

Celtic Festival brings Irish food and music to the Touhill

PAUL PEANICK
STAFF WRITER

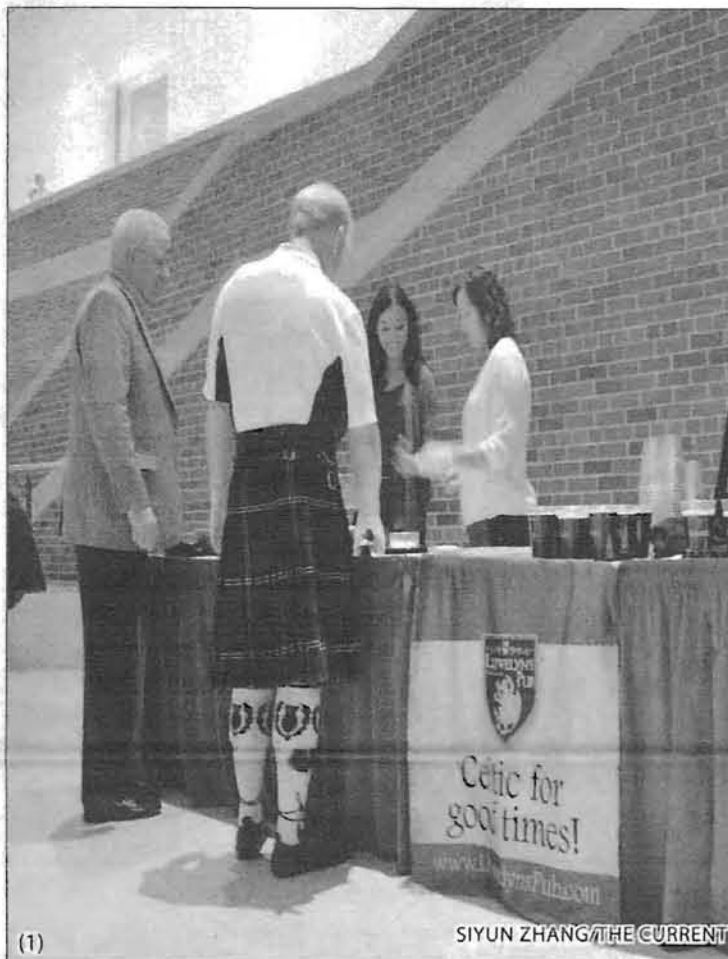
Llewellyn's Pub and the University of Missouri–St. Louis' International Studies and Programs co-sponsored the Celtic Festival, held on October 19 at the Blanche M. Touhill Center for the Performing Arts.

Together with the UMSL community and fans, they welcomed the John Whelan Band to the Anheuser-Busch Performance Hall, where they performed after an opening act by the St. Louis Irish Arts. The event included an Irish food and beer tasting preceding the evening's performance and sponsored by Llewellyn's Pub. Those with VIP tickets were able to attend the Llewellyn's Pub VIP experience after the show, which boasted an open bar, buffet, and the opportunity to mingle with performers.

"This is our premier Celtic arts performance for the year," Wendell Stevenson, International Performing Arts Director at UMSL, said. "We have an Irish endowment that blesses us with the opportunity to put on an annual performance in the genre. I don't think you can get a more fun Celtic performer than John Whelan and his band. I just saw him out with the crowd sampling Llewellyn's brews," Stevenson said, laughing.

John Whelan has been touring for over forty years; thirty-three of those years were spent in the United States. He is one of the most accomplished traditional Celtic musicians. Immigrating to the United States in 1980, he was soon playing alongside Riverdance fiddler Eileen Ivers, in one of the most celebrated duos of the decade.

The show opener featured the spritely and exuberant performance of the St. Louis Irish Arts, a group



(1) Llewellyn's Pub supplied Irish food and beer



(2) The John Whelan Band



(3) Attendees gather in lobby for an intimate performance

of young musicians and traditional Irish dancers. These young musical aficionados wowed the crowd with their skill at fiddle, harp, clarinet, accordion, mini accordion and fun Celtic dancing jigs. It was a pleasure to witness such skill from performers so young and yet so passionate about their craft.

SLIA was founded in 1987. Located in Maplewood, Missouri, the organization is directed by Helen Gannon, a Limerick native. SLIA has since become one of the world's most successful academies of Irish music, song, dance and culture.

"There is something personally very enriching about broadening one's own musical horizons, about hearing what's out there, and that's why I came here tonight," Daniel McKinsey, local resident, said.

This was readily apparent as the contagious joy upon the faces of the SLIA performers quickly spread to the audience. Their music harkened back to simpler times, to spring winds and old Irish blessings. A rich heritage to be a part of, the blood of the Irish is strongly represented in St. Louis.

Upon the conclusion of the show opener, the John Whelan band set up to deliver an intimate and memorable performance. The band has been touring together for sixteen years now. It features not only the dry Irish wit and masterful accordion of John Whelan, but also a talented group of Celtic musicians, including Flynn Cohen on the guitar, long-time friend of John Whelan and bassist Tom Wetmore, as well as dreamy, honey-voiced vocals by folk singer and guitarist

Liz Simmons. Rounding out the group were Genevieve Gillespie, fiddler, vocalist, and dancer, and Christel Rice (flute/whistles).

The vocals of Ms. Simmons were especially memorable. "I spent a long time thinking about how to introduce vocals into our music. I wanted to bear in mind especially the respect I had for traditional Celtic music. And in Ms. Simmons I think we've really found our match," John Whelan said.

Liz Simmons has many gigs aside from is the lead singer of her own folk string band, AnnaValia. A person might suspect, from her winsome voice, that all she ever does is sing, scorning talk altogether.

Whelan and his band performed classics like "Silver Dagger," "King of the Fairies," "Gentle River," and "The Green Mountain," among

others. The music flowed off their fingers and lips like water from an old Irish spring. By the finale, one could almost see the fairies up on stage.

A number of the Whelan band's tunes, somber tunes led onward by a mournful accordion, will bring some to verge of tears. Others are fast-paced, fun and full of harmonious impromptu melodic outbursts from flutes and whistles. The melodic variation these instruments and the Celtic style allow for is something to behold. Impromptu melody is one of the things that really differentiate traditional Celtic music from other styles. It is beautiful and timeless and respectful of an ancient tradition. It seemed the centuries-long memories of all the Celtic nations were bound up in the music of the John Whelan band that night.

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1963-2013 Jubilee

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 Richard Dortch

CONTACT US

388 MSC, 1 University Blvd
 St. Louis, MO 63121-4400

Newsroom
 314-516-5174
 thecurrenttips@umsl.edu

Business/Advertising
 314-516-5316
 thecurrentads@umsl.edu

Fax
 314-516-6811

Editor-in-Chief
 thecurrenteic@umsl.edu

Internships and Volunteer Positions
 thecurrentjobs@umsl.edu

Letters to the Editor
 thecurrenttips@umsl.edu

Twitter
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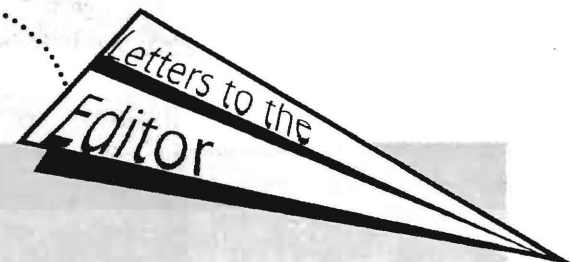
ONLINE



Sandra Bullock stars in 'Gravity' as Dr. Ryan Stone

Visit thecurrent-online.com for exclusive online content. This week:

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- Don't forget to tune in to The U, UMSL's student radio station, for "What's Current," hosted by Heather Welborn and Matthew Gianino.



LETTERS TO THE EDITOR

Dear Editor,

I strongly agree with the writer Editorial Staff about the U.S. not to intervene in Syria. The United States cannot afford another war like Iraq.

I think we should learn how to mind our own business and wait till we get invited before we intervene in Syria because majority of us here would rather wage peace than to engage in a war. When the U.S. intervenes in Syria it could bring war which I know the U.S. is not ready for that, so I think we should wait till they ask for help from the U.S. before we intervene.

Ama Agyeiwa, East Hartford

The Current accepts letters to the editor. All letters should be brief, and those not exceeding 250 words will be given preference. The Current edits letters for clarity and length, not for dialect, correctness, intent or grammar.

CORRECTIONS

October 14: Vol. 47; issue 1419

On Page 1, a photo of Robin Hearts was incorrectly captioned as a photo of Jaida Kiss, while a photo caption of Rydyr Reeves was misspelled as "Ryder Reeves."

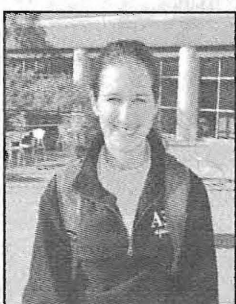
Also on Page 1, the photo of Rydyr Reeves was attributed wrongly to Adeela Langrial; the photo was taken by Kate Timke. The Current apologizes for this grievous error.

Please report any corrections by emailing The Current at thecurrent@umsl.edu with the subject line "Corrections." We can also be reached at our newsroom by calling 314.516.5174. The Current welcomes any comments and suggestions.

THE UNDERCURRENT *By Matthew Gianino* HOW MUCH ARE YOU FOLLOWING THE CARDINALS' PLAYOFF RUN?

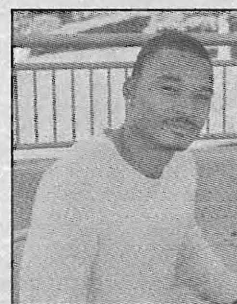
PUJI BANDI
 Second-Year Master's Student, Information Systems

"I'm rushing home right now to watch the game. I've seen every game except one. They're doing great, except for that one loss."



MIKAELA STOYANOVA
 Sophomore, Bio-Chem

"A lot. I try to watch the games whenever I can, and when I'm studying I have my TV on. My roommates and I watch the games together."



MIVON GREEN
 Sophomore, Criminal Justice

"I'm following them from a distance. Every now and then I might check up on them. I don't start taking it seriously until they're in the World Series."

MON **55**_{HI}
37_{LOW}

TUE **57**_{HI}
36_{LOW}

WED **48**_{HI}
42_{LOW}

THU **52**_{HI}
32_{LOW}

FRI **54**_{HI}
42_{LOW}

SAT **59**_{HI}
40_{LOW}

SUN **60**_{HI}
44_{LOW}

NEWS BRIEFS

UMSL wins diversity award

The University of Missouri-St. Louis received a Higher Education Excellence in Diversity (HEED) Award. The HEED Award was created by INSIGHT Into Diversity magazine to recognize institutions that excel in their commitment to campus diversity. UMSL was one of fifty-six universities honored. Winners will be officially announced in the November 2013 issue of INSIGHT into Diversity magazine.

Student Mural Contest

The College of Arts and Sciences announced its Student Mural Contest in a campus-wide email on October 17. Two mural designs will be selected that best suite the theme of "The Past, Present, and Future of the UMSL Promise." \$1,000 in scholarship funds will be awarded to the designer(s) of each winning mural.

The contest is open to all UMSL students, who may submit designs individually or as a team. If a team is selected as winner, scholarship funds will be divided equally among all team members. Multiple entries may be submitted for each mural location and each design will be judged as a separate entry.

Students may submit physical copies of their designs or digital images on a compact disc. All entries should include the names and contact information of all entrants and a written statement describing the design concept. Entries should be delivered to College of Arts and Science's Reception Desk, located on the third floor of Lucas Hall, by November 15, 2013. Questions or concerns can be directed to Professor Jeanne Zarucchi, Selection Committee Chair, at zarucchi@umsl.edu, with the subject line "Student Mural Contest."

The winning murals will be in the entrance foyer of Lucas Hall and the Dean's Conference Room in 302 Lucas Hall. Though winners will be painting the murals over winter break, a background in art is not required. Painting material and technical assistance will be provided.

-NEWS@NOON-

SOCIAL MEDIA: OWNING YOUR OWN IDENTITY

Join The Current, the student-run campus news source, for free pizza and discussion at "Social Media: Owning Your Own Identity."

Professor Perry Drake, Professor of Social and Digital Media Marketing at UMSL, will introduce the topic and then lead a student-centered discussion.

"News at Noon" 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 the Center for Teaching and Learning and the Office of Student Life at UMSL.

LOCATION MSC: CENTURY ROOM C

TIME NOVEMBER 13TH, 12:15-1:30 P.M.

The Current
UMSL'S STUDENT NEWSPAPER



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The Lipper award is given to the group with the lowest average decile ranking of three years' Consistent Return for eligible funds over the three-year period ended 11/30/12. TIAA-CREF was ranked against 36 fund companies with at least five equity, five bond, or three mixed-asset portfolios.

TIAA-CREF mutual funds have achieved high rankings over various asset classes and market cycles. The 2012 Lipper/Barron's overall ranking was determined by weighting five fund categories in proportion to their overall importance within Lipper's fund universe. TIAA-CREF's overall ranking was 10th out of 62 mutual fund families for one-year performance, and 29th out of 53 mutual fund families for five-year performance. TIAA-CREF did not qualify for the 10-year ranking. Past performance does not guarantee future results.

Consider investment objectives, risks, charges and expenses carefully before investing. Go to www.tiaa-cref.org for product and fund prospectuses that contain this and other information. Read carefully before investing.

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Disability Awareness Month enlightens campus community

SIMONNE KIMBLE
STAFF WRITER

Disability Awareness Month continued in the Nosh on October 15 with an educational display containing information on arthritis and fibromyalgia.

Throughout the month of October, University Health, Wellness, and Counseling Services will be presenting table displays and hosting a variety of events aimed at spreading awareness of disabilities on campus and in the community.

Students are encouraged to attend and gain information about the effects of disability at University of Missouri—St. Louis. Raising awareness among the student body is one of the core objectives of this month's activities.

Kathy Castulik, health educator for UHWCS, plays a hand in planning and promoting the annual events for disability awareness month at UMSL. She works closely with Linder Williams, program coordinator for the department of disabilities access services, and Tara Cramer, coordinator of student accommodations for the department of disabilities access services.

"The purpose of disability awareness is to educate the UMSL community about

disability-related issues," Castulik said.

Disability Awareness Month began on October 2 with "Shoot from the Hoop," a basketball contest coordinated by the UMSL athletic department for students using wheelchairs. Several community organizations and institutions were involved in the event, including Washington University in St. Louis, Rehab Services for the Blind, and Challenge Unlimited. Participants had the opportunity to win free t-shirts for their participation.

UHWCS offers in-depth information about a number of disabilities, along with providing activities. Attendees were able to experience the ways in which disabilities can affect everyday life.

Jonathan Segers, sophomore, political science, loves the fact that there is information on disability readily available to students on campus.

"I think that it is a great thing for students with disabilities and even for the students without them," Segers said, adding that he believes everyone should be educated about the different types of

disabilities.

Throughout October, there will be different organizations present on campus to participate in Disability Awareness Month. Participating organizations include the Multiple Sclerosis Society, the UMSL SUCCEED program, and Bare Escentuals. Bare Escentuals will be offering free makeovers in an effort to encourage a positive self-image and increase self-esteem.

Castulik's goal is to inform as many people as possible about the different disabilities affecting those in the UMSL community. She is eager to get more students involved with the disability access services department.

"It has been a wonderful experience as a health educator to coordinate the disabilities event through the entire month of October," Castulik said.

UHWCS is an on-campus resource open to students, staff, and faculty. University Health Services is located in room 131 of the Millennium Student Center.

For questions or concerns, visit the Wellness Resource Page on the UMSL website or contact Kathy Castulik at castulik@umsl.edu.

University Wind Ensemble celebrates UMSL's Anniversary

ANYA GLUSHKO
STAFF WRITER

To celebrate the University of Missouri-St. Louis' 50th anniversary, the Department of Music presented a Jubilee concert on October 13 at 1 p.m. The University Wind Ensemble, in collaboration with the UMSL Alumni Band, performed at the Blanche M. Touhill Performing Arts Center.

The concert was conducted by Gary W. Brandes, associate teaching professor of music education, and Jim Widner, teaching professor of music and director of jazz studies. They were joined by guest conductors Herbert Duncan, Stephen Aubuchon, Robert Nordman, and Gregory Fox. The program featured the works of classical and contemporary composers.

The concert opened with the University Wind Ensemble performing "New World Dances," written by Martin Ellerby. According to the program notes, this piece was meant to "recreate the pioneering spirit of the journey across the America, the then New World, as this vast continent was opened up and its wonders exposed."

"Radiant Joy" by Steven Bryant followed, again performed by the Wind Ensemble. This piece featured many layers of rhythm paired with highly technical scores for the band.

"Radiant Joy is actually really hard, but really fun at the same time. It came together very well for the concert. It proves how much our band has grown, because only very mature and skilled band can pull off that piece," said bassoon player Joe Hendricks, senior, music performance.

The next piece was "Be Thou My Vision" by David Gillingham, an expressive and inspiring piece. After that came "Kindergarten Flower Pageant," a light and humorous work that used a style typical to theatrical or film music.

A suite from "Carmen" by George Bizet, arranged by Warren Bellis, followed, which consisted of five movements: "Prelude," "Aragonaise," "Inermezzo," "Les Dragon d'Alcala" and "Chorus and March." This famous musical piece unfolded the full brilliance of the orchestra by applying driving melodies and emotional harmonies.

The first half of the concert concluded with the "Chicago

Tribune March" by W. Paris Chambers, edited by John Boyd. This piece featured unbreakable rhythm and grandiose festivity of the percussion complimenting the wind instruments.

"I started playing bassoon sort of by chance and ever since that time I was the only bassoon player. It is really cool that now we have a second bassoon player at UMSL, Dave Metzger. It is actually the second concert that I have played with him and I am grateful to have him with us," Hendricks said.

After the intermission, the University Alumni Band returned with "Fanfare and Flourished for a Festive Occasion" composed by James Curnov and conducted by Robert Nordman.

The band continued with "March," the first movement from "An Original Suite" by Gordon Jacob, edited by Heidenreich and conducted by Greg Fox. Then followed "Ye Banks and Braes O'Bonnie Doon" by Percy Aldridge Grainger, conducted by Steve Aubuchon.

The orchestra concluded with the "Barnum and Bailey's Favorite March," composed by Karl King, arranged by Glover, and conducted by C. Herbert Duncan.

All of the works were performed with remarkable dedication, superb technicality and outstanding quality.


"It's been 50 years (...) but those folks came together," Brandes said.

The event was sponsored by Jessica Flannigan and Angelete Frein, members of the Alumni Band Committee.

"It was cool to see so many UMSL graduates come back that were all still passionate about the music. It was also fun to see all the different conductors that have worked here. (...) Jessica Flannigan and Angelete Frein did a very good job bringing all of [the musicians] together for this performance," Hendricks said.

Following the formal concert, the Alumni Jazz Band performed in the lobby where a post-concert reception was held. A brief history of the University Wind Ensemble was presented to the audience using photographs and newspaper articles.


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NO PURCHASE NECESSARY. VOID WHERE PROHIBITED OR RESTRICTED BY LAW. Passes available on a first-come, first-served basis. Two admit-one passes per person. Employees of all promotional partners, their agencies are not eligible. This film has been rated PG-13.

IN THEATERS FRIDAY, NOVEMBER 1

TOUHILL

'Abyssinian: A Gospel Celebration' expertly combines gospel and jazz

ALBERT NALL
STAFF WRITER

Gospel and jazz fans alike came out to see "Abyssinian: A Gospel Celebration" on October 18 at 8 p.m. in the Blanche M. Touhill Performing Arts Center at the University of Missouri–St. Louis.

Wynton Marsalis appeared with the Jazz at Lincoln Center Orchestra, supplemented by a 70-voice gospel choir, Chorale Le Chateau, conducted by Damien Sneed. The event was presented by Jazz St. Louis which earmarks funding for a roster of jazz artists in 18 cities. The objective of the night was to raise funds to enrich jazz studies at schools and colleges.

Marsalis has held numerous titles which include trumpeter, composer, teacher, and music educator. As the Artistic Director of Jazz at Lincoln Center in New York City, Marsalis has been awarded nine Grammys for both jazz and classical music. One of his recordings was the first of the genre to win the Pulitzer Prize for Music.

"Abyssinian Mass" was originally performed in New York in 2008 at the Harlem church that inspired the piece. The work commemorates the 200th anniversary of the Abyssinian Baptist Church on 138th Street in Harlem.

An hour before the concert, a large line formed at the ticket booth, to the lively sounds of the percussion and wind sections warming up. Copies of "The Lord's Prayer" were distributed to patrons entering the auditorium, an indication of what one would expect from the gospel and jazz performance.

Marsalis' performance reflected an African American religious experience that has remained committed to a theme of universal humanism while placing an emphasis on social protest and justice through nonviolent means. Marsalis fused these themes in his 2008 work "Abyssinian Mass." This intricate musical piece crosses various components of jazz history with an emphasis on spirituals.

The evening started out slowly with music from the choir, along with a laid-back introduction from the trombone and bass. Eventually, this was joined by great clapping and stomping from the choir, whose bright red robes with white trim were appropriate to spirit of the St. Louis Cardinals' baseball game against the Los Angeles Dodgers that was taking place at the time.

"The Lord's Prayer" was performed with a word-for-word breakdown. The performance included an emphasis on various parts of the composition. The evening really began with a big band performance, along with more snapping and clapping from the choir.

The problem was that, despite a packed house, it appeared the audience may have been distracted by the Cardinals' game. Several tenors and sopranos featured during the performance tried to galvanize the apparently lackluster audience. A sassy blues vocalist garnered some response from various sections of the crowd, but the overall reaction was subdued and restrained.

At the end of the performance however, Marsalis would not be shown up by the Cardinals playoff game. Marsalis enthralled an amazed audience with his charisma alone.

At the end of the show, a cake was rolled onto stage for the musician's 52nd birthday. A Dodger's fan from the trumpet ensemble then presented him with a Redbird jersey to commemorate the Cardinals' advance to the World Series.

TV REVIEW

Fox TV's 'Almost Human' starts with a bang

DANYEL POINDEXTER
STAFF WRITER

Fox will shower viewers with yet another explosion-filled television show with the premiere of "Almost Human" on November 4, 2013. The show stars actor Karl Urban as John Kennex, a detective of the not-too-distant-future.

Thirty years into the future, the world of crime is more dangerous than ever. The world is a place where being a cop is ten times more dangerous a job than it is now. With the crime rate shooting off the charts, each police officer must now be accompanied by an android partner.

As a detective in this hectic future, Kennex leads his team into what he thinks is an easy ambush set for the enemy. Unfortunately, the ambush is anything but easy and his entire team is killed in the crossfire. Kennex himself is severely injured and left in a deep coma.

Two years later, he awakens in a world where androids protect the police. His superiors request his return to the force and, after refusing time and time again, he finally caves in. However, not liking his new android partner, he finds his own: Dorian, an older model of android, played by actor Michel Ealy.



Lili Taylor, Karl Urban, and Michael Ealy

FOX TV 2013

Together, they fight crime while trying to understand what really happened in the ambush two years before that cost Kennex's team their lives. Amidst all the crime-fighting, Kennex, Dorian, and the entire police force come to realize that there is a lot more behind that story than meets the eye.

The show begins with an explosion, leaving the viewer wondering what's happening. If you are someone who enjoys a built-up back story, then this is the show for you. Though it provides the viewer a lot of detailed background information, the show does well with dividing its time between informa-

tion and action.

Kennex himself is a strong character but not someone who loves to share his feelings. His partner Dorian tries to warn him about the stress he puts on himself, but Kennex does not listen, instead keeping his pain to himself.

If you are someone who is a fan of robots, blood and action, check out the premiere of Fox TV's "Almost Human" on November 4, at 8:00- 9:00 p.m. ET/PT. It may leave you wondering at first, but by the time the first five minutes are over, you won't be able to take your eyes off of the screen.

MOVIE REVIEW



Benedict Cumberbatch and Daniel Bruhl in 'The Fifth Estate'

FRANK CONNOR/DREAMWORKS

'The Fifth Estate' misses the mark, though Cumberbatch excels in role

GATE MARQUIS
A&E EDITOR

If you are looking for a film that delves into the story behind WikiLeaks, one of the most influential forces in a post-9/11 surveillance-drenched world, you would be far better off to watch the documentary "We Steal Secrets: The Story of WikiLeaks" than the new narrative film "The Fifth Estate." In fact, "The Fifth Estate" is less about WikiLeaks than Assange, and less about Assange than Daniel Berg, who is the real central character of "The Fifth Estate."

Director Bill Condon seems ambiguous towards this subject. The film is based in part on the memoir of Assange's former co-worker and ex-friend Daniel Berg and the film largely embraces his view.

Despite that, Benedict Cumberbatch, known to many as PBS' "Sherlock Holmes," does an excellent job as WikiLeaks founder Julian Assange in this seriously flawed film.

The film starts fairly well. Australian mathematician Julian Assange (Benedict Cumberbatch) travels to Berlin in 2007 to attend a conference of computer programmers, hoping to do a presentation on his new whistle-blower website WikiLeaks. The conference is dominated by gamers and Assange gets little attention until fellow programmer Daniel Berg (Daniel Bruhl) recognizes him and helps out. Impressed by Assange's abilities and the website's idea of being a portal for whistle-blowers to leak information while protecting their identity, Berg is eager to join Assange's organization of hacktivists. The aloof, white-haired Assange is wary at first but eventually lets Berg in on the first secret: the army of hackers are really just the elusive, brilliant Assange himself.

Other activists and programmers join them, including Marcus (Moritz Bleibtreu) and Brigitta (Carice van Houten), to build the site's reach. Exposing secret footage of remote-controlled drone attacks on civilians and journalists in Afghanistan, they grab the attention of the world - and the U.S. govern-

ment.

The film does a good job portraying these early days, with energetic pace and clever use of graphic elements to paint the picture of web releases and code scrawling on screen. But it takes a turn toward the shallow and whiny when WikiLeaks partners with traditional newspapers the Guardian, New York Times and Der Spiegel for the massive release of the documents Private Manning handed them.

Even so, the film remains a bit ambiguous towards WikiLeaks. On one hand, the film has scenes of journalists showing respect for the service Assange performed in exposing war crimes. Then, it changes to a let-the-pros-handle-it-now tone once he agrees to share the information. Although there is a little acknowledgment that the media had not been doing their job, the film increasingly brushes past that and complains about Assange's ego or social skills.

Despite this disappointing turn to the less meaningful, Cumberbatch himself never embraces this shallowness and his portrayal of Assange always retains a level of respect for the real person.

In fact, the acting is always a strong point in this film. Daniel Bruhl is very good as Berg but the real acting kudos go to Cumberbatch. Bruhl and Bleibtreu are very effective in their roles as WikiLeaks activists. Laura Linney and Stanley Tucci are sharp and even dryly funny at times as State Department officials sent scrambling by the release of Manning's documents, although the point of their scenes seems pale and whiny compared to the civilian deaths being concealed. At the Guardian, David Thewlis is very strong as Nick Davies, the reporter trying to get the WikiLeaks information out to the larger world.

"The Fifth Estate" is a missed opportunity, passing on exploring the issues of secrecy and abuse of power to focus on a series of complaints about Assange personally.

Women's volleyball fight for playoff spot

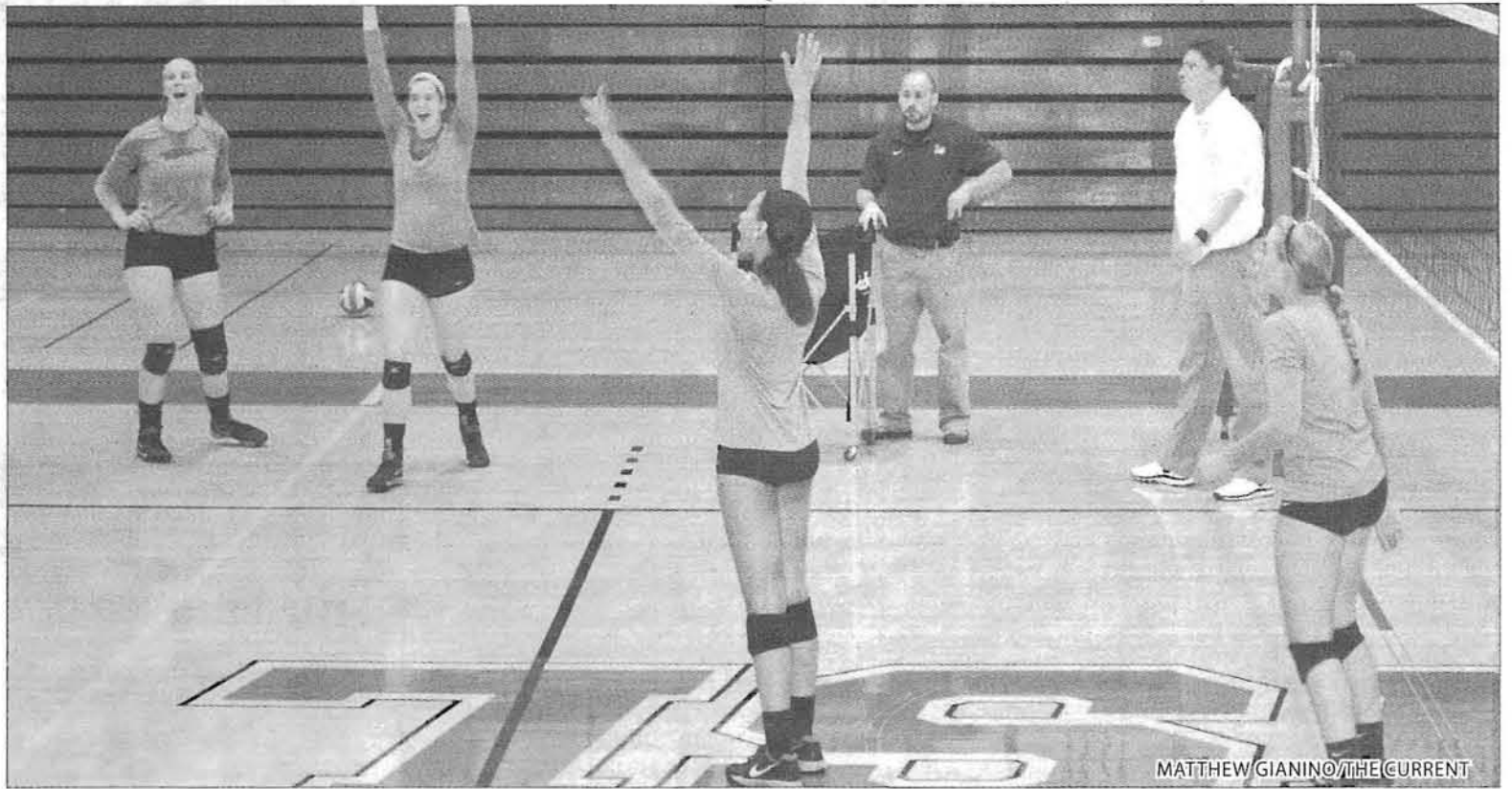
MATTHEW GIANINO
STAFF WRITER

As the University of Missouri–St. Louis women's volleyball team begins the final stretch of the season, they find themselves competing for a playoff spot. Entering this weekend's action against William Jewell and Rockhurst, the UMSL Tritons placed seventh in a conference that awards eight playoff berths. With seven games remaining, including four at home, the Tritons' playoff destiny lies in their own hands.

The Tritons' 5-4 conference record accurately depicts their up and down season. They began the season with four victories against quality opponents before encountering the spoilsports known as Lewis and Truman State. The Tritons recovered with a win over Quincy before falling to Drury and Missouri S&T, two West Division rivals competing with them for the remaining playoff spots. Head coach Ryan Young said that the focus down the stretch will be playing well at home.

"We have four home games coming up in a row," Young said. "We need to take care of our home court and take care of business."

The Tritons' strong play at home has been a major factor to their competitiveness. Entering this weekend's games, the Tritons sported an overall home record of 4-1. Young attributed the success



UMSL women's volleyball team getting enthusiastic prior to their match against Missouri Baptist on October 15

to the team's familiarity with their surroundings.

"I think part of it is comfort. Practicing every day in our gym helps our passing, and knowing what kind of serves to expect - float serves especially. Even the background takes a toll on people mentally."

Strong local support may also be lifting the Tritons. During the October 15 game against Missouri Baptist, at the same time that the Cardinals were competing in the National League Championship Series, Mark Twain Athletic & Fitness Center hosted approximately 100 cheering

supporters. The crowd went into a frenzy as the Tritons defeated their opponent in straight sets.

"We were mentally focused throughout the whole match and that's what we've been striving for all year," Young said.

Capturing that mental focus will be integral to the Tritons improving their performance in tournaments. Last season the squad compiled a record of 3-9 in tournament play, including a first-round exit in the GLVC championship. This season the team has improved to 4-4 in such matches, and their next test will be an annual crossover

tournament beginning later this week. Familiarity with the travel, pace and intensity of tournament play may help the Tritons sharpen their mental edge.

Maintaining competitiveness down the stretch will rely on the Tritons' ability to play to their strengths. When the team is performing well, it has certain indelible characteristics.

"We play good volleyball," Young said. "We play good defense and we block really well. The best volleyball teams in this conference play that way. [The problems start] when we get away from that."

The Tritons' playoff chances may come down to the final match of the season, a home game against conference newcomer and perennial powerhouse Truman State. The Tritons did not fare well at Truman State earlier this year, but they are looking forward to a rematch with the Bulldogs.

"Truman is nationally ranked," Young said. "We played them right, but we didn't take any sets off them. If we block a little better and play a little better defense, we can play with anybody in this conference."

Multiple team wins uplift UMSL Tritons

JOHN "SAMMY" LUDEMAN
SPORTS EDITOR

With a final score of 0-1, the University of Missouri–St. Louis women's soccer team fell to the Rockhurst Hawks in Kansas City, Missouri on October 13. Rockhurst scored the contest's only goal in the 49th minute. Triton goalkeeper Kaitlyn Smugala, senior, secondary education, fought hard and contributed 10 saves, while Michelle Cissi, senior, economics, and Cassie McFadden, sophomore, nursing, each added a shot on goal.

UMSL's men's soccer team defeated the #8 Rockhurst Hawks 2-1 in Kansas City, Missouri on October 13. The UMSL Tritons started strong with Jon Huelsman, sophomore, nursing, scoring twice in the 31st and 37th minute. Rockhurst scored in the 79th minute, but was unable to overcome the two goal deficit. Goalkeeper Nick Lenkman,

junior, international business, had an impressive 6 saves, and Bronson Melvin, freshman, undeclared, contributed an assist off of the bench.

UMSL's men's golf team placed 2nd out of 23 at the Midwest Regional hosted by the Tritons at Fox Run Golf Club in Eureka, Missouri on October 15. The Tritons shot a combined 594 (300-294) as a team over the two day tournament to earn their 2nd place finish. Malone was the best playing team of the competition, winning the tournament with a 575 (292-283). Warren Crow, senior, business, was a top contributor for the Tritons, tying for fourth individually with a 145 (72-73). Joe Atkisson, senior, international business, contributed with a 148 (72-76), tying for tenth place. The #9 ranked Tritons will travel

to Killen, Alabama to participate at the TVA Credit Union Classic on October 21 and 22.

UMSL's women's volleyball team trounced the Missouri Baptist Spartans with a 3-0 score in the Mark Twain Athletic & Fitness Center October 15, posting 25-20, 25-22, 25-21 victory. Chelsea Burkle, senior, nursing, and Jory Siebenmorgen, freshman, studio art, led the Tritons with 12 and 10 kills, respectively. Lindsay Meyer, sophomore, business, added 39 assists, and Emily Bragaw, junior, elementary education, led the Tritons with 19 digs.

UMSL's women's soccer team fell to the Illinois-Springfield Prairie Stars 0-1 at Don Dallas Field October 18. The Prairie Stars scored the lone goal of the game in the 30th minute off of a header from 8 yards out. The Tritons outshot the opposition

23-5, but could not get the ball past the Illinois Springfield goalkeeper, who posted 8 saves. Hannah Kaloupek, sophomore, criminal justice, contributed 8 shots with 2 on goal, and Hunter Wagoner, sophomore, elementary education, added 5 shots with 3 on goal for the Tritons. The Triton women's soccer overall record stands at 8-8-1 on the season, 2-8-1 in the GLVC.

UMSL's women's volleyball team defeated the William Jewell Cardinals with a score of 3-0 in the Mark Twain Athletic & Fitness Center on October 18 with a 25-18, 25-16, 25-16 win. Jory Siebenmorgen, freshman, studio art, led the dominant lady Tritons with 10 kills and 5 blocks. Anna McNulty, senior, communications, added 20 assists and Emily Bragaw, junior, elementary education, had

18 digs. The UMSL women's volleyball's record improves to an impressive 12-8, 6-4 in the GLVC.

UMSL men's soccer team defeated the Illinois-Springfield Prairie Stars with a score of 2-0 at Don Dallas Field on October 18. Matt Burrus, senior, international business, capitalized on a header from 35 yards out in the 62nd minute and two minutes later Jon Huelsman, sophomore, nursing, juked defender and shot, scoring from 14 yards out. Triton Goalkeeper Nick Lenkman, junior, international business, added 3 saves in his shutout, and Evan Garrard contributed with an assist. The solid play of the UMSL men's soccer team of late propels their record to 7-6, 6-5 in the GLVC.

POINT

COUNTERPOINT

COLUMN: LET ME ASK YOU SOMETHING

Why aren't you cooking more often?

I have a delicious confession to make: I am obsessed with preparing food. I don't exaggerate when I admit this. I am deeply enamored with the grocery store to table serving process. For hours, I find myself ignoring my studies, an undoubtedly ill-advised decision, in eager alternative pursuit of weekly meal plans and novel recipes. My mind at any given time is racing with independent and overlapping ideas of the culinary persuasion, happily humming along as it generates multi-course menus and theoretical dinner parties of varying theme. Cooking is when I feel the most capable and creative, my kitchen is without a doubt the room in my home I'm fondest of. My passion for meal planning cannot be adequately understated. In light of all this, I am inclined to inquire of you: when was the last time you prepared a home-cooked meal?

There are well-established excuses behind why we, as a country, are paying for external food preparation in lieu of undertaking the tasty task ourselves. In an editorial for the New York Times last may, Kristin Wartman examines the deterioration of the home-cooked meal in modern society. She notes that a self-prepared meal is praised as the solution to an array of issues affecting families, from obesity and general health decline to a rapidly decaying civil and moral foundation. Wartman also points out the use of whole-foods, or foods without process and chemical preservatives, are popularized as a key to overall well-being.

However, Wartman is quick to separate this silver lining from the broader gray cloud of edible inaction present in society. Meals prepared at home seem impossible to fit into a daily schedule predominated with external commitments and economic limitation. For those with full-time jobs or class schedules, self-prepared meals seem little more than an idle fantasy, too expensive and time-consuming to become a reality. This "no time or money" mentality leads the majority of Americans to further their reliance on cheap and quick pre-prepared meals, notoriously highly processed and refined with questionable quality ingredients. The fast and inexpensive sustenance trend has contributed significantly to the dramatic decline in domestic well-being.

How can we find the time and money to cook for ourselves? Our inability to independently reach a conclusion over how to adequately feed ourselves has inspires industrialized food efforts to fill the void consumers have created in their quest for convenient, affordable chow. To phrase it bluntly, we are paying corporations

to destroy our health because we are convinced feeding ourselves is too expensive and time-consuming. In 1970, Americans spent 26% of their food budget on eating out. Within 40 years, that number expanded to 41%. During this four decade duration, American obesity rates more than doubled. Diabetes diagnoses increased from three million in 1968 to nearly twenty-six million within half a century.

In June of last year, Forbes reported that Americans eat almost half of all their meals out. The stovetop family dinner has evaporated, replaced by microwaved frozen fare scarfed down in front of a multitude of screens. While we complain that we have no time to cook, we fail to account for the time spent drooling over the Food Network. Jamie Oliver offered a sad indictment of the current state of American eating, showing to audiences a generation unable to identify common produce, incapable of feeding themselves without paying another, and whose only kitchen ability is following reheating instructions printed on the back of a box.

In light of this depressing state of affairs, I encourage you to consider cooking at home this week. There are well-documented benefits to preparing dishes for yourself. Cooking is an important survival skill, and builds independence. Many of us avoid cooking because it seems difficult, but this is a misconception not rooted in reality. Infinite recipes exist requiring minimal skill and ingredient, many using one pot and written in consideration of limited economic ability.

Food preparation is an addictive process, a passion that grows and expands with each dish, successful or otherwise. The desire to cook is easily fed with free online recipe availability and in-store specials on quality ingredients and basic kitchen equipment. Contrary to common understanding, preparing your meals at home is much more economically viable than eating out. Kitchen cooking is easier on the environment, and becomes an exercise in frugality when we treat the necessity of eating as a hobby, and invest in it as a creative requirement. With home cooking, you are certain of each ingredient's quality, storage and preparation, a process conducive to weight loss and increased wellness. Instead of deep frying frozen potatoes and pulling a meat patty out of a steam tray and slapping it on a plastic-wrapped bun, you can bake your spuds and use a leaner cut of meat, dramatically slashing the calories and fat content in the process.

Here is some sound advice you can readily apply as you embark on your lifelong culinary journey. First,



HEATHER WELBORN
FEATURES EDITOR

stock up on some basic kitchen equipment. Family members and second-hand stores excel at this step, shrinking your initial hardware investment. Start with a large pot, a saucepan, a large pan to sautee, a baking pan, a spatula and stirring spoon, some oven mitts, and a collander. Consider tupperware your ally in the fight for food frugality. After your kitchen is adequately equipped with the bare essentials, it's time to learn to cook. The internet is your friend on this one, as technique and recipe can be conjured up immediately and tailored to your specific dietary needs and time constraints. When you've found a few recipes you'd like to attempt, plan your trip to the grocery store. Weekly meal planning cuts cost and time constraints, taking the anxiety out of feeding yourself on a tight budget and schedule. Methods like slow-cooking, premaking freezer meals and reusing leftovers stretch your dollar even further by multitasking the food prep process. Once you've got your recipe and your ingredients, have a few friends or roommates over for a collaborative cooking night. Pot-lucks and dinner parties are great ways to socialize, and spending time together in the kitchen reinforces social ties and camaraderie.

This Thursday is Food Day, a nationwide grassroots campaign created by the Center for Science in Public Interest. The event encourages schools across the country to set up demonstrations offering information about sustainable farming practices, food policy, and consumer trends. This Thursday, make it a point to cook at home and have a discussion about food in America. Ask your mom for the recipe for your favorite dish, or get a group of friends together in a kitchen to cook together. Start the conversation about eating and obtaining food in America. For more information about Food Day, visit Foodday.org. Let's get college kids across the country cooking this week.

ARE EXAM RESULTS A FAIR WAY TO JUDGE STUDENTS?

POINT: Exams measure what you know

There's nothing unfair about judging someone's smarts based on how well they do (or don't do) on exams. How else are we supposed to measure progress (or lack thereof)? Next, we'll be arguing that grades are bad and everyone should receive transcripts filled with either smiley or frowny faces.

Exams are the most convenient way of gauging how much someone knows. No one cares about your testing anxiety or the traffic jam that made you so late to class that you only had forty-five minutes to scribble down your answers. Doing well on tests isn't just about showing that

you're intelligent, but proving that you have the ability to retain information under stress. These abilities are integral to future success.

This is the real world. You're going to be tested all the time so get used to it. Not everyone has the time to get to know you and see what a well-rounded person you are. You will be judged on results, not on the validity of your excuses.

No matter what your circumstances are, learn how to do well on exams. You won't regret it. Test-taking is your time to shine as a student, so study up and do well.

COUNTER: Exam results don't matter

Testing anxiety and poorly-worded questions are just two of the reasons that students can under-perform on exams. Even multiple choice exams can contain curveballs meant to throw off students, no matter how well they study. Exam results should be a very, very small part of overall grades. Doing well on exams means nothing if you can't retain the information afterwards.

A large percentage of a student's overall grade should not be based on exam results alone. Other assignments that gauge how well a student is doing, like written assignments, class participation, and group activities, should carry

just as much weight, if not more.

Even college admissions offices don't judge students based solely on test scores. They look at the whole picture, and we should too.

More accurate ways of judging a student's performance would be to look at who they are as a person and what they take on in their lives. How many other classes are they taking? How many jobs do they have? What's their home life like? As with many things in life, context is everything. With the constant pressure to overachieve, it's easy for students to forget to feel proud of having overcome the circumstances in their own lives.

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Jubilee Flashback

compiled by Albert Nall

The Current has been a part of UMSL since 1966. In honor of the university's 50th anniversary, we are reprinting articles from years past. This story originally ran on October 22, 2001. For more Jubilee Flashback, visit our website at thecurrent-online.com.

On October 22, 2001, The Current published a feature story on the artwork of St. Louis artist Gail Ritzer. According to Emily Umbright, Features Editor of The Current in 2001, Ritzer's work focused on quilts as story art. An exhibit of her work was displayed in Gallery FAB, located inside the Fine Arts Building.

"Quilts have served as documents of domestic history in much the same way that books have recorded our public history," Ritzer said, as reported by The Current in 2001.

Susan Meeske from the Rutgers University School of Communications and Information defines quilting as a craft that has roots that go as far back as the early to mid-1800's and is an important part of American heritage. Quilting

has evolved, becoming more than just a means of staying warm. According to Meeske, quilting has been used as a medium for storytelling dating back to the crusades of the Middle Ages. In American history, quilting has been used to document the hardships endured by slaves and as a means of expression favored by women.

Many educators believe in the importance of using quilts as a way of educating our youth about a variety of cultures. Some teachers also use quilting as a supplement to the teaching of creative writing skills.

In contemporary times, quilts have been used to advance political and social causes. The Names Project AIDS Memorial Quilt is a celebration of individuals who have died of AIDS-

Stories woven within quilts

Gallery FAB, inside the Fine Arts Building, is currently home to an eclectic array of quilts woven together by St. Louis artist Gail Ritzer.



BY EMILY UMBRIGHT
Staff Editor

Stitched within the seams of every quilt lies a story. Gallery FAB, the venue located inside the Fine Arts Building, is currently home to an eclectic array of quilts woven together by St. Louis artist Gail Ritzer.

These quilts, however, are no ordinary quilts. They are distinctly modern, and yet at the same time, they hold a certain traditional quality.

Quilting is a relatively new art form for Ritzer, who has experimented with painting and ceramics in the past. Such experience thrusts itself upon the quilts, which at first glance look like rustic paintings. She incorporates beads, leather, and even vintage postcards and toy soldiers into the quilts to not only add texture and dimension to the non-conventional fabrics, but also to convey a story.

"Quilts have served as documents of domestic history in much the same way that books have recorded our

public history," said Ritzer, who received her bachelor's degree in fine arts at the University of Missouri-Columbia. "Quilts tell the small, personal stories that make the larger stories possible. It is this rich narrative tradition that keeps me involved in quilt making."

Thematically, Ritzer touches on time periods from which quilts were an integral part of tradition. She draws quotes from favorite poets, as well as lines from her own poetry.

Ruth Bohan, chairperson of the Department of Art and Art History, says of the exhibit, "Combining diversity of materials with ingenuity of purpose, Ritzer broaches such complex topics as the settlement of the American West, the American quest for independence, the media-rich world of the silver screen and the creativity of artist Georgia O'Keeffe."

"Story Quilts by Gail Ritzer" will cover the walls of Gallery FAB until Nov. 30. Gallery hours are Mon-Fri 9-5 and Sat. and Sun. 10-5.

related causes. The AIDS Memorial is cited as the largest piece of community folk art in the United States since 2010.

In addition, quilting projects have been used to raise awareness for a number of

women's issues and on behalf of women's crisis centers. In Tucson, Arizona, Quilt for a Cause, Inc., raised \$125,000 on behalf of the battle against breast and gynecologic cancers by auctioning handmade quilts.

"Sewing a Cure" has raised \$750,000 for uninsured women in Tucson since 2003.

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