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Photo by Sai Srikar Kadiyam

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Photo by Brian Paulette

UNIVERSITY NEWS

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Police interceptors and yellow tape blocked off a section of East 51st Street as officers removed a body from the grounds at Linda Hall Library. Photo by Nathan Zoschke

Body discovered at Linda Hall Library

Nathan Zoschke Editor-in-Chief

The body of an elderly man was found last Wednesday on the grounds of Linda Hall Library.

At 4:15 p.m., Kansas City police responded to an ambulance call made by a groundskeeper who had discovered the body of a Caucasian male in his 70s.

KCPD detective Everett Babcock said the death was an apparent suicide based on forensic evidence and a handgun and suicide note addressed to a relative, which were recovered from the scene.

According to Babcock, the death most likely occurred within 12 hours of the call.

The man, identified as William E. Faeth, lived within several blocks of campus. Faeth was a 1963 graduate of the College of Arts and Sciences and a frequent donor to UMKC.

Although Linda Hall Library is privately owned, it is surrounded by UMKC's Volker

campus. The body was removed from bushes behind a wrought iron fence at the northwest corner of the library's expansive grounds.

Spectators watched from outside the Student Union as police interceptors and yellow tape barricaded a section of East 51st Street to investigate the scene.

Rumors circulated on campus and students' Facebook and Twitter feeds.

Despite this, there was little reporting of the death in local media, and no information was released from UMKC officials until the morning after the incident.

A mass email was sent to all of UMKC late Thursday morning with a letter from UMKC Police Chief Michael Bongartz:

"Many members of our university community have been asking questions about an incident Wednesday afternoon that drew a substantial police response to the Linda Hall Library at the center of campus.

Because the Linda Hall Library is privately owned, the incident fell under the jurisdiction of The Kansas City Police Department. We did not make any announcements initially because the Kansas City Police assured us from the outset that the incident posed no danger to our campus. Since then, the incident has been confirmed as a suicide with a tentative identification of the victim as a man in his 70s, according to police. Kansas City Police said they will have no more information to release until the deceased's next of kin are notified. That process is still underway.

UMKC Police have been in close contact with the Kansas City Police from the beginning. Once more detailed information is available, we will share it with you.

Thank you for your patience."
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UMKC students walk for human trafficking awareness

1.2-mile walk has symbolic meaning

Kate Baxendale Senior Staff Writer

About 40 participated in a 1.2-mile walk last Friday at UMKC to raise awareness for human trafficking both locally and internationally.

The event was hosted by the UMKC Ambassadors for Stopping Human Trafficking.

Kansas City is currently 5th in the U.S. based on reported instances of human trafficking—about 1,650 each year, according to the event's organizers.

The walk was 1.2 miles long in order to promote the "ONLY 12" campaign.

The number 12 represents the average age that a girl is forcibly raped for profit, according to the campaign.

"ONLY 12" benefits the Stop Trafficking Project, which was founded by Russ Tuttle, an area resident who witnessed human trafficking during his childhood years in India as a missionary's son.

Senior Christina Bumgarner first heard about TSTP last spring when Tuttle spoke to one of her classes in the Bloch School.

"I became intrigued because of his passion for the cause," said Bumgarner. Bumgarner recruited her friend, junior Sydney Ingram, to walk with her.

"I wanted to help a good cause,"

Ingram said. "I didn't realize this was happening in Kansas City, so I tagged along with Christina to see what it was about."

Senior Autumn Scott, and junior Isabel Lauderdale both recently joined the UMKC Ambassadors for Stopping Human Trafficking.

"I'm all for the cause," Scott said. "Most people don't think that they can help, but even something small like this [walk] is a step in the right direction. I want to bring awareness to the community. I have faith that we can do it."

Lauderdale was also surprised to learn that Kansas City is considered a prime location for human trafficking.

"I recently joined the organization and I was shocked to know that this is happening where I live," Lauderdale said. "I have lived in Kansas City my whole life without knowing about it. I want to make a difference."

Kory McEnaney, president of the UMKC Ambassadors for Stopping Human Trafficking, explained how he organized the first annual walk for the cause.

"There was a lot of coordinating with the Office of Student

Involvement in order to get approval for the event," he said. "I also had to contact the UMKC police in advance to arrange an escort."

McEnaney said the UMKC Ambassadors sold Chiefs tickets as a fundraiser to sponsor the event.

The glowing eye glasses, red "ONLY 12" awareness bands and drinking water handed out at the event were donated by the KC Running Company, in which Tuttle is involved.

The glow-in-the-dark glasses were used as a symbol for opening one's eyes to the reality of human trafficking.

"We plan on having more events like this in the future—possibly another walk in the spring," McEnaney said. "The whole reason we are here is to open people's eyes. That's the point of the goggles."

The UMKC Ambassadors for Stopping Human Trafficking are having a meeting 7 p.m. on Thursday, Nov. 15, in the Student Union.

McEnaney said that all are welcome to attend.

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Top photo: Glow-in-the-dark glasses worn by participants are symbol of opening one's eyes to the reality of human trafficking.

Above: Junior Sydney Ingram (left) and senior Christina Bumgarner participate in the 1.2-mile walk to help raise awareness of the growing local and international problem of human trafficking. Photos by Kate Baxendale



Tappecue, a device that monitors the temperature of a barbecue grill and meat using metal probes, can transmit temperatures wirelessly. Photo by Sai Srikar Kadiyam

Tappecue makes barbecue high-tech

Temperature-monitoring device shows promise at American Royal debut

Sai Srikar Kadiyam Staff Writer

A new device that has its roots in UMKC's E-Scholars program pays homage to Kansas City's barbecue tradition.

"Tappecue," a barbecue temperature monitoring device, was unveiled at the "World Series Barbecue" event at the American Royal in October.

The device uses thermometer probes and a wireless connection to show the temperatures of a barbecue grill pit and meat on smart phones and other mobile devices.

It was developed by Innovating Solutions, a startup company Aniruddha Shukla created through the Bloch School's E-Scholars program.

The company team members, Gina Bourret, Aniruddha Shukla and

Jacob Bourret, met last year through E-scholars. Shukla received his master's in electrical and computer engineering in 2011. Jacob Bourret is an undergraduate business student.

According to Gina Bourret, Tappecue was envisioned when barbecue champion Chris Marks approached her through E-Scholars with the idea of designing a mobile app for the temperature monitoring.

Innovating Solutions accepted the challenge. Since the company mainly focuses on information technology and app development, transitioning into research and development was not an easy process.

UMKC alumnus Rahul Paropkari helped Innovating Solutions create the initial design. It took a period of five weeks to think of the actual design and create a working model.

In order to market the product to

Continued on Page 4

Police Blotter

Nov. 2
4:51 p.m. Arrest
 Officers arrested a party wanted on a warrant.

Nov. 3
7:54 p.m. Arrest
 Officers cited a party at 51st and Oak for driving while suspended and took him to jail for municipal warrants.

Nov. 5
4:54 p.m. Larceny
 The victim left her phone in a restroom of Royal Hall and returned to find it missing.

Nov. 6
4:44 p.m. University Violation
 The suspect was found in the metered parking behind the Fine Arts Building in possession of a parking pass that had been reported lost.

5:00 p.m. Larceny
 A package was not opened by the intended recipient and a winter coat and candy were found to be missing in Oak Street Residence Hall.

Nov. 7
8:42 a.m. Larceny
 University employees found a "Explorer" board to be missing from a storage area in Flarsheim Hall.

1:05 p.m. Assault
 The victim reported he had juice thrown in his face after he cursed at the suspect for not sharing his political views in the Student Success Center.

4:23 p.m. Assist KCPD
 Officers assisted KCPD with a call on the property of Linda Hall Library.

Nov. 8
12:17 p.m. Suspicious Activity
 The reporting party said she saw someone looking over the bathroom stall at her in the Student Success Center.

7:20 p.m. Larceny
 The victim left his watch unattended in Oak Street Residence Hall and returned to find it missing.

9:12 p.m. Warrant Arrest
 Officers arrested a party at 54th and Rockhill with municipal warrants after a traffic stop.

Sustainability Corner

Can efficiency lead to overconsumption?

Author David Owen discusses this topic at UMKC lecture

Johanna Poppel Copy Editor

Are our sustainability efforts only hurting the environment? Are we "going green" all wrong?

David Owen visited the Student Union on Nov. 8 to discuss his latest book, "The Conundrum: How Scientific Innovation, Increased Efficiency, and Good Intentions Can Make Our Energy and Climate Problems Worse," as part of the Clockfair Lecture series.

Owen opened listeners' minds to his latest discovery: a vicious cycle of how improvements in efficiency are actually fueling demand for more energy. He explained how energy consumption increases with wealth, and that consuming energy also leads to increased wealth. This shows how energy consumption has made the United States so prosperous, but has also made us the world's largest energy consumer.

"We are just about five percent of the world's population, but we consume 25 percent of the world's energy," Owen said. "If you don't count countries, then the single largest energy consumer is the U.S. military."

Owen used statistics to illustrate the military's high level of energy consumption. The average soldier in Afghanistan consumes 22 gallons of oil a day, seven times the rate of the average American, but 55 times the rate of the average Chinese.

"Half of all the U.S. Marines killed in Afghanistan and Iraq were killed supporting fuel transportation," Owen said.

Owen also explained how the growth of U.S. energy consumption is outpacing population growth.

America's politically neutral answer to the problem is to make energy-using machines more efficient.

"The United Nations has called it [efficiency] the most widely available untapped energy resource in the world," Owen said.

Owen revealed that the true problem lies in the relationship between efficiency and consumption. Improved efficiency seems like the answer to our exceeding energy consumption, except it only drives our desire to consume more energy.

For example, the goal of faster internet connections was to save time spent online, but it has instead made us want to spend more time online by reducing connection lag, and thus consume more energy.

Owen shared a story he heard on NPR about the making of artificial snow, another example of how improved technology only increases our energy consumption.

Snow making machines used in ski resorts use a lot of energy and water, but as the machines became more efficient and affordable, the demand increased.

Ski resorts are now open longer, which increases the number of travellers, increasing energy demand. This problem also requires resorts to have such machines in order to stay in business.

The same goes for fuel-efficient cars. Consumers only want to drive more when they buy more fuel-efficient cars that save money at the pump. It gives consumers leverage to use more energy since they think that they are being more efficient and economical.

Owen also explains how our large supply of energy only leads to expected



David Owen speaks at the Student Union theater on Thursday, Nov. 8 to discuss how scientific innovation and increased efficiency have had a negative effect.

Photo by Johanna Poppel

standards of the way we live. The widespread use of air conditioning in homes, offices and cars has led to less time spent outside during hot weather months. Consumers consider it unbearable to live without these luxuries.

It is time for us to start thinking about the reasons why we consume and not merely justify our actions with improved technologies.

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Left to right: Aniruddha Shukla, Rahul Paropkari, Gina Bourett, Jacob Bourett, Tanvi Narkhede at the World Barbecue Series event at the American Royal in Kansas City's West Bottoms.

Photo by Sai Srikr Kadiyam

Tappecue: Continued from Page 3

investors, the team used *kickstarter.com*, a website designed to share inventions with potential investors.

A five minute video showed live footage of a family cooking barbecue and playing a game of soccer. The device monitored the temperatures so that the family wasn't forced to wait idly by the grill.

The video ends with the marketing slogan, "You will always be one tap away from your Barbecue."

Innovating Solutions' *kickstarter.com* project was received well. Shukla said that the 33 backers provided a decent initial flow of investment,

but he fell short of the large target amount he had hoped to achieve.

With the funds raised through the marketing campaign, Innovating Solutions took Tappecue to the American Royal, which the team members said was the perfect opportunity to connect with barbecue experts throughout the industry. Although they said some potential consumers seemed interested in the product, commercial production has yet to begin.

In addition to promotion efforts, the team appeared in various radio talk shows and television outlets

including 98.1 FM and KMBC Channel 9.

The team was also interviewed by a Michigan-based Barbecue radio service named "the grilling guys."

Like many inventions that set out with lofty goals, industry experts showed enthusiasm for the device, but suggested minor changes in order to enhance efficiency.

Overall, team members said they were pleased with the response.

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'Being a Black Man in America'

Event discusses cultural portrayals of African-American males

Jessica Turner Staff Writer

As part of an event titled "Being a Black Man in America," participants gathered at the African-American History and Culture House (5245 Rockhill Rd.) last Thursday to raise awareness of how black men are perceived in American culture.

Hosted by The African-American Student Union (TAASU), the event began with participants splitting into three groups to play a game of "musical rooms."

Every 15 minutes, each group traveled to a new room that focused on issues affecting black males: stereotypes and statistics, media influence and relationships.

In each room, students discussed the three different topics, exchanging opinions, posing questions and offering solutions to common misconceptions and misrepresentations of black men.

The first room, in which stereotypes and statistics were discussed, presented both facts and generalizations about black men. Led by Erica Portley, Administrative Assistant of UMKC Intercollegiate Athletics, students said they felt black males were more commonly associated with sports and entertainment than areas such as business orientation and intellectual sophistication.

Some stereotypes discussed included being athletically gifted. Minstrel shows and other forms of comedy poking fun at black males have been exploitative entertainment catering to white audiences.

Other stereotyped personality traits of black men that were discussed included anger and intimidation.

The discussion of media influence in the second room was led by Shawnta Clark, a graduate assistant for Multicultural Student Affairs. Photos on the walls featured famous black men throughout history, ranging from President Barack Obama to comedian Dave Chappelle to slain Florida teen Trayvon Martin. Students considered how public figures have contributed to the views of black men.

The discussion of relationships in the third room was led by Chelsia Potts, a graduate assistant for Multicultural Student Affairs. Students confronted beliefs about family values and interracial relationships.

After the rotation sequence, the groups joined together to reflect on the three different themes in a discussion panel led by students Lane Burris, Darius Jackson, Demetrius Mays and David Jordan Jr.

"It's basically a political dialogue about the image society has, and the image we have of ourselves," Burris said.

TAASU Culture Chair Meosha Smith-Russell planned the evening event to help introduce new students on campus to the organization and to open a dialogue about diversity.

"It is not limited to just black people," she said. "It is not limited to men. I'd love to tell people that, because I love hearing the opinions of other races."

Although Smith-Russell created specific questions to guide the dialogue, the atmosphere was casual and open, providing an opportunity for students to introduce other topics.



Left: Darius Jackson (right) and Lane Burris (center) lead a panel discussion about how black males are perceived by society and themselves. Pictured left is Meosha Smith-Russell.

Below: TAASU members participate in a panel discussion led by Lane Burris, Darius Jackson, Demetrius Mays and David Jordan Jr.

Bottom: Chelsia Potts leads a discussion about relationships, dating and family values. Photos by Jessica Turner



"I feel like the room rotation was the most powerful part of the event," Smith-Russell said. "It's one thing to just talk about something, but when you can actually see the words and images and the conversations that come from that, it's very powerful."

"People said some things that I didn't expect to hear, and they actually made me think about things in a different way than how I'd thought about them before."

Students talked about how to defeat the perpetuation of negativity by being living examples of positive people, but not just inside the walls of the Culture House. Participants said that they consider it a responsibility to rise above the impressions that have been made of them by society.

"As far as being a man in front of a camera and actually practicing what you preach, it's a moral and an ethical issue," Burris said. "Anybody can do the right thing in front of a group, but to do it on your own without any kind of pressure takes a lot of strength. And developing that strength is the only way that we can really ensure that this happens."

Some comments addressed the residual psychological conflicts with which many African-Americans struggle as part of a culture that has endured—and continues to endure—social injustice.

"This event was about what we can do to dig deeper and solve this problem," Smith-Russell said. "This conversation has been had by various people, but it's more about what we're going to do following the conversation; where we are going to go from here."

The purpose of TAASU is twofold: "to foster a sense of community among African-American students at UMKC," and, "to stimulate the intellectual, political, cultural, and social growth of all students," according to its purpose and mission statements.

TAASU's next general body meeting will be at 6 p.m. on Nov. 14 in the Student Union.

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Dance team looks ahead to nationals after 2nd place 2011 finish

Kate Baxendale Senior Staff Writer

The UMKC dance team has undergone a major transformation since the arrival of Coach Michele Morgan in 2006. She coached the nationally ranked University of South Carolina dance team for six years before taking over a UMKC dance program that was practically nonexistent.

The UMKC dance team placed 2nd at the national competition in Daytona Beach, Fla., last year, and 4th in 2009 and 2010.

Morgan began recruiting dance majors from the Conservatory of Music and Dance. She said the dance program did not have scholarships available for these athletes before she moved to Kansas City, but because of her efforts, scholarships have been awarded to 16 of the 22 members of this year's team.

Morgan has extensive experience as a coach, cheerleader and dancer. She cheered for the Cincinnati Bengals and danced for a nationally ranked University of Kentucky dance team before she turned to coaching.

Captain Erika Edwards said that competition for a dance team spot has intensified in the past two years as the program built its reputation and brought in dance majors.

About 50 percent of team members are dance majors, according to Morgan.

Edwards explained the audition process

held each year in the spring.

"It [audition] is a one-day process that includes a pom section, a hip-hop section and a jazz section," she said. "Then you have to learn a routine that includes certain technical aspects such as toe touches and pirouettes. There are about four or five judges that critique you and then determine if you are qualified to be on the team."

The team practices two hours, twice a week.

"We are expected to be active every day," junior Georgie Zitsch said. "The general expectation is cardio four times a week and weightlifting two times a week. We are on our own when it comes to conditioning outside of practice so we are on an honor system."

Edwards considers these expectations necessary.

"When nationals rolls around you can definitely tell which teams have been in shape throughout the season and which teams have not, so it really pays off to keep up with the workouts," Edwards said.

The team this year earned its third consecutive fully-paid bid to nationals for its showing at the National Dance Alliance summer camp at Missouri State.

"I think the big thing is that this [dancing] is part of our social lives," Edwards said.

"Performing at the basketball games twice a



Carlie Kuhnenn (left) and Shaunika Leonzon practice their leaping skills on Nov. 7, 2012. Photo by Kate Baxendale

week is a social event where we get to see our friends and fellow students."

The team uses basketball games to practice performing in front of crowds.

"The [basketball] game performances are

much more laid-back, as long as we are ready to do our best," Edwards said.

UMKC Athletics is sponsored by adidas, which pays for all team uniforms and equipment. The UMKC dance team is known for wearing glitzy and somewhat revealing athletic wear.

"My first year dancing, Coach was kind of getting us used to wearing our uniforms," Zitsch said. "At first I felt somewhat uncomfortable but now I am used to them."

Edwards also felt slightly uncomfortable initially wearing the half-top uniforms, but she realized that every college dance team wears similar attire.

"This is pretty collegiate—all college teams do this," she said. "When we are at nationals surrounding by hundreds of other dancers wearing similar outfits it seems much more normal to us than what other people think."

As a dance major, Edwards tries to maintain a healthy diet, consisting mostly of apples, carrots and eggs. Dancers are commonly believed to have unhealthy eating habits, but Edwards eats normally, and said that she tries not to restrict herself "too much."

Basketball game performances give audiences just a small preview of the team's abilities.

"I wish people could see us at nationals," Zitsch said. "I think when people see us perform at games they think that's all we are about. But those routines are easy, short little numbers. At nationals we do much harder tricks. It's like a 30-minute cardio workout."

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Men's Basketball

Roos crushed by Seton Hall 75-36 in opener

Tyren Rushing Staff Writer

The men's basketball team started its 2012 season with a blowout loss to the Seton Hall Pirates 75-36 at South Orange, N.J.

The Roos shot 15-for-48 from the field and 3-for-15 from the free-throw line. They also committed 20 turnovers, 5 by reserve guard Thomas Staton. The Pirates converted those 20 turnovers into 30 points.

The Roos had only 6 assists, 4 of which came from sophomore starting point guard Estan Tyler.

Junior Fred Chatmon, healthy again after missing several games last season

and the entire 2010 season, led the team with 9 points off the bench. He also led the team with 8 rebounds while playing 18 minutes. The Pirates were led by Fuquan Edwin's 16 points.

The Roos trailed 34-22 at halftime. Junior Kirk Korver and Tyler led the team with 6 points each in the first half, where the Roos only shot 33.3 to the Pirates' 52.4. Poor shooting and turnovers ultimately doomed the Roos.

Trinity Hall, who led the team last season with 10 points per game, disappointed with 1-for-5 from the field and 1-for-5 from the free throw line. He finished with only 3 points and 1 rebound in 21 minutes.

The Roos were also outrebounded 44-28. Besides Chatmon, Junior Nate Rogers was the only player on the team with more than 5 rebounds.

The game was part of the 2012 Hall of Fame Tip-Off Tournament. The Pirates play in the Big East Conference and were picked to finish 14th in a conference preseason poll. The Roos were predicted to finish 7th in the Summit League.

The Roos, who won only two road games last season, open their home schedule Nov. 13 at Swinney Recreation Center, against Division II Lincoln University (Mo.).

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Men's Soccer

Roos' season ends with second loss to Western Illinois

Dan Moreno Staff Writer

Western Illinois defeated UMKC at Macomb, Ill., for the second time in a week, but the second loss hurt much worse.

That loss came Friday in a semifinal match in the Summit League soccer championships, ending the Roos' season with a 1-0 loss in overtime.

The Leathernecks won in the 94th minute when forward Nathan Bruinsma knocked in a header after a pass from the right side was directed near the middle of the UMKC box.

It was a ruggedly played match and

included 22 fouls, with the Roos receiving three yellow cards and the Leathernecks two. Western Illinois, playing on its home field, used the victory as springboard to the championship, defeating top-seeded Oakland 3-1 Sunday.

With a 5-2 record in the Summit League the Roos, who finished 7-10-2 overall, were seeded second in the tournament.

They were matched with third-seeded Western Illinois, which defeated the Roos 2-1 the previous Saturday at the end of the regular season.

Sad faces dominated the UMKC bench while the home team celebrated.

Defender and captain Guerrero Pino couldn't hide his disappointment.

"It is sad to lose like this, especially when you've worked this hard," he said. "Now we have to go back home and focus on finishing the semester."

Thursday night at the pre-tournament banquet, three Roos, defender Michael Oakley and forwards Jordan Rideout and David Sarabia, were named first-team All-Summit League.

"Of course it is an honor to win individual awards," said Rideout, "but we all know soccer is a team sport and we didn't get what we wanted."

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Scoreboard

Basketball—Men's
Overall Record: 0-1
Nov. 9—UMKC 36, Seton Hall 75
Up next:
UP NEXT: Nov. 13—vs. Lincoln (Mo.), at Swinney Recreation Center, 7:05 p.m.

Nov. 17-18—Naismith Memorial Basketball Hall of Fame Tip-Off, Uncasville, Conn.

Cross Country
Nov. 9—NCAA Midwest Regionals (hosted by Missouri State)
Men: 15th (482 points)
Women: 30th (866 points)
UP NEXT: Nov. 17—NCAA Cross Country Championships (hosted by Louisville)

Soccer—Men's
Overall Record: 7 - 10 - 2
Conference Record: 5 - 2
Nov. 3—UMKC 1, Western Illinois 2
Nov. 9—UMKC 0, Western Illinois 1

Basketball—Women's
Overall Record: 0 - 1
Nov. 9—UMKC 51, Missouri Western, 68
UP NEXT: Nov. 13—vs. Southeast Missouri State at Swinney Recreation Center, 7:00 p.m.
Nov. 15—vs. St. Louis at Swinney Recreation Center, 7:00 p.m.
Nov. 18—vs. Colorado at Swinney Recreation Center, 1:05 p.m.

Volleyball
Overall Record: 17 - 12
Summit League: 9 - 7
Nov. 4—UMKC 3, South Dakota State 1
Nov. 8—UMKC 3, Omaha 1
UP NEXT: Nov. 16—IUPUI/Fort Wayne (Summit League Championship Semifinals) at Fargo, N.D.
Nov. 17—TBA (Summit League Championship Finals) at Fargo, N.D.

Health Journal

See results Part IV:

10 Ingredients or less



Shannon Hutsler Photo courtesy of UMKC Athletics

Kharissa Forte Copy Editor

While replacing salty and sweet snacks with fruits and other ideal alternatives, considering packaged snacks like 100-calorie packs may be a good plan. In addition to the general nutrition facts, paying attention to the list of ingredients is going to be essential in achieving weight loss goals.

UMKC personal trainer Shannon Hutsler explains why.

"They taste fantastic and they're low in calories, but there are probably over 20 ingredients in there. That's because these products are trying to take nothing and make it taste really good," she said.

Take a look at Kellogg's Special K, for example. A popular go-to in the healthy snack department with low numbers in calories, sodium and sugar, Special K's product line markets itself as an ideal swap from other options. However, the ingredient lists on these products may be lengthy and full of many unknown items.

"When you look at the ingredients on a box, if there's more than 10 listed, then there's probably a better choice out there," Hutsler said.

If a candy bar-styled snack is a must-have, GNC offers a line called KIND that is sure to satisfy. With 11 varieties like Blueberry Pecan Plus Fiber, Chocolate Cherry Cashews Plus Antioxidants and Peanut Butter Dark Chocolate Plus Protein, KIND Bars contain up to 14 ingredients. They can be expensive at \$30 for a box of 12 (that's \$2.50 for one bar), but GNC usually offers web discounts and membership discounts that significantly lower the cost.

A more feasible option is Planter's NUTrition Mixes, which include 10-12 ingredients. Ranging from \$5 - 6, the mixes are available in cans and convenience boxes of six to seven packs for on-the-go ease. The varieties are extensive and include Heart Healthy Mix, Men's Health Recommended Mix and Omega-3 Mix among others.

The best snacks with minimum ingredients are going to be unpackaged. Fresh fruit, raw vegetables and raw nuts all have just one ingredient.

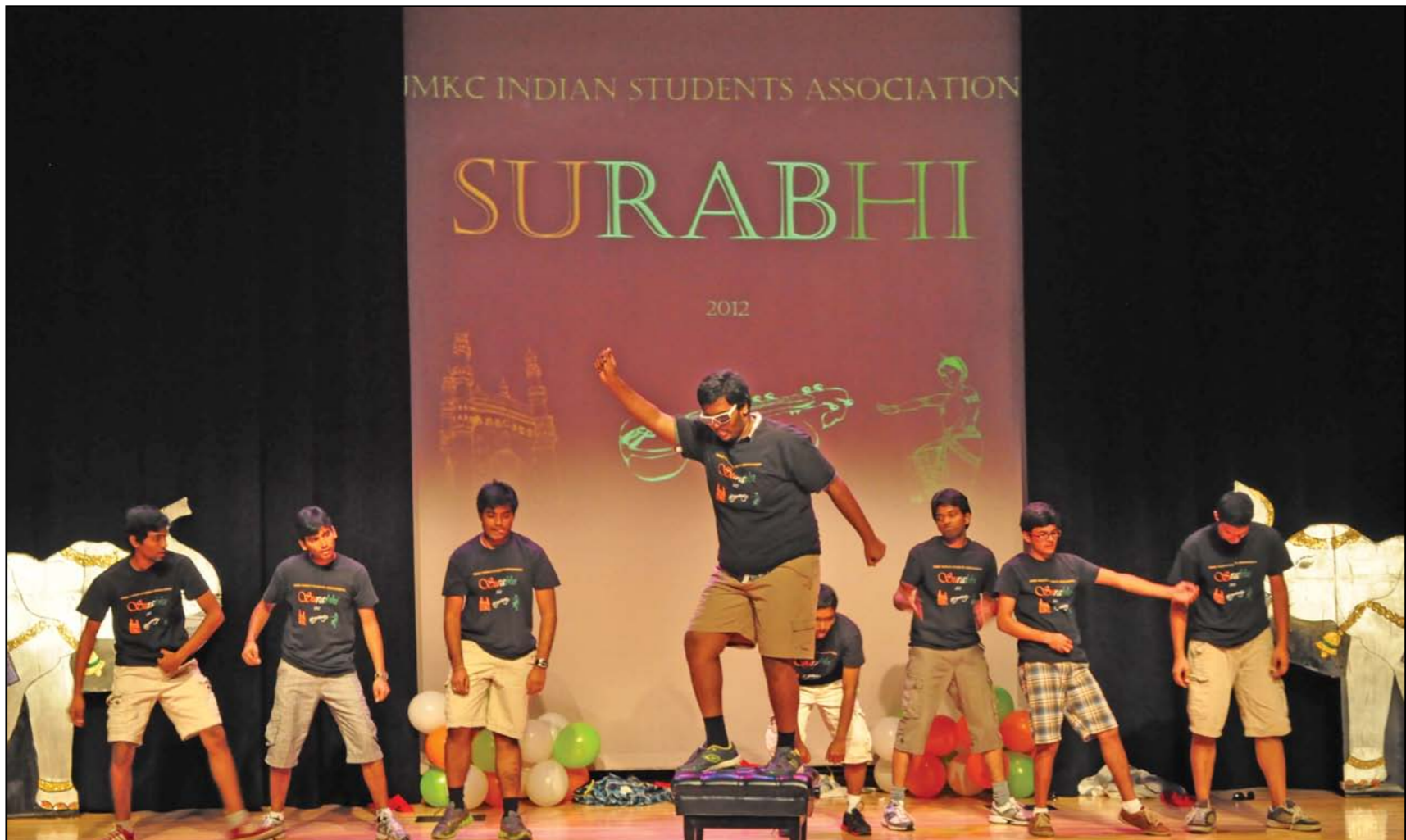
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Dance team members have two hour practices each week to prepare for the rigorous competitions. Members are expected to maintain a strict diet and physically active daily routines. Photo by Kate Baxendale

Surabhi



captions

Left: A lively dance performance by the Jaffa group is part of a seven-song medley. The medley incorporated popular Indian hip-hop songs, followed by the popular song 'Gangnam Style.'

Right: Keerthi Uppalapati performs a classical Indian dance called 'Bharatanatyam,' which is based on the style of ancient temple dancers.

Below: A painting called 'Welcome Art' by Karthik Kesanakurthi incorporates various symbols representing different Indian states. Pictured center is the Taj Mahal. In the upper right corner is Charminar in Hyderabad.

Bottom right: A folk dance by Anudhriti Kashyap incorporates vibrant traditional dress and an entertaining performance.

Photos by Sai Srikar Kadiyam



Event brings a taste of India's Diwali festival to UMKC

Sai Srikar Kadiyam Staff Writer

India is a land of diversity. Its 28 states and seven territories each have a unique culture. More than 1,000 languages are spoken.

Festivals play an important part in showcasing the customs of each state, but one festival, Diwali, is celebrated throughout India.

In English, Diwali is called the "festival of lights."

During the festival, oil-filled clay lamps are displayed in each household and public spaces to celebrate the triumph of good over evil. Firecrackers are set off to drive off evil spirits.

On Sunday, UMKC's Indian Student Association (ISA) kicked off Diwali two days early with a customary celebration of Surabhi, a cultural fest at the Student Union Theater.

Surabhi is anticipated by both Indian students and others on campus who appreciate its cultural flair, colorful traditional attire, music and dance.

Many students consider Surabhi celebrations similar to those in India, although it is not convenient for them to celebrate Diwali as it is traditionally celebrated in India due to the lack of time and resources for preparation in the U.S. Each year, students at UMKC celebrate the

Surabhi with a mix of activities and traditional dress representing India's many cultures.

This year's Surabhi has been expanded from previous celebrations at UMKC.

Performances were rated by a panel of judges and prizes were given to outstanding participants.

Jatinder P. (J.P.) Singh, general manager of UMKC Dining services and Lashondra Randolph of the Activities and Program Council (APC) were the chief guests and judges. Many professors also participated.

Students dressed in bright, colorful traditional attire brought the joy of Diwali to the event.

Guests were welcomed with a colorful art display by Karthik Kesanakurthi and a rangoli artwork by Mayuri Patel.

The show started with the National Anthem followed by the Indian National Anthem.

The show was introduced with a melodic, spiritual song in Hindi by Mayuri Patil, a Civil Engineering student.

It was followed with a performance by Keerthi, who performed a popular Indian classical dance form called "Bharathnatyam." That was followed by another song, "Mayuri Patil," and a dance performance by the "Bhargava Thondapu, Pramod, Krishna," a student trio.

This was followed with a performance by Jyothi Samuel Kumar Arapally, who sang and played the guitar, bringing a soothing, pleasant ambience to the theater.

Next came solos by Ph.D. student Aadit Modi, who has excited crowds in each of the past three Surabhi events.

The biggest eye-catcher of the event is the fashion show, which brought thunderous applause. Students wore attire representing the cultures of their respective home states in India.

The atmosphere was upbeat and marked by national pride as students walked on the stage to a recording of the Indian National song, "Vande Matram."

The show continued with dance performances by students Tanvi Narkhede, Anudhriti Kashyap and Harish Varma, followed by a song by Bhavani Ramincedi and Nadini Parmi

Priya Ayenger offered a pleasant spiritual song, then Adele's "I Set Fire to the Rain."

Next came a dance performance by "Jaffa Gang," which kept the show lively and the audience entertained. The show culminated with the surprise hip-hop performance medley by a group of male students dancing to seven different songs, once again drawing huge applause.

Student Mayuri Patil was the center of attention with three songs performed in three different Indian languages.

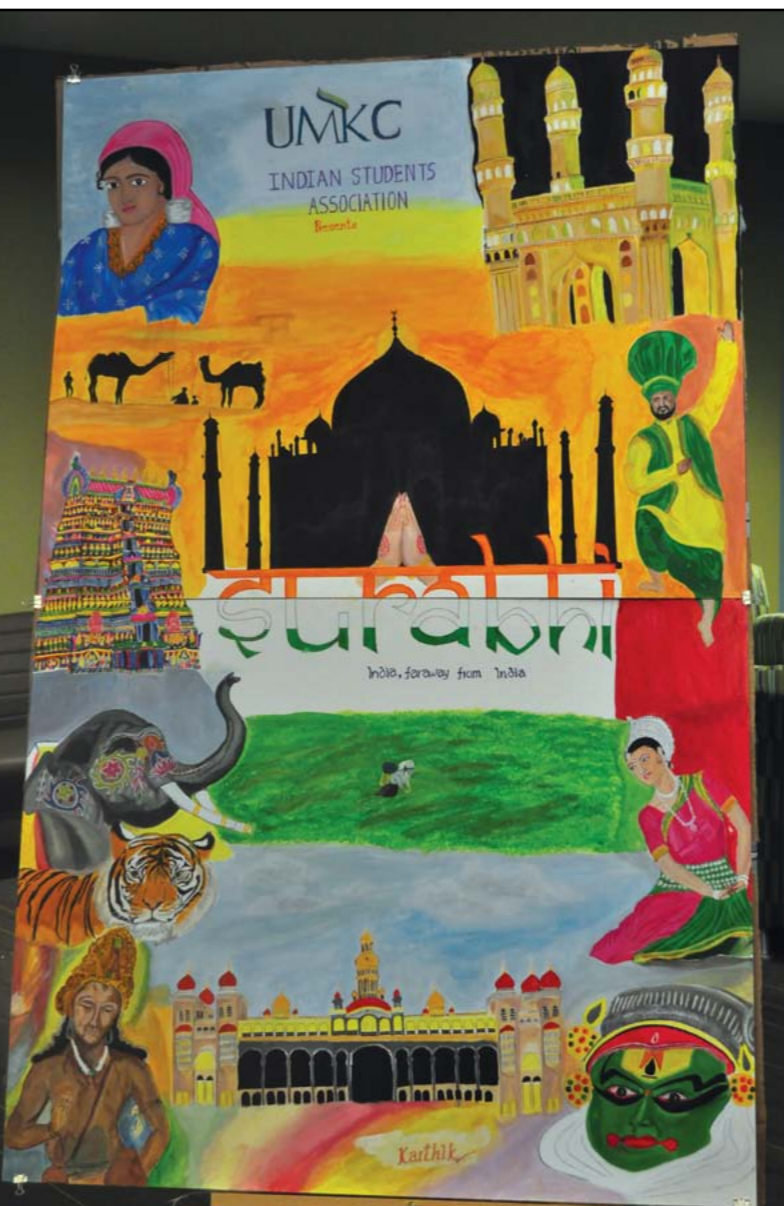
Next came stand-up comedian Kapil Jain, who got plenty of laughs. A duet by Tanvi Narkhede and Vijay Walunj and a solo by Bhargava Thondapu made the show even more entertaining.

That was followed by Yogesh Suhag covering the One Direction song, "What makes You Beautiful."

The event also included the invocation of the New ISA executive committee for the 2013 academic year. It includes Sashi Saripalle, Vikas Gottemukkula, Nikhil Kassetty, Varun Musku, Harshakiran Nimmagadda, Usha Patil, Prathyusha Thokala, Tapsy Thum, Sriram Tankasala, Anudeep Perasani and Harika Vemula.

"Just being a part of the event by itself gives me immense joy," said ISA organizer Sashi Saripalle "This is one time of the year where everyone shares the same passion - Surabhi. Surabhi is one of the most awaited events, and I thought this year Surabhi was even more entertaining."

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theatre review
‘The Cover of Life’
 UMKC production boasts top student talent

Meredith Shea Production Manager

Though “The Cover of Life” has a slow plot progression, the action throughout the play is compelling. It is 1943 in small town Sterlington, La. Three sisters-in-law—Tood, Sybil and Weetsie—are each married to a different Cliffert brother. They live together with their mother-in-law, Aunt Ola, while the boys are away at war.

Kate, a *New York Life Magazine* reporter, is assigned to write a story about the southern women, who are living without the help of men. Kate is not thrilled with the assignment, but soon grows attached to the Cliffert wives.

The lives of these women are rich with dreams and the audience is taken along for the ride.

In the second act, a series of secrets are revealed and disaster looms, leaving the family torn apart and Kate on a train back to New York City.

Ron Schaeffer, director and UMKC Theatre Professor of Stage Management, did a fine job sculpting a play with minimal, but significant, action into a gratifying travel back in time.

Every so often, a director perfectly casts an actor in a play.

Schaeffer succeeded. In the play, sophomore Aishah Harvey

transforms into Sybil.

On and off stage, Harvey is flamboyant and energetic, immediately capturing the audience’s attention.

As if it is the very source of her dynamic performance, she clenches onto the attention from opening line to curtain call.

Harvey is a scene-stealer and brings an air of confidence other actors should strive for.

Seasoned UMKC actress Grace Knobbe also made herself known in her portrayal of Kate.

Now a senior studying music and theatre, Knobbe revealed top potential as she immaculately executed her role that called for a detail oriented performance necessary for success.

“My favorite part was the people I got to work with,” Knobbe said. “It was a good family and it was fun to do a show with so many meaty roles for women. That doesn’t happen very often.”

Senior theatre performance major Chelsea Russell (Aunt Ola) offered an exciting pinnacle to her performance in the second act with junior theatre performance major Taylor Silvestro (Tood).

Together, Russel and Silvestro meshed to create a refreshing and stimulating performance.

“The most challenging part of the

process is living in the moment every night and not making it seem rehearsed, but living in the actual circumstances of Aunt Ola,” Russell said.

From any UMKC theatre production, a nicely designed set is expected.

For “The Cover of Life,” scenic designer Jeff Ridenour, a second year master’s of fine arts student, exceeded expectations.

Immediately upon walking into the James C. Olson Performing Arts Center Room 116, the world in which the play lives came alive with a 360-degree design. The audience sat on three sides of the hand-built stage, immersed in the play as part of the same world the characters live in.

Ridenour tops off his design with personal photos from his great grandmother, which are enlarged and hung around the space.

Even a few live leaves are scattered around the playing area to create a more believable atmosphere.

With an increasing UMKC undergraduate theatre population, the department continues to execute strong productions.

Next semester, the undergraduates will present “Drums in the Night” by Bertolt Brecht.

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Aishah Harvey as Sybil in ‘The Cover of Life.’ Photo by Brian Paulette

cult classic review
Twisted seduction of ‘American Beauty’

Kharissa Forte Senior Staff Writer

Simultaneously witty and depressing, “American Beauty” tells of repressed desires and untold truths while also being an eye-opening film, encouraging the audience to realize beauty in every aspect of life. Discovering the moral of the story is the core of the film’s cult classic image.

“American Beauty” centers on the Burnham family through the narration of the father, Lester (Kevin Spacey), who is a man of many thoughts and few words. Sarcastic and dry-humored, viewers are sure to fall in love with his character as he endures an emotional and mental rampage fueled by his mid-life crisis.

His wife, Carolyn (Annette Bening), is an angry woman who appears to regret her life decisions. Broken and misunderstood, Carolyn becomes the antagonist as she acts out her rage in unhealthy ways that seem to hurt those closest to her.

Lester and Carolyn’s only child, Jane (Thora Birch), is a stereotypical teenager whose gothic wear and rebellious attitude showcase her desire for real love.

She receives the needed love from the mysterious, borderline-disturbing boy who lives next door, Ricky Fitts (Wes Bentley). Now known for his manipulative tactics as Seneca Crane in “The Hunger Games,” Bentley plays Ricky without any flaw or error.

Though Ricky comes off as “different,” he’s really just curious about life, finding depth and meaning in something as simple as a plastic bag floating in the wind, and is invigorated to capture every moment with his hand-held camcorder, often used to record Jane.

Like Jane, Ricky also endures parental abuse from his militant father and passive mother, but his pain is physical instead of emotional. He and Jane’s budding romance is predictable, but necessary.

Chris Cooper, a theatre graduate from

University of Missouri – Columbia, plays Ricky’s father, Colonel Frank Fitts.

The Colonel is aggressive, radical and homophobic to conceal his repressed sexuality. One of the film’s greatest twists – and there are a few – involves Cooper’s character. Once revealed, his behavior is understood, demanding the audience to reflect on consequences of self-loathing and repressing one’s identity.

Mena Suvari plays the role of Jane’s good friend Angela Hayes. Seductive and delicate, her racy antics are enough for Lester’s old blood to boil.

She is suggestive and bold all at the same time, but has a little secret of her own.

Complete with valuable lessons, stimulating plots and dramatic surprises, “American Beauty” is a must-see cult classic.

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‘Fifty Shades of Gay’
 showcases UMKC queens

Jessica Turner Staff Writer

UMKC Pride Alliance, in association with the campus’s LGBTQIA community, organized a drag show titled “Fifty Shades of Gay” last Wednesday at the Student Union Theater.

Produced by Pride Alliance Vice President Kalaa Wilkerson and hosted by Nic Storm, 2012 King of Show Me Pride, and local drag queen Moltyn Decadence, audience members laughed, applauded and engaged with the performers.

From comedic anecdotes to passionately-presented acts, the crowd was entertained.

Originally, the event was supposed to be on Oct. 11 to honor National Coming Out Day, but the organization was unable to secure access to the Student Union Theater for that date, so it was postponed.

“We definitely jumped through some hurdles to be here,” said Pride Alliance Diversity Officer Seto Herrera, who performed under the name “KC Sunshine.”

Herrera explained that instead, the event kicked off Transgender Awareness Week, which will include several events to promote transgender awareness.

A presentation titled “Life, Liberty and the Pursuit of Gender” will feature educator/author/performer Bear Bergman at 7 p.m. on Nov. 14 in the Student Union Theater. Sidewalk chalk in the quad will display the names of transgender hate crime victims.

According to Herrera, “Fifty Shades of Gay” served to hit two birds with one stone by bringing performers from campus and around the city together to provide entertainment.

“The term ‘drag’ refers to an exaggerated character,” Herrera said.

He explained that unlike a transgender or transsexual individual, a drag king or queen is part of a stage production, just like any actor

would do. It’s a character.

Herrera also explained that “straight drag” does not indicate a performer’s sexual orientation, but rather the gender that his or her character portrays. So, if the personality represented corresponds with the performer’s actual gender, that performer is considered straight drag.

Decadence initiated the evening by making one thing clear:

“I am a man,” she said.

Moltyn Decadence’s demanding attitude and sarcastic-but-charming side captivated the audience. Her charismatic presence kept the crowd engaged through each wardrobe change and humorous conversation.

The room stayed alive during the performances that followed.

Ricky Thunder took the stage wearing an Army T-shirt, and energized the crowd with a dance routine to the song “Tickets” by Maroon 5.

Thunder entertained the crown by pulling Pride Alliance Secretary Roze Brooks onto the stage.

His second selection was also by Maroon 5, dedicating the song “Daylight” to his fiancé, Pride Alliance President Brad Leach, and drag family, The KC Steam Punks.

Although his introduction echoed a sense of pride for serving his country, it was a very emotionally charged moment for the performer, troupe members and audience.

Decadence danced the salsa to Jennifer Lopez’s song “Papi,” and attempted to put the typical Zumba class to shame.

Widow Von’Du, who claimed the title of “KC’s Original Plus-Size Barbie,” astonished audience members with a flexible series of kicks, splits and flips during her routine.

Rose Tips sported a pair of cowgirl boots while dancing to “These Boots are Made for Walking.”



Above: Moltyn Decadence reminds the audience at “Fifty Shades of Gay” that “I am a man.”

Below: KC Sunshine, the drag persona of UMKC student Seto Herrera, performs to classic Michael Jackson hits.

Photo by Jessica Turner

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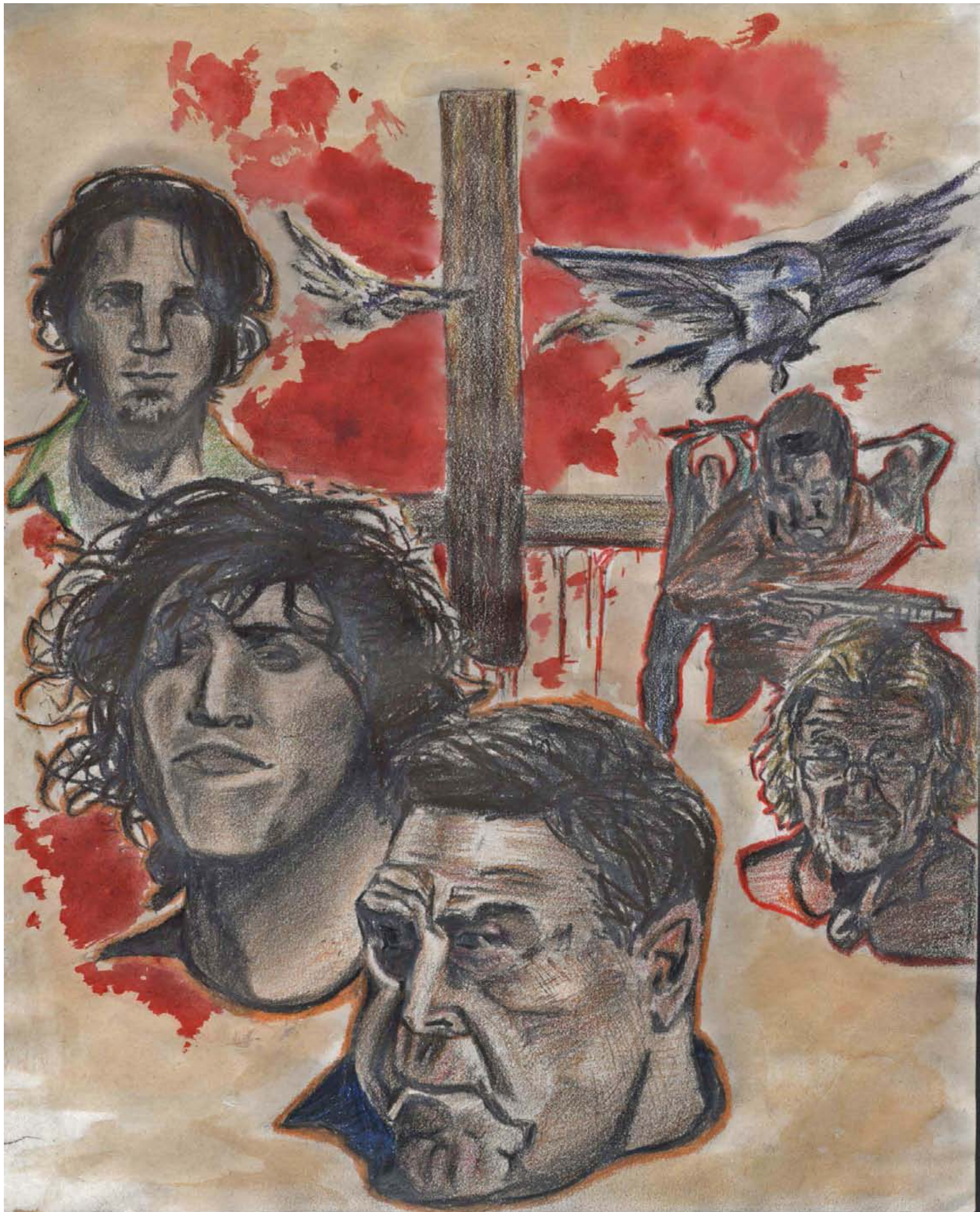
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Characters from the movie 'Red State.'

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