

## UMSL students voice concerns regarding campus shuttle service

**KARLYNE KILLEBREW**  
STAFF WRITER

Student frustration with shuttle operators and the shuttle system isn't completely new, but more people are enquiring as to what the problem is and how it can be fixed.

Some of the more common concerns involve late or no-show shuttles and crowding. An example from Brittiny Martin, junior, political science, stated, "The south campus shuttles are never on time and [drivers] take random, not-on-schedule breaks... There are forty plus students trying to make their way on the shuttle to make it to class by the hairs of their chins. The shuttle packs 25 plus students on the shuttle, leaving students to stand past the white line and, in most cases, sitting on the steps by the door. UMSL transportation office has been called and notified of this issue with pictures. The person in charge of UMSL transportation never returns phone calls nor has added two shuttles to one pick-up. This has gone on since the beginning of last semester."

Jamyria Landers, freshman, biochemistry, also noted. "Every now and then, at certain times, I'm pretty sure it's one certain bus driver that doesn't come, so I have to stand there waiting an extra 10 to 20 minutes for the shuttle drivers who do come on time. I've heard other people had to stand outside longer or have struggled trying to get to work or something, but mine hasn't been completely awful."

Referring to the small time gaps in the shuttle schedule, night shuttle driver Nikita Mason explained, "The gaps are that they are on break... [The schedule] says 8:18 at the MSC then it says 8:30 - that is supposed to be me going on break. Sometimes I don't go on break. You know, people are out here waiting so I drop them off. But in the day time they should really be accurate, because, you know,



SARAH MEYERS/THE CURRENT



RYAN BROOKS/THE CURRENT

Many UMSL students depend on the university's shuttle service to get around campus

everyone is trying to get to class."

The posted shuttle schedules show lapses of 10 to 12 minutes in pick-up times, however there is nothing specific indicating a particular shuttle's break. According to Mason, the schedules' lack of detail is where the confusion lies.

"That's where [students] get [their] information from... Whatever schedule they give us, we follow it," Mason said.

The UMSL department responsible for the shuttle service is Parking and Transportation, which recently relocated to the campus police station. Captain Charlie Roeseler, Commander of Special Operations for the UMSL Police Department, handles all shuttle-

related business. Roeseler provided context on the relationship UMSL has with its shuttle provider, St. Louis Transportation. "I have not received [complaints] personally for about three weeks. I go through St. Louis Transportation when I get a complaint about a shuttle. The last complaint I got, the shuttle had broken down," Captain Roeseler explained. As the head of shuttle operations, Captain Roeseler reaches out to our shuttle service provider for any problems he is unable to fix himself, notifying the company of any issues in service and working with them to repair or improve the situation.

In reference to the issues of shuttles being late, Roeseler elaborated on the GPS system

installed in each shuttle, stating that he has the ability to check the records of any individual bus and/or driver. Regarding student complaints, Roeseler added, "It's based on perception. If you're the one waiting on the shuttle it can seem like it's been 20 minutes when it's only been six, but if I say 'I can look at the GPS and prove you wrong'... That won't help."

Roeseler acknowledged that the shuttles run on a tight schedule. "It'd be nice to have an extra shuttle but the budget won't allow it. The cost of shuttles is \$40 per hour, [multiplied] by 50 hours a week."

The only cost-allowed changes require rearranging current resources, and there are no lay-over

periods of inactivity in any shuttle schedule that can be utilized to improve promptness or efficiency.

Roeseler also addressed the accusations of poor student assistance. "We've got to be responsive to the students. If I hear my secretaries dealing with a question or complaint I will help."

Students and staff with complaints about shuttle services should feel free to call his desk, said Roeseler, who can be reached in Parking and Transportation by calling 314-516-4190. Roeseler's personal extension is (\*4192). For further information on the Parking and Transportation office, visit the UMSL Parking and Transportation webpage.

INSIDE



Metrolink Robbery pg 3



New UMSL Courses pg 3



Education Job Fair pg 6



Game Review pg 8

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

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THE UNDERCURRENT *By Siyun Zhang*

## WHAT DO YOU THINK OF THE FOOD AT UMSL?



## NOOR AHMED

Freshman  
 Premed biology

"It's a delicate subject. It could be really good or bad. And it's not nutritional."



## CARL MANGANELLO

Senior,  
 Electrical Engineering

"The food is okay, but it [would] be better if we get more choices."



## KATIE SOEDER

Senior, Communications

"It's good that we have brand names such as Pizza Hut and Subway, but I feel like we have a need for Mexican food."

MON 53<sup>HI</sup> 42<sup>LOW</sup> TUE 58<sup>HI</sup> 36<sup>LOW</sup> WED 64<sup>HI</sup> 49<sup>LOW</sup> THU 72<sup>HI</sup> 51<sup>LOW</sup> FRI 66<sup>HI</sup> 48<sup>LOW</sup> SAT 72<sup>HI</sup> 56<sup>LOW</sup> SUN 63<sup>HI</sup> 40<sup>LOW</sup>

# Police arrest two men involved in Metrolink phone theft

HEATHER WELBORN  
FEATURES EDITOR

The University of Missouri—St. Louis Police Department investigated a robbery that occurred on the Metro Link North Platform on April 2. At around 2 p.m., an unnamed woman was robbed of her cell phone by physical force and sustained a small cut on her hand. Within an hour after the incident, UMSL Police arrested two men involved in the attack.

Captain Charlie Roeseler of UMSL-PD shared details on the incident. He said the robbery occurred while the victim — not a student at UMSL — was riding the Metro-Link. “One of the other patrons in the cab took her cell phone, hopped out at the north platform and took off running,” Captain Roeseler said. A campus police officer walked out of the police station, adjacent to the Metro-Link North Platform, as the theft occurred. “The young girl screamed, he went over to her, she said, ‘That guy just stole my phone,’” Roeseler said.

The incident was immediately

investigated by five officers from UMSL and two more from St. Louis County Police Department. Officers pursued the suspect, who hid in a wooded area near Express Scripts. “He was able to hand the phone off to somebody else,” Roeseler said. “We had a report from Express Scripts that they could see the guy. He was hiding from the policeman who was like 40 feet from him,” he said. Following the tip, officers quickly apprehended the suspect.

The victim, who sustained a cut on her hand from when the assailant yanked the phone out of her hand, was treated at the campus police station. Once the suspect was detained, the victim positively identified him as the man who assaulted her on the train and stole her phone. His accomplice was arrested shortly after, with the victim’s cell phone still concealed on his body.

Police say that the immediate reporting of this crime and the quick response by the Police Department were key to

capturing both suspects. The victim had an app on her phone that allowed officers to track its location. Officers say the app aided in tracking down the second assailant, who was detained off of Natural Bridge Road.

“We’ve been very lucky,” Captain Roeseler said. Regarding crime on campus, Roeseler says that “if they get reported quickly, we have a much higher chance of recovering the property and finding the perpetrators. As quick as they can advise us, that quick response from the victim really helps us.” He notes the usefulness of the victim’s phone app, as well. “These phone apps are real valuable to us to have on your phone if your phone gets jacked,” Roeseler said.

Should you become the victim of a crime report it immediately and travel in groups if possible. Students who become victims or witnesses of theft or suspicious activity are urged to dial 911 on campus phones or red emergency phones, and 516-5155 on a cell phone to avoid

rerouted dispatch. “It saves you about 2 minutes in dispatch time,” Captain Roeseler said.

To avoid falling victim to theft, Captain Roeseler suggests students stay mindful of their surroundings at all times. “Don’t have your phones out,” he said, noting that cell phone theft is high in the surrounding areas. “Area wide, it’s rampant. They’re stealing phones constantly,” he said. “They’re valuable, and we encourage students to hide their electronic chargers in their cars, especially at night. They see the cord and they’ll check the car to see what’s in there.”

The robbery was reported as a mass-notification, in accordance with the Cleary Act, a federal law that requires police to make crime reports available to the general public. In the annual crime statistics report found on the campus police website, one robbery was reported in 2012, along with one aggravated assault, one auto theft and 13 burglaries. The full report can be read online

at [safety.umsl.edu](http://safety.umsl.edu).

Regarding directly notifying students, Roeseler said, “If there’s a danger posed to the students, we want them to know about it. It’s all about safety and students getting the info they need to keep themselves safe.” The department offers an escort service to students who are uncomfortable walking to a parking lot, bus stop, Metrolink stop, or anywhere else on campus.

If you witness or experience a crime, call campus police immediately. The police department will need information on what happened and where, as well as a physical description of those involved, a vehicle description or license plate number, and the direction of travel. Police warn witnesses to avoid becoming part of the incident, advising students to not approach or attempt to apprehend the suspect. If possible, stay on the phone with police until an officer arrives. The campus police safety tips can be found at [safety.umsl.edu](http://safety.umsl.edu).

# New courses provide new ways to engage with history

HUNG NUYGEN  
MANAGING EDITOR

Is this person guilty or not guilty? Should they be banished to Canada, executed, imprisoned, or fined? These were the questions that UMSL’s “Literature of the American Civil War” class, taught by Kathleen Nigro, PhD, assistant teaching professor, English and gender studies, tackled on a field trip to Jefferson Barracks. Being placed in the position of military judiciaries after being introduced to some background about each court case, students worked in groups to press for a verdict and punishment as the clock ticked away the allotted time nearby. Afterwards, each team of three disclosed their decisions and learned what actually happened to the individuals they just condemned or acquitted. Some revelations left students surprised, even after learning the reasons for a seemingly wrong conviction.

The course is one of a few currently in-design that incorporate an experiential engagement with subject matter, particularly in humanities or social science classes where a traditional lab or practical component has not been common practice.

“What makes this class so unique is that students not only

are immersed in the history and literature of the Civil War, but also participate in experiential learning in the field,” Amy Dooley, program manager of the school of professional and continuing studies, said. “These historic places create connections to our heritage that help us understand our past that can’t always be accomplished in the classroom. This class is helping students build and grow their knowledge through unique experiences. Each historical site field trip is enhanced by special tours and programs led by experts in the field.”

Nigro’s class will visit several places this semester, including: the Eugene Field House, the Old Courthouse, Campbell House Museum, Jefferson Barracks Museum, Bellefontaine Cemetery, Mercantile Library, and the Ulysses S. Grant Historical Site.

But more importantly, Nigro has pointed to some unexpected but welcome rewards while teaching the course. Because the course does not follow a traditional didactic, lecture-heavy mode of instruction, Nigro has afforded students more freedom and control in how they approach their papers and discussion

assignments, within some guiding criteria and themes. The freedom to question and explore other approaches to the subject matter, she noted, has allowed students to come up with and have the courage to think about events and issues in ways not readily seen in the traditional classroom courses, often having a more prescriptive, fact-based approach to inquiry and subject interrogation.

“The experiential learning has caused them to be much more aware of how history is made,” Nigro explained. “We went to the Eugene Field House and then we went to the [Campbell House Museum] and it was very clear to [the students] that difference in class meant where you lived, what you had, how people treated you. I think they see that it’s not only today that we have those same hierarchies of value. I think we tend to romanticize people of the past—that they were all moral, ethical, good, smart. I think it’s interesting for them to go to these places and see that they’re people just like we are. It’s been interesting to show them that history was popular culture to people at one time.”

Myrta Vida, senior,



CONNIE O'NEIL PHOTOGRAPHY

Nigro’s course is enhanced by field trips to historical sites

interdisciplinary, commented, “They’re absolutely invaluable for me... There’s something about being able to see the chair where someone sat or the dress that someone wore. It makes it human... And it actually makes you interested and excited about history.”

The course is open to both credit and non-credit community members and Nigro expressed enthusiasm at the mixed courses. “I hope we continue to offer these mixed courses, as community members are often older and may have life experiences that our students may not have had to add to the discussion.”

The field trips also bring students out to the community,

where they can see individuals working in fields related to history. Nigro noted that by sheer serendipity, some of the docents of the sites were University of Missouri—St. Louis graduates or current students in history or a related field of study, that now have jobs.

“I think it’s important for our students going into the humanities to know that they have opportunities to work [outside of academia],” Nigro said.

Additional course offerings of this kind are available through the School of Professional and Continuing Studies, in collaboration with various academic units

# Job seekers attend annual education job fair

HEATHER WELBORN  
FEATURES EDITOR

Prospective educators filled the Mark Twain Athletic & Fitness Center on April 4 for the annual University of Missouri–St. Louis' Education Career Fair. Students and alumni seized the opportunity to interact with over 36 area school districts and learning centers within an afternoon. Many districts even scheduled same-day on-site interviews.

Participants that preregistered for the job fair received an email before the event with tips to ensure successful interactions with potential employers. Attendees were advised to develop a plan of action to ensure confidence at the event. Basic guidelines included reviewing employer information and analyzing what skills a participant can offer the organization before making contact with a recruiter.

Professional attire and conduct was required of all attendees, who waited patiently in line as recruiters spoke with potential job candidates. Participants arrived with plenty of copies of their resume to distribute. A three-point agenda was suggested, including what the

attendee is seeking, what skills they can provide and questions for the employer.

Teresa Balestreri, director of career services, managed the Career Services informational table at the job fair. "[The Education Career Fair] is a little bit different than our corporate job fair because of the nature of the industry," Balestreri said, noting that this event specifically targets potential educators and instructors. The education fair is hosted each spring and receives a considerable turnout. "We expect about 300 job seekers to come through," Balestreri said. "We'll have well over 100 interviews that will take place today, in addition to the initial contacts made today."

Balestreri says that the fair gives participants the rare opportunity to make an initial connection with a large number of employers and begin the job seeking process. "Students need to realize that career fairs are only the tip of the iceberg of what career services can help people do," Balestreri said. "We're not a placement agency, but we are here



Job seekers filled Mark Twain gymnasium on April 4

for the student's career development with resources to help them get connected to the right employer."

For students who aren't sure what they want to do once they complete their education, Balestreri points them towards the resources available at Career Services. "We don't have a magic wand, but we have the tools to help them start to gain some focus, so they can start targeting," she said. Resources available to students and alumni range from resume writing and interviewing skills, to salary benchmarking and using social media. Networking skills and career assessments are also available to job seekers. For more information, visit Career Services at 278 MSC or online at [careers.umsl.edu](http://careers.umsl.edu).

UMSL alumni attended the event, and offered professional headshots for LinkedIn profiles. According to James Page, assistant director at the office of alumni and community relations, over 30,000 UMSL alumni use LinkedIn to network, job search and recruit fellow alum. He encouraged students to join the thousands of area UMSL graduates on LinkedIn as an invaluable way to target the perfect employer, form connections in area industries of interest, and pursue mentors.

Page says networking with LinkedIn is as easy as searching for UMSL alumni, organizing by employment industry, and sending a quick message of interest. The initial point of contact with

industry leaders can be as easy as sharing a brief self introduction and extending an offer for coffee in the future. For more information on UMSL alumni events, visit [umslalumni.org](http://umslalumni.org).

The College of Education (COE) encourages students interested in education to consider one of their many academic programs. The COE offers courses in teaching and counseling, as well as options in undergraduate, graduate and post-graduate pursuits. Students with an undergraduate degree are advised to consider post-degree certification in education. For more information on academic programs in education, visit the COE website at [coe.umsl.edu](http://coe.umsl.edu).

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GAME REVIEWS

'inFamous: Second Son' is a must-play



"INFAMOUS: SECOND SON" SCREENSHOT

DANYEL POINDEXTER  
STAFF WRITER

Game developer Sucker Punch and Publisher Sony Computer Entertainment America came out with their third story for the series inFamous on March 21, 2014. Named "inFamous: Second Son," the game takes place in Seattle seven years after "inFamous 2."

For those who are not familiar with the inFamous series, the stories are generally based on a world-wide dilemma of people giving up their freedom for more security. From the previous "inFamous 2," the character named Cole MacGrath activated the Ray Field Inhibitor a.k.a RFI to kill a Conduit (superhuman named after their abilities to 'channel' powers). The explosion from the activated RFI was thought to have killed all Conduits across the globe. However, those who were outside the radius of the blast or with a natural resistance survived. In a way, the government begins to fear these Conduits and so they form the Department of Unified Protection to help heavily monitor the Conduit activity across cities.

With the newly released game, "inFamous: Second Son" taking

place several years after, a new character named Delsin Rowe is introduced. Delsin is a 24 year old Native American graffiti artist who believes in his talents and goes around showing them off.

As he gets confronted by his older brother who is a cop, a bus holding prisoners gets into a crash. After Delsin helps a man escape the wreck, he learns that the man is a Conduit and as the Conduit starts to attack, Delsin accidentally absorbs his powers to manipulate and transform smoke. When the Department of Unified Protection learns of Delsin, he's determined to fight back.

Throughout the game, Delsin learns that he too is a Conduit and his main power is absorbing other Conduit's powers. It seems like a one way ticket as he fights to protect himself but the path of the game-play actually depends on the player themselves. There are two paths in this game: Good and Evil. Every time the player gets hit with a choice, they will quickly be notified of the choices they have, which are good or evil, and how much it will affect them later on

in the game. From that point of view alone, the game is highly realistic, with the best graphics for the next generation console games so far.

Unfortunately, this game is only available on PlayStation 4, which is a major downfall for people who still have not acquired this new console. For those who have, however, get ready for the time of your life. It magnificently utilizes all of the PlayStation 4's features, including the touch pad that comes with the controller.

The game is a smooth, clean play that not only comes with real life decisions that can determine a different future for the player but also contains story missions, new powers, abilities, and the freedom to roam the streets and experiment. This game definitely gets five stars as it continues the growing "inFamous" series. Though it comes with the shortcoming of being exclusively PS4, "inFamous: Second Son" is one game that every hardcore gamer should check out.

GRADE: A

"QuizUp" offers a fresh, new take on classic trivia

JANE LAKAYIL  
STAFF WRITER

The relatively young, five-month-old mobile trivia game "QuizUp" is reminiscent of popular trivia games such as Trivial Pursuit and Sporcle. "QuizUp," developed by Plain Vanilla Games – an Icelandic corporation – has taken trivia to a whole new level. Not only can players compete against their own Facebook or Google+ friends, they can now enter the global stage and face players of all ages across the entire world. Furthermore, by allowing players to use the universal Facebook and Google+ to login, Plain Vanilla Games has created a game that is accessible to over one billion people.

With a growing list of over 450 topics and more than 250,000 questions, "QuizUp" offers everyone a challenge; from movies and television shows, to art and music, to math and science, to pop culture and general knowledge, even contrarians will find something to suit their taste.

Individual matches are comprised of seven questions. The player is allowed ten seconds to answer the question and answering more quickly earns more points. The final question is worth the most points and can cause the previously losing person to win the match. At the end of each match, the player can review incorrectly answered questions and have the option for a rematch or a new game with a new competitor.

Within each category, there are fifty levels. As the player continues to win games within the category, he or she receives a new name corresponding to the new level

reached. The names also correspond to the category and subcategory. For example, within the literature category is a "Literature Characters" subcategory. At level ten, the player receives the title "Archetype," at level 20, "Narrator," at 30, "Sidekick," at 40, "Archenemy," and ultimately at 50, "Protagonist." These comical titles within the game's levels provides an interesting new approach to reflecting one's mastery of the game.

The combination of a countdown timer, the desire to beat both the opponent and one's own previous record, and a point system based on time taken makes "QuizUp" an addicting game without the guilt of wasting time. As much as it is a game, it is also a tool for expanding one's horizons and building upon existing knowledge.

The ability to compete internationally without any traveling and playing the game without a smart phone are some of "QuizUp's" best features. However, one of the biggest drawbacks is the tendency for the app to freeze. Perhaps this occurs more on Android devices than Apple, but freezing occurs more so than one would think of such a popular app.

Despite the freezing issues with the app, "QuizUp" is a thought provoking mobile game that allows healthy competition and guilt-free entertainment and deserves an A.

"QuizUp" is available on iTunes for Apple products, Google Play for Android products, and online.

GRADE: A

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On the beach in Miami  
SCREENSHOT OF "QUIZ UP"

# UMSL sports teams have victorious week

JOHN "SAMMY" LUDEMAN  
SPORTS EDITOR

The University of Missouri-St. Louis men's baseball team won both of their games in a doubleheader against the Rockhurst Hawks on March 31 at the UMSL baseball field. The UMSL Tritons won the first game 10-2 in seven innings, piling on runs and exhibiting an effective defense after Rockhurst scored two runs in the first inning. Daniel Seddon, junior, business administration, boosted the Triton effort with two runs, two hits, and two RBIs. In the second game of the doubleheader, UMSL defeated Rockhurst 5-3 in nine innings. With the Tritons leading 2-1, the Hawks scored two runs in the top of the seventh to take a 3-2 advantage. The Tritons immediately responded with three runs in the bottom of the seventh, proving to be the last runs scored of the contest. Shane Brinker, junior, biochemistry, contributed with three hits and

two RBIs in the Triton victory. UMSL women's softball also won both of their games in a doubleheader against the Rockhurst Hawks on March 31 at the UMSL softball field. In the first game, the Tritons defeated the Hawks 7-4. The game was tied 3-3 going into the fourth inning before the Tritons scored three runs that the Hawks were not able to recover from. Ashleigh King, senior, elementary education, contributed with three runs, two hits, and a RBI for the Tritons. In the second game, the Tritons walked away with a 2-1 victory in eight innings. The Hawks struck first with a run in the third, but the Tritons responded scoring one run in both the seventh and eighth innings. Katie Rutledge, junior, elementary education, and Hannah Wessels, junior, nursing, each contributed with two hits for the Tritons. UMSL men's golf tied for

seventh place out of fourteen teams at the Argonaut Invitational in Pensacola, Florida. The competition lasted from April 1-2 and was hosted by the West Florida Argonauts. The hosting Argonauts walked away victorious with a score of 848 (285-280-283). The Tritons ended the competition with a score of 884 (304-286-294). Colby Yates, sophomore, undecided, tied for sixth place individually shooting a 214 (76-69-69) and Warren Crow, senior, business, tied for 34th with a 224 (76-72-76). UMSL men's baseball lost their first game and won their second in a doubleheader against the Maryville Saints on April 1 at the UMSL baseball field. The Tritons lost the first game 6-4 in nine innings. Though the Tritons were able to score runs in the first, third, and ninth innings, the Saints simply had more production. Maryville tallied

10 hits and 6 RBIs compared to the Triton's seven hits and four RBIs. Cody Garlington, senior, finance, and Daniel Seddon, junior, business administration, each contributed two hits in the loss. In the second game, UMSL walked away with a 7-1 victory over the Saints in seven innings. Taking advantage of Maryville's fielding errors and their pitcher's excessive walking of Triton batters, the Tritons were able to squeeze five runs out of two hits in the first two innings. Michael Budka, senior, physical education, contributed with two hits and two runs in the Triton effort. UMSL women's tennis defeated the William Jewell Cardinals 7-2 on April 5 in Kansas City, Missouri at the Clayview Country Club. The Triton women won four of six singles matches, and all three of their double matches against the

Cardinals. Leanne Cantalupo, junior, civil engineering, showed great poise for the Tritons in singles play. Cantalupo rebounded from a 0-6 first set loss, to win her match through 6-1, 6-2 second and third set wins. The Tritons improved their record to 12-5 overall and 4-1 in the GLVC, the best in program history under Coach Rick Gyllenborg. UMSL men's tennis defeated the William Jewell Cardinals 8-1 on April 5 in Kansas City, Missouri at the Clayview Country Club. The Tritons won all six of their singles matches, and two of three doubles matches against the Cardinals. Irving Corrales, sophomore, computer science, contributed for the Tritons with an impressive 6-0, 6-0 singles victory. The Tritons improve to 10-4 overall and 3-1 in the GLVC with the win.



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POINT

COUNTERPOINT

## IS THE DRUG WAR A FAILURE?

### POINT: Prohibition is not the answer

Prohibition creates the black market whose loathsome consequences themselves become just one more supposed justification for the war on drugs. Prohibition turns ordinary citizens into criminals. Its massive profits fuel violence and political corruption. Time and time again, criminal prohibition has been seen to fail at reducing demand, and it magnifies the health consequences of the illicit substances.

Prohibition incorporates huge risks into the supply side of a market. Loss of life, liberty, and property are costs. The imposition by prohibition of these costs, without reducing demand, raises prices. Enforcement efforts can restrict supply, but never realistically eliminate it. The more money is spent, the more resources employed, the greater the risks, and therefore, the greater the profits. The tighter a government or police agency clamps down in one place, the harder the market springs back

elsewhere, the greater the rewards for those who can successfully produce and smuggle their drugs, and the greater the need to kill to protect these interests.

However harmful a drug is, we can do nothing but increase its harm through prohibition. In a black market, there is no regulation on quality or purity. Dangerous, unregulated adulterants become common, and drug warriors argue that their presence, ironically, justifies the war, because these drugs are known to be contaminated and dangerous. Yet in a regulated market, this is not the case.

We should focus our financial and intellectual resources towards treatment, addiction reduction, and education rather than imprisonment. The stigma that comes with even a minor drug conviction can ruin careers, and is especially harmful to the young and the poor, two of society's most vulnerable groups. Let us end this war.

### COUNTER: It's a war worth fighting

The drug war and prohibition are worth fighting. Drugs are dangerous. This is a war we fight on principal. Even seemingly "soft" drugs like marijuana, which are believed to be innocuous, are really quite dangerous. Marijuana is a gateway drug, and can lead one down a path to harder drugs, like crack and heroin. When drug dealers get a hold of children, the consequences can be especially devastating.

In the 1980s, we saw crack destroy entire communities, and many of those abusers started with marijuana. The health costs of drug use are also enormous. And since many drug abusers are poor, they are more likely to go to emergency rooms and not have insurance, putting a further burden on the American taxpayer. The high prices of drugs offer a tempting avenue to making money for unscrupulous people. Criminals can be identified by the fact that they are willing to subvert laws and resort to selling dangerous, illegal drugs. Much

violence can be attributed to the drug culture as well. Even worse, drugs can harm the organs and brain.

We should not give up just because demand has not completely evaporated in the decades that the drug war has been developing. Law enforcement has many new technologies and copious funding available to them. With the USA PATRIOT Act and new wiretapping technologies, and military grade equipment, this isn't your grandfather's drug war. The violence of cartels is being handled appropriately at this very time by our special forces, by the DEA, by foreign governments and local law enforcement.

The most important thing you can do is educate your children about the dangers of drugs. An ounce of prevention is worth a pound of cure. Studies have shown that children from good homes are less likely to resort to using drugs. A good citizen starts in the home.

## PAUL'S PONDERINGS

### Spring is the time to get fit and healthy

PAUL PEANICK  
OPINIONS EDITOR

Whether you have never worked out, or are just getting back into the swing of things, there's no better time to start building up good fitness habits. With the beautiful spring weather hitting St. Louis, many people are doing just that. The health benefits of an active lifestyle are many and undeniable. Exercise helps your heart, your brain, your posture, your sleep, and your entire body.

Exercise helps to control weight, lower insulin resistance, blood pressure, and improve metabolism. Exercise combats health conditions and diseases like high blood pressure (hypertension), diabetes, depression, certain types of cancer, arthritis and also improves bone density and the strength of connective tissues. Our ancestors evolved exercising vigorously every day, so much so that our bodies need exercise to function fully. Our bodies are not designed for long term, sedentary living.

Exercise also improves the way the body functions on a cellular level. If you take two similar adult individuals of the same age, and then allow one to exercise regularly for ten years, and the other to live a sedentary lifestyle, then after those years have accrued, the more active individual will tend to be physically younger than their counterpart. This is because exercise improves the efficiency of the body's cellular processes. When cells split and reproduce (a process

called mitosis) an enzyme called telomerase cleaves chromosomes in the cell and splits them. When this occurs, the telomeres on the chromosomes become shorter. Information encoded in DNA is lost. Having a more efficient body, a fitter body, helps make this process more efficient. Mitosis can only occur so many times before enough info is lost that errors begin to occur. This accrual of errors is a large part of what we call aging.

As to how to begin exercising, and how much to get, there are many experts to whom one can turn. The Center for Disease Control, for example, recommends a couple of different paths. One could attain good benefits from two hours and thirty minutes of moderate physical activity, such as a brisk walk, every week, in addition to two or more days of major strengthening activities that work multiple muscle groups. Or, according to the CDC, one could substitute two and a half hours of moderate intensity cardiovascular exercise for an hour and fifteen minutes of vigorous activity, such as running or swimming. It is important to remember that these are just minimums, and more exercise is always better as long as you are getting proper rest too.

When starting an exercise plan, it is important to consult a doctor beforehand, if possible. Building new habits and extinguishing a well entrenched, sedentary lifestyle can be challenging. But the more you



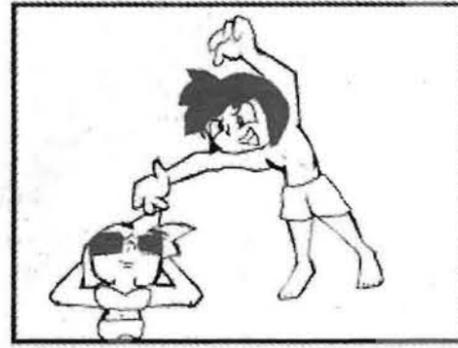
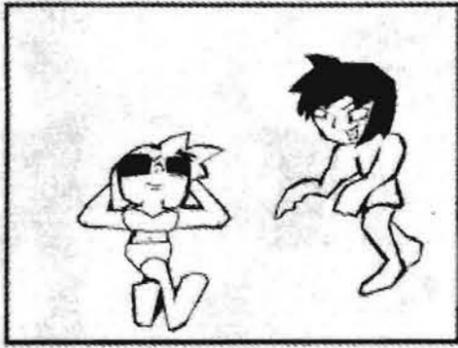
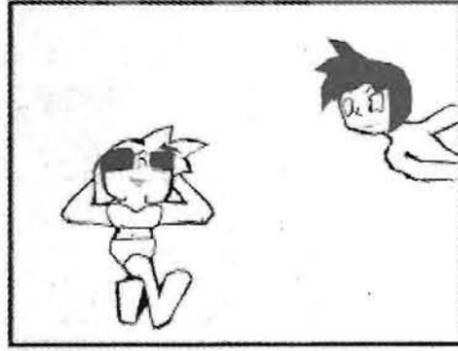
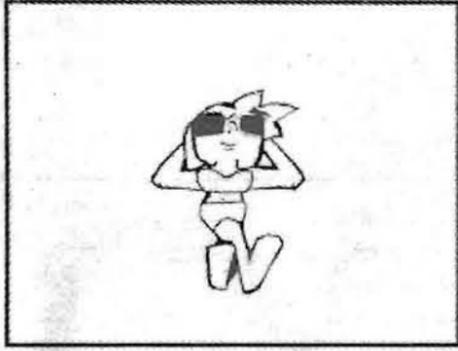
get to it, the easier it becomes. Many experts agree that a new habit can be built with just 7-21 sessions on average. If you stick with it, eventually, you may find exercise an indispensable part of your daily routine. It quickly becomes addictive, relaxing, and satisfying. You will find that it improves your sleep, gives you more energy, and even improves your love life.

In the future, with the burgeoning obesity epidemic and increasing cognizance of the physical, social, and economic costs of mass sedentary behavior, along with poor diets, it is expected that incentives for exercising will increase. Companies increasingly, for example, are offering subsidized gym memberships and health care discounts to their more active employees. Barnes Jewish Care recently banned smoking by its employees. It is expected that taxes on unhealthy foods will also tend to increase. There is no reason not to start getting more active. It's good for you, and good for society.

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# UMSL

## 2014

# May

## Commencement

### MAY 17 & 18

Each ceremony will be approximately  
1 1/2 hours long. **No tickets required.**

**SATURDAY, MAY 17**  
**MARK TWAIN BUILDING**

10 A.M. - College of Nursing  
- College of Fine Arts and Communication  
- School of Social Work  
- Master of Public Policy Administration

2 P.M. - College of Arts and Sciences

6 P.M. - College of Optometry  
(Touhill Performing Arts Center)

**SUNDAY, MAY 18**  
**MARK TWAIN BUILDING**

2 P.M. - College of Education

6 P.M. - College of Business Administration  
- UMSL/WUSTL Joint Undergraduate  
Engineering Program  
- Missouri University S&T-Engineering  
Education Center

Don't  
miss the  
**GRAD  
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**Wednesday, April 2  
& Thursday, April 3**  
**UMSL Bookstore, 209 MSC**  
**11 a.m. - 7 p.m.**

- Purchase your cap, gown and tassel; order or purchase announcements; look at class rings.
- A \$10 late fee will apply to all attire purchased after Friday, May 2.

Visit the UMSL commencement website at [www.umsl.edu/commencement](http://www.umsl.edu/commencement) for more information and to pre-register for your commencement photos with GradImages™.

## -NEWS@NOON-

### The Changing Landscape of Higher Education: Access and Value

**Date:** Wednesday, April 9, 2014

**Time:** 12:15 to 1:30 pm

**Location:** SGA Chambers, third floor of MSC

**Presenter:** Keith W. Miller, Ph.D.,  
Orthwein Endowed Professor for Lifelong  
Learning in the Sciences

**Lunch:** Pizza for the first 25 attendees

**The Current**

UMSL'S INDEPENDENT STUDENT NEWS

### Intensive French or Spanish

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