

UNIVERSITY NEWS

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student newspaper
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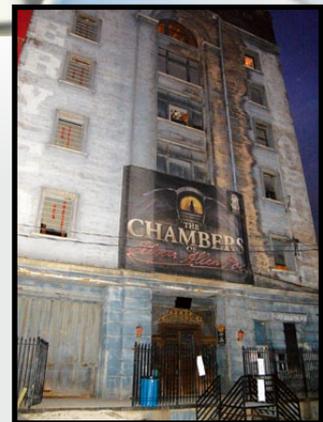


Photo by Riley Mortensen

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Turkish author Mustafa Akyol discusses 'Islam without Extremes' at UMKC lecture



Turkish author and political commentator Mustafa Akyol discusses political policy in Islamic countries at the Student Union Theater. Photo by Sai Srikar Kadiyam

Kate Baxendale Senior Staff Writer

Turkish author and political commentator Mustafa Akyol spoke to a crowd of nearly 200 last Friday at the Student Union Theater about political freedom in Islamic countries.

His latest book, "Islam without Extremes: A Muslim Case for Liberty," was published in July 2011. It contrasts the calls for strict implementation of Islamic law with the virtues of democracy and individual liberty that are celebrated in the West.

Violence and political upheaval in the Muslim world have created a sense of unease, especially as the large increase in the number of Islamic adherents over the past two decades represents a growing percentage of the world's population.

Akyol compared his native Turkey to the government in Saudi Arabia to explain the differences in political policy in the two Islamic countries.

Despite recent controversies, Akyol supported his argument that his homeland of Turkey is a model for a "liberal" Islamic society. He explained his use of the word "liberal" as the most literal sense, meaning "free."

In Saudi Arabia, the police enforce Islamic law. Women are forced to wear head scarves while in public, and police strictly enforce Salat, or obligatory prayer, throughout the day.

Turkey has what Akyol defined as "secular police," in which law enforcement requires women to remove head scarves while in public institutions. He described freedom as the disassociation of Islam from government policy, much like separation of church and state in the U.S.

Akyol discussed the revolutionary pro-democracy Arab Spring movement in the context of two different types of democracy: totalitarian democracy and liberal democracy.

In his opinion, the leaders appointed in the Arab Spring movement are dictators who practice totalitarian democracy. Akyol hopes to see a more liberal democracy, or "freedom," practiced in Islamic countries.

Muslims in some Middle Eastern countries are prohibited by law from converting to Christianity, and it is treated as a serious crime.

However, the Quran does not ban religious apostasy—the rejection of faith.

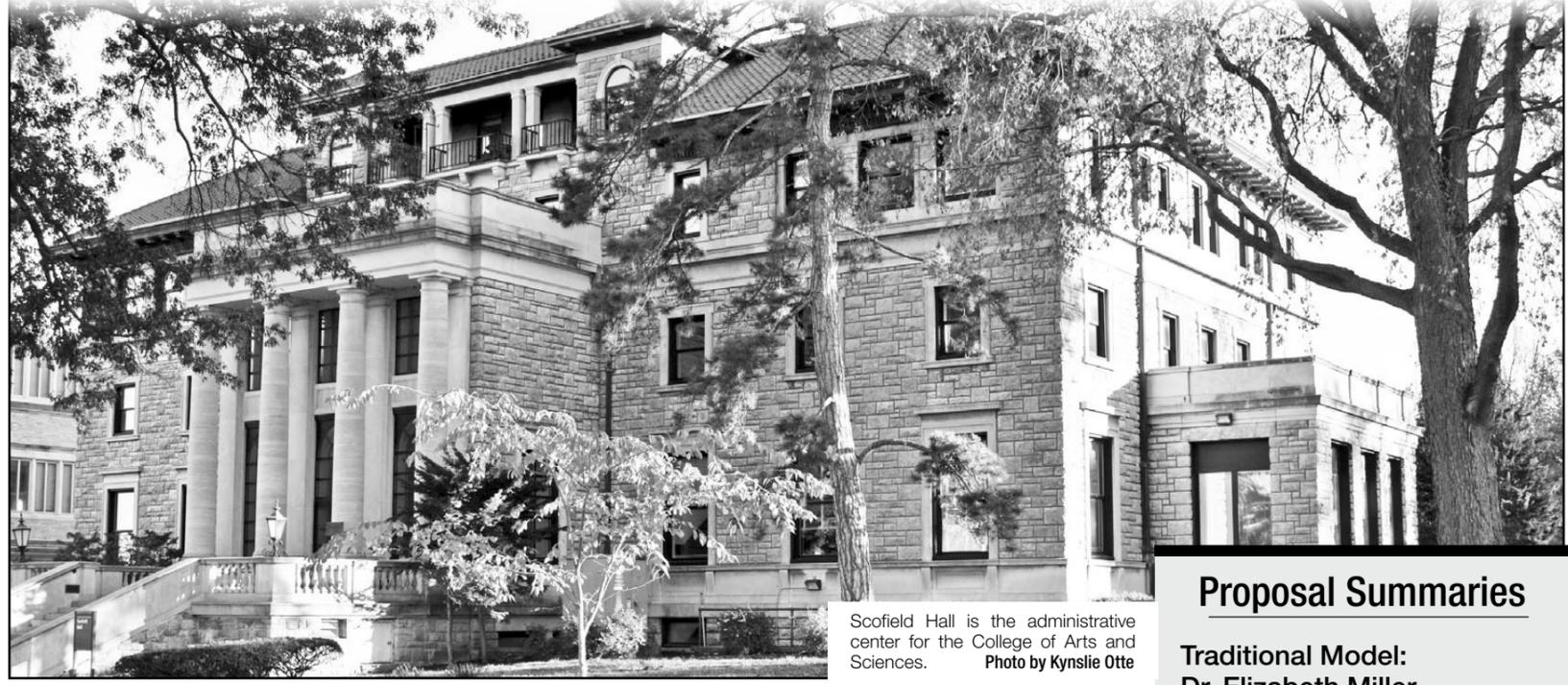
Akyol used another example to explain how he

Continued on Page 6

Corrections

Issue 10, Oct. 22
Pg. 7: 'Conservatory student learns, 'young people, we get cancer, too'
Grace and Holy Trinity Cathedral was misidentified as "Greyson Holy Trinity Cathedral."

Spot any mistakes? Have questions about content in the newspaper or new story ideas? Email Editor-in-Chief Nathan Zoschke, nzoschke@unews.com.



Scofield Hall is the administrative center for the College of Arts and Sciences. Photo by Kynslie Otte

New gen ed models for all of UMKC pose problems for the College of Arts & Sciences

A&S discusses its own general education proposals

Kynslie Otte Senior Staff Writer

The outcome of UMKC's general education curriculum overhaul hasn't settled well with some faculty in the College of Arts and Sciences.

Faculty from across campus have worked on revisions to general education requirements since 2009 when the Higher Learning Commission, which oversees the University's accreditation, found the existing requirements unsatisfactory.

The Commission suggested that the university move to a "Student Learning Outcomes"-driven model that requires no more than 30 credit hours of general education courses.

In April 2012, UMKC adopted the new general education model, which consists of "anchor," "discourse" and "platform" courses, but this poses a predicament for the College of Arts and Sciences, whose many academic programs depend on students enrolling to fulfill general education requirements.

Dr. Stephen Dilks, Director of Composition for the English Department, said that unless action is taken, A&S will not have any general education requirements beyond the university-wide 30 hour block beginning in the fall of 2013.

"This means the faculty in the College need to decide to either develop a degree requirements program for the College in addition to the University gen eds, or we need to decide to have no requirements

other than the 30 hour gen ed plus major requirements," Dilks said.

Under the current general education model, A&S students are required to take 45-50 hours of general education courses. Under the new program, course requirements specific to A&S will be eliminated, including cluster courses, writing intensive courses, physical education and 36 hours of 300/400 level coursework.

Because of this, A&S faculty have mapped out two primary proposals for general education requirements specific to the College that will take effect next fall, provided they receive approval from the General Education Curriculum Committee (GECC) and the Faculty Senate.

The first proposal, drafted by Dr. Elizabeth Miller, assistant professor of political science, follows what Miller called a "traditional" model for general education requirements.

She said that its main goal is "to ensure students in the CAS have a breadth of knowledge beyond their own discipline."

Beyond the University-wide 30 hour block of general education credits, this model would require A&S students to complete six hours in social and behavioral sciences, six hours in arts and humanities, four hours in natural and biological sciences including a lab, three hours of math or statistics, a writing intensive course and 36 hours of 300/400 level courses.

Changes to the proposal to involve six or

more hours of foreign language credits have been discussed, but are yet to be added.

The traditional model aims to enable transfer students to more easily receive transfer credits that count toward their degree.

Miller said that it would make double-majoring a straightforward process, while ensuring that changing majors does not complicate degree completion and making advising easier for both students and faculty.

The approach exposes students to the College's many programs and could be implemented immediately, as it does not require extensive revision to existing curriculum.

However, the traditional model would also give departments less control over degree requirements, and it could potentially leave students with less room for elective courses. The approach itself will require assessment from a college committee or director.

Toivanen said it attempts to "simplify the requirements by having only two sets- the university general education requirements and degree/major-specific requirements and to empower departments to [authorize] the degree requirements for majors in a more comprehensive manner. In recognition of the Liberal Arts Education, students are

Changes to the proposal to involve six or

Proposal Summaries

Traditional Model:
Dr. Elizabeth Miller

Goal: Achieve knowledge beyond student's own discipline

Requirements:

- 6 hours in social and behavioral sciences
- 6 hours in arts and humanities
- 4 hours in natural and biological sciences
- 3 hours in math/statistics
- A writing-intensive course
- 36 hours of 300-400 level classes
- Foreign language requirements being discussed

Major/Degree Model:
Dr. Kati Toivanen

Goal: Create more degree/major oriented general education credits

Requirements:

- 12 hours from A&S, which would be included in the student's major
- Department propose courses to replace current A&S general requirements
- Double majors can share credit hours within major requirements

Continued on Page 6

'Number One Magazine' accepts submissions for its 2012 edition

Roze Brooks Copy Editor

Number One Magazine, a student-run literary magazine at UMKC, has opened submissions for its 64th volume and 2012 edition, which will publish in spring 2013.

Number One publishes one volume each year, hence its name.

Submissions, which are due by Dec. 1, are not limited by major. A wide variety of written work accepted for publication includes short fiction, poetry, creative nonfiction, plays, screenplays, flash fiction, photography and visual artwork.

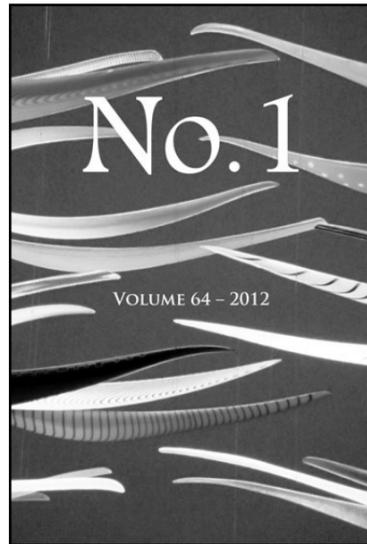
"Artistically, the name Number One suggests the individuality of the people published in its pages, and also the urge for excellence," co-Editor-in-Chief Nicholas Sawin said.

Number One Magazine's staff is comprised of graduate and undergraduate students, and accepts submissions from the same audience.

Sawin and co-Editor-in-Chief Elizabeth Cook, both creative writing and media arts graduate students, manage the entire staff's tasks, from publicity to marketing and branding.

Once submissions are received, a panel of judges considers and ultimately selects the pieces to be included in the final product. Sawin said this is a tedious, yet rewarding process since there is a limited number of pages each year.

The magazine will also establish an online presence this year.



Courtesy of 'Number One Magazine'

continuity and stability.

"Our staff develops skills in public relations, marketing and branding, social media and web presence, design, copy-editing, encouraging submissions, and so forth," Sawin said.

"But on an aesthetic level, being a student-run publication means that we are closer in age to the artists we publish, which gives us a common frame of

“Artistically, the name Number One suggests the individuality of the people published in its pages, and also the urge for excellence.”
-Nicholas Sawin

"We launched a new website and are publishing last year's journal in weekly installments," Sawin said. "Our online distribution takes us into many more homes."

He hopes that implementing color photos on each page, which allows room for more visual artwork submissions than previous years, will enhance Number One's appeal.

"A thriving and diverse student literary journal featuring award-winning content is a key way for universities to support the artwork of its students, furthering their careers and broadcasting their talents both inside academia and outside to the professional world," Sawin said.

Working for the magazine offers opportunities in a college setting and establishes skills needed in future careers. Sawin said that having two editors, one older and one younger, promotes

reference. We are more likely to publish something experimental that a traditional, professionally-run journal might not understand."

The magazine has been printed for decades by Walsworth Print Group, the same printer of UMKC's New Letters.

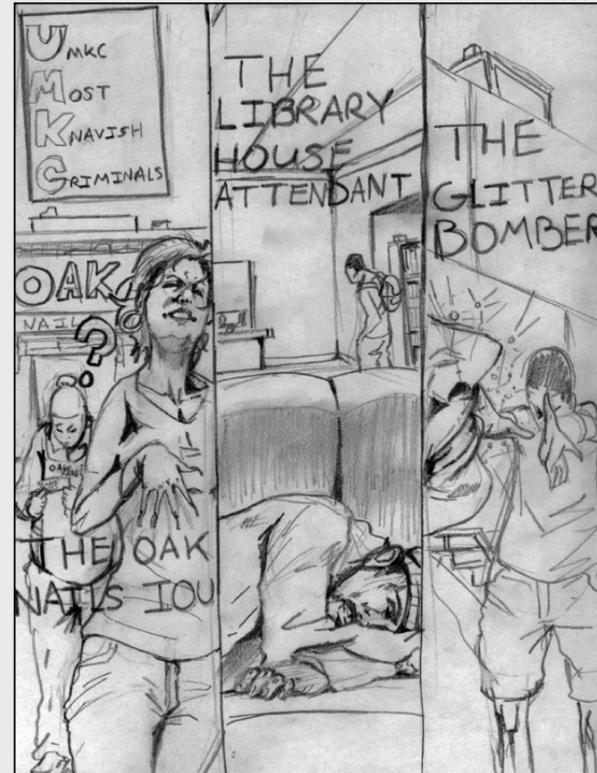
Once the carbon copies of the final product return, a spring launch party is held for the staff and contributing writers. Authors get to present original work and network with other artists.

"Students are drawn to publish in Number One Magazine because they need an outlet for self-expression, and this magazine is a great way to broadcast their creative efforts to the UMKC campus and the Kansas City community," Sawin said.

To learn more about Number One Magazine, visit www.numberonemagazine.org. Submissions may be emailed to numberonemagazine@gmail.com.

rbrooks@unews.com

police blotter + cartoon



By Aaron Cecil

Oct. 19

10:51 a.m. Larceny
The suspect received nail services at Oak Nails, but did not have the money to pay and left her driver's permit in place of payment.

3:55 p.m. Larceny
The student left her wallet unattended in the common area of her apartment in Oak Place Apartments, and returned to find cash missing from her wallet.

8:17 p.m. University Violation
Officers responded to a noise disturbance at Oak Place Apartments, and discovered alcohol at the residence.

Oct. 20

6:42 a.m. Alcohol Violation
Officers discovered an intoxicated personparty at Johnson Hall who left the water running in theirhis shower.

8:45 p.m. Suspicious Parties
Minor parties were issued trespass warnings at the Performing Arts Center for pushing buttons on the

emergency phones at MRI Global and on campus.

Oct. 21

8:34 p.m. Disturbance
Officers were called because suitemates were arguing loudly at the Oak Street Residence Hall.

9:51 p.m. Drug Offense
Officers arrested a party at the Oak Street Residence Hall for possession of marijuana.

Oct. 22

11:38 a.m. Harassment
The suspect in a recent iPhone theft reported being harassed at Royall Hall.

5:53 p.m. Burglary
The student left her Dell laptop in her room at the Oak Street Residence Hall and returned to find it missing.

Oct. 23

8:55 a.m. Suspicious Person
Officers issued a trespass warning to a homeless personparty at Miller Nichols Library who had been living in the library.

11:17 a.m. Information

A staff member made threats and used profanity directed toward members of Parking Operations.

Oct. 24

3:01 p.m. Assault
The victim was conducting a protest near the Student Union and had glitter thrown in his face.

9:30 p.m. Institutional Vandalism
The suspect cracked a student's door at Oak Place Apartments was cracked after a brief altercation.

11:10 p.m. Larceny
A personparty had a CD stolen from theirher vehicle in the Rockhill Parking Garage.

Oct. 25

7:06 p.m. Larceny
The staff member left theirher bank card, credit cards and driver's license in an unsecured locker at Swinney Recreation Center and returned to find themit missing.

Local LGBT historian digs heels into Kansas City's drag history

Roze Brooks Copy Editor

Stuart Hinds, director of Special Collections at Miller-Nichols Library, is in pursuit of uncovering the overlooked history of female impersonation in Kansas City.

Hinds, a founding partner of the Gay and Lesbian Archive of Mid-America (GLAMA), led a presentation titled "From Blackface to Max Factor: The Evolution of Female Impersonation in Kansas City" on Oct. 23 in Township Hall at Union Station.

"What's excited me most about the work is that it is really a new area of exploration - the topic has been looked at by one or two other scholars, but in a much more theoretical way, and focusing on one era, not the entire history," Hinds said.

The Kansas City Museum's Historic House Director Christopher Leitch accompanied Hinds in the presentation. Leitch oversees maintenance of collections at the museum.

The Melinda Ryder collection was the presentation's focus. The collection featured a handmade dress and headpiece constructed from unfurled, spray-painted paper towel and toilet paper tubes.

This partnership was created in 2009.

"The Museum had just published our new Strategic Plan that called on the Museum to be more diverse and inclusive in our collections and public program, but we didn't have a specific plan for implementing this noble vision," Leitch said. "Each organization is simply doing what it does normally - collecting, preserving and interpreting historical material. We're just holding hands on this project."

Hinds sifted through the collection's donations, and was surprised and inspired to discover an abundance of material about female impersonation in Kansas City.

"What launched this investigation into the history of female impersonation in KC

was the amount of material we were receiving in the GLAMA collections related to the topic," Hinds said. "Material like Melinda Ryder costumes from Bruce Winter and Kirk Nelson, Late Night Theater memorabilia and papers from DeeDee DeVille, and a raft of photographs from various donors."

Hinds started his presentation by showing original language of The Revised Ordinances of the City of Kansas City in 1860. It stated, "Whoever shall, in this city, be found in any dress not belonging to his or her sex ... shall be deemed guilty of a misdemeanor."

This ordinance caused arrests and heavy fines, affecting mostly black males found wearing dresses and female identifiable clothing in public. One example was a man in a pink satin dress being fined \$25, which would equal nearly \$650 today.

Hinds pointed out that the influx of theatre in Kansas City was an unintentional catalyst for female impersonation. This pitted unacceptable public cross-dressing against the acceptable gender-bending featured on stage.

The Kansas City Star, then called The Kansas City Evening Star, even wrote an article profiling drag queens as a novelty form of entertainment, with the headline "Strange Men."

Theater trends molded many smaller groups of traveling performers in Kansas City. The Epperson family, whose namesake building resides on UMKC's campus, was part of the historical trend with Epperson's Megaphone Minstrel's. This act involved

“If my mother knows who RuPaul is, drag has come a long way.”
-Stuart Hinds

Seymour Rice, who took to the stage in blackface and drag.

A premiere social event in Kansas City, the Priests of Pallas, included parades among its weekly festivities. The most prized float featured someone dressed as the



This mannequin, on display at the Kansas City Museum as part of the Melinda Ryder collection, features a headpiece made from paper towel and toilet paper rolls. Photo by Roze Brooks

woman Pallas Athena. However, this role was usually given to a man, because it was considered too much for a female to manage.

Julian Eltinge was among the most popular female impersonators. A signature trend was live singing versus the common lip-synching in today's drag shows. Eltinge's reputation was molded by her believability as a woman, cinching her male, 40-inch waist down to 24 inches.

During Tom Pendergast's influence in Kansas City, liquor laws and hours of operation were ignored. This applied to venues

that featured female impersonators, which could be found on any given night.

Dante's Inferno became notorious for drag performers, featuring one act called Mr. Half and Half. The artist's costume was a long, white gown on one half, and a tuxedo and bowler hat on the other. He would alter his singing voice to accommodate the side of the costume facing the audience.

Though these instances of female impersonation on stage were acceptable, the ordinance the public ordinance endured.

But the outbreak of World War II drew focus away from leisure and

recreation.

Hinds hasn't found evidence that female impersonation existed overseas during war times, but said lack of proof doesn't mean it didn't exist.

The war changed societal expectations of gender roles, and women emerged in the work place. This societal change is reflected in the ordinance's omission of reference to clothing expectations based on sex since it became more common to see women in pants and suits.

In 1946, the revision read as "indecent or lewd dress."

As society changed, so did female
Continued on Page 7

Sustainability Corner

'No Impact Man' makes an impact at UMKC

Johanna Poppel Copy Editor

New York City resident and author Colin Beavan visited UMKC last Tuesday to discuss his family's year-long experiment to see if it could live without making any negative impact on the environment.

Beavan discusses this experience in his book, "No Impact Man: The Adventures of a Guilty Liberal Who Attempts to Save the Planet, and the Discoveries He Makes About Himself and Our Way of Life in the Process."

The Division of Diversity, Access and Equity sponsored the event in the Student Union as a part of its Social Justice Book and Lecture Program.

The 2009 documentary "No Impact Man" filmed Beavan, his wife and their daughter on the year-long experiment to see if it was possible or practical to live such an extreme environmentally conscious lifestyle.

Beavan and his wife never considered themselves environmentalists, just average liberals living an average fast-paced, high-maintenance New York City lifestyle.

Beavan decided it was time to be a true liberal and not wait around for the government to do something for the environment, but instead take matters into his own hands. Beavan's goal was to do everything that would lead to a life free of a harmful environmental impact.

The guidelines of the project were to produce no trash, emit no carbon dioxide, pour no toxins down the drain, buy no produce from distant lands, and to use no plastic, paper, electricity or motorized transportation.

Beavan did all the extremes to see if he can live on the Earth and actually do more good than harm on the planet.

Beavan begins the documentary joking about protecting trees and polar bears, and later moves on to a more serious discussion of how his actions impact others locally.

For example, all the trash and trucks transporting large amounts of trash to a nearby neighborhood affect the health of children living there. Beavan also noticed other benefits to living sustainably. His family's health improved



by eating locally and seasonally. With no lights, air conditioning or television, the family enjoyed more time outside, since electronic devices no longer kept the family in its apartment.

In the documentary, Beavan suggested that the most positive impact an individual can make on the environment is to volunteer with an environmental organization.

"A lot of our environmental problems have come because of the breakdown of community. Without community, none of us feel accountable to anybody else," Beavan said.

At the end of the documentary, Beavan and his wife reflect on their realization that some environmentally-friendly activities they initially thought would be dreadful, like not eating meat and commuting by bike, actually ended up being enjoyable.

Have you ever wondered if it is possible to be fully sustainable and not have any negative impact on the environment? Could you go without producing trash or using electricity? Could you only eat locally and seasonally?

What is doable and practical for you to lessen your impact on the environment?

In his blog, noimpactman.typepad.com, Beavan writes about his efforts to promote sustainability and shares links with advice on what one can do to lessen his or her own negative impact on the environment.

jpoppel@unews.com



Turkish author and political commentator Mustafa Akyol discusses political policy in Islamic countries at the Student Union Theater. Photo by Sai Srikar Kadiyam

Islam lecture: Continued from Page 2

believes the words of the Quran are often taken out of context. In Saudi Arabia, women are not allowed to drive cars because the Quran states: "Do not send women alone to the desert."

When the Quran was written, there were bandits in the desert who aimed to harm female travelers. Akyol said that this is not relevant to life today.

Akyol said the people of Turkey have the power of choice: the choice whether or not to fast during Ramadan, to go to mosque for prayer, to wear "Westernized" clothing or to live extravagant

social lives separate from the restrictions of the Islamic faith.

In other countries, there are dire consequences for acts that are considered benign in Western culture. Akyol explained this is a nationalist or tribalist response and that it is not part of the Muslim faith.

Akyol also touched on the controversial U.S.-produced film that depicts the Prophet Mohammed, which is prohibited by the Quran.

Some initially suggested that U.S. Ambassador J. Christopher Stevens was killed because of the

film in a Sept. 11, 2012, attack on the U.S. Embassy in Benghazi, Libya.

Akyol said that the Quran does not say to kill those who mock Islam, but instead, it says to refuse to engage in discourse with those who mock the religion. He contends that following this command is as simple as refusing to buy or read an anti-Muslim newspaper or ignoring anti-Muslim comments.

"The answer is freedom, not tyranny," Akyol said.

A&S Gen Eds: Continued from Page 3

expected to explore a modest set of discipline and content-specific courses in the college."

This proposal would require departments to submit a form for each degree, and propose a set of courses that would replace the current A&S general education requirements.

Under this model, students would be required to take a minimum of 12 credit hours from A&S that would be included in the major on top of the University-wide 30 hour general education block, and double majors would be able to share any number of credit hours within the major requirements.

Toivanen said this approach aims to broaden the scope of general education requirements, enhance student performance and allow more flexibility with courses, simplify advising, make it easier to apply transfer credits to major requirements and empower departments to author degree requirements broadly based on what each department believes its majors would benefit most from.

However, the major/degree model would initially complicate advising due to differentiating degree requirements and students who change majors more than once may not graduate on schedule. Additionally, double

kotte@unews.com

Graduate student reinvigorates honor society

Kynslie Otte Senior Staff Writer

Graduate student Oluseun "Sam" Idowu has become a prominent member of Phi Kappa Phi.

Since his induction in April of 2009, Idowu has become the vice president of the UMKC chapter, one of 10 student members on PKP's national Council of Students and one of two student members on the PKP Board of Directors. He is also the first student in UMKC history to receive the national PKP "Love of Learning" award.

Founded in 1897, PKP is one of the nation's largest yet most selective collegiate honor societies for all academic disciplines, with more than 300 chapters across the U.S., the Philippines and Puerto Rico.

Idowu was invited to join PKP during his first academic year at UMKC because of his 4.0 GPA.

PKP offers membership to juniors, seniors, graduate and professional students who meet certain academic requirements. Juniors must have completed 72 credit hours and rank in the top 7.5 percent of their class. Seniors, graduate and professional students must rank in the top 10 percent of their class.

Since his induction, Idowu has revamped the UMKC chapter of PKP.

"PKP activities on campus had been solely run by faculty and staff before I became involved," Idowu said. "Student involvement had been really inactive. After I joined, I reinvigorated the student chapter of the organization."

Idowu wrote and secured approval of the constitution and bylaws that allowed the student chapter of PKP to be recognized as a student organization.

He also initiated the first student and alumni get-together and information session. Because of Idowu's contributions, UMKC's student chapter of PKP now has three student vice presidents and more than 50 student members. Idowu enjoys speaking to new inductees at each initiation ceremony.

Despite his high level of involvement, Idowu said he was initially hesitant to join PKP because of the \$40 membership fee.

Idowu said that he was convinced to join by Olson Professor Charles Wurrey, who explained to him how membership could potentially enhance his academic career.

"He made me realize what I could gain by joining the honor society," Idowu said. "He mentioned some of the people who are members - like Chancellor Morton, Provost Gail Hackett and most of the deans on campus. I realized that former presidents of the United States are also in this group, and I became very interested."

In addition to being an influential member of PKP, Idowu is a busy family man and an international student pursuing an interdisciplinary Ph.D.

"It's been very demanding, but I think my greatest motivation is that I love doing what I'm doing," Idowu said. "I am really enjoying it because I like to give back to my community and serve humanity - which is one of the main thrusts of PKP. I always impact people positively, but it takes a lot of commitment, dedication and hard work."

Idowu moved to the U.S. from Lagos, Nigeria, and experienced a difficult first

year away from home. "Life is a lot different," he said. "During my first two weeks here at UMKC, I lost my dear mother back home in Africa. I was devastated, and I went through the pain all alone. I was going to quit my studies at UMKC then because I couldn't travel home for the funeral and I was really sad, but with perseverance, I encouraged myself and I eventually overcame that shock."

Since then, Idowu has started a family of his own, and relies on its support during stressful times. "I love my family. My wife and children are always there for me anytime, especially when I need a break," he said. "Without them with me here, I can't cope. They are such a great blessing."



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Oluseun "Sam" Idowu. Photos courtesy of Oluseun Idowu

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financial corner \$IFE

Less risk, lower car insurance premiums

Like other forms of insurance, a small premium is paid on automobile insurance on a regular basis in order to ensure financial coverage during unplanned events.

Each insurer calculates premiums differently depending on the policy and company.

As a form of risk management, premiums are designed to match various risks.

Any trend, activity, or performance that shows a potential road accident contributes to the cost of car insurance.

For instance, women tend to pay less than men because studies from the National Association of Insurance Commissioners show women are less likely to get into accidents, have fewer speeding tickets and are less likely to drive under the influence of alcohol and other controlled substances.

Moving violations (speeding, running red lights, unsafe u-turns, etc.) can often be amended to non-moving violations if one pays additional fines. Keep in mind that a history of moving violations can hike up insurance premiums, or even worse, lead to a suspended license.

Fighting a violation in court is the best way to get it expunged from a record. Based on a study from Insurance.com, a driver with multiple moving violations could pay up to 50 percent more on his or her premium than a driver who doesn't have a moving violation.

Another risk could be geography. A study conducted last year by Runzheimer International listed which cities had the highest yearly premiums. The top two, Detroit and Philadelphia, had premiums of around \$6,000 and \$4,000, respectively.

This was because of the high crime rates and the high unemployment rates in the two cities. From an insurance company's stand points, these are risk factors for auto theft.

For students, there are several savings possibilities. Students should ask their insurance company about any discounts that could be applied to their student status.

One may be able to receive the discount after only spending a couple hours of your day taking a safe driving class.

Also, many insurance companies offers discounts for multiple car insurance policies.

The most important advice: be a cautious driver. You will enjoy a safer life with fewer fines and lower insurance premiums.

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Health Journal

See Results Part 2: How to get in shape faster

Clean it up in the kitchen

Kharrisa Forte Senior Staff Writer

Exercising properly on a regular basis is a significant component to losing weight; however, only 20-30 percent of the weight stays off.

"You've got to clean it up in the kitchen first," said UMKC personal trainer Shannon Hutsler. "You can work out until you're purple, but if you're eating whatever you want, whenever you want, you're not going to see the results."

Hutsler's personal rule is that if something isn't natural, "I don't need to put it in my body."

"I don't think God grew Cheetos," she joked. "I view food as fuel. We love food in our society, but it is important to think [to yourself], 'What does my body need to function on a day-to-day basis?'"

Instead of making drastic alterations to one's diet, Hutsler believes nutritional health is best achieved in baby steps.

"If you try to take the whole thing on at once, you're probably not going to be successful," she said. "Cut out one thing at a time until the big picture has changed."

Hutsler recommends setting weekly nutritional goals.

For example, someone who loves soda may drink eight-16 ounces daily. The ultimate goal could be to cut soda out completely.

Soda drinkers can set a starting goal to drink a maximum of four ounces a day. During the following week, soda drinkers can reduce their intake every other day, and later only consume soda three days a week and, finally, once a week until soda intake stops all together.

Hutsler said that the bad food needs to be replaced with healthier alternatives, in addition to simply cutting it out. "Pick something like a cup of berries every day," she said. "And by the end of the day - if you're committed - you'll realize that you didn't reach for that bag of chips or bar of chocolate."

She also said there is nothing wrong with taking one's time to combine both eating right and exercising regularly when that person first embarks on a health journey.

"It's okay to say, 'I'm going to eat really healthy, but I'm not going to stress out if I don't get to the gym every day,' and then the next week say, 'Now, I'm going to try to work out a little more,'" Hutsler said.

With determination and perseverance, becoming a healthy eater is attainable. But, what about those times when we have a craving that's almost unbearable to fight?

Stay tuned for the answer in next week's issue with "Feeding the Craving."

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Soccer

Roos prove 'double trouble' for IUPUI, South Dakota



Left: Roos celebrate after Jordan Rideout's goal against Indianapolis. Above: The women's team at practice before a 1-0 win against the South Dakota Coyotes.

Photos by Dan Moreno

Men's victory secures No. 1 or No. 2 seed in playoffs; women's team 'disappointed'

>>See Results on Page 9

Dan Moreno Staff Writer

The men's and women's soccer teams enjoyed a double win on Saturday.

The men's team (7-8-2, 5-1 SL) enjoyed a 2-1 double overtime victory against Indianapolis thanks to two goals scored by sophomore forward Jordan Rideout.

It was Rideout's third overtime game-winner of the conference season, and Saturday's victory guarantees the Roos the No. 1 or No. 2 seed in the Summit League playoffs.

The men's team will compete against Western Illinois this Saturday in the last conference game before the playoffs.

The women's team (6-9-4, 3-4-1 SL) finished its regular season on the road with a 1-0 win against South Dakota.

Both teams had up-and-

down seasons.

The women's team started strong, but fell off in the second half

On the other hand, the men's team had a poor start, losing its first three regular season games, but the Roos turned things around by pulling off some vital conference victories, thanks largely to Rideout.

"Of course, scoring goals feels good, but my main objective is to help the team," Rideout said.

The Roos play a difficult schedule because of 10 away games and competition against highly-respected teams like Creighton, Tulsa and Wisconsin.

"It is very challenging, but our mindset is positive," Rideout said. "We know what we can achieve. We are very excited about the playoffs." At the beginning of the

season, the team struggled to play the way Head Coach Rick Benben wanted. The team included nine new players.

"Adaptation was tough and it took a while for us to actually know each other and play as a team," said junior defender Guerrero Pino.

Even though the women's team ended the season with a victory, the overall record (6-9-4) is not what the Roos wanted.

"We are disappointed," said Head Coach Chris Cissel. "We needed to end the season strongly and we did."

One of the highlights of the season was Nina Tzianos, who replaced starting goalkeeper Jami Finnell in the middle of the season due to a severe knee injury that knocked her out for the season.

Tzianos quickly demonstrated that she could

be trusted.

"At first I was intimidated because I am a freshman straight out of high school," she said. "I was put in a tough situation [when Finnell was injured] so I just wanted to pick up where she left off."

For sophomore midfielder Sophie Rackham the season did not live up to her expectations.

It was "disappointing to say the least," she said.

Rackham is a U.K. native who played in the Women's National Premier League.

Rackham said that she hopes that the Roos' next season will be better.

"We worked tirelessly every day," she said. "The results were not what we expected, but on the other hand, our team chemistry improved a lot."

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Player Profile

Sarah Meiners: 'I can't stop running'

Dan Moreno Staff Writer

Senior Sarah Meiners runs 85 miles a week to stay in shape for UMKC's cross country team.

Her diligence has paid off. In 2011, Meiners earned First Team All-League honors for a fifth-place finish in the Summit League Championships.

In the 2012 league meet last Saturday, she led the Roos with a 6k time of 23:92.2, good for 22nd place.

Meiners, a biology major, started running during her junior year of high school at St. Francis Borgia in her hometown of Union, Mo.

"I fell in love with it [running] and started getting pretty good," she said.

In addition to cross country, Meiners also participated in softball, swimming and basketball during her high school career, but she was faced with the decision of which sport to pursue in college.

Meiners said it was a tough decision, but she picked the one she most enjoyed.

Meiners is passionate about biology, and did not hesitate to select UMKC as her ideal university. Her love for cross country also paid off.

"I knew UMKC was a really good school for biology, and they were recruiting me for cross country," she said.

Meiners has ambitious goals for the current cross country season.

"My goal this year is to win the conference," she said. "It would also be a big honor to get the first league award - that would be great as well."

Meiners wants to continue running for the rest of her life. After graduation, she plans to continue by participating in marathons.

"I pretty much can't stop running," she said. Meiners said running is in her blood, while also mentoring how the coaches and runners provide a great atmosphere and camaraderie.

"We all have a great relationship. They are my best friends," she said. "I could not imagine a better team with better coaches. We are blessed."

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Senior Sarah Meiners has led the cross country team to success. Photo by Dan Moreno

Meiners said it can be difficult to balance school with cross country.

"Fortunately, I am very good with time management and my grades are good," she said.

However, she admitted that being an athlete is time-consuming and requires her for forego parties and the laid back fun other students enjoy.

"You have to realize that when you are in the middle of the season, there is no social life," Meiners said.

Meiners would like to eventually earn a Ph.D. in biology and pursue a related career.

"I am really excited about the future," she said. "I want to teach in the university and run for the rest of my life."

Men's Soccer season results

Table with 4 columns: Date, Opponent, Score, Result. Rows include Southern Methodist University, Rockhurst, Tulsa, Missouri State, Saint Louis, Baker, SIL - Edwardsville, Florida Atlantic, Florida International, Fort Wayne, Central Arkansas, Eastern Illinois, Oral Roberts, Drake, Oakland, Creighton, Omaha, Wisconsin, Indianapolis.

Women's Soccer season results

Table with 4 columns: Date, Opponent, Score, Result. Rows include Graceland, Oklahoma State, Oral Roberts, Southeast Missouri, SIL - Edwardsville, Green Bay, Saint Louis, Tulsa, Creighton, Drake, Alabama A&M, Missouri State, Western Illinois, Purdue University, Omaha, Oakland, Fort Wayne, South Dakota State, North Dakota State, South Dakota.



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Above: Dr. Deep Medhi has seen network technology expand more than he could have ever imagined when he first studied networks in the 1980s.
Left: GpENI setup in NeTReL, a network researching lab on the fourth floor of Flarsheim Hall. The computers are all part of the GpENI network, a research prototype for programmable virtual networks of the future.
Below: This CPU and others are nodes are part of the GpENI network.
 Photos by Sai Srikar Kadiyam



Computing and Engineering professor researches gigabit application technology and programmable virtual networks

Nathan Zoschke Editor-in-Chief

Dr. Deep Medhi has grown up with the Internet. His early access to Internet was through dial-up at home in the mid 1980's using a 300-bps teletype terminal that didn't have a monitor. In 1985, he took a graduate-level topics course that discussed computer networks. He had no idea that the same material would be covered in introductory-level undergraduate courses two =later. "Half of it went over my head [at the time], but part of my work later was on optimization algorithms and parallel algorithms over a network," Medhi said. In the early '80s, the Internet consisted of a few small networks linked together, mostly in academic and research settings- local "intranet" networks by today's standards. Emails consisted of basic text file transfers. "I'm probably one of the oldest email users on campus," Medhi said. He first started using email in 1984 as a graduate student at the University of Wisconsin-Madison. He recalled working on his doctoral thesis, which he completed in 1987. At 264 kilobytes, it took several minutes for the file to transfer. There was no such thing as a "search engine" or an "email attachment," and the highest volume data transfers consisted of compressed TAR and Postscript files, which first needed to be converted to a text file to be sent by email. Companies like Microsoft and Apple were a shell of the corporate giants they have become. After a brief career working on call routing in telephone networks at Bell Laboratories, Medhi joined UMKC in 1989 and began teaching Internet discourses in the early '90s. Now a Curator's Professor of Computer Science and Electrical Engineering, Medhi's

research is part of a global, multi-site virtual laboratory that explores computer networks of the future. Known as GENI (Global Environment for Network Innovations), the project is sponsored by the National Science Foundation and administered by Raytheon's BBN Technologies. The massive undertaking coordinates dozens of studies conducted by researchers from across the globe. Medhi is a member of the Great Plains Environment for Network Innovations (GpENI), a collaboration between UMKC, Kansas State University, the University of Kansas and the University of Nebraska- Lincoln. GpENI uses a three year, \$462,500 grant from the National Science Foundation to create programmable networks. Medhi said that a 30-year old protocol is still the foundation for the Internet and other computer networks. He considers such networks the third breakthrough in a series of revolutions in electronic communication that began with the invention of the telegraph and telephone in the 1800s. "We have to start thinking about a fourth mode, a new paradigm for communication," Medhi said. From a lab on the fourth floor of Flarsheim Hall, Medhi and his team have begun work on a programmable virtualized network that has been accessed from across the globe. Medhi said loading a web page could be compared to a convoy of cars going through a series of traffic lights, each representing a router. This causes data files to be delayed. Routers in the future would need a new paradigm, sort of like switching traffic lights without increasing delay, so that users do not perceive delay when web pages are loaded or

while watching videos. Medhi's work involves network virtualization, the use of certain remotely-accessible nodes (servers) which could be used as routers (software) to create an experimental network for researchers. GpENI and other projects under the GENI umbrella seek to improve user experience through customizable solutions for network virtualization. By virtualizing networks, the need for multiple stoplights (routers) is eliminated.

“We have to start thinking about a fourth mode, a new paradigm for communication.”
-Dr. Deep Medhi

"It's like driving on a multi-lane highway instead of a neighborhood street," Medhi said. "[This] is a way to dynamically allocate traffic. Why can't there be different network models for people to choose from?" Virtualized networks can be customized for use by households, businesses and other organizations, such as colleges and universities. The primary limitation is the amount of work required to maintain a customized virtual network. "Virtual networks won't be very costly, but they require a lot of TLC [tender, loving care]," Medhi said.

GiDE and virtual orchestra performances

Medhi has teamed up with two other Curator's Professors at UMKC to develop a prospective application that will use gigabit technology to facilitate real-time virtual orchestra performance. Medhi and SCE professor Dr. Baek-

Young Choi are working together with Curators' Professors Drs. Paul Rudy and James Mobberley of the Conservatory of Music and Dance to develop the technology for GiDE. Short for "Gigabit Distributed orchEstra," GiDE seeks to enable musicians from remote locations to participate in an orchestra performance. High-quality audio and video streams would allow musicians to play together and communicate with the conductor in real-time. The performance could be streamed worldwide, with the appearance that the orchestra is playing together at the same venue. Both GENI and Medhi's research on GiDE are also a part of U.S. Ignite, a national public-private partnership that was created in June 2012 by an executive order from President Barack Obama. U.S. Ignite aims to develop new real-time applications that will take advantage of gigabit networks, which are capable of running up to 100 times faster than conventional broadband Internet connections. Latency, the lag created by slow network connections, is an obstacle to the commercial release of such applications and technology. However, as network bandwidth continue to increase, customizable networks and gigabit applications like GiDE will become more commonplace. After witnessing more than 30 years of computer innovations, Medhi sees change as something to be embraced. Both GiDE and GpENI could have a considerable impact on education. "We can't think of education as static anymore," he said. "The fundamentals are still important, but there is a short half-life for [technology]. Our role is to identify that half-life and look at the future."

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The history of Halloween

Riley Mortensen Senior Staff Writer

While Halloween is typically thought of as the colorful time of year when leaves turn glorious shades of red, orange, and yellow. Pumpkins appear for sale in grocery stores, Halloween festivities can be found everywhere. Although many see it as another holiday, the significance and symbolism of Halloween can be dated far back.. This highly commercialized holiday many Americans participate in is merely adapted from the original holiday. Halloween was referred to asw Hollows' Eve in medieval Christianity, but may actually date farther back than medieval times. "The belief that the dead come back to life goes back

before pre-Christian times," said Professor Gary Ebersole, the chair of the history department at UMKC and an expert on comparative religions. "In Medieval Christianity it was the day when the dead come back and get a taste of what the Second Coming will be like at the end of the world." Ebersole mentioned that the holiday is still on the liturgical calendar in many churches. Over time, Halloween has transitioned from a religious holiday into a festival for children, which non-Christians also celebrate. This version of Halloween emerged much later. "The American event started around the 19th century," said Ebersole. "It's a part of immigration history that has been adopted and adapted over time."

Continued on Page 12



TATTOO

of the week

Tattoos may be regrettable, but removal can be worse

Kynslie Otte

Senior Staff Writer

For as long as tattoos have existed, there have been primitive forms of tattoo removal. The most common method today is laser removal, but before its invention, those who were regretfully inked relied on other questionable methods.

Early methods of tattoo removal included dermabrasion, TCA (an acid that removes the top layer of skin and reaches the layer where the ink resides), salabrasion (rubbing the skin with salt) and even the injection of lime, garlic, wine or pigeon excrement. Though methods of tattoo removal have become more advanced, removal is still a long and expensive process. Laser removal is a process in which tattoo ink is broken up and absorbed by the body through natural processes. The ink begins to fade, similar to how it would over time or from overexposure to the sun. The ink reacts to a certain spectrum of light depending on pigment, and darker pigments react more favorably to the treatment. Greens, yellows and fluorescent inks are more difficult to remove.

Laser removal is done in several sessions in order to avoid scarring. Depending on the size and color(s) in the tattoo, four to eight sessions are required for complete removal, and the removal sessions must be four to six weeks apart. Scarring also depends on the tattoo's location. Thinner skin is prone to scarring,

and thicker skin tends to heal more effectively.

Laser removal is currently the most common form of tattoo removal, but it is not 100 percent effective. The success of tattoo removal largely relies on each patient's immune system. Generally, the healthier a person is, the better the results will be.

The pain involved in laser removal has been compared to that of a "slap" from an elastic band or hot oil on the skin, but the patient's pain tolerance determines how uncomfortable the process can be.

Additionally, the results from laser removal can be less than satisfactory. Immediately after treatment, the skin may appear white and raised, and the patient may experience pinpoint bleeding. A crust will form over the entire tattoo, and will peel off approximately 14 days after treatment. For roughly half of those who undergo laser removal, changes in skin pigmentation may occur, and can last from six months to several years.

For those who choose to undergo the long process of laser tattoo removal, each session can cost anywhere from \$200 to \$1200, depending on the tattoo's size.

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 kotte@unews.com.

kotte@unews.com

History of Halloween: Continued from Page 11

Most sources attribute Halloween's emergence in the U.S. to the Celts. The ancient feast of the Celts called Samhain, or the Celtic New Year, was thought to be a time between Oct. 31 and Nov. 1 when the wall separating the worlds of the living and the dead was opened so that spirits and ghosts could pass back through.

Ebersole said in America, part of the holiday is just good business. He added that political masks and Big Bird costumes are far removed from the holiday's original purpose, but are not necessarily unauthentic.

The symbolism behind trick-or-treating, Ebersole said, involves the belief that participants can buy off the spirits of the dead.

"When travelers came to crossroads in particular, the spirits of the dead lurked," Ebersole said. "Trick

means malevolent or causing trouble, unless you bribe them."

Other traditions, like bobbing for apples, are a coincidence. Halloween has always been celebrated around harvest time, when apples are picked.

Halloween is celebrated by different cultures across the world. In many Asian cultures, the holiday is called the Festival of the Dead, and is associated with the harvest in Asia. In Mexico, the culture celebrates "Dia de los Muertos," or Day of the Dead, which falls on Nov. 1.

Almost every culture celebrates a version of Halloween. It's safe to say humanity's fascination with the dead simply can't be left alone.

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Photo by Ryan LaFave

30 Minutes in the Master Class

Conservatory students learn to weave life into sound

Joey Hill

Staff Writer

Among the many performances and concerts held by the Conservatory, the Master Class events allow Conservatory students to perform and then receive a critique from visiting musicians. These classes are free and open to both students and the general public.

The Chamber Music Master Class on Oct. 25 was overseen by the Jasper String Quartet, recent winners of the Cleveland Quartet Award of 2012. The Jasper String Quartet has been together since 2006, and participates in musical outreach programs across the country.

A trio of Conservatory students, consisting of a violin, piano and cello, performed a piece by French

composer Maurice Ravel. It's known as an extremely technical masterpiece, requiring all three musicians, violin, piano and cello to be performing expertly well.

After the students finished the first movement, two members of the quartet helped fine-tune the piece, emphasizing the importance of animating the sound.

The violin sounded sorrowful and sharp, complementing the cello's deeper exclamations of hurt. Both the violin and the cello play around the piano at times.

It is a gratifying experience to watch a chamber music group perform.

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All Around Kansa City: Hookah Bars

These spots will hook you up with hookah

Mal Hartigan

Managing Editor



Hookah Haven: 3631 Broadway

This new hookah lounge entices customers with a clean, distinguished interior and friendly staff. Hookah Haven's interior is predominantly red, and includes attractive decorations, such as genie lamps that sit on the bar.

Customers can sit in booths sectioned off by bamboo-esque panels that create a private and exclusive smoking experience.

The staff is knowledgeable about the wide variety of shisha options offered by the lounge and recommends different shisha combinations that pleasantly complement one another.

Prices for hookah range from \$10 to \$30, depending on

whether customers mix several varieties of shisha together.

Hookah Haven advertises live DJs who spin mixes of international electronic music, and also offers coffee and tea.

Hookah Haven runs various daily specials 5-9 p.m.

Hours: Monday - Thursday: 5 p.m. - 1:30 a.m.

Friday - Sunday: 5 p.m. - 3:30 a.m.

For more information, call the lounge at (816) 756-5470.

Photos by Sai Srikar Kadiyann

Ali Baba Hookah: 3421 Broadway

Ali Baba's interior is clean, but the strange chrome paneling throughout the lounge and neutral-colored seating makes for a moderately aesthetic appeal. The venue serves tea and other beverages to complement a customer's smoking experience. Shisha and beverages are decently priced, but are not notably cheaper than other nearby hookah lounges.

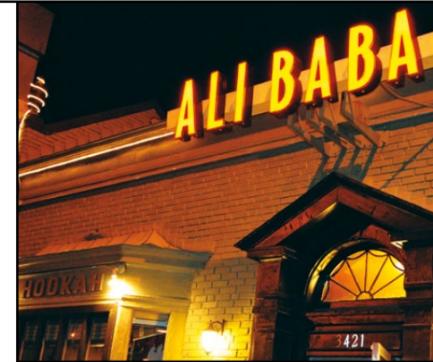
The staff can be slow when serving beverages or setting up a customer's hookah, which provides a mediocre experience.

Ali Baba offers the usual shisha options, such as watermelon, apple and rose. The lounge is not notably superior to its other nearby competitors. Online reviews suggest employees are impatient and may prompt customers to leave before the specified closing hours.

Hours: Monday - Friday 1 p.m. - 2 a.m.

Saturday 2 p.m. - 3 a.m.

Sunday 3 p.m. - 2 a.m.



Jerusalem Café and Hookah Bar: 431 Westport Road

Jerusalem Café has remained one of Kansas City's most popular hookah lounges for the past 20 years, and strives to "offer a unique, relaxed environment" for hookah smokers, according to its website.

Jerusalem Café has a large variety of shisha, which is available to smoke at the café and for purchase if a customer personally owns a hookah.

Upon entrance, customers are introduced to the café's casual atmosphere and interior. Located on the first floor, the restaurant features booths and tables where customers can eat authentic Mediterranean cuisine. The menu includes items such as lentil soup, gyros, hummus and falafel.

Jerusalem Café's hookah bar is located on the second floor. Customers must climb a daunting set of stairs to reach the upper-level hookah bar. Along with a dimly-lit room, the hookah bar has a back deck if fresh air is preferred with the experience.

The staff is always friendly, and will help new customers select which shisha options to smoke.

Hours: Monday - Thursday: 6 - 11:30 p.m.

Friday - Saturday: 6 p.m. - 12 a.m.

Sinbad's Café and Hookah Lounge: 3929 Broadway

Sinbad's always has friendly and welcoming employees who happily suggest which shisha flavors to mix or which beverages to try.

Employees often perform electronic music numbers on a keyboard and microphone during the weekends, and allow interested customers to occasionally perform their own music. Sinbad's notorious employee, Sami, often entertains late-night customers with impressive songs on the keyboard.

Sinbad's shisha is reasonably priced, but only two customers can smoke from one hookah. Two customers can smoke for an average combined total of \$12-\$18.

The interior is casual but clean, and customers can sit in booths or chairs.

Sinbad's is ranked as one of Kansas City's best hookah bars because of its friendly service. Employees know many customers on a first-name basis, and strive to become acquaintances with regular customers.

Hours: Sunday - Thursday 5 p.m. - 1 a.m.

Friday - Saturday 5 p.m. - 2 a.m.

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News about
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concert review

Heavenese meshes Japanese soul, gospel music

Kharissa Forte
Senior Staff Writer

The Gem Theater at 18th and Vine was packed Sunday, Oct. 21, for a free concert by Christian Japanese group Heavenese. Organized by Christian radio station, 107.9 FM the Fountain, proceeds from merchandise sold at the concert went to aid victims of the March 2011 earthquake and tsunami that devastated Japan. Heavenese is a 13-person act led vocally by a married duo, wife Kumiko and husband Maré, who also is the group's pianist.

The group isn't well known in the U.S., but the theater was nearly full as enthusiasts of Christian music came to hear Heavenese's innovative sound.

Signed to Sheila E.'s record label, Heavenese gives credit to its founder, gospel singer and producer Andraé Crouch, for creating a sound "that meshes Japanese soul music and gospel music into a new art form."

The group's unique style is a creative collision that blends popular western qualities of gospel and hip-hop with traditional Japanese instruments.

The traditional instruments included taiko drums—a wide drum that resembles a giant bongo, a skakuhachi—a bamboo flute that

looks similar to a clarinet, and a shamisen—a Japanese string instrument that seems to be a fusion of a banjo and a small percussion instrument.

Along with the traditional instruments, the group is complete with lead and background vocals, drummers, a keyboardist, bass guitarist, saxophonist, rapper and a tap dancer who executed a remarkable solo routine.

The show began with an enticing video of Japan's Christian history. The film featured a musical score, giving the theater an opening-night action movie feel.

A brilliant act by the group's male and female drummer duo followed. The duo performed a difficult choreographed dance while simultaneously playing the drums. The two executed a variety of tricks, leaping over their drums and flipping drumsticks into the air, all while in rhythm.

Between sets, onlookers were astounded by live samurai fight scenes. Three men battled each other with swords and a staff-like weapon called a "bo." The audience gasped at dangerous maneuvers and applauded the routines.

Each set was entertaining, but the most exciting part was when local Christian rapper J-Blast joined Heavenese on stage as a fill-in



Photo courtesy of Heavenese

for three of the group's original songs.

"The rapper that's a member of the group couldn't make it," J-Blast said, "so they asked the station if they knew anyone that could write to their songs to fill in. I was blessed to be asked to do it. I had to say yes."

The show concluded after an outro set, but the crowd wanted more. Heavenese returned to perform one last song. The audience members jumped to their feet, clapping, dancing and singing along in one unified groove.

"There was nothing missing," said Sierra Warren, a UMKC alumnus and co-host of the station's holy hip hop radio show Concrete Truth. "Every instrument played such a special role in the overall performance. It was overwhelming, in a good way."

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film review

'Silent Hill: Revelation 3D' should not be seen or heard

Elizabeth Golden

Managing Editor

Clowns, tight spaces, darkness, cliché camera angles, asylums and every other stereotypical nightmare scenario are used in the making of "Silent Hill: Revelation 3D." It's also in 3D, since everyone knows a movie would not be complete without this overly hyped aspect. "Silent Hill: Revelation 3D" comes complete with trite horror, along with an extra level of beyond-creepy creepiness.

Based on the video game franchise, "Silent Hill: Revelation 3D" follows the life of Sharon (Adelaide Clemens), also known as Heather, and her father, Christopher (Sean Bean), who have been on the run for many years. As Heather has nightmares of mysterious creatures, she is unaware of the realistic aspect of her dreams. These creatures come from Silent Hill, where ashes fall like snow and darkness rules the land.

After the introduction of several unnecessary characters, Christopher goes missing, and there is only one single clue written in blood on the wall: "Come to Silent Hill."

We cannot forget to mention Heather's love interest, Vincent (Kit Harington), who also witnesses this horrifying

event. This is a good example of how the majority of horror movies employ a love interest to somehow get the audience more interested in the character's well being. This film, along with the bulk of others, fails in this attempt. No one will care, regardless of how cute the guy may be. Vincent, however, does play a fairly interesting part, which, due to spoilers, shall not be given away.

This film uses two aspects of films I hate more than anything: horror and 3D.

Let me begin with explaining the god-awfulness of the horror portion. In fact, horror wouldn't even be the correct term to explain this sad excuse for a film. Creepy would be a better word, but unfortunately, there is no category of film called "creepy." As mentioned above, all aspects of nightmares appear in this film at some point, even for no apparent reason. Clowns are used as a scare tactic, but serve no greater purpose than to scare those who fear them. Same goes for knives, mannequins and spiders. No actual spiders appear in this film, but instead there is a creepy spider-like object with eight attached mannequin heads.

The majority of the film also employs gross-out horror. Blood and guts are not scary, especially when they're coming

at the audience in 3D. I really would prefer not to feel like I'm being sprayed with the remainder of someone's guts.

Despite the 3D being used for disgusting scenes, "Silent Hill: Revelation 3D" does put the unnecessary up-charge to good use. Unlike films that use 3D simply for extra profit, "Silent Hill: Revelation 3D" has the added advantage of a life-like feel with objects popping out. Audience members feel like they could be in Silent Hill as ashes fall to their side. However, the large price for this small feature is not worth it. The \$4 spent on 3D could be put to better use, by purchasing a fourth of a bag of popcorn or half of a drink at your local movie theatre.

Overall, this film has nothing going for it. The acting is horrible, the directorial style is cliché and the storyline is nonexistent. This film seems to be a collaboration of horror stereotypes, or more accurately, this film is where all other horror movies went to die.

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Ask Phoenix

Phoenix Rishon
Columnist

Dear Phoenix, I cheated on my boyfriend, and now I do not know what to do. I do not want to break up with him, but I am scared to tell him. What should I do?

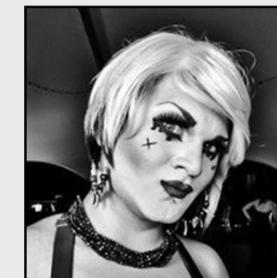
Dear struggling partner,

Everyone knows relationships are difficult to maintain and often result in heartache. This can be found in nearly all movies, books or social networking sites. The topic of cheating is difficult to discuss because so many people have been in your, or your boyfriend's, shoes. Neither of you want the relationship to end, but you made a poor decision that may facilitate a breakup, if and when he finds out. Everybody has a different method to deal with it, and conflicting advice from several people can cause extreme confusion.

You should be under the impression that he will inevitably find out, whether from you or someone else. Unless you are in a long-distance relationship, your partner probably talks to many of the same people as you, which increases the likelihood that he will find out. It is much better if you tell him instead of letting him find out from someone else. If you plan to stay with him for the rest of your life, do not mislead him into believing that you are a completely faithful spouse. Honesty and communication are essential components of any genuine relationship. I have heard stories of relationships that heal even after a partner is unfaithful because both communicated honestly instead of keeping it a secret. So it is possible to heal, but it takes those key components along with time and effort to rebuild trust.

If you are in a long-distance relationship, however, infidelity has the same magnitude, but the cause of the act may be more easily understood. A lot of sexual, emotional and mental frustration can result from the strain of separation. The one you love is in a different zip code and all the two of you want to do is exchange physical touch. If your head is currently stuck in the gutter, call for help, because I am not just talking about sexual intercourse.

While intercourse is important and meaningful in some relationships, never underestimate the power of a simple hug.



Everyone needs meaningful physical contact like a hug or a kiss. Therefore, infidelity may be more understandable to the betrayed partner, but is no excuse or justification for the act.

A final note is to never repeat the infidelity. If you feel guilt from doing it once, how do you think you will feel if you repeat this act? In addition to seeking your partner's forgiveness, you need to forgive yourself as well. Many people who make the same mistake will mentally beat themselves up over it until their mental state resembles that of Eeyore. If you cannot forgive yourself, it can damage more than just your relationship.

I hope this helps. This is a difficult situation, but remember that if this relationship fails, pick yourself up, learn from it and continue on with your life. It may cause heartache and struggle, but life will go on.

Toodles for now,
Phoenix Rishon

Questions can be submitted by email to
rishon@unews.com.

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Opening the trap door: A look into Kansas City's haunted houses

Riley Mortensen
Senior Staff Writer

A venture to Kansas City's West Bottoms would serve visitors well with four haunted houses to choose from. Fears will be unmasked while walking or running through the numerous floors filled with ghoulish goblins and eerie atmospheres.

According to Amber Arnett-Bequeaith, vice president of Full Moon Productions, the four haunted houses in the West Bottoms draw in 100,000 people each fall.

Full Moon Productions was created by

Arnett-Bequeaith's grandmother, mother and uncle when she was five years old.

The Beast, The Edge of Hell, Macabre Cinema and The Chambers of Edgar Allan Poe are owned by Full Moon Productions. All the profits from The Chambers of Edgar Allan Poe and Macabre Cinema go directly to the Dream Factory, a non-profit charity organization that grants dreams to children with critical or chronic illnesses.

Arnett-Bequeaith said it would be impossible to pick her favorite haunted house. It would be like "asking me to pick a favorite of my four children. They each have

their own qualities that make them special," she said.

"For each person, they're different," Arnett-Bequeaith said. "Some people may come here and say 'Oh, I really thought The Edge of Hell was the best,'" and someone else may say, 'No, Macabre Cinema was awesome.'"

Arnett-Bequeaith said she doesn't have time to visit other haunted houses, and said many people come to the West Bottoms and copy elements of their houses, which she dislikes.

"We're more into haunting than gore,"

Arnett-Bequeaith said.

She prefers unique elements, and though the haunted houses are permanent installations, they change the routes each year and add new scares.

The haunted houses are only open seasonally, and the rest of the year, to the company must find other ways to maintain its income.

Arnett-Bequeaith said the company has to pay for the buildings' maintenance all year. After Halloween, the spaces are often leased out for events such as First Fridays.

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Haunted Houses:

The Beast
Number of actors and actresses: 60-70
Established: 1991
Former use of the building: John Deere Headquarters
Number of floors: four, with a four-story straight slide
Drawing attraction: The Beast is based on the fear and phobia of being lost, and visitors have to find their own way out. No guide is provided.
Something unique about The Beast: Multiple publications and websites have ranked The Beast as one of America's scariest haunted houses.

The Edge of Hell
Number of actors and actresses: 50
Established: 1975 - the oldest commercial haunted attraction in the U.S.
Former use of the building: warehouse
Number of floors: five
Drawing attraction/unique angle: The Edge of Hell is where customers will find Medusa, which is a 25 foot 2 inch long eight year old Reticulated Python. This python holds the title of longest snake ever in captivity for the Guinness Book of World Records.

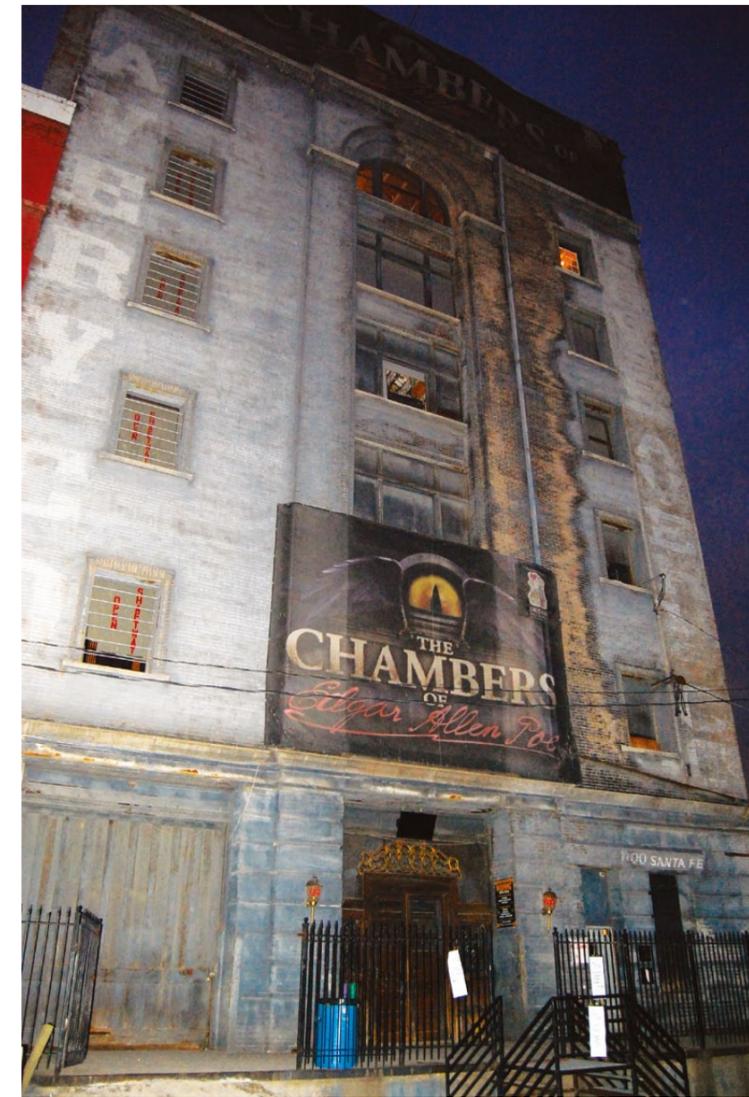
Macabre Cinema
Number of actors and actresses: 45-50 actors and volunteers
Established: 2007
Former use of the building: warehouse
Number of floors: four
Drawing attraction/unique angle: Macabre Cinema is a haunted 1930's movie theater where customers pass through a slit in the screen and become the victim in the movie sets. The cinema includes real sets from "The Mummy King," "Scorpion" and "Killer Clowns from Outer Space."

Admission prices vary by haunted house, but start at \$20. Combo tickets are available for The Beast and The Edge of Hell. The quad ticket admits customers into all four houses one time, and is the best value. Price specifics and directions can be found at www.fullmoonprod.com.

The Chamber of Edgar Allan Poe
Number of actors and actresses: 45 actors and volunteers
Established: 2007
Former use of the building: warehouse
Number of floors: four
Drawing attraction/unique angle: This haunted house is a literary walkthrough Poe's writings, and features a recreation of his gravesite on the 4th floor.

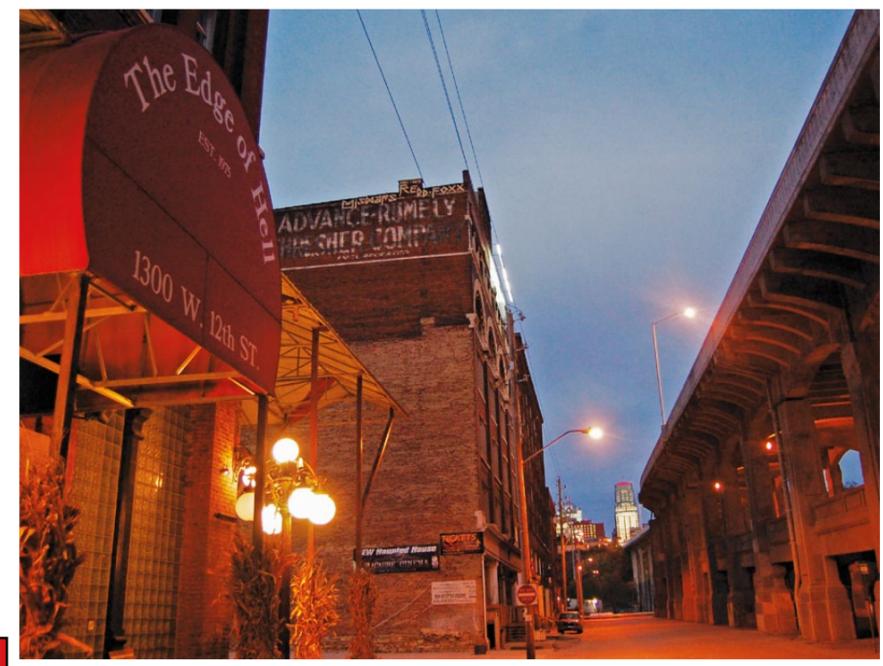
Macabre Cinema scares audience members by transitioning into the horror movie portrayed onscreen.

Photo by Riley Mortensen



The West Bottoms becomes a scary neighborhood when Halloween rolls around.

Photos by Riley Mortensen



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Daylight Savings Time

When 'fall back' means getting ahead on your sleep

Michelle Heiman

Copy Editor

The official time will be adjusted one hour back at 2 a.m. on Nov. 4.

Daylight Saving Time (DST), first implemented during World War I, was created to help us adjust the daily happenings of our lives to the earth's movements and changes in sunlight throughout the year.

Because of the way the earth rotates around the sun, daylight lengthens starting before the spring, but those added daylight

hours tend to be in the early morning.

The fall back change happens when the daylight hours shorten and morning hours in the Northern Hemisphere are dark, so we change the clocks in order to wake up at a time when the sunlight hours encapsulate the bulk of our days.

In essence, it was decided that daylight was being "wasted" during the summer hours when daylight lengthened. DST was created to "save" those daylight hours and use them in our clock-based world.

The advantage to such a change

in the fall is obvious – when you change the clock from 1:59 a.m. to 1 a.m., you gain an hour of sleep that night. You get to wake up one hour later.

For the average person, this may be a one-night convenience. However, for the college student who gets an average of four or five hours of sleep each night, this one-night change is a needed respite.

Sleep comes easier during dark hours, and waking is easier during daylight. There are also many potential energy-saving components. If we're asleep during

the dark and awake during the light, we use less electricity for lights.

Overall, while I love the extra hour of sleep in the fall and despise losing it in the spring, I recognize the benefits DST gives society. Now I simply dread the second Sunday in March when I lose an hour of sleep.

Just remember to change your clock and enjoy the extra hour of sleep while you can.

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Michelle Heiman

Kicking the curse of holiday weight gain

Halloween's sweet tooth cravings are hard to stave off

Kharissa Forte

Copy Editor

I always loved Halloween. Growing up, I anticipated the holiday that gave me permission to dress up like the star I knew I was born to be. I have since come to know Halloween as the day I start to gain weight.

It's no secret that Thanksgiving and Christmas meals are the holidays that lead to the number one New Year's resolution of losing weight. Usually, this resolution is a mere broken promise that millions of other hopeful Americans, including me, pledge and fail to achieve year after year. I think back

to all the turkey, dressing, yams and ham with a scowl of regret and disappointment.

The Halloween candy binges are often left out of the equation.

With Halloween going down this Wednesday, I've been conjuring up what candy to give away.

As I sat at the kitchen table pondering whether to dish out sweets or sours, my daughter Jalyn asked me if I knew what bobbing for apples was.

I told her, "yes," and explained how it worked.

My astonishingly wise 6-year-old little girl looked up to me and said, "Apples are healthier than candy."

From the mouths of children.

And that's when I had my "a-ha!" moment that Oprah always talks about.

Kimberly Amadeo, President of *WorldMoneyWatch.com* and author of "Beyond the Great Recession: What Happened and How to Prosper," said that 71.5 percent of Americans plan to celebrate Halloween this year. Spending for candy is estimated to almost reach \$8 billion. Each household is expected to spend approximately \$21 on Halloween treats.

That's a lot of candy!

Most likely, households with children who go trick-or-treating will bring home more candy than they brought to give away.

It isn't uncommon for people

who don't roam the neighborhoods in search of bite-sized delights or who don't pass out candies at all to buy a bag or two for themselves. Many people consume more candy than they pass out.

And – if you trick-or-treat right – households will take in enough candy to last several weeks.

In fact, it's practically enough to last until Thanksgiving.

We all know what happens after Thanksgiving: lots of leftovers and holiday partying from then to Christmas and a final hoo-rah for New Year's Eve.

There you have it.

Halloween is the official kick off to the despicably disastrous holiday weight gain dilemma. Perhaps it



Kharissa Forte

really is a cursed day, after all. This year, it's time to kick the habit and ward off the haunted spirits of high fructose corn syrup.

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Shrinking the middle: Moderate candidates suffer from party polarization

Elizabeth Golden

Managing Editor

The diversity of political opinions in the U.S. becomes obvious at the onset of the election.

Unfortunately, parties are portrayed as rigid polar opposites. Republicans are conservative, and Democrats are liberal. There is no realm in between. Everyone must identify as a Republican or Democrat, and as a result, all Republicans must support the death penalty and oppose abortion and same-sex marriage. College students must be liberal because those who aren't are intolerant and against freedom, apparently.

These are just some of the stereotypes that have come to typecast everyone into the current two-party political system.

As someone who identifies as a moderate independent, I find this system repulsive.

I'm sick of media portraying Republicans as being automatically conservative and Democrats as being automatically liberal. This makes it nearly impossible for any moderate candidate to win an election.

PACs and other outside groups

representing their agendas fund candidates who are loyal to one party while pouring money into stopping more moderate candidates in primary elections.

According to Oklahoma Representative Dan Boren (D), members of Congress are pressured not to vote for bills that go outside of their party obligation.

"If you're not 100 percent pure with that group or party, you're targeted," he said.

Due to the "party requirements," a recent *New York Times* article stated that moderate members of Congress are slowly being pushed out.

"We don't have a Congress anymore, we have a parliament," said Representative Jim Cooper of Tennessee, one of the last moderate Democrats in Congress.

"We moderates are an endangered species, but we are also a necessary ingredient for any problem solving."

As much as the American people express strong interest in having a majority that represents bipartisan interests, Cooper continues to compare the current political system to Hollywood.

"Most people say there is too much violence and sex, but those are the only tickets that sell," he

said.

Cooper, along with several other Congress members, believes this is primarily due to the redistricting of districts as the corrosion of a moderate Congress began a decade ago.

"Some candidates don't even have to wake up on Election Day to win," said Representative Steven LaTourette, a Republican from Ohio. "I have not seen yet a redistricting proposal that is anything other than trying to favor one side over the other."

Former California Governor Arnold Schwarzenegger, a moderate Republican, spent the majority of his career targeting partisan deadbeat politicians and had a strong dislike for the party system.

He pushed for candidates to run in the primaries without a political affiliation, so two candidates of the same party could essentially run against each other in the finals.

"Partisanship is the No. 1 enemy," he said. "We can't move forward on the most important things plaguing our country."

As hard as it may be to get elected as a moderate, it's even harder, if not impossible, as a moderate independent.

According to a 2011 Gallup poll, nearly 40 percent of Americans identified themselves as independent, but George Washington was the only independent presidential candidate to be elected.

Illinois, Maine, Rhode Island, Texas and Minnesota are the only states to have ever elected an independent as Governor. Currently, Joe Lieberman and Bernie Sanders are the only independents in the Senate, but both caucus with the Democrats.

The Office of the Clerk on the White House website states that out of the 435 members of Congress, the two mentioned above are the only ones who identify as independent.

If 40 percent of Americans identify as independent, why is it still so hard to be elected as an independent candidate? Why can't a Republican be elected with a pro-abortion/pro-same-sex marriage stance? Why can't polarized politicians realize they don't have the right to decide what someone does in their personal lives?

Part of the problem is that although so many identify as independent voters, they refuse to vote for an independent candidate



Elizabeth Golden

because they feel that their vote is being 'thrown away.'

The resulting choice is between the lesser of two evils.

Although the current system may prove irritating and ineffective, nothing can really be done in the short run.

Moderate candidates still won't receive funding and votes, and biased politicians will continue to rule the land.

I can only dream that one day there will be hope for all of us who despise the current political system to have the opportunity to vote for a viable independent candidate who is not simply a stereotype of his/her political party.

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Halloween or *Día de los Muertos*?

Dan Moreno

Staff Writer

Muertos is not Mexican Halloween. Even though the dates are close and the themes are similar, they are two different holidays. I, like many others, celebrate both.

Día de los Muertos is a solemn time to commemorate and lovingly remember relatives and friends who have passed away. Although it may seem depressing, this festivity is a joyous celebration. In this sense, it is different from the notion of evil spirits and creepy-crawlies that come back to haunt at Halloween.

My favorite things about *Día de los Muertos* are the offerings. Altars are set up in homes and public places to remember loved

ones. Offerings range from the very humble to the exuberant, but they are all equally symbolic and heartfelt. It is believed these offerings serve as a connection between the living and the dead since the spirits come back to visit during this holiday and partake in the offerings.

Last year I set up my own altar in my apartment. I did it for two reasons. First, there were three people I lost last year, to whom I wanted to pay my respects. Second, I wanted to feel closer to my culture and express the pride I feel for my Mexican roots.

On the other hand, Halloween

in the U.S. is all about having fun. It's all about wearing costumes and enjoying a good fright. It certainly has its own history and Old World roots, but the way we celebrate it today seems to be disconnected from these roots. I think Halloween doesn't have a sense of reverence and solemnity compared to *Día de los Muertos*.

I wouldn't dare choose a favorite between these two holidays. Halloween has always appealed to my love of costumes and masks. *Día de los Muertos* represents the traditions and memories of my childhood and culture. I'm grateful and fortunate to celebrate both.



Dan Moreno

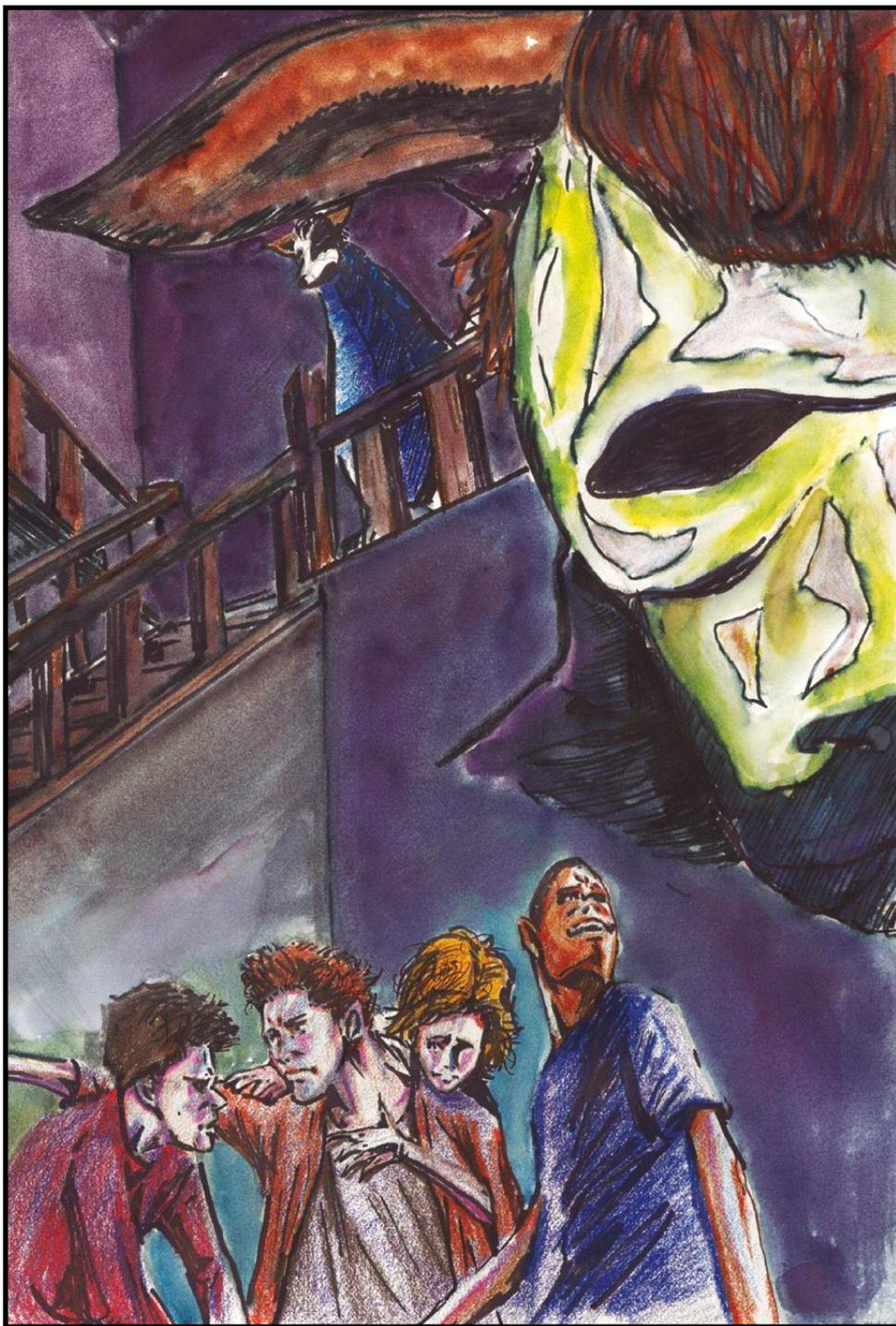
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cartoon of the week



Beware of Michael "Roo" Myers this Halloween.

Cartoon by Aaron Cecil

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1	7		3					
		4	8				5	7
					5		6	3
5								8
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7	1				3	6		
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Kakuro

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