

THE METROPOLITAN HALLOWEEN EDITION

The Metropolitan State University Student Newspaper

AskMN Virtual Reference Librarian is Available Now

ANDREW PRATER
sy7378bx@metrostate.edu

This fall, students in need of research help will no longer be able to find in-person assistance at the library's reference desk on Saturdays. Due to budget cuts, the library administration has reduced the hours it employs community faculty on weekends. However, there is an alternative for students who need research support.

Christine Schafer, dean of Library and Information Services, has acknowledged that the library is facing a reduced budget this year. According to Schafer, "Like almost all the units at the university ... the belt has been tightened. So, we had about a 3.5 percent budget cut."

In order to maintain services while still operating within their new budget, library administrators have had to make some hard choices. The reference desk, in particular, has taken a hit. Traditionally, the library has employed members of the community as part-time faculty to cover the reference desk on Fridays, Saturdays and Sundays. This allowed full-time staff to attend meetings and attend to other duties on Fridays and take time off on the weekends. However, the community faculty members' hours have now been reduced to just Sundays for the fall semester and will be cut entirely by spring. Schafer is uncertain of what will



Due to budget cuts, the library administration is reducing the hours it employs community faculty on weekends.

KEVIN MILLER

happen to weekend hours in the spring, but through the end of December reference services will be closed on Saturdays and available on Friday and Sunday from 12 p.m. to 6 p.m.

Weekday hours will not be affected by these changes; the reference desk will continue to operate Monday to Thursday from 10 a.m. to 8 p.m. Also, the change will not have any effect on the operating hours of the library, the circulation desk or the computer lab. They will continue to be open every day of the week.

For students who need research help outside of reference desk hours, there is another option. AskMN (pronounced "Ask-Minn") is

an online chat service available to all Minnesota residents. It connects students with real librarians from all over the country. Students can type research questions into a chat box on the library home page, and within a few minutes a real librarian will be online to discuss the question and help students locate resources. While the physical reference desk is open, questions asked in the chat will be answered by Metro librarians, but during off-hours the chat queue is flipped over to AskMN.

As part of their participation in the program, Metro librarians collectively volunteer three hours per week to help answer student questions online. AskMN is

a member of the 24/7 Reference Cooperative, which includes librarians from all over the country who donate time to the project. This allows it to provide services all day, every day. As Schafer points out, "While face-to-face reference is really nice, I feel like there are students who are doing homework at odd hours, maybe late at night when our reference desk isn't open. I really like having that available to them anytime, in the middle of their homework. At least it's a starting point, even if they can't be there in person."

Students who need online research help can go to Metro's library website or the AskMN home page at askmn.org.

Search for Metro's New President Will Begin This Fall

KEVIN MILLER
millke03@metrostate.edu

Minnesota State Colleges and Universities (MnSCU) is beginning its search to find a permanent president for Metropolitan State University. According to a letter from Steven Rosenstone, Chancellor of MnSCU, a committee will begin a national search for Interim President Devinder Malhotra's successor this October. Rosenstone will visit Metro's campus on Oct. 22 for a listening session. A new president is expected to be appointed by July 1, 2016.

In a letter to the university community, Rosenstone expressed his appreciation for Malhotra's efforts. "As interim president he has worked with students, faculty, staff, and the community to keep the university moving carefully but steadily forward ... He designed and is implementing a new organizational structure to improve the quality and transparency of decision-making, genuine consultation, and open communication." Rosenstone continued, "The reorganization, and the improvements he has made to the administrative support systems, will continue to strengthen the university, help restore trust, and support faculty delivering an exceptional education to students."

A search advisory committee will be appointed to begin looking for a viable candidate. Scott Olson, president of Winona State University, will chair the committee. Likewise, Deb Gehrke, MnSCU's chief human resources officer, will be involved with the committee in a support role. Other appointments will include students, faculty, staff and community leaders.

International Student Organization (ISO) Brings Cultural Awareness to Metro

ANNA MASRUD
mc3014jt@metrostate.edu

The International Student Organization (ISO) is a student group that strives to bring cultural and international awareness to our campus and its members. The students that make up this organization work hard to advocate diversity and promote a variety of cultural programs for students—both on and off campus. "ISO

has a false image that it only supports international students, which causes many students to be discouraged to join [our organization]," said Tina Martinez, ISO's student president. However, what most students don't realize is that ISO encourages students and alumni from all walks of life to attend events and make a difference. "ISO

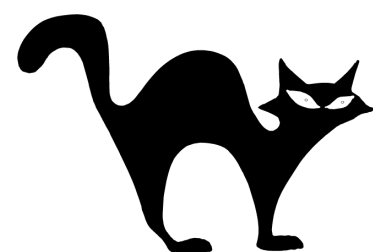
supports all students, staff, faculty and alumni that have an interest in bringing about awareness," said Martinez.

ISO's other focus is to help bridge the gap between incoming international students and Metro. They give these students the links and resources they need to get settled into their new "home away from home."

"[ISO] strives to build connections with international and local students," said Martinez. "[We] work closely with the international student services director and advisor, to provide memorable experiences to the ... international students through our Welcome Night and other programs," she added.

It is not surprising that the

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THE METROPOLITAN

The Metropolitan State University
campus newspaper

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The submission deadline for the
November issue is October 10.



Metropolitan State University Working on “Current Student” Section of Website

KEVIN MILLER
millke03@metrostate.edu

Metropolitan State University is working to update its website to serve current students. Last March, a new version of Metro’s website was launched. The majority of its content was created for prospective students. According to Steven Adrian, Metro’s Web Presence Director, Metro’s IT department has been working with The Nerderly and Ingeniux Professional Services to build a new framework for current students. This framework is expected to launch by the end of September.

The site’s top navigation bar will change when the framework is launched. “How the site is set up, it says ‘new site/old site’ on

Metro’s IT department has been working to build a framework for current students.

the top of the navigation,” said Adrian. “What’ll happen is, those words will be changed to ‘prospective students’ and then the old site will be changed to ‘current students.’”

Student-related content will be migrated from the old site to the “current students” tab sometime between the new framework launch and the end of the year. Student resources and tools will be migrated first.

Prior to the first phase launched in March, it had been six or seven years since the website had been updated. However, Metro will be taking a new

approach to updating the website in the future.

“Starting in the first part of October, we’re actually going to be training staff, which could range from departmental level, administrative support ... and our faculty members, or other people who will be updating different sections of the site ... on how to use [the content management system] Ingeniux,” said Adrian. That is, faculty and staff outside of IT will be updating the site along with the IT department.

Adrian said there are no budgetary concerns for the website project at this time. Previously, the web-

site project was working on a special project budget, which is a one-time allocation. However, that has changed.

This year, web presence was added in the budget as a line item. “What that means is in the future we’ll actually be budgeting for different web initiatives or web technologies that we’ll look to add to the university, where as in the past there was no budget line for the website,” Adrian said. “Now we’re trying to budget each year for the web.”

New Student Center Opening Soon: A Walk Through Metro’s Living Room

BRAYDEN MANN
yb6938yy@metrostate.edu

It’s no secret that Metropolitan State has been undergoing some major construction projects in the last two years. Most educationally driven: the science building. Most talked about: the parking ramp. However, something very student life driven is arriving on campus, and it is bringing a lot of excitement to the college.

The new Student Center is located on the main campus and it has students, faculty and staff incredibly excited. When it opens, the space itself will be an environment where students can hang out, meet and get homework done.

“For the student who is not involved in any extracurricular activities, the Student Center should still be [a] draw,” said Philip Fuehrer, the Assistant

Student Life Director at Metro. Functionally, on-campus food services with a lounge area will be available as well as study areas and a fitness center — which will be free to students.

The student center could be the beginning of a solidified identity.

There will be spaces available for extracurricular activities and groups. Currently, the campus organizations with plans to move into the building are Student Senate, Student Life and Leadership Development, and The Metropolitan. Amber Hamm, President of the Student Senate, says that she is “pushing to have some more organizations

move [into the new student life building].” Hamm is excited for the Senate’s move, as the meeting space “will be in a glass wall facing the hall so anyone can see the meetings through it.”

The excitement surrounding the space is simple to explain. With this student center, the school has an opportunity to begin achieving something it has always struggled to find: a heartbeat. This building will provide a central location for any student, actively involved or not, to have a central meeting place. Right now, Metro has four primary campuses, only two of which fully belong to the school. This has been the source of identity issues for the student population. A student center could be the beginning of a solidified

identity, a creation of a core idea for student-driven spaces.

All of the planned features of the new building won’t be ready right away. The cafeteria and the fitness center will not be fully equipped until January. Thus, there will be two openings: a soft opening in mid-October for the facilities themselves and an official grand opening on January 19, signifying the facility’s completion.

“I’m most excited about the prospect of creating an atmosphere that makes the center the living room of the university,” said Fuehrer. “I think there will be an energy and activity that we just have not seen at Metro State in the past.”

Got something to say? Want to voice your opinion? Submit a letter to the editor, Kevin Miller, at lg0074tj@metrostate.edu or TheMetropolitan@metrostate.edu. Letters will be printed at the editor’s discretion.

ISO CONTINUED FROM PAGE

students who make up ISO take their job of welcoming students from different cultures and countries very seriously. They are a cornerstone resource for students who are looking for help from their neighbors, and Welcome Night is just one

“ISO is a place where students can express themselves.”

of many ways they work to extend their help and friendship to others. “[We] organize many events that are beneficial to staff, faculty, and students,” said Marti-

“ISO has a false image that it only supports international students, which causes many students to be discouraged to join [our organization].”

nez. They host International Game and Movie Night, for example, which helps break the ice between new and returning students in a safe, fun setting. Some of their other hosted activities are more serious. “One of [our] more successful events ... is the International Connection Series, a three part series, where student volunteers from a certain region are asked questions about their experiences between their home country and the U.S.” Students, staff and faculty of-

ten attend this event (which will be held later this year) because it promotes cultural awareness and attempts to debunk common cultural stereotypes between U.S. students and international students.

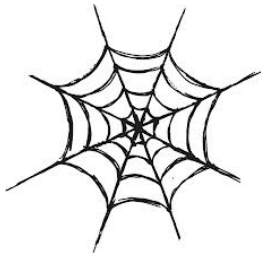
At its very core, ISO is a group that supports Metro’s international students. But, it doesn’t stop there. It digs deeper into the social and cultural issues that affect our communities and strives to provide our campus with cultural enrichment. “The

reason I joined ISO is because of how diverse the organization is as a whole. It is a place where every member can get cultural and educational experience,” said Azamat, a student involved with ISO. “ISO is a place where students can express themselves, in all types of ways,” Martinez added.

Students interested in ISO and its mission are invited to attend any and all events and meetings (which are posted on their OrgSync page). If volunteering is more your

style, ISO is always looking for help with event planning and setup. ISO is currently planning some fun events for the fall semester, so keep an eye open!

For more information on this student org, contact Tina Martinez at xl2071at@metrostate.edu or visit the advisor’s office on the Saint Paul Campus, Founders Hall Room 112.



October is Metropolitan State University’s Disability Awareness Month

ELIZABETH TODD
elizabeth.todd@metrostate.edu

October is Metropolitan State University’s Disability Services Awareness month, as well as the National Disability Employment Awareness month. According to the World Health Organization, the term “disability” includes three aspects: impairment, defined as “a problem in body function or structure”; activity limitation, “a difficulty encountered by an individual in executing a task or action”; and participation restriction, “a problem experienced by an individual in involvement in life situations.”

There are many different types of disabilities, and

according to the US Census Bureau’s 2013 American Community Survey, 12.7 percent of Americans have a disability of some kind.

In order to raise awareness of disabilities, Metro will host a series of events for the community. On Oct. 15, from 11 a.m. to 1 p.m., Beth Finke will be on campus for a book signing and to speak about her disability. Finke is blind, but doesn’t let that get in the way of her aspirations. She has been on National Public Radio and has authored a number of works including “Long Time, No See” and “Safe and

In order to raise awareness of disabilities, Metro will host a series of events for the community.

Sound.” In addition, she was awarded an American Society for the Prevention of Cruelty to Animals Henry Bergh Award.

On Oct. 21, a panel of professionals with disabilities will speak to the Metro community. Panelists will include Deana Langton, of the South Minneapolis Workforce Center; Steve Ander-

son, the director of Disability Resources at Hamline University; and a representative from the Fraser Institute.

Eve Nichols is the director of Metro’s Disability Services. Nichols believes that the events in October will help reduce the stigma surrounding disabilities. “Anytime we see individuals with disabilities living on their own, having jobs, that does raise awareness,” she explained. “It raises awareness that people with disabilities can earn their own living, they can make their own decisions and they can take care of themselves.”

This December, after work-

ing in disability services since 1987, Nichols will retire. She says her job was “never boring” because her role was constantly changing. Metro’s Disability Services office provides numerous strategies for student success, including access to courses, test proctoring, note-taking assistance, advocacy and assistive technology.

To learn more about the university’s disability services, call the office at 651-793-1549 or visit their website at metrostate.edu/msweb/pathway/academic_success/disability/



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Saturdays 12-2PM
MDWY 105
Computer Lab

Community

Swede Hollow Park: An Urban Oasis

KEVIN J. FRANKEN
fz2751fb@metrostate.edu

Hidden below the Dayton's Bluff neighborhood is a rare oasis from the concrete jungle. Swede Hollow Park, though is no more than a short walk away from Metropolitan State University's Saint Paul Campus,

could transition into American life while still retaining some of their traditional values and customs. Many took jobs in the local milling and brewing industries, including the original Hamms brewery. Others

became a dumping ground. But, around 1970 a gradual change began to occur. Karin DuPaul is longtime Dayton's Bluff resident. She is also the president of Friends of Swede Hollow (FOSH), a nonprofit

full of life once again. Squirrels, egrets, cottonwoods, maples, cattails and wildflowers all make their home here. The park is a mature forest deep in the heart of a large, mature city.

These days, this 27 acre secret forest has much to offer. In place of tracks where the trains used to run is a paved trail where people now run, bike or hike. This trail is part of the Bruce Vento Trail system and runs north to south along the western edge of Swede Hollow Park.

One entrance is well to the north at Eastside Heritage Park, off of Phalen Boulevard. The other entrance is south at the Bruce Vento Nature Sanctuary close to Kellogg Boulevard, also called Third Street East. There is also a small parking lot at the junction of Seventh Street East and Payne Avenue. From the west, the third entrance is off of Beaumont. From the east, the fourth entrance can be found off of Greenbrier, which also has parking, or Bates (about directly behind Swede Hollow Café). The easterly entrance also has one more feature going down into the Hollow—a lot of steps.

Near the south entrance are the stone arches under Seventh Street East, built in 1883 as part of what was called the Seventh Street Improvement. The arches have a unique shape called

"helicoidal," a spiral design giving them extra strength. This was needed for utility lines and for the fifteen feet of vertical earth above, which was added to level out the Seventh Street hill. These arches are on the National Register of Historic Places and are extremely rare even today.

Another rare structure at Swede Hollow Park is Swedehenge, or, as DuPaul fondly called it, "The Henge."

These arches are on the National Register of Historic Places and are extremely rare even today.

Designed by a local artist, it is a circular outcropping of various stones set atop a small hill. Every year, when the sun is just right in the sky, DuPaul gathers here with her friends. They all meet at The Henge to "watch the glow of the setting sun on the Red Brick Brewery." Afterwards, they share food, stories and laughs.

This sunken forest is a peaceful world away from the concrete jungle above it. It is a welcome reprieve for those of us living up on the street.



In 1976 Swede Hollow Park was officially dedicated as a nature center.

KEVIN MILLER

currently houses an abundance of wildlife and greenery. However, it wasn't always so serene.

Going back to 1839, the Hollow's origins predate the incorporation of Saint Paul itself. Early settler Edward Phalen built a simple log cabin there, which grew into a small community of hovels used as resting places for hunters, trappers and lumbermen. In the late 1850s, Swedish immigrants moved into the now-empty structures, paying only a small city rental fee.

By 1890, as many as 90 Swedish families had settled in to this small ravine. Records from the 1905 State Census showed a population of more than 1,000. Bisected by Phalen Creek and flanked on each side by 60 to 80 foot high cliffs, it was affectionately called "Svenska Dale," or Swedish

found work with the railroad, which began running trains through the Hollow in 1865. In fact, because it was an access point for foot and vehicle traffic passing under the railroad tracks that existed then, the park's tunnel used to be much deeper.

As these residents became more financially stable and moved "up on the street," as it was called, new arrivals hoping for the same chance took their place. And so it went for several decades.

But as the twentieth century progressed, Saint Paul was one of many cities looking to modernize. Concerns were raised about Swede Hollow's living conditions because it lacked electricity and city sewer or water. In December of 1956, city officials deemed it a health hazard, forced the residents out, and burned down the remaining buildings.

In December of 1956, city officials deemed it a health hazard, forced the residents out, and burned down the remaining buildings.

Dale. But it became more commonly known as Swede Hollow. When the residents became more established and moved away, newer immigrants would take their place.

It was here that newly-arrived immigrants

For a decade or more, Swede Hollow sat neglected. Some city residents decided that instead of a trip to the landfill, it was much handier to just toss that old bicycle or radiator off the bluff. So, for a while, Swede Hollow

organization with a passionate commitment to Swede Hollow Park.

DuPaul and other local residents took it upon themselves to reclaim their beloved Swede Hollow. Volunteering their time and labor, they began cleaning up in earnest. When asked about those efforts, DuPaul herself recalled "a refrigerator and 135 tires." DuPaul remembers another key contributor in those early reclamation days, "Olivia Dodge, who was president of the Saint Paul Garden Club in the early '70s. She was instrumental and a big reason for the revitalization of Swede Hollow."

"At the time," according to DuPaul, "the Garden Club was looking for a project with historical and ethnic significance, as well as an ecological community asset. Swede Hollow was the perfect fit." Recruiting local youth groups to help out, Dodge and her organization gave of their time and energy with the goal of breathing renewed life into the Hollow. A city planning task force was also involved in making the Hollow part of the public park system, and in 1976 Swede Hollow Park was officially dedicated as a nature center.

Fast forward to present day and Swede Hollow Park is



Swedehenge was designed by a local artist.

KEVIN MILLER

Proposed Light Rail Line in Swede Hollow: Getting to the Last Mile

ED DAY
yu5187lu@metrostate.edu

Improving transit on Saint Paul's East Side is generally not a controversial subject. However, a route being considered for light rail transit in the Rush Line Corridor is drawing questions from the Dayton's Bluff community. The route in question would go through Swede Hollow Park.

The Rush Line will run about 40 miles from Forest Lake to Union Depot in downtown Saint Paul. Route options are pretty straightforward north of Maryland Avenue — either light rail or a dedicated bus rapid transit guideway would be built along Interstate 35E — but the various options to connect to the downtown area are more complicated.

The overall purpose of the transit corridor, according to the Rush Line website, is to serve the growing population of transit users. In particular, it will serve those who depend on transit, such as the elderly and lower income persons, as well as those who choose a car-free lifestyle, as growing number of millennials do.

The main reason that many oppose a light rail line through the park is the fact that area residents have spent years transforming it into an urban oasis. "It's

A route being considered for light rail transit in the Rush Line Corridor is drawing questions from the Dayton's Bluff community. The route would go through Swede Hollow Park.

been a community asset for quite some time," said Tom Cook, special assistant for the president at Metropolitan State University, in a Sept. 10 community meeting at Our Redeemer Lutheran Church in Saint Paul. Cook added that the opposition to altering Swede Hollow has been "pretty robust."

Mike Rogers, a transit project manager for the Ramsey County Regional Railroad Authority, who attended the meeting and has been gathering feedback about the project, noted that the most frequent comments about the project have been concerns regarding whether it would avoid Swede Hollow.

Rogers said that community feedback is a factor in the decision-making process. Like many governmental projects, the task force needs to provide evidence for all options prior to making a recommendation.

One meeting attendee felt that the route through Swede Hollow would not be conducive to a station, which would make the route advantageous for people who wanted to get through the east side of

Saint Paul but less useful for its residents.

Two options that generated discussion among attendees

were potential routes along Phalen Boulevard and Seventh Street. The Phalen Boulevard segment would

have the perk of serving a business corridor, while the Seventh Street segment would be more accessible to people in the community and would be the most direct route downtown.

Using Seventh Street would most likely mean the loss of some parking spaces and necessitate the construction of a bridge over the railroad tracks. There would also be some logistics to overcome on the narrower segments of the street. "It would very much change the character of the street," said Rogers, noting that the change could be positive.

Last-mile connectivity — using buses, bikes, car-sharing programs and the like — is also important, according to Rogers. Other considerations include access to places people cluster such as Phalen Village, medical facilities and senior housing. "There are a lot of trade-offs," said Rogers.

Comments, which can be made online or in person at community meetings, will be collected through Oct. 23, 2015.



The Rush Line may be routed through Swede Hollow.

KEVIN MILLER

Black Lives Matter at the State Fair

DANYALE GREEN
uf3700eu@metrostate.edu

On Saturday, August 29th, 188,636 fairgoers returned to the Minnesota State Fair grounds for a day of fun and food. Providing everything from great food to great learning experiences, this year's fairgoers may have experienced a political demonstration spotlighting the Black Lives Matter movement taking place across the nation.

Organized by Black Lives Matter - Saint Paul (BLM-STP), the notoriously dubbed "Black Fair" demonstration included close to 1000 multicultural participants who showcased posters, banners and chants that pointed out issues of disparity for people of color in the United States.

"Our goal, as always, was to mobilize the public around holding not only the St. Paul Police Department, but legislators and entities in a position of social and economic power over people of color, accountable for their actions and inactions," said Rashad Turner, BLM-STP Organizer in an interview with *The Metropolitan*. "There can be no denying that there is endemic unjustifiable death of people of color around the country."

In the weeks leading up to Black Fair, organizers raised awareness by creating a Facebook Event page and utilizing other social media platforms to get the word out. Met with tremendous support, overwhelm-

ing backlash and a small amount of indifference many, including the Minnesota State Fair board and Minnesota Governor, Mark Dayton, publicly questioned the motivation and intention of the demonstration and expressed opposition at the idea. "St. Paul Police Department, the deadliest department in Minnesota, is certainly not exempt from that," said Turner.

Despite such strong opposition BLM-STP pushed forward. Capturing the support of various other social and racial justice organizations such as Black Lives Matter; In Minneapolis, Black Liberation Project, Native Lives Matter Minnesota, Asian-Pacific Islanders for

Black Lives and more. "Our hope is that people who participated in the march or supported us through other means took away a sense of empowerment in that Black Lives Matter, Native Lives Matter, Brown Lives Matter, and that their voices matter in addressing issues such as race, gender, justice and poverty," said Turner. "Together, we can and will effect transformative change in memory of Marcus Golden and all the other victims of an increasingly unjust and dangerous system."

The Metropolitan did attempt to reach the Saint Paul police department for comment but did not receive a response.

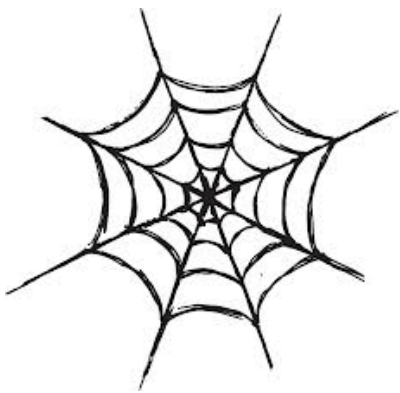
Kare 11 reported that the protest lasted several hours. Protesters walked up Snelling Ave from Hamline Park to the fairgrounds. Police shut down traffic on the street for safety reasons.

Upon arriving at the fair, protesters were unable to enter, according to Kare 11. *The Pioneer Press* reported that gates were closed as BLM arrived. As a result, they chanted from behind the fences. A State Fair parade was also shut down because of the protest.

While protesters ran into some hecklers, the event remained peaceful. Police did not arrest any protesters or counter-protesters.

Student Voices

Editor’s Note: The Student Voices section features writing from Metro’s student body. Here, they can provide their thoughts, reflections and opinions. *The Metropolitan* staff makes minimal edits to these pieces to retain the student writer’s voice. The opinions expressed are those of the writer, and are not necessarily those of *The Metropolitan* staff.



Not all Liberals are Against Guns

MATTHEW HATLE
si8797xn@metrostate.edu

I’m passionate about certain things in life. I take certain hobbies to extremes, and my hobbies include politics, cooking, movies, concerts, writing and oh— guns. I love guns. Big guns, fast guns, small guns, and especially antique guns. When it comes to the politics of guns in America, things have become controversial. I want to disprove the theory that being liberal means you’re anti-gun.

There is nothing quite like shooting or owning a gun. The idea of owning a gun and being a responsible gun owner is controversial now. Even that sentence above is considered crazy to most liberals in the media. I know many liberals that are responsible gun owners. What do I mean when I say responsible?

Shooting guns, first off, is terrifying, especially your first time. Then it becomes exhilarating. It’s fun. It’s

When it comes to the politics of guns in America, things have become controversial. I want to disprove the theory that being liberal means you’re anti-gun.

therapeutic. Shooting can be a sport just like football or baseball. But, the biggest thing that comes with it is responsibility. Ultimately a gun is a tool for a purpose.

The responsibility of a owning a gun lies in the fact that it can kill. It can kill anything and anyone. Certain individuals lose their physical advantage when facing someone with a gun. A woman can take down any number of men who have terrible intentions. An unathletic man can become the deadliest person in the room. That is what a gun does for people. It is a tool for defending yourself in a variety of ways.

As someone who just experienced a situation where a criminal had a handgun on him, I was glad to have had a gun to defend my home. Except in that case, what I choose to do was call the police instead of going outside to confront the individual with my own gun, potentially

Many ask me why I need a gun. “Because,” I answer, “It’s my right.”

causing a disaster that could have ended my life or that of an innocent bystander. As a responsible gun

owner you should do everything to prevent using your weapon. Rely on the civil services for the issues that may involve a weapon of any nature.

The point I am trying to make is that as a liberal, I like guns. I see the point to them as home defense tools and also of using them to participate in the sport of shooting. It might seem strange that I take this stance, as I am a liberal who believes in single-payer healthcare, interest-free school loans and taxing corporations. I support pro-choice politics and have been pro-gay marriage since I was a kid. It really makes the conversation awkward with my considerably liberal friends. Many ask me why I need a gun. “Because,” I answer, “It’s my right.”

Ultimately, what it boils down to isn’t a black and white situation. If anything, life isn’t defined by lines; it’s murky and morality is grey.

Satire

Three Ways to Make this Halloween Your Weirdest Yet

KEVIN MILLER
millke03@metrostate.edu

Halloween can be a very innocent holiday. Kids in pumpkin costumes meander across the neighborhood, friends reconnect over firelight and cider. But, there’s no need to sugar-coat Halloween with such a shiny veneer; it’s a time for debauchery, a time to embrace the dark corners of this strange human existence.

Consider this list a catalyst for your Halloween excursions. It should help you embrace this grotesque holiday and all it offers.

1. Drink (but don’t drive or die. That’s too weird)

There is a direct correlation between strange Halloween experiences and alcohol

consumption. If you plan on a low-key Halloween, think small sips and plenty of ice. However, if you prefer to forget your most memorable holidays, consider the following advice.

It’s a time for debauchery, at time to embrace the dark corners of this strange human existence.

Since Halloween is on a Saturday this year, that gives you plenty of opportunities to get at the bottle. Take a mental note: you can’t drink all day if you don’t start in the morning.

I advise you to start your day with an in-shower

Screwdriver. Then, switch to beer for a while. That case of low-quality domestic brew in your fridge isn’t going to drink itself. Can’t you hear them calling you from the bottom shelf like a choir of angels? On second thought, if your beer starts singing to you, maybe switch to water for a bit.

2. Don’t limit your child’s candy consumption

What kind of buzzkill would tell their kid they’re only allowed a couple candy bars on Halloween? Let your kid go wild- this is a perfect time to teach them about self-control. It’s also a perfect time to try to clean vomit out of Auntie’s new polar bear rug. Worry about your kid’s blood sugar later, today is a day for excess.

3. Prank Trick-or-Treaters

Where do these kids get the guff to show up at your door begging for candy? Can they not read the “no solicitors” sign you hung on the door last year? It’s time for you to take action. Break out the fetish gear and the chainsaws. Pretend you’re a scarecrow. Get creative- you only get one chance a year to mess with kids and not get arrested.

Here’s two prank strategies that have worked well for me in the past:

- Reverse trick-or-treating: How does it work? Tie a trip line at the far edges of your front lawn. Strong twine and metal tent stakes work well. When the kids try to walk to the front door, they trip on your twine and spill their

candy in the yard. Those little buggers will try to pick it up, but they never get it all. In the morning, you can pick up the leftovers and keep them for yourself.

- Pretend it’s Christmas: Regardless of which faith you profess, a fake Christmas is sure to confuse the neighborhood. Decorate your front yard with plastic trees and lights. Instead of the usual candy, bake a ham and smash some potatoes. Then when kids come to the door, drop a plate of food into their bag. Or, dress like Santa, tell everyone they’re on the naughty list, and give them all a piece of charcoal.

I hope these tips inspire you to keep Halloween grimy. However you decide to spend your day, it ought to be as weird as it is fun.

Editor’s Quote of the Month

“I don’t understand how a writer could ever get writer’s block, so called...my problem is having too much and being unable to get it down.”
-James Dickey

Student Science Association

Adderall Use in Student Populations

NINA SUVOROVA
rl6085ms@metrostate.edu

High school and college students feel a lot of pressure to succeed, and some are willing to seek out illegal methods to enhance their mental performance. One such method is the misuse of cognitive enhancement drugs like Adderall.

Originally, Adderall was synthesized to treat patients with ADHD. Yet, over time, Adderall has gained popularity among college students due to its ability to allow students to study for prolonged periods of time. By taking Adderall, the user will experience four things: insomnia, impulse control, increased concentration, and a decrease in sensory overstimulation. Despite legal requirements that a prescription be obtained by anyone taking Adderall, it is often abused by students.

One third of students will use or have tried Adderall to enhance their academic performance.

Statistics

According to an article by Krysten Alyse Pougé, one third of students will use or have tried Adderall to enhance



Adderall use is common among students.

KEVIN MILLER

their academic performance. Over half of those, 54 percent, get the pills via a third-party seller. There are two ways to use Adderall: It can either be swallowed in slow-release capsule form, or it can be crushed and snorted. Snorting the drug allows it to be absorbed faster than if it had to travel through the digestive tract. If the pill is swallowed, it can take hours to feel the full effect.

Short-Term Effects on the Brain

Adderall causes stimulatory effects by working on multiple areas of the brain. Many of the behavioral effects could be the result of activation of the limbic system in the brain. The limbic system contains the hippocampus and the amygdala. These

areas control functions necessary for self-preservation, learning and memory. This system is also critical in regulating autonomic and endocrine functions such as sexual arousal, motivation and behavior. The prefrontal cortex is another brain area which is affected by an amphetamine like Adderall. This space shares dopamine pathways with the ventral tegmental area of the brain which plays a part in pleasure and addiction.

The motor changes that occur when taking Adderall may be the result of actions of the basal ganglia. The basal ganglia is responsible for repetitive behaviors, reward experiences and

Adderall’s effect on dopamine in the brain makes it a Schedule II drug with a high potential for abuse.

focusing attention. Adderall’s effect on dopamine in the brain makes it a Schedule II drug with a high potential for abuse.

Lasting Effects and Addiction

There is, however, promising new evidence in amphetamine

genetics studies that identify a gene transcription factor called Delta FosB as a genetic marker for virtually all forms of drug addiction. If the gene is overexpressed in certain areas of the brain, it can induce an addictive state. Individuals with this genetic precursor are more likely to develop an addiction and overdose. The amount of Aderall required for a fatal dose varies from user to user, but is generally in the range of 25 milligrams (0.875 ounces) per one kilogram (2.2 ounces) of body weight. The most common consequence of an overdose is a heart attack.

Despite the evidence of Adderall’s physical, psychological and genetic influences on addiction, along with serious consequences of withdrawal and overdose, the drug retains its popularity among college students due to its reputation as an enhancer of cognitive ability. Students, under pressure to succeed, often only see the benefit of an amphetamine like Adderall and don’t consider the possible long term effects on the brain and nervous system.

Future research into this issue should be focused on gaining a better understanding the addiction pathways of Adderall and shedding further light on the potential health consequences of unsupervised use.

The Metropolitan’s HALLOWEEN Costume Contest

The Metropolitan is having a costume contest this year! Three winners (picked by *The Metropolitan’s* staff) will receive a gift bag with candy and some Metropolitan swag. Each winner will have their pictures and a short interview posted to our blog.

To participate, email TheMetropolitan@metrostate.edu with a picture of you in your costume by November 10!

Happy Halloween, and good luck!