UML Students Win $10,000 in Hackathon, Have Opportunity to Incubate Business

LEAH JONES
FEATURES EDITOR

JUSTIN REUSNOW, junior, computer science; Omar Soufian, information systems; Chau Tran, senior, information systems; Kyle Hopfer, junior, information systems, and Alex Nuetzel, sophomore, computer science at the student center of the new library in the Valentine Library. "It was not what we wanted to do as a career. He was then hired as an as- sistant prosecutor in St. Louis County for five years, and now works part-time as a municipal judge. 

"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."

"It's figures," pg. 5

Health Educator, pg. 6

Photos of the Week, pg. 11

Great Streets Project, pg. 3
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?

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?
and you want to make sure that you're pursuing a career in law, you're going to have to pay for financially. But you can definitely position yourself so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

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're going to have a job," said Tamprateep. "I think that law school should be your main job, and you're going to need to be observant to your clients later on if you're not actually learning what you're supposed to be learning."

"I think that financially," said Reed, "I think that if you put in the work, you'll find the money, it exists." Reed offered insight as to how 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 so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

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

"Law school is expensive," said Reed. "However, I think that if you assist with those costs, 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 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 so that you won't have to take on a ton of student loans," she said.

Students also had the opportunity to speak with the Princeton Review who offered resources for preparing for the LSAT as well as admissions officers from Washington University, Southern Illinois University Edwardsville, the University of Missouri-Columbia, and the University of Missouri-Kansas City.
Revenge of the Nerds: eSports Leading Change in World of College Sports

Lyn 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 watching video games instead of sports are beginning to see their hobbies grow into a way of earning and making a living.

One thing Douglas says may contribute to LoL's success and popularity is that it is an accessible game. "There is a connection between the players and the fans, and that is something that we need to nurture," he says. "I want to see our fans be as important as our players."
SOMETHING 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 learn before finding our own “Friend Zone” by Brian Lewis; and some show what we feel but do not say, like “Two Faced” by Taylor Rockhorst. 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 bears a scratchy shading, the shadows outlining 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 area 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 defined, 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 with thin cuts of wood that create irregular circles that slowly fall into themselves, constructing a tighter area as the depth of the work 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 figures. 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 photog- raphy as well, the shine of the high-gloss material plays off the bright areas of light hitting the color in the piece.

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 abstract 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 making and experiencing in person while they are still available to the public. The “It Figures” exhibition is open until April 8.

Kerry Stevens’ “Nude Gazer” is one of the works featured in Gallery Visio’s “It Figures.”

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

by Daniel Poindexter
Staff Writer

‘It Figures’ Exhibition: What Makes Us Human?

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 Abigail Selvas from UMSL will be performing Grieg Piano Concerto in A minor, in Allegro ma non troppo. The concert is free and open to the public.

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 drumming, arts, crafts, and food as they were traditionally presented in Native American culture. The event’s specific

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 is Danyel Poindexter. The full-length film being shown on April 2, is “Akonuk Tedalat Tah Tazoughai (Rain the Color Blue with a Little Red in It).” All screenings begin at 7 p.m.

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 drumming, arts, crafts, and food as they were traditionally presented in Native American culture. The event’s specific

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 Binta Anara Ainga and Abdul Hadii, who will give lectures related to their films. Nidall will also host an art workshop after the screenings on April 2. Each screening of the festival consists of a short film immediately followed by the feature length film. The full-length film being shown on March 31 is “74.6.” The full-length film being shown on April 1 is “Children of the Mountain.” The full-length film being shown on April 2 is “Akonuk Tedalat Tah Tazoughai (Rain the Color Blue with a Little Red in It).” All screenings begin at 7 p.m.

St. Louis Osuwa Taiko
SATURDAY AFTERNOON & EVENING SHOWS
7 P.M. & 8 P.M.
March 25

On March 25, the University of Missouri-St. Louis’ International Studies and Programs will be presenting “St. Louis Osuwa Taiko” at Touhill Performing Arts Center. Starting out as a kids’ group, St. Louis Osuwa Taiko devoted their talents to sharing the work of Grandmaster Dazahachi Ouchi, 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 Botan-ical Garden on Labor Day, but this weekend you can have this experience at 8 p.m. Tickets for the event are $25 for the public, $20 for seniors, and $10 for students.

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 Binta Anara Ainga and Abdul Hadii, who will give lectures related to their films. Nidall will also host an art workshop after the screenings on April 2. Each screening of the festival consists of a short film immediately followed by the feature length film. The full-length film being shown on March 31 is “74.6.” The full-length film being shown on April 1 is “Children of the Mountain.” The full-length film being shown on April 2 is “Akonuk Tedalat Tah Tazoughai (Rain the Color Blue with a Little Red in It).” All screenings begin at 7 p.m.

by Blanche M. Touhill Per-
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 also noted that the system is only as good as the information given to it by students. So if the information given to it is inaccurate, the system will also be inaccurate.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The roadmap also allows students to experiment and try out different roadmaps to their graduation. Students who wish to graduate do not have to be locked into one course, Reusnow said. They can change their courses as they see fit.

“We want students to experiment and try different things,” Reusnow said. “We don’t want to lock them into one course. They can change their minds and try different things.”

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.

The system was designed to be easy and intuitive to use. Just drag your course to the semester you want to take and it will open up a path for you, Reusnow explained.
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:


“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.
* 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 decided that the solution to the course planning problem was the most viable to implement and continued working on it,” Reusnow said.

While 48 hours may seem like a long time to dedicate solely to coding, Reusnow said that the experience was 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. There were a lot of people working on something new and cutting edge which 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 won’t 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 continued.

While the “roadmap” to building their award-winning application and obtaining funding was pretty clear, the future remains bright and open for “Amazing Hack,” though their plans are just as ambitious. “As it stands, they are not entirely sure which direction they will go with their business, Hopfer explained the wider significance of the event. “Virtual Advisor will help students gain assurance that they are taking the proper steps to earning the degree 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 complications 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 hope that we can one day have 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 may also 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. “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 event, we had no idea what 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 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 life,” Reusnow said.

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 78 percent more productive on average, while pay (inflation considered) has increased by only 9 percent. Since the recession, 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 there is a huge drop 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 place to get away from responsibility, and high school is.

We do think there is a huge difference, and the most depressing 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 progressive and accepting society. I feel content, and I am not too worried about my future. We cannot complain about the choices we have, and we must be grateful for that.

While the long looming threat of ruin only pushes us 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 audit 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, that absolutely nothing is in stone or set about any of these decisions and aspirations yet.” Reusnow said.

Though there are not entire- ly sure which direction they will go with their business, Hopfer explained the wider significance of the event. “Virtual Advisor will help students gain assurance that they are taking the proper steps to earning the degree 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 hope that we can one day have the potential to be a game-changer for thousands of universities across the nation.”
OPINIONS

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

Abby N. Virro
Staff Writer

These days, we hear more and more about the UMSL students who roll over and the vacancy in university housing. As a two-time residential student myself, I am unfazed. We have all heard of the “freshman 15.” Rather than gain 15 pounds during the week, I would be hungry on that if I didn’t stock up on cereal and packed camping equipment, which is devastating to students that are near friends and classes. I do optimistic about the convenience of 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 a year off 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. Older than me would suggest that perhaps I should not care so much. For me the news.

“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. For me the news.

“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. For me the news.

“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. For me the news.
ENTER TO WIN!

A PAIR OF PASSES

WIZARDWORLD COMIC CON

AMERICA'S CENTER, APRIL 7-9

Send an e-mail with the subject WW-CURRENT to conteststlouis@alliedm.com for a chance to win

WINNERS WILL BE CHOSEN AT RANDOM FROM ALL ENTRIES

WIZARDWORLD.COM
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 presentations, and lunch in the Nosh.

UMSL Day Welcomes Prospective Students

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

LINGUA Speed Dating and Poetry Reading

’Crazy Ex-Girlfriend’ Season Two Adds Depth

T
ey 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. 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 on-again off-again relationship with Chan so Proctor can live a less toxic life and become 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-singer 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.
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/JWU 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!!!
1. Visit the Triton Store
2. Go online at 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 for more information and to pre-register for your commencement photos with GradImages™.

Wellness Opportunities by Campus Health Educator

continued from page 6

For their busy schedules and based on what is available to them at school, Castulik said that this high-fat diet is not good for their metabolic system. “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 fuel to fuel it to burn calories.” Castulik said that UMSL students have quit. … I will be offering it at two different times. I also started a support group for people who smoke at the beginning of the program. “I lost my parents to tobacco,” Castulik said, explaining the importance of the program. “I supply them with patches and nicotine gum or nicotine lozenges, and they follow up on a range of resources that was available to us,” Castulik explained. “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 wellness to students to receive their results in 20 minutes. The alcohol poisoning awareness programs teach students about the dangers 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 vomiting, seizures, slow breathing (less than eight breaths per minute), irregular breathing (which could be as fast as 10 seconds between breaths), blue-tinted or pale skin, low body temperature, and passing out. Castulik said that UMSL students have received their results in 20 minutes. “We tell students to lay [alcohol poisoning victims] down, put them in a recovery position, call 911, and to look and make sure that there is a pulse or that they are breathing,” she said.

Castulik became interested in wellness while she attended Missouri State University. “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 setting. 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 it exists.”

The alcohol poisoning awareness programs have been very receptive to the awareness program. “We tell students that UMSL students have been very receptive to the program. The alcohol poisoning awareness programs have run for about 10 weeks, depending on how many cigarettes per day a person smokes. ‘I made a program for 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 not recommend leaving the skins on the fruits though. She also recommended adding cran-rasins, 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.

While 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, it depletes your body of water. 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 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 gotten students who had been smoking for over 20 years who have quit,” Castulik said.

“I 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. “I made a program for 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 not recommend leaving the skins on the fruits though. She also recommended adding cran-rasins, 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.

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 wellness to students. “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 setting. 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 it exists.”

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 not say that is a vital part of any campus community, and it’s really cool that we do that. I just had absolutely no idea that we have. I think it would be beneficial to people.”

Lee agreed. “I’ve used some of those resources in the past, but I was never aware of the range of resources that was available to us,” he said.

“I am here as your 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 wellness to students. “I decided [that] wellness is the future,” she said, and completed her degree in wellness and health promotion because it is prevention. Prevention reduces risk factors of heart disease, diabetes and all kinds of things. “More doctors and more physicians are getting into wellness and health promotion because it is prevention.”

“I would save the insurance company money when the long run of things, because it costs 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.

March 20, 2017

Continued from page 6

continued from page 6

continued from page 6

continued from page 6