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Photo used with permission of University Theatre Association



UNIVERSITY NEWS

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Mission: To provide relevant, timely coverage of the UMKC community by seeking truth, fairness and accuracy in reporting while preserving the integrity of *U-News* as an independent student-run publication.

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W. 39th corridor restaurants offer patrons a taste of Google Fiber

The Google Fiber truck visits Kansas City neighborhoods to promote its service, passing out free treats while pre-registering future customers.

Photo by Sai Srikar Kadiyam

working on uploading videos of the creative things our customers do to our Google Plus page. They upload super-fast."

Google Fiber claims it can download a high definition movie in seven seconds, as opposed to most other connections, which would take more than two minutes.

Ross suggests the addition of Google Fiber will also help business. "Right now, since we are the only ones with it, it's a good place for niche businesses to come and test stuff out," he said.

Ross quickly put Google Fiber to a test, which he said left him impressed. "I have done a test on a 9.3 gb download and it came in at around 10 minutes," he explained.

The row of four wired Chromebooks is free for customers, and there is usually at least one open.

"I like Google Fiber," said UMKC graduate student Marie

DiFillipo. "It loads content heavy-sites like ESPN really fast with little delay."

Ross said Google Fiber wanted to engage the community in a commercial setting. He formerly worked for a software company, on user interface design and rapid application development, as well as various other projects.

"Well, here in Kansas City, 25 percent of people have dial-up or lower or nothing at all," said Ross. "So, I'm just happy to see the digital divide getting smaller here."

Google is marketing Google Fiber as 100 times faster than average broadband.

"Really, it makes us a place where working professionals can come and get work done," said Ross. "Need to upload a large file to YouTube? You can do it fast here. Things like that. Plus the gaming setup we have right now is

Continued on Page 8

— A look at Google Fiber —

Google Fiber's service comes in three packages:

A full Internet and TV package with no construction fee and a two-year contract will cost \$120 a month. The package comes with a Nexus 7 tablet, which also serves as a TV remote. A traditional remote is also included. High-speed Internet service alone costs \$70 a month with no construction fee.

Google's standard broadband connection is available for \$25 a month for one year or for a single \$300 construction fee, which covers free service for seven years.

Fiberhoods

As of Saturday, 55 neighborhoods out of 128 in Kansas City, Mo., and 18 of 74 in Kansas City, Kan., met the required pre-registration threshold to qualify for Google service. Google has classified a "Fiberhood" as a neighborhood with 250 to 1,500 houses. The pre-registration deadline is Sept. 9 and requires a \$10 non-binding deposit, which can count toward the customer's first bill.

What are the drawbacks of Google Fiber?

The TV package does not include popular channels such as HBO, TNT and Disney networks, most notably ESPN.

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Corrections from Vol. 79, Issue 31

Pg. 12-13 "Downtown redevelopment continues momentum"

Regarding the Ambassador hotel in the fourth-to-last paragraph, the article stated the project received an \$11 million TIF subsidy. That is incorrect; the project's total cost is \$11 million. However, the Power & Light District, which is also mentioned

in the article, receives an ongoing \$10.9 million/year payment from the city to cover its debt obligations.

Pg. 18 "Travel Corner: Gilleleje, Denmark"

In the second paragraph, the article incorrectly states, "My grandparents [...] deserted their family in order to make this difficult move just like I had to leave the daily grind of being a working college

student..."

This is not the original wording of Senior Staff Writer Riley Mortensen, whose name incorrectly appears as "Rylie Mortensen" in the byline and photo credit. It was changed during editing, and the final version of this article did not replace the previous version.

We sincerely apologize to the Mortensen family for this error.



Student Success Center, Cherry Street Garage open for fall 2012



Top: New windows and silver trim have transformed the Student Success Center's north side.
Top right: An open floor plan and new staircase greet visitors to the first floor of the SSC.
Above, left and right: The new Cherry Street Garage replaces the dated Oak Street Parking Structure.
Right: The SSC renovations bring a variety of programs to the former University Center.
Bottom right: Electric car charging stations inside the Cherry Street Garage encourage a green commute.
 'Before' photo of garage by Nathan Zoschke
 All other photos by Sai Srikar Kadiyam

Atterbury Student Success Center

Nathan Zoschke Editor-in-Chief

A \$7 million design overhaul has transformed the dated University Center with a new purpose.

Now known as the Student Success Center, the renaming captures the building's goal of grouping student services in one central location.

Student Union architect Gould Evans applied many of the same contemporary design features to the Student Success

Center. Gone are the asbestos and the green and red color scheme. A wall of windows replaces the building's blank north façade, and features throughout the building emphasize functionality, convenience and environmental sustainability. Large flat-screen monitors and touch screen displays located throughout the building add new, user-friendly technology.

An open layout creates synergy between different services housed in the building. The building's three floors house a combination new and existing programs. The second floor is also home to two new concepts: UMKC Central and the University College. UMKC Central, the brainchild of Vice Chancellor of Student Affairs Mel Tyler, fulfills the purpose of a one-stop

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New garage welcomes commuters

Nathan Zoschke Editor-in-Chief

The \$23.1 million state-of-the-art Cherry Street Garage is now in use, filling a void created by the demolition of the Oak Street Parking Structure in May 2011.

With 1,500 spaces, Cherry Street is more than double the capacity of its predecessor. Built as a temporary structure in 1960, Oak Street lacked wheelchair accessibility and was 20 years past its useful life when it was demolished. According to Parking

Operations Director Michelle Cone, the facility had exceeded its capacity several times in the fall 2010 semester, when plans to build the new garage were announced. In addition, Cherry Street now houses the UMKC Police and Mail Services, which relocated out of the 4825 Troost building. It also boasts a number of convenience features. Covered pedestrian bridges connect the garage to the James C. Olson Performing Arts Center and Student Union.

Electric car charging stations and bicycle storage encourage a green commute, with shower facilities in the garage designed specifically for commuters. The UMKC Police Office serves as the access point for students who use the showers to ensure they are secure. The Cherry Street Garage and Student Success Center are both part of a 30-year bond package that was approved by the University of Missouri Board of Curators in fall 2010.

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Police Blotter

**Aug. 2
9:03 p.m.** *Burglary*
Officers discovered a broken window at Epperson House but found nothing missing.

**Aug. 3
9:10 a.m.** *Burglary*
An employee at the School of Medicine reported a desk fan stolen from her office.

5:40 p.m. *Assault*
The suspect chest-bumped a student while arguing over grades at the Swinney Recreation Center.

**Aug. 8
1:12 p.m.** *Fraud*
A student was victim of an internet fraud scheme at the Administrative Center.

**Aug. 10
11:06 a.m.** *Larceny*
A university employee's computer monitor was stolen from the Student Success Center during a department's move into the building.

**Aug. 13
5:05 p.m.** *Theft*
The catalytic converter and muffler were removed from a university service vehicle in the old maintenance building's parking lot near Flarsheim Hall.

**Aug. 14
9:01 p.m.** *Driving under the influence*
A driver was arrested for driving while intoxicated on 51st and Troost streets.

**Aug. 15
9:41 a.m.** *Larceny*
A student's mail was opened and a camera was stolen from the package at the 51st Annex.

**Aug. 16
3:40 p.m.** *Burglary*
A student left her house at 53rd and Rockhill and returned to find her laptop missing.

student profile

Senior Idris Raoufi relates design studio experience to real world urban planning

Kharissa Forte Senior Staff Writer

The Department of Architecture, Urban Planning and Design (AUP+D) gives UMKC students the opportunity to participate in real world projects that directly impact the Kansas City region.

Projects put students' creativity to use addressing real issues related to urban planning in the area.

In 2010, students developed reuse proposals for closed schools in Kansas City's urban core. The previous year, the district closed 28 of its 61 schools, leaving an excess of vacancies.

This past spring, seven AUP+D juniors participated in the J.C. Nichols Student Prize competition, where they created development proposals for a specific section of the Trolley Track Trail.

Senior student Idris Raoufi transferred to UMKC specifically for the AUP+D program after earning his associate's degree at Penn Valley Community College.

Raoufi is also the winner of the J.C. Nichols Student Prize.

"Students are taught how to see and design the context in which architecture and development take place," Raoufi said of the program. "The context of the urban space is very important and it is what has the most significant impact on those who reside within it."

The 27-year-old knew that the

department would allow him to develop the skills and vocabulary necessary to improve the quality of life for residents through design intervention.

The competition was based on a design studio taught by Associate Professor Michael Frisch, AICP (American Institute of Certified Planners), and visiting professor Teg Seligson, FAIA (Fellow of the American Institute of Architects).

The studio focused on transportation issues along the Trolley Track Trail, and presentations were made to the Kansas City Area Transportation Authority.

"The studio was asked to prepare various studies of the Trolley Track Trail for the KCATA and then create a design intervention that stretched two blocks along the trail," Raoufi said. "The finished projects would be presented to the KCATA and a jury."

"The interventions were to look 30 years into the future and not only study the current condition of one of Kansas City's best amenities, but realize its potential to spur development and act as a catalyst for future transit use."

Describing how his winning design would fix issues along the trail in the Brookside shopping district, Raoufi said breaks in the trail can make it unsafe.

"My intervention was to transform the surface parking into a pedestrian promenade that emphasizes the pedestrian and creates

an environment of inclusion," he said. "Later phases of the intervention would include transit and policy interventions to spur development along the Trolley Track Trail."

The department hosts multiple design competitions for students and student groups.

One of the most significant AUP+D projects occurs during a student's senior year, when design studios look at real problems in Kansas City, giving insight to a big city urban environment.

"Just seeing the work that these students put out is pretty incredible," Raoufi said. "I would say that staff and students [at UMKC] should look forward to the work that senior Urban Planning students present because the projects engage the public and often times create a dialogue about real problems that impact our lives in Kansas City."

For students considering AUP+D, Raoufi said the program gives the chance to interact with professionals in the field and get constructive feedback on student projects.

"If you are passionate about creating a positive impact in your community and learning about the varying issues that comprise city planning and development, then this is the department for you," he said.

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Student Success Center: Continued from Page 3

shop where students will work with administrative employees cross-trained in Admissions, Registration and Records, Financial Aid and Scholarships and the Cashier's office.

Here, students can enroll, register for classes, check the status of financial aid and view their bill, avoiding multiple lines in the Administrative Center.

Tyler said UMKC Central uses a ticketing system allowing students to log concerns electronically, enabling employees to track how long it takes to resolve student concerns.

The University College, spearheaded by Provost Gail Hackett, is designed to guide students with undeclared or undecided majors toward an academic program and career path that suits their goals.

Tyler said the College should help UMKC meet its target retention and graduation rates. The goal is to increase the retention rate from 74 to 85 percent, and to increase the graduation rate from 48 to 55 percent, within the next four years.

"We want to get students to take 30 hours a year so they can graduate on time," Tyler said. "We aren't requiring them to be full-time, but we're going to make it hard not to be."

Second floor renovations also include a remodeling of Pierson Auditorium and the Chancellor's Dining Room, which has been partitioned into three multipurpose classrooms.

A Welcome Center located on the first floor next to the cafeteria entrance offers golf cart tours of the Volker campus to incoming and prospective

students.

The basement includes a new east-facing entrance which improves access to the Fine Arts Building and Miller Nichols Library.

Green features have been incorporated throughout the building, although LEED certification through the U.S. Green Building Council wasn't pursued for the project due to its extensive requirements.

The old windows and HVAC system from the 1950s have been replaced with energy efficient thermal windows and zoned heating and cooling with frequency drives designed to optimize efficiency of the HVAC system. Water fountains throughout the building contain bottle dispensers.

"What we're doing is sustainable," said Greg Silkman, Manager of Planning

and Construction for Campus Facilities Management.

The building's programs offer extended hours designed to better fit students' schedules. The University College and UMKC Central are open 8 a.m. to 7 p.m. Monday-Thursday, and 8 a.m. to 5 p.m. Friday.

The International Student Affairs and Writing Center programs have relocated to the SSC. Their former houses are being considered for reuse, potentially by a Greek organization.

The Student Academic Support Services (SASS) building, a repurposed military barracks from World War II, will be demolished to make way for the Miller Nichols Library classroom wing.

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student profile

Connecting the world through research

Student receives more than \$150,000 for studies of Iranian women

Nathan Zoschke Editor-in-Chief

Nazgol Bagheri's research in gender studies and sociology isn't a path many students with an urban planning background pursue.

She received bachelor's degrees in computer science and architecture with a master's in urban planning and design from the National University of Iran before her arrival in the U.S. in spring 2008.

At UMKC, this interdisciplinary Ph.D. candidate has found harmony between her studies in geography and sociology. In addition to a full-ride scholarship and teaching fellowship, Bagheri has received more than \$150,000 in grants and fellowships for her qualitative research studies of how women interact and create boundaries in public spaces in Iran's capital city of Tehran.

Unlike many sprawling American cities where cars rule the roads, the citizens of Tehran depend on foot and public transportation to carry out their daily routines.

"Most cities are created by and made for men, perhaps unintentionally, but it just happened because women were not involved in the planning," Bagheri said. "Women's experiences were dismissed by lack of inclusion, and I experienced those difficulties as a woman."

Tehran's subways are inconvenient for women who are pregnant or pushing a stroller. The growth of women in the public sphere has compounded this problem.

"Before the Islamic Revolution, only modern, high-class women were accepted in public spaces, like a concert or the cinema," Bagheri said. "The Islamic Revolution of 1979, surprisingly opened the door for more traditional women back to public spaces."

Bagheri said her research in America showed a changing preference in favor of traditional public spaces and older-built environments over their contemporary counterparts.

Bagheri's studies attempt to test that hypothesis among women in Iran. But unlike America's deep-rooted virtues of individualism, experiences in Iranian culture are underscored by adherence to cultural norms. This causes Iranian women to be self-conscious.

"My own experience is that women are controlled in terms of the hijab (veil worn by Muslim women) and social norms in public,"

Bagheri said. "The representation of one's self is a challenge in everyday life."

To collect and analyze data, Bagheri has employed qualitative methods of research, emphasizing one-on-one interviews and participant observations.

She selected two contrasting public locations in Tehran: one in Bala Shahr, or high city, in northern Tehran, and the other in Paean Shahr, or low city, in the south.

The two neighborhoods show a distinct social and cartographical divide. More symbolically, they represent the cultural divide of modern-day Iran.

"High city is newer and associated with Western culture," Bagheri said. "Paean Shahr, is more traditional, more congested and polluted. It's an older-built environment."

Bagheri created behavioral maps by counting the number of women and men in the two spaces, categorizing their interaction and gender boundaries, and entering the data in a geographic information system (GIS).

Her use of GIS in qualitative research is

“She's chosen the path that's about research and not society's measure of it and what it will get in terms of opportunity. In my opinion, that's what makes her a better scientist.”

-Dr. Shannon Jackson

a new frontier. GIS is typically associated with quantitative research, which focuses on categorical and numerical variables as opposed to qualitative methods where researchers immerse themselves by observing subjects in their natural settings.

Bagheri found that women and men are less likely to interact in the low city's older neighborhoods, whereas there was no distinct "man's sphere" or "woman's sphere" in the high city.

Factors such as social class, education, age, home location, cultural background and disability status played significant roles in how women experienced public spaces. However, many women didn't show a preference for traditional or modern environments.

"We in the professional world categorize our domains too strictly, but people in everyday life do not," Bagheri said. "Iranian women enjoy their freedom, for example, holding their boyfriend's hand or smoking in more modern public places. At the same time, they enjoy connecting to their Iranian identity in more traditional places."

Bagheri's research in her hometown adds a



Interdisciplinary Ph.D. candidate Nazgol Bagheri's qualitative research of how women in Tehran interact and create spatial boundaries in public spaces has led to \$150,000 in grants, scholarships and endowments.
Photo by Nathan Zoschke

unique dynamic to her studies.

"I have complete membership; I can understand what's going on because I'm from

"She's chosen the path that's about research and not society's measure of it and what it will get in terms of opportunity," Jackson said. "In my opinion, that's what makes her a better scientist."

This has made it more difficult to obtain funding from major research organizations, which emphasize objective data that can be explained in terms of numbers or algorithms.

"It [quantitative research] forces researchers into a box where they're forced to choose from a set of answers," Jackson said. "It can be problematic because it doesn't tell them anything meaningful."

In addition, Bagheri praised Dr. Wei Ji and Dr. Steven Driever of the Geosciences Department.

"Dr. Driever is very emotionally and intellectually supportive," Bagheri said, "and although Dr. Ji is a GIS professor, he has been very open and supportive of my work in exploring more qualitative aspects of GIS."

Upon completion of her doctoral work, Bagheri hopes to continue her research and eventually teach. Teaching, she said, puts her in a good mood.

"I would like to bring American and Iranian cultures closer together through my teaching scholarship and research," Bagheri said. "I would like to build a friendship between the two cultures when our governments push us farther apart. I love America, especially the Midwest."

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Jackson praised Bagheri's persistence in pursuing qualitative research methods.

Sustainability Corner

The Greenlight District



Johanna Poppel Production Manager

This column will provide the latest in environmental news on campus and in our community. More importantly, it will provide tips and topics on "green living" to save students money, help them live healthier and help the planet.

Let me begin with an introduction. A recent visit to Germany reminded me how wasteful some Americans can be.

"Germans are only allowed to throw away so much. We have no other choice but to sort our trash," my aunt said after I caught her stomping in her slender trash bin.

She proceeded to show me the detailed diagram of where to dispose every type of packaging and organic material she could possibly accumulate.

European countries aren't just picky about their trash. They've also made incredible advances in the widespread use of renewable energy and public transportation.

Almost every house in Germany has solar panels, more than half of Copenhagen's population commutes by bike and electric trains and buses conveniently stretch across the continent for easy traveling.

Europe has been a leading example of environmentally sustainable living for decades, so why is it taking the U.S. so long to catch up?

Sustainability refers to maintaining our earth and its resources for the future.

UMKC is already promoting sustainability by offering many resources to encourage an environmentally friendly lifestyle.

This includes the numerous U.S. Green Building Council LEED certified buildings across campus and the various environmental organizations promoting positive change.

UMKC also offers the affordable on-campus bike repair, "The Hub," and an award-winning environmental ethics course.

Did you know UMKC ranks as top 50 in Sierra Club's (one of America's largest environmental organizations) "Coolest Schools?"

You might be ambivalent toward changing your habits or might not see the importance of living a greener lifestyle, but your daily actions can affect those living in separate hemispheres and the lives of future generations.

Our environmental practices can affect weather, our health and even the economy. I believe in our generation of college-aged students to make a difference in the way we live in Kansas City and on campus to provide a cleaner and healthier future for everyone.

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UMKC's NPR affiliate gets new general manager

Nico Leone to join KCUR

Michelle Heiman Copy Editor

KCUR-FM, the National Public Radio (NPR) station housed in UMKC's 4825 Troost building, gained a new general manager, Nico Leone, after Patricia Cahill retired Aug. 1.

Cahill held the position of general manager since 1987. After earning her master's degree from UMKC, she worked as a reporter and producer for KCUR. She then briefly worked for the Wichita State University station before returning to KCUR as general manager. She served on the Board of Directors of the Corporation for Public Broadcasting after a 2009 nomination by President Obama and confirmation by the Senate.

Her successor, Leone, worked at KDHX in St. Louis, a community media station within the Double Helix Corporation. The Baylor University graduate worked with various nonprofit organizations in the St. Louis area, including the Folk School of St. Louis and the Old North St. Louis Restoration Group. He also worked with the Children's Agenda, which includes approximately 300 children's agencies and community organizations that work collaboratively to meet the priority needs of the region's children.

"Patty left things in great shape and was a stabilizing force," Leone said. "I have the luxury of walking in and getting to know the staff and community rather than coming in and having to fix things."

Leone mentioned he is not in a hurry to be so involved in Kansas City, but it will happen with time.

"It's going to take some time to settle in here," he said. "I tend to be interested in arts and culture, historic preservation and children's services."

Pickleman's Gourmet Cafe plans mid-September opening at Oak Place

Meredith Shea Staff Writer

In addition to Pizza 51, Subway, Sahara and Kin Lin, students will have a new Oak Street restaurant to choose from when Pickleman's Gourmet Cafe opens, offering toasted sandwiches, pizza and soups.

Pickleman's will occupy the first level of Oak Place next to the Oak Nails salon, previously occupied by Red Mango.

Construction began in late July. Pickleman's originated in 2005 in



Nico Leone, new general manager of KCUR, is hopeful for the station's continued success. Photo by Michelle Heiman

According to Leone, KCUR is completely opposite from KDHX. While the KCUR staff is paid, KDHX had 15 paid positions and about 1,000 volunteers. KCUR focuses more on national news talk, while KDHX is "98 percent music and 100 percent local," Leone said.

"The only similarity is they are both in Missouri," he said. "But for all those differences, the job will be fairly similar. I'm here for strategy and vision - to find ways to engage KCUR in the community."

After only a few weeks as general manager, Leone said it is too early to set many goals for the station.

"We'll know that in a few months. Right now, I'm getting to know the station, the staff and the community," he said. "After that, we'll start a strategic planning process, and then we should have some concrete goals. I would imagine there will be a focus on community engagement and on fundraising."

Leone does not anticipate any program changes, as the current programming is excelling.

"I tried to come in without an agenda and with not a lot of preconceived ideas of what's here," he said. "You learn that from the station and the staff. It'll be a very collaborative process."

Within public radio, KCUR is a great station, according to Leone.

"There's great programming, great people, they're financially stable; but with that, there's also room to grow," he said. "The combination of stability and opportunity here is unique."

KCUR, which has been on the air since October 1957, broadcasts 24 hours a day and is licensed to the Curators of Missouri. The nine-member Board of Curators for the UM system also serves as the Board of Directors for KCUR.

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Columbia, Mo. Pickleman's has expanded to 10 locations throughout Missouri, Kansas, Nebraska and Oklahoma with several new locations opening soon. Currently, the nearest Pickleman's to UMKC is at 135th Street and Metcalf Avenue in Overland Park.

"Pickleman's does really well in college towns," franchise owner Jordan Starke said. "Students seem to really like the food a lot."

Pickleman's menu items range in price from \$3.49 to \$11.99, suitable for the

average college student.

The restaurant emphasizes its environmentally sustainable practices, using items that are biodegradable in 180 days, such as eating utensils, cups, lids and salad containers.

The UMKC location will be open 10 a.m. to 10 p.m. seven days a week. Students who wish to apply for a job can visit www.picklemans.com and fill out an online application.

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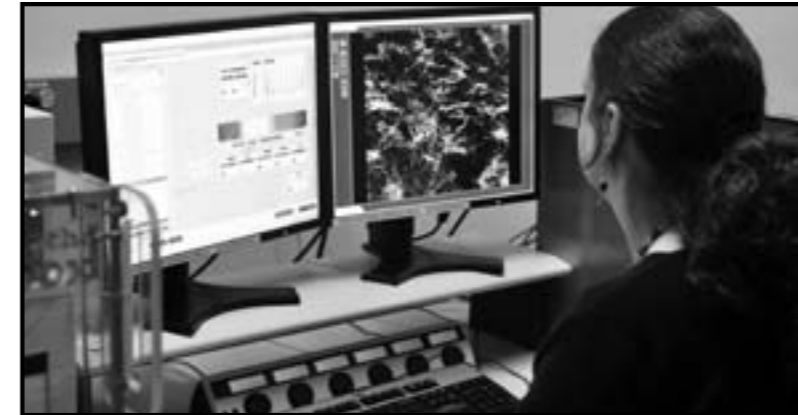
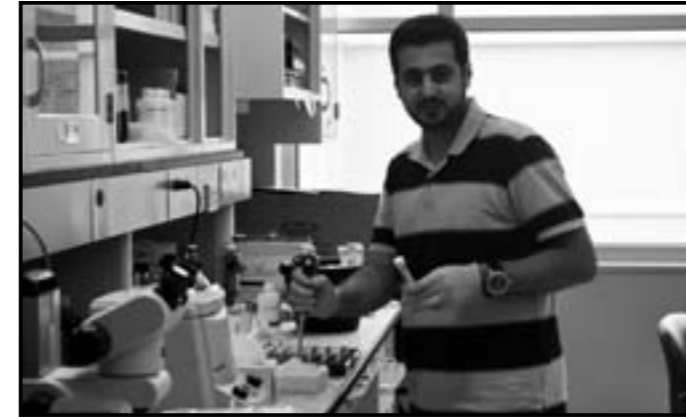


Far right: Dr. Lynda Bonewald discusses the correlation between changes in bone and muscle mass.

Right: Dr. Sarah Dallas, Associate Professor in the Oral biology department, analyzes microscopic data of the gene cells that aid in the bone and muscle interaction.

Above, right: Student Ahmad Mousa is at work in the lab of Dr. Mary Walker and Dr. Jeff Gorski.

Above: Visiting scholar Shu Ishida works in Dr. Yasu Ueki's lab. Photos by Sai Srikradiyam



Bones, muscles and Dr. Bonewald Professor's research leads to \$8.3 million NIH grant

Mal Hartigan Managing Editor

Dr. Lynda Bonewald may have never considered her research efforts resulting in an \$8.3 million grant when she came to Kansas City 12 years ago.

With the Curators' Professor's expertise as director of the Bone Biology Program and collaborative research plan, the world's medical researchers may shift attention toward UMKC.

In July, the Schools of Dentistry, Nursing, Pharmacy and Computing and Engineering received an \$8.3 million five-year federal grant from the National Institute on Aging, a division of the National Institute of Health (NIH), to research the relationship between weakening bones and muscles as the body ages.

The grant will help a collaborative research team identify detailed information about the relationship between osteoporosis, a loss of bone density, and sarcopenia, a loss of muscle mass, conditions commonly associated with aging.

Led by Bonewald, the team will include Dr. Mark Johnson and Dr. Sarah Dallas, Dentistry school members of the Bone Biology research group, and Dr. Marco Brotto, director of the Nursing school's Muscle Biology research program.

Bonewald's past research in the osteocyte, a cell inside the bone responsible for changes in bone mass, led her to many discoveries about its function.

Before her research began 10 years ago,

she said, not much was known about the osteocyte or its purpose.

Bonewald said much of the suspected relationship between muscle and bone mass can be observed by looking at young and old animals. In humans and animals, brittle bones result from increased age, which can lead to osteoporosis. With these conditions, a decline in muscle mass can also be observed.

With the NIH grant, Bonewald will research the signals both healthy and

"The muscle and the bone are tightly linked throughout growth and development. So even in the embryo, if you immobilize the muscle, the bone doesn't develop properly."

-Dr. Lynda Bonewald

diseased bones and muscles send each other, and exactly how bone and osteocytes can influence a muscle's function.

"The muscle and the bone are tightly linked throughout growth and development," Bonewald said. "So even in the embryo, if you immobilize the muscle, the bone doesn't develop properly. There are examples of children with polio that can't move, so the bones don't develop properly. We know that the muscle is important in loading the bones and determining the shape of the bones."

Her first grant proposal compiled four years of previous research pertaining to the relationship between muscle and bone mass.

It was turned down by the NIH, one of the world's premiere research institutes. The proposal was tailored, providing promising research ideas, and was approved the second

time. Bonewald noted the importance of collaborative research ideas when creating grant proposals.

"About four years ago, I became the director of the center for Dental and Muscular Skeletal Tissues," she said. "When I set up that center, I brought in investigators from the muscle group at the schools of Nursing and Medicine, and brought in the Computing and Engineering professors."

Each school has a specific focus in researching the relationship between bone and muscle, promoting research efficiency.

The School of Engineering, for example, will study the shape of bones, since muscle mass can determine bone shape during adolescent growth.

In the School of Nursing, Brotto will research the relationship between osteocytes and muscle.

"Dr. Bill Gutile from the School of Pharmacy is helping us identify some of these muscle factors [in the relationship between bone and muscle], because we don't know what they are yet," Bonewald said.

The NIH's efforts and research have increased overall life expectancy by reducing heart disease, stroke and HIV, and reduced disability. In funding UMKC's research

proposal, Bonewald and the research team can find ways to combat osteoporosis and prevent injuries resulting from brittle bones.

"When you grow, you have a growth plate at the ends of your bones, and that's where the bones grow," Bonewald said. "In girls, the growth plate usually fuses around 15 or 16. For boys, that's later, around 17 to 21. Once that growth plate fuses, you don't grow in height anymore."

She stressed the importance of exercise in combating osteoporosis, because it can increase or maintain the amount of bone and muscle mass. For those who suffer hip fractures, 25 percent die not long after, or suffer a higher degree of immobilization.

"Around 30, that's when you actually start to lose bone mass," Bonewald said. "To maintain that bone mass, you need to exercise, take calcium and vitamin D. At menopause, women no longer produce estrogen, so they have this dramatic decrease in bone mass. That's when they develop osteoporosis. They get hip fractures. Men can get osteoporosis, too, as they age. Pope John Paul had osteoporosis. They were predisposed to fracture."

Bonewald is hopeful about discovering new knowledge with the research team over the five year period, which can increase UMKC's recognition and influence funding for other future research projects.

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health journal

Q&A with personal trainer Shannon Hutsler

Kharissa Forte Senior Staff Writer

A new school year has arrived. It's time to settle back into the routine of lecture, eat, homework, eat, sleep (maybe), eat. Student life can take a major toll on our bodies. Think

about it; we're not eating as healthy as we should. Finding time to work out is scarce if not impossible. This may be your first go at college life; I'm sure you're familiar with the dreaded freshman fifteen and would stop at nothing to avoid it.

Shannon Hutsler, a personal trainer at Swinney Recreation Center, provides some helpful health tips for this upcoming semester.

Hutsler is a 23-year old UMKC alum. She earned a BFA in Dance with a Modern

Emphasis. Shannon desires to one day own her own dance and fitness facility. Sweet, humble and in shape, Hutsler offers the need-to-know about staying (or getting) fit.

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Q: How do students know how many calories they need to maintain their weight?

"There is a specific formula that trainers and dieticians use to calculate how many calories each person needs to consume on a daily basis.

The formula is individualized depending on weight, height, gender, activity levels and goals to lose, maintain or gain weight. Just

like many formulas, it is just a guideline and individuals may require more or less than the equation suggests.

There are so many useful tools online, but it is always a good idea to have a professional calculate your data."

Q: What are your top three tips for avoiding the freshman 15?

"My best advice would be to shoot for balance in all areas of your life; good health should be easy.

- Eat lots of veggies and watch out for dressings and condiments.
- Find time for at least 20 minutes of activity every day.

It can be a 10-minute walk in between classes and then a circuit of jumping jacks, push-ups and sit-ups later that night during the commercial breaks of your favorite television show.

Make activity a habit and make it enjoyable. You can bust your bum to "Insanity" workouts every day for a week, but check back in a month later and there's a good chance you're

not doing much at all.

If you aim too high – or for perfection – your dropout rate skyrockets.

Shoot for "good" and along the way your standards for "good" will rise without you even noticing.

- Lastly, identify your "bad" habits like vegging out in front of a "Keeping up with the Kardashians" marathon.

Don't forbid these things because you'll only want them more. Instead, save them for a reward after a killer workout.

While you wait for a reward, keep your indulgences small and remind yourself you can always have a little more tomorrow."



Swinney Recreation Center

Hours:

Mon.-Thurs:
6 a.m. - 9 p.m.

Friday:
6 a.m. - 8 p.m.

Saturday:
9 a.m. - 6 p.m.

Sunday:
Noon - 6 p.m.

Q: How much do trainers cost and what do they offer?

"Great news: personal training at Swinney Recreation Center is one of the most affordable personal training options in Kansas City. Get five hour-

long, individualized sessions for only \$160. You can pay using debit, credit or even your student account."

Q: What are some easy, quick exercises for students who have pretty tight schedules?

"I love circuits. One of my go-to quick circuits is 30 seconds of jumping jacks, 45 seconds of split squat jumps, 15 push-ups, 50 bicycles and one minute of planks.

I can complete the whole thing once in less than five minutes.

If I have some time, I'll repeat it up to five times, no equipment needed.

Jumping rope is also a great exercise that can be done almost anywhere. Jumping rope burns 10 calories a minute.

That's 100 calories in 10 minutes."

Q: Do you have any healthy snacks or recipes to share for students with busy schedules?

"Keep your healthy options stocked and easily accessible. Wash and cut your produce as soon as you buy it, so that

when hunger attacks it's an easy and smart choice."

Q: What other good resources do you recommend?

"Sign up for Roo Wellness. It's a brand new health and wellness initiative free for students offered by Swinney Recreation Center.

We will provide tips, tools, tricks and

classes to members throughout the year to keep them healthy and on track.

Sign up by emailing your name and phone number to roowellness@umkc.edu. You get a free T-shirt, too!



Festive masks worn by Luchadores add excitement to Lucha Libre matches.

Photo by Dan Moreno

It's not wrestling, it's Lucha Libre

Dan Moreno Staff Writer

In the U.S., professional wrestling is classified as entertainment. Lucha Libre in Mexico is more than just that. It is tradition, part of the culture. This isn't wrestling ... it's Lucha Libre.

Lucha Libre has been popular in Mexico for almost 80 years. Salvador Lutteroth, the 17-year-old son of high society immigrants from the U.S., attended a wrestling match in Texas and subsequently decided to take the sport back to Mexico. He is known as the father of Lucha Libre in Mexico.

Wrestlers are called "Luchadores" and are considered superheroes. Every Luchador assumes a persona; this persona is sometimes based on his past, his beliefs or his personality. The Luchador, or the company he is part of, designs a mask that will represent him in the ring. Once a Luchador puts on the mask, he is no longer a regular person, but turns into a superhero or a villain.

There are two types of Luchadores: the "Rudos," who are the villains, and the "Tecnicos," who are the heroes. In this manner, the Rudos represent the evil, corrupt,

drunken and ugly bullies who are dirty fighters and don't obey the rules. The Tecnicos are the upstanding, modest clean fighters who are the pride of the community. It is in this way that a Lucha Libre match reflects the real life of the fans.

The main difference between wrestling in the U.S. and Lucha Libre is that physical appearance is not the main reason a Luchador will secure success. The fans don't seem to care if he or she is tall or short, good or bad-looking, skinny or fat, old or young. What matters is the connection with the fans, the charisma and the Luchador's talent in the ring.

High-flying maneuvers and skills make it astonishing to watch. Mexican wrestlers have given Lucha Libre an acrobatic touch, risking their lives in every high-flying move from the very top corner of the ring, appearing to fly down and squash the opponent who might be cowering in front of the audience.

While the maneuvers are thrilling, the main attraction is the mask. There are thousands of masks. The varied styles, colors, materials and designs employed make this not just an exciting sport and thrilling entertainment, but also an art exhibit.

In the 1940s, the first matches were called and promoted as "Mascara vs. Mascara," meaning Mask vs. Mask. The loser would have to take his mask off, tell the audience his real name and age and could never wear it again to wrestle. This meant the Luchador who had won the most masks in combat became more popular and renowned.

Lucha Libre has seen lots of big names in its history, though not all have been loved, revered and cheered by the fans. As in every sport, there are legendary Luchadores. Among the most famous are El Santo, Blue Demon, Huracan Ramirez, Mil Mascaras and more recently, Rey Mysterio and Mistico.

Both in Mexico and abroad, Lucha Libre has crossed over into popular culture, especially in comic books, movies and television, and has inspired movies like "Nacho Libre" and shows like "Mucha Lucha," but most recently the 200th episode of CSI called "Mascara."

It is said that if you visit Mexico and don't attend a Lucha Libre show, you weren't really in Mexico. At every show and in almost every arena, tourists from around the world come to enjoy the show and to be a part of the folklore.

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Recruitment: Continued from Page 9

UMKC women's guard LeAndrea Thomas said, "but overall I think they're fair."

In recent years, the NCAA has been rife with recruiting scandals in major college sports. In 2010, the father of Auburn's quarterback Cam Newton was cited for requesting \$100,000 from recruiters. In 2011, former Tennessee men's head basketball Coach Bruce Pearl was fired after allegations of recruiting violations.

The NCAA women are not exempt. This year, Baylor women's head Coach Kim Mulkey received scrutiny for recruiting violations of Associated Press player of the year Britney Griner after the team went 40-0 and won the national championship.

"They may try to get an advantage," Brown said of violators of the NCAA recruiting rules. "They try to get an extra leg up."

Penalties

The NCAA has established penalties for violations.

Violation of recruiting rules can be consequential, if not crippling to a university. It may even end in termination of the offending coach's job or the entire program.

In the aforementioned recruiting scandals, the University of Tennessee was placed on self-imposed two-year probation and fired Pearl, which the NCAA accepted.

It also placed Pearl on a three-year show

cause period, which restricts him from recruiting if hired by any school. The NCAA reserved the right to impose the "death penalty" for repeat violations within five years. The "death penalty" is the ability to totally dismantle a sports program.

Baylor women's basketball self-imposed sanctions, including reduction of two scholarships (from 15 to 13) for the 2011-12 academic year. The head women's basketball coach could not participate in off-campus recruiting for the full summer recruiting period (July 1 - 31, 2012), and an assistant women's basketball coach could not place any recruiting calls during a four-month period from January through April 2012.

Certainly it does not pay to violate the NCAA recruiting rules. However, it does pay to be a university with a nationally ranked basketball team.

There has been controversy about whether the players, who are not currently paid to play, should receive a portion of the money earned. Controversy also exists over at what age parents should begin to push their children into the sport and whether education is more important than sports.

In the second part of this series, the big business of college basketball and its controversies will be examined.

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COME AND EAT!

Central United Methodist Church invites you to join our College-Age ministry on Wednesday evenings throughout the semester. All are welcome to join in a free dinner and fun every Wednesday night starting at 6pm. First come, first served. Wednesdays in August will be cookouts with life-sized board games.

CENTRAL UNITED METHODIST CHURCH
5144 OAK ST. (directly across from the Law School)
Contact Alexis at alexis@centralcares.com if you have any questions.

Join us for Sunday Worship at 8:30 and 10:50am with Sunday School for all ages at 9:30.



Photos by Michelle Heiman

32 Designated Smoking Areas of the Volker Campus

Adopted in 2006

- | | | | |
|----------------------------|---------------------------|----------------------------|-----------------------------|
| 1. Dental School | North Landing Dock | 17. Flarsheim Hall | North dock & south pavilion |
| 2. Medical School | West Loading Dock | 18. Newcomb Hall | South entrance |
| 3. Administrative Center | Eastside Patio | 19. Manheim Hall | South entrance |
| 4. Law School | Southeast Entrance Area | 20. Royall Hall | Between Royall and Haag |
| 5. Epperson House | West side pass-through | 21. Haag Hall | Between Royall and Haag |
| 6. Education School | Southeast Area | 22. Grant Hall | West entrance |
| 7. 51st Street Annex | Northwest Corner | 23. Katz Hall | North entrance |
| 8. Performing Arts Center | North Entrance & Dock | 24. Biological Sci Bldg. | Southwest entrance |
| 9. Bloch School | West entrance & Courtyard | 25. Spencer Chem Bldg. | Northeast entrance |
| 10. Swinney Recreation | North pass-through | 26. Lab Animal Center | North loading dock |
| 11. Pierson Auditorium | West pass through | 27. General Services Bldg. | West parking area |
| 12. Student Success Center | 2nd floor south entrance | 28. University House | South parking lot area |
| 13. Fine Arts Building | Northwest corner area | 29. Cockefair Hall | East Entrance |
| 14. Miller Nichols Library | South entrance area | 30. Berkley Child center | No Smoking |
| 15. Scofield Hall | South entrance area | 31. 4747 Troost Bldg. | East loading dock |
| 16. Old Maintenance Bldg. | West side area | 32. 4825 Troost Bldg. | East loading dock |

Smoke-free policies move closer to home

Michelle Heiman Copy Editor

Several colleges and universities in the Midwest have recently adopted smoke-free (cigarettes) and tobacco-free (all tobacco, including cigarettes, chew and snuff) policies. The University of Missouri (MU) will be smoke-free by Jan. 1, 2014. The University of Missouri – St. Louis (UMSL) has been tobacco-free since Jan. 1, 2012. Johnson County Community College (JCCC) has been smoke-free as of Aug. 1, 2011.

According to the American Nonsmokers' Rights Foundation, as of July 1, 2012, at least 774 campuses in the U.S. are 100 percent smoke-free. Of these, 562 have a 100 percent tobacco-free policy.

While UMKC is nowhere near smoke-free, it has a smoking policy implemented in October 2006 that limits smoking to one of 32 designated areas. In September 2006, the Hospital Hill campus implemented a more stringent policy – no smoking on university property, except for a single designated area. Smoking is also not permitted in any university vehicle.

In October 2007, Residential Life implemented a smoking policy for the residence halls, banning all smoking, including in resident rooms.

"Smoking is not permitted in any part of the complexes, including student rooms or apartments," the policy says. "Improper disposal of butts may lead to disciplinary action."

William Leutzinger, director of

Environmental Health and Safety, said the policy was instituted under Vice Chancellor Larry Gates, who put unit supervisors in charge of implementing and overseeing the policy.

"It has been my administrative practice to lend the requested support to those unit supervisors who have been given the authority to enforce the policy within their facilities," he said.

Leutzinger cited a study published by the Center for Disease Control and Prevention as saying tobacco use is responsible for

"I believe if UMKC were to adopt a tobacco-free policy and provide the necessary support to administer such a policy, it would be a healthy decision for our community. -William Leutzinger"

approximately 443,000 deaths per year in the U.S.

"I believe if UMKC were to adopt a tobacco-free policy and provide the necessary support to administer such a policy, it would be a healthy decision for our community," he said.

While the smoking policy (which can be found on the Environmental Health and Safety website under "Fire Safety") cites the director of Environmental Health and Safety as having the responsibility and authority for implementation and administration of the policy, Leutzinger said he was not given authority or funding for such implementation or administration.

John Martellaro, director of Media Relations, said no one has asked for discussions about changing the UMKC smoking policy, so there have been no such discussions.

"The university certainly remains open to considering changes similar to those made at other UM System campuses, if there are requests from student, faculty and/or staff groups to do so," he said.

The JCCC policy came about three years ago as an initiative by the Student Senate, which was very energetic about forming a

The JCCC Campus Police Department enforces the tobacco-free policy, issuing \$10 tickets for violations. An appeal can be filed within 10 business days of receiving the ticket, and an unpaid ticket after those 10 days can result in a student's records being placed on "hold."

Grove stressed the positive effects of the policy.

"The campus has become cleaner because of the policy," he said. "We've got a pretty campus, and now you don't see cigarette butts everywhere. It's a noticeable change."

The MU smoking policy has been a more gradual change. As of July 1, 2011, smoking has only been permitted in designated outdoor areas (see <http://smokefree.missouri.edu> for a map of the areas). Although the campus is working in conjunction with the T.E. Atkins UM Wellness Program and the Wellness Resource Center to provide faculty, staff and students with smoking-cessation programs, the website says the university is not asking anyone to quit.

Chancellor Brady Deaton said the smoke-free policy at MU is based on recommendations from groups representing students, faculty and staff.

"I understand that this change will be difficult for those who may have smoked for many years and previously attempted to quit," Deaton said. "Together, we will continue to build a healthy learning community at Mizzou."

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word on campus

UMSL has been tobacco-free since Jan. 1, 2012, and Mizzou will be smoke-free on Jan. 1, 2014. What would you think about UMKC going smoke-free?



Tarissa Keating, Freshman, Music

"I think for some people, it's a good idea. But a lot of people smoke, so it wouldn't be good for them."



Kassandra Kirschmann, Freshman, Biology

"I would love that. I'm a runner and I don't like running by people who smoke."



Lauren Smith, Freshman, Nursing

"I'm for it because of all the problems that come with second-hand smoke. I think people should be able to choose if they're around it."



Claire Peterson, Freshman, Nursing

"I don't know that a smoke-free policy is necessary, but they might want to re-look at the designated areas and make fewer of them."

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Photos courtesy of University Theater Association

'Picasso at the Lapin Agile' thrills with campy comedy, impressive cast

Lindsay Adams

Copy Editor

"Picasso at the Lapin Agile," a play that contains an odd mixture of the highbrow, crass and ridiculous opened this past weekend at the James C. Olson Performing Arts Center.

The play produced by the student-run University Theatre Association, which runs through next weekend, is a campy sex farce with an intellectual twist.

What else can one expect from a play written by none other than Steve Martin?

With its quick, almost hyperactive pacing, and lack of an intermission, the show has a certain big screen feel to it.

Sam Slosburg's direction is strong. The energetic pacing of the show helped keep the action going, but also proved too frenetic at times as the show seemed to lose itself in the mayhem.

The aggressive physicality was usually

exceptionally dynamic, especially in the sensual scene between Picasso and Suzanne, where he acknowledges that he has forgotten about her, but manages to seduce her all over again.

The show is set at the beginning of the 20th Century. The follows Einstein and Picasso, and a famous rock and roll legend all meet in a small bar, the Lapin Agile in Paris.

Frank Lillig plays George, the busy owner of the Lapin Agile. He functions as the portal into the time and place. He introduces the show and the voice of the everyday man in counterpoint to the geniuses who populate his shop.

George also has to cope with his romantically on-off again love interest, Germaine, who has a few secrets of her own. Throw in an old man continually having to urinate, an incompetent employee, a thief, the early 20th century equivalent to a groupie, a countess and an art dealer.

The cast works well as an ensemble, but some of the individual characterizations were underwhelming. Overall, the acting is impressive.

Ben Gruber, as Sagot the art dealer, leaves a deep impression in his fairly brief time onstage.

Charlie Weitkamp, as Picasso, had the perfect mix of artistic neurosis and self-assured panache. He was able to cast himself both as a manipulator and as one lost in the world around him. He pulled of the charisma necessary to deceive women.

Grace Knobbe as Picasso's lover, Suzanne, is an absolute delight. She has an incredible presence, and enralls the audience with her entrance through her description of her seduction by Picasso. She fully commits herself to her character and is incredibly entertaining.

Chelsey Tighe and Frank Lillig were very evenly matched as the bickering lead couple.

Tighe's delivery of a monologue trying to explain to Einstein how to properly market his book is an absolute scream.

The lighting design was great, and the fluidity of the changing lighting piece did not detract from the action. There were several challenges in the lighting of this show that Shara Abvabi, the lighting designer, managed exceptionally well.

The show is performed in room 116 of the PAC. The show is very intimate and the front row audience had café tables resembling a scene from Paris.

Even the floor of the set was painted with worn tiles that extended the audience seating, breaking down the barriers between audience and character.

"Picasso at the Lapin Agile" is free, with donations accepted at the door.

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Tattoos are deeply “rooted”

U-News encourages readers to share personal stories



Kynsliette Otte

Senior Staff Writer/Production Assistant



Tattoos have seen increasing popularity in our generation. Many get tattoos to preserve memories, to express ideas or as an artistic medium. In my case, it's all of the above. After writing this column during spring 2012, I discovered many students with elaborate and deeply personal tattoos telling personal stories depicted with originality.

To reach out to all students and *U-News* readers, I'd like to share the story behind one of my most cherished tattoos to encourage readers to contact me with their own distinctive pieces to be featured in future *U-News* issues.

Currently, I have four tattoos: an asterisk on my left wrist, a memorial for my cousin on my right wrist, a sparrow at the base of my neck and a tree on my left bicep. Someday, I plan to be covered in tattoos, but the budget of a college student doesn't leave much room for excessive spending.

The tree on my left bicep is my largest piece to date, and it was a gift from my girlfriend on my 22nd birthday. The design for the tree was inspired by a tattoo that Tegan Quin of the band Tegan and Sara has on her right forearm. Tegan and Sara has been one of my favorite bands for as long as I can remember, and their music has had a massive impact on my life.

Though the tattoo was influenced by Tegan and Sara, it is also my constant reminder to keep my mind and soul rooted deeply to the things which I most passionately believe. Much like a tree, I am constantly growing and changing, but I will always remain rooted to the moral code I have established.

The tattoo cost \$150, and was done by my good friend Rick James at Outlaw Ink in St. Joseph, Mo. James has done all of my tattoos because he is an exceptionally talented artist. Since my tattoos will remain on my body for the rest of my life, I choose to take my “canvas” to an artist who loves his work as much as I love the outcome.

If you or someone you know has a tattoo of significance and would like to be featured in the “Tattoo of the Week” column, please contact me at kotte@unews.com.

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satire

food review

McDonald's Non-vegan dollar menu gives new perspective on fast food's value to society

Debbie Littles

Contributing Writer

I was once a die-hard opponent of the fast food industry for supporting wage slavery, factory farming, morbid obesity and all other evils in the world.

But one time, I was insatiably hungry after attending a local anti-establishment demonstration, and when my friends suggested we pile into the Suburban and hit up McDonald's, I couldn't resist.

Immediately upon entering the establishment, I felt compelled to whip out my iPhone and check in on Foursquare. Only 1,193 check-ins; I'm guessing 100 more visits until I'm Mayor of Mickey D's.

I normally would feel dumb about checking into McDonald's, but food was the only thing on my mind.

The menu consisted of a number of tasty-looking options at seductive prices, but I was sorely disappointed to learn that none of the food is organic. The cashier gave me a blank stare when I asked if McDonald's uses free-range chicken and beef,

and the manager chuckled, “I'm sorry, I have no clue what you're talking about,” in response to the same question.

“F--- it,” I thought. “I'm a hungry, growing college girl.”

I decided to order two McChicken sandwiches (they don't have a tofu option at this place), large fries, chocolate chip cookies, a vanilla reduced-fat ice cream cone and a large Dr. Pepper—all for less than \$10. What a deal!

I've been a lacto vegetarian for the past six months, and converted to veganism nine days before regressing to omnivore status. But from what I remember, the chicken I used to eat never tasted like this. I mean that in a good way; the McChicken made me reconsider being any kind of vegetarian.

The fries were salty and delicious; the desserts were tasty and generous in portion size; the large Dr. Pepper was the perfect thirst-quencher to wash down everything else.

The meal was appetizing and satiating, nourishing not only my body, but my mental faculties as



Drawing by Aaron Cecil

well. My perspective on fast food has changed.

No more \$5 8-oz. dye-free all-natural sodas, \$12 vegan tofu burgers, or fat-free frozen yogurt binges. I have found a new cause that is more worthy of my time: size acceptance.

Society should not discriminate against overweight individuals regardless of how large we grow.

Most importantly, my body is for my enjoyment to eat, drink, be merry and do as I please—not yours to stare at. I should be able to eat whatever I want.

If men think my corpulent thighs prominently extruding from my tight spandex skirt are unflattering, I'm glad. I'm not going to flaunt my looks for men to mentally undress me.

But I am going to cut my high-powered social commentary short so I can head back over to McDonald's, check in on Foursquare, and grab a Big Mac... or two... or three.

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News about

YOU-News

UMKC's Independent Student Newspaper

Top 10 summer events

Kharissa Forte
Mal Hartigan

Senior Staff Writer
Managing Editor

As summer comes to a close, specific events nationwide and citywide have consumed the media and left citizens with pride or sorrow. While some events reflected positively on America, others struck communities with tragedy. Some notable occurrences even put Kansas City on the map. Here is a compilation of the top summer events and the hottest songs of summer 2012:

2. Summer Olympics

Winning 46 gold medals, the U.S. was declared victorious this summer, beating close competitor China with 38, Great Britain with 29 and every other competing country. The U.S. also took home the most medals overall, totaling 104. After securing a total of 22 medals, American swimmer Michael Phelps broke the world record as the athlete with the most Olympic medals before declaring his retirement as an Olympic athlete. With more historic moments such as Gabby Douglas as the first African-American to win all-around gold in gymnastics and a fierce reunion performance by the Spice Girls at the closing ceremony, the world will have high expectations for Brazil's Olympic Games in 2016.

4. “The Avengers” release

The film that kicked off summer, opening on May 4, was the highest anticipated movie event since “The Hunger Games,” which came out a few months prior. According to Box Office Mojo, “The Avengers” raked in more than \$207 billion on opening day and grossed more than \$617 billion during its time in theaters.

6. Chad Ochocinco and Evelyn Lozada say, “I do”

He's the bad boy of football. She's the bad girl of VH1's hit reality show, “Basketball Wives.” The two seemed to be a match made in heaven ... or hell. After exchanging nuptials just a month ago, the couple engaged in a knock-out-blow-out that resulted in Ochocinco being dropped from the Miami Dolphins and forced VH1 to cancel their spin-off show. It was fun while it lasted.

8. Mitt Romney announces Paul Ryan as his VP mate

Four years have flown by since the last election, and as President Obama prepares to run for re-election, Republican Presidential candidate Mitt Romney officially announced Wisconsin Congressman Paul Ryan as his running mate.

9. Sherman Hemsley dies at age 74

A TV icon for both the black community and for the image of America as a whole, Sherman Hemsley played the iconic role of George Jefferson in “The Jeffersons,” the spin-off of “Mama's Family.” Hemsley's character was the first wealthy black man portrayed on American television. He passed with no wife or children.

1. The Dark Knight tragedy

Though many of us were young when the Columbine High School Massacre in Columbine, Colo. in April 1999, most of us will never forget learning about the tragic shooting in nearby Aurora, Colo. this July on the opening night of “The Dark Night Rises.” Twelve people were killed and 58 were reported injured. Many victims were touched by actor Christian Bale's unannounced visit to area hospitals where survivors were being treated.

3. Chick-fil-A ruffles some feathers

The fast food chain's president, Dan Cathy, received intense criticism for his public statement defending traditional marriage: “I pray God's mercy on our generation that has such a prideful, arrogant attitude to think that we would have the audacity to try to redefine what marriage is all about.” This statement, coupled with Chick-Fil-A's donations to anti-gay organizations, was interpreted by many as discriminatory against the LGBT community and gay marriage, resulting in intense backlash against the franchise. As members and allies of the gay community refused to support Chick-Fil-A, Christians rallied to support the business on Chick-Fil-A appreciation day.

5. Google Fiber comes to Kansas City—first

Kansas City is the first spot on Google Fiber's map of fiberhoods, making fiber-optic internet easily available to neighborhoods citywide. Fiber optic cables the size of a human hair can be installed to bring internet nearly 100 times faster than the leading internet service providers in the area. Here's how it works: once a neighborhood has enough people to sign up for Google Fiber, the whole community is then eligible to become a fiberhood, capable of enjoying internet speeds that Edward C. Baig, Personal Tech for USA Today, says are comparable to that of Usain Bolt. Pre-registering for Google Fiber costs \$10. Google's most affordable package, \$300 for construction fees, can be paid in one installment, or can be spread out in \$25 payments for 12 months. After the \$300 is paid, internet is free for seven years.

7. Kansas City All-Star Game

The All-Star baseball game came to Kansas City this July at the Kaufmann Stadium, bringing tourists and baseball fans from around the country. Despite the KC Royals' typically poor annual performance, Kansas City's chance to host the All-Star game gave baseball fans a chance to appreciate the city and its most famous player, George Brett.

10. It's hot!

Record-high temperatures across the globe coupled with severe droughts may be enough to give an edge to the Mayan end-of-the-world prophecy. The summer drought in the Midwest has caused the lowest water level in decades for the Mississippi and Missouri rivers. Receding water levels has revealed sand bars, which look similar to beaches – but look out. These sand bars act like quicksand, so boat with caution.

Culture by the slice

Open Fire Pizza offers original food, entertainment

Riley Mortensen

Senior Staff Writer

From the minute visitors walk in the door of Open Fire Pizza at 3951 Broadway, it becomes clear why the restaurant is called Open Fire. The blaze from the two wood burning ovens can be seen behind the counter, and customers can enjoy a front row seat to the pizza making. The lengthy counter also doubles as the focal point for this 7,000-square foot restaurant.

The ovens play the most pivotal role -- not only because they cook the food, but because deep beneath the wood that gives the pizza its natural taste are the restaurant's recyclable materials, which keep the fire burning. This is one of many features that sets Open Fire apart.

Open Fire is one of the only businesses that practices zero waste and 100 percent recycling. Guests may not have noticed, but when you enter the pizza shop you can see the solar panels that come out the front and extend almost like an awning.

Open Fire is just the beginning of change for 39th and Broadway. The entire block is part of a redevelopment project led by Dr. Ahmed Awad, a UMKC medical school professor and alumnus of UMKC. The plan includes a 118-unit apartment complex to house UMKC students.

The smell of pizza dough is apparent and guests might even catch one of the chefs tossing the pizza, just like in the movies. The space is so large that Open Fire even offers a conference room and a private game room, available for reservations.

A customer's focus can shift from the elaborately painted floors to the artwork on the walls and even the furniture and layout of the restaurant. Many of the pieces and décor of Open Fire were designed by UMKC students and reveal incredibly detailed work. Open seven days a week starting at 11 a.m., Open Fire holds the potential to become a premier pizza place in Kansas City.

The story doesn't stop there. Customers can't miss Cafe La Vie, a gourmet cafe inside Open Fire, which offers specialty coffee drinks.

If passersby should walk in the third Friday of the month, it's impossible to miss the blare of performers in the back half of the building, which is shared by the Art Closet Studios. Last Friday, I was lucky enough to see a lineup of performing artists, including Stiff Knights, whose lead singer, Perry Kroll, is a UMKC student.

Kroll is a philosophy major and says the band's music is allegorical and focuses on isolation in crowds and hidden experiences. The band is flying to Japan for its next show, August 26th. In the studio, there were also performances by rapper Los Cauz and the performer MOVE, which stands for Music Over Virtually Everything.

The performance room is one of the only all-ages venues in Kansas

City. That's what makes it so community friendly and adds to the possibility of growth. From acrylic to oil to recycling pieces, the night also featured an array of artists.

After the festivities concluded, I got to sit down with the co-owner of the Art Closet, Mike Moreno, and ask about the goals of the studio.

"[The Art Closet] is totally non-formal, but completely informational," said Moreno in regards to how the studio runs and feels. "Places downtown like the Crossroads are so exclusive. We want to include everybody and teach up-and-coming artists how to present their work in a real show."

The Art Closet is another installment in the redevelopment for block at 39th and Broadway.

"Dr. Awad and Merdad (his partner) are very supportive," Moreno said. "They both love the arts and really want to see us succeed. They've let us earn their trust and we're here every day working our asses off to make things happen. They've helped us a lot. We don't even pay to rent the place."

The studio recently started classes, which are open to anyone for only \$10 a session.

"Basically how it works is you get a card and every time you take a class, we mark one off," Moreno said. "It's more like the 'Hey, I know how to do this, let me show you,' type feeling."

The classes include glass fusing, raku ceramics, handmade tile, acrylic painting, resist-water color, screen printing, stenciling, pencil and charcoal illustration and eventually, glass blowing. The classes run up to six weeks at whatever time works for you and the instructor.

"Six Wednesdays in a row is a lot to commit to a newer program like this, so say the instructor will be there Thursday from 6-8, you come if you can," Moreno said. "A lot of us have BFAs and between us all, this is what we know how to do."

It's the perfect system for a busy world -- your unused sessions remain on your card. The studio is also working on partnering with magnet schools in the Kansas City School District.

The studio is also exploring grants from Hallmark and Sprint, designed to help those who reach out to youth in urban areas and focus on art education.

"Our goal is to have maybe a Saturday every month where kids can come in and get some pizza, play games do some creative activities exposing them to the arts while raising money for their school," Moreno said. "If they're cutting all the programs in schools, where the hell are they supposed to get it from?"

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Left: Tossing the pizza crust with ease, Chef Derrick of Open Fire Pizza has 16-plus years of working in the food industry.



Middle: Feeling the music, rapper Los Cauz says his music focuses on sex, drugs, and rock and roll.



Right: Third Fridays at the Art Closet located in the back of Open Fire Pizza on 39th and Broadway feature artists like Mike Moreno, Lauren Chastain, Kaycie Booyer, Adam Johnson, Kaylan Bodenhamer and Eric Dodson.

Photos by Riley Mortensen

Travel Corner: Gilleleje, Denmark

Riley Mortensen

Senior Staff Writer

As I stood in the sand with the sun shining down and the colossal waves rolling in one after another, I couldn't have dreamt of a better way to start my summer. Never mind the fact that I was bundled from head to toe in a hat, gloves and all.

Watching the wind surfers gracefully command the ocean, there was no spot in the world I would have rather been. I felt a tingle in my fingers and I snapped the shot with my camera and captured a stunning and clear image of what I had always imagined a perfect day to look like. I was in Denmark with my family and I had been anticipating this 13-day trip for months, knowing my adventure in the land of the Vikings would be one of a kind.

Denmark might seem like an odd vacation spot, but this trip centered on family. My grandparents Tage and Else Mortensen came to the U.S. from Denmark in 1947 after my grandpa had been offered an engineering job in Kansas City. After the war, there weren't many openings for engineers in Denmark, so when offered a position in the U.S., he decided to give it a shot.

It was a difficult move and my grandparents had to leave behind nearly everything including families, but they had decided it was what had to be done at the time.

Coming back to Denmark felt like revisiting the past and living the life my grandparents had growing up, which is why I saved all my money and left behind the daily grind of a working college student. This trip would mark the first visit to Denmark my grandma had been on in nearly four years, and also the first trip she would take without my grandpa, who passed away last October.

Farfar and Farmor, which in Danish means father's father and father's mother, had been married for over 60 years, and I wanted to be there for Farmor since I knew the trip might be a little rough. It's rare to find a couple who has the privilege and power to share a life together for more than six decades. My grandparents lived with nothing but appreciation and love for each other and the life they had built from the ground up.

When I came home, most of my friends asked if I had done all the touristy things like see the castles. Although I had, that's not what this trip was about. This trip was about family and sitting with Farmor listening to her speak Danish to her sisters and my cousins. It was about the war stories I was finally old enough to ask about and the long evenings spent discussing family history around

the dining room table.

It was the look in my Farmor's eyes when she told me about the two times Farfar had been captured by the Germans. First, he was taken along with all the other members of the Danish army. No one knew why, but later it was clear they had been moved out so as not to put up a fight when the Germans raided the city.

The second time was much worse. Farfar had joined the Resistance and had been caught and taken to the prison in Copenhagen, which the Germans were using as their POW camp. Once he escaped he quickly made his way to the country to lay low and returned when the war was ending. I've walked on the trails along the coast that were used to smuggle Jews to Sweden. It's part of our family history.

Denmark's history is part of what makes it such a fascinating and unique country. In Denmark, beer is a lifestyle and two out of three Danes have a last name that ends in -sen. Diesel is cheaper than gas, the royal family is celebrated in high regards, and castles and palaces are scattered along the rolling hills and coastlines. Life consisted of an infinite amount of picture taking, tea with every meal, and fresh pastries every morning. While walking along the ocean, the cool breeze blew and you could taste the salty ocean on your lips. As I gazed upon the stunning hues of the water, it was clear we weren't in Kansas anymore.

This was my fifth trip, so I'd been a frequent visitor wandering through dungeons, mixing in with the sea of people in the bustling city of Copenhagen. I've had my picture taken with the little mermaid who sits in the harbor, ridden all the rides worthy of attention in Tivoli, Denmark's most famous amusement park, and earned my first unofficial driver's license in Legoland's prestigious driving school at age 12.

This trip was one of a kind because as a child you may not know all the intimate details of your family, but as a young adult, you learn just exactly how things came to be. The real treat was in imagining all the characters in my family growing up in this beautiful country and having the courage to ask about it all. Enjoying the sun set on the ocean every night and watching the pink skies fade away was simply an added bonus. I wouldn't trade the experience for anything.

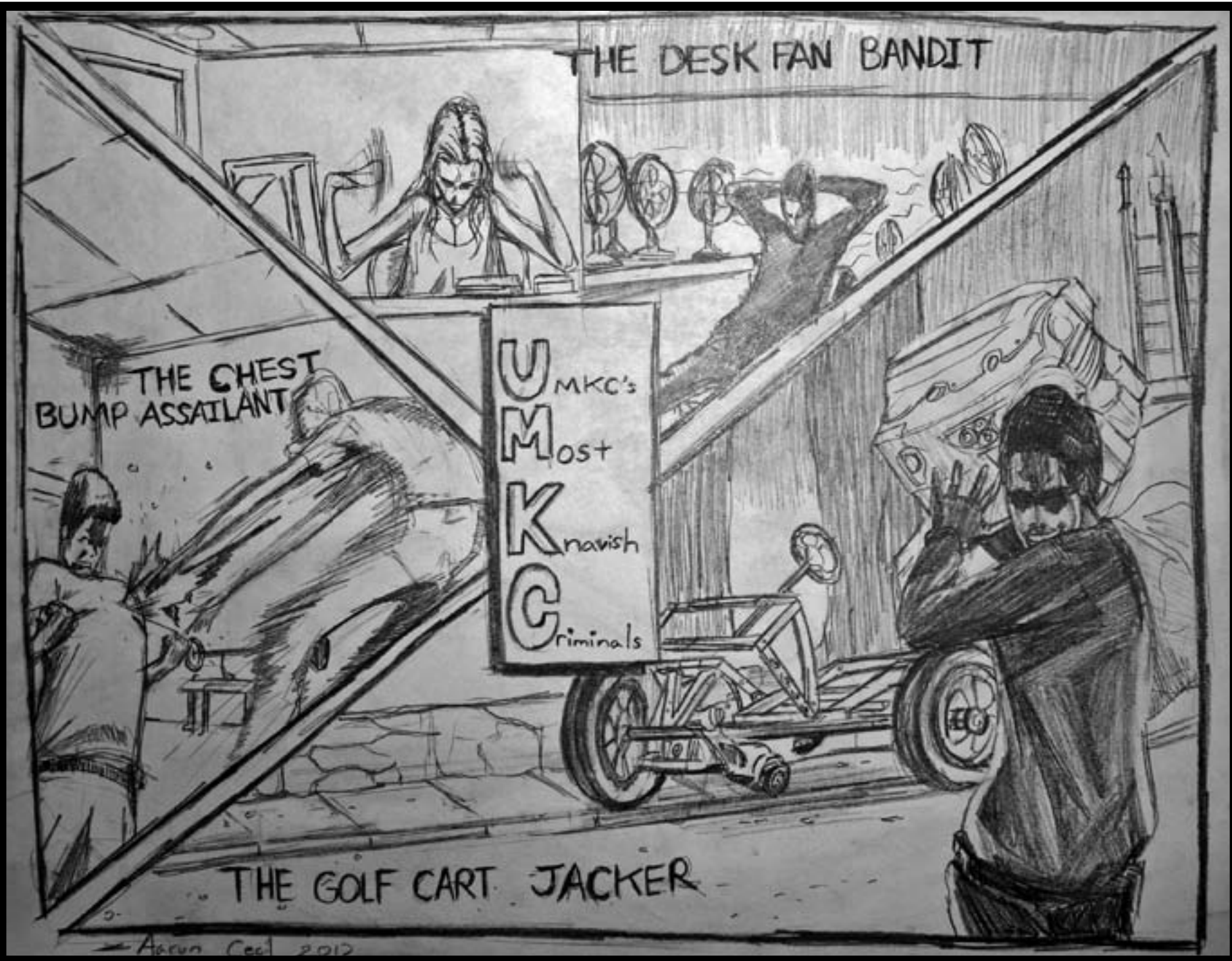
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Top: Waves roll in to the harbor in Gilleleje, Denmark. **Middle:** Preparing for a day of shopping and museums, Else and Carsten Mortensen take a moment to smile for the camera. **Above:** Reflecting in the waters of the moat of Kronberg Castle, the colors of the Danish flag represents peace, honesty, bravery, strength, and valor.

Photos by Riley Mortensen

Cartoon



Based on the Police Blotter on page 4

Cartoon by Aaron Cecil

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