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

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 pi, which are 3.14. The occasion raises awareness of the importance and use of pi and other applications and is being more frequently celebrated.

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 refreshments 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. Students 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.

Justin Reusnow, a student of computer science, said that what interested him in pi recital was that he liked working on mathematical problems, which challenges his brain further, and I like numbers. 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 Soufan Ismail, junior, computer science, won first place by reciting 780 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 approachable people.

CONTINUED ON PAGE 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?

Email solutions to covertdj@umsl.edu.

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

Nominations are due Friday, March 24 online at 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?
Law Experts Share Insight at Legal Career Symposium

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 be able to do it," said Tamprateep. "I think that law school should be your main job, and you’re going to have to conserve 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 that. "Law school is expensive," said Reed. "However, I think that if you put the work into finding 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 to take a ton of student loans," said she.

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 various law schools.

"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 you really nurture those relationships, because when you’re applying for law school, you’re going to make financially because you most likely will not make that financially."

Tampret said the importance of relationships is something that young people are thinking about now, as they look at law school and making connections with those around them as undergraduates. "That became my vocation, and I’m willing to answer my questions about anything math-related," said Clarissa Reel, junior, sociology. "The club members were very helpful. They were friendly and knowledgeable, and they passed.

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

To learn more about Pi Day and math clubs, visit www.cs.umsl.edu.

UMSL Math Club

Great Streets Project Continues Its Plans for West Florissant Avenue

A panel of legal experts from various law firms gathered at the West Florissant Ave. Great Streets Project to speak on career paths in law, the importance of relationships, and what it takes to make financially. "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 you really nurture those relationships, because when you’re applying for law school, you’re going to make financially because you most likely will not make that financially."

Tampret emphasized the importance of relationships and the importance of 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 you really nurture those relationships, because when you’re applying for law school, you’re going to make financially because you most likely will not make that financially."

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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 to move to a central location, focusing on growth and talent second. For some members of the roster, the opportunity will allow the team to bond. After graduating with a degree in information technology, Andrew Douglas returned to the school as a graduate assistant coach to teach the team he had proposed as a student.

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 distribute $100,000 per team to all participating teams with the winning teams receiving only the glory of being best. The idea is to help teams that are just starting out by keeping the playing field relatively level. Amid controversy, Riot reinvented 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 backlash only proves that it will not happen overnight.

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 during the Surge’s off season. This is the team’s fourth title for Missouri Baptist University joined these colleges and institutions in growing video games instead of sports are beginning to see their hobbies grow into a competitive sport as legitimate as any other. The coach’s biggest responsibility is to teach the team how to communicate with other players. Exxon 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 a practically empty with their own personal computers.

One thing that is concerned about is the new role that the National Association of Intercollegiate Athletics is playing in the e-sports industry. The organization, which has been a staple in college sports since 1940, has recently introduced the e-sports title. “We don’t feel any pressure. I think we know what our goal is,” Collier said.
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. Each piece reveals the moments of attachment, like “Carried on His Shoulders” by Jessica Toney; some show what we leave behind, like “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. A piece 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.

The longer days and burgeoning blooms make springtime 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 existant 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 Taliesin lamps and origami paper and sculpture. This year, the festival welcomes filmmakers Priscilla Anany and Abdul Ndadi, who will give lectures related to their films. The full-length film being shown on March 25 is “Akounak Téidalat Téah Tázoughai (Rain the Color Blue Mountain).”

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 the filmmaker Asuffa Aman and Abdul Nidadi, who will give lectures related to their films. Nidadi 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 “76.” The full-length film being shown on April 1 is “Children of the Mountain.”

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

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

While Reusnow said that it was fantastic that the system was able to generate this information for students, he also expressed the importance of receiving the information in a format that is easy for students to consume and understand.

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

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

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

The roadmap feature also allows students to experiment and try out different roadmaps to their graduation. Students who wish to graduate early can use the roadmap to rearrange courses to fit that path. While the university does not always offer the same classes every semester, making prediction a little more difficult, students can get a much better idea of the time frame and workload for them. They can fully see how long it will take to graduate and suggest the courses you would need to graduate this minor.

Reusnow explained that it is easy and intuitive to use. Just drag your course to the semester you want it and you’re good to go,” Reusnow said.

While students end up eating only once or twice a day around the clock, the ability to plan meals in between classes, when to eat, and what to do when you don’t have a meal that you would like in [to] still eat and eat healthy!

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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 7
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 concluded that the solution to the course planning problem was the most viable to implement and to succeed.”

While 48 hours may seem like a long time to dedicate solely to coding, Reusnow said that the experience was much more intense, but instead described the event as delightful, fun, and even tiring, citing the food that was offered at the event. “I found it not to be so much intense as it was refreshing. When there was 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 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 line,” 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.

“We also 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 their goals was pretty clear, the future remains bright and open for “Amazing Hack,” though their plans are just as ambitious. “As it stands right now, we are not entirely sure which direction they will go with their business, Hopfer explained. “For me, the significance of this project is really 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 university students,” he said. “I believe this is the first 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 still 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 travel, and 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 was in a situation where I just had 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 through 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 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 professionals 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 difference in dress, politeness, and how seriously students regard 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 lazy, buy that fixer-upper, and attempt to balance our responsibilities and our adventurous activities. Sometimes people need to not have a plan in order to figure out one thing before I return the rest when we throw ourselves— or are thrown—into tough, unusual situations.

We may ache for more, sometimes, but the constant looming threat of ruin only pushes us to hold on tighter to contentment. “Yes, these things can on bound economic environment discourages adventure. I think this is the generation that should be able to travel the world, to quit their jobs and do the occasional spontaneous trip with no clear destination. Was there a huge difference in how much thought goes into analyzing a problem and telling 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 through the rest of my coursework at UMSL, but throughout the rest of my career.”

We may ache for more, sometimes, but the constant looming threat of ruin only pushes us to hold on tighter to contentment. Should we all become the “Into the Wild” guy? Probably not. Should we suck it up, accept the fact that we are not reaching our full potential if we are stuck in our parents’ houses, working retail to pay for school. Should we all become the “Into the Wild” guy? Probably not. Should we suck it up, accept the fact that we are not reaching our full potential if we are stuck in our parents’ houses, working retail to pay for school. Should we all become the “Into the Wild” guy? Probably not. Should we suck it up, accept the fact that we are not reaching our full potential if we are stuck in our parents’ houses, working retail to pay for school. Should we all become the “Into the Wild” guy? Probably not. Should we suck it up, accept the fact that we are not reaching our full potential if we are stuck in our parents’ houses, working retail to pay for school. Should we all become the “Into the Wild” guy? Probably not. Should we suck it up, accept the fact that we are not reaching our full potential if we are stuck in our parents’ houses, working retail to pay for school.
The UMSL Diet: A New Way to Lose Weight or Your Mind

Abby N. Virio
Staff Writer

THERE are no calorie counters or meal plans. There is no idea of a daily value or any number of virtual meals. But what I refer to as the “UMSL Diet.” Featuring such hot items as ProHo’s microwave food masquerading as fine dining to the WOW Cafe’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 arrows.

We have all heard of the “freshman 15.” Rather than gain 15 pounds during your first semester or two, the mandatory UMSL dining plan, I lost 20 pounds. As an individual who was accustomed to eating fresh fruits, vegetables, and meats, the lack of processed foods made me physically ill whenever I visited ProHo, Pizza Hut, or WOW Cafe. 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 until I blacked out on a staircase that I realized my diet had become a serious problem. Embarrassed and sure I realized my diet had become a serious problem. It was until I blacked out on a staircase that I realized my diet had become a serious problem. It was until I blacked out on a staircase that I realized my diet had become a serious problem. It was until I blacked out on a staircase that I realized my diet had become a serious problem. It was until I blacked out on a staircase that I realized my diet had become a serious problem. It was until I blacked out on a staircase that I realized my diet had become a serious problem.

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 do not accept meal blocks or dining dollars, such as Subway or the cafe in SSB, or are closed on the weekends, such as Triton Treats, the Nosh, Einstein’s, and Southside. If I learned early on that if I didn’t stock up on cereal during the week, I would be hungry all weekend. Even the C-Store, which is supposedly up-graded 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 stock. I kept myself and began eating more often at friends’ houses. I once went until I blacked out on a staircase that I realized my diet had become a serious problem. It was until I blacked out on a staircase that I realized my diet had become a serious problem. It was until I blacked out on a staircase that I realized my diet had become a serious problem. It was until I blacked out on a staircase that I realized my diet had become a serious problem. It was until I blacked out on a staircase that I realized my diet had become a serious problem.

Denying Ourselves Adventure: The Millennial Affliction

Janeece 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.

“They 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. 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 1 percent since the 1980s, while college degree inflation rates have risen by 300 percent.) More than a quarter of a million of us who do have college degrees are working for minimum wage. More than half...
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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 preparation that the only opinion and help she has is from the delivery man Patrick (Seth Green). 

"Tell Me I’m Okay Patrick" is a satirical song where Bunch is so overwhelmed with wedding preparations helps Bunch. "Tell Me I’m Okay Patrick" is a satirical song where Bunch is so overwhelmed with wedding preparations helps Bunch. 

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 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.
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**Features**

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### 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 high-risk eating is not good for their metabolism. "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. [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 for them. Instead, she said that students should drink fresh water as often as possible. "Caffeine acts as a diuretic, it depletes your body of water," she said. "It's always good to drink fresh water or decaf tea, [and to] stay away from soda," Castulik said. "You can have some coffee 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 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 $100 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 looking for 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] the 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 and tells students to expect results in 20 minutes. The alcohol poisoning awareness programs teach students about the 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-tinted or pale skin, low body temperature, and passing out. Castulik said that UMSL students have indicated interest in the awareness program. "We tell students to [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 Southern State University and received her bachelor's degree in health education with a minor in wellness. "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, 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," she added.

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 know 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 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 realize 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 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, 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.