

THE METROPOLITAN

The Metropolitan State University Student Newspaper

Little Scientists of Dayton’s Bluff



Kids participating in a First Saturday Science Program. (Photo by: C.T. Corum)

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“I saw a need. There were plenty of arts- and sports-related community programs, but nothing for science,” said Nathan Fell, who is a science teacher at Ramsey Middle School. Fell, along with the Student Science Association, saw a need for science in the community in St. Paul, and created the “First Saturday Science” program. This program occurs the first Saturday of every month, and is located at the Dayton’s Bluff Library at Metropolitan State University. The purpose of the First Saturday Science program is to expose children in underrepresented communities to science, and to present it as a realistic career choice for girls and people of color. The program focuses on shaping the community

and helping nurture and instill a love of science into children.

Each month marks a different theme for science exploration, and any school-aged scientist is welcome to participate. The topics range from ecology and the study of how different organisms relate with their physical surroundings to food and different chemical reactions that can occur. When asked about participation, Fell stated that “kids should get involved for a number of reasons.” To which he added, “It’s free, it’s hands-on, and you get to keep what you build. Every family also gets a free book.”

Metropolitan State University is one of the few colleges that has a program that caters to helping develop a love of science in young people. One of the goals that Fell has is that the success of the First Saturday Science program



A Demonstration (Photo by: C.T. Corum)

might motivate other universities to create a program of their own, and that Metro State will be able to blaze a path that others might follow.

It is through these hands-on activities that children are able to learn and become involved in science and the community, but it is the participation of the children themselves that keeps the program alive. According to Fell, it is “the enthusiasm of the students, no matter the subject” that keeps him involved in the program. “[The children’s] enthusiastic curiosity was all I needed to keep going,” he added. Children love to ask questions and are always interested in why things work the way they do. The First Saturday Science program strives to give the answers, and explain to children the “why” behind science. Check out the Student Science Association’s Orgsync for further details.

Give Yourself the Gift of Good Rest

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The typical college experience for Metro State students may be slightly different than other universities, as our students are typically older, work full-time and have families to care for. Of course, we have the typical college age student here, too (age 18-21). With the large amount of responsibility students face, fatigue is extremely common. Unfortunately, lack of sleep can do some pretty nasty things to the mind and body.

Some of the short-term problems caused by lack of sleep are: headache, anxiety, muscle pain, upset stomach, lower immunity to illness, and irritability. No student needs that! Worse yet, according to Mayo Clinic, long-term effects can be even worse. These include heart disease, high blood pressure and diabetes, while long-term fatigue stresses the body and causes unwanted tension.

Last year, I decided it was a wise idea to take ten credits and work full-time. I would get up in the morning for my 7 a.m. shift, work till 4 p.m., go to night classes, and normally not go to bed until midnight. For me, the fatigue turned into migraines and depression. When I went to the doctor I was told to either go on medication, or get more sleep. After a few more months of struggling, I decided to focus on school and work part-time. Because of that, sleep was something I could attain. However, this is not the case with many Metro State students.

A Non-Profit Relationship

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Metropolitan State offers classes that work with many non-profit organizations in the Twin Cities. These classes have organized projects within the curriculum that give students real-world experiences. In some cases, students not only get a grade from finishing the project, but also receive an inspirational and gratifying experience. These experiences are something one can’t teach through a book. This is what makes these type of classes so special, along with our school.

At any point in time you might have seen brightly wrapped boxes and flyers around school asking for generous donations. These could

include an array of suggestions, dependent on the charity our students are working with. Recently, Metro State students Alora Deplacito and Katrina Clynch had a project from their child development class. This class had them work with a non-profit pertaining to children. The charity they chose was Chase’s Toy Chest, a children’s charity that is committed to providing toys for the holidays at local hospitals for sick children and their siblings. This is a charity that Clynch has close ties with. She knows the founders of this charity and, for health reasons, she also spent many months as an infant in the hospital. For the duration of the drive, Clynch and Deplacito received 38 items for a range of children; from infant to older teen. They both found the experience to be fun and heartwarming.



(Morguefile photo by: pippalou)

Clynch and Deplacito where inspired to do the toy drive by a food drive, put forth by a non-profit called “Show Away Hunger,” which provides food to hungry college students and over 200 individuals. This non-profit focuses on three main goals to influence what

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THE METROPOLITAN

The Metropolitan State University
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The submission
deadline for the
February Issue is
January 10, 2017.

Mann About Town

An Open Letter to the Trials of the Winter Season

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Hey everybody, how is it going?

So, winter is coming up. Remember to get your supplies ready. In this article, you will get some tips and tricks to surviving the unforgiving Minnesota winter.

1. Always Keep Cat Litter and a Shovel in Your Car’s Trump—I mean trunk.

This is especially important if your car gets stuck in a ditch, and the wheels just can’t get enough momentum going. Use the shovel to dig the snow out from under the car, while putting cat litter under the tires for additional traction.

2. When In Doubt, A Potential Impeachment for Illegal Activities Prior to the Election Could... Uh..

Sigh

Look, I have to admit, my mind has been pretty consistently focused on Donald Trump winning the election. As far as I can see, I’m not the only one. In the wake of the election, protests have broken out in major U.S. cities. Speculation

on the necessity of the Electoral College, allegations of the Russian government’s involvement in rigging the election in Trump’s favor, and a country sobering up from the most contentious presidential race of the 21st century have become a part of the main focus in our country’s consciousness.

There are two things post-election that upset me more than anything else: apathy and desperation.

Those who are simply saying “Trump won, can’t we just stop talking about it?” or “When people protest, it’s just a temper tantrum” misunderstand a fundamental right of Americans, and a basic outrage of arguably a majority of the population.

But, to those who are essentially evoking their citizenship, those who claim this as the apocalypse are being melodramatic and weak-kneed. This is a moment in time where we need to stand for our rights. We need to stand up for our communities and for all to whom they belong. This is not a time where bowing out is an option. The saddest thing is that many who carry this sentiment are some of the most

privileged individuals I have ever met. As a part of the majority, we need to stand up for the rights of minorities. It’s going to be a tough four years. But, they are years worth fighting for.

That being said, racist, anti-semitic, sexist and generally hate-filled actions are not tolerable on any level. This an unwavering standpoint. When we have a racist mindset, we run the risk of it rising to a systematic level. It affects our neighbors and communities and, in turn, us as individuals as well.

This is not a time to run, but to fight. This is not a time for elitist politics, but to stand up for everyone.

It’s going to be a lot of work over the next four years. I’ll be happy to work with you to get there.

Thank goodness 2016 is over. Here’s to 2017. In the next issue I will, hopefully, go to something a little more pertinent to Metro State. Best wishes, everybody.

Sincerely,
Brayden Mann.



(Vector graphic from: Pixabay)

NON-PROFIT RELATIONSHIP FROM PAGE 1

they do: changing the perception, environment, and lives. There are also other non-profit companies Metro State collaborates with. One is East Side Enterprise Center (ESEC), a business that works as a coalition for many small companies in East St. Paul. ESEC aids in building support, resources, advocacy, cultural sensitivity and respect in the multi-cultural communities.

They hope to achieve support for new businesses and establish increasing growth in East St. Paul. Another is Voices for Racial Justice (VRJ), which has been around since 1993. They want to advance racial, cultural, social and economic justice in Minnesota. They use the Organizing Apprenticeship Project and visionary steps to create a more inclusive and equitable state.

GOOD REST FROM PAGE 1

So why do we need sleep? According to scientists at Harvard University, sleep is a needed function to keep us alive. They compare it to eating. It is the time that the brain recharges, hormones are released to regulate growth, tissue is repaired, and major restorative functions happen. One new theory is brain plasticity. The idea is that, during sleep, the brain structures and organizes thoughts. Sleep is also important for working (short-term) and long-term memory. Sleep and improved memory are indeed linked.

That impacts students in multiple ways. The University of Georgia looked into the problem of sleep deprived students. They found

most of their students slept 6-6.9 hours a night (my doctor always recommended I get 7-8 hours). However, everyone is slightly different in what their body needs. The problem is, with full schedules, it is hard to get a full night of sleep.

The University of Georgia’s studies found that being sleep deprived lowered a student’s GPA, increased the amount of car accidents on campus, increased clinic visits for colds and flu, and contributed to weight gain. Scary to think that our fellow students are going through similar experiences.

I urge you to try and get more sleep. Little things like cutting out caffeine

intake after 1 p.m. can help you get a better night of sleep. Making a daily plan that includes exercise (even just a walk during the day) and a normal bedtime routine is wise. Instead of watching TV before bed, find a good novel to read, or gentle music to help you glide off to sleep. Drink a cup of herbal (non-caffeinated) tea. A few different brands make sleepy-time teas that include Valerian, an herb that promotes sleep. However, if you are on medications, it’s wise to find out about using any kind of supplement to make sure there are no adverse reactions to your meds.

I wish you all the best this holiday season. Most of all, I wish you to get some good, restorative rest.

On Campus

Promoting Mindfulness at Metro State

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Your body is present, but is your mind? As students, we are part of a high-stress world that is full of expectations, appointments, evaluations, and deadlines. It often feels as though the world is rushing past us, and if we stop to take a minute for ourselves, we may not be able to catch back up. This is where mindfulness comes into play.

Metropolitan State University's Social Work Student Association (SWSA) invited Kathleen Sprole to speak about mindfulness on Nov. 21. Sprole, MSW, LICSW, has been working in the mental health field

since 2005 and created One Moment Center, LLC. According to Sprole, "The mission of One Moment Center is to provide individuals opportunities for self-growth and well-being through a mindfulness based approach." She believes that knowing and understanding our authentic selves will allow us to change our outlook and reality, and, in turn, develop a healthier outlook on our personal and professional journey.

What is mindfulness? According to Sprole (who is quoting Jon Kabat-Zinn, founder of mindfulness-based stress reduction), mindfulness is "the awareness that emerges through paying

attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment." It finds its origins in Buddhism, although it is not considered a religion. Many people are already practicing mindfulness through activities such as meditation and yoga.

Why mindfulness? Practicing mindfulness helps promote self-control, well-being, and focus, while enhancing tools that prevent stress and burnout. Knowing our internal selves will allow us to understand the behaviors that we are predisposed to, as well as how to slow down and take our mental health boundaries

into consideration. More recently, research has found that practicing mindfulness has positive outcomes for those with depression and low self-esteem, as well as promoting social and emotional competence.

How do you practice mindfulness? There are numerous ways to practice mindfulness, as it is simply intentionally living in the moment and focusing inwards. Sprole led a self-compassion meditation as a sample exercise, but explained that there are hundreds of examples of mindfulness exercises online. However, she suggested that those new to practicing mindfulness start with something short (about

five minutes) and simple, and gradually increase in difficulty.

For those interested in learning more about mindfulness, check out Sprole's One Moment Center, LLC website at <http://onemomentcenter.com/>

For more information about the SWSA, check out the organization's Orgsync page at <https://orgsync.com/45858/chapter>



Lecturepalooza: An Information Extravaganza!

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What board games can two adults play? Does vitamin C shorten the duration of your cold? Speakers answered these questions at Lecturepalooza, on Give to the Max Day. Volunteers participated in a lecture marathon that featured 19 presentations. This special event took place November 17, from 9 a.m. to 7 p.m. People could view the speeches in Room 101 of the Student Center or through a live YouTube feed.

Give to the Max Day is an annual holiday to raise funds for student programs at Metro State. The proceeds provide tuition-matching opportunities for students. Kristine Hansen, the Alumni Relations and Annual Fund Director, calls this day the "Black Friday of Giving." At this year's Give to the Max Day, the Metropolitan State

University Foundation had a goal to raise over \$12,000 in donations, including matching funds from the Todd and Martha Nicholson Fund and other sponsors.

Lecturepalooza featured many interesting topics and speeches. The lectures included: "Aliens Among Us: The Weird World of Parasitoid Wasps," "Why You Should Study Economics, Especially If You Don't Care about Economics," "Amazing Google Tips and Tricks," "A History of Latinos in Minnesota," "Are Students Customers? Or Not?" and so much more!

If you missed this year's Lecturepalooza 2016, you could watch the entire event on YouTube.

You can find the site for this year's Lecturepalooza at www.youtube.com/watch?v=2LNQzqt1xnM. It is titled Metropolitan State Annual Fund Live Stream.

To donate, you can visit www.givemn.org/organization/Metropolitan-State-University-Foundation.

Kristine would like to give a special thanks to Steve Reed and the Metro State IT department for their work setting up the technology for the Lecturepalooza event.



Kristine Hansen, the Alumni Relations and Annual Fund Director, leading the Lecturepalooza Event. (Photo by Scott Lindell)

Lecturepalooza 2016 YouTube Site: www.youtube.com/watch?v=2LNQzqt1xnM

GiveMN.org Donation Site: www.givemn.org/organization/Metropolitan-State-University-Foundation

On Campus

Student Center and Science Center: One Year Later

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Fall semester 2016 marked the one-year anniversary for the opening of the Student Center and Science Center (and parking ramp) at Metropolitan State. Usage of these newest additions has really taken hold.

A food vendor for the cafeteria has been found and is up and cooking. Alimama’s Mediterranean Grill is located on the first floor of the Student Center, serving up cheeseburgers, burritos, gyros, chicken curry and sambusa, which come with a side salad or fries (crispy with a savory seasoning—darn tasty). The friendly clerk said business has been good and he expects it to get busier as more people find out about them.

The open and airy cafeteria—which faces East Seventh Street—is abuzz with students and teachers. Some are eating and talking in groups, while others are sitting alone, either reading or working on laptops. Off to one side there is also a small market that offers a variety of items: from nuts, to chips, to sweets, to drinks.

The Student Center’s first floor also houses several computer work stations and a lounge area with tables and chairs—and a fireplace. There is a large conference room and two study rooms, one of which offers a children’s play area. There is also a security desk, where Renae Edwards sits as well during her work study. “It’s a very busy place,” she says. “The study rooms are staying busy with finals coming up. Then there are other students who book the rooms for the whole semester.”

The Student Center’s second floor offers a meeting room, a quiet study room and a reflection room, ideal for those seeking a serene space for prayers or meditation. There is also a large room housing offices for several student organizations, including Student Senate and The Metropolitan. There is a fitness center as well, which students can use free of charge. There are lockers and two gender-neutral shower rooms.

Students just need to check in at the first-floor desk where they fill out a short form. They then trade their student ID for a fitness center pass with a number that matches their locker. When finished, students then trade back the pass for their ID. Edwards knows about 10 “regulars” who use the fitness center every day, with several others using it a few times a week. Another facet that Edwards noticed throughout the Student Center is “the plethora of plug-ins for laptops and



The lobby of the Student Center (Photo by: Kevin J. Franken)

other devices.” With the exception of it closing one-half hour sooner, the fitness center is open the same hours as the Student Center.

The Science Center is a three-story structure catering to such disciplines as geography, geology, chemistry, biology and physics. Just walking the hallways, one finds an abundance of information, most of which comes from the studies and research of Metro State’s science professors. “I love it here,” said Chee Xiong, a biology major and chemistry minor student in pursuit of his medical degree. “It’s an amazing facility, they give us everything we need,” he added.

Jenny Chehili has been at Metro State eleven years, as a student and staff member (for several years she did double duty as both). Having graduated with a natural sciences degree, Chehili is now on staff as a faculty assistant for the Math and Science Department. She came over to the new Science Center in March of 2016. “It’s a very busy place, the study rooms are almost always occupied,” Chehili said.

Chehili and Xiong joked that he “pretty much lives here [at Metro State].” Chehili added, “The students are friendly and very committed, and the professors have made themselves readily accessible to students. It’s a very open-door atmosphere.” Regarding the facility, Chehili said, “The labs and equipment available really aid in advancing the students’ learning experiences.”

“Both the Science Center and Student Center are first-class, welcoming additions that enhance and reflect all that Metro State has to offer.”



(Photo by: Kevin J. Franken)



(Photo by: Kevin J. Franken)



The cafeteria of the Student Center (Photo by: Kevin J. Franken)



A classroom in the Science Center (Photo by: Kevin J. Franken)

Interview

Q&A with Peter Stampfel, Submissions Editor of DAW Books

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If there's one thing that aspiring writers think about, it's how to get published and break into the industry. For many of us pursuing writing careers here at Metro State, we don't know the first thing about how to get started.

I've invited Peter Stampfel, Submissions Editor of DAW Books publishing house, to provide insight for prospective authors of the sci-fi/fantasy genre. For 36 years, Stampfel has been the first to view manuscripts. Stampfel and his colleagues helped discover such fantasy authors as Tad Williams, Patrick Rothfuss, and Mercedes Lackey.

What are some of the qualities in a manuscript that jump out to you?

If I want to keep on reading it. If I'm still reading after about 25 pages, I'll put it aside for another look.

Really likable characters are important. Surprise me. Get the story going, hit the ground running plot-wise. That's the top three. We're not interested in unhappy endings. Unlike mainstream, people who read genre fiction want uplift. Horrible things can happen, but then finally the light breaks through. Overcoming huge odds, unstoppable powerful evil being thwarted, is a common wish...Many plots are struggles. Good people are fighting bad things, that is more compelling. Fiction requires conflict.

What are some of the disqualifiers that make you immediately reject a manuscript?

In most cases, by the first page it will let me know there's no sense in going on. This is true of the majority of manuscripts. For instance, if the same word is used twice in the first paragraph, it's a sign that skills are lacking...You want really interesting characters. I find that an earmark of a really good writer is really good names. Often, [manuscripts] come with maps. I look at the map and see what the places are called. Usually the names are pedestrian. They're clunky, ill-chosen, unattractive words. They don't roll off the tongue. Well thought-out names are not a needed feature; it's just a thing that really good writers tend to have.

The writing keeps getting better and better. There are a lot of books that would have been easily commercial in the 70s and 80s but [now] the business is dominated by the big book stores who are reluctant to take on a new writer. In order to publish a new writer, the writer has to be pretty phenomenal.

What was it like when you came across Patrick Rothfuss's manuscript for his first book, The Name of the Wind?

It was actually Betsy [Wollheim] who came across Pat's book. Betsy read the first page and thought, 'My god. Here it is. The Holy Grail.' The book had been submitted to three publishers by our favorite agent, Matt Bialer. Both of the editors at the other publications were willing to pay more money. Betsy said [to Pat] "You have to come with us. I will put you on the New York Times best-selling list." ... Patrick Rothfuss was a once-in-a-lifetime find.

The Name of the Wind starts with the main



Morguefile Photo by diannehope

character in the bar. It talks about the three levels of silence. It's one of the most gripping first pages I've ever seen in my life.

What is the advantage to having an agent?

Anyone can call themselves an agent. There are agents we know about, but most of the agented manuscripts we get are from self-proclaimed agents, who tend to not have a clue. Some of the manuscripts we see from them would have been unsuccessful three decades ago...As a rule, the unsolicited manuscripts tend to be of a higher quality by-and-large than the ones coming from agents. However, if it's a reputable agent like Matt Bialer or Russell Galen, we can be sure that the quality is higher.

How do you meet a reputable agent?

It's really hard to get an agent to look at your stuff. Your best bet is to do short fiction. Sci-fi and fantasy are about the only markets for commercial short fiction anymore. A majority of traditional writers start out writing as fans. Once you have been publishing short stories for a while [you get] some feedback and hopefully some notice.

In 2012, you advised new authors not to submit manuscripts over 120,000 words; however, some of the most successful authors regularly produce far lengthier books. Comments?

If you're an unpublished writer, it's a better use of your time to not write something that lengthy. I just rejected a book that this guy in Australia had been working on for seven to eight years. [He] would've been better served for a first novel to not have taken that much time.

Are epic length books a fad, or are they here to stay?

Most people want to read shorter things as a rule. If the book is amazingly great, then they're delighted with a big book. It's harder to sell a really long book that isn't phenomenal. People have less time between television, video games, and social media.

You've said an author must be passionate about writing to be successful. You've also said that some authors have that passion, but no writing skills. What advice would you give

to writers who have the passion, but have yet to develop the writing skills?

If I was a passionate, but not-that-skilled writer, I would self-publish. Fifty Shades of Grey was self-published. There were a number of books that were rejected by publishers, then were self-published, and went on to be phenomenally successful.

Perseverance is extremely important. If you're a real writer, you'll be compelled to write whether you're selling or not and you'll just keep on doing it. The line used to be, 'It's one book in a thousand that's publishable.' I've found that it's closer to one book in three or four thousand that is actually publishable.

Have most of the manuscripts you've seen been professionally edited?

Most of them have seen an editor before they got here. Just a guess, but a substantial number have been edited by someone besides the writer.

How important is the cover page?

No more than one page is the hard and fast rule. I don't want to hear about your friends and relatives, or friends that aren't relatives that say it's great and that it's gonna make a great movie. I've heard that, oh, you know, thousands of times, and it's absolutely meaningless.

Do you have any other suggestions?

If you can attend a writer's workshop that's good, if you have a writer's circle that's good. Work with people doing the same thing, pick each other's minds. Get a good editor. On the other hand, there are a lot of professional editors who are like con artists.

How does one avoid a con artist editor?

Ask which successful authors they have worked with, check Yelp, Better Business Bureau. Vet the hell out of them.

This interview has been edited for clarity and concision.

Tech Corner

Linux cont.

The Difference

Linux, under the hood, has far more in common with macOS than it does with Windows. These architectural differences often don't matter, but they do manifest themselves in some interesting ways:

-Linux, at its core, uses only a text-based console. As a result, Linux variants all provide completely decoupled "desktop environments" (that is, the graphical interface for window management). There are three big desktop environments, Unity, Gnome, and KDE, and users can choose from whichever they like most.

-Until recent releases of Windows, Linux was fundamentally more secure than Windows. This was for the simple reason that Linux was originally designed to have multiple users, while Windows was designed with only one user in mind. Microsoft mostly fixed this in Windows Vista (it's why the upgrade from XP to Vista was so painful), but even today Linux's model occasionally results in better security.

The biggest difference, though, is that Linux is just a base. When you install Linux, you will be installing a custom Linux distribution (often known as "distros") that provides all the user-facing applications and other modern conveniences. I generally recommend Ubuntu for these, but Linux Mint and Arch Linux are also good choices for new users.

Why?

In general, the simplest reason for many people is one of cost: you don't have to pay for Linux.

But this isn't really a good reason, and most people who use Linux wouldn't be against paying for Windows. Rather, there's five fundamental reasons to use Linux instead of Windows:

-It is open-source. This doesn't matter for most people, but it has some interesting implications: if you want, you can modify the operating system's programming code directly, and you can be certain about what the code running on your system is doing. It's ultimately all about trust: by being open-source, you can trust that other users have verified the operating system, and it won't be doing anything sneaky behind your back.

-It is flexible: just like you can change which desktop environment you use, you can change just about every component of the operating system. And if you have an old computer, you can still run modern Linux with a low-requirement desktop environment.

-It is powerful: Linux is an operating system for power users, especially application developers. It tries to stay out of your way.

-It is fast: Linux is the base of all Android phones, and is also used in many small devices. This necessitates that it be as fast as possible.

-It is small: much as Linux needs to be fast to support smaller devices, it also needs to be small. Ubuntu Linux, which comes with a full office suite and desktop environment, installs fresh to only about 4GB of space. Windows 10 needs at least 20GB.

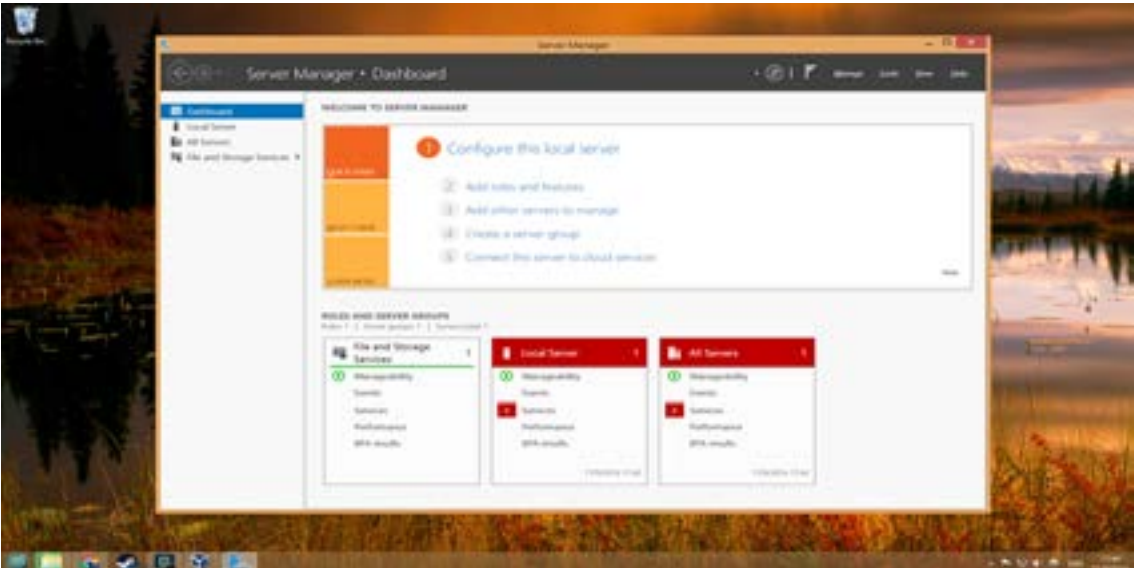
Why Not?

Well, Linux certainly has an early learning curve for users who have only ever used Windows. Almost anyone, with enough patience, can download and install Linux on their computer. But learning its idiosyncrasies takes time, and Linux is often less user-friendly than Windows in very subtle ways.

Many applications don't support Linux, either. While Firefox and Chrome are available for Linux, Microsoft Office, the Adobe Creative Suite, and most other professional software are not. Alternatives exist, like LibreOffice for Microsoft Office and GIMP for Photoshop, but they aren't as powerful and can be harder to use.

A compatibility layer, called Wine, exists to allow Linux to run Windows programs, but it can be difficult to set-up, often doesn't work, and is rarely usable for gaming. A more advanced solution is to run these applications through Windows virtual machines, but this also requires a lot of setup, owning a copy of Windows, and a lot more computer memory and hard-drive space. You can also run games through a virtual machine, but doing so requires a modern CPU and even more set-up, something that is hard to recommend to most people.

Windows Server



Ignoring the Server Manager, the Windows Server 2012 R2 desktop shown here is nearly identical to Windows 8.1's.

Linux



Ubuntu Linux with the K Desktop Environment (KDE), my personal DE of choice.

Hackintosh: mac OS



It is possible to install macOS on a PC, but may not be advisable.

Hackintosh: mac OS

I do feel it is worth mentioning that Apple lovers may rejoice in knowing that, with a bit of work, it is often possible to install macOS on a PC using software called OSx86. Unfortunately, it might not be legal. The macOS software license forbids users from installing macOS on non-Apple computers, and the Digital Millenium Copyright Law makes it illegal to circumvent the software mechanisms Apple uses to prevent PC installations of macOS.

Additionally, even ignoring the legal ramifications, driver support (for things like cameras and wireless cards) is buggy at best. So macOS is really only a good choice for the especially dedicated users.

In the Community

A Night at the Swede Hollow Opera and the East Side Freedom Library

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It was my first visit to the East Side Freedom Library. On this night, the Library was hosting a “Swede Hollow” opera. Walking through the front doors, I wondered how a library and an opera could coexist. One required silence and the other embraced voices and music. Taking my beginning steps, I discovered that this is not your typical library.

In the entryway, a woman in a black fedora hat was greeting people. She gave them a program for the night’s event and answered their questions. In a few moments, I learned that she wrote and composed the night’s production. Her name is Ann Millikan. In the corner, I saw members of the orchestra setting up their instruments. They came from the Mankato Symphony Orchestra. Throughout the library, I spotted people in costumes. They were members of the Swede Hollow Youth Chorus. It was shaping up to be a big night.

Many seats were still open as people filed in the building. Before the opera started, I took a peak at the library’s features. I loved the historical characteristics of the building, with its high ceilings, hanging lights and large windows. There are old newspapers and a banner for the American Railway Union included in the décor. Constructed in 1917, this was one of several libraries

built through donations by American industrialist Andrew Carnegie.

Besides its historical significance, I noticed the multicultural attributes of the Library. The diversity and heritage of the East Side area are reflected in many paintings, photographs and quilts throughout the library. Perhaps the most striking of all the artwork are the murals in the stairwell that lead to the Library’s basement. They depict the hard work of immigrants. There are also books in the Library dedicated to learning about different cultures and their history, including the Hmong Archives.

Throughout the library, signs promoted social justice and awareness toward labor issues. In the center of the library there was an area that Ann Millikan called “the media center.” This circular front desk contained several handouts for guests to read. The East Side Freedom Library will hold activities in December. These events include Mindful Meditation sessions with Urban Monk Marc Anderson, a film screening for “Bessie,” story hours for children called “Kids Rising,” and History Day Learning Center activities for students participating in the 2017 History Day Competition. I signed a guest book to receive emails about future events.

Suddenly, the show was starting. People found their seats quickly. The room



Patrons finding their seats at the Swede Hollow Opera event November 5. (Photo by Scott Lindell)

became silent and the lights dimmed. The first scene took us back to Dec. 11, 1956. On this date, the City of Saint Paul deemed the Swede Hollow area unlivable and forced residents from their homes. Before relocating that winter, these residents witnessed the city burning their homes. Although the characters for the opera were fictional, the stories come from historical research and the accounts of people that lived in Swede Hollow.

From this scene, the opera takes us backward to witness Swede Hollow immigrants from the 1920s and the 1850s. Although these scenes examine the lives of different ethnic groups at different times, their stories are very similar. Immigrants fled their former countries to find a better life. They had dreams and a desire to “move forward.” Their journeys

included many setbacks, such as the challenges that come with unfamiliarity in a new country.

The final scene was a tribute to the Native Americans that first lived in the area. Marcie R. Rendon wrote the text for this scene. The scene was called “Dakota Land,” and featured traditional Native American drum tones. Every performer from the opera was onstage together to perform the final act.

The “Swede Hollow” opera included remarkable performances from all participants. The music and vocals captured the emotions, including the heartbreak that the Swede Hollow immigrants felt. Tracey Engleman, Victoria Vargas, David Walton and Andrew Lovato were the opera singers. Their costumes and acting took us back in time and made us

feel that we were witnessing history.

In the end, all of the performers received a well-deserved ovation. The night’s performance brought smiles to people’s faces. Conversations erupted, and the discussions were about their enjoyment that evening. I look forward to visiting the East Side Freedom Library and attending another event.

[Special Note: The Swede Hollow Opera recently recorded a CD of their opera. They will have a CD-release party on Dec. 11, 2016. The event will be at Saint Paul’s Flat Earth, 888 Minnehaha Ave. E. in Saint Paul. It will take place from 3:30 p.m. until 6:30 p.m. You can also visit Ann Millikan’s website, www.annmillikan.com, to find information about her projects.]

Upcoming Events for the East Side Freedom Library

Please visit www.eastsidefreedomlibrary.org/events/ for up-to-date information on upcoming events planned for the East Side Freedom Library. Their website will give you information on when events will occur. Here is a partial list of events that are planned for December.

Mindfulness Meditation:
The Practice of Freedom (Workshop)
Friday, December 16, 2016
12:00 p.m. to 1:00 p.m.

“Cradle Will Rock”
(Twin Cities Labor Movie Night)
Friday, December 16, 2016
7:00 p.m. to 9:00 p.m.

KIDS RISING (Story Hour)
Saturday December 17, 2016
10:30 a.m. to 11:30 a.m.

Working Within or Outside the System
(Roundtable Discussion)
Monday, December 19, 2016
7:00 p.m. to 9:00 p.m.

East Side Pride Open Mic Night
& Holiday Jam
Tuesday December 20, 2016
6:00 p.m. to 8:00 p.m.

The Metropolitan would like to advertise your business or organization. If you are interested in advertising in the next issue, please contact Brayden Mann at yb6938yy@metrostate.edu.