

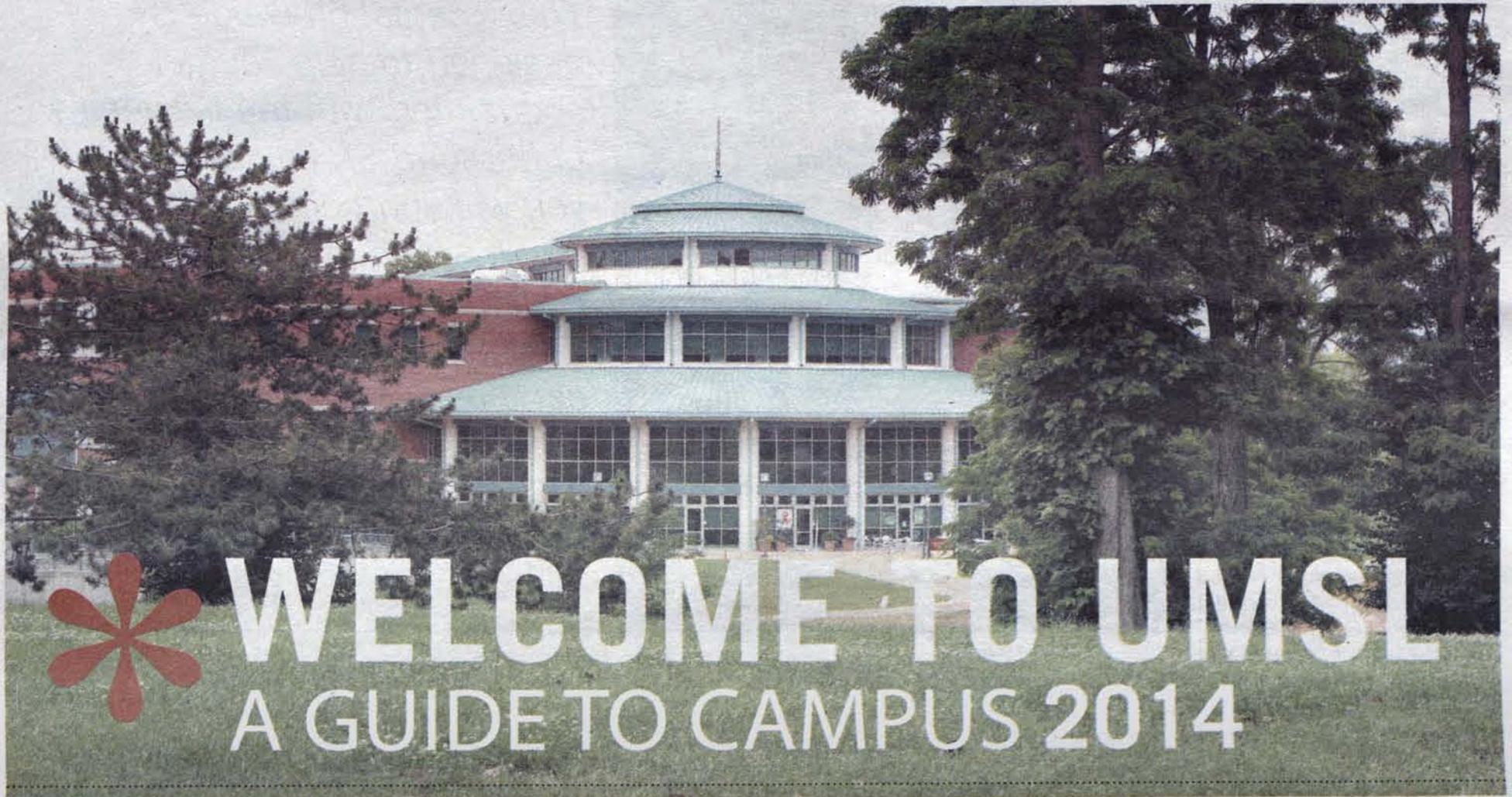
The Current

UMSL'S INDEPENDENT STUDENT NEWS

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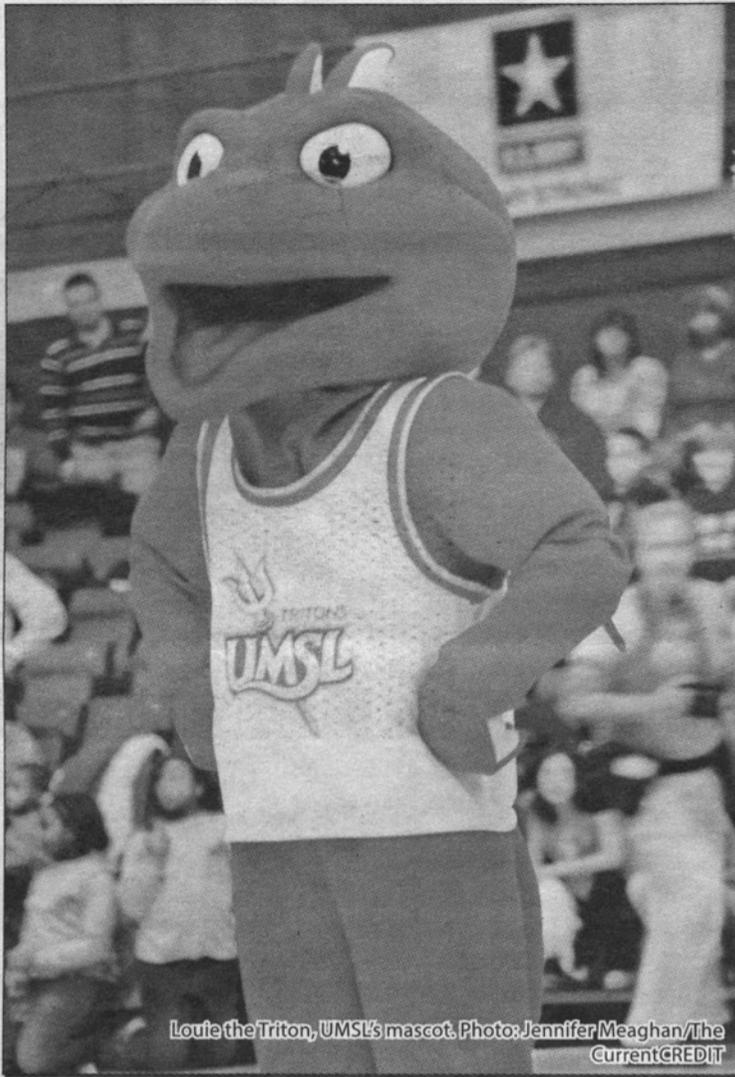
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Louie the Triton, UMSL's mascot. Photo: Jennifer Meaghan/The Current CREDIT

THE CURRENT ONLINE

WELCOME TO UMSL!

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

Visit thecurrent-online.com for additional content.

LETTERS TO THE EDITOR

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

GET INVOLVED

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

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

NOW HIRING FOR THE FALL 2014 SEMESTER!

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

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UMSL Offers Variety of Campus Living Options

SHARON PRUITT
STAFF WRITER

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

all students to enjoy. For a full list of amenities, and to take a virtual tour of Oak Hall, visit the website of Residential Life and Housing at umsl.edu/services/reslife.

VILLA HALL

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

MANSION HILL

Mansion Hill Apartments are a viable option married students or students with children who

are searching for on-campus housing. Students must be at least 21 and enrolled in at least three credit hours at UMSL to live at Mansion Hill. The age requirement is waived for students with children, students who are married or engaged, students who have at least 60 credit hours, and students who are applying for the athletic community's themed housing (with the main office's permission). Mansion Hill Apartments are located just off 1-70 at New Florissant Road and is on the UMSL shuttle route.

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

UNIVERSITY MEADOWS

At University Meadows Apartments, students can choose between a variety of rooms and rates. Efficiency units are 495



©OakHall RYAN BROOKS/THE CURRENT

square feet and of unfurnished space, ideal for accommodating 1 or 2 residents. 1 Bedroom are 637 square feet and have 1 bathroom and are unfurnished; 2 bedroom units are 610 square feet of furnished space, and have 2 bathrooms. 4 bedroom units are 873 square feet of furnished space and also have two bathrooms. University Meadows Apartments are located on South Campus.

Living in University Meadows apartments gives students access to the clubhouse, which has a flat screen tv, wireless internet

access, and daily breakfast bar. Other amenities include 24-hour coinless laundry facility, a sand volleyball court, and swimming pool and spa.

A price comparison chart that includes a full list of rates on every option listed above (excluding University Meadows) and information on meal plan prices and requirements are available online at umsl.edu/services/reslife. For more information of University Meadows Apartments, visit universitymeadowsumsl.com.

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Getting Around Campus

HIKARI KOBAYASHI
STAFF WRITER &

JOHN LUDEMAN
MANAGING EDITOR/NEWS
EDITOR

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

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

The shuttle service also offers the Friday shopping shuttle, which

takes passengers to local grocery stores. Riders are picked up from the main circle by JC Penny on North campus at various times, and are dropped off at either Schnucks on Florissant or Shop-n-save on St. Charles Rock Road. Saturday shopping shuttle carts riders to their choice of the local Wal-mart or Target. Participants are picked up from the Mansion Hill, Provincial House, and University Meadows student housing facilities.

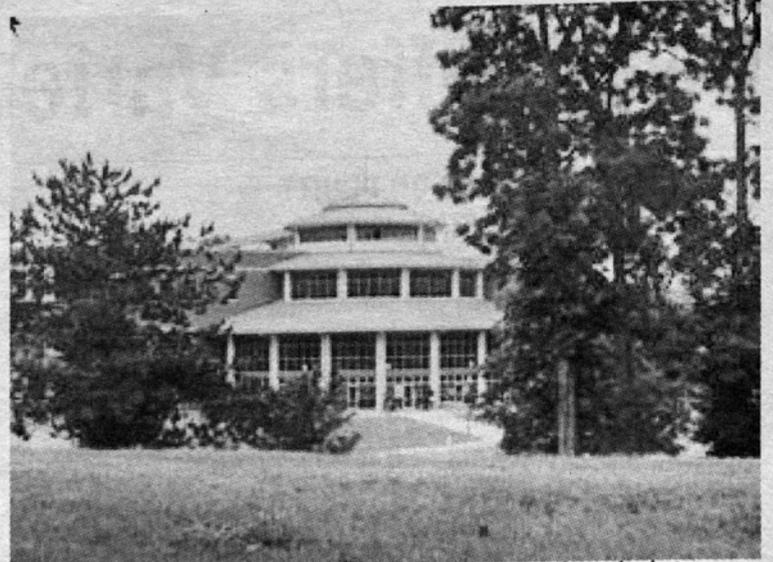
Also on Saturdays, International Shopping Shuttle option is available. Like the regular Saturday shopping shuttle, participants are picked up from the Mansion Hill, Provincial House, and University Meadows student housing facilities. From there the shuttle runs to the China Town Square, located on the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

among many other international shops and venues.

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

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

Before using student parking, new students need to register their



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

Students can also ride their bike or walk to get to their next destination. In fact, it may be the best way to learn what the school offers very quickly. Whichever route of transportation is chosen, UMSL tries to accommodate it to make students, faculty, and staff's campus experience better. For more information and help determining what is the best fit for you, stop by the Welcome Center on the second floor of the Millennium Student Center.

Keeping Students Safe at UMSL

LATWUANNA TROUPE
STAFF WRITER

As our freshman enter the campus this fall they need to know that they are safe. There needs to be a firm understanding that University cares and will provide a safe community for students to thrive in. As a safe haven for students there are Campus Police, whose headquarters are located next to the UMSL-North metrolink station. They can be seen walking or driving around throughout the campus to keep the sight of protection and safety. The campus police are approachable and take time to make themselves noticeable at various campus events, including New Student Orientations, where they are a part of the many booths that

showcase their services and availability to students.

They have put new protocols and programs in place to ensure that they are seen by the students and accessible to the student body this fall. "We're very student oriented, friendly oriented, and service oriented," said Greg Bingham Field Training Instructor with the Campus Police. Resistance Against Rape (RAD), which is a women safe help program, Partners in Prevention (PIP) which is a statewide coalition to bring about more safety awareness to the UMSL campus and the other campuses alike, are some of the programs that Bingham mentioned.

Students should plan to be involved in said programs to make sure that they know what to be

aware of as the UMSL campus grows to keep its reputation as being one of the safest universities in St. Louis.

Being safe on and off of campus is a must. UMSL is located in the North County of St. Louis and the general public has access to the campus as well. There are public buses that service the UMSL-South metrolink station and there are many people that use it throughout the day. Students need to always be aware of their surroundings. Crime has taken place at UMSL and that is something that needs to be understood. There is crime everywhere, but being able to not become a victim to crime is what prevention is all about.

Have a happy and safe freshman year!

SAFETY TIPS

WHEN WALKING:

- Remain Alert. People may try to get your attention but if you do not know them, stay focused and on your way.
- At night always walk with another person or in groups. Call a friend and place them on speakerphone as you walk.
- If getting off the metrolink at night have someone meet you there or call Campus Police at 314-516-5155 to have them pick you up and escort you to your dorm, if you do not feel safe walking alone.
- Remember, the public transit buses come to the UMSL South station so you have to be aware that there will be all types of people at the station throughout the day and night.
- Keep possessions close and get back to your dorm or apartment safely.

PROPERTY:

- Keep your personal belongings in sight at all times. Do not leave anything unattended when you take the metrolink or the metro buses.
- If you are taking belongings such as luggage from your dorm to the metrolink be sure to wait for the shuttle to get to the metrolink safely.
- You are important so protect your identification cards and debit/credit cards and keep them inside your bag.

DRIVING AND VEHICLES:

- Keep valuables in your car out of sight or locked in the trunk and always lock your vehicle.
- Be aware that you are not the only one using the road. Be an active driver and be aware of your surroundings.
- Do not blast loud music as it may be distracting to other drivers.

What's going on at UMSL

KARLYNE KILLEBREW
FEATURES EDITOR

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

FALL EXPO

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

make some new acquaintances. The event lasts from 11:30 am until 1pm. Usually, popcorn, snowcones and bowls of free candy are provided by some of the organizations hosting a booth.

HOMECOMING

Usually held in the fall, in conjunction with a soccer game and sometimes held in the spring, a Triton homecoming is the big shindig no one wants to miss. A week's worth of spirit competitions will be held, hosting both single player events and team oriented competitions where student organizations can win spirit points. Great perks await the organization that wins the spirit competition. Think you shine enough to be king or queen? Fill out a packet in the Office of Student Life and run for the position. At the end of Homecoming, there is the traditional big dance with dinner, a DJ and Polaroid photo-booth. Beside

of competitions, parties and a crown, Homecoming committee provides an opportunity to build leadership and teamwork skills all from behind the scenes. Homecoming has something for everyone.

JOB FAIRS

UMSL cares very much about its students' success. The Career Services Department at UMSL hosts a job fair each semester where many employers set up booths in Mark Twain Gymnasium, letting prospective applicants come and ask questions, network and develop a feel for the company that they might be interested in working for. Pre-registration is required. Students will be notified by e-mail when registration for job fair is open. There is an entrance fee for students who are not pre-registered.

MIRTHDAY

Mirthday serves as UMSL's very own fair. Small rollercoasters and food

vendors are set up in a designated parking lot. Student organizations host individual booths where students can stop and play games to win prizes as well as ask questions about an organization that they might be interested in. Craftsmen and traveling zoos stop by, giving UMSL students keepsakes from their day out and the thrill of taking pictures with deadly, exotic animals (this is more than a docile store-bred python). To keep the fun rolling, there is always a Mirthday concert the night of the fair featuring famous artists. UMSL has hosted BOB, Cobra Starship and Grouplove in the past.

Although these are the major annual UMSL traditions, they are certainly not the only sources of fun. Everything from 30 day Instagram

competitions for parking spaces to lock-ins at the Nosh have graced the UMSL campus. Be on the look-out in The Current and other informational sources on campus for upcoming events and programs.



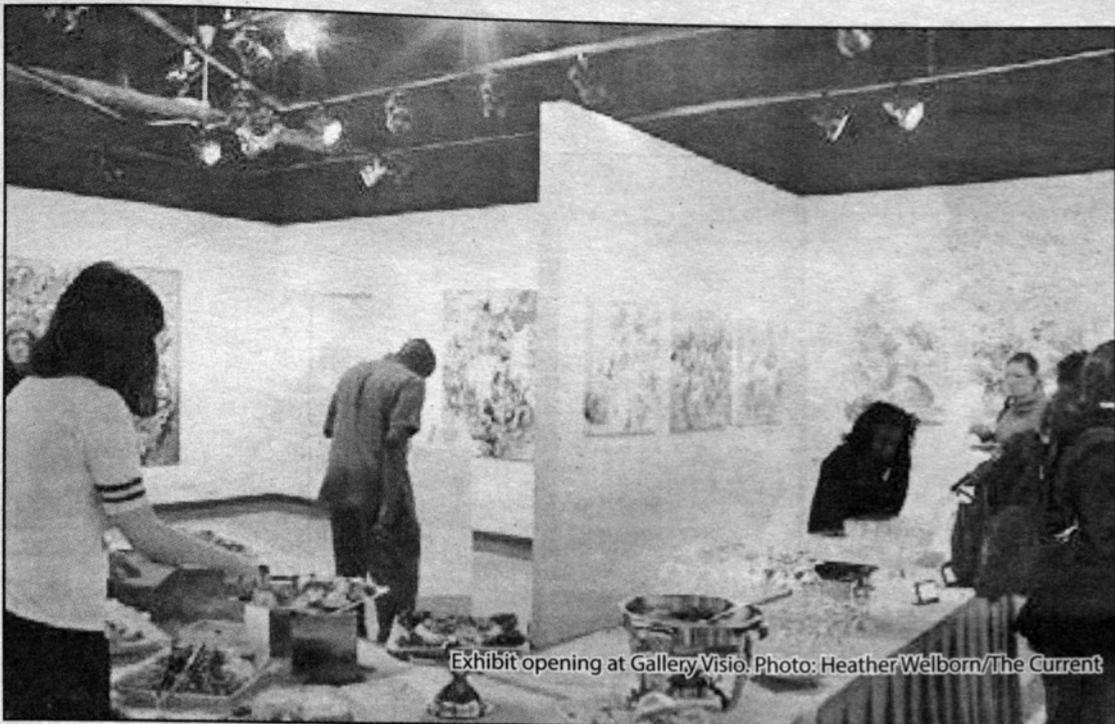


Exhibit opening at Gallery Visio. Photo: Heather Welborn/The Current

Where to Find Arts and Entertainment on Campus

CATE MARQUIS
A&E EDITOR

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

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

PERFORMING ARTS

Blanche M. Touhill Performing Arts Center

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

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

Music is also plentiful at the Touhill. The biggest popular music concert of the year is the annual Mirthday concert. As part of this spring one-day carnival, the uni-

versity books a popular national band for an evening concert at the Touhill.

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

Classical contemporary music concerts have included ones by the ensemble Alarm Will Sound which performed their astounding concert-performance art fusion "1969" and the Grammy-winning sextet eighth blackbird.

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

Classical music includes concerts by Arianna String Quartet, UMSL's artists-in-residence, the UMSL Wind Ensemble and Percussion Ensemble and concerts by piano, violin and vocal music faculty and students, many of which are free. UMSL also has an Opera Theater troupe which presents lively, playful versions of classic opera sung by gifted students.

The Theater department presents fall and spring plays at the Touhill, casting a mix of students with professional actors and staged with costumes and sets.

Comedy at the Touhill includes the Second City Comedy Troupe, Comedy Improv, and Improvised Shakespeare.

There is a whole lot of dance at the Touhill. Not only has our campus become the home to the dance organization Dance St. Louis, it has also hosted dance performances by St. Louis Ballet and MADCO, artists-in-residence at UMSL. The Department of Dance also presents two student dance concerts a year.

Other performance venues

The Pilot House has been host to the Honors College annual Battle of the Bands, the Multicultural Variety Show and the Drag Show, hosted by PRIZM, the campus gay-straight alliance organization. The Pilot House is a multi-purpose space next to Subway in the lower level of the Millennium Student Center. Other campus performing arts venues include the more formal J.C. Penney Auditorium and Fireside Lounge, near Einstein Brothers on the main level of the MSC where University Program Board offers Coffee Concerts by local musicians.

VISUAL ARTS AND PHOTOGRAPHY

Gallery 210

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

Gallery Visio

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

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

New to the Lou?

SEAN MARSHALL
STAFF WRITER

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

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

THINGS TO DO IN ST. LOUIS

FOREST PARK

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

THE LOOP

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

DOWNTOWN

If you are interested in getting that "big city" feel, downtown St. Louis is your stomping ground. Catch a ride to the top of The Gateway Arch and take it all in. Check out a game at Busch Stadium to watch a game by the World-Series-winning team the Cardinals and grab a drink at the new Ballpark Village. Check out the art-you-can-play-on at the City Museum or the nightlife on Washington Avenue. Get lost while looking at the skyscrapers and find yourself at a music festival or wine tasting event that is bound to be taking place. Warning: fireworks may erupt without notice.

CENTRAL WEST END

This quaint but eclectic area is home to coffee shops, classy restaurants, antique shops and performer's roosts. Join some classmates for a late-night caffeine buzz at the Coffee Cartel, grab a mystery novel at Big Sleep or Left Bank Books and then head over to catch an improv show and meet your new best friends at the Improv Shop. You will not regret laughing so hard that you feel like a kid again. Do not forget to stop by Bissinger's to get a handcrafted chocolate and indulge in a guilty pleasure.

THE HILL

This is the closest you will get to Italy without booking an expensive flight. Stroll down the streets draped in red, white, and green as bocce balls roll by in the gardens. This is the birthplace of a uniquely St. Louis appetizer characterized by a hunk of meat enclosed between a crispy, fried golden breading topped with Parmesan cheese – the famous toasted ravioli. Then grab dessert at Gelato Di Riso and play a pick-up game of soccer near St. Ambrose to work it off.

SOULARD

Wanting a night out to remember? This historic, originally French area just south of downtown is known for pub crawls, spicy food, music with rhythm and soul and the annual Mardi Gras Parade. Grab an imported beer from ITAP (International Tap House), eat shop at the Farmer's Market and groove to some blues music. It is a great college party scene and you might find yourself getting a team together for trivia at Llywelan's.

OTHER GREAT NEIGHBORHOODS/SIGHTS TO EXPLORE

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

Much Athletic Diversity for UMSL Students

JOHN "SAMMY" LUDEMAN
MANAGING EDITOR/NEWS EDITOR

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

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

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

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

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



Triton's Baseball Team. LEANNA BALES/THE CURRENT

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

As for competitive athletics, the University of Missouri- St. Louis is better known as the Tritons. The Tritons have 11 total athletic teams. The men compete in baseball, basketball, golf, soccer, swimming and tennis. The women compete in basketball, golf, soccer, softball, swimming, tennis and volleyball. The number of teams has increased by two from last year, with the men and women's swimming and diving programs entering their first competitive season after having being eliminated after the 1995-96 season. Schedules for the sports' upcoming seasons have

not yet been released. The Tritons official web site, www.umsltritons.com, offers a full guide to all of the competitive sports at UMSL. Included on the site are full team schedules, rosters and the latest Triton headlines.

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

Baseball Field, located on the south campus.

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

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Quick Tips for UMSL Freshmen

MICHAEL WIETHOP
STAFF WRITER

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

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

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

with people your age. You need not college or money for that.

-Make a schedule for yourself... and follow it. It is amazing how much time you can waste on the Internet; a schedule will help you figure out when you need to work and when to take a break. Undergraduate papers are actually pretty easy if you set aside enough time for them.

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

-Pay attention to campus events. There might be something worth attending, and the social opportunity can help you meet new people. I met

one of my friends at an event for my dorm hall.

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

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



The Millennium Student Center at UMSL.
RYAN BROOKS/THE CURRENT

papers and assignments carefully and check out any books you might need (sometimes they are at a different library, and might take a few days to ship). You can search for more and better sources, make a rough draft or two, and meet with

the class professor or fellow students to get some help perfecting the assignment.

If I did all I am telling you now, I would have a much better grades than I do now. Welcome to UMSL!

Thoughts of an UMSL Freshman

ABBY NAUMANN
STAFF WRITER

Passing through the Millennium Student Center this summer, you may notice an unusual number of parents and students riding up the escalators with brilliant red "Orientation" folders, some with faces full of excitement, some barely awake after the "Overnight Experience," and some looking perhaps a little lost. In fact, you are catching a glimpse of the incoming freshman class. From the beginning of June through the August first, incoming freshman will be entering the MSC as university students for the very first time. Accompanied by an excellent team of Orientation Experts, these students are not only here to make schedules, but to form

their first impressions of UMSL. Having completed my New Student Orientation on June 3rd, I am happy to share my thoughts as a freshman at UMSL for the first time.

As the old adage goes, the way to a person's a heart is through his or her stomach, and New Student Orientation (NSO) coordinators took this advice seriously, much to the enjoyment of students and family. The day started with a generous breakfast and welcome presentation, where students had the opportunity to win t-shirts and accessories for answering questions about the slideshow correctly. This was particularly meaningful for students who may be earning their first piece of Triton gear! A well-organized and informative series of

sessions followed with presentations given by different members of the faculty and staff about the basics of university life, registering for classes, and managing finances. During breaks, students broke into groups led by student Orientation Leaders who pumped up the morning morale with introductions, games, and tidbits of advice from their personal experiences. After all, who knows more about being a student than current UMSL students themselves?

After lunch in the Nosh, students and families were separated for advising sessions. What I find to be the most impressive aspect of UMSL is the university's "customer service," so to speak. Nowhere else will students encounter such knowledgeable and approachable



UMSL Orientation Leaders. MEGAN GREEN

advisors. Not only are the advisors experienced and helpful, but they can often meet on short notice and are fully invested in each student's success. The same qualities carry over to the financial advisors who met with parents. Finance advisors had a knack for putting complex

and often confusing legal jargon into clear, easy-to-follow paths, which is especially important for families who are sending a child to college for the first time.

When the day came to an end, students were given matching Triton tees, symbolic of the day they spent together and the journey they are about to embark upon as one, unified class. New acquaintances said goodbye, and each student left feeling a little more confident about the uncharted waters which lie ahead, knowing what wonderful guides would be available along the way, and if all else fails, that at least their companions met here at New Student Orientation (NSO) are all in the same boat. So if you see a new student making their way through campus during NSO, or perhaps the Triton Take-Off and Weeks of Welcome in August, take a minute to smile and wave or introduce yourself, because you may be the person who makes a new student's UMSL impression a positive one.

Upcoming New Student Orientation dates:

Tuesday, June 24; Thursday, June 26; Thursday, July 31; Friday, August 1. Triton Take-Off: Friday, August 22-Sunday, August 24)

Welcome Back, Students!

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

- Research Help Both Online and In-Person
- Café TJ serving coffee and snacks
- Extended Hours during Finals
- Group Study and Quiet Study Areas
- Free Scanners
- Book Delivery from over 60 Missouri Libraries

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

**JAMES BRAGADO
STAFF WRITER**

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

For a wide variety of cuisines to satisfy the palate, take the escalator down to the lower level and enter the Nosh. This cafeteria offers sandwiches, sushi, and a salad bar, and it houses several food stations including Pizza Hut Express and Wow Café, serving chicken wings, mounds of fries, and other grilled and fried foods. If you are in the mood for

Library to gather resources for your latest research paper, grab a bite to eat at Café TJ just inside the front doors. There is no shortage of coffee on UMSL's campus, and Café TJ brews up Starbucks coffee as well as pastries, yogurt, and other light fare.

In South Campus' Provincial House, students can indulge to their heart's content at South Campus

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

The Southside Café in

Chicken Masala the day after.

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

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

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



The Nosh in the MSC. RYAN BROOKS/THE CURRENT

staying fueled up and focused to get your study on.

On North Campus, the Millennium Student Center (MSC) houses several options. First, the UMSL Bookstore not only sells textbooks and school supplies, but also a selection of snacks and drinks, too. While picking up your mini-library of textbooks for the Fall Semester, peruse the aisles for your favorite Landshire sandwich and neon-colored sports drink.

Just outside the Bookstore is Einstein Bros. Bagels, a perfect option for students on the go. While famous for their bagels, they also offer coffee blends and hot breakfast sandwiches. If you have time, pull up a chair at one of their bistro tables and watch the academic world stroll by.

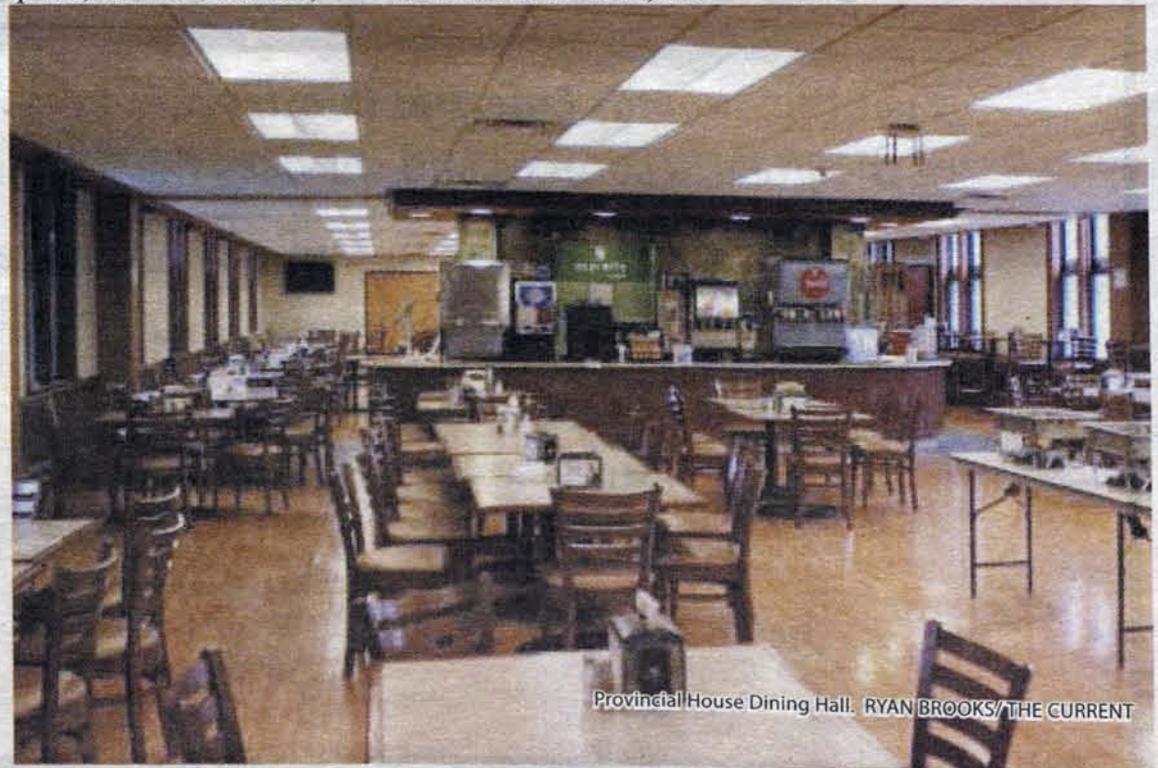
Asian cuisine, the Far East Fusion counter allows students to customize their own stir-fry with various meats and vegetables. On the lower level students may also recognize that familiar sweet smell of Subway bread wafting in the air; in the university's eclectic Pilot House, located just past Gallery Visio, the sandwich chain serves up affordable subs and salads.

Students who need to visit the Math and Writing Center at the Social Sciences & Business Tower (SSB) will find Pony Espresso in the lobby. Using Fair Trade and Rainforest Alliance products, this stand offers coffee, fresh fruit, baked snacks, and smoothies. Get the sugar-rush you'll need to solve your calculus homework by hopping in line for a turtle latte and a brownie.

When you find yourself at the Thomas Jefferson

Dining. UMSL's only all-you-can-eat establishment, South Campus Dining fulfills their mission to "celebrate food's ability to bring people together" by offering something for everyone. Chow down on soups, salads, freshly baked desserts, burgers, pasta, pizza, and other entrees,

Room 102 of the South Campus Classroom Building (SCCB) serves up diverse meals for breakfast, lunch, and dinner. Variety is the spice of life, as they say, and the eatery's menu rotates daily; for example, students can eat a gyro salad one day, a burrito and nachos the next, and



Provincial House Dining Hall. RYAN BROOKS/THE CURRENT