This obstacle consists of clusters of live wires dangling from a frame that participants run through. While some figure out how to make it through unscathed, many others are not as lucky and end up face-planting in front of crowds of onlookers.

Having participated in a Spartan Race near the start of my fitness journey, I can attest to the challenges and offer advice on how to prepare and survive an OCR.

The Spartan Race has three main levels of races: Spartan Sprint (three or more miles), Super Spartan (eight or more miles) and the Spartan Beast (12 or more miles). Complete each one in a calendar year to earn the elite Spartan Trifecta medal. For those needing a tougher challenge, there is also the Spartan Death Race, found at the intimidatingly-named website www.youmaydie.com.

The three characteristics in racers that will be tested are stamina, upper body strength and mental strength, especially for when the first two fail.

Stamina is needed, not just because of distance, but

because of the long, steep hills sometimes spread throughout the entire course. Last April the Spartan Sprint at Haspin Acres, an off-road and motocross park in Laurel, Indiana, took place in the woods. The majority of the trail was made up of long, steep hills, some of which were so difficult to climb that ropes were put out for people to pull themselves along. This and other obstacles are sure to increase heart rate, and one will need the ability to sustain enough energy to complete the course.

Upper body strength is continually tested by the military-inspired obstacles. Spartan organizers love to torture racers with various climbs such as vertical rope climbs and cargo nets. The vertical rope climb was the one obstacle that at least half of all participants were unable to conquer. Spartan Races are unique in that participants must do a 30-burpee penalty—a burpee is an exercise also known as a squat-thrust—for every obstacle they cannot or will not do, and this obstacle led to far more people doing the penalty than any other.

When asking for advice in the various Spartan Race Facebook groups, mental preparation is an overwhelming theme. Regardless of current fitness level, the right attitude is key to crossing the finish line. OCRs are great because people of all fitness levels can and do participate. I was still 65 pounds overweight when I did it, but it was the thought of simply putting one foot in front of the other that led to crossing the finish line and earning a medal.

The risk of injury is very real with OCRs. If the unfortunate should happen, mental strength can take over where physical strength has been lost. A minor ankle sprain early on in the race meant I had to walk the course carefully. However, a far worse sprain later on tested my determination. Feeling physically defeated yet unwilling to give up, I was able to drag myself along the final portion of the course.

Unlike other types of races, testing oneself by participating in an OCR can be done at any point along the journey toward physical fitness. Regardless of where you are, the physical and mental challenges can be creatively overcome, but the best part of the experience is learning that the biggest challenge was not the course; it was you.

Unsolicited Advice

Does the lipstick wear the person?

HALI FLINTROP
Opinions Editor

There is a crazy little thing called feminism, and despite there being many variations and expressions of feminism, the ultimate goal is achieving women's equality with men.

This equality is important for many reasons. Women make up about half of the human population, so they deserve to reap the same benefits as men. Men have mothers, so all of the wonderfulness that makes a man is half to the credit of a woman; men should appreciate it more.

Women are sick of being raped, beaten, belittled, underestimated, underpaid and controlled. Give us ladies a little more money and respect, and a little less creepy chauvinistic nonsense. If you do that, we will all be happy as clams.

Usually, when most people think of feminism, it is hard to escape the accompanying vague connotation of man-hating. Accurate or not, the idea that feminists blame men

for many of the problems plaguing women is not far from the truth. Men are most often the rapists and the wife-beaters. Men control the political, corporate and upper social sphere from which women are barred. Men judge women based on appearances, but judge other men based on actual merits.

Perhaps feminists are right to blame some men for those things, but what about blaming their fellow woman?

There are some sorely misguided women out there, and they are at least as big a problem as the men.

These women include author of "Prozac Nation," Elizabeth Wurtzel, who contributed a piece to the September 2012 issue of Harpers Bazaar. Her piece was titled "Looking Better at 45 than 25."

In the story, Wurtzel discussed how she eats lettuce and walks around all over the place in platform heels. She also tossed out a short blurb on the merits of the sexually liberated feminism of the 1990s and lamented that some poor, slovenly women in their 20s "have already given up."

Given up what? Tromping around in foot-breaking shoes and trying to look hot, that's what. This, to Wurtzel, appears to be some kind of tragedy. In her mind, when women are beautiful enough to be rudely ogled and whistled at by construction workers, the world is a better place. She has reduced feminism to outer appearances.

Wurtzel is offensive to legitimate feminism for too many reasons to discuss fully, but the main ones are:

First, her piece promotes the idea that women and men should aspire to different standards. Why should women be the only ones to worry about being attractive, while men only worry about important things like being successful and happy? If Wurtzel finds people lacking in their physical appearances, she should recommend to all people that they shape up, regardless of gender.

Second, her piece promotes the idea that a woman's

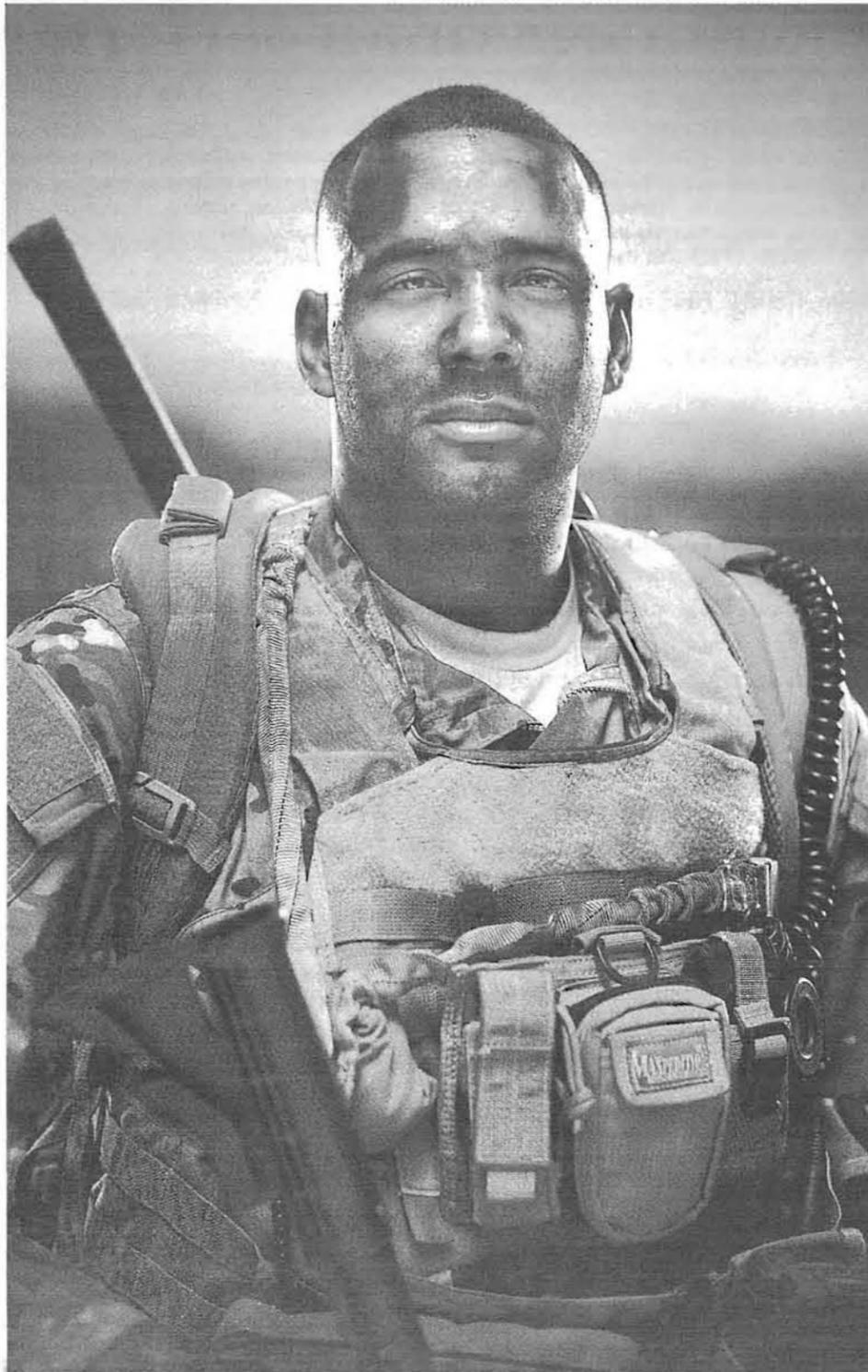
Accurate or not, the idea that feminists blame men for many of the problems plaguing women is not far from the truth.

worth is based on how good she looks. Maybe the women Wurtzel placed into the "have already given up" category don't have time for strappy sandals or lipstick. Maybe they are doing substantial things like writing legal briefs,

going to class, parenting their children, coming from the gym or performing any other normal daily activity that makes a woman a functioning person. A woman is a human being, not a canvas for lipstick.

Finally, no one has the right to judge a person they pass on the street based on what that person looks like. That's what got women into this mess in the first place—people thought our physical qualities made us into a particular, narrowly categorized type of person. Whether it's our lipstick or our chests, anyone who notices appearances first and fails to look beyond is the real enemy.

Real feminism does not blame men. It blames a society in which too many people make comments on what women should do and who they should be. Don't fall for it!



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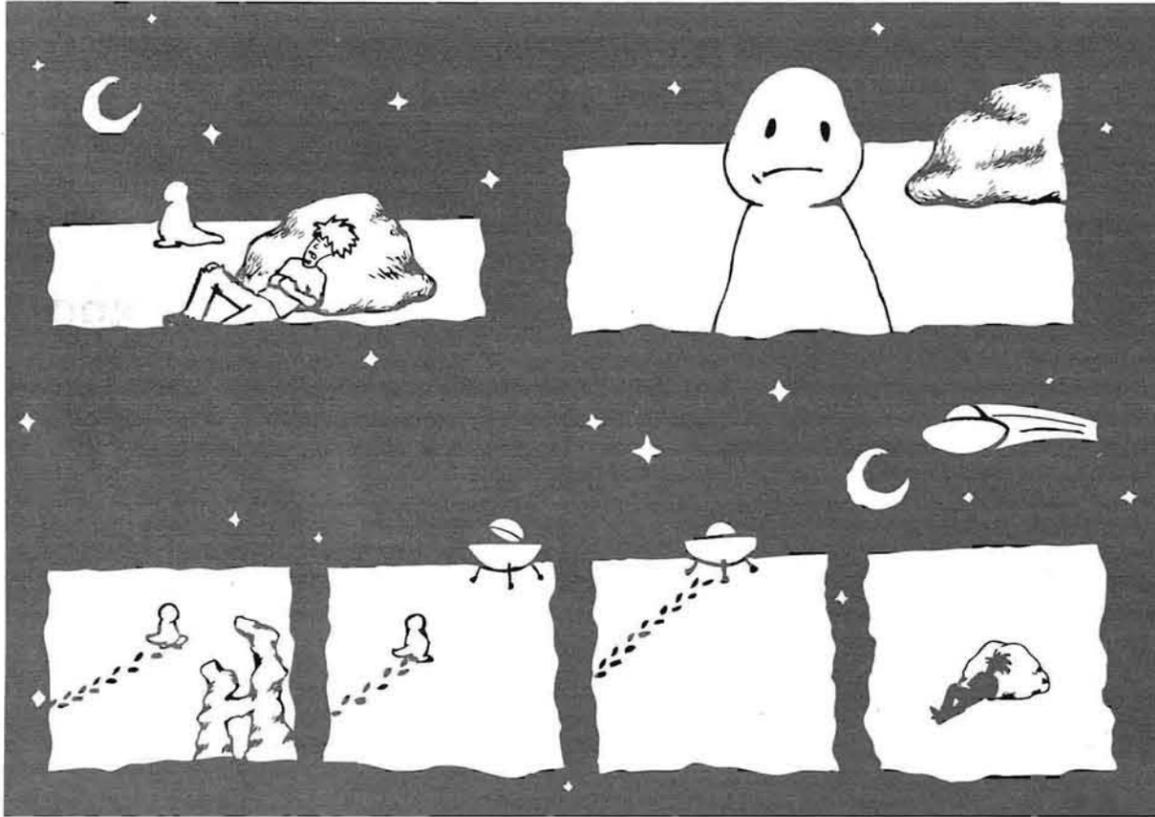
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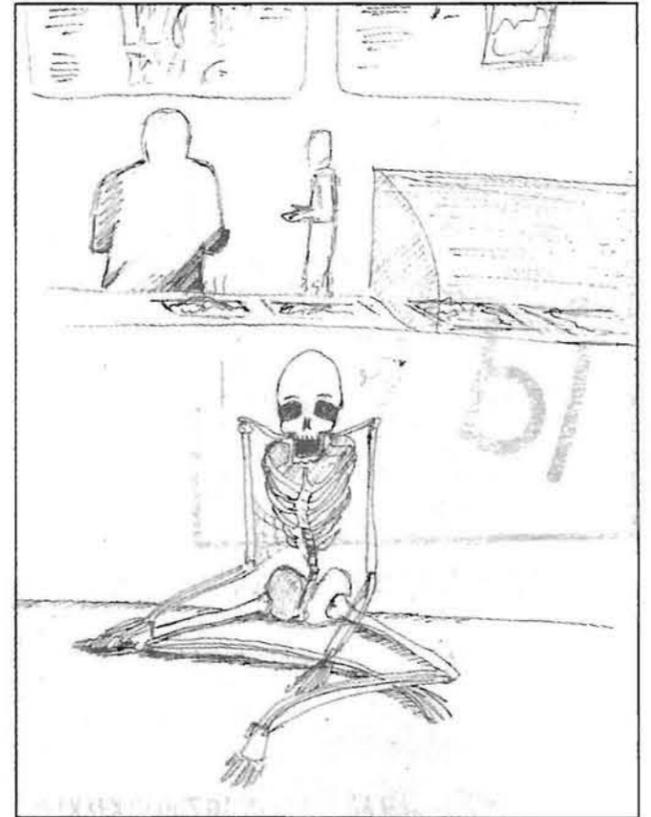
JUST A COUPLE DRIFTERS

Christian Kessler



THE THIRTEEN PERCENT

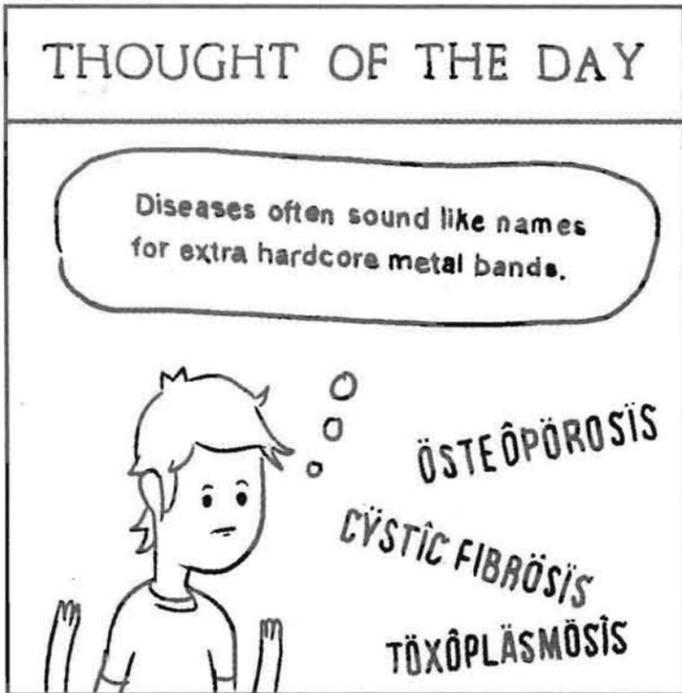
Jason Williams



All Jason wanted was a quesadilla, but he wasn't aware of how **long** it took to make one here at UMSL.

BRAIN DEAD

Zach McDaniel



CRYPTOGRAM

WF FXTRD MXF FQOF OZJORYWRH AIXOP MBBMTFXRWFE ORZ AYMRMCWY ACBMNATCARF WD UMFQ
 CMTOPPE TWHQF ORZ HMMZ AYMRMCWYD. NQE? UAYOXDA BMJATFE, ZWDYTWCFWROFWMR ORZ
 LHRMTORYA TADFTWYF HTMNFQ. NQAR EMX DFWKPA QXCOR BMFARFWOP, NQAR EMX ZMR'F WRJADF WR
 RAN WZAOD, WF ZMADR'F LXDF YXF MKK FQA BAMBPA NQM OTA OKKAYFAZ; WF QXTFD XD OPP. NA GRMN
 FQOF WRJADFCARFD WR AZXYOFWMR ORZ WRKTODFTXYFXTA ORZ DYWARFWKWY ORZ FAYQRMPMHWYOP
 TADAOTYQ WRYTAODA HTMNFQ. FQAE WRYTAODA HMMZ LMUD, ORZ FQAE YTAOFA RAN NAOPFQ KMT OPP
 FQA TADF MK XD.—UWPP YPWRFMR

SUDOKU LAST WEEK'S ANSWERS

2	9	4	7	3	5	6	8	1
7	3	8	4	6	1	2	9	5
5	6	1	9	2	8	4	7	3
6	8	9	2	7	3	1	5	4
1	5	3	6	8	4	7	2	9
4	7	2	5	1	9	8	3	6
9	2	7	1	5	6	3	4	8
3	4	6	8	9	2	5	1	7
8	1	5	3	4	7	9	6	2

CRYPTOGRAM
 LABOR IS PRIOR TO, AND INDEPENDENT
 OF, CAPITAL. CAPITAL IS ONLY THE FRUIT
 OF LABOR, AND COULD NEVER HAVE
 EXISTED IF LABOR HAD NOT FIRST EXISTED.
 LABOR IS THE SUPERIOR OF CAPITAL,
 AND DESERVES MUCH THE HIGHER
 CONSIDERATION.—ABRAHAM LINCOLN

SUDOKU

				5	7	3		
	5		2					4 9
		3				1		6
		5		6	4			
	7	8					6	9
			7	9			4	
	3		6				8	
2	6					3		5
		7	4	2				

SIMPLY BEAGLE

Lee Sellars



STUPID TABLET COMIC FUN TIME

John Clifton

