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Cover Article

Photo courtesy of UMKC Athletics

photo courtesy of UMKC

Photo by Mal Hartigan
UMKC launches campaign for the future

Louis Trigg  
Asst. New Editor

Two years after it began, the UMKC Foundation officially announced a funding campaign, dedicated to enhancing the university and raising $259 million within a seven-year period.

Chancellor Leo Morton unveiled “The Campaign for UMKC” at a dinner event last week, projecting 2011-12 to be the best fundraising year in school history.

“In a city that is first-rate, UMKC must be the academic cornerstone,” Morton said. “Campaign funds will help with the ongoing transformation of UMKC and further the measures in our strategic plan.”

Funding from the seven-year mission is expected to support scholarships and construction, and attract renowned faculty members. It’s also expected to advance existing programs such as the Institute for Entrepreneurship and Innovation and the Urban Education Research Center.

Foundation president Murray M. Blackwelder explained the reason why the enterprise waited two years to publicize the operation in a report by The Kansas City Star. “You don’t want to announce a campaign that you can’t succeed at,” Blackwelder said in the article. “We feel that now we are over the tripping point. We feel sure we can be successful at reaching $250 million.”

Thus far, the campaign has generated more than $100 million in contributions, largely provided by some of the largest donations in school history, including the largest donation ever by retired H&R Block Chairman Henry Bloch in September.

Blackwelder’s optimism was supported by additional funding announcements at last week’s dinner when the Foundation lauded three significant donations to the School of Nursing, School of Medicine and College of Arts and Sciences programs.

Bill and Irma Lou Hirsch were celebrated for making a $100,000 gift for a scholarship in the UMKC School of Nursing’s online RN-BSN program.

Former UMKC School of Medicine Dean Dr. Marjorie Sirridge and her late husband Dr. William Sirridge were also acknowledged for providing $125,000 to enhance the Sirridge Office of Medical Humanities and Bioethics, which they helped establish in 1992.

In addition, alumna Dr. Linda Hood Talbott pledged more than $250,000 to support scholarships and awards in the College of Arts and Sciences and Bloch School of Management.

Nevertheless, the announcement of the fourth-largest gift in school history anchored last week’s charge to the $250 million mark. Thomas and Vina Hyde pledged a $6 million gift to support the Chancellor’s Fund for Excellence.

“This gift provides future chancellors of UMKC many opportunities for success,” Blackwelder said. “To have an endowed fund from which the chancellor can distribute funds for the good of the University will have a profound impact on UMKC for years to come.”

After providing significant contributions to the development and maintenance of the school, Bloch will serve as the Honorary Chair of the campaign’s steering committee, with Tom and Vina Hyde and Robert and Ann Regnier serving as co-chairs.

“Ann and I, along with Tom and Vina, are honored to serve as co-chairs of The Campaign for UMKC and to be a part of the transformation that’s taking place at this university,” said Rober Regnier, President and CEO of the Bank of Blue Valley.

When the campaign ends in 2016, the foundation plans to separate the funding across various areas of campus need.

More than $53 million will be slated for need and merit-based scholarships, $5 million for an honors college and more than $47 million to establish highly competitive endowed faculty chairs and professorships.

Nearly $19 million will be provided to enhance current programs, including the Dental Clinic, the law library and the Urban Education Research Center started earlier this year.

The foundation also expects to appropriate roughly $60 million for construction, including new learning areas at the Conservatory of Music and Dance, renovations for research space on Hospital Hill and common student areas at the Miller Nichols Library.

briefly mentioned | School of Nursing preventing falls in the elderly

School of Nursing preventing falls in the elderly

Louis Trigg  
Asst. News Editor

During the past few months, faculty at the School of Nursing has joined an academic coalition that is studying ways to identify muscle and bone health, which could ultimately reduce the number of falls in the elderly.

“According to statistics from the Centers for Disease Control, one out of three adults in the United States, age 65 and older falls each year,” said Marco Brotto, B.S.N., Ph.D., Professor and Director of the Muscle Biology Group (MUBIG) at the School of Nursing. “And among those age 65 and older, falls are the leading cause of injury death and the most common cause of nonfatal injuries and hospital admissions for trauma.”

Forming the Fall Coalition Prevention to improve the health condition, Brotto recently partnered with School of Nursing Associate Dean Patricia Kelly, public health officials in Clay and Platte counties and the University of Missouri Extension, which developed the program “Stay Strong, Stay Healthy.”

The coalition plans to pilot the empirically-based program and promote awareness of the problem, by organizing classes designed to strengthen muscle and bone health for the elderly. This will help to reduce the risk of falls. It specifically intends to visit nursing homes and other central locations for elderly people in both counties to provide muscle and bone health education, while demonstrating muscle-strengthening exercises.

“Our initial goal in meeting with these groups of senior citizens is to offer some basic information about muscle health and the risk of falling and establish some baseline measurements with regard to their current muscle strength and general health,” Brotto said.

“Then we demonstrate for them a series of simple exercises and ask them to commit to a 10-week regimen of performing the exercises daily.”

Following the 10-week regimen, the coalition will analyze the results from participants.
Scholar studies the Border Wars of Kansas and Missouri

Luke Harman  
Sports Editor

The Border Wars Conference kicked off Thursday night with a keynote address from American Civil War scholar Michael Fellman in the Kansas City Public Library.

Fellman, a professor of history emeritus at Simon Fraser University in Vancouver, addressed the crowd with his long yet appropriately named lecture title “I Came Not to Bring Peace, but a Sword; The Christian War God,” and “the War of All Against All on the Kansas-Missouri Border.”

He shared his expertise in the guerrilla warfare-style which characterized much of the border war conflicts. It also examined the “darker corners of humanity” in terms of the religious justification and revised morality of the “ordinary people” who contributed to the war-time atrocities.

Incorporating modern uses of a “just” religious war, Fellman highlighted the crusade metaphor used by George W. Bush after the 9/11 attacks, as well as the British military leader Oliver Cromwell’s personal belief in being “God’s messenger in Ireland.”

Fellman’s address involved vivid description of individual atrocities in the shape of guerrilla warfare, robbery, arson, mutilation and murder in what coined “an endless cycle whereby the ordinary people effectively buried their consciences.”

He argues that acts of hubris, on behalf of both the Missouri and Kansas regimes, sought executions and the dehumanization of their enemy. These were “religious-fueled revenge killings from band of avenging angels” through the Christian obligation to “quench the enemy of darkness,” he said. The Christian commandment that condones killing was blatantly ignored and systematically veiled by cries of “blessed are the peacemakers,” Fellman said.

The rejection of all authority and the sentiment of black slaves in the South being considered “sub-human” was also an area which Fellman felt carried religious foundations; “No God, No Law, No Master,” as Fellman said.

Bringing the topic back into a modern perspective, Fellman critiqued the “War on Terror” as a tactic of bathing the American flag in liberty to achieve a “just” war. Fellman states that “God and justice are interlinked within the Civil War” and that the light versus dark, day versus night conflict was similarly “justified.”

He concluded with a quote from Union army division commander John B. Sandborn, who in 1866 claimed that “during war human nature bursts forth in displays of tyranny; Christians and non-Christians alike.” Fellman’s key message of outlining how perfectly ordinary Americans revised their moral and religious beliefs to justify extraordinary violence with relative ease was well received and he concluded with a standing ovation from the audience.

Fellman was also joined by UMKC assistant professor of history Diane Mutti-Burke who re-iterated Fellman’s argument that Missouri and Kansas citizens need to “break down the artificial barrier” and develop a distinct interlink between the historical recording and knowledge of the Border War conflicts in both states during the American Civil War. The Kansas City Public Library also needs to be used as a middle-ground for this debate throughout the duration of the Border-Wars Conference.

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KC Public Library hosts Civil War Symposium

Teresa Sheffield  
Staff Writer

The Kansas City Public Library was sieged by leading Civil War-era scholars last week for the Border Wars Conference. The three-day symposium began Thursday and explored the rich and volatile history of the border between Kansas and Missouri during warning period.

Planning for the conference began four years ago by Diane Mutti Burke, an associate professor of history at UMKC, and Jonathan Earle, an associate professor of history at the University of Kansas. They said they deliberately limited the scope of the conference to the Kansas and Missouri border because of the importance of this area in the Civil War.

“Everything that the war became started here,” Earle said. “It’s fundamental to understand what happened here happened everywhere else.”

The speakers were a prestigious consortium of 17 scholars hailing from across the country including Ithaca College, University of Cincinnati, the University of Texas-Pan American, University of Kansas and UMKC. Many are published authors and distinguished experts in their fields.

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Faculty advise students on applying for grad programs

Lindsay Adams  News Editor

Faculty and directors of the graduate programs at UMKC held a panel Nov. 12 on how to help students get into graduate school. The focus was on the MA and MFA programs, but is applicable to any type of program.

The first segment of the event was a meet and greet with graduate students who are currently in the English program. The panel explained the importance of discussing the programs in which you plan to apply with other students as they will tend to be more honest than the directors of a program.

Then the event segued into a faculty panel, consisting of New Letters Distinguished Writer-in-Residence and Writers at Work Director Whitney Terrell, Assistant Professor and Creative Writing Director Dr. Hadara Bar-Nadav, and Associate Professor Dr. Laurie Ellinghausen.

During the panel they addressed some of their experiences when they applied to grad school. A lot of the advice included questions they wished they had been told to ask before applying. After the panel finished, students were allowed to ask any questions they wished about the UMKC program specifically or general questions they had about applying to graduate programs.

The panel started with Dr. John Barton, assistant professor and Director of Graduate Studies. He handed out a list of graduate programs around the country. They were ranked highest to lowest, but he said, “The thing you don’t want to do is form a list.”

Ellinghausen agreed, saying, “All of these reflect is faculty research grants and general faculty visibility.”

While there is obvious prestige in getting a graduate degree from an Ivy League college, having a MA or MFA degree from an Ivy League school can actually work against students if they are applying for jobs at smaller schools. The administration may fear the student is too high-powered and won’t stay long at the smaller school.

One of the most important assets when applying to graduate school is good references. One way to make sure you get a good reference is to give any professors writing your references at least a month to put effort into it. Professors may be writing many different students’ reference letters, so giving them time will allow them to think of specific things about you, which will strengthen the reference.

This is one reason why students are not advised to apply to more than 10-12 schools. “You don’t want to knock yourself out and you don’t want to knock your letter writers out,” Bar-Nadav said.

Barton suggested students should, “look around at what faculty members are at each institution.”

Barton advised students not to worry too much about the references, since they are not something students can really control. “The things you can work on is your statement of purpose and your writing sample,” he said.

One of the most common problems with students’ statements of purpose is that they are too general. What will set one apart is a very clear statement of purpose with specifics about your research interests. Saying things like, “I really like literature” or “I love to read” will not help one’s chances of getting into graduate school.

“They are the iceberg lettuce of statements,” Ellinghausen said.

Ellinghausen and Bar-Nadav agreed that telling stories in the statement of purpose is useful and helps to catch the eye of the readers. Terrell agreed with them to an extent, but argued against trying to be too clever for fear of turning off a reader.

Dr. Henri Rix Wood, a full-time lecturer for the English Department, said, “When in doubt, as my high school journalism teacher used to say, ‘read the directions.’”

Of Ph.D. students, 60 percent do not finish their programs. The faculty panel explained this is because students don’t scope out graduate schools before they apply. There are a lot of questions the faculty panel suggested one ask before applying to a school.

How often is the faculty being published? Creative writing students should have faculty who can advise them on the current publishing market.

How much of a peer group do you want? Some programs only let two or three students in every year, but others will have a large peer group.

Are there comprehensive exams or a thesis? Some people shudder at writing anything more than what is necessary, while others do not test well; this might affect which university a student should attend.

How many classes do graduate student assistants have to teach? Sometimes they have to teach two every semester. Some students would not be able to keep up with that while in graduate classes.

How long does funding last? Some universities make students reapply every year, which can add a lot of stress to already stress-filled graduate work.

Are fees included in graduate teaching assistantships? Bar-Nadav wishes she had asked this question. She had a $700 fee to pay at the beginning of her first semester after she thought she had a full ride.

Is there a tenure track at the university? The University of Nebraska at Lincoln has 100 percent placement. These kinds of guarantees are advantageous to students in the current job market.

The event finished with a reception where graduate students, undergraduate students and faculty members mingled and enjoyed the free wine and beer.

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Nov. 8
3:54 p.m.  Burglary
A student woke up and found a jacket missing from her room in Oak Street Residence Hall.

Nov. 9
9:55 a.m.  Larceny
A student left her cell phone unattended in Flarsheim Hall and returned to find it missing.

4:04 p.m.  Burglary
A computer was missing from an area in the University Center that was supposed to be secured.

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Pollice Blotter

Lindsay Adams  News Editor

Nov. 7
3:27 p.m.  Burglary
The victim found $80 in cash missing from her desk at the Women’s Center.

5:34 p.m.  Larceny
The student returned to her vehicle in the Hospital Hill parking garage and found her GPS and sunglasses missing.

7:52 p.m.  Larceny
The student couldn’t locate his iPod at Haag Hall and reported it as stolen.

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Lindsay Adams  News Editor

Whitney Terrell, Hadar Bar-Nadav, and Laurie Ellinghausen discuss admission to MA and MFA for UMKC Graduate Programs.

Photo by Lindsay Adams
Clothing drive benefits veterans and children

Lindsay Adams  News Editor

The Sociology Club is hosting a clothing drive on campus. The clothing drive started the first of this month and continues until Nov. 18.

Pre-Med Student Danesha Martin, president of the Sociology Club, said, “The goal of the clothing drive is to help out those less fortunate veterans and children who are in dire need of clothing around this time of the year that are unable to provide for themselves. We wanted to start early since the temperatures in Kansas City have gone from one extreme to the next. By hosting a clothing drive, this is just a small way for the Sociology Club to show how much we care about people in our community, our willingness to help, and our desire to raise awareness on campus by getting our students involved too.”

They accept clothing for both adults and children. They will also accept any other item that might help a person in need who cannot afford to buy much, for example toiletries, deodorant, hygiene products, shaving kits, etc.

Some of the goals of the Sociology Club as outlined by its website are, “To increase student involvement on UMKC’s campus and surrounding community through service projects,” and “To educate, engage, and empower students to become future leaders and role models.”

“The clothing drive is going very well,” Martin said. “We have already collected about 30 large bags of clothing and still counting. I am very excited and pleased with how much the students, faculty/staff, and everyone’s willingness to donate clothing to help our cause out.”

They are going to donate all of the clothing they receive. The adult clothing and other items will be donated to the Heart of American Stand Down. According to their website, “During war, stand down means a brief break from the fighting.” The organization works to create a stand down area for homeless veterans. “Assistance is offered with medical, substance abuse, legal issues, taxes, housing & utility assistance, family counseling, spiritual, mentorships, educational and employment opportunities, hair cuts, and much more.”

The children’s clothing will be given to Crittenton Children’s Center. Its website reads, “Since 1896, Crittenton Children’s Center has served as the region’s premier psychiatric care provider for children, adolescents, and their families.” This center helps children with mental and behavioral needs, as well as assisting with adoption services and foster care.

The Sociology Club is open to sociology students who are majoring and minoring and other students who are interested in trying to find out more about sociology.

“What attracts me to the Sociology Club is my drive to enhance the awareness of the sociological field to students on campus,” Martin said. “My attraction for the club also stems from my passions for community involvement through a field that I am constantly intrigued by and absolutely love and enjoy.”

To donate clothing, contact Danesha Martin at dmwy9@ mail.umkc.edu or drop the clothes off at Manheim Hall offices 106-D, 106-E or 206-E.

For more information about the Sociology Club, refer to their website at  cas.umkc.edu/sociology/sociology-club.asp.  
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Law School hosts mayoral panel about teen curfew

Louis Trigg  Asst. News Editor

Kansas City endured one of its most controversial incidents three months ago when the City Council modified the city’s teen summer curfew, following a shooting in the Country Club Plaza that injured three teenagers. Although the new curfew maintained former summer constraints, it enacted stricter restrictions in entertainment districts, such as the Country Club Plaza and the Power and Light District.

Since then, opponents of the law have suggested it highlights racial biases and infringements on civil liberties.

Mayor Sly James chose to respond to the criticism about the law revision last Wednesday at a panel discussion, hosted by the School of Law.

“Sometimes in order to get the right thing done, you have to do some things that aren’t easy, and people don’t necessarily like,” James said.

The local chapter of the ACLU, which threatened to file a lawsuit against the enactment in August, aided the integrity of the enactment when ACLU legal director Doug Bonney joined James and renounced the threat of a lawsuit at the discussion.

“I think the city did a pretty good job of drafting this ordinance and taking into consideration all of the civil liberties issues that they should,” Bonney said to KCTV 5 after the discussion.

Joined by Bonney and City Attorney Galen Beaufort, the mayor intentionally used the event as a way to engage with prospective legal professionals, who may end up drafting similarly controversial legislation and tough choices.

James said the discussion was a good way to expose UMKC’s law students to the political nature of legal professions.

“You cannot look at the superficial and reach a conclusion,” he said. “You have to understand the permutations of any set of facts, any set of circumstances, and how that plays out in the public eye and what you options are.”  
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Travel to become costlier for commuters

Louis Trigg  Asst. News Editor

The trip to campus might become costlier for students, faculty and staff who commute, if the Missouri Department of Transportation (MoDOT) is granted permission to construct toll stations on I-70.

Last week, MoDOT Director Kevin Keith announced a plan to persuade the General Assembly to authorize toll construction along the interstate highway.

Even though the idea has been mentioned for years, MoDOT is preparing to submit it to the state legislature soon.

In a report by The Kansas City Star, Keith said tolling would provide the department with a funding option for future projects designed to improve I-70 from Kansas to St. Louis.

“Tolling is a viable financing option for infrastructure,” Keith said in the report. “As we sit here today with the resources available to us, it may be the only option we have to pay for it.”

MoDOT plans to finalize a plan to repair I-70, and then assemble a group of independent contractors, who would repair the highway and recoup the costs by toll revenue.

However, the selection of contractors and costs would be unknown, until an agreement is made among any group interested in the project.

According to the report, though, the costs are expected to range from $1.5 billion up to $4 billion, depending on the types of repairs chosen by the transportation department.

As one of the first highways ever built in the U.S., I-70 has been the subject of repair talks for many years. Planners particularly want to expand the highway to resolve an increase in traffic throughout the past six decades.

Recently, discussion has centered on a few scenarios, including expanding the highway to three lanes, or building a separate lane for trucks altogether.

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The SIFE Financial Corner is created by members of UMKC Students in Free Enterprise.

For more information, find us on Facebook and Twitter, or attend our weekly 7 p.m. Tuesday meetings in the Brookside Room of the Administrative Center.

F.A.F.S.A.  What you need to know

Last week, we wrote about the difference between the most common types of student loans available to college students: the subsidized and unsubsidized Stafford Loans. To be considered for these loans, you have to make sure you fill out the Free Application for Federal Student Aid (FAFSA). The FAFSA is the key for being considered for any of the wide variety of state and federal aid in the country. To let you know a little bit about the FAFSA, here are some numbers you should know:

1. The priority deadline for the FAFSA here at UMKC is March 1. Turning it in before this deadline maximizes your chances to get the maximum amount of student loans. Other dates to remember, April 1 is the priority deadline for the state and July 30 is the priority deadline for the federal government’s loans and grants. Remember, just because you turn it in a day before July 30, doesn’t mean you will get your aid right when school begins.

8. The number of the different loans and grants associated with the FAFSA. The first is called the Pell Grant, which is different from loans because you don’t have to pay it back after graduation. The other loans available are based on what year of school you are in, within which degree program, and most importantly, the results of your FAFSA application.

4,970 The average dollar amount undergraduate students received per year in federal student aid in the 2010-11 school year. With the average cost of tuition being $4520.00 (15 credits), this can help cover some costs. But you need to remember, to not always rely on the FAFSA to help cover all costs, and always continue checking for scholarships even if you are not a freshman in college.

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What you need to know
Men’s Basketball faces Northwest
Roos fall to the Bearcats on Friday

Darryl Washington Staff Writer

The men’s basketball team opened its 2011-12 season against the Northwest Missouri State Bearcats on Friday night at Swinney Recreation Center. The Roos were unable to halt the Bearcats outstanding offensive shooting and were defeated 66-62 to start the season.

The Roos started out with high energy and were able to attack effectively on the break, as well as to net easy points from the free throw line. On an early play, sophomore guard Nate Rogers was able to drive hard and draw a foul but he came down hard on his wrist which resulted in him missing the rest of the game. Tied at seven, the Bearcats went on a six point run, causing the Roos to use a timeout. When play resumed senior guard Michael Gholston entered into the line-up and proved to be instantly effective on offense, scoring five straight as he knocked down a three from the corner and was also able to draw a foul penalty, knocking down both of his free-throw attempts.

The Bearcats answered with a five-point-run of their own. Coming down the stretch in the first half, the Bearcats nailed two more three pointers to take a hard-fought 36-26 lead into the intermission.

In the first half of play, the Roos had a tough time getting shots to drop, shooting just 24 percent while NWMSU swung the ball around effectively and found open shooters who routinely knocked down the 3-point shot and ended the half with 46.4 percent from the field.

The second half was different for the Roos, as they came out determined to play better. They produced a much better percentage, shooting 40.7 and exerting more energy on defense. Unfortunately for the home team, the Bearcats continued their excellent performance with superb passing combinations leading to open shots which they dually converted. At the beginning of the half, the Roos went on a crucial 10-point run, which was capped off with back-to-back three pointers by guard Reggie Chamberlain to tie the game at 36 with a little more than 15 minutes left to play.

Senior forward Bernard Kamwa battled hard all game, banging bodies against double and triple teams whenever he got his hands on the ball. Kamwa gave the Roos their first lead of the game with 13 minutes left to play. However, the Bearcats pulled away again with a 12-3 run. The Roos were again resilient as they rallied again. Capping off the Roos responsive run, sophomore Trinity Hall chased down his opponent to get a monster block from behind as the Roos pushed the ball back up to Chamberlain who hit a crucial three to cut the lead to three. The Roos were unable to claw back the lead as the final minutes wound down and the Division II side took the contest 66-22.

On the night, Chamberlain led with a team-high 19 points with the 10 points from Kamwa signaling the only other Roo to who reach double figures.

The Roos will look to avenge this loss as they battle the University of Nebraska Omaha at 7 p.m. on Wednesday Nov. 16 at Swinney Recreation Center.

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Volleyball team ends season in the Dakota’s

Caitlin Christopher Staff Writer

The volleyball team closed out its season last week with a victory against South Dakota State University (SDSU) on Nov. 11 in Brookings, S.D, followed by and a loss against North Dakota State (NDSU) the following night in Fargo, N.D.

The Roos came out hot against SDSU, winning their sixth match out of the past seven. Once again, senior Kelsey Knoche stole the spotlight with a career-breaking record of 26 kills. She also had 14 digs, two blocks and an ace.

Junior Ella Meier also broke a personal record, producing an astonishing 58 assists. Along with that, Meier had 10 digs, three kills, a block and an ace.

In the first set, the Roos fell behind to a 9-3 deficit, but rallied back to take a 12-11 lead. The Jackrabbits caught up again, leading 16-14, but five straight kills brought the Roos back to a 23-17 lead. Senior Christiana McQuin finished the set for the visiting side with two powerful kills.

The momentum carried the Lady Roos to win the second set 25-22. Once again the scoring remained close, with the teams inseparable at 22-22. But seniors Knoche and Meier continued their excellent performance with superb passing and combined efforts leading to open shots which they dually converted.

The second half of the game was a battle of resilience as both teams fought hard to gain the lead. The Roos were able to hold on for a 12-9 lead in the third set, but the Jackrabbits dug deep and pulled away with a 25-18 win to keep the contest alive.

In the fourth set, the Roos dominated once again, winning it 25-18. The lead flipped back and forth in the fifth set after the Roo’s led 9-7 and then trailed 11-10. Only two more points were scored in the game from the Roos. The Bison won the deciding fifth set 15-12.

For the Roos, Knoche led the squad with 18 digs, while seniors Thomas (17), Kerkmann (15) and Welwood (10) each reached double figures. At the net, McQuin posted seven total blocks, including four solo in her final game as a Roo.

After a poor start to the Summit League Conference season, which saw the blue & gold lose its opening 10 games, the team finished the conference season on a high, rebounding to produce a respectable 6-12 record. The overall record for the season was 12-16 in what was a re-building season for new Head Coach Christi Posey.
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Summary League Coach of the Year

Three years after its initial kick, the women’s soccer team finally found success under first-year Head Coach Chris Cissell. Cissell led the program to its first winning season (8-7-4) ever and led them into the Summit League Tournament with a number three seed. Cissell credits his early success to his players.

“The players bought into our system and what we were teaching and coaching them,” Cissell said. “A lot of good players were already on the team and on campus; we were able to bring some good players in as well.”

The Roos’ success this season stems from hard practices, players he described as “very coachable” and a change in style that Cissell brought with him and also the Assistant Coaching of former UMKC men’s soccer player Miguel Rodriguez.

“We just instilled a real belief and confidence that we were a good squad and were going to work hard,” he said. “We were very attack oriented and used that style of play. We were a hard team to score on and every game we threatened on scoring opportunities.”

The team’s last game of the season was a 2-1 loss in the Summit League tournament to North Dakota State. The game was close and the score was tied 1-1 with only 1:52 left. Cissell said the off-side goal that gave the Bison victory was “questionable” but spoke highly of his team.

“We proved that we belonged by playing a team that won conference last year,” he said. “Playing with a 1-1 tie till 1:52 was left; we proved we can compete with the top teams in the conference.”

The turnaround for the Roos was remarkable this year. Junior Randi Simmons, who has been on the team since its initial 2009 season, has bold visions for the team’s future.

“The future of this program is extremely bright,” Simmons said. In the very near future I fully expect that we will have championship rings on our fingers, and in the next couple years, UMKC soccer will be in the top 50 of the NCAA rankings. I know that this team has immeasurable potential and the sky is the limit.”

Last season’s 1-15-2 record is part of the reason Cissell was introduced. Cissell spent 20 years coaching men and women’s soccer at William Jewell College previously and compiled a 279-92-21 record. Cissell is a proven winner and has brought that attribute with him to UMKC. Cissell knows the program is on the right path and points to two key victories from the season that reassure him.

“We beat two teams that are in the national tournament. We beat Oakland (2011 Summit League Tournament Champion) 2-0,” he said. “We beat Florida International down in Miami on the road 3-2 in overtime. Both of those teams are in the national tournament. To go from 1-15-2 last year to a winning record this year and a win over two national tournament teams, it says a lot.”

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Player Spotlight: Cosmas Ayabei

Cosmas Ayabei is a rising star on the cross country team. Since his freshman year, he has consistently placed in meets. Ayabei was born on Oct. 9, 1986, in Kapsowar, Kenya, to Choseph Chemor and Juliana Ayabei. He has two siblings, Thomas and Evans. Ayabei is majoring in nursing.

One of Ayabei’s goals is, “representing UMKC fully and putting it in the map.” He is already starting to work toward this goal. Ayabei’s record for the 10K (30:44.60), that he received at the NCAA Midwest Regional last year is also a UMKC school record for the 10K.

Last year Cosmas headed the Roos in the men’s 6K, 8K and 10K by finishing first in six of seven meets. He was voted the Summit League Cross Country Athlete of the Year and was also selected the MVP of the League Championships and a first team selection.

He gives credit for his success to his teammates and his coach. He calls it a group contribution.

Ayabei also credits hard work for his success in cross-country. He says that he treats everything his coach tells him as a duty. “Everything that I do in the course of my training is based on my personal control belief - the amount of effort that I put during my practice and workout is directly proportional to my level of performance.”

The men’s cross country team recently competed in the Summit League Championships in Tulsa, Okla., placing fourth with 110 points. Ayabei placed second (26:40.40), leading the men’s team. Last year, Ayabei finished first and took home the Championship MVP award. Though he finished lower than last year, he was nominated to the first-team all-league squad. “When asked about the honor, Ayabei said, “it makes me feel proud of myself … if you dedicate yourself to something you expect something in return, so I guess this is one of the returns.”

The men’s team, led by Cosmas, had their highest finish at the Summit League Championships since 1999.

As Ayabei said, “Racing isn’t something to get scared of.” This belief is something he exhibits in every race, and will hopefully lead him to even greater achievement through the rest of the season.

Next up for Cosmas and the Roos is the NCAA Championships on Nov. 21 in Terre Haute, Ind.

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Upcoming Events

**Men’s Basketball**

vs. Nebraska Omaha
Swinney Rec. Center
Nov. 16 @ 7pm
@ Utah Valley
Orem, Utah

Nov. 19 @ 8pm

**Women’s Basketball**

vs. VCU
Swinney Rec. Center
Nov. 19 @ 2pm

**Cross Country**

NCAA Championships
Terre Haute, Ind.
Nov. 21
Women’s basketball crushes Park University

Mal Hartigan  Copy Editor

The women’s basketball team exploded into action last Monday in their last exhibition game, overpowering the Park University Pirates 106-58.

The game started with a bang as senior Dayon Hall-Jones knocked back her first jump shot, a perfect foreshadowing of her performance the rest of the evening. Hall-Jones scored a career high of 35 points, also accumulating three rebounds, three assists and a steal.

Park responded with a field goal shortly after, tying the game at 2-2. The Lady Roos gained solid momentum with an 11-point run, shutting the Pirates out with a 13-2 lead with 14:35 left on the clock in the first half.

The lady Roos widened their lead to 15 after Hall-Jones nailed a three-pointer and another jumper, as well as an and-one while fouled on a layup.

In attempt to narrow the gap, Park went on a 13-5 run, leaving UMKC up 26-19 with only 6:10 left in the half.

The Roos retaliated with another 17-6 run as sophomore Elise O’Connor drained two free throws with one second left on the clock, closing the half with a 45-23 lead.

The beginning of the second half decided the fate of the game as UMKC shut the Pirates down, scoring 19 of the first 22 points.

This put the Roos at 64-28, leading by 36 points. Senior Brianna Eldridge fueled the beginning of the run with a three-pointer, and O’Connor drained another set of free throws.

Lexis Hardiek gained a spark, knocking back four three-pointers in just five minutes, heightening the lead to 88-43. The lead jumped even higher to 49 after junior Kim Nezianya answered with an additional three-pointer from the top of the key.

To secure the game-high lead of 53, LeAndrea Thomas acquired a steal and translated it into a layup, leaving the score at 106-53.

Park responded with two free throws, bringing the game tally to 106-58.

The Roos’ high scorers were Hall-Jones with 35 points, O’Connor with 13 points and seven impressive assists, Hardiek with 12 points from her surge of three-pointers and Nezianya with 10 points and four rebounds.

Kaycie Boyles reached a team-high of seven rebounds, and also racked up eight points. Thomas remained busy, acquiring five assists, five steals, two rebounds and nine points.

The impressive 106-58 score closes out the Lady Roos’ exhibition season.

“We are focused on improving every day and being the best team we can be,” Head Coach Candace Whitaker said. “We wanted to come out against Park and set the tone on the defensive end. I was proud of our defensive intensity and effort. We were able to create a lot of transition opportunities and shot the ball very well. We are excited about the season and this year’s team.”

The Lady Roos will be back in action on Nov. 19 with a home game against VCU at Swinney Recreation Center.

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Men’s soccer coach stays positive

Tyren Rushing  Staff Writer

The men’s soccer team finished the season 5-9-3. This was considered to be a rebuilding year for last season’s Summit League regular season champions. Head Coach Rick Benben believes his team is on the right track and had a good season.

“I think it’s important for me in particular to keep a realistic view of where we are,” Benben said. “I think we did have a good season, I mean we did have to rebuild our team after last year. Over the course of the season, I think we played pretty well. I think we were really unlucky down the stretch, there were a lot of bounces of balls that didn’t go our way.”

Benben also explained why last year’s team was so successful.

“We had nucleus of players who were outstanding for us,” Benben said. And a lot of kids were four year starters and arguably last year might have been the best team we’ve had here since I’ve been here.”

Like most of coaches coming off a losing season, Benben knows that taking these lumps now will prepare his team for greater success next year. Benben worked hard to keep his players positive and told his team not to dwell as much on hardships.

“I tell our players,” “Hey it’s not about one practice or one game, you as a player and everything we do as a team is an accumulation of their efforts over time,” Benben said. “I think that’s the same way with our program, I think that our men’s soccer program has performed at a real high level.”

Benben, who has a career record of 105-127-27 and four regular season Summit League titles under his belt, tries to keep his program consistent. His goals for next season, which will be his 15th, are the same as his goals every other season during his tenure.

“The goals are always the same,” Benben said. “First of all we want to play well. I think with our program, there are just two overriding things we want to do. We want each kid to be the very best player they can be because that helps us to have the very best team we can have. We also want everyone to walk out with a degree. That is the two overriding things we want to accomplish as a team and as individuals.”

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Cross Country team’s break UMKC school record

Luke Harman  Sports Editor

The men’s and women’s cross country teams competed in the NCAA Midwest Regionals on Saturday Nov. 12 in DeKalb, Ill., hosted by Northern Illinois.

On the men’s side, the Roos placed 13th (390 points), the best finish in school history at an NCAA Midwest Regional meet. Junior Cosmas Ayabei also earned himself a trip to the NCAA Championships, becoming the first UMKC runner in history to do so, after recording a 7th place finish with a time of 31:23.46.

Rounding out the finishing positions for the men’s team was junior Zach Mathias with his finishing time of 42:43.54, which was enough for a 52nd place finish and senior Brandon Leibold, who placed 87th with a 33:41.53 total time.

Okalhoma State placed 1st out of 25 teams with 36 points. They saw four of their runners finish, in the top 10. Minnesota’s Hasson Lead led all runners with a time of 31:16.81 in the 10K race.

The men finished higher than Summit League foes North Dakota State and South Dakota on Saturday. Two weeks ago at the Summit League Championships in Tulsa, Okla., the men finished 4th behind both schools. This display marked an excellent response from the blue and gold.

In the women's 6K race, Iowa State came 1st of 28 teams, compiling 64 points and placing four runners in the top 10. Wichita State junior Aliphine Tuliamuk led all runners with her 20:40.68 finish.

For the Lady Roos, senior Julian Jaloma led the way with a 68th place overall finish with a time of 22:40.82. Like the men, this was the women’s highest finish in a NCAA Midwest Regional meet in school history.

Up next will be the NCAA Championships on Nov. 21 in Terre Haute, Ind. where Cosmas Ayabei will represent the Roos. Times and location are to be announced.

The rest of members will begin preparation for the indoor track and field season.

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Come work for U-News!

Come join the team!

Each semester, editorial and production staff positions for the *U-News* open up. These positions are PAID! You do not need to be a journalism student or have journalism skills, just simply have the passion and dedication to learn skills such as leadership, writing, editing, organization and management. Please see below for open positions and their descriptions and requirements.

**Production Manager**

Manage the design and layout aspect of the print version of *U-News*. Applicants must have thorough InDesign skills. Applicants must be available to work weekends. Production manager will supervise and train the production assistant through the design process.

**Production Assistant**

Assist the production manager in the completion of the print layout and design. Applicants must have prior InDesign knowledge. The assistant’s main goal is to expand his or her design knowledge. Must be available to work weekends.

**Photo Editor**

Direct and manage the photography of *U-News*. No prior photojournalism knowledge required. Must have basic Photoshop knowledge. Collaborate with section editors to illustrate content.

**News Editor**

Manage and edit the news section. Applicants must have a balanced focus on current and relevant news topics regarding UMKC, the community and abroad. Will instruct and educate freelance writers in journalism and AP style writing. Edit articles for style and accuracy. Must construct factual and cohesive news section each week.

**Assistant News Editor**

Applicant must assist the news editor in managing the news section. Through this position, the assistant will learn principles of not only journalism, but news as a focus. Will learn to investigate, report and interview. Must have writing skills.

**A&E Editor**

The arts and entertainment editor will present engaging feature articles. Manage the section and include topics including performance, arts, popular culture, campus life and, of course, entertainment. Must have writing and editing skills.

**Copy Editor**

Edit articles, focusing on AP style, grammatical and spelling errors, sentence structure, fact checking, word usage.

**Forum Editor**

Manage the opinion section of *U-News*. Encourage writers to contribute vital and relevant topics to readers. Must have writing and editing skills. Must have a balanced view and be accepting of all opinions.

**Distribution Assistant**

Assist the distribution manager in delivering the printed paper to each location on and off campus. Must be available on Mondays between 11 a.m. and 5 p.m. Must collaborate on archiving projects.
“Avenue Q” isn’t a musical for your mother, unless your mother likes raunchy, witty and hilariously offensive things. If she does, congratulations, you have a cool mom.

If you don’t like most musicals, you’re in luck, because “Avenue Q” is not most musicals. Winner of three Tony Awards, including best musical in 2003, it was co-written by the composer of “The Book of Mormon,” which was written by the South Park creators and won nine Tony Awards last June. It’s a comedy that’s fresh, edgy and relishes in its irreverence.

It’s also unique because most of the characters are puppets. Yes, puppets. The actors walk around the stage holding puppets and animating them with a slew of lovable personalities.

The current production at the Jewish Community Center of “Avenue Q” is superb. The singing is as good as you’ll hear anywhere else, the set and costumes are perfect, lighting and sound are flawless, and you can barely go a minute without something side-splitting happening onstage. If that’s not a recommendation to go see it, it’s hard to know what is.

“Avenue Q” is a satire on the beloved television show “Sesame Street” that emphasizes all our dreams can come true and everybody is special, and turns those notions on their heads.

The musical follows the life of a 20-something recent college graduate named Princeton (wonderfully played by Brent Nanney) who moves into a rundown apartment complex managed by “former child star” Gary Coleman (played by the talented Linnaia McKenzie). Princeton grapples with losing his job before it begins, wonders what his purpose is in life, pursues love with another tenant named Kate Monster (fabulously played by Samantha Agron) and realizes life is tougher than it looks on “Sesame Street.”

To call this show funny is downplaying it tremendously. The dialogue is witty and smart and the songs are sublimely inappropriate. Sometimes what comes out of the puppets’ mouths is shocking not only in its political incorrectness, but in the fact that you can’t stop laughing. What makes it funny and not patently offensive is that it’s done in good fun, and there’s nothing mean-spirited about it.

With a show this good almost every song is a crowd favorite, but highlights include the song “Everyone’s a little bit racist,” where McKenzie as Gary Coleman sings “Ethnic jokes may be uncouth, but you laugh because they’re based on truth,” and “The Internet is for porn,” where the shamelessly depraved character Trekkie Monster (played by Joe Nuzum) sings “Why do you think the Internet was born? Porn, porn, porn.”

The cast is excellent and they’re all incredibly talented. It’s hard to think how their singing could possibly be better, and the acting is effortless and natural.

One of the most impressive things about this show is the dual portrayal each actor has of the puppet and the human controlling the puppet. Both were expertly done.

The actors did a great job of bringing the puppets to life with actions like a hair toss, quivering confused head-scratching, angry gestures, dancing a waltz and even a raucously hilarious scene where Princeton and Kate have puppet sex.

What’s surprising at the end of the show is that despite the road of debauchery we’ve happily traveled along, the destination is sentimental and inspiring. There’s actually a lesson to be learned, a moral to be taught and heart strings to tug.

“Avenue Q” may be playing at a community center, but there is nothing amateur about it. Most community centers and community theater in general can only dream of putting on a show this good.

The show is a lot smarter than a production about puppets should be, the lesson learned here that even when we grow up, we don’t stop learning from puppets.

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Students anticipating fall break have much more to look forward to than turkey, cranberry sauce and sleeping in. Conversely, those who identify with Ebenezer Scrooge and the Grinch have good reasons to be a bit testier than normal. As soon as the leftover stuffing goes back in the fridge, the holidays manifest themselves on the airwaves and just about everywhere else one can imagine, from yard decorations to festive retail displays.

Here are some upcoming and notable holiday traditions in Kansas City in which you may wish to participate:

**Plaza Lighting Ceremony**

In Kansas City, holiday decorating has been taken to the next level with the lighting of the Plaza and Mayor’s Christmas Tree at Crown Center. The Plaza lighting has been a Kansas City tradition since 1930, when it was introduced to entice penny-pinching Great Depression-era shoppers to spend money amidst economic weary and angst. Although the Depression ended in the following years, the Plaza lighting ceremony has remained a constant. The technicolor display of more than 280,000 bulbs would span a length of six miles if every strand of lights were connected end-to-end. As is tradition, the lighting will occur at 6:50 p.m. on Thanksgiving, and will be preceded with singing and live performances beginning at 6 p.m.

"Modern Family" star Eric Stonestree will flip the switch to the lights, followed by a firework display above the silhouetted Plaza skyline. The lighting ceremony is one of Kansas City’s most popular holiday traditions, appealing to those of all ages and backgrounds, representing a true cross-section of Kansas City’s diverse citizenry. The event is free, but be forewarned that the thousands driving to the event make parking scarce and traffic atrocious. Those who miss the ceremony need not worry; the lights will remain on every night until Jan. 15, 2012.

**Black Friday**

The next day, the Plaza will again be unusually busy, but for a reason very different than the lights. Black Friday, a term coined for the day after Thanksgiving in the 1960s, marks the official start of the holiday shopping season, and retailers across the metro including the Plaza, Zona Rosa, Oak Park Mall and the Legends outlets will offer special sales and other gimmicks to entice early holiday shoppers. The day after Thanksgiving is also the day many retailers traditionally turn a profit, hence the name “Black Friday.” Among the places to check out are H&M, which opens its first Kansas City store this Thursday on the Plaza at 440 W. 47th St. (next to the Gap). Those seeking upscale fashion will enjoy Plaza classics like J. Crew, Armani Exchange, Halls, Guess, Anthropologie and Brooks Brothers and recent additions like Kate Spade and Michael Kors.

**Mayor’s Christmas Tree Lighting**

Those whose empty wallets (or prudent frugality) spoiled their Black Friday fun can make up the lost enjoyment at the Mayor’s Christmas Tree Lighting at 5:30 p.m. at Crown Center. At 100 feet tall, the Mayor’s Christmas Tree is the height of a 10-story building and is taller than the famed Rockefeller Center tree in New York. The 6,200 lights on the Mayor’s Christmas Tree pale in comparison to the nearly 300,000 on the Plaza, but are nonetheless impressive. Along with Mayor Sly James, the event will feature R&B/soul performer Janelle Monae. The event is free, although it still manages to raise money for a good cause. Proceeds from wooden ornaments made from the previous year’s tree are sold at $12.50 each at the Crown Center Customer Service office to benefit Kansas City’s less fortunate through the Mayor’s Christmas Tree Fund.

Looking to satisfy your holiday sweet tooth? Check out “All Around Town” on Nov. 21 for Kansas City’s tastiest holiday treats.

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Nathan Zoschke
Production Manager/Copy Editor

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Kick-start your holidays in Kansas City
**Standing-room only at ISA’s Surabhi**

Nicole English  
Contributing Writer

On Sunday, Nov. 6, the seventh annual celebration of Surabhi, the highlight event of UMKC Indian Students Association (ISA), was presented in the Student Union Theater. It was performed to a raucous, standing-room only crowd of predominantly Indian students and their guests.

“Surabhi is the biggest Indian cultural event on the UMKC campus,” said Gunjan Shetye, a civil engineering graduate student and leader of one of the Bollywood dance groups in the show. “The event helps portray Indian traditions, related to the Festival of the Diwali, and share those traditions with others.”

ISA is one of the largest student groups on campus. ISA holds this annual event to both celebrate the Diwali Festival in India and to honor the hand-off of the leadership of the organization to the new officers for the current academic year.


This event was hosted by Iyengar. The entertainment theme of this year’s show was a humorous, theatrical-esque narrative of students making their journey from India to UMKC (Munna Chala America). They poked fun at the common misadventures students encounter as they try to negotiate the complicated pitfalls of academic red tape and family politics across two continents. Interspersed among these misadventures were song and dance performances by various students. This included classical Indian songs and dances, a guitar solo, Bollywood songs and dances and a fashion show.

“We experimented with the theme of the event this year and crowd responded very well,” Saripalle said. “The main aim of this event is to provide entertainment to Indian students as well to showcase our culture at UMKC. ... This is one event where all Indian students on campus as well as the Indian community in Kansas City come together.”

The narrative ended with a wedding celebration that included a finale of the various performers. This incorporated a song sung by the organization’s Faculty Advisor, Dr. Deep Medhi, professor of computer science, and informal dancing by UMKC honored guests, Alumnus Raja, Govindrajan and J.P. Singh General Manager of Dining Services.

After the show, ISA sponsored a tasty dinner buffet of Indian food, catered by the Ruchi Indian Cuisine restaurant and served in Royall Hall.

“I have been organizing Surabhi for four years now and I am very proud to be a part of Indian Students Association and Surabhi team,” Saripalle said. “This event is ‘to the students, by the students, for the students’. ... Without the crowd of students participating, Surabhi would not be what it is today. ... I am very thankful to all the participants and I am really proud of them.”

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**An inventive performance**

Lindsay Adams  
News Editor

“The Farnsworth Invention” tells the story of two men. One is a scientist and inventor, Philo Farnsworth, and the other is a communication mogul, David Sarnoff, who literally drafted what later become the television to thousands of dollars in attempt to create it, was a humorous, theatrical-esque narrative entertainment theme of this year’s show. Varun Musku and Lakshman Jamili.


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The script runs the risk of being overtly expose because of the two narrators, and it occasionally slows the pace of the show. The writing and performing really shine during moments where the narrators interact. The tension and different viewpoints clashing between their stabbing remarks are absolute absolutely brilliant.

The pace dragged a bit at the beginning of the show, especially considering Aaron Sorkin’s dialogue is known for being hyper-speedy and snappy. The pop of the repartee was not quite there at the beginning, but once the ensemble got into a rhythm, there was an excellent flow.

It is a testament to both lead actors that the play does not become stagnant. It is a heavy load on both of their shoulders.

Matt Melson as Sarnoff was boyishly smug, cocky and argumentative. While he is unscrupulous, there is a magnetic quality to him. One of his strongest scenes was where he has lunch with Walter Gifford, a mogul who is commercializing the air by adding advertisements, which Sarnoff hates and crusades against. Sarnoff devours him gleefully, and the scene is filthily poetic.

Danny Fleming was Farnsworth. There is no other way to describe his performance. Fleming created the character from the ground up, and result, his performance was weighted with unbelievable nuance and connection to his physical movement and voice.

“The Farnsworth Invention” asks important questions about ownership of ideas. “The Farnsworth Project” tries to look at the vague lines of intellectual property, but realizes along with its characters that the creator is obscured and forgotten by the peddlers of the invention.

Once the events have been set into motion, Sarnoff realizes that there is a thin line between working the system and corrupting it. It is on the wrong side.

The best thing was Sarnoff’s consciousness that radio, which was the “new” creation he had worked to “invent” as a necessity, was about to be eclipsed by Farnsworth’s creation, the television. He knew television was the field of the future. With just one step forward in technology, that last development runs the danger of becoming obsolete. One of the most succinct dialogues summarizes the driving force of Sarnoff’s character. It shows the suddenness of evolving technology, and the repercussions the technology has on the people who are closest to it.

One of the corporate underlings who works for Sarnoff says about the television, “This thing’s a monstrosity, where are they gonna put it?”

Sarnoff turns and answers, “Where they are closest to it.”

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Jazz talents exposed during combo performances

Mal Hartigan Copy Editor

This past Monday and Tuesday night, the Conservatory hosted three different jazz combos, all condensed into an evening’s performance as part of UMKC’s ensemble series. This fall concert highlighted students’ jazz performances, splitting them into three different combos: the 3:30 Combo, the 2:00 Combo and the Graduate Combo. Each combo had a different arrangement of vital jazz instruments, such as the trumpet and the baritone sax. This combo selected a wide array of tunes that namely showcased the exceptional harmonies and solo capabilities of Martin and Nemati. This is not to say that Brian Steever on drums was forgotten, nor was Joel Stratton on bass or Andrew Ouellette on piano. Each musician had several opportunities to impress the audience with improved solos, which is a standard feature of jazz performance.

Up first was a Coltrane song, “Hackensack,” which was highly upbeat and a feel-good tune. The chorus featured Martin and Nemati harmonizing on saxophone, but eventually broke off with opportunities for every member of the combo to solo. Martin’s solo was vigorous and reminiscent of Coltrane’s in the original recording, as well as Ouellette’s expert and cheerful piano solo. Steever’s lone drum breaks were brief and tapped off into Stratton’s bass solos; the two traded back and forth a few times, making for an engaging and bubbly opening song. Perhaps most charming were Ouellette’s piano solos.

The second tune, “It Could Happen to You,” included more solo work by Nemati on baritone sax. Her solos were exemplary, showcasing the deep, rich sound of low reed instruments. This song slowed the tempo compared to the opening number, but was equally interesting in its construction. Having two saxophones continually solo during the course of the combo’s presentation provided each song with a sultry feel, especially the third song: “Sophisticated Lady” by Duke Ellington.

“Sophisticated Lady” is a classic Ellington tune with a slower tempo, and the combo accurately portrayed the emotion of the song by featuring gorgeous and passionate saxophone solos. The intro highlighted Stratton on bass, which he completely mastered. Nemati then entered on the baritone sax. This was the strongest song of the evening even though it wasn’t nearly as upbeat as other numbers in the rest of the concert.

The 3:30 Combo closed with a Dizzy Gillespie tune, leaving the audience with a cheerful feel and attitude despite the cold and rainy evening.

Next to perform was the 2:00 Combo, which expertly played several tunes and arrangements produced by Eddie Moore on the piano. The 2:00 Combo threw another classic jazz instruments into the mix, with Joshua Williams on trumpet. This combo featured two tenor saxophones, Matt Baldwin and Blake Deibel. Dominique Sanders took control of the bass, and Steever still manned the drums with admirable energy and zeal.

The first number by this combo featured Williams on the trumpet, adding an explosive and exciting new texture to the sound. Williams nailed each grace note with precision, adding exceptional flair to his solos.

“All The Things You Are” was the most compelling and engaging; the chorus was a pleasant mix of tenor sax and trumpet with momentary implications of chaos. Most impressively, this piece was arranged by Steever on drums.

The “Graduate Combo” threw a trombone into the mix, played by Ryan Heinlein, and also added Pete Lombardo on the guitar. Ryan Thielman was on trumpet, Erik Blume on woodwinds, Eddie Moore remained the pianist, Andrew Stinson played bass and Ben Shellhaas took control of the drums. Having this mix of instruments rounded out and solidified the ensemble’s jazz sound. Thielman was completely charismatic on the trumpet, and Heinlein showcased the appeal of low brass sounds in jazz music.

The jazz combo concert, a continuation of the Conservatory’s ensemble series, highlights the immense amount of talent from Conservatory students. Each concert in the ensemble series showcases a specific aspect of music or a specific group of instruments, but the jazz combos were most compelling. For more information about upcoming events or concerts, visit conservatory.umkc.edu.

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Let Me Tell You What I Think:
The skinny on being fat

Teresa Sheffield Staff Writer

At some point in your life, you’ve probably felt fat. Whether it was after Thanksgiving dinner, or every time you look in the mirror. Don’t worry, you’re not alone.

According to Business Week, Americans spend $40 billion a year on dieting, and according to a study by Colorado State University (America’s skinniest state), approximately 50 million people go on a diet each year, with only 5 percent keeping the weight off.

“Stop trying to buy willpower. Better yet, eat foods you enjoy, accept yourself the way you are, and stop feeding the diet industry’s false economy,” Rebecca Reisner from New York Times said.

According to a German study quoted in The New York Times, after surveying 7,000 adolescents ages 11-17, half the normal-weight girls and a quarter of the normal-weight boys still described themselves as fat.

When the same children were given quality-of-life and self-esteem tests, normal-weight children who thought they were fat scored as poorly as children who actually were obese. And normal-weight children who felt fat actually scored worse on family relationship questions than obese children.

A study by the American Dietetic Association found that 55 percent of ages 7-12, girls wanted to be thinner.

“The data suggest that efforts to address unhealthy weight gain and obesity among young people have the potential for collateral damage in normal-weight kids, who may develop self-esteem problems,” New York Times journalist Tara Parker Pope said.

An accompanying editorial noted that adolescents are exposed to considerable social pressure to be thin.

“It’s such a perverse irony that the more our nation struggles with eating disorders, the skinner the people we see on TV are, the fatter the rest of us become.

According to the South Carolina Department of Mental Health, an estimated 8 million Americans have an eating disorder, 80 percent of 13-year-olds have attempted to lose weight, anorexia is the third most common chronic illness among adolescents and eating disorders have the highest mortality rates of any mental illness.

We’ve even come to the point of clothing companies lying to us just to sell us their products. According to examiner.com, many of these clothing companies say their clothes are a smaller size than they actually are, and this practice is called “vanity sizing.”

“It’s usually done to flatter the consumer so she feels like she can fit a smaller size than she actually is,” Examiner.com writer Saman-tha Chang said. “Ironically, clothing sizes have gotten smaller as American waistlines have gotten bigger. Vanity sizing is common in the U.S. for women’s apparel because clothing sizes are not standardized.”

At the end of the day, if you feel good and you live the best life you can, what does it matter what size you are?

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Conservatory chamber ensembles impress

Mal Hartigan Copy Editor

A beautiful twist of melody leaked from Grant Hall this past Wednesday during the ongoing ensemble series hosted by the Conservatory. Wednesday's concert, which featured chamber ensembles, gave Conservatory students a chance to showcase their individual talents by performing duets or small ensembles. A variety of concert instruments and even vocal talent were explored and honed to perfection for the audience's enjoyment. Every piece that each ensemble performed was divided into several movements, giving the audience a taste of the performer's versatility.

Karen Hauge on flute and Ryan Morris on the bassoon were up first, playing Gabaye's "Sonatine pour flute et bassoon." The flute and bassoon were excellent contrasts; Hauge played in a higher register, which is characteristic of flute performance, and Morris supplied a rich, low-reed sound, disbanding all preconceived notions of a bassoon. "Modere," was an uplifting and staccato-esque piece, leaving listeners lighthearted.

"Andante," the second movement, was languid and legato, distinguishing the difference in performance from the first movement. This legato movement transpired with necessary given, giving a break from the previously cheerful section; this demonstrated Hauge and Morris' flexibility as musicians. The last movement, "Rapide et brillante," moved back toward a fun and optimistic sense.

The next piece was executed by a woodwind trio with Hillary Rowley-Weiss on flute, Pei-Lun Tsai on clarinet and James Keel Williams on bassoon. "Three Pieces for Flute, Clarinet and Bassoon" provided a straightforward outline of the musical performance to come. "Allegro scherzando," "Lento" and "Allegro," the three movements in the piece, were each layered perfectly with Tsai's clarinet, adding a deeper texture.

"From Blake Songs for Voice and Oboe" was the next number, which contained mezzo soprano vocal performance by Erica Koehring. This was the only piece of the evening featuring vocal performance. Koehring's accompaniment featured Lynne Mangan Flegg on the oboe, negating the traditional piano accompaniment. Flegg's oboe meshed beautifully with Koehring's voice, though her vibrato was thick and overbearing at times though it was characteristic of the style; my personal taste holds no bearing on her talent. This piece was divided into four shorter movements, "Infant Joy," "A Poison Tree," "Cruelty has a human heart" and "Ah! Sunflower."

"Piano Trio in E-flat Major" by Beethoven was next, which was the first strings performance of the evening. Chelsea Whitaker played piano alongside Chu-Han Yang on the violin and Wei Shin on the cello. The intensity and passion projected by this trio was undeniable and perhaps the most enlightening performance of the evening.

After a brief intermission, the biggest ensemble of the evening took the stage. " Sextet in B-flat Major" featured Michael O'Brien on flute, Jessica Cary on oboe, Amanda Hudnall on clarinet, Jonathan Zepp on bassoon, Brett Hodge on the French horn and Sora Park on piano. Hodge was the lone brass instrument amidst the majority of woodwinds and the piano, but his French horn performance worked closely with Zepp's bassoon. The piece was divided into four movements: "Allegro moderato," "Largo," "Gavotte: Andante quasi allegretto" and "Finale: Vivace." "Gavotte: Andante quasi allegretto" was the sextet's most involved and layered movement with various and majestic solos from each instrument.

Later performances included "String Trio in C Minor," with Jonathan Eddy on violin, Hillary Sametz on viola and Tiffany Bell on cello. "Serenade in D Major for Flute, Violin and Viola" featured Katie Howard on flute, Filip Lazovski on violin and Youmng Chen on viola. To close the chamber performances, "Piano Quartet in E-flat Major" featured N Matthew Siegel on piano, Sarah Holmes on viola, Kevan Clarkston on viola and Jeff Millen on cello. For more information regarding upcoming performances, visit conservatory.umkc.edu.

gallery review

"Gestation" develops a visual lifecycle

Lindsay Adams News Editor

Photographer Monica Sellers, a Master of Arts student in Studio Art, is presenting her Master's Thesis, titled "Gestation" at the UMKC Art Gallery. It opened with a reception on Nov. 10 and will remain open through Dec. 3.

Sellers is a digital photography instructor at Olathe East High School. She has a BFA from Emporia State University and well as a BSE in Art Education.

Her work has been shown at Emporia State University, UMKC, Olathe School District's Faculty Exhibition and in a solo exhibition entitled "Innocent Confession."

"Gestation" features digital prints, which are made by placing the subjects (in this case pinto beans) under the scanner. The lid can either be closed for a white background, or left open, which produces a darker background.

Sellers started using this alternative method of capturing the images after she started thinking about the repercussions that would come from her pregnancy. She realized she would have less time to shoot outside of the home, and that forced her to start looking at her art differently.

She chose pinto beans after she was given some by her sister.

Most prints are of pinto bean growths on highly textured paper towels. The scanner captures the quality so dramatically that the surface appears textured to the eye. This was beautifully captured by "Growth Spurt," "Two cotyledons are One" and "Rib Kicks."

"Last year I found out at the beginning of the school year that I was expecting my first little one," Sellers said. Each digital scan is representational of the fears, joys, and contemplations of a first-time mother.

Sellers describes "Gestation" as, "Trying to visually resolve my pregnancy."

Many of the germinating pinto beans represent the fetus, slowly sprouting throughout the exhibit. The digital scanned images are meant to be symbolic of a woman's womb, and what is occurring there during pregnancy. "The exhibit is an expression of Seller's inner thoughts and turmoil during this period in her life."

Sellers, who brought her little girl to the exhibition, said, "This is the little inspiration... My little pinto bean."

UMKC student Feher Dabbagh said, "The first time around, I had no idea what I was looking at." After he read about the artist's intent behind "Gestation" and what inspired it, he said, "It all kind of clicked."

While many of the pieces have clinical white backgrounds, which visually represent sonograms, there are also depictions of the darker side of the life-cycle. One photo had bubble wrap as the background, giving a sense of forced containment.

One of the greatest fears of a pregnant woman was expressed through one of the most compelling pieces of art in the show entitled, "Stillbirth." It encapsulates the trauma that comes with a failed pregnancy.

Sellers, describing this angst, said, "You feel them moving, but can't know for sure they are alright."

Some of the darker photos featured circles formed from beans on sprouts with a black background. "I made the connection to birth control," Dabbagh said.

There was a good, varied turnout for the exhibit opening, mostly due to the unique nature of the art. The art matter is compelling and the execution is unusual and bold.

After surveying the exhibit, Dabbagh said, "It's an interesting outlook."
How to: save money on gifts

Lindsay Adams  News Editor

The stereotype of the starving student is based on fact. Students’ empty pockets and low bank account balances are only exacerbated by the holiday season, and the expected gifts to buy. However, help is at hand. Students do not have to go broke trying to buy gifts for their special someone. There are several ways to save on gifts.

The first is the oft repeated advice of shopping early and looking out for sales. While popular, this advice is not often followed. For example, if you have a friend who is into scary films, a lot of horror movies go on sale right after Halloween. Be aware of these seasonal sales. They can help you greatly in getting gifts for a good price. A helpful habit is to check the sales bins or sales shelves whenever you shop. You can discover great finds that someone on your gift list will love.

Kathy Grannis, a spokeswoman for the National Retail Federation, said, “This will definitely be a good season for bargain hunters.”

Never simply go into a store and buy a present. Always check out the price of the item at other stores. There is nothing worse than passing by a movie on the rack for $5 when you bought it for $14.

Another option is to buy online. Often you can order many gifts online together for a hugely-reduced price, and the amount you save more than pays for the shipping.

Books are always a great gift, and can be found for cheap prices at many used bookstores. There are books that are often in new-store condition. They are undistinguishable from books that were bought new.

For a budding fashionista on your list, a great option to find gifts is at Thrift Stores. You can find all sorts of funky, original, and trend-setting accessories at these stores. Scarves, jewelry, belts, purses, and hats are all excellent gifts, and can be purchased at stores like Second Chance, Goodwill and Savers for five bucks or less. You can find completely unique pieces for your fashionable friend to enjoy. All sorts of other glorious hidden gems can be unearthed among the junk at thrift stores: vinyl records, china, games and furniture.

Another gift option are some home-baked goodies. If you are a person who loves to cook and has culinary flair, giving out munchable foods can be a great gift. Suze Orman said in Q, the Oprah Magazine, “I try to give things that get consumed, because I don’t want to add to anyone’s clutter—a true gift doesn’t burden the recipient.”

For the creatively inclined, making gifts is always an option; however, for the rest of us, this idea is laughable, and the best we can do is just search for low prices.

Then, of course, there is Black Friday. It is an absolute madhouse, and many people avoid it at all costs. It is, however, one of the best ways to save money on holiday gifts. The best thing to do before Black Friday is to go through the advertisements for all the different stores having sales. Figure out what you are going to buy from each store. On a piece of paper, order the stores by what items are most important for you to purchase or by the locations. Write out an itinerary and a checklist. This will aid you considerably in your quest for cheaper sales prices. Some shoppers will get up at 4:30 a.m. to stand in line. If you would prefer to not get trampled by aggressive shoppers this holiday season then you probably don’t want to participate in the Black Friday rush. It won’t be necessary if you plan your time well.

“Most importantly, don’t get sucked into the buying frenzy that surrounds Black Friday. Make a list and buy only those items you know to be a great deal. And if you miss out on one of these bargains, don’t fret. Most likely you’ll get other chances,” said Melinda Fulmer in an article for MSN Money.

Always keep in mind that you can get something cheap but meaningful. Remember an item your friends or a family member mentioned and use that to think of a present idea that might not be so costly but that is based on an emotional connection, or get a gift that reminds them of something you did together. Giving a gift that is thoughtful is worth more than an expensive one.

Elwyn Brooks White said, “To perceive Christmas through its wrappings becomes more difficult with every year.” The holidays aren’t all about gifts and how expensive they are, but if you follow these tips, you can make gift giving both fun and frugal.

Local Mongolian restaurant is a must try

Mal Hartigan  Copy Editor

Very rarely does a day go by where I wake up and don’t want to go to Genghis Khan. I’m a repeat customer – hell, I’m an adamant one. If a friend asks to go out to dinner, I always inquire whether he or she was eaten here, and I’m actually surprised at the number of people who haven’t tried this delicious Mongolian restaurant.

Firstly, I feel wonderful for supporting local Kansas City restaurants, so pumping my money into Genghis Khan never fills me with remorse. Secondly, it’s in the West 29th St. area, located at 3906 Bell, and everyone knows this area is adorable and full of local businesses. Thirdly, it’s the most delicious food you’ll ever eat, and you can thank me later for suggesting it.

If you’re not familiar with the restaurant, you will be provided with a menu upon being seated. However, I rarely reread the menu because I never leave the buffet. No, this is not the regular buffet that you may be used to seeing in sketchy Chinese restaurants. It’s quite the contrary.

The buffet consists of grabbing an empty bowl and speculating which fresh and raw ingredients you’d like to add. You can start with egg noodles and then add any vegetable you can imagine: onions, red peppers, green peppers, broccoli, water chestnuts, mushrooms and more.

After stacking on whatever vegetables are appealing, you can move down the bar and add a variety of frozen meats: cuts of chicken, beef, pork, squid, shrimp, fish, mussels, etc.

After your bowl is almost entirely filled with all of these ingredients, the final step is to add the sauces and flavors that interest you. There is a guide on the top of the bar that will recommend certain spices to add in order to create a very spicy concoction, or even a mild one. You can pour garlic water, Saracha sauce, wine, vinegar, chili water, and other various options over your self-created dish.

After these decisions have been made, you take your uncooked dish up to the giant grill where an employee cooks it in front of you. After everything is thoroughly cooked, it’s scooped onto a plate and is ready for you to enjoy after it cools down.

Thankfully, it’s all-you-can-eat, so if you’re interested in creating something different the next time around, it’s free of charge. However, these standards apply only if you select the buffet, which ranges from about $13 to $15, depending on whether you wish to include the seafood. There are also little desserts on a table near the bar, as well as endless crab Rangoon, spring rolls, and chicken wings.

I’ve never had an issue with poor service at this location. The servers are always quick and attentive, refilling beverages and taking finished plates away from the table. The serving crew is also very diverse and friendly, and the restaurant owner is usually near the front entrance to greet the customers.

The atmosphere is trendy and warming; there are wooden floors and a collection of intriguing black-and-white photos adorning the walls. There is also a small bar area at the entrance if a customer wants to knock back some drinks.

Genghis Khan is a locally owned restaurant on West 39th St.

If you’re especially hungry and want to try something new or a meal that will content your stomach, Genghis Khan is the place to be. Bundle up this winter and take an adventure inside to try some hot and fresh Mongolian dishes.
What’s Happenin’

Monday
Kansas City Public Library: Central Library presents Michael Dirda - On Conan Doyle: or, The Whole Art of Storytelling (6:30 p.m. Nov. 14, 14 West 10th St.). www.kclibrary.org/events-and-activities

Café con Pan on the Go (9 a.m. to 3 p.m. Nov. 15, MSA Office, Student Union, third floor)
Christa Basham at 816-235-5642 or cabhw9@mail.umkc.edu

The Vagina Monologues: Auditions (4-6 p.m. Nov. 15, Women’s Center, 105 Haag Hall). To reserve your audition time, contact us at 816-235-1638 or umkc-womens-center@umkc.edu

Wednesday
APC Thanksgiving Dinner (6-9 p.m. Nov. 16, SU 401)
apc@umkc.edu
Lambda Theta Phi Tamale Sale (9-1 p.m. Nov. 16, Royall Hall, first floor). Pre-Order Today!
abc55@mail.umkc.edu

Thursday
APCinema presents: “Chiefs” (7-9 p.m. Nov. 17, Student Union Theater)
Conservatory Saxophone Quartets perform (7:30 p.m. Nov. 17, White Recital Hall). For program details call 816-235-2733.

Friday
Architecture, Urban Planning and Design (AUP+D) Open House (1-4 p.m. Nov. 18, 5005 Rockhill Rd.)

Saturday
The KC Rep presents: A Christmas Carol (8-10 p.m. Nov. 19, Spencer Theatre, PAC).
In honor of last year’s 30th anniversary of A Christmas Carol, our venerable holiday production received a makeover.
www.kcrep.org/tickets/

Thanksgiving Holiday/ Fall Break (UMKC)
Monday Nov. 21 through Nov. 27. Have a fun and safe holiday!
Thanksgiving: my busiest time of year

Michelle Heiman

As a full-time graduate student, my schedule is pretty full throughout the semester. Add to that a 34-hour week with my work study job, a substitute teaching gig, my business with Celebrating Home, and being a copy editor for the U-News, and it’s hard to find any spare time at all.

You might think, therefore, that the time surrounding Thanksgiving, when teachers are more lenient with assignments and we even get a week off from classes, would be a time when I can actually get a break. You would be wrong.

This time of year is my busiest, because I love to cook and bake for my family and friends. From basting the turkey, to perfecting the stuffing, to creating an original-looking pumpkin cheesecake, I do it all.

Don’t get me wrong – the rest of the family contributes quite well. But no matter how many pies I’ve made or how many loaves of bread are still baking, there always seems to be more to do. I bring cookies to classes, make pies for parties, and lovingly create side dishes to accompany someone’s main dish. I’m even planning a feast for the U-News editors.

You may think this is all superfluous – that I should just stop doing it if it’s too much work. But therein lies the rub. No matter how much work it is, how much time it takes, or how many pans I dirty, it’s worth it. The look on someone’s face when they try their first bite of my key lime pie, my dreamy fudge, or my snickerdoodles – it’s priceless. It’s the most wonderful feeling to know I’ve made someone smile just with a taste of something delicious.

So as you leave to join your family in celebration of the things for which you’re thankful, don’t forget to include the food. Someone’s time, effort and love went into that glaze for the ham, or that top of edge for the fudge, for the fluffiness of the pumpkin cheesecake. Thanking them, even just with the “mmm” your throat hums with the first bite, is the best gift they’ll receive.

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Wanting acceptance

Soon I’ll be getting a puppy. I’m worried about him being accepted by our other animals. My roommate and I have a 7-year-old black lab and 6-year-old cat. He is a 6-week-old puppy, fresh from his mother’s womb. He’s an all-white boxer.

But would he be accepted by these old heads? My cat, Piojo, is very accepting of other animals. He loves dogs. He tends to like dogs more than he likes other cats. My roommate Christa’s dog, Jazmyn, loves all animals. She’s like a mother figure for other animals.

Our animals are very easy-going and work well together, but I just wonder about how they would both get along with a puppy.

What happens when he wants to play? I wonder to myself if Jazmyn will get along with this puppy for the pure thought of puppies wanting to play all the time. He will probably irritate her because she’s so old.

Also, Piojo keeps to himself most of the time, with the exception of his rare moments of cuddling. He will lay with Jazmyn and cuddle while they sleep.

Our animals are practically expensive furniture. They don’t do much these days. I think this puppy will get them up and moving. Maybe they will lose some weight!

But my biggest fear is that they will reject him from their circle of trust. They might even be mean to him or hurt him. The animals aren’t cruel-natured, but think of it from a grandparent’s point of view. They get iritated with us after we get hyper.

I know they will get along eventually, but my worries are in the beginning and whether it will affect the way he acts when he gets older. I know these animals are mild-tempered but they are far more accepting than human beings.

Has Christianity lost its relevance?

Rosita Rique-Sanchez

The obvious answer may appear to be no.

Churches, particularly those in Kansas City, are so plentiful it is difficult to drive down any major street without running into one, if not several. This may be that the U.S. is far more religious than most of its Western peers.

Eighty percent of U.S. adults identify with some form of Christianity, while only 16 percent claim no religious affiliation.

About 40 percent of U.S. adults say they attend religious services weekly, compared with 20 percent of Canadians and as few as 10 percent in some Western European countries.

Among Protestants, which more than half of all Americans identify themselves as, there are two distinct trends.

The Mainline Protestant denominations, e.g. Lutheran, Methodist, Presbyterian, Episcopal, Anglican, etc., have seen their membership decline significantly since the mid-1900s. During the Cold War, religious fervor in the U.S. was at its peak due to a backlash against the atheistic policies of the former Soviet Union. The words “In God We Trust” were added to paper currency, and “One Nation under God” to the Pledge of Allegiance.

It is no secret that Mainline Protestants are showing some grey hairs, yet these churches tend to be more moderate, if not liberal, when compared with their Evangelical and charismatic peers. It is not uncommon to find mainline churches where the median age is well above 50. In some cases, it’s even older.

Evangelical churches, in contrast, have increased their membership dramatically by appealing to younger families with children. The past few decades have seen evangelical churches grow exponentially, even as mainline churches have faltered.

What can explain this trend in church demographics?

Some of it may be geographical. Mainline churches peaked years ago, and thus, are more prevalent in urban cores and inner suburbs, where the median age tends to be higher.

Evangelical congregations are often located in far-flung suburbs, populated by families with children. They also tend to be larger, with hundreds of members in nearby megachurches boasting thousands.

Church marketing has aided this trend. Mainline churches epitomize boring, stodgy tradition.

In response to the dislike of anachronistic tradition, evangelical churches are far less conventional.

Take away the crosses, and it’s hard to tell a brand new church from a community center or a small arena. If the goal is to get people sucked in but does this approach really work?

“Evils” of liberal Hollywood, the apathy doesn’t seem to work.

Despite their fixation on righteousness, evangelical teens, on average, begin having sex at a younger age than their peers.

The relationship between pop culture and evangelical Christians is amusing, if not ironic.

The contemporary music and cultural environment of some evangelical megachurches more closely resembles a rock concert than a traditional church service, yet evangelical pastors often rail against foul language, premarital sex, gay tolerance and the evils of pop culture icons who promote such worldly vices.

It is no secret many evangelical churches have an agenda that seems as political as it is religious. In some cases, the agenda is political at the expense of religion.

New Testament teachings, which serve as basis for Christianity, emphasize compassion, forgiveness and charity for the poor, but contain little, if any, support for the conservative agendas on which evangelical leaders are fixated.

Evangelical churches are a haven for parents who wish to seclude their children from the “evils” of liberal Hollywood, but does this approach really work?

Despite their fixation on abstinance until marriage, evangelical teens, on average, begin having sex at a younger age than their peers.

A series of recent sex scandals in both Protestant and Catholic churches has weakened faith in church leadership. Young adults are more apathetic to religion in the U.S. than they have ever been, and the apathy doesn’t seem to be going away.

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I have a problem with Thanksgiving break. My problem, however, isn’t with Thanksgiving itself and I definitely have no problem at all with having breaks. The difficulty is that it doesn’t end up actually being a break. It is just a week to catch up on all the school work that is piling up near the end of the semester.

Last year, I had 30 pages I had to turn in on the Tuesday I got back from break. I don’t think that you can actually call it a break, unless it means you don’t have to do work.

Many professors seem to be unaware of what a break is. It is more than just a week or so when students don’t come to class. It is a brief recess when students are supposed to be able to relax and not have to worry about schoolwork. End of story.

The word “break” has many meanings; two of them are “a pause in work” or “a short vacation.” Nowhere in the definitions are the words “homework,” “schoolwork,” or “paper.”

I understand that often during the second half of the semester, professors have to catch up after getting a little behind in the first half, but there is no reason to take that out on the students. While this happens during every break, it is Thanksgiving break that throws this into a sharper focus.

During the fall semester, the one break that students get (unless KC gets a horrible freak blizzard) is Thanksgiving break. It is only four weeks before the semester ends, which means students usually really need a moment’s rest.

The semester is winding to an end, which means there is even more work to be done in our classes. The last few assignments in our classes seem to be thrown at us at the same time, as if there is some disturbed current of groupthink going on with all our instructors. Then to prep for finals we are force-feeding our brains all the information we learned at the beginning of the semester that our brains promptly spat back out after being tested on it.

Some schools, such as Cornell, are considering banning professors from giving students homework over breaks.

Thanksgiving is more than just time to see family and eat lots of turkey and mashed potatoes slathered in gravy. It is a time for students to recoup and get themselves rejuvenated for the last few weeks of the semester. It is also a great time to get some much needed “me” time, and do something you enjoy that you don’t have time to do during the semester.

If there are any instructors reading this, please let me urge you with all respect on the behalf of students everywhere… Give us a break!

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**Penn State, Paterno & ‘Passing the Buck’**

Penn State Head football Coach Joe Paterno, 84, was dismissed from his position despite his own statement (earlier in the week) that he would retire at the end of the current season. Paterno parted company with the institution in which he had been employed since 1950. Paterno’s exit comes in the aftermath of allegations that former Assistant Coach Jerry Sandusky raped multiple boys who participated in Second Mile, Sandusky’s organization for at-risk children.

The media frenzy this high-profile case created has led to rioting by infuriated students on the university campus, solidifying the harsh fact that these atrocities can happen anywhere, even within the confines of a prestigious university like Penn State.

So what has the controversy taught us here at UMKC?

For starters, the hype surrounding the parting company of Paterno and the university is not the real issue. The real victims here are the young boys who were affected both physically and mentally by these alleged events.

For many, football is their life, but in this instance it doesn’t even come close. The entire Penn State establishment should be ashamed of itself for its treatment of the situation. Firing a head coach and University President Grant Spanier may be a tiny form of soft justice, but the lasting damage has already been done to the university as a result of failing to act on Paterno’s original report to his superiors within the walls of the university. Some may say this is okay, that he did what he had to in reporting the incident but actually he, as well as numerous others, simply “passed the buck.” These sickening allegations are a matter for lawful federal authorities, not for the former employers of the Assistant Coach to mediate actions and in this case, simply ignore that any atrocity actually occurred in their own locker rooms.

The media has simply taken Paterno’s dismissal as an opportunity to critique the internal procedures within Penn State, but in my eyes this should be a time to look to the victims of this scene, the children involved, and not take on the form of this modern football-centered analysis of crimes.

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**Letter to the Editor**

This correspondence is in response to the Letter to the Editor [Unews issue 6, Sept. 26, 2011] regarding Student Health and Wellness (SHW) not submitting insurance claims.

This frustration with claim processing is an opportunity for us, SHW, to clarify self-processing of an insurance claim.

Believe it or not, for the most part, self-processing claims with Aetna Student Health Insurance is easy. After the clinic visit, the insured student must pay for services that he or she received during the clinic visit. Payments may be made in the form of cash, check, or charged to one’s student account.

After payment, the student is given a walkout statement. This walkout statement consists of billing information needed to process a student’s claim by Aetna. The insured student then fills out a claim form. This claim form can be obtained from a SHW front desk, staff person. This claim form is a half sheet of paper consisting of name, address, phone number, and all the mailing address for Aetna. This form is filled out by the student then attached to the walkout statement and mailed by the student to Aetna. Processing turn-around time is, in many instances, 7-10 days or less.

The student may receive a reimbursement check depending on the student’s coverage and services received.

Student Health and Wellness has discussed processing insurance claims from time to time. Currently we have opted to maintain a low overhead and keep our prices affordable. Many students who use Student Health and Wellness do not have insurance. Some of our students have insurance that have co-pays (an amount of money due at time of service paid by the insured student).

SHW prices are more affordable than many of these co-pays. Our prices on labs, immunizations, and professional services are either free or charged to the student at, or near cost (what SHW is charged by a vendor). For example, labs, such as complete blood count is $8.00 at SHW.

Many other clinics may charge $50 to $75 for the same test. A pap test is $35 at SHW and there is no office fee for the well woman examination. Other clinics in the midtown/Plaza area may charge $100 to $220 for the well woman office visit plus charge for the Pap test. Many of these area clinics have invested in a billing department to process insurance claims and they gladly take one’s insurance. For SHW, investing in a process for billing insurance, costs money.

These costs may include, computers, insurance/billing software, and personnel. These costs could potentially increase the affordable prices that SHW currently offers all students.

At this time, SHW has prioritized convenient and affordable healthcare for both insured and uninsured students.

We have opted to assist the insured student with a simple self-processing procedure. If you have a question about self-processing your Aetna Student Health Insurance claim, please ask an associate at the check-in area or call SHW for further information.

Richard Lister, RN, FNP-BC, Nurse Practitioner
Acting Administrator Student Health and Wellness
What is your favorite part of Thanksgiving?

Jordan Gooch
Freshman
Art History

“Food.”

Moe Faterni
Freshman
Medicine

“The green bean casserole.”

Sam Berhe
Junior
Biology and Chemistry

“Thanking everybody that has done good things for me.”

Jessica Blaze
Sophomore
Theater

“Family.”

Flavia McCoy
Sophomore
Computer Engineer

“The sweet potato pie.”

Amanuel Berhe
Sophomore
Mechanical Engineering

“The turkey.”

Poll Results
Did you feel the earthquake?
43% There was an earthquake in Kansas City?
29% Yes, and it scared me!
21% No, I was sleeping.
7% Yeah, but it didn’t feel like one.

Answer this week’s poll at www.unews.com.

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