Steinberg Skating Rink
Open through March 1 with extended holiday hours
Steinberg Skating Rink is the largest outdoor ice skating rink in the Midwest offering 27,600 square feet of FROZEN FUN and is open daily including holidays. Visit http://www.steinbergskatingrink.com for details.

Anheuser-Busch Brewery Lights
November 16 to December 30 Thursdays, Fridays, Saturdays, and Sundays from 5 to 10 p.m.
We are back and BIGGER than ever this year! Admission is Free. Every guest (21+ Only) will receive a wristband for five 5oz. samples of their favorite beer! We’ll have non-alcoholic beverages for everyone else. Walk around and enjoy all the amazing lights, our fire pits, the Bud Light Ice Rink, the Budweiser Clydesdales, and more!

Holiday in the Park
Six Flags
Select days November 18 to January 1
The park will be transformed into a winter wonderland with thousands of colorful lights, carolers and everyone’s favorite holiday tunes. The large library of favorites, personalized meet-and-greets with Santa and his helpers, and 4 lights shows featuring Looney Tunes characters. Visit sixflags.com for more details.

Winterfest
St. Louis Arch
November 18 to January 1 2 to 9 p.m. every Thursday through Sunday
The Gateway Arch Park Foundation and St. Louis Blues are teaming up again to bring an ice rink to Downtown St. Louis. Check out archwinterrink.com for hours, skate rental fees, and events.

Garden Glow
Missouri Botanical Garden
November 18 through January 1 from 5 to 10 p.m.
Over one million lights will adorn the Climatron, Kaeser Meters, Gateway Arch, Central Axis, Tower Grove House and other iconic locations with unique color combinations. Walkways will be transformed into sensory light tunnels as visitors experience the exhibit’s visual magic.

Winter Wonderland
Tilles Park
Vehicular traffic Sunday through Friday and carriage rides Saturdays from 5:30 to 9:30 p.m. from November 22 through December 30
St. Louis County Parks and Recreation transforms Tilles Park into a drive-through holiday light extravaganza that includes a tunnel of Christmas trees and shimmering winter scenes.

Christmas Traditions
November 24 to December 24
Every Wednesday and Friday from 6 to 9 p.m. Saturday from 11 a.m. to 5 p.m. Christmas Eve from 11 a.m. to 2 p.m.
This annual holiday month long festival celebrates the best of the holiday season. From the boisterous cheer of our legendary Christmas figures and joyful singing of our harmonious carolers, to the unique shopping and dining opportunities found along the festively decorated brick lined streets, Christmas Traditions® offers something special for everyone. And with over 40 years of the favorite holiday tradition, there has never been more to experience!

Wild Lights
St. Louis Zoo
Select Nights November 24 to December 30 from 5:30-8:30 p.m.
Stroll through the Saint Louis Zoo’s enchanting holiday wonderland and enjoy over half a million twinkling lights and festive fun for the whole family! Tickets can be purchased online at stlzoo.org.

Polar Express
Union Station
November 24 to December 30, except Christmas Day
Trains depart St. Louis Union Station at 4:05, 6, 7:15 and 8:30 p.m. Stroll through the Saint Louis Zoo’s enchanting holiday wonderland and enjoy over half a million twinkling lights and festive fun for the whole family! Tickets can be purchased online at stlzoo.org.

Window Walk
Central West End
December 9, 16, and 23 from 1 to 5 p.m.
Window Walk highlights the many wonderful attributes of the holidays in CWE shopping at boutiques, enjoying seasonal libations, perusing local restaurants and strolling amidst elegantly decorated windows. Window Walk brings back the time-honored tradition formerly found in downtown windows and gives St. Louisans a great venue to experience the holidays.

Sixth Annual Public Hanukkah Menorah Lighting
December 4, 2017
The Empire State Building in New York City will be lit to celebrate Hanukkah. This Menorah lighting will be held at the Missouri Botanical Garden's Garden Glow. The Menorah lighting will be held on December 4, 2017 at 5 p.m. at the Missouri Botanical Garden.

University Wind Ensemble
Blanche M. Touhill at UMSL
December 6 at 7:30 p.m.
The University Wind Ensemble program is titled Cornerstones! Join the UMSL Wind Ensemble as we enjoy these pieces that are the cornerstones of our Wind Band.

Sounds of the Season
Blanche M. Touhill at UMSL
December 8 through 10
The holiday season doesn’t begin in St. Louis without the Ambassadors of Harmony. This December, The Ambassadors of Harmony chorus will once again rekindle the joy and magic of the holidays with its always popular Sounds of the Season concert. Visit touhill.org for tickets and times.

University Wind Ensemble
Blanche M. Touhill at UMSL
December 14 through 17
This is a holiday event you won’t want to miss! The whole family to see A CHRISTMAS CAROL at the Fox Theatre. For more information, call 314-534-1111 or in person at the Fabulous Fox Box Office. Prices start at $20.

Mercy Holiday Celebration
Peabody Opera House
December 15 at 6:30 p.m.
This brand new touring production of A Charlie Brown Christmas Live on Stage features everyone’s favorite Peanuts gang – Linus, Lucy, Snoopy, Sally, Woodstock and more, all led by the lovable Charlie Brown – as they discover the true meaning of Christmas. In typical Charlie Brown fashion, things go awry when he selects a tiny fir tree for the production. It’s up to Linus to save the day and remind everyone of the real message of the holiday.

The Nutcracker by the St. Louis Ballet
Blanche M. Touhill at UMSL
December 15 through 23
The St. Louis Symphony Orchestra and the St. Louis Ballet in children’s roles. The Nutcracker has become a Saint Louis favorite with dazzling costumes, sets and special effects. The large professional cast of company dancers and special guest stars with students from the school of the Saint Louis Ballet in children’s roles. The holiday favorite is performed to the traditional Tchaikovsky score. Visit continued on page 12.

What’s Inside:
First DBA Cohort pg. 3
Katryn Dierksen, pg. 5
Weightlifting, pg. 6
Olivia Sydnor, pg. 9

UMSL & St. Louis Holiday Guide
“Some events have a ticket cost. Please visit event pages for more information.”
Math Problem of the Week

This week’s puzzle: At the thanksgiving table, Leo had the following food options: turkey, gravy, ham, stuffing, sweet potatoes, green beans, and cranberries. Ignoring the plethora of pies and desserts, how many different food combinations could Leo have on his plate?

Email solutions, guesses, comments to mathclub@umsl.edu.

Answer for the previous week’s puzzle: The correct answer is that the person is more likely to be a bank teller (and not necessarily an electrician), since the set of people who are bank tellers and electricians is a subset of those who are bank tellers (This is called the conjunction fallacy).

Come Join Campus Life for PJ’S AND PANCAKES AFTER DARK

SUNDAY DEC 10 PROVINCIAL HOUSE DINING HALL 9PM-11PM

Enjoy a buffet style breakfast menu and have fun before finals! FREE FOR UMSL STUDENTS

ON THE QUAD BY MIKE DILIBERTO
Number 28: A UMSL student was transported to the hospital via ambulance after experiencing chest pain. At 12:45 P.M. a non-student was arrested for trespassing after previously being warned. The suspect was booked and transported to St. Ann PD for further questioning.

November 29: At 11:44 a.m. a非正式 crime and incident reports issued by the University of Missouri-St. Louis Police Department between November 23 to 30.

November 24: There were no incidents to report this day.

November 23: At 11:55 a.m. a UM CL student was transported to the hospital via ambulance after experiencing chest pain. At 12:45 P.M. a university owned vehicle was involved in a minor accident with a fixed object off campus. No injuries occurred. At 2:45 p.m. a found set of keys were turn ed in to UM SL PD and held for safekeeping. At 3:18 p.m. a UM SL student reported the hospital via ambulance after expressing suicidal thoughts. At 4:15 p.m. a non-student was arrested for trespassing after previously being warned. The suspect was booked and transported to St. Ann PD for further questioning.

November 26: There were no incidents to report this day.

November 27: At 11:55 a.m. a UM SL student was transported to the hospital via ambulance after experiencing chest pain. At 1:04 p.m. an UM SL student believed items were taken from a package they received. At 3:18 p.m. an UM SL student reported the hospital via ambulance after expressing suicidal thoughts. At 4:15 p.m. a non-student was arrested for trespassing after previously being warned. The suspect was booked and transported to St. Ann PD for further questioning. At 6:00 p.m. a UM SL student reported a bicycle stolen from the front of Tom as Jefferson Library.

November 28: At 8:22 p.m. an UM SL student was transported to the hospital via ambulance after expressing suicidal thoughts. At 12:45 P.M. a non-student was arrested for trespassing after previously being warned. The suspect was booked and transported to St. Ann PD for further questioning. At 6:00 p.m. a UM SL student reported a bicycle stolen from the front of Thomas Jefferson Library.

November 29: At 11:44 a.m. a non-student was arrested for trespassing after previously being warned. The suspect was booked and transported to St. Ann PD for further questioning.

November 30: At 1:04 p.m. an UM SL student reported the hospital via ambulance after expressing suicidal thoughts. At 4:15 p.m. a non-student was arrested for trespassing after previously being warned. The suspect was booked and transported to St. Ann PD for further questioning. At 6:00 p.m. a UM SL student reported a bicycle stolen from the front of Thomas Jefferson Library.
Focuses on Relaxation before Finals

Last Free Fun Friday of the Semesters Focuses on Relaxation before Finals

AUSTIN HAYES
Staff Writer

This past Friday in the University of Missouri-St. Louis’ Millennium Student Center, Free Fun Friday took place in honor of finals week. As finals loomed, the UMSL community engaged with a choice of peppermint or lavender scented oil bath bombs, licensed masseuse chair massages, and berry smoothies. The goal of the event was to relax students and faculty as the winter semester draws to a close.

“Six finals in five days. Finals are such a stressful but rewarding time,” said Salmedina Alic, graduate, optometry. Fellow graduate optometry students Megan Anderson, Lauren Dermody, and Libby Marquarte agreed with Alic.

Free Fun Friday Committee Chair and Assistant Dean of Students Miriam Roccia’s goal was to bring a vibrant campus environment here to UMSL. Roccia said, “Free Fun Friday is a cross campus group that engages students to interact on campus.”

In addition to the bath bomb table in the Nosh and giving out free smoothies, Free Fun Friday had also a donation collecting non-perishable items for a food drive. “Free stuff is always good. I think I’m always nervous about finals. But I’m confident that it will go smoothly,” said Johannah McDonald, junior, English.

The Whole U is always a place for UMSL students to catch a nap, but this Free Fun Friday it hosted the massages. Each massage was ten minutes and was sponsored by the Free Fun Friday Committee and the American Image Salon & Spa national certified massage therapist Emily Cpgle.

“All that typing emails to my students stressed out my shoulders,” Denise Mussman, professor of English, stated.

Stress relieving tips were distributed at the different activities throughout the Free Fun Friday event. Tips included exercise, lighting a candle, reducing caffeine, keeping a journal, coloring, chewing gum, and more. Tips for more relief are at http://www.umsl.edu/services/counse/resour/index.html.

Finals start on December 11 and the winter semester will conclude December 16th. Students like Katherine Bussey, senior biology, are not worried about their finals. After a massage, Bussey confidently said, “A lighter load and I’m in the groove of school.”

Left to Right: Graduate Optometry Students Salmedina Alic, Megan Anderson, Lauren Dermody, Libby Marquarte, and Professor of Social Work Dr. Elián Cabrera-Nguyen.

Getting to Know Others: Dr. Elián Cabrera-Nguyen

Privileges and phobias are two things that some of us might not understand or even know that we have. Privilege is something that most of us would not give up. A phobia is a kind of fear that can seem almost impossible to overcome but is also an irrational fear. College is one of the best places to learn new things and meet new people to help you achieve coming to grips with irrational fears.

There are certain privileges like holding hands or showing affection in public places without being worried about safety that heterosexual people have. Phobias towards homosexual people can cause a completely different situation that not all heterosexual people have to experience.

Dr. Elián Cabrera-Nguyen is an assistant teaching professor in the School of Social Work and has worked at the University of Missouri-St. Louis since 2015. He teaches classes at the undergraduate and graduate level. He has his masters from the University of Atlanta and his doctorate from Washington University.

Cabrera-Nguyen said, “I had no idea social work was a profession... The main inspiration for me choosing social work as a profession was growing up in a poor family and I had an aunt that made it out the Miami neighborhood that I grew up in. She was more like a mother to me than anything else, she ended up becoming a clinical psychologist. I always wanted to be just like her, and then, I started learning about social work.”

Cabrera-Nguyen is openly gay and this presented some problems early on and in his pursuit of his profession. Cabrera-Nguyen was growing up in the 1980s and had only heard about being gay in a negative way. He said, “It’s hard for most people regardless of sexual orientation. It was particularly hard for older people in my generation because there was not much sexual education, unless you grew up in a very progressive area.”

Cabrera-Nguyen was growing up in what he classified as a “very religious, hyper religious, and hyper Christian environment” and that he was not aware the word gay could be used to describe himself and his feelings he was developing in puberty. The word dawned on him when he had his first job at the public library and he found a book about what someone could do if they have a friend that is gay. He said, “When I realized that I was gay, I thought, ‘Alright, I’m going to make the right decision to get a significant other without worrying about getting killed.’”

Cabrera-Nguyen moved to the San Francisco Bay Area and specialized in mental health, developmental disabilities, and child welfare. He explained the different environment and experience he had moved to in San Francisco. “The day after I graduated packed up my stuff and went to San Francisco. After being there for a month or so I met this guy and we started dating. We were crossing the street and I grabbed his hand I said, ‘Come on let’s go.’ At that moment, I realized for the first time I could hold the hands of a significant other without worrying about getting killed.”

College brings together a large group of people with different backgrounds and experiences. Do not let phobias or privilege stop you from learning about UMSL classmates, teachers, administration, or staff. There are very diverse people, like Dr. Cabrera-Nguyen, with different experiences they are willing to share.

Dr. Elián Cabrera-Nguyen of Social Work.

Students made bath bombs to help relieve stress before finals.
An Examination of the New T Swift by Two Men in Their Mid-30’s

MIKE A. BRYAN
STAFF WRITER

My MIT-educated brother-in-law has a Taylor Swift playlist on his Spotify that he personally curates. So does my freshman-year-of-college best friend, who schooled me in punk rock music back in the early 2000s. Both men are necessarily a mainstay of the gossip world as well, feuding with various celebrities over the years. Without a doubt, they have an interest in art—one quite prolific, the other one who has had an interest in art through one form or another for most of her life. She said, “I’ve been sketching feverishly since I was twelve years old. It started as an obsession with movies. I wanted to capture beauty. The last art class I took was high school. I had gotten into oil painting and then put it down because of the limited space in my dorm room—and the feeling of course. I became an editor of Brain Stew, by becoming a faculty advisor, Dan Gerth, and I started curating events. I forced myself to create the cover art for the magazine for two years because the two other editors were already charged with writing editorials.”

Dierksen had a let to say about her magazine, Bad Jacket: “It was a special day for University of Missouri-St. Louis alumnus Katryn Dierksen. It was her first show as the curator of Duet in St. Louis. I walked into the gallery with an open mind, having only heard the names of the artists: Gecko the Mad Scientist and Chloe Simmons. A very good song.”

“Reputation” and why?

Bro-in-law: “I object to the question. She’s so bad she makes Ryan Gosling, which includes Art Basel. Better yet, she hired me on to come along! Since then, I’ve been assisting generally with the gallery’s work.”

friend: “She’s an awful actress. Did you see her in The Californians on SNU? She’s so bad she makes Allison Williams look like Charlene Tilton playing Aileen Wuornos.”

bro-in-law: “She acts? I’m skeptical.”

friend: “Oh, I like to see the internet freak the fuck out!”

So there you have it, folks. We have a variety of responses to my Taylor Swift questions. No matter what your personal opinion might be about her, she is talented, and deserves respect for writing her own music at the very least. It doesn’t sound like she will be taking Hollywood by storm anytime soon, but I’m certain we can count on her for more cleverly crafted pop songs. Give her new album a listen—you might just be surprised.
Local with Olympic Weightlifting Dreams

Roderick M. Wilson
Sports Editor

I t is another Wednesday at 2:45 p.m. in the afternoon. Jerome Anthony Smith is at the gym at Lift For Life Gym. He is working on his weightlifting again trying to improve on his numbers. He and his best friend Antwan Kilbert are working side by side. Smith compares his lift to Kilbert and vice-versa and the challenges are issued. While Smith and Kilbert are best friends they are also rivals in weightlifting competitions. Clang-Clang-Clang is the noise heard as Jerome drops the crossbar finishing a set of squats. “Let’s see what you got,” said Smith.

Smith is a 16-year-old, African-American, young man. He was born in downtown Saint Louis, on the poverty side of town. Violence and crime was a daily occurrence in the area in which he grew up. His mother Francis Smith did everything possible for Jerome and his five other siblings. A single mother working off the system and maintaining two jobs as much as possible. Francis would get her kids involved with the Lift For Life Gym organization to keep them off the streets.

Lift For Life Gym is a non-profit organization that offers at-risk St. Louis City children a safe, enriching environment in which to strengthen their bodies, enrich their minds, develop healthy social relationships, and learn to make positive life choices. They offer fitness, tutoring, nutrition, and mentoring for St. Louis youth after school. Lift For Life Gym offers more than the professional gyms in Saint Louis. He at-Lift For Life Gym supports him in any endeavor he takes. Smith’s mentor at the Lift For Life Gym is Cornelius Harris who is also the Transportation Specialist. Harris is shocked at Jerome’s maturity at his young age and weight class. Harris was the first National Junior Champion for Lift For Life Gym in 1996. “I’m proud to drive these guys with their pictures on the side of the van,” said Harris. “When I was Jerome’s age I was 80 pounds heavier and couldn’t do what he’s doing.” Jerome also wants to be a forensic anthropologist. “I want to be a forensic anthropologist. His other aspirations are getting an overall weightlifting score of 287kg (633 pounds). He is 16kg (35 pounds) from that and if he hits that target his sponsorship will go up to the next tier with USA Weightlifting. Smith also wants to join Team L.A.B. at The Lab Gym. The acronym L.A.B. stands for Lifters Against Barbells. “I want to be the best one on the team,” said Smith.

Lift For Life Gym is a non-profit organization that offers at-risk St. Louis City children a safe, enriching environment in which to strengthen their bodies, enrich their minds, develop healthy social relationships, and learn to make positive life choices. They offer fitness, tutoring, nutrition, and mentoring for St. Louis youth after school. Lift For Life Gym offers more than the professional gyms in Saint Louis. He at-Lift For Life Gym supports him in any endeavor he takes. Smith’s mentor at the Lift For Life Gym is Cornelius Harris who is also the Transportation Specialist. Harris is shocked at Jerome’s maturity at his young age and weight class. Harris was the first National Junior Champion for Lift For Life Gym in 1996. “I’m proud to drive these guys with their pictures on the side of the van,” said Harris. “When I was Jerome’s age I was 80 pounds heavier and couldn’t do what he’s doing.” Jerome also wants to be a forensic anthropologist. “I want to be a forensic anthropologist. His other aspirations are getting an overall weightlifting score of 287kg (633 pounds). He is 16kg (35 pounds) from that and if he hits that target his sponsorship will go up to the next tier with USA Weightlifting. Smith also wants to join Team L.A.B. at The Lab Gym. The acronym L.A.B. stands for Lifters Against Barbells. “I want to be the best one on the team,” said Smith. At the end of the day Smith has people that keep him well ground-ed. His mother and brothers inform him to stay humble. His sister calls every week from Jackson State University where she has a full ride scholarship. She inquires and checks on how he’s doing in school. While weightlifting is everything to him and he doesn’t get better I have goals.” Smith’s mentor at the Lift For Life Gym is Cornelius Harris who is also the Transportation Specialist. Harris is shocked at Jerome’s maturity at his young age and weight class. Harris was the first National Junior Champion for Lift For Life Gym in 1996. “I’m proud to drive these guys with their pictures on the side of the van,” said Harris. “When I was Jerome’s age I was 80 pounds heavier and couldn’t do what he’s doing.” Jerome also wants to be a forensic anthropologist. “I want to be a forensic anthropologist. His other aspirations are getting an overall weightlifting score of 287kg (633 pounds). He is 16kg (35 pounds) from that and if he hits that target his sponsorship will go up to the next tier with USA Weightlifting. Smith also wants to join Team L.A.B. at The Lab Gym. The acronym L.A.B. stands for Lifters Against Barbells. “I want to be the best one on the team,” said Smith.

 Jerome and teammates at the National Junior Championships

Games to be held in Buenos Aires, Argentina. The Youth Olympic Games are in his sights. “I feel like I should be a selection for that team,” said Smith. “I want to be. His other aspirations are getting an overall weightlifting score of 287kg (633 pounds). He is 16kg (35 pounds) from that and if he hits that target his sponsorship will go up to the next tier with USA Weightlifting. Smith also wants to join Team L.A.B. at The Lab Gym. The acronym L.A.B. stands for Lifters Against Barbells. “I want to be the best one on the team,” said Smith.

At the end of the day Smith has people that keep him well ground-ed. His mother and brothers in-
Spotlight on the Sunshine Law: Recording Public Meetings A Guaranteed Right

KAT RIDDLER
MANAGING EDITOR

TRANSPARENCY is a goal that every governmental entity should strive to achieve. Sometimes, those governmental entities fall short. When they do, both the federal and state government have provided citizens with a possible remedy, in the form of what has been termed “Sunshine Laws.”

Recently, at the University Assembly, students questioned the university’s decision to allow audio and video recording of their meetings. The proper question to raise is would that be legal? Unless there is a legal basis to hold a closed meeting, and proper notice of that reason and a recorded roll call vote taken, not only must meetings of the university assembly be open, but the public is specifically granted by law the right to record such meetings.

Sunshine Laws were adopted based on a premise contained in James Madison’s Federalist Papers #49. In that essay, he states “the people are the only legitimate foundation of power; and it is from the people, that the constitutional charter ... is derived. Government is and should be the servant of the people, and it should be fully accountable to them for the actions which it supposedly takes on their behalf.”

The Federal Sunshine Act is a U.S. law passed in 1976 that affects the operations of the federal government. The laws are also similar in nature to the Missouri Sunshine Law which is enforced by the Missouri Attorney General.

Missouri state law is tasked with enforcing Sunshine Laws, but some institutions have attempted to bypass the pro-transparency legislation. The Missouri Sunshine Law defines those entities subject to the Sunshine law as any “legislative, administrative or governmental entity” and includes any agency, council, committee, any governing body of any public institution of higher education, departments or divisions of the state, any quasi-public body, or legislative/administrative bodies with the power to make rules or hear and decide cases.

That means for any meeting on campus, from University Assembly meetings to the Student Government Association, you should have open access to documents and minutes. The University of Missouri-St. Louis is considered by law as a public institution of higher education. The University System is chartered by the state and receives government funding, albeit not enough. Meeting minutes, by law, should include, but are not limited to, a record of any votes taken, date, time, place, members present, and members absent at that meeting.

According to Missouri Statute 610.010.5(5), a public meeting is defined as any meeting where “public business is discussed, decided or public policy formulated,” and is therefore open to the public. To further make sure there is no deception, individuals have the right to record a meeting by audiotape, videotape or other electronic means without permission as long as it is an open meeting.

There have been instances of committees pushing for closed meetings to purportedly discuss more freely, but there is a rule in the Missouri Sunshine Law that there has to be a public roll call vote to do so. The names and votes must be submitted into the public meeting minutes and can only be closed for those reasons. Section 610.022 also requires that public governmental bodies give at least 24 hours notice of each proposed closed meeting and provide the reason for holding it by reference to the specific exception allowed under statute 610.021.

Having open meetings and a press that is able to accurately report what goes on in Sunshine meetings serves the positive function of keeping the public informed. It is from that positive function that the people who do so, the Missouri Sunshine Law provides for stiff penalties.

Does Music Help You Study?

CHRISTIAN CHEN
STAFF WRITER

People these days tell me that music is a distraction and that it hurts your performance, but what if the opposite is true: what if music could potentially help students with concentration? Personally, I believe that what music type a person listens to, regardless of whether it affects their performance. They would find that even listening to music has mixed results, depending on the type of music you listen to. Regardless of whether it was “Mozart effect”, to put it another way. However, as different genres of music emerge, the type of music that seemed to be the most effective varies depending on the person, in addition to the song they listen to.

Some have claimed that video game soundtracks can help with study methods because they create an immersive environment to facilitate but not distract someone from the task at hand. However, as technology progresses, the styles of music progresses, the styles of music

Listening to music while studying produces mixed results, depending upon the student. Music will change and will have various effects on people.

Not everyone agrees that music helps with concentration, however. One British study from the Applied Cognitive Psychology Journal revealed that students who didn’t listen to music while studying tended to do better than people who did. They would find that even listening to tunes someone liked would hamper their concentration and affect their performance. They concluded that studying while listening to music isn’t really beneficial. For instance, studying for a math test while listening to music will most likely hamper efforts to retain the information while studying. Therefore, listening to music before studying seems to be a better option. Those who claim that music helps, they say, is only because they listened to music prior to studying, not during the study session itself. Still, others will beg to differ.

To put in personal experience, the effectiveness of music while studying seems to depend on what type of music I listen to. For instance, I listen to “At Least 24 Score” from the video game Phantasia while studying for a Contemporary Math Test. I entered the test with a sound mind as a result, and eventually got a high score—the best Math score I’d ever gotten, and the first math score I’d gotten that was above a D (I got a 90%, an A minus). A more recent example was listening to “Be Prepared” from the Disney movie The Lion King, which also helped me to calm my nerves and help with concentration prior to the test. In prior experiences, music hampered my study, as it prevented me from concentrating. Henceforth I got lower scores.

In conclusion, I must say that listening to music has mixed results, and whether it actually helps depends on the type of music you listen to, regardless of whether it is during a study session or before a study session. Whether you want to listen to music before or during a study session is up to you. If you decide to listen to music before or during a study session, I must say this: good luck.
Microaggressions: What They Are and Why They Matter

Wednesday, December 6, 2017 - 2:00 PM
MSC SGA Chambers For Cookies and Conversation*

Join The Current and Susan Kashubeck-West, a professor in the College of Education Counseling program, for an engaging discussion. Microaggressions have become a hot topic today in many different places in our society. These types of subtle discrimination are common experiences for members of minority groups. Typically, they are unintentionally committed by people who see themselves as fair and decent. We will talk about different forms of microaggressions, their impact on people, and the various ways that universities are responding to these issues.

The New York Times feature that will serve as the jumping off point for the conversation is “Campuses Cautiously Train Freshmen Against Subtle Insults” which can be found at: https://tinyurl.com/yc3trkcx

“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.

So, like what are you?
UMSL Grad Working With SLSO IN UNISON

Roderick M. Wilson
Sports Editor

THE St. Louis Symphony Orchestra (SLSO) is trying new and innovative ways to appeal to a wider audience. There are many methods by which they are trying and they are working. They are mixing with other entertainment forms such as sports, live musicians, events, and movies.

“Jurassic Park in Concert” is one such event that was held on November 23, 2018. Conducted by Gemma New, St. Louis Symphony’s Resident Conductor, with a big role by St. Louis’ own, the Jurasssic Park Soundtrack. Universal Studios provided the film without the musical score. SLSO’s Symphonettes took place in concert with the score live as the film plays on the big screen at Powell Hall. Media could attend and an open roof provided an idea of how it all was put together. “This is my first time doing a full-length movie and it is very exciting to do,” said New. “We are excited for concert-goers for this event.”

SLSO partnered with the Saint Louis Symphony Orchestra’s Student Union program has been awarded a $160,000 grant from the Monsanto Fund to help support the IN UNISON project. SLSO’s IN UNISON program is one of those that have been reviewed and is involved with 40 predominantly African-American churches. Thanks to generous support from the Monsanto Fund, the SLSO musicians can visit the churches and provide music during worship services. From the program’s beginning, the Monsanto Fund has helped provide scholarships for African-American students studying music at the college level.

The IN UNISON program is an educational jewel at Powell Hall, and one that should attract the orchestra. The choruses will take the stage on December 14 for “A Gospel Christmas: A Soulful Celebration.” The featured artists will be the Saint Louis Symphony IN UNISON Chorus Director Kevin McBeth, Octavia Sydnor at UMSL, and the Saint Louis Symphony Orchestra’s Principal Trumpet, Monserrat Caballero.

“I am very excited for this event. The Saint Louis Symphony IN UNISON Chorus Director Kevin McBeth, Octavia Sydnor at UMSL, and the Saint Louis Symphony Orchestra’s Principal Trumpet, Monserrat Caballero will perform a free ‘Commemorative Concert’ of the season at Powell Hall. Guest vocalist Oleta Adams will join the chorus for the event on February 23.”

The IN UNISON program has its own choruses that performs twice each year and features African-American talent from diverse backgrounds gain access to music. The IN UNISON program has its own choruses that performs twice each year and features African-American talent from diverse backgrounds gain access to music. Many, including myself, left the show feeling inspired by what makes this music: Peer to Peer program. St. Louis Symphony Orchestra Music Director David Zinman will be the guest conductor.

For more information or tickets go to www.slsolo.org

Student Representatives Call for Stronger Governance at University Assembly

Chris Zuver
A&E Editor

ON NOVEMBER 14, the joint meeting of the University Assembly and the Senate Executive Committee in room 202 of the J.C. Penney Conference Center. While numerous topics were discussed, one particular resolution was put forth which created controversy within all four caucuses.

The Student Government Association Assembly Speaker Joseph Dordoni, sophomore, anthropology, stepped in for SGA President Sean Burkett, senior, criminology and criminal justice, to give the President’s report. During this time, Dordoni presented a resolution about shared governance in the University Assembly. The resolution stated that shared governance is a problem at the University Assembly level with 38 representatives for faculty, but only 13 for students, and 3 for staff. This resolution was passed in the SGA General Assembly Meeting on November 10 and the full resolution was printed in the November 13 edition of the Current Student Newspaper.

After the meeting SGA Parliamentarian Daniel Ryerson, senior, pre-engineering, said, “What the resolution proposes is that we’d like to form a committee to talk about possible resolution, to talk about the disparity of shared governance...”

Twothirds of the University Assembly’s votes are strictly to the faculty. Yet, there are clearly more than just faculty on the university assembly.”

For two months leading up to the meeting, the idea had been on the table. Ryerson said that both he and Dordoni had met with Chancellor Thomas George and the two of them had given him a draft of what they thought should be asked in front of the assembly. According to Ryerson, the two of them also spoke with students and the idea was addressed at the Student Assembly with their endorsement at the November 10 SGA General Assembly Meeting.

When Dordoni announced the resolution at the meeting, he said it would be presented during new business. The resolution was kept brief because, according to Ryerson, “in order for there to be proper debate, we want a full day in the violin performance. ‘My experience with University Assembly has given me a very strong, exciting sense of community,’ she said. “Thanks to IN UNISON I have been able to make a difference in the community I love.”

The IN UNISON program has its own choruses that performs twice each year and features African-American talent from diverse backgrounds gain access to music. The IN UNISON program has its own choruses that performs twice each year and features African-American talent from diverse backgrounds gain access to music. Many, including myself, left the show feeling inspired by what makes this music: Peer to Peer program. St. Louis Symphony Orchestra Music Director David Zinman will be the guest conductor.

For more information or tickets go to www.slsolo.org

Alumnus Dierksen Debuts First Curated Event at Duet

Gecko the Mad Scientist artist at Duet

She had nothing but positivity when discussing the St. Louis artist scene. She said, “In school I always felt very much in competition with my creative peers, but St. Louis over all is a place for collaborators. As soon as I came out open mic events with poetry or with a guitar and some songs people were extremely encouraging, no matter how badly I butchered my performance. People are genuinely excited to see new faces out. This is partially because once you’re out and involved you start seeing a lot of the same faces. It’s comfortable in some ways and contentious in other ways. On the whole, St. Louis artists are friendly and forgiving. I have found an excellent handful of writers, musicians, and visual artists who invite me to create with them more than I have hours in a day. A success for one artist in the scene always feels like a success for everyone, and that’s a great environment.”

By the end of the night, it was clear that there was a sense of success. Many, including myself, left the show feeling inspired by what makes creativity great and attractive. Dierksen finished with these words, on what it takes for others to do what she does: “Don’t discount what you’ve already done. My inhibitions and self-doubt crises were almost always induced by my uncertainty for the future and what I wanted to become. I’ve personally always had strong interests in a lot of creative fields and topics and would get myself mentally torn up over the not being able to do everything at once and not knowing what I really was. I would get frustrated with the performing well fitting impositions that weren’t clearly connect- ed to my vision of what I wanted in my career. Some of the best advice I ever received on the topic was, “The more attention you pay to something, the more you come to appreciate it.”

I decided to get myself to slow down and pay attention and stop glossing over things. I made a decision to take a moment and consider the decisions that is important. A year ago I did an intensive management training program with Deloitte University. I took notes and applied myself ultimately decided to use my experience pitching cable and internet packages to better promote Red Jacket. But I had to step back from art and literature in my daily life in order to come out with that knowledge.”

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Shared Governance at University Assembly

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clause she was referring to,” stated Ryerson. “What I was proposing was not a committee report, it was a new business that any committee has the right to present. I reinforced that statement with my current understanding of Robert’s Rules of Order; any member of a deliberative body has the inherent right to seek the floor in a proper manner and once sought, may put forward business unmolested.”

Ryerson, in effect, yielded the debate and moved for a suspension of the rules in order to allow for the motion to be discussed. After a discussion and a vote, the assembly allowed the motion to be discussed. After a discussion and a vote, the assembly allowed the motion to be heard. The floor was opened for debate and moved for a suspension of the rules in order to allow for the motion to be discussed. The chairwoman, seeking the approval of the assembly, asked to give their opinion on endorsing the resolution. Ryerson said that he and other student representatives looked at the mission statement of the University Assembly and Faculty Senate, as well as the mission statement of the University of Missouri System on Shared Governance, and thereby at the mission statement of the SGA in regards to shared governance for wording of the resolution.

The proposal presented to the assembly mentions mission statements as separate where as statements that are typically seen in official government resolutions. “Basically, in a nutshell,” said Ryerson, “the resolution just says: ‘Hey, we’ve already said these things on record, that we want shared governance, that we should work towards it. So, since we’ve said that, let’s do this in accordance with what we’ve said we’re gonna do. So, in the case of this resolution, let’s put together a special committee made up of all members of the University Assembly.”

“Ryerson concluded: “That is a requirement for that, according to parliamentary procedure,” said Ryerson. “There was no notice given largely because it wasn’t required, but also because of concern about getting it in front of the University Assembly in the first place. I understand that the Chairwoman would have preferred that this get vetted through the Steering Committee, which has no students in it. So, getting it in front of the University Assembly as it was in its form at that time was why there was no required notice given.’”

Ryerson also spoke about events that happened at a meeting earlier this fall. University of Missouri System President Mun Choi had asked that there be compacts created on different subject matters that investigate and try to measure the level of success of the campuses in various categories.

On September 12, during the first University Assembly and Faculty Senate meeting of the semester, the University Assembly was asked to give their endorsement of the timeline of the plan. Ryerson said that he and other student representatives raised the issue that the students had not been consulted in advance and were then asked to give their opinion on endorsement on a subject matter.

“In other words,” said Ryerson, “there are different dates throughout the semester where different items needed to be endorsed and opinions finalized. Choi wanted these done. It was put forward by the Chairwoman, seeking the approval of the University Assembly for the timeline, not for the subject matter itself.”

“We were being asked to vote on this then-and-there, yet we had no perspective from which to draw any conclusion,” said Ryerson.

“We proposed that we table it so that we could be better educated on the matter. More or less, the sentiment of the larger body was that the vote went ahead anyway and it was passed.”

Ryerson concluded: “That is a large crux of why we believe there to be a disparity between the quality of shared government currently represented on the university assembly.”

The next meeting of the University Assembly and Faculty Senate will take place on February 20 at room 202 of the J.C. Penney Conference Center.

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A board meeting held Thursday night, the St. Louis Community College Board of Trustees approved a plan to lay off 70 faculty and 25 staff members. The meeting was open to the public and was heavily attended by those in opposition of the cuts.

Students protested the planned cuts by interrupting the meeting and chanting “Justice for faculty.” Five students laid on the floor in front of the board.

At first, the Chancellor and board left the room without addressing students protesting. After about an hour, they returned and began taking votes in a huddle. Notably the public and even report-ers could not hear or engage in the votes because the board had their backs turned to the public.

Ashley Jost, education report-er for the St. Louis Post Dispatch, tweeted “They’re voting. I don’t know what they’re voting on. I cur-rently cannot bring you the news.” Despite vocal protest from stu-dents and some faculty, the board approved the proposed cuts. The measures approved include volun-tary buyouts, changes to benefits, and most controversially the lay-off of at least 70 faculty and 25 staff members. Chancellor Jeff Pittman called the cuts difficult but neces-sary. However, many faculty claim they had proposed other cuts that were not considered before the layoffs.

The board has not yet announced plans for adjunct professors.

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from thehoull.org for tickets and times.

Sugar Plum Fairy 

Lanchoen

December 16 and 17 at 12:30 p.m.

Blanche M. Touhill at UMSL

Missouri State Ballet’s Sugar Plum Fairy Holiday Luncheon offers a magical holiday experience for every family member before The Nutcracker performance. Enjoy a three-course meal among the festive de-cor in the Lee Theater of and more. Visit touhill.org for tickets and more information.

The Nutcracker by the Repertory 

Theater

Heagney Theatre at Nerinx Hall High School

December 16, 17, 22

Marie is a little lonely after her family moves to a new town, but when her Godfather arrives with some mysterious Christmas Eve packages, she finds magic in very unlikely places. One of Godfather’s gifts is a wooden nutcracker who appears to be nothing more than an ugly toy, but Marie soon discovers that this is no ordinary doll. The Nutcracker leads Marie on a magical adventure full of evil mice, dancing fairies and distant lands, showing her along the way that friendship may not be so hard to find.

Elf the Musical

Peabody Opera House

December 26 to 28 at 7:30 p.m.

ELF! The Musical is the hilari-ous tale of Buddy, a young orphan child who mistakenly crawls into Santa’s bag of gifts and is transport-ed back to the North Pole. Unaware that he is actually human, Buddy’s enormous size and poor toy-making abilities cause him to face the truth. With Santa’s permission, Buddy embarks on a journey to New York City to find his birth father and discovers his true identity, and help New York remember the true meaning of Christmas.

Ghosts of Christmas Eve

December 26 at 3 and 8 p.m.

Over the past 20+ years, the Trans-Siberian Orchestra has become a critically-acclaimed, multi-platinum, musical power-house, and its annual winter tours a beloved, multi-generational holi-day tradition.

Cinderella

Fabulous Fox Theatre

December 27 to December 31

Rodgers + Hammerstein’s CIN-DERELLA is the Tony Award-win-ning Broadway musical from the creators of The Sound of Music and South Pacific that’s delighting audiences with its contemporary take on the classic. This production features an incredible orchestra, jaw-dropping transfor-mations and all the moments you love—the pumpkin, the glass slip-per, the masked ball and more—plus some surprising new twists!

DreamWorks Animation in Concert

Powell Symphony Hall

December 29 at 7 p.m.

Relive the moments from Shrek, Madagascar, Kung Fu Panda, How to Train Your Dragon and more as they are projected on the big screen while the STL Symphony plays the magical music live. An experi-ence for the entire family, join us to celebrate more than 20 years of inspired animation and iconic mu-sic scores by Hans Zimmer, Harry Gregson-Williams, John Powell, Alexandre Desplat, Alan Silvestri, Danny Elfman and many more.

Happy Holidays From the Current!