

THE

METROPOLITAN

The Metropolitan State University Student Newspaper

Meet Your Student Senate: Ready to Listen and Serve



Student Senators at an Oct. 14 Student Senate meeting (Photo by: Scott Lindell)

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The Trio Student Union anxiously awaited the Student Senate’s decision. Last year, Trio held a successful Valleyfair event. They hoped to host a ValleySCARE event this year. Trio, with support from the Muslim Student Organization and the Metro Soccer Club, made their case for this event. They came prepared with handouts and facts. The Student Senate examined their proposal and its numbers with critical deliberation. They assessed the thoughtfulness of the group’s ideas and considered possible revisions and improvements. After much discussion, the Student Senate endorsed the event.

The Student Senate has meetings throughout the year. They listen to student organizations and college officials. Student senators discuss new ideas on how to improve the experience of students attending Metropolitan State University. They continue to examine several possibilities including a Dean’s list, on-campus child care, upgrading the LGBTQ Resource Center, a mascot for Metro State, and an on-campus bicycle-share system. This month, college officials asked the Student Senate for their input on the latest MnSCU (Minnesota State Colleges & Universities) report.

Last June, MnSCU (recently re-named as ‘Minnesota State’) pub-

lished its *Report of the Workgroup on Long-Term Financial Sustainability*. In this report, the workgroup predicts a shortfall in the range of \$66 million to \$475 million. They also proclaim that MnSCU’s current financial operating practices will “become unsustainable by 2025.” The report claims that increased costs, declining state funding, decreased student enrollment and tuition freezes, contribute to the challenges of achieving “financial sustainability.” The report also asserts that annual budget cuts are “not a viable long-term solution” and finding new revenue sources “will not fill the system’s deepening fiscal hole.”

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On the Issues: Comparing the Presidential Candidates

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With just a few more days to the election, it seems appropriate to look at what the two main candidates’ opinions are. I will also, for the sake of completeness, review the opinions of the two third-party challengers, Jill Stein and Gary Johnson.

Net Neutrality

Of course, my personal area of focus will always be technology, so it makes sense to look first at one of 2012’s big technology battles, “net neutrality,” or the idea that Internet Service Providers (ISPs) like Comcast should be unable to speed-up websites that pay them, and slow-down websites that don’t.



(Morguefile Photo by Dodgerton Skillhouse)

Clinton: She seems inclined to follow Obama’s lead in favoring strong net neutrality protections, writing in an op-ed for Quartz that she would work to protect net neutrality and to preempt “state laws that unfairly protect incumbent businesses.” The FCC

has tried to overrule state laws protecting incumbent ISPs like Comcast, but the Sixth Circuit Court of Appeals ruled in August that it does not have the federal authority to do so. Clinton would need congress to draft new legislation in order to effect this.

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Metro State Receives High Ranking for Safety

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In a recent survey by backgroundchecks.org (released about a month ago), Metro State was ranked #6 for safety among 200 colleges and universities in Minnesota.

That admirably high ranking is a result of the active role played by everyone at Metro State, from safety officers and staff to faculty and students. “The team effort has been successful on campus, with everyone pulling in the same direction,” says Thomas Maida, director of public safety at Metro State since 1998. (Interestingly, Maida was born at St. John’s Hospital, which is the present location of Metro State’s Dayton’s Bluff campus.)

Metro State contracts their safety officers from American Security Inc., with Maida overseeing all aspects of their duties, including hiring and training. “We are looking for individuals who recognize our university mission and are able to respond to the needs of our students and employees,” he said.

One of the challenges at the Dayton’s Bluff campus is that, due to the inclusion of a public library, all library floors are considered public—as is the first floor of the new Student Center. As a result, there are 4-5 safety officers on duty at all times. There are about 15 full-time safety officers (and numerous part-time), with extensive cross-training to cover various duties. Overall, there are about 500 hours served per week covering three shifts, from 6:30 a.m. to 11:30 p.m.

Additionally, there are 40-50 campus security authorities (CSAs) at Metro State. These are regular employees, including the president, vice president, deans and de-

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From the Front Page

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The workgroup announced several recommendations in their report that could help MnSCU prevent a future budgetary crisis. The proposed changes would significantly modify the MnSCU system. “To reduce costs and improve results, the system must re-organize.” First, the workgroup believes that MnSCU should “act as an enterprise.” They would like to improve academic planning with “streamlined curriculum, guided transfer pathways, competency-based credential and degree pathways, online offerings and customized training.” These innovations could help students reduce the time and money they use to obtain a degree. These strategies could also help MnSCU retain more students and reduce the costs of excessive classes.

The workgroup also suggests in their report “partnerships that prepare students for a successful college and university experience.” According to their data, “approximately two-thirds of the system’s transfer-minded students who start on the road to a baccalaureate degree at a metropolitan-area college do not enroll in any college or university within four years of leaving.” This information means that many students intend to complete a four-year degree, but they eventually abandon their studies. The proposed partnerships could help students (including high school students) gain a clear direction early in their college careers. The assistance could increase the likelihood that students complete a four-year degree program. These partnerships could increase the number of students that finish their baccalaureate degree at a MnSCU university or college.

Besides these measures, the workgroup would like to “consolidate the delivery of core functions.” Core functions include admissions, financial aid

and human resources. Instead of allocating these duties to each college or university in the system, MnSCU could set up “regional and statewide call centers” to process student needs. The workgroup advises MnSCU to “adopt more creative and flexible labor practices” to reduce personnel costs and fulfill student needs for instruction at multiple campuses. The workgroup also suggests that MnSCU “re-calibrates physical plant and space capacity.” MnSCU could review their facilities plans to decrease overbuilding and utilizing available space to “reduce operating costs and increase revenue.”

As this report and recommendations are making their way through the MnSCU system, the workgroup is meeting opposition from the Inter Faculty Organization (ifo.org). The IFO is a union that represents the faculty of the MnSCU system. They state in their *Joint Petition Opposing the Long Term Financial Sustainability Work Group Recommendations* document that the proposed changes are “severely limiting student access and opportunities through limiting courses, closing programs and potentially closing campuses.” If this occurs, students will have less academic freedom to explore various college programs and subjects. Student class choices will be more limited and restricted to fewer options. They also warn these changes could lead to “undermining pay, job stability and working conditions for all faculty and staff.” The IFO also claims, on their website, that the recommendations “do not address the out-of-control growth of administration.” The IFO is seeking supporters for its petition to oppose the workgroup’s long-term financial sustainability recommendations.

The Student Senate of Metropolitan State Uni-

versity recognizes the urgent need for a stance on these recommendations. The Student Senate recently discussed the viewpoints of the MnSCU workgroup and the IFO. To investigate their proposals further, the Student Senate voted to create an ad hoc committee. They want to talk with students about the University’s future.

Student senators actively seek input from students. They listen to student viewpoints and find ways to progress student life. It is a commitment they take seriously. They want students to know that they are available to discuss their concerns and voice their opinions. They are eager to hear from you about the Long-Term Financial Sustainability issue or any other concerns.

The Student Senate meets twice a month in Room 201 of the Student Center on the Saint Paul Campus. They meet on designated Friday evenings from 6 p.m. to 9 p.m. Please reference their website (orgsync.com/43143/chapter) for upcoming events and more details.

Besides discussing ideas and issues, the Student Senate has initiated many programs and activities including the ‘Shoe Away Hunger’ shoe drive in October to help Good in the Hood. They also held a recent ‘Financial Literacy Forum’ to help students understand financial aid, loans and scholarships.

The Student Senate is currently busy preparing students for the upcoming election Tuesday, Nov. 8. Throughout October and early November, the Student Senate has hosted several Metro State VOTES events. Their goal is to have 75 percent of Metro students registered and voting on Election Day. Student Senate President, Dhibo Hussein, told her fellow senators, “Get students involved and pumped up!”

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partment heads. According to Maida, “With some training, these individuals are responsible to report any crimes that occur on campus.” The CSAs are trained to inform a safety officer or Maida himself. “It’s a much broader filter that picks up a lot of additional things on campus,” he says.

This extra watchfulness, enhanced by multiple cameras throughout the campus, contributes to “rings of safety,” as Maida calls it. “Safety officers can follow foot traffic off campus, on campus, those walking through the tunnels; so the camera system is a real support tool that officers can monitor at their desks, and on their phones,” he adds.

Safety officers are also available as escorts to accompany Metro State students and employees to their vehicles. One thing Maida has noticed is a dramatic reduction in the number of escorts needed since the opening of the parking ramp last fall, and he encourages people to use it. There are cameras, as well as “code blue” emergency phones, on each level. (Actually, these phones are available at all campus parking areas.)

Safety officers also do “tours” of the ramp, gliding around in that nifty, little white truck. “The truck is electric, so it’s quiet, in stealth mode,” says Maida. “It’s called a ‘gem car,’ but those who use it call it ‘the egg,’” he adds with a smile. The truck is plugged in overnight using one of the ramp’s charging stations.

“R U Ready?”

Another facet of safety Maida wanted people to be aware of is the “R U Ready?” page on Metro State’s website. (The quickest way to access it is to scroll down to the very bottom of the homepage and click on the link.) The page contains valuable

information (some in pdf form) on plans and procedures for various emergency situations, such as a fire, a tornado warning, a medical emergency, and the like. The “R U Ready?” page also provides access and instructions for “Star Alert,” Metro State’s emergency mass notification system.

As we move toward that time of year, this system is a great resource for such things as class cancellations due to snowstorms, as well as other incidents. Star Alert sends messages to students, staff and faculty through phone, text or email; personal cell or work numbers or emails can be added or changed as needed. That is also why Maida encourages everyone to check their Metro email regularly, because that is often where these alerts and other notifications are sent.

“R U Ready?” falls under the website’s “Safety and Security” tab, which offers other valuable data, such as evacuation procedures, steps taken in the event of a pandemic, and preventive steps to take to help reduce the spread of the flu. Also available is what is called a “Campus Security Report,” which Maida’s department produces annually.

This report—part of the Clery Act, enacted in the 1970s and a mandate for all institutions receiving federal aid—provides information for a number of safety related issues. It also contains charts which graph all crimes and incidents at all Metro State campuses within a given year. The report recently added a section pertaining to the Violence Against Women Act (VAWA), where it outlines procedures, offers educational resources, provides what steps to take if one is a victim of a sexual assault, as well as disciplinary actions for sex offenses.

These measures all add up to a safe academic space conducive to learning. In fact, along with



Metro State Director of Public Safety: Thomas Maida

being #6 in the state, Metro State was ranked #16 in the nation for safety amongst some 5000 higher learning institutions. Maida thinks the credit for this achievement belongs to everyone, including safety officers, staff, faculty and students. “It really starts from our leadership on down,” says Maida. “Our presidents and vice presidents have always valued a safe institution. They’ve always been there for me over the years, giving me the funding I needed. Without that, we wouldn’t have been #6.”

Maida also wanted to remind people to be informed and prepared, and to always take their valuables with them, even if they are leaving their workspace for only a minute. And regarding any suspicious activity, “If you see something, say something,” Maida states. “The very nature of a shared responsibility helps our community.”

Election 2016

Mann About Town: An Open Letter to the Politcally Aware Public

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Hey guys, how’s it going?

My feelings on the election were best summed up by John Oliver a couple weeks ago on his show “Last Week Tonight,” which airs on HBO. “Remember I said that we hit rock bottom last week?” said Oliver. “Look up, and you can see where we were standing.” This election ranks among the most despicable and unpopular in the history of the country. It’s sort of like a really bad wrestling match—good vs. evil, cheesy acting—hell,

Donald Trump was even in some wrestling specials.

But, the debate yielded record numbers! More people are participating in the process now more than ever before, right? Well, even if voter turnout will be higher than normal, it won’t be a record—2008’s turnout was 30.4%, 2016 was at 28.5%, according to the Pew Research Center—assuming the state primaries will reflect general election numbers.

It’s not really about the turnout, is it? It’s not really about the amount of people who turn out to participate.

It’s kind of hard to look at that when much of the debate rhetoric revolves around petty insults and scandal rather than actual policy. Hell, if one were to get lost in the rhetoric, it would be pretty easy to think the world were coming to an end. But, it’s worth noting one thing: it’s not. The world is not going to end, and we’ll all be here afterwards.

Fight for your beliefs. Defend them. Get involved in the process to its fullest capacity. Remember that we are all in this together. Just because you don’t see eye to

eye with the person on the other side of the picket line, it’s important to see the pain and happiness in their eyes.

That may be simplistic, but I promise it’s not naïve. That’s how a wedge is driven through the middle of a nation; when differences become the main focus and animosity breeds contempt.

It’s worth noting that even though voting is a given personal right, it’s a public function. Easy as it may be to envision yourself as the sole liberator of a cause, there are thousands of other causes. Let’s just all

do our part to get through this election as civilly as possible. Because once the political dust settles, it will be essential to move on from a political process that feels like it’s getting in the way of progress.

Keep your heads up, folks.
Best wishes,
Brayden Mann.



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Johnson: In line with libertarians in general, he opposes net neutrality, although he has not spoken in depth on the issue. In a Reddit AMA, he wrote that he “abhor[s] legislation that would regulate the Internet. It doesn’t appear to me to be broken; I don’t want to fix it.”

Stein: She has not made a clear statement on net neutrality, but has argued against the “privatization of the internet.” The Green party as a whole tends to support net neutrality, so it is reasonably fair to say that she would as well.

Trump: He has not spoken extensively on net neutrality, but seems to believe (wrongly, I must insist on adding) that it would be a form of censorship, a way to “target conservative media.” To be clear, net neutrality would, if anything, protect conservative (and liberal) media from extortionist ISPs.

College Funding

Clinton: Her college plan—molded, in many ways, by the plan advocated by Bernie Sanders—entails offering free college tuition at public state colleges for all students from families making less than \$125,000.

Johnson: Advocates eliminating government student loans entirely, as he believes they are part of the reason for the rise in tuition. He has not indicated if he would support financial assistance for students who are then unable to attend college.

Stein: Like Clinton, would make public college education free. She has also promised to cancel existing college debt.

Trump: He has not released any college plan, nor

can I find any concrete statements about college funding. His closest statement was in favor of abolishing the Department of Education, which seems to imply he would not favor federal funding of any form of education, preferring to privatize it entirely.

Path to Citizenship

On immigration, three candidates are generally in alignment, favoring more lenient enforcement and an easier path to citizenship than current policy.

Clinton: She supports a full path to citizenship, and would stop deporting all unauthorized immigrants except for those who have committed violent crimes. She favors opening the ACA markets to unauthorized immigrants as well. Relatedly, in recently leaked (and unverified) speech transcripts, she endorsed “open borders.”

Johnson: He seems to align almost completely with Clinton, and was quoted in one interview, arguing that “there should be a pathway to citizenship, and there should be an embrace of immigration as something really good.”

Stein: She has consistently favored easier immigration for refugees and a path to citizenship for current undocumented immigrants, but seemingly desires to create an economic and foreign policy that would end the demand for immigration outright. In one interview she said, “People ask me ‘what are you going to do about immigration?’ I say we’re going to stop causing it.”

Trump: He has staked his campaign on reducing illegal immigration and erecting a border wall. He would, according to his website, deport all current unauthorized immigrants “day one, in joint oper-

ations with local, state, and federal law enforcement.” He would also place additional restrictions on immigration, vetting “applicants to ensure they support America’s values, institutions and people, and temporarily suspend immigration from regions that export terrorism and where safe vetting cannot presently be ensured.”

Police & Criminal Justice Reform

Clinton: She has advocated a \$1 billion investment in supporting new research and training to combat “implicit bias,” as well as funding “to make body cameras available to every police department in America.” She additionally favors ending mandatory minimums and rehabilitation over incarceration, and is against private prisons. (Private prisons, arguably, create a financial incentive to put people in jail. 2008’s “kids for cash” scandal is an example.)

Johnson: He favors marijuana legalization and the end to mandatory minimums. I am unable to find his positions on police reform, but the Libertarian party supports mandatory body cams. He supports private prisons.

Stein: She opposes mandatory minimums and private prisons, but I am unable to find any clear statements regarding police reform.

Trump: He has positioned himself as the “law and order” candidate, opposing the Obama administration’s “rollback of criminal enforcement.” On the matter of police body cameras, he has indicated that he would support federal funding but would not mandate them.

*Election Day
Tuesday, Nov. 8*

Get Published!

The Metropolitan welcomes article submissions from all students. Please see submission guidelines on OrgSync.

Email: TheMetropolitan@metrostate.edu to share your article ideas or to submit your article for publication consideration.

The submission deadline for the December/January Issue is November 10, 2016.

On Campus

Theater Underground Productions

Theater Underground Student Playwright Double Showcase

In collaboration with Minneapolis Community and Technical College (MCTC), Metropolitan State’s Theater Underground and Theater programs are premiering two student-written plays as a part of the programs’ playwright contest held every year. Featured in this year’s double bill showing is “Dream Big” by Mark Stewart, and “58 Months” by Benjamin Granger. Both won last year’s playwright contest, and then went through months of development to polish and focus the stories to be stage ready.

“58 Months” is an intimate story focused around a man who has been arrested for numerous hard drug violations. While his family fails him, he seeks solidarity with friends he made in prison. Whereas the former is an unflinching look at the prison system, the latter, “Dream Big,” is an absurdist comedy. It revolves around an archeological dig attended by an energetic student who needs to figure out how to pay for his study abroad.

Both will be performed in a double bill at 7 p.m., Nov. 16-19, at MCTC at the Stagedoor Theater—with a 2 p.m. matinee on Nov. 19. General admission is \$10, and students with IDs can attend for free.

“Urinetown” Casting Call

In collaboration with Minneapolis Community and Technical College (MCTC), Metro State’s Theater Underground and Theater programs are holding auditions for the musical “Urinetown” for the spring semester production. The Tony Award-winning play by Mark Hollmann and Greg Kotis circles around a town where a 20-year drought has led to a government ban on toilets.

11 multicultural men and women of all ages are needed for casting. To audition, a two-minute monologue, a prepared up-tempo song—ideally from a musical comedy—and a ballad are to be sung without accompaniment. A headshot and resume are encouraged. Dress for movement.

Audition dates: Wednesday, Nov. 30 through Saturday, Dec. 3.

Audition location: Whitney Fine Arts Theatre, F1200

Please visit Theater Underground’s Orgsync page for more information. Advisor Gail Smogard is available for any additional information at gail.smogard@metrostate.edu.

Metropolitan State University — Theater

58 MONTHS

By Benjamin Franklin Granger

Directed by Steve Modena

DREAM DIG

By Mark Stewart

Directed by Scott M. Rubsam

Two new plays by Metropolitan State Students

Five Performances Only!

Nov. 16, 17, 18 and 19 at 7 p.m.

and Nov. 19 matinee at 2 p.m.

Stagedoor Theater

MCTC/Metro Minneapolis Campus

1424 Yale Place

Park in the 1501 Hennepin Avenue Ramp

and follow signs to the Whitney Fine Arts Center

Reservations suggested at 612.659.7222

Students attend free with ID. General Admission \$10.

Produced by Metropolitan State University • Theater Underground • Student Life

If you need disability related accommodations, including parking, to make these events accessible, please contact the Center for Accessibility Resources, 651-793-1549 or accessibility.resources@metrostate.edu.

The performance on Saturday Nov. 19 at 2 p.m. will have ASL interpreters.

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Metropolitan State University

NAMI and Mental Health Awareness Week

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Metropolitan State University, as well as the nation, celebrated Disability Employment Awareness Month in October. In honor of Mental Illness Awareness Week, from October 2 through 8, the Center for Accessibility Resources (CAR) and the National Alliance for Mental Illness (NAMI) held a panel discussion on how and when to disclose a hidden disability.

Hidden disabilities are “certain kinds of disabilities that are not immediately apparent to others,” according to Disabled World. These invisible disabilities can range from mental illnesses to chronic pain. Individuals with disabilities are protected under the Americans with Disabilities Act (ADA) and have the right to decide whether or not to inform others, including employers,

that they have a disability.

“Eighty percent of students we serve fall under the umbrella of hidden disability,” says Kristen Jorenby, director of CAR.

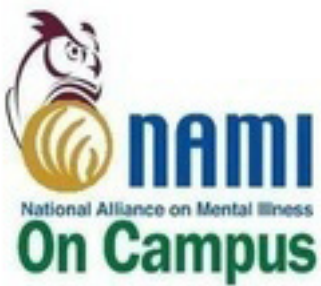
The panel discussion on disclosure involved two students, an alumna and Chief Diversity Officer Craig Morris. The speakers focused on their personal experiences with hidden disabilities and mental illnesses, as well as what legal rights a person with a disability has, especially within the university. Jorenby explained the types of services available on campus, which included examples of working with students to provide reasonable accommodations throughout their educational career.

NAMI members also presented a chance for collaboration between organization members, speakers, staff and the students in the audience. A

call for an increase in cross-cultural competency was cited as one of the most important goals moving forward. Ideas for how to accomplish this included staff and faculty training, working with other university organizations, designating safe spaces and safe confidants and increasing educational opportunities to learn more about how different groups and cultures are affected by disabilities and mental illness.

“We need to have conversations,” explained one of the founders of NAMI on campus. “That has to happen. There are so many layers to this conversation [about hidden disabilities and mental illness]. I think we need to have this conversation more than once throughout the school year. We need to do a better job at making safe people visible.”

Metropolitan State’s NAMI, as well as the national organization of the same name, strives to promote acceptance and education in an effort to diminish the stigma surrounding mental illnesses. Metro State’s NAMI organization is the first in the state of Minnesota, with the University of Minnesota working toward developing its own chapter.



On Campus

Indigenous People’s Day Celebrated at Metro State

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On Oct. 10, 2016, Metropolitan State University continued its new tradition of celebrating Indigenous People’s Day. Last year, the University observed this holiday with a special event at the David Barton Community Labyrinth and Reflective Garden, near the campus library. This year, the University brought the commemorations to the Great Hall with two events—a tipi demonstration with Charles Stately and a speech from Hinhan Loud Hawk.

For years, people have proposed recognizing this holiday instead of the traditional Columbus Day. Now, recognition of the new holiday is spreading to other cities and institutions across the nation. This year, Governor Dayton proclaimed the second Monday of October Indigenous People’s Day. This remarkable proclamation acknowledges the contributions and importance of Na-



A tipi display on the Great Hall lawn (Photo by: Scott Lindell)

tive Americans to our state’s history.

The day’s activities were planned by VOICES and their advisors, Renee Beaulieu-Banks and David Isham. VOICES is a student organization that helps American Indian students with their educational goals. They educate non-Indian students with challenges experienced by American Indians. They

also expose students to events that can help them learn about American Indian culture and traditions.

Students and staff members on campus Oct. 10 got to see two tipis set up on the Great Hall lawn. They also had a chance to join a special dinner and guest speaker Hinhan Loud Hawk. Hinhan is a member of the Pine Ridge Indian Reservation in South

Dakota. During the presentation, he discussed his experiences living on a reservation. It was a great opportunity to learn about Native American culture.

According to Hinhan, many Native Americans devote their lives to helping their community. They use their knowledge to help children learn about their heritage and values. They also teach

children their language. During the presentation, he discussed how he teaches others traditional ways. These traditions include building sweat lodges, using natural healing methods, playing games, singing songs, telling stories, respecting elders and practicing ceremonies. He also spoke about how they strive to protect the earth and their respect for animals.

Student Health

Harnessing Yoga and Easy Mindfulness

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With the semester in full swing for students, life is moving fast. You can tell the stress levels just by looking around at fellow students and faculty members. The pleasure of being with friends is sometimes overridden by our exhaustion.

“I got spoiled this summer,” said Daniel Silva, an Applied Mathematics major at Metro State. “I could go outside, hang out with friends, and exercise. But, I have a midterm Wednesday and a test Friday. All I have time for is work and study.” My heart sunk, because many of us are in the same stressful situation. As we get closer to graduation, school just gets more difficult.

As a student, I feel overwhelmed and overworked. Like many students, I am annoyed when I’m graded down for stupid typos and have to learn things I know I’ll never use again (sorry, but I’ll never use website coding). Oddly enough, as a yoga instructor I love the challenge to practice mindfulness and positivity.

According to Jama Internal Medicine, 47 trial studies where medita-

tion was used to relieve stress had stunning findings. According to the study, mindfulness and meditation can moderately improve psychological stressors like anxiety, depression and pain.

I encourage you to try out some one-minute meditations to reduce stress and center your focus.

Taste the Mindfulness

Get yourself a piece of candy, something that melts like a chocolate is the best. You can do this meditation anywhere. Make sure you are seated and comfortable. You are going to inspect the candy before unwrapping it. Feel the texture of the wrapper and notice any small details on the wrapper, even see if it has a smell with the wrapper on. When you are ready, unwrap the candy and look, smell and feel the texture before placing it in our mouth.

Next, place the candy on your tongue and close your eyes. Take a moment to feel the texture of the candy in your mouth as it melts. Search for the flavors and, as you notice them, think about where they are hitting your tongue. Notice if the taste changes when you breathe.

This exercise works great for a short break when studying.

Chant a Mantra

In yoga, the mantra “Om Shanti Shanti” is popular. Om is the cosmic sound and shanti represents peace. You deserve to be happy, focused and loved. It is okay to repeat a mantra to yourself in times of stress. For me, it is simply repeating “I can do this” while sitting in a classroom. Find what you need, it could be repeating “you got this” during a test. Just stay positive and repeat those positive thoughts.

Breathe

Yoga is breath. Essentially, that is all it is. If you pay attention to your breath, you are doing yoga. If you need help focusing or feel overwhelmed, take a moment and notice how you’re breathing. One way to find out if you’re breathing deeply is to put one hand on your belly and one on your chest. Close your eyes and take a moment to feel yourself breathe. Feel the air come in your nose and mouth, slowly down into your lungs. The air you take in should lift your chest and then your belly. With deep breaths your hands

will move. Do not hyperventilate, just breathe deeply with your eyes closed. This will help you find that the most basic thing for life is sometimes lost with stress. Slow down and feel yourself inhale and exhale.

You are not your grades. I’ve heard this said by many professors here at Metro. They are right. Unless you make a big deal about your grades (don’t be that person), no one knows. You will still live the same life if you get a B or C every once and awhile.

Love yourself and others for not being perfect. We learn through mistakes, through messy situations, and uncomfortable moments. Each semester is full of learning moments. Just breathe deep and you’ll get through it.

Health and Wellness

Tech Corner

A Quick Resource for PC Building

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In the last issue, I gave you an overview of why I think PC building can be a worthwhile adventure—how it gives you an appreciation for the technology running inside that metal box next to your desk, and how it can potentially help you save money by knowing which parts are important, and which parts aren't.

In my personal PC-building adventures, I have done a lot of research and learned a lot of rules of thumb—sage wisdom passed down from veteran 24-year-olds to novice 21-year-olds. I'd like to outline a great deal of these, with the important caveat that I am not an expert, and I can't guarantee the reliability of my advice. But, you know, it's worked for me so far: I've almost broken a CPU by installing its fan incorrectly, almost broken my motherboard by screwing it directly to the case (that's a big no-no), I did break my graphics card, though in that case it was because I spilt water on it. ...I'm pretty sure even babies know water and electricity don't mix.

Building Your Own PC: Buying Rules of Thumb

When buying components, it is good to have a rough idea of what will be worth spending more on. In general, you're going to want to be looking at the sites I outlined in the October 2016 issue (available at <http://themetropolitan.metrostate.edu/issue/2016/10/002>), using Google to get a feel for things. Alas, it is easy to be overwhelmed at first, so I'd like to offer a few good rules that will generally apply:

You probably want to get Windows 10 Home, but Metro State students can get full-fledged Server 2012 R2 for free.

When I built my most recent computer, I was able to cheap out by obtaining Server 2012 R2 for free from DreamSpark (<https://www.dreamspark.com>), an educational resource offered by Microsoft to students of registered universities. At the time, it was through Normandale, but recently Metro State has also become part of DreamSpark. Windows Server is, of-course, not exactly the same thing as regular Windows, but it comes shockingly close: Server 2012 R2 will run nearly all of the same programs and drivers as Windows 8.1, comes with the normal Windows desktop, and has most of the same Windows programs. In my experience, it differs only in two respects: the added server manager program, which can be used to turn your computer into a full-fledged server (but can also be completely ignored), and the strange removal of the Bluetooth stack. Unfortunately, you will not be able to use Bluetooth devices with a Server 2012 R2 installation. Still: by using the slightly different operating system in your build, you may be able to save \$100.

Know your brand. In general, different brands tend to have better quality and customer support. Corsair, EVGA, MSI, and Gigabyte all have good build quality and acceptable customer

support, though EVGA's customer support is known to be the best. (ASUS is also generally good, but has horrible customer service.)

-Don't skimp too much on the motherboard or case. I would recommend most builders spend at least \$50 each on the motherboard and the case, while heavy users and gamers should be looking at ones costing \$100. More expensive motherboards support more hard disks, more memory, faster components, better sound, and overclocking. More expensive cases have better airflow and are easier to work with, and will generally come with a decent number of system fans. Put simply, a good case may be with you for a decade, and a good motherboard should be with you for at least five years (depending on when CPUs change their format, as newer, faster CPUs will eventually not be compatible with your old motherboard).

When choosing a power supply unit (PSU), you generally want something that's reliable. A cheap PSU could break every component in your computer if it surges, but a reliable PSU almost never will. You probably won't need many watts, however; non-gamers will be fine with 400W, NVIDIA gamers will generally be fine with 500W, and AMD gamers will generally be fine with 600W. (At about \$50, the Corsair CX line is generally a good balance of reliability and cost, but there's nothing wrong with going for a \$100 PSU with a 10 year warranty from EVGA, Corsair, or SeaSonic.)

Non-gamers don't need to worry about GPUs. A modern, high-end CPU contains a weak, but sufficient on-board GPU. Gamers, however, will generally want to look at AMD's R7 370, R9 380, or RX 480, if they have a budget under \$1000, or NVIDIA's 1060 or 1070, if they have a budget over a \$1000. No matter what, if you're looking to game on a PC, you'll want to be spending at least \$600 in most cases; you can certainly add the expensive graphics card later, as long as you have at least a 500W PSU, however.

Memory is cheap. If you want to save a little money, get a last-generation DDR3 CPU and 16GB of DDR3 memory to match. However, a more future-proof build should use DDR4 memory and a modern DDR4 CPU to match. You can generally still scoot by with 8GB of memory, but you'd be surprised how much an extra 8GB helps, especially with RAM-hungry web browsers.

Choose a CPU to fit your needs and budget:

-Get an AMD CPU on the low-end, or an Intel CPU on the high-end. AMD is generally cheaper at the low-end because of its cheap multithreading; the FX-8300 would be my go-to for builds under \$500. The comparable i3-6100 from Intel has fewer cores, but its faster core speed may be preferable, depending on your needs. On the upper-end, Intel always wins out; the i5-6500 is the best current generation chip, while people with dedicated GPUs could consider Intel's similarly priced low-end Xeon chips, as these offer better performance without

the on-board GPU.

-Intel i7s often aren't worth the additional cost. The i7's "hyperthreading" means it can do two things on one CPU core but, as you can imagine, this doesn't mean a doubling of performance—there's still only one CPU core doing all the work. Instead, this allows programs to more optimally share resources, which can be worth the money for video editors and people who virtualize other operating systems, but is rarely beneficial for gamers and casual computer users. (At least for gamers with a budget under about \$1200, the extra money for an i7 should be spent on a better GPU instead.)

-Don't be afraid to get a previous-generation chip if you can find one for cheap; as I've said, the new ones aren't much faster.

-Ignore the GHz speed. While it is a useful number for comparing very similar CPUs, it is almost useless at comparing between i3s and i5s, or between AMDs and Intels. (There's a very technical reason for this that I'll briefly mention: GHz is roughly how many times the CPU is able to execute a command per second. The thing is, CPUs can "overlap" multiple commands, support complicated commands that do many things all at once, and have multiple "cores" to do things simultaneously. These factors simply aren't accounted for in the GHz speed.)

Finally, if you haven't used a solid-state drive (SSD), you'd be amazed at how much faster they are. People with lots of data should get a small SSD (~128GB for non-gamers, ~256GB for gamers) and a large mechanical hard drive (~1TB), and put their operating system and common programs on the SSD. People who don't have a lot of data should get a bigger SSD (~512GB) and put everything on it. Still, large HDDs are dirt cheap these days: 3TB HDDs can generally be found for under a \$100. There's nothing wrong with starting with an SSD and then adding an HDD later if you need the extra space.

For first time builders, overclocking should come later. If you want to overclock, you should add about 100W to your PSU and make sure your motherboard is compatible and your CPU is overclockable (many aren't). It may be worthwhile to install a third-party CPU cooler right away (one will be essential for overclocking later), but all Intel CPUs come with a decent stock cooler if you don't plan on overclocking.

First time gaming builders really shouldn't worry about SLI or CrossFire. If you eventually want to use these technologies, make sure you get a compatible motherboard, and add an appropriate number of watts to your PSU -- generally at least 200W. In general, though, the technologies really aren't worth using unless you have money to burn.

In the Community

Friendly Penny-Pitching Discounts

BRITTANY JACKS
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Many students are used to going to class, juggling social and family functions, and sometimes work schedules. This can leave little left of time, and money. The Twin Cities area is dripping with activities, but most of the time it is difficult for students to scrounge up funds to experience these events.

There are many metropolitan businesses who offer student discounts. This is a wonderful chance to experience what they have to offer without breaking the bank.

Entertainment

It is one of our Twin Cities’ strong suits. There are many places willing to discount the full price for a more satisfying one. A variety of events would make for an enjoyable evening out and welcome break from classes.

Movie theaters:

AMC theaters allow a student discount for the price of movie tickets, after 4p.m. These discounts vary per location. Roseville’s tickets start at \$10.17 while tickets at Inver Grove Heights start at \$9.09. Upgrades to 3D is an additional \$3 at both locations.

The Riverview Theater in South Minneapolis is also another excellent option. While no student discount is available, it’s not necessary. With tickets costing no more than \$3 at any given time, it is a great way to catch a movie with a date, family or by yourself while keeping the outing under \$20.

Music:

The Minnesota Orchestra gives student discounts that range from \$10 to \$12 per ticket bought in advance, but these tickets are priced from a case by case basis. They also offer hefty discounts on rush tickets to students. These tickets are on sale one and a half to two hours before the concerts, although there is no guarantee on what seats will be available.

The Saint Paul Chamber Orchestra offers their best available seats for \$10, a wonderful deal for anyone. With the proof of a student ID, tickets are free. They suggest to preorder tickets for best availability.

Minnesota Opera at the Ordway offers students 10 percent off on Tuesday, Thursday, and Sundays rush ticket sale (available 30 minutes prior to performance).

Shout House—a rock ‘n roll venue with great music and comedy—is known for its Dueling Pianos act and fun daily house specials. There is no cover charge to students on Friday night, with a student ID.

Museums:

The Science Museum of Minnesota has numerous exhibitions for all ages. They focus on their visitors learning things in fun and exciting ways. Normal admission is \$12. Students are offered a discount on Fridays after 5pm, with admission into the museum costing \$6; Omnitheater tickets are also \$6.

Walker Art Institute has four floors of remarkable art galleries. Adult admission is normally \$14, but a student ID allows Metro State students to enjoy these galleries for \$9 a person. Thursdays, from 5-9 pm, and the first Saturday of each month are free to everyone.



(Morguefile Photo by Mr Sickboy 50)

Food

Papa John’s has delicious pizza, and offers a tasty discount for students. When shown a valid student ID, the Lexington, University and Larpenteur locations give a 20 to 30 percent discount to students.

Loring Pasta Bar is a lovely restaurant in the heart of Dinkytown. This is a popular restaurant for good reason. Usually pasta restaurants are more on the spendy side, but students are offered 25 percent off their meal with valid ID, except for Fridays and Saturdays.

Shopping

Apple Store—in-store and online—gives discounts to students, which vary depending on products purchased.

Microsoft gives a 10 percent discount across the board for students. They also offer a free cloud version of Microsoft Office Suite through Outlook email.

PC BUILDING FROM PAGE 6

Building Your Own PC: Assembling Rules of Thumb

While buying the parts may be quite overwhelming at first, once you actually have them, the assembly is really quite straightforward. Some tips:

Follow along with somebody else! NewEgg has a pretty good video at <https://www.youtube.com/watch?v=VIF43-0mDk4>

Take it slowly. There really is no rush in the assembly. In general, your first build could take up to three hours, so set some time aside. If you want to take a break, just make sure no kids or pets can access the machine.

Static is a concern, but generally a minor one. Make sure to keep yourself grounded (the NewEgg video shows how), but if you’re building in a humid environment, you’re unlikely to have many issues. Stay off carpet (linoleum and wood floors are best), keep discharging yourself on the case or PSU, and you’ll be fine.

It is easy to mistakenly install the motherboard with screws instead of “standoffs,” which keep the motherboard from touching the case (which causes electrical damage).

In a moment of stupidity, I actually built my current computer without standoffs, but was lucky in that my chosen case has semi-integrated standoffs.

Back in the 90s, it was pretty easy to plug the wrong cord into the wrong slot, but this is pretty hard to do today, thankfully.

The only thing to be sure of is that you don’t confuse the 4+4 PSU power cord with the 6+2 PSU power cord (or so I’ve been told).

Don’t worry about cable management... too much. Especially at first, you won’t have a sense of how to keep cables from being a mess, but thankfully it doesn’t really matter too much. However, do make sure you are aware of your case’s cable management features. For instance, you’ll often sleeve your hard drive cables through the opposite side of the case, but if you don’t fully examine your case first, you might not be aware of this and have a lot of troubling installing hard drives. (...I’m speaking from experience.)

Things generally shouldn’t move. Make sure components aren’t wobbly inside your case. If your motherboard is wobbly, it’s missing screws. If your PSU is wobbly, it’s missing screws. The one exception is graphics cards,

which will move around a little bit in their slot, but you should still make sure there’s at least one screw keeping the graphics card in place.

Double check everything. Finally, before powering on your assembled computer, double check that every cord is connected and going to the right place, that there are no screws lying around, and that all fans are plugged in (especially the CPU fan).

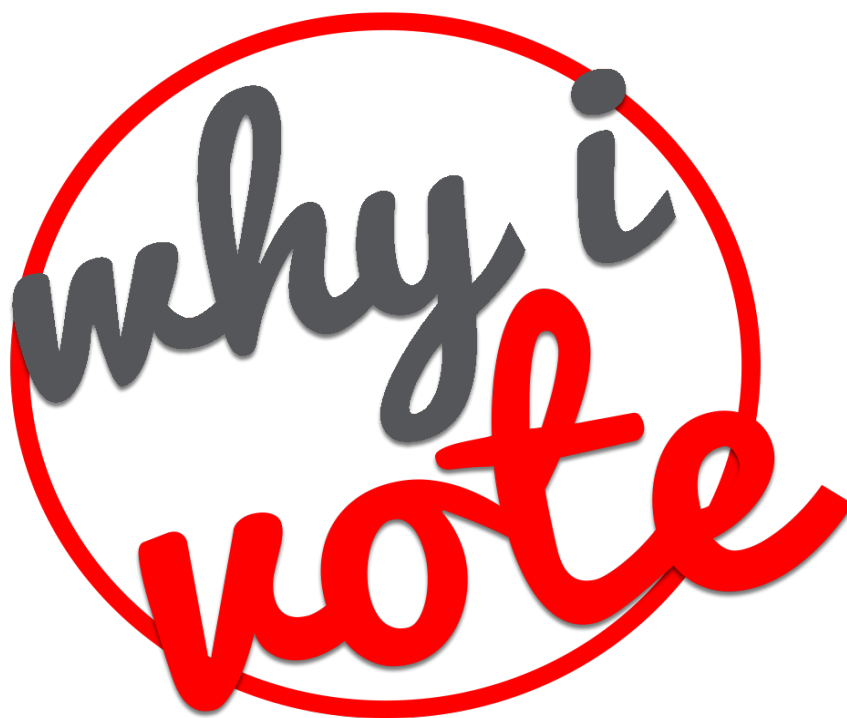
Hopefully, you will have been successful. If something isn’t working, Google is always a great resource, and flowcharts like <http://fixingmycomputer.com/flowcharts/boot-up-flowchart.html> can be a good start. The /r/buildapc community is generally quite friendly if you’re unable to figure things out; just be detailed and post plenty of pictures when you ask for help. If nothing else, you could take your PC in to Micro Center in St. Louis Park. They can most likely diagnose the issue, though at a cost.

Visit us at Metropolitan’s Website:

themetropolitan.metrostate.edu

Announcements

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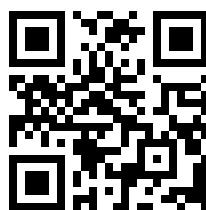


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