Student Life

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ACTIVE MINDS

Campus group hosts "Express to De-stress" (Scene, pg 9)



SPOOKY SONGS

21 Pilots come to Chaifetz Arena for Halloween show (Cadenza, pg 8)





(Forum, pg 4)

SPORTS

WOMEN'S SOCCER STUNS

Chandler doubles down in OT goals



SKYLER KESSLER | STUDENT LIFE

Junior forward Katie Chandler boxes off a Carnegie Mellon defender during Friday's game, which the Bears won 1-0 with a double overtime goal by Chandler. On Sunday, Chandler pulled the same shot in double overtime, bringing the Bears to a 1-0 victory over Case.

NIVAN LAKSHMAN CONTRIBUTING REPORTER

Katie Chandler has had quite a hectic weekend out on Francis Field. On Friday evening, the junior knocked in a game-winning goal late in the second overtime period to propel the Washington University women's soccer team to a 1-0 victory over the previ-Mellon University. But if Friday

didn't have enough drama for you, Chandler provided Bear Nation with an encore performance on Sunday afternoon, again scoring in double overtime to lead Wash. U. to another 1-0 win, this time over Case Western Reserve University.

Friday's matchup with the Tartans was a physical showdown, exemplified when, in the 81st minously undefeated No. 3 Carnegie ute, sophomore Megan Renken low-scoring. The Tartan keeper and the Tartans' keeper both went managed five saves while junior

to the ground fighting for control of the ball.

The two teams combined for 32 fouls in just under 105 minutes. Even with the game's contentious nature, the Bears and the Tartans still mustered seven and six shots on goal, respectively. It was their inability to capitalize on those opportunities, thanks in part to strong keeper, that kept the game

goalkeeper Lizzy Crist blocked six, five of which came in the second

Midway through the second overtime with the match still scoreless, Chandler was substituted into the game. Nearly 10 seconds later, Chandler took a through ball from sophomore Rachel Mickelson and hammered in a strike inside the far post of the net in the 105th minute.

SEE **SOCCER**, PAGE 5

Experimental food station in Bear's Den brings new dishes to students

ELLA CHOCHREK CONTRIBUTING REPORTER

In an effort to increase student involvement in the recipe testing process, Dining Services is premiering an experimental food station in Bear's Den.

Dining Services has created Food Lab, an experimental food station at Bear's Den, to get chefs to design more new recipes and to increase student involvement in the recipe testing process.

Food Lab will feature a new recipe every Tuesday at lunch and will be served at one of the food stations in Bear's Den. So far, offerings have included merguez sausage, Persian chicken kabobs and Vietnamese caramel braised chicken. This Tuesday, a Zanzibar chicken dish will be served. Students will be able to provide feedback on the dishes through the Dining Services Facebook page.

April Powell, director of marketing and communications for Dining Services, said she also wants Food Lab to be a fun time for the chefs.

"I think [Food Lab] gives our chefs a really cool opportunity to be more culinarily creative," Powell said. "They have a lot of really interesting pieces to their

SEE BD, PAGE 3

Greek party restrictions leave students frustrated

RACHEL KATZIN CONTRIBUTING REPORTER

Restrictions on Greek parties have left some students frustrated when trying to plan events. While over a third of students participate in Greek life, a strict policy limits the number of social events that can be held in

In a single night, three oncampus and three off-campus Greek events can be registered. B&D security is also required to be present at these events.

Although the policies are intended to prevent fraternities and sororities from serving as a social hub for all undergraduates, some social chairs argued that, with 11 fraternities and eight sororities, those policies were inhibitive when groups tried to organize social events.

David Stetter, coordinator of student involvement and leadership, said these restrictions are in place in part to limit the emphasis on nightlife within the Greek community.

"We don't want to have an

overabundance of social events happening at one time. It's not the job of the fraternity and sorority community to provide the social aspects for the entire community," Stetter said. "[A fraternity's] job is to be a support network to their members, their job is to do philanthropy service, their job is to focus on their academics and provide an opportunity for students that are members and their friends to create interpersonal relationships with each other."

Many members of the Greek

community find these restrictions to be impractical and unfair.

Junior Oliver Baltay, social chair of Alpha Epsilon Pi fraternity, has come into conflict with these restrictions while trying to plan events for his organization.

"Twice we tried to register mixers, but there were too many events, so we had to just cancel the mixers. It was actually pretty frustrating, because it reflects poorly on us," Baltay said. "I don't think that there should be a limit on how many events there

can be per day. Especially if two fraternities and sororities are mixing, that just limits the social life for the rest of the campus, because that's a whole group of people that are blocked off."

Junior Kabir Samtani, social chair of Sigma Alpha Epsilon fraternity, also finds the rules to be both frustrating and ineffective.

"I understand the reasoning behind it, because they don't want people constantly partying,

SEE **GREEK LIFE**, PAGE 3

Ursa's Nite Life makes strides towards more active space

JON WINGENS CONTRIBUTING REPORTER

Ursa's Nite Life is seeing an increase in attendance at their social events after spending a significant portion of last year closed and unattended.

This year, it is not unusual to see waves of students enjoying the space and the programming it has to offer. Students are increasingly taking advantage of the numerous events that occur during any given week.

Ursa's organizers said the heightened use of the space might be due to improved access-Ursa's is open for

ST. LOUIS, MO 63130-4899

longer hours and no longer has a rental fee—and more regular weekly programming.

Although the consistency of events has increased, Ursa's still puts on the same number of programs this year as last year: six per month. However, the first event of this year saw an attendance of 250 people, sophomore Dylan MacDonald, operations manager for Ursa's Nite Life, said.

"Last year, events were much less talked about and poorly attended. This year we've stepped up our game," MacDonald said.

MacDonald said that Ursa's

is now also easier to reserve by student groups, a possible reason for the space's current success.

"If a club wants to make a program, they'll present it to me, and as long as it doesn't conflict with anything else on the schedule and is nonexclusive, I will present it to the board [which supervises Ursa's], where we will decide to what extent we want to collaborate on the program," MacDonald said.

The elimination of the rental fee also helped increase accessibility for student groups.

"The benefit of collaboration



SKYLER KESSLER | STUDENT LIFE

Ursa's neon sign is a new addition to its facade. Recently, Ursa's has been ramping up activity by hosting new events.

is that we provide the space for free, whereas in the past there was a small fee, which I think was significant enough to potentially deter some clubs from programming in Ursa's," Zach Romo, academic initiatives

advisor and co-advisor to the Ursa's board, said.

Goldstein, dent leadership advisor for Residential Life and co-advisor,

SEE **URSA'S**, PAGE 3



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theflipside







EVENTCALENDAR

MONDAY 2

Department of Developmental Biology: Seminar Series

Needleman Library, Room 3907 310, noon "Zebrafishing Genetic Pipelines in Human Congenital Heart Disease." H. Joseph Yost, University of Utah School of Medicine.

Gephardt Institute for Civic and Community Engagement: Symposium for Civic Engagement

Bauer Hall, Emerson Auditorium, 4 p.m. "Our Declaration: A Reading of the Declaration of Independence in Defense of Equality." Keynote address by Danielle Allen, political theorist

Global Impact Award Ceremony and Reception

Knight Center, Anheuser-Busch Dining Room, 4 p.m.

The event will feature a poster session from the finalists starting at 4:00, with remarks from Provost Holden Thorp and the announcement of winners at 5:15. Held by the Skandalaris Center for Interdisciplinary Innovation and Entrepreneurship.

TUESDAY 3

Department of English: Craft of Fiction

Duncker Hall, Hurst Lounge, Room 201, 8 p.m. Visiting Hurst Professor Joy Williams talks on the craft of fiction.

WEDNESDAY 4

University-Wide Blood Drives

Various locations and hours Blood drives are a lifesaving tradition at Washington University in St. Louis, and we invite you to get involved. Sponsored in partnership with American Red Cross and Mississippi Valley Regional Blood Center they take place four times per academic year, at seven to 10 locations across all campuses.

University College Preview Night Women's Building Lounge, 4 p.m.

Learn more about our part-time, evening, and online programs and how they fit your needs and interests.

POLICE BEAT

October 28

Lost or stolen item— A box containing a roll of copper tubing is missing from the counter in a lab in Brauer. Loss \$43. Disposition: Pending

CS40 speaker discusses 'No Land's Man,' race, ethnicity in media



MARVIN LEE | STUDENT LIFE

Author and actor Aasif Mandvi speaks in Graham Chapel as part of the Congress of the South 40 Fall Speaker Series. Mandvi spoke about his new book, "No Land's Man," which explores his identity and how it relates to college students.

LAURA LEE CONTRIBUTING REPORTER

Aasif Mandvi, an Indian-American comedian known for appearances on "The Daily Show" and HBO's comedy series "The Brink," discussed his new book "No Land's Man" and the representation of minorities in Hollywood at the annual Congress of the South 40-sponsored lecture on Oct. 29.

Mandvi read selections from his book focusing on his experience as an immigrant and being a minority in Hollywood.

The first selection, "International House of Patel," discussed his immigration and his father's idealization of America's

plentiful resources. In the second section, Mandvi described the single moment when he heard about his parents displaying affection for each other, which he explained as an uncommon action among non-Western parents.

Despite his success as an actor and producer today, Mandvi said when he was younger, he initially had trouble imagining himself in Hollywood. He recounted times when he was only able to see white actors. However, seeing Omar Sharif, the Egyptian actor who played Yuri Zhivago in "Doctor Zhivago" in movies convinced Mandvi that people who were not white could become successful

actors. Mandvi added that meeting Sharif coincidentally was one of the most special times in his life. "Especially as a minor-

ity, when you see someone who looks like you [on television], it allows you to have a sense of possibility," Mandvi said.

CS40 speaker and soph-

CS40 speaker and sophomore Gabby Bloom said the organization chose Mandvi as the lecturer for CS40 week because he addressed his identity and how it influenced his experiences as an actor.

"I hope that those who

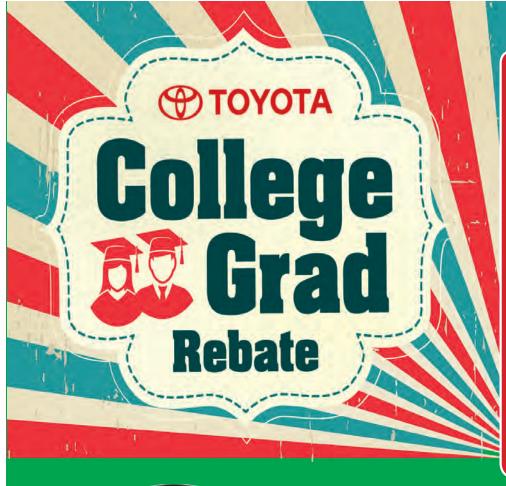
attended have a greater understanding of the multidimensional nature of identity," she said.

After the talk, Mandvi held a question and answer session to interact

with students. Mandvi acknowledged that, even today, he feels like television shows have to be geared toward white audiences.

Freshman Katie Balfany enjoyed the lecture and felt it helped emphasize why having minorities play roles in media is important.

"I loved seeing Aasif in person. I've seen a lot of his work, so it was really cool to see the guy behind the character on 'The Daily Show' and some of the other things I've seen," she said. "I also think Aasif is a prime example of why we need to worry about representation in media and pop culture of all different kinds of groups."



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Safe Trick-or-Treat brings costumed children to campus

MICHAELA LANGE CONTRIBUTING REPORTER

Safe Trick-or-Treat was not thwarted by threats of inclement weather, with families and Washington University students coming together to celebrate Halloween on the South

The annual event, sponsored by Campus Y and Congress of the South 40, allows local children to trick or treat in campus

"We give them a fun and safe Halloween experience that they may not otherwise be able to have if they don't feel safe in

their neighborhoods or if they just don't really have a place to trick or treat," junior Sarah Gittleman, a program leader of Safe Trick-or-Treat, said.

Campus Y throughout the fall semester in preparation for the event, reaching out through letters to Boys & Girls

Clubs of Greater St. Louis, schools and other YMCA programs in St. Louis. It also sent flyers along with the letters in the hopes that organizations would tell families about the event.

During the event, along with the regular distribution of candy, volunteers added festive decorations

and games including coloring page stations, cake walks and Pin the Tail on Scooby-Doo.

"It was really fun to spend a couple hours with little kids and their families. " freshman volunteer Naomi Savin said. "It was really organized and there were a lot of volunteers."

Parents said they enjoyed themselves as well.

"I actually had one mom tell me they've lived here for seven years and never gone treat or treating," Savin said. "And then they heard about the event, and it was so far past her expectations. So she was really happy."

BD FROM PAGE 1

background that we don't necessarily get to see. So, it's like fun time for them to get to try these new things that aren't traditional campus recipes."

South 40 executive chef Hayes Green said the station allows chefs to get more immediate feedback on new food ideas.

"A lot of times we come up with menu ideas and we don't really showcase them until they come on the menu, and we make beginning of the semester, mid-semester changes,"

Green said.

Currently, three chefs are involved in preparing food for Food Lab: Green, South 40 executive sous chef Joe Graves and commissary chef Dan LeGrand.

Ultimately, Green said, Dining Services would like to get chefs from locations besides Bear's Den involved in Food Lab.

"What we were looking for in this idea is that somewhere down the road other chefs from around campus get to come over, take the time out of their operations and get to test their own ideas, for their own locations. Then we'd support their operations while they're over here," Green said.

Powell stressed the desire to use Food Lab to connect students to the recipe-testing process.

"We'd really like this to be an engaging process with students. We make a lot of decisions, because we have to, because that's a part of us operating as Dining Services," she said.

"But I think [we] really wanted this to be something where students could vote with their forks, say 'This was awesome; let's get this onto the menus' rather than us testing recipes and saying, 'Yeah, we liked it' and then we put it out there and maybe you don't like it."

Freshman Arjun Sridhar expressed excitement about the new concept.

"That sounds like an awesome idea. I'm always interested in trying new foods. I'm also curious to see how talented the chefs are, because they usually just make the same generic recipes," Sridhar said.

Freshman Sthitadhi Chakraborty said he's looking forward to having new options available.

"I think it brings a sense of novelty every once in awhile because even though a lot of the BD [Bear's Den] food is great, it's still nice to see something new," Chakraborty said.

encouraged students to let Dining Services know of any dishes they'd like to see featured in Food Lab or on a menu.

"Did you see something over fall break? Maybe you went to New York or New Orleans or Miami and you saw something just super sick that you wanted us to try. Tell us. Post it on [our Facebook page] and say, 'Hey, I tried this amazing thing. Have you guys ever thought about that?"" Powell said.

Additional reporting by Sam Seekings.

GREEK LIFE FROM PAGE 1

[but] I'm not sure how effective it is in actually keeping people safe," he said. "I know there are many fraternities that still throw parties unregistered. We do not, because we follow the rules very strictly, but it is something that happens, so I'm not sure that it is something that is actually effective in keeping people safe."

Another issue that many within the Greek life community find troubling is the requirement to use B&D security.

"The role of B&D ultimately is to help provide crowd control, provide verificaidentification tion...and monitor alcohol consumption,"

Junior Ethan Rinchik, Nu fraternity, said that than going through us. chapter could face reper-

hiring B&D, he has had numerous negative experiences with the security organization.

"B&D is pretty terrible. There are alternatives and SIL [Student Involvement and Leadership] has expressed that they are willing to explore alternatives with different student groups," Rinchik

Baltay said requiring fraternities to pay for B&D services at off-campus events is redundant and excessive, because most venues include the cost of their own provided security as well.

"There been have numerous times that B&D has been so rough to work with. It's almost like they viewed themselves social chair of Sigma as the authority rather or things like that, the despite the low cost of They made some guests cussions," Stetter said.

uncomfortable, and I've just heard horror stories of the past," Rinchik said.

However, Baltay agreed that the presence of B&D can be helpful at on-campus open parties.

"I think it's unfair to make us pay for [B&D], but for open parties I think it's helpful. When there's hundreds of kids outside, you sometimes need someone there to tell them what to do or else it gets overrun," Baltay said.

Stetter said that security is especially important for open parties because they are typically the events that carry the highest risk.

"They are opening their doors to people who potentially drank before coming. And if someone were to get injured or sick

URSA'S FROM PAGE 1

along with Romo, to the Ursa's board, sees a few potential explanations for the increase in popularity despite the same number of programs.

Goldstein noted that last year, there was little consistency programming until spring semester, which may have caused many to ignore or forego Ursa's events.

"This year, we decided to change things up this year and add a little more consistency in the programming. For example, every Friday, we have an event, Hangout Friday," Goldstein said.

Hangout Friday is a program that relies on free food and the promise of a good time with friends for and the Facebook page year. It was really only

Wash. U. Confessions about lonely Fridays.

The increased popularity may also be attributed to some other changes. In an effort to improve publicity and the aesthetic appeal of the space, a glowing neon that reads "Ursa's Nite Life" in bright purple letters now adorns the bricks right above the entrance to Ursa's.

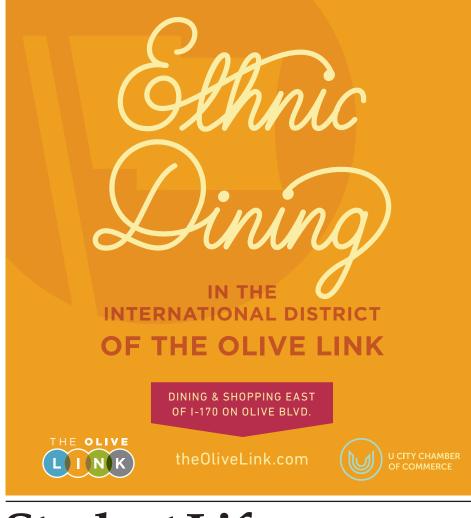
The hours the space is open for use have also changed due to a shift this past August, when resident adviser was moved from the Residential Life annex into Ursa's, allowing the building to stay open for longer.

"I think one of the bigits success, which arose gest differences is that from students posting Ursa's as a space wasn't

open when we had events. Now it's open 1:30 p.m. to midnight on weekends and 5 p.m. to midnight on weekdays," Goldman said.

While Ursa's has had great success in recent months, it is looking at ways to make the venue even more popular in the future. Although hot food was taken out of Ursa's in the spring of 2013, the current board is looking at options to bring back some kind of food or drink option other than vending machines.

"It's kind of a constant discussion on whether or not we're going to try to get something back in there. Maybe it can be a cafe...If they [the student body] want to see coffee in there at nights and make it a verv sociable space, we anonymously on Yik Yak open as frequently last can try to do that," Romo





Student Life

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STAFF EDITORIAL

Students revitalize Ursa's, take control of programming

fter establishing itself as a prime dining and hangout space for South 40 residents in the 1990s and early 2000s, Ursa's Nite Life (formerly Ursa's Cafe) has been forced to downsize in recent years. Following the 2008 expansion of Bear's Den, the cafe began to face mounting deficits as students flocked to the larger dining hall for their early and late-night dining needs.

An August 2013 menu

revamp—shifting from quesadillas and milkshakes to gyros and bubble tea—failed to stanch the tide, forcing the cafe to cease food service three months later. But while it appeared Ursa's was on the ropes, students have stepped in to reclaim the space as a hub for events and alternative nightlife activities.

Student Life supports Ursa's transition and the speed with which students have begun to reclaim the space as their own. While some worried that it

would fade into irrelevance, Ursa's has instead taken on a second life, led by a student body that once seemed ready to abandon it. Its accessibility to freshman and sophomore students and versatile space only opens the possibility for a wider variety of events.

Movie nights and concerts have been joined by Hangout Fridays, which were introduced last semester. Inspired by anonymous posts on the "Wash U Confessions" Facebook page from students who were discouraged by the number of weekend nights spent alone in their rooms, the events have brought students together outside of the fraternity and dorm party cycle. Occurring twice a month, Hangout Fridays have quickly proven to be a success, providing students with another avenue to bond with peers they may not have met otherwise.

As the nature of studentuniversity relations takes prominence on a local and national scale, Ursa's stands as a positive example of students taking agency in their college experience. It may sometimes feel as if we are customers in a purely transactional exchange—degree for exorbitant sums of money—but Wash. U. students continue to impress us with their ability to supplement the administration's efforts to improve our campus experience. We hope they will continue to bring new ideas to Ursa's.

While some may long for the days when its crepes

and quesadillas provided relief from late night studies, the space's current incarnation appears to be its most sensible and sustainable path. Persistent efforts to cater Ursa's old menu to student preferences indicated that no amount of tweaking could make it a financially feasible dining option.

Ursa's needed a change of direction, and students have answered the call. We're excited to see where they take it next

Natural sciences requirement should offer greater middle ground

PETER DISSINGER STAFF WRITER

t some point in their Washington University career, every undergraduate student will be required to fulfill a natural sciences (or natural sciences and mathematics, if you're in the College of Arts and Sciences or Sam Fox School) requirement. Unfortunately for many, including myself, the process of finding the right class (and getting through it) is arduous and stressful. Given the incredibly challenging nature of our introductory courses in biology and chemistry, the majority of non-science students are driven to look for peripheral science courses that deal with science from a distance. While the current offerings may be suitable for

much of the student body, I argue that Wash. U. is not fully maximizing on the potential it has to provide all students with a positive experience in the natural and life sciences. By adding more classes that actually address scientific topics and are built for non-science students, Wash. U. can begin to increase student interest in our more foundational sciences.

The physical and life sciences requirement in the business school can be fulfilled by a variety of courses, including Writing the Natural World; Geology of National Parks; Introduction to Global Climate Change; Introduction to Human Evolution; Stars, Galaxies, and Cosmology, as well as most biology, chemistry and physics courses. Unfortunately, the majority of these classes are

very limited in their examination of sciences and do not have lab requirements or even assignments outside of regular exams. Human evolution is an example of an important scholarly topic, but at Wash. U., it is taught as a 100-level anthropology course. A current student in the course explains that while the lectures are interesting, the class is comparable to high school introductory biology and only "deals with science very briefly." In the class, there are three graded multiple choice exams and one fossil lab worth only 5 percent of the total class grade, which means that students have little incentive to analyze and apply the material past what is required on tests.

Dr. Sarrah Dunham-Cheatham, a lecturer in the Department of Earth and Planetary Sciences, was kind enough to offer her perspective on the science requirement in colleges and peripheral science courses. In her discussions with senior undergraduate and graduate students, she has learned that the students agree that the science requirement offerings are too difficult and designed to be "weed out" courses and would prefer to see a better selection of 100-level courses "geared for various groups of students."

However, as an instructor, she argues that this proposed solution "puts a lot of extra pressure and demand on departments to offer more courses than they may be able to offer given their faculty load and availability." In addition, she believes that peripheral courses may be the only way to provide a science experience for the University-wide requirement:

"Easy courses are not typical in science, of any kind... You must ask questions that determine if the student can use the correct answer or a complex concept and apply it to another situation."

While I understand these points of conjecture, Wash. U. still has a responsibility to offer more classes that directly address the fundamental topics of science.

I was lucky enough to take Environmental Issues to fulfill my science requirement—the class, taught by Dunham-Cheatham, is a 100-level class that blends the very basic foundations of biology, chemistry and physics to look at the variety of issues impacting the natural world today. It is a great example of what I envision for the science requirement at Wash. U. The University should look to the physics, chemistry and

biology departments, which have historically heavily limited their non-prerequisite classes, in order to roll this out on a larger scale.

Currently, the Department of Biology is closest to an ideal compromise—they offer small freshman seminars on topics including Introduction to Problem-Based Learning in Biology and Genetics and Behavior of Dog Breeds. In periodically offering these kinds of classes to the larger student body, the departments could not only increase their visibility on campus, but also drive students towards a greater appreciation of science. By creating a middle ground between classes like General Chemistry and Geology of National Parks, the science requirement can become a more integrated portion of the Wash. U. undergraduate education.







JEE EUN KIM | STUDENT LIFE

In defense of Kygo: Not just pressing play

ETHAN KERNS CONTRIBUTING WRITER

ve heard a lot of mixed reviews about WILDsome loved it, some hated it, some didn't make it. I enjoyed the performance, but I can understand being disappointed: Tropical house is not a genre for everyone and isn't always suited for a concert setting. One particular complaint that has irked me, however, is: "All he did was press play." This comment is often followed by someone questioning how Social Programming Board justifies paying Kygo WILD headliner money when anyone with Spotify premium could put on the same concert. Criticisms such as these display a

fundamental misunderstanding of what performing as a DJ entails, so I want to take a moment to explain what Kygo—and other DJs—do beyond pressing play and why they are worth the money.

Let's start with beatmatching. Every song has a certain number of beats per minute referred to as BPM. Intuitively, the higher the BPM, the faster the beat of the song. Between every song, Kygo adjusted the speed of the current track to match the speed of the next track in order to smoothly transition between songs. To get a sense of what a concert would sound like without it, imagine listening to a playlist consisting of Simon and Garfunkel's "Sounds of Silence" (approx. 106 BPM)

and Kanye West's "N---s in Paris" (140 BPM). Wouldn't the transition be jarring? Each song Kygo played seemed to meld into the next, indicating that he is reasonably skilled at

beatmatching. Next, we'll go over equalizing. Everyone probably knows or has heard of "that guy" who buys custom speakers for his car and then turns the bass up so high that all you can hear is white noise and vibration. Equalization makes sure that doesn't happen. By adjusting the relative levels of bass and treble throughout each song, Kygo optimized their sound quality. Raising the treble to emphasize vocals during the chorus or raising the bass to emphasize the beat are decisions—artistic

decisions—that Kygo had to

make throughout the concert.

Those are two common technical skills Kygo and other DJs employ, but there are many other factors to keep track of while performing. Looping songs, applying echo and reverb effects and harmonically mixing songs are all skills Kygo could potentially utilize. Even in the most technical sense, DJs are doing

more than just pressing play.

Technical skills aside, musical taste is an important factor in hiring a DJ. Not every song Kygo played was his own: In particular, the "Don't Stop Believin" and "Bulletproof" remixes aren't his. He had to choose which songs to play and what order to play them in—decisions that reflect his

musical taste. And the fact of the matter is, Kygo's taste is important and worth paying attention to. When we listen to music, we rarely even put thought into what we are going to play next. Kygo chooses every song with a purpose. Sure, we could hire an unheard-of DJ to play Kygo's music and the songs might sound the same (assuming Kygo's aforementioned performance skills are equal to this unheard-of DJ's, which they are not). But if we did, we wouldn't experience Kygo's set list; we would experience the set list of an amateur DJ, or, even worse, songs chosen arbitrarily by someone with no more musical sense than the average person.

An understanding of all

that goes into DJing reveals a double standard between electronic dance music (EDM) and more traditional forms of music. The assumption that DJs "just press play" implies that their job could be done by almost anyone with Spotify and musical talent; that there is no difference between a real DJ and a cover. This is clearly not the case. A cover band, like a cover DJ, is not the same as the real thing, and for the same reasons. A cover DJ lacks technical skill the same way a cover band does, and they both lack the artistic, musical sense of those they imitate. That consummate skill and sense, possessed by Kygo and other professional EDM musicians, is why they are worth the money.

OUR VOICE: EDITORIAL BOARD

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Women's cross-country wins repeat UAA title

ZACH KRAM SENIOR EDITOR

Washington University head cross-country coach Jeff Stiles couldn't hide his excitement after Saturday's Athletic University Association (UAA) championship meet.

"It was unbelievable; it was incredible," Stiles gushed. "It was what crosscountry is intended to be. If they had cross-country in heaven, this is what it would be."

Stiles was talking about the "heavenly" weather at the course in Boston partly cloudy with high 53—but given his enthusiasm for the Bears' performances on Saturday, he might as well have been talking about his runners' results.

The women's team added a conference title to Wash. U.'s UAA-best total—its 14th overall and 10th since 2002—with a dominant victory, while the men battled to a second-place finish despite two of their top runners not racing due to

The day started with a coronation for the women, who outpaced the field en route to a landslide win for the second consecutive year: The Bears totaled 35 points for a whopping 50-point margin over runner-up University of Rochester.

Freshman Ellie Degen, sophomore Alison Lindsay and senior Ellen Toennies finished third through fifth, respectively, and were joined near the front of the pack by junior Sarah Curci (ninth) and sophomore Anna Maurer (14th).

Maurer, the Bears' fifth finisher, beat every other team's No. 3 runner, and the Bears' seventh finisher beat every other team's No. 5 runner.

"We said our goal was to have four in the top 10 and our fifth in the top 15, and we did exactly that," Stiles

"We were able to set up our race plan really well," Toennies added. "It had a few hilly sections and a few sections back in the woods that you really had to show mental toughness and persevere through."

Winning with depth was a new look for the Bears, who had in the past relied on a more top-heavy approach for their conference titles. Since 2011, Wash. U. had won four straight individual titles on the women's side, the last three coming from 2015 graduate Lucy Cheadle.

Toennies acknowledged that the team knew coming into this season that they'd have to adjust to more of a pack mentality.

"Rather than having one girl who was going to blow everyone else away, we were going to have to focus on the strength we had in the middle section," she said. "We race well as a pack, because we train as a pack and we're used to running together."

The success of that pack performance on Saturday portend further



MARY RICHARDSON | STUDENT LIFE

Members of the Wash. U. women's cross country team compete during last year's UAA championships in Forest Park. This weekend, the women's team repeated its first place UAA championship victory in Boston.

postseason accolades for the Bears. The last three times the women won the UAA, they followed that conference title up with a top-five finish at nationals—including the program's lone national title in 2011.

Between the team's UAA title and its victory at the University of Wisconsin-Oshkosh AAE Invitational two weeks ago, Stiles said he thinks the team is rounding into top form at just the right time and should contend for the title at nationals.

"There's probably like four to five really good teams, and I think we're one of them," he said.

The outlook wasn't as encouraging for the men's team, which placed just one runner in the top 10 on Saturday and finished 15 points shy of Carnegie Mellon University's total

The second-place score signified an end to Wash. U.'s five-year UAA title streak, but Stiles said he was impressed with the team's resolve with its top, junior Ryan Becker, and third-fastest, junior Dillon Williams, runners being held out of the meet.

"We didn't win, but we executed really well," Stile said. "Honestly, with what Carnegie did today and what we had running,

I think we kind of maximized our points."

Stiles added that he's optimistic that Becker and Williams will return to race form by the regionals meet in two weeks.

Without Becker, who has won two invitationals this season, senior Josh Clark stepped into the lead runner role and raced to the individual title, finishing the 8-kilometer course in 24:56 to win by six seconds.

Clark's title marked the fifth in six years for a Wash. U. runner, and he garnered first-team All-UAA honors for the second season in a row after finishing fourth overall last year.

Beyond Clark, Stiles

applauded the performances of sophomore David O'Gara (12th) and junior Ben Rosenkranz (13th), who posted career-best times to earn second-team All-UAA honors, and seniors Alex Goldberg (20th) and Adam Streicher (22nd), who ran well as they recover from lingering injury issues.

Those runners "really graduated to that next level," Stiles said. "It's what we need looking toward nationals."

But before the team can run at nationals, it must first qualify. The Bears race next at the NCAA Midwest Regional in two weeks in Rock Island, Ill.

Turnovers doom football against Case Western Reserve

WESLEY JENKINS STAFF REPORTER

This weekend, Washington University football team could not overcome junior quar-Tomlin's terback career-high six interceptions on their way to a 34-16 drubbing on the road against No. 23 Case Western Reserve University. In total, 28 of the Spartan's points came off interceptions.

Despite the turnovers, Tomlin still finished 31 of 59, setting school records in completions (223) and passing yardage (2,560).

Case Western jumped out to a 14-0 start by taking advantage of a short field off a Tomlin interception, and using a 13-play, 5:11-minute drive to march 98 yards for another score. That series also came off a

Tomlin interception at the Case Western 2-yard line.

The Bears would battle back using two field goals from senior kicker Alex Hallwachs and a two-yard touchdown strike to junior wide receiver Hank Childs to pull within 14-13 at the half.

Case Western struck first in the third quarter with another TD, but the Bears responded on their next drive minutes later, as Hallwachs hit his third field goal of the game, trying a single-game school record. The Bears' scoring drive was highlighted by a 66-yard catch by junior receiver Kevin Hammarlund from Tomlin. Hammarlund would finish the day with seven catches for 175 yards, both game highs.

While the Bears could only muster field goals, the Spartans pulled away with two fourth-quarter touchdowns. Forced to overcome an ever-expanding deficit, Tomlin was picked off three times in the final quarter, the last coming deep in the Bears' own territory with 2:16 remaining in regulation.

Senior linebacker Matt Goad led the taxed Wash. U. defensive unit with 11 tackles and combined with sophomore defensive lineman Garris Goe for the only Bears' sack of the afternoon. Junior defensive lineman Jared Lake and junior linebacker Danny Nowak also added career highs in tackles with nine and eight, respectively.

With the loss, the Bears drop to 5-3 overall and 4-2 in the Southern Athletic Association (SAA).

The Red and Green will not have much time to lick their wounds however, as



STEPHEN HUBER | STUDENT LIFE

Senior Cody Ratermann carries the ball in the first quarter of the Bears' game against Millsaps College, which the Bears won 70-32. This weekend, the Bears took a 34-16 loss to Case.

Wash. U. goes on the road to face another dangerous team in Hendrix College

(6-2) next Saturday. The Warriors are 5-1 in the SAA and sit in second place

behind Berry College, who owns a perfect record in the

SOCCER FROM PAGE 1

"I can't really describe how I'm feeling right now," Chandler said. "That was a crazy finish, but I'm just so excited that we were able to rally together and beat a tough opponent."

As the rest of the team stormed the field to congratulate Chandler, head coach Jim Conlon remained on the sideline—poised, but with a clear smile on his face.

"I am so proud of these girls for fighting and persevering," Conlon said. "Carnegie Mellon is a very good team and made us fight to the very end. Our defense was great and the resilience we showed was tremendous, and that

ultimately put us over the top."

Conlon had reason to celebrate on Sunday as well after the team's victory over Case Western on Senior Day. After a frustrating tail end of the game that saw senior Olivia Lillegraven miss a penalty kick in the 86th minute and Chandler miss a point-blank shot wide right, Chandler provided the heroics again, chipping a shot over the keeper from 30 yards out in the 108th minute for her fifth goal of the season and second straight game-winner.

It was fitting that Lillegraven assisted Chandler in the

senior's final home match. "I don't know what to say—I am just shocked right now," Chandler said. "To help get these seniors a win on Senior Day is incredible. It is so much fun to play with them, and I am just thrilled."

"This group of seniors are special and they have accomplished so much," Conlon said. "They have grown and matured since they were freshmen, and now they are invaluable leaders for our squad. I am so proud of them and always will be."

With 67 wins, this senior class ranks as the class with the second most wins in school history. The team has achieved a lot, but it is still hungry for a title. With the

pair of dramatic weekend victories, Wash. U. is now in tied for first in the University Athletic Association (UAA) with Carnegie Mellon. The Bears play their last game of the season on Saturday, Nov. 7 at the University of Chicago, with the fate of the UAA on the line.

"I could worry about rankings and matchups and all that, but I know I need to stay in the moment and keep going one game at a time," Conlon said. "Rankings are deceiving, for every team can fight and win, so we have to make sure we are on top of our game. November is here, and this is where the fight really begins."



A Q&A with comedian Cameron Esposito

Rima Parikh, Senior Scene Editor

Comedy has always been dominated by white, heterosexual males. Los Angeles-based standup comedian Cameron Esposito isn't okay with that.

Dubbed by Jay Leno as "the future of comedy," Esposito is primarily known for her personal material, much of which is influenced by her exploration of her own sexuality. Her second album, "Same Sex Symbol" came out last year to critical acclaim. Currently, she's on tour, debuting material from her forthcoming album.

Still, she's committed to quite a few projects right now, proving that she's about as L.A. as you can get. In addition to doing stand-up, though, she hosts two podcasts: "Put Your Hands Together," which is the podcast version of her stand-up showcase, and "Wham Bam Pow," which is about science fiction and action movies. She writes an AV Club column that's on hiatus, but she's currently working on a book. Student Life caught up with her about her work before her upcoming performance in St. Louis on Friday.

Student Life: You did improv throughout college, starting your sophomore

on stand-up. How did doing improv in college affect your future in comedy as a stand-up comedian?

Cameron Esposito: I started [doing improv] at Boston College when I was 19. So, I got into stand-up already knowing how to take up space onstage and how to react in the moment to what was going on, and both of those were invaluable. Both were skills I learned in improv.

SL: Does that go into doing crowd work?

CE: Yeah, crowd work has always been really comfortable to me, because [improv] is my background.

SL: After college, you came back to Chicago to do grad school—that's interesting.

CE: Yes. I was studying social work at the University of Chicago, and I was also taking classes at The Second City, hoping to continue my career in improv. But I quickly fell out of love with improv and into love with stand-up. Within six months of all of that, I dropped out of grad school and stopped doing improv. I was just doing stand-up.

SL: What was your day job while you were doing comedy in Chicago?

CE: I worked at schools, in special education. I also dad's law firm. I also was a nanny. So, a bunch of things over a bunch of years.

SL: What is it about standup that you like better than improv?

CE: For me, at the time especially, I had just come out not that much prior, so it was really important for me to speak about my experience from my own perspective and speak in the first person. Improv is about characters and about saying yes to the people around you. I just felt like I had my own story to tell.

SL: You do a lot of personal material. Would you say it's hard to continue doing personal material without feeling like it's becoming stale? Or do you find it easy to never run out of interesting things to talk

CE: Well, I actually think that's the great thing about stand-up right now, where we're in this movement of people talking about personal things as opposed to in the past when it was more observational. The thing is if you give yourself the time and space to keep living—and it is hard, because you travel so much—you actually are having experiences that you are constantly re-upping your material. Right? You just write

SL: At what point during stand-up were you like, "This is what feels right" in terms of your material? When did you feel like you "got good"?

CE: [laughs] I don't know. I don't know the answer to that. Maybe—maybe it was just the first time I had done stand-up on television. I was on "The Late Late Show with Craig Ferguson," and it went really well. Jay Leno was one of the guests that night, so he sat and watched me perform. So it was Craig and Jay sitting very, very close to me and watching me do stand-up, and they were very complimentary. They're two dudes that have been doing this forever, who are really professionals, treating me like I was a comic. I guess part of it was being on TV and realizing that I could do that-I mean, I was already touring at that point, but there's something about the opportunity to be on television that changes your perspective.

SL: Do you ever get stuck while writing? If so, how do you work through that?

CE: Yeah, absolutely. But I'm a slightly weird animal, because I write most of my stuff onstage—like, I'll come up with a concept, and then think it out a little bit, and then get onstage and work out the deets. Over a period

of a bunch of shows, the joke refines down to what I actually mean to say, and so, yes, there are things that you still work or things that you can't figure out—that I can't figure out how to crack story or crack the point that I'm trying to make, but the good news is that there's always more stage time and there are always more

SL: How long does it take to work out a joke before you're happy with it—before it's "done" or as refined as you

could possibly make it? **CE:** I don't think it's ever done. But I'm working on a new hour now, and the last hour that I did was probably refined over [some time]. It's taken me a year and a half to write my new hour. But a part of that was because I was touring my old hour for six months after releasing an album. So now it's taken me about a year to write this new thing, then I'll tape that in December, and hopefully I'll start writing again.

SL: Do you reuse your old material?

CE: Sometimes I do. If it seems appropriate [at the] moment—if something comes up in the room, or if somebody's talking about a specific thing in a crowd work situation, and I have a story about

that. But generally, because I'm touring so much, I'm trying to make sure the people that saw me last year and this year have new jokes to hear.

SL: What's your material like for your new tour?

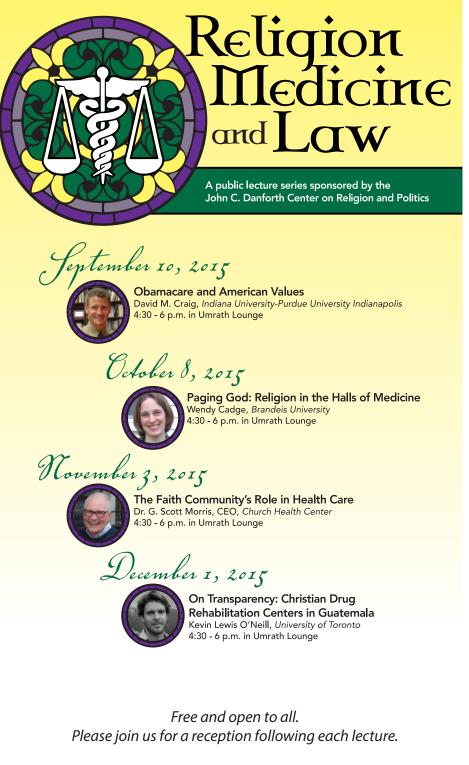
CE: I'm getting married in December, two days after our final show of the tour. I'm marrying Rhea Butcher, a fantastic comic who also happens to be opening for me on this tour. So I'm talking a lot about that and the big changes happening in my life.

SL: What's it like touring with your fiancee?

CE: Well, it's stressful and wonderful and [puts] so much pressure on the relationship, and I wouldn't have it any other way. I mean, she's the best comic that I've ever had the opportunity to work with. And it's also wonderful that she's somebody I really trust in every other way. I never thought I would be marrying another comic—I never thought I'd be on tour with my fiancee—I never thought any of these things, but it makes so much sense, and it's awesome. So, I recommend it!

Check out Cameron Esposito at Firebird on Nov. 6. Tickets are \$15 to \$18 (\$2 minor surcharge at the door). Doors open at 7:00 p.m., and the show begins at 8:00 p.m.





rap.wustl.edu for more information





CAREER CENTER Washington University in St. Louis

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Freshmen and Sophomores: are you already thinking about summer 2016? Join us for Career Early Action! We'll discuss what to do over the summer, putting together your resume and cover letter, and finding summer opportunities. Four chances to attend; pick the date that best fits your schedule. RSVP in CAREERlink!

> Thurs, November 19, 7:00-8:00 pm Fri, November 20, 2:00-3:00 pm Mon, November 23, 6:00-7:00 pm Tues, December 1, 2:30-3:30 pm

EVENTS & WORKSHOPS

Nov. 2: Government, Politics, and Public Policy Internships and Jobs

4:30 p.m. in DUC 236

Nov. 4: IdeaBounce

4 p.m. in Knight Hall, Frick Forum

Nov. 6: Sustainability Careers for Everyone 1 p.m. in DUC 234

Nov. 6: Alumni Speakers: HBO and Starz Media 3 p.m. in Mallinckrodt Center, Room 101

Nov. 9, 10, 16 & 17: Launching Your Search: Making the Most of Winter Break

Times vary; check CAREERlink for details

Nov. 10: Architects: Entrpreneur Workshop 7 p.m. in Givens Hall, Room 113

Nov. 11: Consulting Season is Over- Now What? 7 p.m. in Seigle Hall, Room 301

Nov. 11: Wealth Management Careers Panel 5:30 - 6:30 p.m. in DUC, Goldberg Formal Lounge

EMPLOYER

INFORMATION SESSIONS

Nov. 2: NASA Lunch with a Pro

12 - 1 p.m. in Lopata Hall, Room 103

Nov. 3: Betterway Rent-A-Car (Budget) 5 - 6 p.m. in Bauer Hall, Room 210N

Nov. 3: American Institute for Public Policy

Research (AEI) 6 - 8 p.m. in Seigle Hall, Room 303

Nov. 4: City Year

2:30 - 4:30 p.m. in DUC 232

Nov. 5: Levi Strauss & Co.

4 - 5 p.m. in Steinberg Hall, Auditorium

Nov. 10: Peace Corps 11 a.m. - 1 p.m. in DUC, Tisch Commons

Nov. 11: U.S. Air Force Lunch with a Pro 12 - 1 p.m. in Lopata Hall, Room 103

Nov. 12: Washington University in St. Louis

4 - 5 p.m. in DUC 111

Nov. 17: Northwestern University 4 - 5 p.m. in DUC 234

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Apply to shadow with organizations in Business, Creative, Engineering, Law, Architecture, Computer Science, Non-Profit, Film or Healthcare. Apply by December 6, through CAREERlink.

Want to know more? Attend one of our info sessions: November 12, 4 PM, DUC 111 OR November 16, 6 PM, DUC Media Center 3rd floor

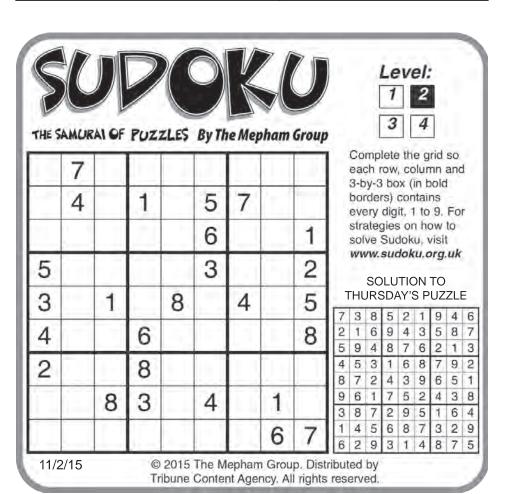
For details and to RSVP, visit careercenter.wustl.edu/careerlink.

FROM PASSION SPRINGS PURPOSE





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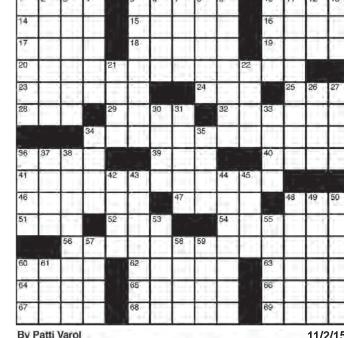
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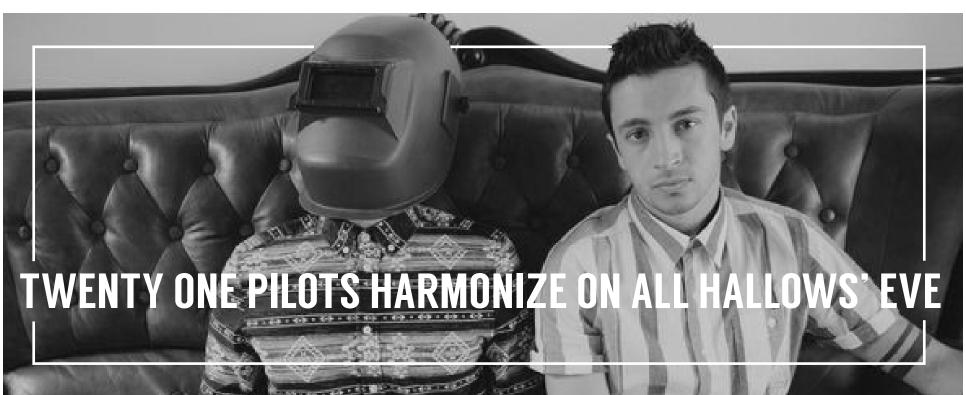
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GREER RUSSELLSTAFF WRITER

Amidst the darkness of Chaifetz Arena on this past Saturday's misty Hallows' Eve, many excited Twenty One Pilots (stylized "twenty one pilots") fans sat awaiting a frighteningly fantastic musical experience. At this performance, twenty one pilots brought their best to the stage on a holiday that seems quite fitting for their edgy rock vibe and dark lyricism, leaving many fans chilled to the bone.

Just like any good horror film, the evening called
for great anticipation
leading up to its longawaited climax. Opening
band Finish Ticket, a
light alternative rock
band that just released an
EP called "When Night

Becomes Day" this past September, kicked off the festivities on a soft note. Short but sweet, the show transitioned quickly into the second opener, Echosmith, who seemed to exceed much of the crowd's expectations. Despite the atmosphere's original dullness, as evidenced by the quiet and motionless pit, the mood progressively intensified, particularly as the band broke the constancy of its folky sound for a brief acoustic rendition of "Bright." Though the band's tempo starkly contrasted with the typical twenty one pilots vibe, the arena full of spookily clad members of the "Skeleton Clique," the band's most dedicated fans, found a true appreciation for Echosmith as the final preparation for the

moment we had all been waiting for.

The dynamic duo of Tyler Joseph and Josh Dun did not hesitate with their entrance, throwing their audience right into the excitement of the night with the song "Heavydirtysoul." Not one word was spoken between the two band members until the fourth song. Instead, they continued to play a perfect combination of fan favorites old and new, including "Stressed Out" from 2015 album, "Blurryface," and "Migraine" from their 2013 album, "Vessel."

Shortly into the powerful set, the duo threw its fans for a loop as Joseph, the lead singer, pulled out his ukulele and broke into a cover of Elvis Presley's "Can't Help Falling in Love." The remix was

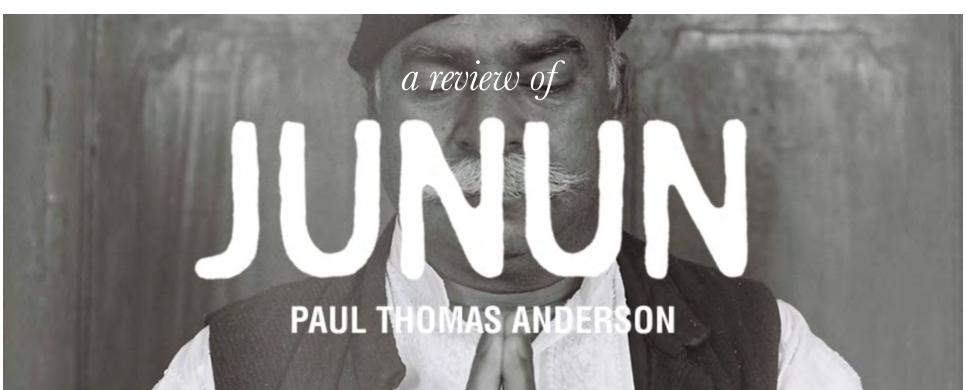
exactly what the crowd needed to cool down after several songs of intensely amped sound, after which it was ready to cycle again into twenty one pilots' signature exhilaration once more. From a medley of many fan favorites, to a crowd-surfing drum solo, to Joseph's final climactic run into the audience, the night certainly included the thrill one expects on the spookiest holiday of the year. The main set came to a close with poetic "Car Radio," only to be followed by a twosong encore of the almost despairingly dark "Goner" and long-loved "Trees."

Despite not necessarily being in the typical costume party environment loved and experienced by most on Halloween, concert attendees did not hold back on this annual opportunity to dress up. Throughout the crowd, many "blurryfaces" could be spotted appreciating the symbol of the band's most recent album release. The band similarly took great advantage of the holiday by aligning its dark music with brief clips of horror films and a constant fog that emanated across the stage and into the crowd, only to subside when reaching the heat of an enthusiastic pit.

While the night was meant to be filled with fright (and it partly was, thanks to the intense lyrics and occasional scream-o quality of the band's music), Joseph and Dun were neither willing nor able to keep their heart-warming love and appreciation from showing through by the end of the night. While Dun

remained quietly behind the drums, Joseph told the crowd that he could not be up on the stage without his best friend. Though their lyrics may be dark and their tattoo-covered bodies slightly intimidating, Dun and Joseph's overflowing affection contrasts this personal and auditory intensity to showcase the realness of their personalities, lyrics and overall musical message.

As the night ended, the moon hid behind thin, wispy clouds, as though secretly watching fans safely head off to their next destination. No matter how each audience member's night ended, however, twenty one pilots certainly "polarize[d]" this Halloween, making it markedly memorable in comparison to Halloweens past.



MOVIE REVIEW



Directed by: PAUL THOMAS ANDERSON

MARK MATOUSEK SENIOR CADENZA EDITOR

The documentary film-maker, even when trying to remain passive, cannot help but comment on the action. How he captures, chooses and arranges the moments that comprise his film creates a tone, an attitude toward his subjects. Of a nearly infinite number of possibilities, he chooses one.

It can be as simple as
Gabe Polsky funneling the
majority of his portrait
of the Soviet Union's
legendary ice hockey
program in "Red Army"
through interviews with
a single player, or as
knotty as Orson Welles
inserting himself into his
highly self-reflexive "F

for Fake"—nominally about a famous art forger, but largely stuffed with Welles' semi-coherent ramblings—but the documentarian participates, whether he wants to or

"Junun," the first documentary from acclaimed director Paul Thomas Anderson, comes about as close to passivity as the medium allows.

The 54-minute film follows Radiohead guitarist and composer Jonny Greenwood, who scored Anderson's previous three features, to India, where he records an album with Israeli composer Shye Ben Tzur and Indian band the Rajasthan Express.

The film is, technically, a behind-the-scenes music documentary, but it does not act like most behind-the-scenes music documentaries. There is no intra-band strife, no writer's block, no consideration of the musicians' personal lives. This is not a film about making

music; it is one about

music being made. Films about the former tend to portray music as a catalyst that unleashes egos and unearths longheld resentments. Joe Berlinger and Bruce Sinofsky's 2004 documentary, "Metallica: Some Kind of Monster," which chronicles the creation of the band's 2003 album, "St. Anger," exemplifies this making-of as melodrama approach. More time is spent watching the band hash out internal conflicts with its therapist than on the music itself.

"Junun" achieves
the opposite. Anderson
fills most of its short
run-time with the collective's recording sessions,
presented without a discernible agenda. Amusing
anecdotes sometimes
color the action—producer Nigel Godrich
shooing a bird from the
studio, a musician picking
his nose before a take—
but the music is the film's
loose binding.

The challenge then becomes how to make the act of creation cinematically compelling. Without the benefit of a clear narrative, Anderson uses subtle variation as his method of choice, shooting the sessions with a variety of camera movements, angles and distances.

In one of the film's opening scenes, he places the camera in the middle of the musicians—who record while seated on the floor of their makeshift studio and arranged in an inward-facing circle—slowly panning between them. The effect is to visually fragment the process while retaining the sonic whole. Later, he peers through a doorway, creating distance between viewer and subject.

But even Anderson's fly-on-the-wall aesthetic amounts to a commentary. Aside from the brief, occasional interview, we learn almost nothing about any of the musicians; there are

stories here, but Anderson doesn't go looking for them. Intentionally or not, he argues against using context to justify content. Many music documentaries use the recording process as a supplement to interpersonal chaos; Anderson ignores the latter altogether.

Anderson's feel for cinematic language carries this otherwise slight project. Music has always played a pivotal role in his films, often shaping the viewer's relationship to his images in surprising ways, such as the atonal drones that turn the historical epic "There Will Be Blood" into a quasi-horror film, or the deranged whimsy of Jon Brion's "Punch-Drunk Love" score. Here, frantic polyrhythms and blaring horn sections create the film's forward momentum.

Anderson sometimes uses this momentum to venture outside of the recording sessions. In the film's most dynamic

sequence, he follows two of the musicians on the streets of Jodhpur. One needs to get his harmonium tuned, another purchases an electronic keyboard. Cut to the rhythms of a pulsing, electronic beat and vocal chanting, the sequence widens the film's scope without violating its show-don't-tell philosophy. The film would have benefitted from leaving the studio more frequently.

"Junun" is a curious move for Anderson. A successor to American filmmaking legends like Welles, Stanley Kubrick and Francis Ford Coppola, Anderson merits attention with each of his projects. His latest, while mesmerizing, feels like a footnote to a rich and diverse filmography.

When Anderson speaks, people listen. If only he had more to say here.

"Junun" is available to stream on MUBI.com.

EXPRESS TO DE-STRESS REDUCING MENTAL HEALTH STIGMAS WITH ACTIVE MINDS

MAISIE HEINE STAFF REPORTER

Here at Washington
University, students often
hear about issues of sexual
assault, cultural appropriation, race, gender and
sexuality, all of which are
extremely relevant and
important. However, an
issue that receives less
attention, but plays into all
of these concerns, is that of
mental health. This year,
Active Minds is looking to
change that.

Active Minds, a national organization whose Wash. U. chapter started around four years ago, aims to address the stigma that exists around mental health and getting help for people with mental illnesses.

"There's a lot of stigma around mental illness that isn't present around, say, physical illness," Chelsea Birchmier, senior and current president of the Wash.

U. chapter, said. "A lot of times, people joke about mental health or say things that can be insensitive without realizing it. People say things like, 'I'm going to kill myself' or 'I'm going to die if this happens' in a joking manner. It can also manifest in people being too ashamed or embarrassed in getting help because there is that stigma there. So a lot of people may suffer in silence, or may not feel comfortable talking to a counselor or their friends about it."

On Tuesday, the club hosted their "Express to De-stress: Exploring Mental Health Through Art" event at Ursa's Fireside, where attendees busied but relaxed their minds with Play-Doh, colored pencils and other mediums. They were asked to answer the prompt, "What does mental health mean to you?" through the cathartic act of crafting.

"I think doing little

things like [arts and crafts] help you get through a tough day," freshman Max Bucksbaum, an attendee of the event, said. "Everybody can take the time and do something for 20 or 30 minutes that's fun, and I think it has a big impact."

Club members also aimed to help spread awareness about the pervasiveness of mental illness at the event, handing out pins printed with the little-known fact that one in four college students are affected by mental health problems.

Often, the concept of mental illness is associated with having a specific disorder or condition. While the club does talk about these specific, diagnosable problems, it also places mental health within a wider scope, considering individuals' general mental well-being on a day-to-day basis.

Bob Liu, a junior who recently joined the club,

expressed why he thought issues of mental health happen to be so prevalent on college campuses.

"I think it's related to the time of our lives where in college [you've] learned how to develop your mind, how you're thinking on your own and who you really want to be," Liu said. "It's a big transition and with that comes a lot of stress and not knowing where you want to fit in, what you want to do in the world. It's a time when a lot could go wrong if you don't monitor yourself, be careful and learn how to think positively."

Liu also mentioned that he personally decided to join the club because he realized how much people often take "being able to appreciate the small joys in life for granted." The group meetings that Active Minds coordinates help people both feel increasingly grateful for this ability, and, for those affected, understand that seeking help should not be considered a shameful act.

"It's a great place to express yourself," sophomore Teran Mickens, who has attended meetings in the past, said. "You go in there knowing that there are people who can relate to what you are going through. You might be nervous giving your perspective, but no one is there to judge you."

Birchmier said she believes that Wash. U. does offer an adequate number of resources to people who are struggling with mental health issues—it's a just a matter of getting students to take the first step to reach out and ask for that help. However, the club is in the process of trying to make a few changes to the system, including making it more accessible.

"We're definitely trying to have more events focusing

on the intersection between mental health and other issues, like mental health and sexual assault, mental health and microaggressions," Birchmier said. "Also, we want to address mental health barriers and certain underserved communities on campus."

It is also hoping to increase programming during orientation, which currently does not sufficiently address mental health issues.

For now, Liu advises, "It's very important to reach out to those affected and let them know that it's OK for it to be not OK. Help them accept that it might not just be a phase—to reach out and get help and know that on the other side, it's a lot better, and you can always look back on it as a building experience. You can learn how to use your mind and cultivate your own happiness."

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10 STUDENT LIFE MONDAY, NOVEMBER 2, 2015

CAREER CENTER Washington University in St. Louis



I interned with the Environmental Law Institute (ELI) in Washington D.C.



Performing a case study of the Mojave Desert with the WUSTL Pathfinder Program in Environmental Sustainability



My summer roommate and I touring Capitol Hill on our lunch break



Other Kappas and I pledging to walk from Brookings to the Arch, donating over \$500 to the Rose McGill fund

My goal ... achieving environmental justice through impactful legislation.

Getting to know myself...

After completing a course on environmental justice issues, I was inspired to work on environmental issues in Washington D.C. With WashU at the forefront of operational sustainability, I knew I wanted to join that same initiative.

Bringing my story to life...

I started informational interviews early sophomore year to get an idea of where I might want to gain more experience. My work with the Career Center was essential to helping me land my internship, especially after joining one of the Career Interest Groups.

My internship take-away...

As an intern with the Office of Sustainability during the school year and a summer intern at ELI, I gained two very different perspectives - immediate, concrete results versus broad, analytical processes. With ELI, I've now been exposed to many more law and policy areas in which I wish to gain further experience!

Danica's advice: "Being thorough and asking questions early on is better than failing to meet your employer's expectations."

FROM PASSION SPRINGS PURPOSE

This Week's Opportunities

Build-A-Bear Workshop, Inc. Oracle

Berger, Cohen, & Brandt Agillis Systems LLC

Equifax Solomon R. Guggenheim Museum

Eldorado Trading Group Aita Consulting Services

Missouri Democratic Party Cato Institute

IMCA Capital 72U

Office of Mayor Rahm Emanuel Trade Informatics

City of Chicago Kaiser Permanente

Events

November 6

Sustainability Careers for Everyone Alumni Speakers: HBO and Starz Media

November 9, 10, 16 & 17

Launching Your Search: Making the Most of Winter Break

November 11

Consulting Season is Over- now What?

November 19, 20, 23 & December 1 Career Early Action