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## Current, March 20, 2017

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# The Current

Vol. 50  
Issue 1528  
March 20, 2017

## UMSL'S INDEPENDENT STUDENT NEWS

### UMSL Students Win \$10,000 in Hackathon, Have Opportunity to Incubate Business

LEAH JONES  
FEATURES EDITOR

JUSTIN REUSNOW, junior, computer science; Omar Salih, information systems; Sam Luebbers, graduate, information systems; Chau Tran, senior, information systems; Kyle Hopfer, junior, information systems, and Alex Nuetzel, sophomore, computer science at the University of Missouri–Columbia, have collectively won \$10,000 and the opportunity to create and incubate a business through the University of Missouri–St. Louis' Accelerate program. This is all before any of them have graduated from their respective degree tracks.

The group, who called themselves "Amazing Hack," according to Reusnow, created a "Virtual Advisor" in lieu of UMSL's current Degree Audit Reporting System (DARS) at UMSL's first ever co-gender Hack-A-Thon. The 48-hour Hack-A-Thon took place over the weekend of March 3 through March 5. Teams of students competed to create an application which would solve a real world problem. Mohamed Langi, senior, information systems, and president of the Information System Programming Club (ISPC), helped to organize the



Justin Reusnow codes "Virtual Advisor," a web application that shows a visual representation of a student's degree progress.

event with UMSL alumnus Stuart Ashby after the two met at St. Louis' GlobalHack, which took place last October. Dr. Dinesh Mirchandani, professor of information systems and chair of the department, also helped to organize the histor-

ic event.

Reusnow explained the problem that Amazing Hack addressed at the Hack-A-Thon. "Any student who uses the DARS system is almost always entirely confused and somehow even more unsure of what they

need to do before they tried the system. This is because DARS analyzes what classes the student has taken, compares that with the student's declared major, then checks to see what is remaining," he said.

CONTINUED ON PAGE 6

### Law Experts Share Insight at Legal Career Symposium

LORI DRESNER  
NEWS EDITOR

LEGAL EXPERTS shared their insight and offered advice to students considering law school at the Choosing a Law School and Legal Career Symposium in Century Room C of the Millennium Student Center at the University of Missouri–St. Louis on the afternoon of March 16.

The symposium, which was hosted by the College of Arts and Sciences, opened with an hourlong moderated panel discussion featuring UMSL alumni who have careers in various legal professions.

The panelists included Ebonie Reed, a staff attorney at Legal Services of Eastern Missouri; Don-te Tamprateep, a second year law student at Saint Louis University (SLU); Daniel Kolde, a self-employed attorney who specializes in litigation, civil rights, and animal law; and Jack Duepner, who retired from the St. Louis County Prosecuting Attorney's Office after 25 years and now works part-time as a municipal judge.

Each panelist shared their experiences applying to law school, preparing for the LSAT, and succeeding in law classes. They also offered insight as to what students should expect while studying in law school and searching for a career in the legal field.

Kolde said that some of the career options for those who have a degree in law include working for the government, nonprofits, and private firms, and even professions outside of being a lawyer.

"There's a lot you can do with a law degree," Kolde said. "We have a lot of freedom in our careers. If you don't like your job, you can go to another one pretty easily. If you don't like working for somebody else, you can try to work for yourself."

Duepner, who attended law school later in life, worked for an insurance defense firm for two years out of law school, but decided that it was not what he wanted to do as a career. He was then hired as an assistant prosecutor in St. Louis Coun-

CONTINUED ON PAGE 3

### UMSL Math Club Hosts National Pi Day

ZYRA DE LOS REYES  
STAFF WRITER

THE UNIVERSITY of Missouri–St. Louis' Math Club hosted its annual Pi Day celebration in the Pilot House of the Millennium Student Center last Tuesday. Students gathered to indulge in free snacks and enjoy a fun mathematical holiday by participating in pi-themed activities.

The mathematical constant pi is used to compute areas of circles and other applications and is becoming more frequently celebrated. Each year across the nation, Pi Day is observed on March 14 since it coincides with the first three digits of pi, which are 3.14. The occasion raises awareness of the importance and relevance of math in everyday life.

At noon, a crowd of students gathered to take part in the various concurrent activities that the UMSL Math Club prepared. Pizzas, pies, cookies, brownies, and refresh-



Omar Soufian Ismail and Noreen Heyari prepare to compete in the pi recital.

ments were provided for the participants, as well as t-shirts and the opportunity to sign up for the club.

Some students took part in solving the Buffon Needle Problem where each individual dropped a handful of toothpicks onto a lined sheet of paper and determined the probability of the needle crossing one of the lines on the page. Stu-

dents quickly observed that the result is that the probability is directly related to the value of pi.

Other students joined the art contest where each individual was provided a piece of paper that contained the pi symbol template. The task was to show creativity through art, while others learned how to approximate pi using a ruler or a

compass.

The pi recitation was the main event. Students attempted to recall and recite as many post-decimal digits of pi as they could. Noreen Heyari, senior, biology, won second place by enumerating 230 digits, and Omar Soufian Ismail, junior, computer science, won first place by reciting 750 digits.

"What interested me in pi recital is that I like to do a complex memorization, which challenges my brain further, and I like numbers. The way I memorize the pi numbers is by breaking them into two digits in historical events. For example, 95, the year I was born, 13, the year I graduated from high school, and so on. I look forward every year for this event because it gives me an opportunity to share my passion with others," said Ismail.

The number of students was larger than one might expect for a math event, with friendly and ap-

CONTINUED ON PAGE 3

### What's Inside:



Great Streets Project, pg. 3



'It Figures,' pg. 5



Health Educator, pg. 6



Photos of the Week, pg. 11

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**ON THE QUAD** BY MIKE DILIBERTO

**NOMINATE YOUR FRIENDS, ORGANIZATIONS, AND ADVISORS FOR THE LEADERSHIP AWARDS!**

Nominations are due Friday, March 24 online at [umsl.edu/studentinvolvement](http://umsl.edu/studentinvolvement)

# Math Problem of the Week

Find at least two different ways to write 100 as a sum of two primes (Primes are the integers 2, 3, 5, 7, 11, ... whose only divisors are 1 and itself). How many different ways are possible?



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## Office of Student Involvement Column

**T**HIS WEEK in the Office of Student Involvement:  
 We are now accepting nominations for individual and organization awards as part of the annual Leadership Awards Banquet. All nominees and nominators will be invited to the Leadership Awards Banquet where each winner will be announced. Nominations are due by 5 p.m. on March 24. All nomination forms can be found in the Leadership Programs portal on TritonSync.  
 The UMSL Leadership Diversity & New Member Institute is a

student-led, student-run conference supported by the Office of Student Involvement annually during the fall semester. This conference teaches leadership through the lens of social justice and diversity and is designed for UMSL Student Leaders and Fraternity & Sorority Life members. The Planning Committee is currently looking for motivated and enthusiastic students to help plan for this year's conference. This is a great opportunity for anyone seeking to gain leadership experience as well as meeting and networking

with new people while planning for the conference. The application can be found on TritonSync and is due by March 31.  
 OSI is accepting nominations for the annual "Last Lecture." The Last Lecture program provides all students the opportunity to recognize professors who have made extraordinary contributions to UMSL through classroom teaching and service to the university. The program was inspired by Dr. Randy Pausch's "last lecture," which he delivered as he battled pancreatic

cancer. Nominees must be full-time faculty members with the university to be considered for the award. Nominations are due on April 2 by 11:45 p.m. and must be submitted by current UMSL students. The nomination form can be found on TritonSync.  
 The Office of Student Involvement can be contacted at 314-516-5291 or [studentinvolvement@umsl.edu](mailto:studentinvolvement@umsl.edu).

## THE UNDERCURRENT *By Taylor Milon* IF YOU COULD DO ANYTHING SPRING BREAK, WHAT WOULD YOU DO?



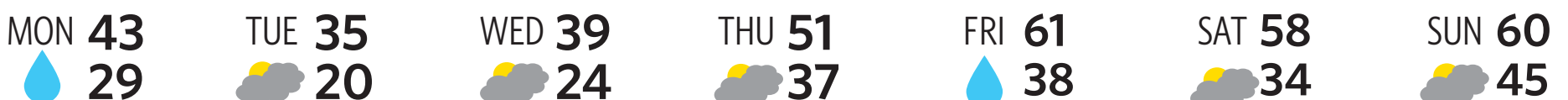
**ANNIE MBALE,**  
 Senior, International business and marketing  
*"Go to Miami, Florida sleep by the beach, enjoy the sun and not think about school period."*



**SIERRA MCALISTER,**  
 Senior, Biology Pre Med  
*"Stay home, watch Seinfeld and eat Oreos while my boyfriend delivers me more food."*



**STEVEN SKAGGS,**  
 Graduate Student, Master in Chemistry and a Teaching Degree  
*"Go to the Caribbean and scuba dive in the coral reef and cross it off my bucket list!"*



# Law Experts Share Insight at Legal Career Symposium

CONTINUED FROM PAGE 1  
ty by the late Buzz Westfall.

"That became my vocation, and I was very happy with it," said Duepner. "[It was a] very fulfilling ... to practice with law."

Dr. William Dunaway, the pre-law advisor at UMSL and moderator of the panel, asked the panelists to share with the audience what they believed students should know about pursuing a career in law.

Reed said, "I would make sure that [law is] something that you're passionate about and that you actually want to do, and that you're not focusing just on what you think you're going to make financially because you most likely will not make that financially."

Tamprateep emphasized the importance of students who are thinking about law school making connections with those around them as undergraduates.

"This isn't true just when you're in your professional life; it's also true now," he said. "You're developing relationships with a lot of professors right now, and make sure that you really nurture those relationships, because when you're applying for law school, you're going to need letters of recommendation, and you want to make sure that you build a really good image."

The panelists also offered advice based on balancing work and law school.

"In general if you want to finish law school in three years, I don't think you should have a job," said Tamprateep. "I think that law school should be your main job, and you're going to be doing a disservice to your clients later on if you're not actually learning what you're supposed to be learning."

Reed offered insight as to how students can afford law school and the resources that are available to assist with those costs.

"Law school is expensive," said Reed. "However, I think that if you put in the work to find the scholarships and find the money, it exists." She continued that she was able

to find funds for her law school education from outside sources, including other organizations and through two firms for which she worked.

"You have to take responsibility for your career path, for what you're going to have to pay for financially. But you can definitely position yourself where you won't have a ton of student loans," she said.

Students also had the opportunity to speak with representatives from the Princeton Review who offered resources for preparing for the LSAT as well as admissions officers from local law schools, including SLU, Washington University, Southern Illinois University Edwardsville, the University of Missouri-Columbia, and the University of Missouri-Kansas City.

# Great Streets Project Continues its Plans for West Florissant



An artist's rendition of the Great Streets Project's plans for West Florissant Avenue.

CHRIS ZUVER  
STAFF WRITER

own designated names.

One is the Dellwood Town Center, which is at the Chambers Road intersection, an important hub for downtown Ferguson. Dellwood Crossing is an important retail area along the corridor. The project plans to improve conditions for pedestrians, bicyclists, and automobiles, as well as to build the Bus Rapid Transit Station proposed for Chambers Road.

Another segment has been named Residential Avenue, which includes the area west of Highmont Drive to Maline Creek. This is a mostly residential area, and the project plans to improve it by adding a planted median, minimizing the impact of traffic noise, and adding trees and a multi-use pathway.

The third segment is named South Gateway, which runs from Maline Creek to the rail line south of Ferguson. This is a mostly commercial area. The plan intends to attract new retailers, to bring in more commerce, as well to create opportunities to build apartments and townhouses along Maline Creek.

This project is one of many in the St. Louis Great Streets Initiative. The Initiative was first proposed in 2006 by Les Serman, former executive director of the East-West Gateway Council of Governments. Since then, the council has taken part in numerous endeavors for improving streets in the bi-state area.

One such endeavor was for nearby Natural Bridge Road, of which the University of Missouri-St. Louis was a partner in the project. It was completed in the spring of 2016.

"Metropolitan Land Grant Universities have a responsibility to enhance and serve the educational, health, social, cultural, and economic needs of the neighbors," said Dr. Ronald Yasbin, dean of the college of arts and sciences. "The Great Streets Project is an example of how we as a university can help meet our responsibilities."

The final expected price for the West Florissant Avenue Great Streets Project is upwards of \$33 million. As of right now, efforts are being made to secure more funding. If all goes well, construction could start in 2019 or 2020.

LAST THURSDAY, at the city of Dellwood's New Life Community Church of God, people from St. Louis County gathered to give their input on a plan to revitalize parts of West Florissant Avenue. The plan is called the West Florissant Avenue Great Streets Project.

This project, sponsored by the East-West Gateway Council of Governments, St. Louis County Department of Transportation, the cities of Dellwood and Ferguson, and St. Louis County, is intended to revitalize a 2.5 mile section of the street that runs through both Dellwood and Ferguson. The renovation would happen along West Florissant Ave, from the Norfolk Southern Railroad, north to Interstate 270.

According to the project's website, westflorissantavenue.com, its goals include "creating an attractive sense of place that integrates the surrounding communities; enhancing mobility and safety for bicyclists and pedestrians; and catalyzing economic and community development opportunities for the community and surrounding neighborhoods."

The plans for revitalization began in November 2013. Their first phase, known as the Master Plan, was completed in June 2014. Coincidentally, this was right before the violent protests broke out over the controversy of former Ferguson police officer Darren Wilson's shooting and killing of Michael Brown.

Today, the area is filled with lower-middle class homes, chain-store shopping centers, and abandoned lots.

"It's strictly a street and pavement. There's no greenery. The lighting is not that great," Dellwood Mayor Reggie Jones said to the St. Louis Post-Dispatch in regards to the street.

Thus far, the project has received \$2.5 million in funding, which is enough to design improvements from the Norfolk Southern Railroad north to Stein Avenue. This phase of the project, known as the Preliminary Design, will run until late 2017.

The phase will focus on three segments of the corridor with their

## CAMPUS CRIME REPORT

LORI DRESNER  
NEWS EDITOR



THE FOLLOWING is a series of daily crime and incident reports issued by the University of Missouri-St. Louis Police Department between March 9 and March 13.

**March 9:** At 1:12 a.m. a non-student who was found sleeping in the Research Building was escorted off campus. At 2:26 p.m. a laptop was reported stolen from a classroom in Express Scripts Hall. At 8:28 p.m. UMSL PD took an informational report regarding a porta potty that was found tipped over on the roof of Clark Hall; no damage resulted from the incident. At 11:53 p.m. an iPad

found in the Social Sciences and Business Building (SSB) was turned in to UMSL PD and held for safekeeping; the owner was notified.

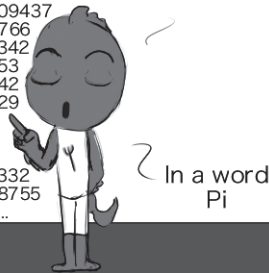
**March 10:** No incidents were reported on this date.

**March 11:** At 2:00 a.m. a bag of medical supplies found in Lot F was turned in to UMSL PD and held for safekeeping; the owner was notified. At 3:21 a.m. UMSL PD responded to a peace disturbance call regarding a dispute between a boyfriend and a girlfriend at University Meadows.

**March 12 and March 13:** No incidents were reported on these dates.

## UMSL Math Club Hosts Pi Day

3.1415926535897932384626433832795028841971693993751058209749445923078164062862089986280348253421170679821480865132823066470938446095505822317253594081284811174502841027019385211055596446229489549303819644288109756659334461284756482337867831652712019091456485669234603486104543266482133936072602491412737245870066063155881748815209209628292540917153643678925903600113305305488204665213841469519415116094330572703657595919530921861173819326117931051185480744623799627495673518857527248912279381830119491298336733624406566430860213949463952247371907021798609437027705392171762931767523846748184676694051320005681271452635608277857713427577896091736371787214684409012249534301465495853710507922796892589235420199561121290219608640344181598136297747713099605187072113499999983729780499510597317328160963185950244594553469083026425223082533446850352619311881710100031378387528865875332083814206171776691473035982534904287554687311595628638823537875937519577...



CONTINUED FROM PAGE 1  
proachable Math Club members gladly assisting curious students as they passed.

"I had fun at the Pi Day event. The club members were very helpful and willing to answer my questions about anything math-related," said Clarissa Reel, junior, sociology.

Dr. David Covert, assistant teaching professor in the Department of Mathematics and Computer Science and UMSL Math Club

Advisor, organized this event along with the club's president, Ian Edwards, junior, computer science; treasurer Hilmo Malkic, sophomore, biochemistry.

"Between organizing the food, room, reservations, and hanging fliers, the event was a great success," said Covert.

To learn more about Pi Day and for more information on the UMSL Math Club, visit [www.cs.umsu.edu](http://www.cs.umsu.edu).

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NIKI COULTER / THE CURRENT

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The women's golf team poses with their awards after winning the Buccaneer Spring Classic.

## Women's Golf Team Conquers Buccaneer Spring Classic

LANCE JORDAN  
SPORTS EDITOR

THE UNIVERSITY of Missouri–St. Louis women's golf team continued their impressive display of skill. The team claimed first place in a 7-team tournament at the Buccaneer Spring Classic in Germantown, Tenn., on March 13 and 14.

This is the team's fourth title for UMSL this season.

At the end of the first round, UMSL sat in first place on March 13. UMSL left the first round with a score of 319, Truman State claimed second place with a score of 348, while McKendree and Union University followed in third and fourth with the scores of 364 and 363 respectively.

The top scorer for UMSL for day one was Alexa Capesus, junior, business administration, with a score of 77.

UMSL continued to hold the lead that Tuesday, turning in a total of 638 (319), winning the 7-team event by 37 strokes. UMSL was crowned the winner after cold tem-

peratures, strong winds, and light snow forced the cancelation of the final 18 holes.

Truman State finished with a 675 total, while McKendree and Union University followed behind with scores of 695 and 704 respectively, completing the top four of the 7-team tournament.

Bringing home the individual medalist honors was Capesus, scoring 77 in the first round and 82 in the second for a total score of 159. This will be Capesus' first time winning the medalist honors in her career.

The Tritons also had four other women fill out the top five individual players during the tournament. Emma Thorngreen, freshman, business, scored 81 in the first round and 79 in the second for a total of 160, placing her in second. Maxi Roth, sophomore, international business, took third, scoring 79 in the first and 82 in the second, for a total of 161. Both Stefaniya Ivanova, junior, math, and Ares Boira, junior, psychology, tied for fifth place with a total score of 162.

Prior to the Buccaneer Spring

Classic, the last time UMSL placed first in a tournament was the Findlay tournament, which took place on October 9 and 10. The team would turn in a total score of 616. On October 17 and 18 the team placed second in a 14-team tournament at the NYC Big Apple Invitational. The team that day brought in a total score of 608. On March 5 and 6, the team played the Las Vegas Desert Classic, where the team had another spectacular performance and placed second in a 14-team tournament. On that day, the team turned in a score of 613.

Looking toward their next challenge, UMSL will compete in its eighth tournament this season, the Perry Park Invitational at Perry Park Golf Resort in Perry Park, Kentucky. With a victory there, the Tritons will have won five tournaments over the course of the 2016–2017 season. Having yet to fall below fourth place in a tournament, there is no doubt that the women's golf team will have another phenomenal showing.

## Surge Basketball Cuts Ties With UMSL

LANCE JORDAN  
SPORTS EDITOR

THOSE LOOKING to catch a St. Louis Surge women's basketball game in the Mark Twain Athletic and Fitness Center this season will be out of luck. The St. Louis Surge have officially left the University of Missouri–St. Louis in order to expand their growing franchise.

"We wanted to provide our fan base with a change of scenery. We've been at UMSL for the last five years, and we thought it was a great move to move to a central location." Owner and general manager, Khalia Collier came into ownership of the Surge in May 2011. It was during this time that she would implement the new model of the program, focusing on the character of the player first and talent second.

The team roster is made up of very talented and experienced players. For some members of the roster, they have been able to travel across the country to play overseas during the Surge's off seasons.

During the team's start with UMSL, the team saw a crowd of at

least 1,000 fans. But after three regional championship victories in 2013, 2014, and 2015—and two national championships in 2014 and 2016—the team has outgrown the intimate atmosphere of UMSL.

The team in recent years has averaged 2,100 fans per game, a number Collier and her team wants to continue to see increase with this upcoming season.

Washington University's newly renovated Field House, located in their Athletic Complex, will become the team's new home with the start of the 2017 season. Considered one of the finest small college facilities in the nation, Field House seats for 3,000 fans and has a floor space of 17,250 square feet.

"We don't want to drop below 1,000, and it's packed, it's live, it's fun, and it kind of creates an atmosphere. WashU seats a little over 3,000, which gives us that packed house feel and energy we're looking for," said Collier.

"We are excited about partnering with the St. Louis Surge," said Chris Peacock, Washington University interim director of athletics, in

a press release. "This is a great opportunity to broaden our relationship with the St. Louis community while serving as a host to the Surge and their fans."

With the start the 2017 season on May 20, the Surge will not host their first home game until June 10. After the June 10 game, they will continue to play at home for their last four games. The team will also have the privilege of hosting the Women's Blue Chip Basketball League Championships for the second time in the team's history, the first being in 2013. According to Collier, "The timing couldn't be better."

The opportunity will allow the team to possibly go back-to-back championships, which will definitely draw out a large crowd as it did in 2013, when the Auburn Flyers beat the Louisiana Bayou Angels 95-73. According to Collier, the team hosted the largest crowd turnout in the WBCBL Championship history, with this year hoping to be bigger and better.

"We don't feel any pressure. I think we know without question our goal every year," Collier said.

## Revenge of the Nerds: eSports Leading Change in World of College Sports

LYDIA HARDY  
GUEST WRITER

MOVE OVER football, there's a new player on the sports scene—actually, there are a lot of them. Little kids who grew up playing video games instead of sports are beginning to see their hobbies grow into a competitive sport as legitimate as any other.

League of Legends (LoL) was released by Riot Games in 2009 and is currently the most popular online video game, followed by World of Warcraft. LoL is what gamers call a multi-player online battle arena (MOBA). Players join teams of three or five, and each player chooses a champion. The game space is divided into two lanes with a jungle separating them. Each team starts in the opposite lane, and the objective of the game is to take the opposing team's starting camp, called a nexus. LoL is free to play, which may be why it became so popular so quickly.

In 2013, Riot Games created the League of Legends Championship Series, which grows in popularity each year. It is split into two seasons, spring and summer, and includes tournaments in North America, Europe, and Korea. Riot also created a college league around the same time, the popularity of which has grown by leaps and bounds in the last year. The Collegiate Starleague was founded in 2009 and has nearly doubled in size every year since its inception. Collegiate Starleague has no connection to Riot Games. It is a way for colleges to form competitive video game teams without relying on the administration entirely. However, of all the games that can be played on Starleague, LoL remains the most popular. This kind of league gives the esports scene a voice on college campuses and the opportunity to prove its worth.

Many colleges have already extended sports scholarships to LoL players. Last year, Missouri Baptist University joined these colleges when it created its own LoL team. The team was founded by an alumnus and sports scholarship beneficiary who introduced the game to his volleyball team as a way for them to bond. After graduating with a degree in information technology, An-

drew Douglas returned to the school as a graduate assistant to coach the team he had proposed as a student.

One thing Douglas says may contribute to LoL's success and popularity is how challenging it is. The game undergoes changes weekly and monthly and is changed entirely every year. "You can't be the best at one champion and rest on that. It keeps you sharp," he said.

Other than regulating how much the players practice and scheduling scrimmage and tournament games, the coach's biggest responsibility is to teach the team how to communicate with each other. "Communication is the name of the game," said Douglas. He says it has cost them games in the past, but he feels that they are making progress in the area. Douglas says his biggest struggle is getting support from the university. "There are schools building arenas for their teams. It's really taking off," he said. Meanwhile, Andrew and his team are relegated to practically a closet with their basic personal computers.

One thing Douglas is concerned about is the new role that the National Association of Intercollegiate Athletics is playing in the budding industry. The organization, which has been a staple in college sports since 1940, has recently introduced its own LoL tournament. "They charge membership dues," he explained, which is really the opposite of Riot's free-to-play model.

In fact, Riot has recently changed the way it awards prize money in the LCS. The winning teams had previously been awarded \$8,000 per player. But last year Riot announced that it would now be distributing \$50,000 per team to all participating teams with the winning teams receiving only the glory of being the best. The idea is to help teams that are just starting out by keeping the playing field relatively level. Amid controversy, Riot reintroduced the prize pool.

Many were hopeful that the introduction of this new sport might lead to some changes in the toxic world of college sports. Change is still a possibility. The inevitable pushback only proves that it will not happen overnight.

### Sports calendar

Date	Time	Sport	Event	Location
Wednesday, 3/22	3:00 P.M.	Baseball	vs Southern Indiana	Away
Thursday, 3/23	2:00 P.M.	Men's Tennis	vs Southwest Baptist	Home
Thursday, 3/23	2:00 P.M.	Women's Tennis	vs Southwest Baptist	Home
Saturday, 3/25	11:00 A.M.	Women's Tennis	vs Maryville	Away
Saturday, 3/25	12:00 P.M.	Softball	vs Lewis	Away
Saturday, 3/25	12:00 P.M.	Baseball	vs Maryville	Home
Saturday, 3/25	2:00 P.M.	Softball	vs Lewis	Away
Saturday, 3/25	3:00 P.M.	Baseball	vs Maryville	Home
Saturday, 3/25	All Day	Women's Golf	Perry Park Invitational	Away
Sunday, 3/26	12:00 P.M.	Softball	vs Wisconsin Parkside	Away
Sunday, 3/26	12:00 P.M.	Baseball	vs Maryville	Home
Sunday, 3/26	2:00 P.M.	Softball	vs Wisconsin Parkside	Away
Sunday, 3/26	3:00 P.M.	Baseball	vs Maryville	Home
Sunday, 3/26	All Day	Women's Golf	Perry Park Invitational	Away

# 'It Figures' Exhibition: What Makes Us Human?

DANYEL POINDEXTER  
STAFF WRITER

SOMETIMES, WE need an individualistic expression of life to comprehend our humanity. On March 2, Gallery Visio opened a new visual art exhibition titled "It Figures," produced by Artists Anonymous. The exhibition features various works made by student artists that display their visions of our humanity.

The artwork displayed in this exhibition are of a unique sort. Some seize the moments of attachment, like "Carried on His Shoulders" by Jessica Tonyan; some show what we leave behind, like the piece "Friend Zone" by Brian Lewis; and some show what we feel but do not say, like "Two Faced" by Taylor Bockhorst. The whispered moments of a human soul are things that cannot be expressed in words, but instead call for visual representation. The different works varied in media, ranging from watercolor and charcoal to photography and wood.

The charcoal pieces captured the sharp cuts of the human figure while playing with light and darkness. Yet, while they all embody the usage of shading, each piece retains its own style. There were some, like "Nude Gazer" by Kerry Stevens, that



Kerry Steven's "Nude Gazer" is one of the works featured in Gallery Visio's "It Figures."

bears a scratchy shading, the shadows sketching out the human figure, presenting an intense representation of the human body. Others, such as "Untitled" by Meg Riley, hold a smoother surface, gently blending the areas of darkness into the areas

of light. This creates a more calming effect to the eye when the audience observes the piece.

Other works stand on the abstract side of representation. "Face" by Steven Coplin is a wood piece that, instead of being direct and de-

finied, challenges the audience to try and understand what individuals, cultures, and the masses experience and feel when touched by the concept of religion. Like the charcoal, the shadows in his piece play off of light, but are instead layered

by thin cuts of wood that create irregular circles that slowly fall into themselves, constructing a tighter area as the depth of the wood becomes deeper the farther you look.

Melissa Porter, on the other hand, with the help of two models, took a more vibrant approach when presenting her two abstract figurines. Using only lines to emphasize the gestures of the models, these pieces' energetic colors against their black backgrounds form an active and lively outcome. Being photography as well, the shine of the high-gloss material plays off the bright areas of light hitting the color in the pieces.

Oil pastels, marker, ink, etc. It is not only amazing but inspiring what the mind produces and what the hand creates. These artists featured in "It Figures" bring out expressions and concepts that cannot be seen on the surface and are the true definition of capturing the abstruse angles that life has to offer the human soul. The mere fact that every piece cannot be defined nor honored in one single review is the reason these pieces are genuinely worth seeing and experiencing in person while they are still available to the public. The "It Figures" exhibition is open until April 8.

## ARTS CALENDAR



COURTESY OF THE TOUHILL PERFORMING ARTS CENTER

On **March 22**, the University of Missouri-St. Louis School of Fine and Performing Arts will be presenting the **Ninth Annual UMSL Concerto Competition winners**. The concert will take place at the **Touhill Performing Arts Center** at **7:30 p.m.** and will feature three soloists. Elizabeth Nguyen from Clayton High School will be performing Stamitz's Viola Concerto in D Major, in Allegro; Hannah O'Brien from Nerinx Highschool will be performing Prokofiev Violin Concerto No. 2 in G minor, in Allegro moderato; and Marta Kersulis from UMSL will be performing Grieg Piano Concerto in A minor, in Allegro molto moderato. The concert is free and open to the public.



COURTESY OF WASHINGTON UNIVERSITY

Washington University will be holding **The 27th Annual Pow Wow** on **March 25**, from **10 a.m. to 10 p.m.** Hosted by the Kathryn M. Buder Center for American Indian Studies at the Brown School, this event will celebrate Native American culture and allow younger generations to receive knowledge from their elders. Visitors and participants will be allowed to enjoy the singing, dancing, drumming, arts, crafts, and food as they were traditionally presented in Native American culture. The event's specific location will be Washington University's Athletic Complex Field House, found near **330 North Big Bend Blvd.**, in University City, Missouri. The event is free to the public.



COURTESY OF THE TOUHILL PERFORMING ARTS CENTER

On **March 25**, the University of Missouri-St. Louis' International Studies and Programs will be presenting "**St. Louis Osuwa Taiko**" at UMSL's **Blanche M. Touhill Performing Arts Center**. Starting out as a kids' group, St. Louis Osuwa Taiko devoted their talents to sharing the work of Grandmaster Daihachi Oguchi, who formed the original Osuwa Daiko—a Japanese percussion group that performed on Taiko—in Japan. Annually, their largest show happens during the Japanese Festival in Missouri's Botanical Garden on Labor Day, but this weekend you can have this experience at 8 pm. Tickets for the event are \$25 for the public, \$20 for seniors, and \$10 for students.



COURTESY OF DANCE ST. LOUIS

From **March 31** through **April 1**, Dance St. Louis will present **Taj Express: Bollywood Musical Revue**. This multimedia production celebrates Indian culture through dance, film, and music. The director of choreography of Taj Express: Bollywood Musical Review, the award-winning Ms. Vaibhavi Merchant, has choreographed over 75 Bollywood films and has won, among others, the National Film Award for Best Choreography. The show begins at **8 p.m. March 31**; on **April 1**, there will be an afternoon show at **2 p.m.** followed by an evening show at **8 p.m.** Tickets to the event range from \$40 to \$60. Student discounts are available.



COURTESY OF THE KRAUS HOUSE

The longer days and burgeoning blooms make springtime a perfect time to visit the **Kraus House in Ebsworth Park**. The Kraus House, also known as the Frank Lloyd Wright House in Ebsworth Park, is the only visitable Frank Lloyd Wright building in the St. Louis metropolitan area. The 1,900-square-foot house, finished in 1960 after the famous architect's death, is a prime example of Wright's later Usonian design aesthetic. The Kraus house features stunning examples of Wright's Taliesin lamps and origami chairs, as well as stained glass windows designed by the owner Russell Kraus himself, to which Wright gave his approval. Tours of the house are \$10 per person and can be scheduled at <http://www.ebsworthpark.org/tours.html>



COURTESY OF WASHINGTON UNIVERSITY

Held annually on the **Washington University campus**, the **African Film Festival** features a variety of movie genres produced in a broad range of African countries. This year, the festival welcomes filmmakers Priscilla Anany and Abdul Ndadi, who will give lectures related to their films. Ndadi will also host an art workshop after the screenings on **April 2**. Each screening of the festival consists of one short film immediately followed by the feature length film. The full-length film being shown on **March 31** is "**76**." The full-length film being shown on **April 1** is "**Children of the Mountain**." The full-length film being shown on **April 2** is "**Akounak Tedalat Tah Tazoughai (Rain the Color Blue with a Little Red in It)**." All screenings begin at **7 p.m.**

# Kathy Castulik, UMSL Campus Health Educator, Advises on Nutrition and Other Wellness Opportunities

LEAH JONES  
FEATURES EDITOR

STUDENTS PAY a lot of money to get an education during college. With the future of the healthcare system uncertain, students do not want to leave college with health complications to pay for on top of their school loans. However, many students find it difficult to prioritize health and wellness and fulfill their other obligations.

Zachary Lee, junior, English, said, “Not only do I have several jobs on campus, but I also have my classes that I have to keep up with. Then, I have to worry about ‘oh, am I going to sleep enough?’ or, ‘Oh, am I going to actually have time for dinner tonight?’ So, I feel like there is a lot of catch-up. I put health to the side to meet my other expectations for work and for school.”

In addition to juggling wellness around busy student schedules, finding and affording healthy food can also be a challenge for students. Zoe Scala, junior, psychology, said, “Not to be rude to Sodexo or anything, but there are not a lot of healthy options on campus, and on top of that, it’s just expensive already, just with college prices. It is hard to find the money to just go get celery or something.”

Enter Kathy Castulik, UMSL’s campus health educator. As campus health educator, Castulik consults with students on nutrition assessments and tips, promotes smoking cessation, and provides free condoms and HIV testing, as well as outreach education for students on things like alcohol poisoning. She also said that she often speaks with students who are writing papers in healthcare courses, letting them see some of her presentations and giving them free informational

brochures.

Wellness is a slippery concept though. “I don’t have the sniffles right now, so I guess I am kind of well!” Lee laughed.

Scala defined wellness as mental and physical health, as well as being able to get enough sleep and nutritious food to eat.

Castulik explained that wellness is composed of six different dimensions, including social wellness, physical wellness, intellectual wellness, emotional wellness, spiritual wellness, and occupational wellness. With all of these different dimensions, she said that wellness is very individualized and changes from day to day.

According to the National Wellness Institute, these categories were developed by Dr. Bill Hettler, a co-founder of the organization. The physical dimension of wellness encompasses diet, exercise, medical self-care, and the abstinence from excessive alcohol or drug consumption. The intellectual dimension acknowledges the need for learning and intellectual and creative fulfillment in one’s life. The emotional dimension of wellness incorporates the ability to recognize, manage, and express one’s feelings to form interdependent relationships with other people. The social dimension further highlights this interdependence between people, advocating for contribution to one’s community and harmony with the environment. The spiritual dimension acknowledges the search for meaning and consistent belief systems. Finally, the vocational/occupational dimension acknowledges the importance of work in which one feels that they can meaningfully contribute their skills to a purpose which they value.

“[Wellness] is different for everybody because not everybody has



Kathy Castulik provides students with information on all six dimensions of wellness.

the same schedule. So it is teaching everybody, based on their individual needs, what is going to work for them. What works for one person doesn’t always work for another. The concept is the same, it’s just applying it to the type of lifestyle you lead at that given time,” Castulik said.

While how wellness is practiced will be different for everyone based on their lifestyles and schedules, Castulik said that it will also differ in what parts of it are the most important at that moment in time. “It means something different to everybody,” she said. “The whole concept is that if you are leading a healthy life, you have all of those six dimensions in [the] order that is [important] for you. ... Of those six, they can change day by day ... and it can change hour by hour, so it all depends on each individual and what their priorities are in life and what

is important to them. So those six dimensions could fall in any given order for any different person.”

Though Castulik works with all of the components of wellness, many of the services which she offers UMSL students fall under the umbrella of physical wellness. Castulik meets with students for nutrition assessments and gives students the new Myplate guidelines, which recently replaced the food pyramid guidelines. The guidelines give a visual representation of how much of a person’s plate should come from different categories such as complex carbohydrates, simple carbohydrates, proteins, fats, vegetables, fruit, milk, calcium, vitamins, and nutrients.

As a diabetes educator as well, Castulik said that it is now recommended that everybody follow a diet similar to that which a diabetic person might follow. Castulik explained

how these eating strategies can benefit everyone beyond just the physical components of wellness. “They have to learn how to use their ADL (Average daily living skills),” she said. “It’s self-management [and] self-monitoring skills, and that is part of wellness.”

Castulik said that developing these skills and following healthy eating habits are important for students too, though, as Lee and Scala said, students have the added challenge of managing their health and wellness around classes, further highlighting the importance of individualized wellness plans. “[Wellness is] learning how to plan meals in between classes, when to eat, [and] what to do when you don’t have a meal that you would like ... [to] still eat and eat healthy?”

While many students end up eating only once or twice a day around

CONTINUED ON PAGE 12

## Students Create “Virtual Advisor” at UMSL Hack-A-Thon

CONTINUED FROM PAGE 1

While Reusnow said that it was fantastic that the system was able to generate this information for students, he said that the manner in which the information is given back to students is less than ideal. “DARS returns these details exclusively in text with a few icons that are supposed to indicate if a requirement was met or not. This becomes an intimidating mountain of text that nobody wants to sift through, and those that try typically struggle to navigate through this report that looks like a receipt from Walmart. We realized this was a massive problem that is costing students valuable time and even money because they may take a class that it turns out they didn’t even need,” he said.

Hopfer agreed that while it may be frustrating to take unnecessary classes, not understanding the DARS report could also result in students staying an extra semester and paying more money for an already expensive education. “There is no worse feeling than meeting with your advisor to plan out your final semester only to find out that you are missing a prerequisite for a required course. While advisors are helpful, students are oftentimes too

busy to meet up with them in person. We think that Virtual Advisor can solve this problem once and for all.”

To supplement busy advisors then, Amazing Hack created the “Virtual Advisor,” which performs the same essential functions as DARS but relays the information visually. “Virtual Advisor is composed of three main features: the dashboard, which gives students important statistics such as degree progress and GPA; suggestions, which is dedicated to helping students make decisions about which courses to take; and the roadmap, which I would consider the defining feature of Virtual Advisor,” explained Hopfer.

“The Roadmap is an interactive two-dimensional graph which shows eight horizontal lines, representing semesters, and on these lines are various circular ‘nodes’ which represent classes. These classes are connected to each other based on prerequisites and ordered from semester one to semester eight based on that prerequisite structure. [This] shows the student exactly what he or she needs to take and in what order to graduate when he or she wants,” Reusnow explained.

The roadmap feature also allows students to experiment and try out different roadmaps to their graduations. Students who wish to graduate as soon as possible can use the roadmap to rearrange courses to figure out the most time-effective path to graduation, while students who wish to ensure that they have more manageable 12-credit hour semesters, can arrange their courses to fit that path as well. Though the university does not always offer the same classes every semester, making prediction a little bit more difficult, students get a much better idea of the time frame and work load which they will have until graduation. “Roadmap” also automatically checks for pre-requisite classes, so that students do not plan on taking a course without the required parent course.

Reusnow said that the effect is that students have more freedom in determining their own path through college. “The student can test out any ideas he or she may have to graduate on his or her own terms,” he said. “Every student builds his own most optimal roadmap through college. And this is just the core functionality.”

In addition, the application can

also detect and inform students if they are close to having enough classes to complete minors. “A lot of students are one or two classes away from minors and don’t even realize it. What we propose [that] this roadmap do is detect that you are near a minor and suggest the courses you would need to get this minor,” Reusnow explained.

“It is easy and intuitive to use. Just drag your course to the semester you want to take it and you’re good to go,” Hopfer said.

Reusnow heard about the Hack-A-Thon through his colleague at Centene Corporation, Hopfer, who had already formed a team for the event with Salih. Salih invited Tran and Luebbers, and Reusnow invited his friend, Nuetzel, who attends Mizzou. From there, Amazing Hack was born.

Since the group only had 48-hours to build the application, the team members took on different roles. Nuetzel and Reusnow programmed the core of Roadmap, maintained the integrity of the pre-requisite class structure, and ensured that the Roadmap was visually appealing. Luebbers, Tran, and Hopfer created the system layout and architecture. They also styled

the HTML elements, and set up the bootstrapping, or fluid design, for the project. Salih acted as project manager by determining what needed to be done and by providing intellectual and technological support through setting up tools like a GitHub code repository and a Slack, or instant message, room.

While the different members played different roles, Hopfer said that the most important skill required for the event was teamwork. “We only had 48 hours to come up with an idea that had business value, develop a working prototype, and create a sales pitch. When you have that little amount of time to work, it doesn’t matter how many technical skills you have if you can’t work together with others to develop a unified solution to a problem,” Hopfer explained.

The group started using teamwork at the inception of the idea together. “It started with us thinking about all the problem statements that the Hack-A-Thon proposed and realizing we had our own bigger problem statement to solve: DARS. After a long Friday night of debating and talking back and forth about various solutions, we all agreed the

CONTINUED ON PAGE 8

# What's Current Wednesdays

## BITE BACK



## Successful Response to Zika Requires Community Involvement?

**Wednesday, April 5, 2017 - Starting At 2:00 PM**  
**MSC Century Room C For Cookies and Conversation\***

Join *The Current* and discussion leader Roberta Lavin, Associate Dean for Academic Programs in the College of Nursing, for a lively, student-centered discussion focused on community health. Just last year, Zika was in all the news headlines, and people were scrambling to figure out who was at risk, and what exactly the risk was. It appeared that mosquitos were the culprit. With summer and warmer weather just weeks away, people are already expressing some concern over the re-emergence of Zika or another insect-borne epidemic. This program will provide an opportunity to learn more about the disease and discuss ways that we might keep ourselves and our community healthy.

The *New York Times* feature that will serve as the jumping off point for the conversation is "How the Response to Zika Failed Millions" which can be found at:

[https://www.nytimes.com/2017/01/16/health/zika-virus-response.html?\\_r=0](https://www.nytimes.com/2017/01/16/health/zika-virus-response.html?_r=0)

"What's Current Wednesdays" is a monthly forum for faculty and student discussions about current events, co-sponsored by *The Current* and the *New York Times*, with support from Community Outreach & Engagement at UMSL.

# The Current

UMSL'S INDEPENDENT STUDENT NEWS SOURCE **SINCE 1966**

*For more information, visit The Current website at [www.thecurrent-online.com](http://www.thecurrent-online.com).*

*\* Cookies/dessert and beverages provided to the first 25 students.*



## Students Create Roadmap to Success at Hack-a-thon

CONTINUED FROM PAGE 6  
roadmap idea would be a monumental help to students, and then we were off," Reusnow said.

"We came up with the idea for Virtual Advisor by writing down the top problems each of us experience at UMSL and listing potential solutions for each of them. We found that the solution to the course planning problem was the most viable to implement," Hopfer continued.

While 48 hours may seem like a long time to dedicate solely to coding, Reusnow said that the experience was not overwhelming or intense, but instead described the event as delightful, fun, and even tasty, citing the food that was offered at the event. "I found it not to be so much intense as it was refreshing. I haven't had a large personal project to work on in a long time, so having a team of people working on something new and cutting edge was quite an experience," he said.

"This was the first Hack-A-Thon that any of us had ever participated in, and I guarantee that it will not be the last," Hopfer continued.

"Overall I think the organizers of the event did a wonderful job putting everything together. You would not think this was the first Hack-A-Thon they organized by how smoothly everything went, at least from my perspective. I hope this is an event that continues for many years down the road," Hopfer said.

Both Reusnow and Hopfer expressed gratitude to their mentor, Jordan Walker. "[Walker] gave us

great advice when we were planning out what to build. His help was invaluable," Hopfer said.

"While he was restricted access to our team in the interest of fairness, his help was monumental to our success and his advice helped shape our idea into what it became," Reusnow concurred.

While the "roadmap" to building their award-winning application and obtaining their goals was pretty clear, the future remains bright and open for "Amazing Hack," though their plans are just as ambitious. "As it stands, we are still on board to create a business venture out of this; however, we are not quite sure what form that will take yet. We hope that we can one day have the UM System entirely incorporate this system. From talking to Alex [Neutzel], who goes to Mizzou, he tells me that their degree auditing system is also not very great. Beyond that, we may try to expand further, or sell to a larger company such as one of the major learning management systems, Blackboard or Canvas, though absolutely nothing is in stone or set about any of these decisions and aspirations yet," Reusnow said.

Though they are not entirely sure which direction they will go with their business, Hopfer explained the wider significance of the application. "Virtual Advisor will help students gain assurance that they are taking the proper steps to earning the degree that they want in as little time as possible, while also giving helpful suggestions on which

electives to take. Virtual Advisor's importance lies in its ability to take away many of the complexities associated with course planning, which is the central pillar to a college student's university experience. It is a solution to a long-standing problem faced by all universities," he said. "I believe that Virtual Advisor has the potential to be a game-changer for thousands of universities across the nation."

While Amazing Hack created a roadmap for other students to complete their degrees, the roadmap that they have created for themselves and their lives beyond UMSL has proven to be abundant and prosperous as well—\$10,000 and the possibility to make even more money through business profits, to be exact. While the money and opportunities are nice, Hopfer said that the experience itself was invaluable. "For me, the significance of [the Hack-A-Thon] was really learning more about the planning phase of a software project. Before [the Hack-A-Thon], I never had a situation where I was just given a problem and told to solve it. I now have a good appreciation of how much thought goes into analyzing a problem and designing a solution to solve that problem. "The experience I gained from [the Hack-A-Thon] will help me not only throughout the rest of my coursework at UMSL, but throughout the rest of my career."

## Buried in Debt, Millennials Study Instead of Seek Adventure

CONTINUED FROM PAGE 7  
of us work in a job that does not require a college degree at all—I guess it really is a participation trophy country.

Our unemployment rate is more than double that of the Silent Generation's when they were in the same age range. Since 1973, it is estimated that the workforce has become 75 percent more productive, on average, while pay (inflation considered) has increased by only 9 percent. Since the recession, our average wages have fallen 8 percent.

When speaking with a group of professors and high school teachers in a casual setting, I asked, "What's the biggest difference between students from 1997 and 2017?" The consensus was that there is not much difference in intelligence, pleasantness, or academic skill, but that there is a huge difference in dress, politeness, and how seriously students regarded their work. They mostly agreed that today's students dress more professionally early on, and work hard to make themselves more marketable. College is not a playground anymore. In many ways, neither is high school.

I do think we have a lot to be grateful for. We are the most educated and the healthiest generation in America. We have so many opportunities afforded to us by technology and medicine, and though there will always be traditionalists, we are moving towards a more socially pro-

gressive and accepting society. I feel content, and I am not too worried about my future. We cannot complain about noodles and gas station pizza when some people have nothing. In fact, I think most Millennials refuse to do so. We may ache for more, sometimes, but the constant looming threat of ruin only pushes us to hold on tighter to contentment.

But I cannot accept that our economic environment discourages adventure.

I think this is the generation that

**We may ache for more, sometimes, but the constant looming threat of ruin only pushes us to hold on tighter to contentment.**

should be able to travel the world, to quit their jobs and do the occasional spontaneous trip with no clear destination. We should be able to get that loan, buy that fixer-upper, and start a family—an adventure of its own. We should be able to save up enough to move across the country without help from our families. We should be able to keep our motorcycles and dirtbikes and continue rock climbing even though we won't be able to afford healthcare for much longer (thanks, Trump). We should be able to move out of the house and away from our families for the first time in our lives.

Yes, these things may seem extraneous and pointlessly daring and completely unnecessary, but they

are crucial for our development.

Humans must be exposed to stress in order to grow. We cannot reach our full potential if we are stuck in our parents' houses, working retail to pay for school. The resulting plateau of life experience just leads to meaninglessness. Sometimes people need to not have a plan in order to figure out what they should do. We grow the most when we throw ourselves—or are thrown—into tough, unusual situations.

Should we all become the "Into the Wild" guy? Probably not.

Should we suck it up, accept the fact that things are what they are, and attempt to balance our responsibilities and our adventurous activities? Absolutely.

I still have not stopped dreaming about the Green Tunnel. My insatiable lust for ultralight camping gear continues. The realization that I will not have my thru-hike is disappointing, but I can adjust. After consulting some experienced thru-hikers, I have decided to do a half-hike from Harper's Ferry, W. Va., to Mt. Katahdin. I'll have three months to complete about one thousand miles before I return home for graduate school. I will not give up seeking my adventure.

**The Current**  
UMSL'S INDEPENDENT STUDENT NEWS

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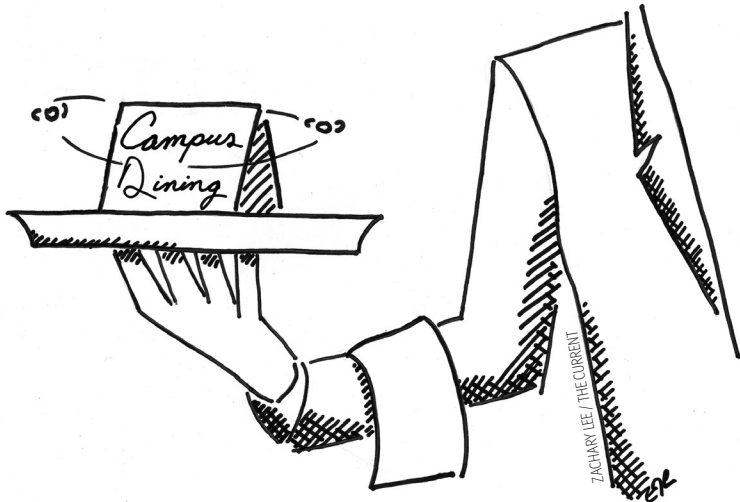
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# The UMSL Diet: A New Way to Lose Weight or Your Mind



**ABBY N. VIRIO**  
STAFF WRITER

THESE DAYS, we hear more and more about the decline in enrollment and the vacancy in university housing. As a two-time residential student, I am unfazed. It may surprise you to know that it is not just the steep price that has students rolling their eyes at those “live-on campus” posters—it is also

sons, there are virtually no options. Besides the fact that many options Sodexo does offer are deliberately misrepresented on their menus, finding one or two meals you like on the menu or buying an overripe banana in the Nosh is not enough to sustain a person who must eat two meals a day, every day, on campus.

As far as pricing goes, I think I can sum that up with the image of a group of high school students I

## Eating a balanced, healthy diet is not a privilege. It is a right to which our students are entitled.

what I refer to as the “UMSL Diet.” Featuring such hot items as ProHo’s microwave food masquerading as fine dining to the WOW Café’s grease-soaked baskets of early-onset heart disease, the UMSL Diet is a choose-your-own-adventure with notoriously little choice. Whether you have a dietary restriction or your stomach simply cannot handle the industrial waste Sodexo wants it to handle, Sodexo has a death grip on UMSL students’ wallets and arteries.

We have all heard of the “freshman 15.” Rather than gain 15 pounds during my first semester on a mandatory UMSL dining plan, I lost 20 pounds. As an individual who was accustomed to eating fresh fruits, vegetables, and meat, Sodexo’s processed foods made me physically ill whenever I visited ProHo, Pizza Hut, or WOW Café. With the salad bar as my sole comfort, I found myself eating the same meal twice a day, every day until I simply stopped eating after breakfast. It was not until I blacked out on a staircase that I realized my diet had become a serious problem. Embarrassed and sure that my experience would be seen as “picky-ness” associated with a privileged diet, I kept to myself and began eating more often at friends’ houses while \$1,700 burned a hole in my semester dining account.

Here is my point: Eating a balanced, healthy diet is not a privilege. It is a right to which our students are entitled. UMSL students do not deserve to pay \$3,372 to \$3,880 annually to eat overpriced, over-processed food simply because college students do not know or deserve quality. They do. For students who have dietary restrictions due to lactose-intolerance, religious beliefs, Celiac’s disease, a vegan or vegetarian lifestyle, or any number of rea-

observed visiting UMSL. As they left lunch, I heard one student say to the group, “That was expensive. I couldn’t afford to go here.” The group agreed. Sadly, these students will miss out on a quality education due to the price of campus lunch.

Additionally, dining dollars have extremely limited use. Not only do they not function during breaks, which is devastating to students who have nowhere to go home for break, but some on-campus dining options either do not accept meal blocks or dining dollars, such as Subway or the café in SSB, or are closed on the weekends, such as Triton Treats, the Nosh, Einstein’s, and Southside Café. I learned early on that if I did not stock up on cereal during the week, I would be hungry all weekend.

Even the C-Store, which is supposedly up-charged for “convenience” yet is the only place on campus you can buy a semblance of groceries, offers no fresh fruits, vegetables, or meats. I once went three weeks without milk because the C-Store had not replenished its supply. And I highly doubt that anyone in the administration would be satisfied eating Lean Cuisine meals and bologna every day. Not to mention, a pack of original Oreos, which costs \$2.99 at Target, costs a whopping \$8.09 at the C-Store.

When I moved on campus, I was optimistic about the convenience of being near friends and classes. I do not want to lose this accessibility; however, I believe that for the sake of my health and my wallet, returning to life on campus in the future is out of the question for me. Until UMSL can demonstrate that it cares about the nutrition of its students, I am getting off the UMSL Diet as soon as I can. I love UMSL; I do not love UMSL Dining.

# Denying Ourselves Adventure: The Millennial Affliction



**JANECE WOODSON**  
STAFF WRITER

FOR THE past several months, whenever I visited my family, all I could talk about was the greatest adventure I would ever be allowed: my Appalachian Trail thru-hike. I would leave a week after graduation, drive east with my carefully tested and packed camping equipment, and record my days and nights on the trail whenever I could find a highway McDonald’s with wifi.

I picked up the jargon for the Appalachian Trail pretty quickly. A thru-hike is the completion of the 2,190-mile hiking trail from Springer Mountain in Georgia to the top of Maine’s Mount Katahdin. The hike takes an average of six months—three if you are an insane rock-climbing marathon sprinter. It is often rainy, cold, and rocky, and requires at least ten miles of walking a day. Mostly, it is beautiful. The mountains along the trail could make a grown man cry. I have seen it happen on my favorite vlogger’s

channel.

Daydreams about the hike consumed my life. Of course, I would have to take off a year of school to complete it. Yet the timing seemed perfect; when would I get another chance to be a wildwoman and only have to think about myself?

I watched days’ worth of footage from the trail. I read a dozen books. I saved up all I could so I could mail myself “drops”—packages of food and hygiene products—to await my arrival at the post offices of towns near the trail. I even dreamt about the trail, often nicknamed the “Green Tunnel,” and about sleeping under the stars. Then, my dad told me the news.

“Things have changed,” he said. “You have to stay in school. No gap year. You’ll lose your health insurance.”

I can imagine that after reading this someone a couple of decades older than me would suggest that perhaps I should not care so much. There is nothing to be angry about: A gap year is the product of the nar-

cissistic college student who is not ready to grow up. Taking a year off from life and responsibility just to become King of the Mountain is only something the so-called Me Generation could concoct in this economic climate.

But my story is not about just me. It is, in fact, about the largest demographic of Americans alive today. No matter how much one dislikes our individualistic attitudes, and whether one likes it or not, we are the future. And we are forced to deny ourselves adventure for the sake of eating and healthcare and having a place to live.

We are 1 trillion dollars in debt from student loans with degrees that cost our parents much less. (Forbes calculates that most consumer product prices have been inflated by 115 percent since the 1980s, while college degree inflation rates have risen by 500 percent.) More than a quarter of a million of us who do have college degrees are working for minimum wage. More than half

CONTINUED ON PAGE 8

AMBITION

TO ACTION

SPENDING THE SUMMER IN ST. LOUIS?

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TO WIN!**

**A PAIR OF PASSES**



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Send an e-mail with the subject  
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**WINNERS WILL BE CHOSEN AT RANDOM FROM ALL ENTRIES**  
**WIZARDWORLD.COM**

# Photos of the Week

Bridge on the Bridge



GIUSEPPE VITELLARO / THE CURRENT

LINGUA, a new organization on UMSL's campus for linguaphiles, left positive messages for international students on the MSC Bridge's windows as part of its Bridge on the Bridge program on March 16. "They are putting up welcome messages in a bridge design to celebrate our international students," said Birgit Noll, language and cultural studies department chair. Many of the messages expressed how much UMSL's community depends on its international students and how valuable their various experiences are for its community.

## LINGUA Speed Dating and Poetry Reading



MICHAEL PLUMB / THE CURRENT

LINGUA, student organization in languages, hosted a Language Speed Dating and Poetry Reading event in the Fireside Lounge on March 16.

## UMSL Day Welcomes Prospective Students



MICHAEL PLUMB / THE CURRENT

The University of Missouri-St. Louis held its annual UMSL Day on March 18 from 10:30 a.m. to 4 p.m. Attendees first met at the Blanche M. Touhill for registration, opening session program, and department fair til 1 p.m. Around 12, participants walked over to the Millennium Student Center for the student organizations fair, information sessions, tour of the MSC and campus resources like financial aid, walking tours around campus and to residential halls, and lunch in the Nosh.

# 'Crazy Ex-Girlfriend' Season Two Adds Depth



COURTESY OF THE CW

Rebecca Bunch singing "Love Triangle."

KAT RIDDLER  
EDITOR-IN-CHIEF

THEY SAY love makes you crazy" is carried throughout the theme of "Crazy Ex-Girlfriend" season two. The series aired its season finale on the CW on February 3 and was added to Netflix February 11.

The series was created by Rachel Bloom and Aline Brosh McKenna. McKenna's notable works include writing for "The Devil Wears Prada" and "27 Dresses." Rebecca Bunch (Rachel Bloom) is a lawyer who passed up a big promotion in New York to pick up everything and move to West Covina, California to follow her summer camp crush Josh Chan (Vincent Rodriguez III). In season two, much like season one, Bunch is constantly trying to get the love and attention of Chan with musical numbers popping up in the storyline.

One of the reasons I like this series is because Bunch is a strong female role model in the fact that she is smart, resourceful, and strong. It becomes a little frustrating when she loses all that over Chan or Greg Serrano (Santino Fontana) her other love interest in season one. I was happy to see that season two decided to move away from that to expand their theme to not make the topic stale. Season two seems to be focused more on relationships as a whole, not just romantic ones for Bunch. The story focuses on relationships between co-workers, Bunch's relationship with female friends like Heather Davis (Vella Lovell) and Valencia Perez (Gabrielle Ruiz), past romantic relationships, parent-child relationships, marital relationships, and more. Looking at these different relationships and how Bunch interacts with them makes it feel like a deeper show and something that will not be easily burnt out on.

The 13 episode season covers a variety of topics that could be considered a little more somber when compared to season one. There is still a theme of mental issue as Bunch continuously dislikes the word "crazy" for her

decisions in her life. There is even a crazy ex-boyfriend type character, Trent (Paul Welsh), that tries to sabotage Bunch and Chan's relationship like Bunch did to Chan's previous relationship after she moved to California for him. This adds a new twist to the previous season's take on the word crazy.

Some of the new topics touch on the more complicated side of life and relationships. Bunch signs a friendship contract with Paula Proctor (Donna Lynne Champlin) so Proctor is no longer tempted to mess with Bunch's obsession with Chan so Proctor can live a less toxic life and still be friends with Bunch. This agreement pushes the two away and both characters suffer as Proctor deals with a failing marriage, an abortion, and Bunch continues to try to gain Chan's love. Another darker topic is Bunch's on-again off-again love interest with Serrano. In episode one Serrano discovers he is an alcoholic and eventually has to move away to stop making destructive decisions with Bunch.

Each episode contains two to three original songs that add comic relief to some of the more serious issues going on in the plot. Musical numbers pay homage to pop song music videos, like "So Maternal" is like Mark Ronson's "Uptown Funk" with a similar pink blazer, base beat, and dance moves. Lyrics to the songs are over the top and often silly. "Tell Me I'm Okay Patrick" is a satirical song where Bunch is so overwhelmed with wedding preparation that the only opinion and help she has is from the delivery man Patrick (Seth Green).

The series was renewed for another season on January 8. I cannot wait to see what they take on in the next season to keep the show feeling fresh. Perhaps one-day the show will spin-off into one called "MY Crazy Ex-Boyfriend" just to give equal time and hilarity to the relationship extremes of the opposite sex. Until then it is a series worth following and my overall rating of season two is an A.



COURTESY OF THE CW

Valencia Perez, Rebecca Bunch, and Heather Davis

Are you planning to graduate in May???  
Have you applied for graduation???  
If not, visit your academic adviser today!!!

University of Missouri–St. Louis

# 2017 Spring

## Commencement

MAY & AUGUST GRADUATES  
MAY 12-14, 2017

Each ceremony will be approximately 1½ hours long.  
**No tickets required.**

### Friday, May 12

2 p.m. Ceremony – Blanche M. Touhill Performing Arts Center  
– College of Optometry

### Saturday, May 13

10 a.m. Ceremony – Mark Twain Building  
– College of Arts and Sciences I  
(sciences, humanities, and fine & performing arts)\*  
– SUCCEED (certificate program)

2 p.m. Ceremony – Mark Twain Building  
– College of Arts and Sciences II  
(social sciences)\*

6 p.m. Ceremony – Mark Twain Building  
– College of Nursing  
– School of Social Work  
– UMSL/WU Joint Undergraduate  
Engineering Program

### Sunday, May 14

2 p.m. Ceremony – Mark Twain Building  
– College of Education

6 p.m. Ceremony – Mark Twain Building  
– College of Business Administration  
– Master's of Public Policy Administration

\* Check online for breakdown of ceremonies

Don't miss the  
**GRAD KICK-OFF!**

**Wednesday, April 5  
& Thursday, April 6  
Triton Store, 209 MSC  
11 a.m. - 6 p.m.**

\* **Purchase your cap, gown and tassel (this registers you for the ceremony)**

\* **Order or purchase announcements**

\* **Look at class rings**

1. Visit the Triton Store
2. Go online at [umsltritonstore.com](http://umsltritonstore.com)

**Please note:** Oak Hall Cap & Gown is the official UMSL vendor for caps and gowns, and Jostens is the official vendor for announcements. If you purchase from another company, UMSL cannot help you if you are not satisfied.

**A \$10 late fee will apply to all attire purchased after Friday, April 28.**

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

**UMSL**

## Wellness Opportunities by Campus Health Educator

CONTINUED FROM PAGE 6

their busy schedules and based on what is available to them at school, Castulik said that this haphazard eating is not good for their metabolisms. “The analogy I use is [that your metabolism] is like a fire. What do you have to do when you see the fire going down? What do you have to do to keep it going?” Castulik asked. “You have to add wood for that fire to build back up. It’s like your metabolism. You have to add food to fuel it to burn calories. [You must burn] 3500 calories per pound of fat.”

Castulik suggested that students get a gallon-sized resealable bag and make their own healthy trail mix to ensure that they do not run into situations where they need to eat but have nothing healthy available to them. Castulik lauded unsalted almonds as an easy go-to addition to trail mix. “Unsalted almonds are good for [lowering] LDL, which is the bad cholesterol. They also lower triglyceride buildup, [and they] help increase HDL, which is the good cholesterol. So nuts are actually very good for you, especially almonds without salt,” she said.

She also suggested adding fruit to the trail mix. “Dried fruit is also just as beneficial as fresh fruit,” she said. For students who prefer fresh fruit, Castulik said that students can soak things like apples in salt water, lemon water, or vinegar, without taking away from the flavor of the fruit, nor adding sodium, since the apples will not absorb the salt. She does recommend leaving the skins on the fruits though. She also recommended adding cran-raisins, blueberries, raspberries, or bananas to a healthy trail mix. For students who do not like trail mix, Castulik suggested peanut butter with fruit and yogurt.

Though many students rely on it, Castulik recommends limiting caffeine intake as well. Instead, she said that students should drink fresh water as often as possible. “Caffeine acts as a diuretic, so it depletes your body of fluids. It’s always good to drink fresh water or decaf tea, [and to] stay away from soda,” Castulik said. “You can have some caffeine sometimes, but fresh water is always the best.”

While Castulik helps all students to eat more healthfully, she also helps students on UMSL’s tobacco-free campus to quit smoking. She said that the smoking cessation program is one of her biggest programs, boasting a success rate of about 99 percent and more than 70 graduates of the program. “I’ve got students who had been smoking for over 20 years who have quit,” Castulik said.

“[Students] meet with me for initial consultation, we talk about the program, the duration of the program, what the expectations are, I supply them with patches and nicotine gum or nicotine lozenges, and they follow up with me every two weeks [for me to] see how they are doing and to get their refills,” Castulik explained.

The program runs for about 10 weeks, depending on how many cigarettes per day a person smokes at the beginning of the program. While a program like this would normally cost about \$110 every two weeks, UMSL students get this program for free.

In addition to the free smoking cessation program, Castulik also hopes to offer UMSL smokers with a support group. “I am also starting a support group for people who smoke and want to quit and those that have quit. ... I will be offering it at two different times. We basically will get together and share ideas [about] what works for one person, [and] to make friends. ... It [will offer] that support of being with another person. It’s awesome,” Castulik said.

“I don’t want to see anyone become a statistic,” Castulik said, explaining the importance of the program. “I lost my parents to

lung cancer. ... So, it’s not just professional—it’s personal too. I want to empower people with knowledge.”

Castulik also offers students with free HIV testing and alcohol poisoning awareness programs. For HIV testing, students set up confidential appointments with Castulik, who then performs a rapid HIV test, allowing students to receive their results in 20 minutes. The alcohol poisoning awareness programs teach students about the signs and symptoms of alcohol poisoning and what to do if a peer shows any of these signs and symptoms.

According to the Mayo Clinic, these signs and symptoms include confusion, vomiting, seizures, slow breathing (less than eight breaths per minute), irregular breathing (with a gap of more than 10 seconds between breaths), blue-tinged or pale skin, low body temperature, and passing out. Castulik said that UMSL students have been very receptive to the awareness program. “We tell students to lay [alcohol poisoning victims] down, put them in a recovery position, call 911, [and to] look and make sure that they have a pulse or that they are breathing,” she said.

Castulik became interested in wellness while she attended Missouri State on an athletic scholarship. “I decided [that] wellness is the future,” she said, and completed her degree in wellness and health promotion.

As public interest in wellness has grown, her foresight has proven to be fortuitous. “Health education can be used in many different settings. I’ve worked in a hospital where I did community health [and] outreach education. I would work side-by-side with physicians in helping patients in all different areas of health,” she said.

As an experienced practitioner in diverse environments and the different components of wellness, Castulik serves as a valuable resource for UMSL students. “I just think students need to learn what is here for them, and I don’t think they know,” she said.

In the case of Lee and Scala, she was right. “I knew that the health and wellness center was on campus. I didn’t know that there was an educator,” Scala said. “I would say that that is a very vital part of any campus community, and it’s really cool that we do that. I just had absolutely no idea that we did do that. I think it would be beneficial to people.”

Lee agreed. “I’ve used some of those resources in the past, but I didn’t know the range of resources that was available to us,” he said.

“I am here as their campus health educator,” Castulik said. “I supply them with materials, and they can come and set up an appointment. Anything they talk to me about is confidential, and it is based on what their individual need is.”

While Castulik hopes that students will take advantage of her services while they are on UMSL’s campus, she also hopes that larger systemic changes will take place to grant more people access to the benefits of wellness. “I am hoping to see more insurance companies pay for wellness because that is prevention. Prevention reduces risk factors of heart disease, [diabetes and] all kinds of things. ... More and more physicians are getting into wellness and health promotion because it is prevention. It [would] save the insurance company money in the long run of things if they would pay for prevention because it would help prevent people from getting sick or hurt,” she said.

In the meantime, students who wish to make an appointment with Castulik are encouraged to visit her office in University Health, Wellness, and Counseling Services, located on the lower level of the Millennium Student Center in the Nosh. Students may also email her to set up an appointment at [castulik@umsl.edu](mailto:castulik@umsl.edu).