

THE METROPOLITAN

The Metropolitan State University Student Newspaper

Art Exhibit Asks Students to be Part of an “Experiment of Sorts”



The Gordon Parks Galley is on the third floor of the Library and Learning Center at the Saint Paul Campus (Photo by: Scott Lindell)

KATHRYN GANFIELD
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A new art exhibition in the Gordon Parks Gallery at Metropolitan State transforms the space into a “temporal classroom” that invites viewers to ponder their educational experiences. “How Do We Remember?” features objects and mixed media works by Kinji Akagawa, a retired professor of sculpture at Minneapolis College of Art and Design. His artwork is also in the collections of the Smithsonian Institution, the Minneapolis Institute of Arts, and the Walker Art Center.

Professor of Studio Arts and director of the gallery Erica Rasmussen noted this is an unusual show by Akagawa, who is best known for his outdoor sculptural installations. “I invited him to look at our space and asked what he would like to do,” Rasmussen said. “He’s been collecting desks and thinking about the

role of education in our lives. He wanted to make an experiment of sorts.”

The result is an interactive, playful exhibition of vintage student desks and mixed media works on paper. To put visitors in a reflective state of mind, Akagawa altered the gallery signs to read “Gordon Parks Temporal Classroom.” He uses universal symbols and tools of education— desks, paper, pencil, ink, rulers, tape, thumbtacks—to explore how we educate and how we learn.

Visitors are encouraged to sit in the desks and investigate the words laser-etched into their surfaces. Akagawa plays with words, fonts and font sizes. Some words are written large and deeply cut into the desk surfaces. Some are tiny and broken into component syllables; “making” becomes “ma king.”

Rasmussen noted that the arrangement of desks will vary each week.

“Kinji is asking us: what happens if we rearrange the structure of the classroom? It’s not a one way street. Learning happens in more than one way,” she said.

On the gallery walls, mixed media works show desks broken apart and tumbling in space. Rendered in colored pencil, watercolor, and neon highlighter markers, they represent “ruminations of Kinji’s,” said Rasmussen “He’s turning education on its heels. Look how he’s drawn desks from every angle and disassembled them.”

“I grew up with this,” said Timothee Ayigah, an accounting major who works as a gallery attendant. He sat in one of the vintage wooden desks. Raised in Togo, he moved to Minnesota four years ago. Memories of his childhood and education—a half a world away—poured from him as he toured the exhibition.

SEE ART EXHIBIT ON PAGE 3

Give Love to All on Valentine’s Day

EVELYN MAY
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Valentine’s Day sucks. Not the day specifically, but how people behave in regard to the day. Florists mark up the cost of roses, mushy love paraphernalia becomes immensely popular, and people who may not have romantic love are made to feel isolated. I’m one of those people.

In a time long, long ago, my spouse was against celebrating Valentine’s Day. I came home from class to an empty house on a dreary February 14 evening. On the kitchen table sat a pound of pre-cooked bacon and a 24 case of Pabst Blue Ribbon. This, I believed, was a gift from my boyfriend. I called

to thank him for the confusing items, only to find they were not for me. This was the moment when I warmed up the bacon, cracked a beer, cried, and decided from that point on Valentine’s Day should be about giving everyone love and respecting myself. Oh, and feeding my boyfriend’s heart to the cat.

I’m not the only one who has gotten down in the dumps about this holiday. In a study done by the University Department of Psychiatry in Queen Elizabeth Hospital, published overseas in the British Medical Journal, rates of attempted suicide increased on February 14. Control dates of February 7, and August 15, where used, also Christmas. With a median age of 21-22, a measured 45 percent increase

of people attempted to take their own lives on Valentine’s Day. A day meant to celebrate love can also bring up feelings of disappointment and loneliness. Let’s band together and give gratitude to ourselves and others to avoid the stress.

Down with gross commercialized love! This Valentine’s day, revolt and love yourself, friends, pets, and even strangers. Life is too important to live it feeling alone. You are never alone. I’m not saying that to boost your self-esteem or to inflate your ego. I’m saying it because everyone deserves love, acceptance, friendship and joy.

On a day that is all about commercialized, gushing red-cartoon hearts, how

SEE VALENTINE’S DAY
ON PAGE 3

Metro State Debuts “Urinetown” Musical

In collaboration with Minneapolis Community and Technical College’s Theater on the Park, Metro State’s Theater Underground will be presenting the musical “Urinetown” for the spring semester production. Directed by Justin Kirkberg, 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—leading to the privatization of the toilets.

“Urinetown is an irreverent take on what is quickly becoming our national reality,” said director Justin Kirkeberg, “where the line between the government and corporate America is blurred—almost to the point of non-existence.”

Showtimes:

Feb. 15, 16, 17, 18
7 p.m.

Feb. 18
Additional Matinee
at 1 p.m.

Location:

Minneapolis
Community &
Technical College

Whitney Fine
Arts Center
1424 Yale Place
Minneapolis, MN
55403

Students and Families may attend with no cost, but are encouraged to bring an item to donate to the MCTC food pantry.

SEE “URINETOWN”
ON PAGE 3

THE METROPOLITAN

The Metropolitan State
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ideas or to submit your
article for publication
consideration.

The submission
deadline for the March
Issue is February 10,
2017.

Mann About Town

An Open Letter to Students with Depression

BRAYDEN MANN
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Hey Guys, how’s it going?

Honestly, it would be tactless if I decided to open with a “Top 10 ways to beat your seasonal depression!” article rather than simply addressing depression.

Family Ties

I have depression. As I recently found out, I am the most recent link of a generational chain of Manns, Biskkeys, McParlands, and Mahoneys to have it. I feel bitter-sweet in this revelation because it upsets me that this has happened to so many of my loved ones and that they were silent for so long. Then an odd sort of euphoric calm washes over me:

“Good lord,” I mutter to myself. “I’m not the only one!”

In my family, we tend to deal with things head on and personally, but rarely dive deeper than the surface conflict. We would much rather handle a situation by ourselves so we don’t worry those around us. As I have quickly come to realize in recent years, that doesn’t make people less worried, but more so. Plus, it does nothing but create internalized pressure that eats at you. Depression often worsens that complex.

Yeah, It’s Complicated

Instead of having a sort of eventual resolution as a conflict with a resolution, my depression simply lives with me. I think of it in two ways: I’m driving in the middle of a valley; some weeks, I’m at the peak, other weeks I am traversing its bottom. However, I know I will soon move to the top.

The other way is a small creature is slowly digging into me, as I look at it, it simply stares at me, not moving. When I look away, I can slowly feel it digging all the more subtly, planning its position in my life. As I stare into it, I learn more about it, I focus too much on it. As I am distracted, I lose sight of the fact that it’s there, and risk the naïve notion that it’s gone.

It’s an undeniably weird feeling, what it’s most certainly not is an excuse, an idiosyncrasy, or a confirmation of the world’s end. It’s simply a layer of my existence.

Dealing with It Can be Complicated Also

How I healthily deal with my situation is a combination of things: being productive, taking moments to let myself have fun, surrounding myself with good people and good coffee. All of these are an important part of my process. But, more often than not, I slip on all of these. I’ll have moments of anxiety, truly wondering if I am alone. These brief moments of paranoia are often shook off by rationalization, it undoubtedly happens. This is where that “valley” metaphor comes in.

The crazy thing is the differing reactions and engrained senses of depression that range from each individual. This makes articulation nearly impossible depending on the person.

Yes, There is a Point

It’s funny that seasonal depression starts with an “S.” Because it sucks. It’s real and it affects millions. On a broad level, it turns out that spending most of your time indoors while overcast grows across the horizon isn’t conducive to happiness. There’s a good reason why winter activities is a billion dollar industry in Minnesota and the rest of the Midwest. If it wasn’t, you would be

seeing cabin fever cases popping up all over the country.

More specifically, I have a friend whose grandmother just passed away recently. She never met her grandmother in person, but it’s obviously upsetting. She is my friend’s nearly unknown matriarch. She shows signs of depression, and is not the type of person who would ever admit that. She was a lot like me, up to a recent point. My friend, in most regards, is the matriarch for her little brothers. So I admire her strength of character. When my grandfather was killed, my family went through similar issues.

We Need to Talk

I write this, not as an avenue for sympathy or to spin a story, rather as a means of normalization. According to the Mayo Clinic, depression affects more than 3 million Americans per year. This isn’t something to ignore, or use as political rhetoric. This affects us all, both directly and indirectly. Not talking and being open with our symptoms is not a solution.

This conversation does not have to be dramatic, nor does it have to be fatal, but it does have to happen on a real and meaningful scale. If politicians are going to scream “It’s a mental health issue!” in response to hard hitting issues such as gun violence, then maybe conversation followed by initiative, such as greater funding into the public health care system, needs to actually happen instead of just being hollow political rhetoric.

Happy, The End

In my experiences dealing with my depression, I have been fortunate to learn that happiness is not the end goal. If it were, that implies abolishing depression was achievable, rather than depression being manageable. I still have happiness in my everyday life. It simply comes from my realization of fortune:

I have good family and friends. I have a writing staff that I can rely on, as well as a wonderful reader base from whom I have received encouraging feedback. I have music and art that I love, and would never act like I’m above it. I live in a state that has a lot of problems, however is full of people who look to seek solutions. On top of it, too, my sister and I are the first generation in my family to have a college degree!

That’s so crazy for me to think about.

It’s easy to lose sight of that. When we’re enveloped in our own demons, we convince ourselves that anything could be better even though we know fully well that it could be so much worse. Working hard through the pain and anxiety towards what I love has saved me more than once. The people that worked through things with me, and waited patiently as I dealt with whatever issues, have often helped me come back to “normalcy.” The difficulty makes me love my life. Difficulty makes me appreciate it.

As you read this, I will have just come back from ice fishing up north with my dad and my brother. Even with that thought in mind, I know that I am not lucky. I am fortunate.

Thanks for reading.

Sincerely,
Brayden Mann

From the Front Page

ART EXHIBIT FROM PAGE 1

“These desks remind me of my elementary school. Students would write on the desk surface – math formulas or little stories. Or they’d stick gum under the edge,” Ayigah said with a laugh.

The exhibition was installed by students in Rasmussen’s ARTS 302 group internship in exhibition practices. “The class gives students the chance to handle two-dimensional and three-dimensional works. I want to mix it up for them and give them broad experience,” she said. The interns will also rearrange the desks during the run of the exhibition. “Who knows what configuration it will take then?” Rasmussen said.

“How Do We Remember?” is on view until February 24, when

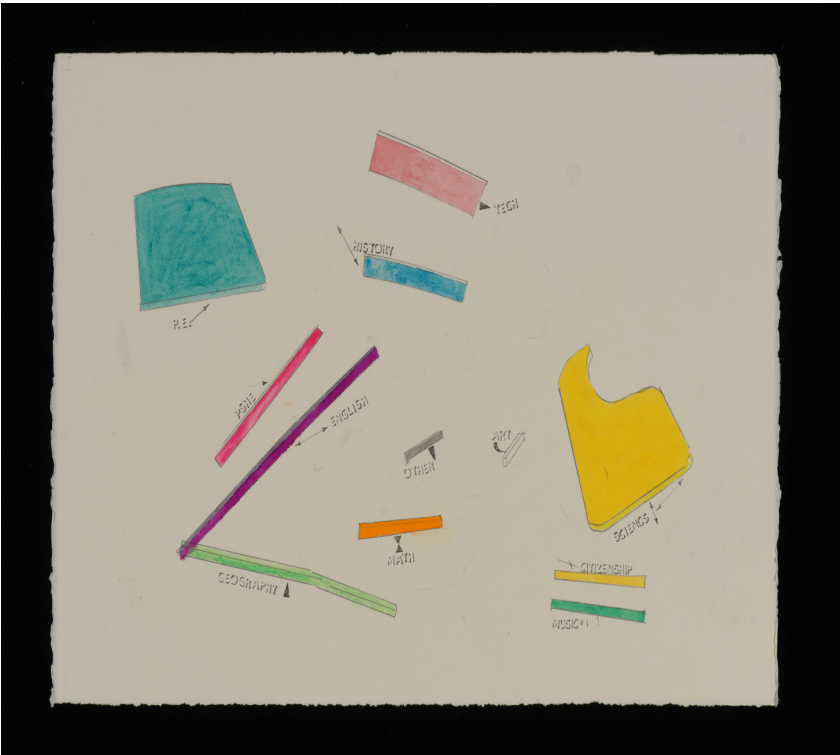
it will be dissembled and every object sold for a flat fee of \$50. “That’s a bargain! \$50 for a Kinji Akagawa,” Rasmussen said. He’s an artist of the highest caliber. He’s collected by museums. But he would like you—students—to take something home.”

Rasmussen encouraged students to visit the exhibition to reflect on their own journey from childhood to Metro State. “Go sit in the tiniest desk. It takes you back. It makes you small again,” she said.

The gallery is located on the third floor of the Library and Learning Center; hours are 11 a.m. to 7 p.m., Monday through Thursday, and 11 a.m. to 4 p.m. Friday. Admission is free.



Piece by Kinji Akagawa (Photo Courtesy of: Petronella Ytsma)



Piece by Kinji Akagawa (Photo Courtesy of: Petronella Ytsma)



Piece by Kinji Akagawa (Photo Courtesy of: Petronella Ytsma)

“URINETOWN” FROM PAGE 1

Street Parking is available, but ramp parking is also available for \$5, or free for any Metro State student with a college ID card. Please visit Theater Underground’s Orgsync page for more information. Advisor Gail Smogard is available for any additional information at gail.smogard@metrostate.edu.

Do you love yourself? Do something for others or with friends. Here are some tips to revolt against Valentine’s Day and still send love to yourself and the community.

Donate: How often do items sit going unused? There are many people in need of clothing. And, let’s face it, some of us have items in our closets that haven’t been worn in years. Instead of spending money on an expensive meal, buy non-perishable items for a food shelf. Maybe gather up books you no longer want and bring them to Goodwill.

Volunteer: Find a cause you like and volunteer.

Persons with disabilities who would like accommodations to participate in the event should contact the Center for Accessibility Resources at 651-793-1549. ASL interpretation is also provided upon request.

Fellow students have causes they love. Last year a student volunteered at a horse sanctuary and invited me to help raise money for the ponies. Other students may be more interested in volunteering in soup kitchens, animal shelters or hospitals. Find a passion to give yourself to.

Build community: Whether it be going to dinner with classmates, dancing to Zumba YouTube videos with friends, attending church, practicing a sport or yoga, or just setting up a study group. Build community and have fun with it. There is no need to spend ample amounts of time on romance

Editorial Note: The Metropolitan’s Editor, Brayden Mann, went to a production of “Urinetown” at his previous college, Anoka-Ramsey Community College, and he had a blast.

when friendship is available to everyone.

Explore: Bundle up and go for walk to a new place, read a new book or watch a new TV show. Explore something new and appreciate the adventures that life holds.

Minnesota winters are hard enough on us all. After getting through the stressful holiday season we can’t let the most commercially romanticized day of the year cause undue harm. Let’s have fun, give back, and send love to the world rather than just one person.

On Campus

Student Senate and SAFAC

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When it comes to the activities of Metro State students, and the dollars needed, virtually all funding flows through the pocketbook of the Student Activity Fees Allocation Committee (SAFAC).

SAFAC is one of seven subcommittees of Student Senate. “It’s a little different than the other subcommittees, as they have their own set of governing bylaws,” said Dhibo Hussein, president of Student Senate. “SAFAC answers to Senate, but they are in charge of all financial decisions when it comes to such things as student activity fees, club funds and budgets. SAFAC makes the decisions and then recommends them to the Senate where it gets voted on.”

Before the Student Senate meetings (held twice a month), SAFAC will hold their own meeting to decide on funding requests to be brought before the Senate for voting. If a request is denied by SAFAC, the students or organizations have a right to appeal and lobby before the Senate for approval.

SAFAC is allowed to approve any allocation requests up to \$3000, but any requests over that amount are brought directly to the Senate. Any disagreements between SAFAC and the Senate are debated by the Senate’s executive committee and SAFAC’s chairperson (currently Kelly Condon), where it’s decided whether the funding request will be brought before the Senate for voting.

In other Senate developments, one was regarding the bi-monthly Senate meetings—which are presently held at the Dayton’s Bluff Campus. Hussein mentioned that they working toward having the other Metro State locations host some of the future Senate meetings. According to Hussein, this idea was “partly brought forth by the student body and also by senators to see if we could maximize our outreach to make sure all the other campuses feel included in our decisions.”

Wanting to raise awareness about serving on the Senate or other organizations, Hussein says, “Part of our job is to make sure that students get



The Student Senate of Metropolitan State University (Photo by Scott Lindell)

the opportunity or at least are aware that they are able to serve on these committees, whether it is the Senate committee or a university committee or even a Minnesota State committee.” Interested students can contact Student Senate. Their information (as well as various clubs and organizations at Metro State) is available at OrgSync on the school’s website. Or, Hussein can be emailed directly at wv5002oi@metrostate.edu for more details.

Regarding Minnesota State committees, one new and interesting development is Transfer Pathways. A few years back, Hussein explains, some students brought forth the fact that the transfer of credits from one Minnesota post-secondary school to another (a two-year to four-year college, for example) was not always an easy process.

So Minnesota State Colleges and Universities (MnSCU) stepped in and created the Transfer Pathways program as a state-wide initiative. The program works on “simplifying the curriculum and allowing for a smoother transition,” says

Hussein. “It’s common where students have to spend a lot of time making up certain credits for classes because it doesn’t necessarily transfer properly, so this initiative is to make sure that all these courses transfer as best as possible into four-year majors,” she adds.

Ideally, the various groups (depending on type of degree or major) are made up of students who have gone through the transfer process. These students are instrumental in shedding light on possible pitfalls and how to improve the system’s methods in order to smooth out the transition for future students. According to Hussein, there are 14 Transfer Pathways committees—representing various majors—meeting this spring semester.

The first committees were formed during last fall’s semester, so the program is still in its early stages. It seems to have the potential of being highly beneficial to students throughout the state, and also at Metro State.

Strike Three: Why Sports are Non-Existent at Metro State

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The Football Foundation states that there was close to 2 million viewers who watched the college football games aired during 2015. In a little more than a month, March Madness, a college basketball tournament considered to be one of the biggest sporting events in the US, will dominate public conversations and social media sites. Thousands of fans will put together their brackets and watch the games. Even with all this popularity, there are a small number of colleges that refuse to participate in the mayhem. Metropolitan State is one of them.

“The reason we don’t have sports at Metro has to do with the genesis of the university,” said Phil Fuehrer, the director of Student Life and Leadership Development. Metro State is unique from other universities because it appeals to a non-traditional student group. It is comprised largely of adults between 24 and 35 years old. These students usually lead busy lives and have commitments to their families and careers. This is very different from most universities where students attend full-time and have the freedom

to participate in sports.

“Most sports are not money makers,” Fuehrer said. When looking at sports, a university has to purchase and maintain a facility, a staff of coaches, a director, team uniforms, and observe different regulations, such as Title 9. This title states that with each male team there must also be a respective female team. This absence of sports at Metro State definitely denies students a sense of unified culture and comradery outside of the classroom. However, the admission of sports would cause major financial problems to the infrastructure of the university.

The key difference in what makes a “club” versus a sport’s “organization” all comes down to the competitive league and aspects of funding. For instance, Metro State’s Soccer Club is just that. They host tournaments featuring Metro Students, but they don’t reach beyond that. It’s purely for the aesthetic of sport versus any sort of extramural alliance. Even if the club existing is a somewhat gray area, its existence ultimately reflects a demand for its inception. But, again, it’s

purely intramural (within the bounds of Metro State), removed from any sort of NCAA status, as that is not the university’s priority.

“The demographics are going to have to change,” Fueher said. “Otherwise we are just not built for sports.” Traditional sports may be unlikely for a university like Metro, but what about something more unconventional? Fuehrer cites the Cyber Security and Forensics Student Organization (CSFSO), which has taken second place in the Minnesota Collegiate Cyber Defense Competition the last two years, as a “sport” that fits within Metro State’s culture. In the end, a sport is simply a competitive game between two teams. Individual sports like chess, bowling, and golf have a better chance of succeeding in an atmosphere like Metro State. The only way that something like this can start is through students who are willing to get involved. Students who have the patience to keep their eye on the ball, and the power to smash it out of the park.

Student Advice

The Search for Textbooks

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Trying to afford books for classes can be really expensive and time consuming. This is a constant struggle for students and decision that needs to be made each semester. One decision is to deal with it, fork over the money to a corrupt business practice that takes advantage of students trying to advance their futures. The second way is to assume what the teacher is wanting before class even starts then go ahead and look online. However, it is questionable what websites are reliable for the best deals.

The best way to approach these issues is to start researching your books quickly. When you have figured out your class schedule for that semester, email your teacher about what options they know about. Your teacher has probably heard from other students about cheaper options other than the bookstore. Having more time for book research will make figuring out the most affordable way to get your books.

Shopping online is a great way to start seeing what options are available to you. There are many online companies focused on getting students the best price. Remember to consider reliability and service.

If you're looking for reliability, Amazon.com is the way to go. It is such a large company, which often is to the buyer's benefit. Amazon might not be the cheapest around, but if you want virtually no risk involved they are a great choice. Growing with their success is Amazon's huge inventory. This is great for students because there is a good chance they will have your book in stock. If new books aren't your thing, there are cheaper options. Amazon will rent books to you for a discounted price and by the end of the semester they will email you the important shipping information. All you need to do is to print out the information, find a box and ship it by the desired date. No need to worry about paying for shipping, that's covered in the renting program.

Amazon also works with sellers who can set their own prices. The worse the condition, the better the deal. If you don't like the product when you receive it, Amazon has got your back. Not all items are returnable, but they are a good company. If you were wronged or deceived in any way or the seller isn't contacting you, they will work with you. Amazon also offers tablet (Kindle) versions of texts. These options can be cheaper than the printed book. If you love reading on digital devices and the ease of not having to haul around your textbook to class every day, then this is the way to go.

This type of format is not a good fit for everyone's learning styles. So before you commit to buying all of your textbooks in electronic format, I would suggest you try it out on an elective.

Chegg.com is a site that helps with all things academia. They are a source for study help, tutors, and buying or selling books. The website



Morguefile Photo by svklimkin)

is user-friendly and works best when you have a membership, which is \$15 dollars a month. A small price to pay for all the help they seem to give their members. Searching for textbooks is easy. Just make sure you have the ISBN number for the desired book and press enter. Then, after the semester is over, you can get quotes from Chegg to see how much money you can get back when you sell your textbook.

Some textbook companies such as McGraw Hill and Connect give the option of printing out the book. This isn't going to save the trees, but it's been known to save students hundreds of dollars instead of buying the bound books. These companies will sell online access through their sites as well. It might be a more affordable option to get the book elsewhere and to buy the access from the company itself than to get the bundled version from the bookstore.

Online options like campusbookrentals.com, half.com, ecampus.com, knetbooks.com and bookrenter.com have similar tactics. These various options can create a variety of consumer experiences. When you want to pay the least amount of money possible for your textbooks there is always some sort of risk you take, which can be said about anything bought online. It's always a bonus to find the best deals. If you do, please don't keep it a secret. Share it with your classmates so the pockets of students don't continually run dry.

When buying books from the bookstore is your only option, try to think rationally about your books. For each of your classes there are a couple of questions you need to answer before even stepping foot into the bookstore. Firstly, will this book benefit me in the long run? In other words, will you need this book for your

capstone or another class down the line? If that answer is yes, then buy the book, don't rent. Your best option is to buy a used or loose-leaf version. These options will be less expensive. If the answer is no, then look into renting the book from the bookstore. Secondly, what is my learning style? There are many, but the way you learn is crucial for how you will succeed in your classes. If physical books are the way to go, then steer away from the online only books the store is carrying, no matter how enticing they are versus the heavy and expensive books. Think of it this way: the cost of a book does not compare to the cost of the class if you have to retake it because you had difficulty learning.

As it turns out, the bookstore has a third option. That is its price match program. That's right, Metro State's bookstore has a price match guarantee. If you find your book for cheaper somewhere on the internet, they will match the price for you. A few disclaimers to this:

- 1) You must go to the physical store to use this guarantee.
- 2) The bookstore maxes out at \$100 per item and \$1000 per customer
- 3) The item must have the same ISBN number and edition.

More detailed instructions are on the bookstore's website under the "price match guarantee" tab. You still pay the full amount at the register, but the dollar difference you save will go on a bookstore gift card. This gift card can be used for whatever you want, but I suggest you save it for another semester to pay for more books.

Happy Savings!

Editor's Quote of the Month

"I love the way that each book—any book—is its own journey. You open it, and off you go...."
—Sharon Creech

Tech Corner

The Discounts and Freebies of an .edu Email Address

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In talking with students all over campus, I’ve found that many aren’t aware of the various discounted and free services available to anyone with an “.edu” email address. Due to my major and eventual career path, I’m more aware of the services available to those pursuing degrees in Computer Science, Computer Information Technology, Management of Information Systems, and so on. But there are also more universal products like Amazon Prime and The New York Times that have discounts available to .edu email holders.

Amazon Student Prime

Most people are aware of Amazon Prime, a subscription-based package of Amazon Prime video streaming, photo storage and, of course, two-day delivery. However, what many don’t know is that students can get all of Amazon Prime’s benefits for 50 percent off and, in fact, can get their **first six months of Prime for free** right now, thanks to a promotional offer.

Sign-up link: amazon.com/gp/student/signup/info/

NewEgg Premier

NewEgg, the predominant online computer part emporium, also offers a discount for its premier (two-day shipping) service. Those with an .edu email address will pay only \$29.99/yr. instead of the usual \$49.99/yr. Existing Premier subscribers can even connect their .edu email address and receive an immediate \$20 refund.

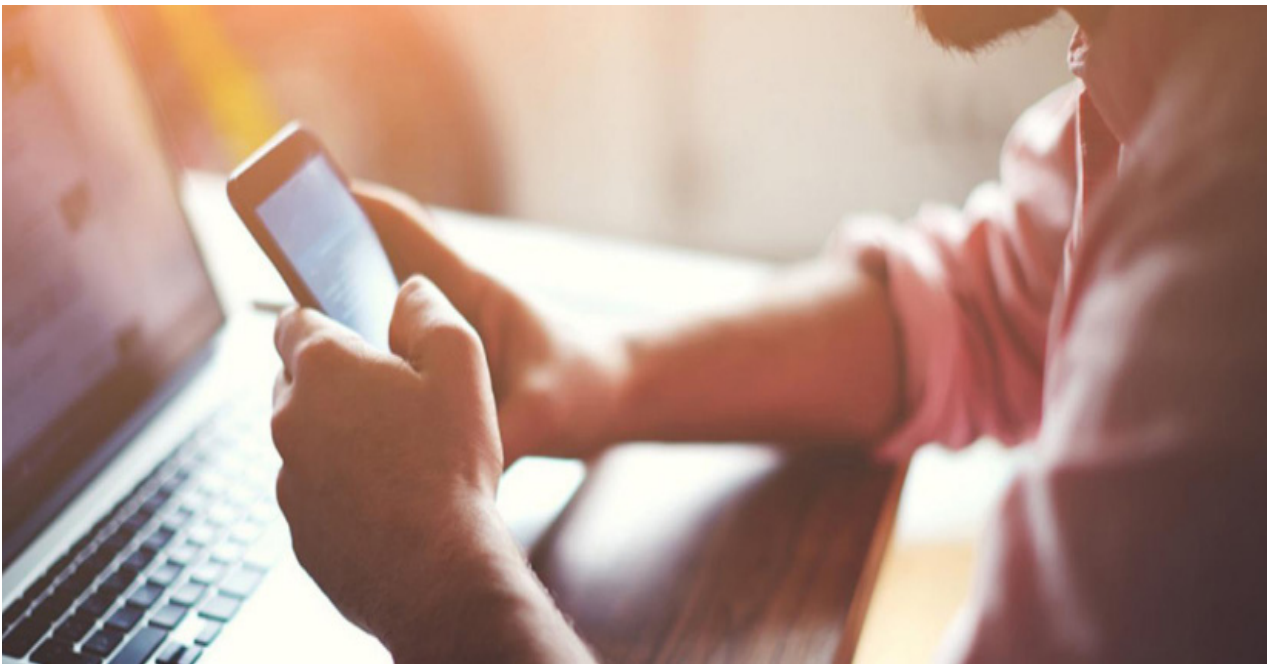
Sign-up link: newegg.com/students

The New York Times

The New York Times is arguably the most significant provider of news in the country, but getting a copy comes at a cost: \$15/mo for a digital subscription, or \$80/mo for Monday-Sunday paper delivery.

With an .edu email address, a digital subscription is just \$4/mo, and all physical delivery options are 50 percent off.

Sign-up link: nytimes.com/college



Morguefile Photo by Natashawilliams

Microsoft Imagine

Microsoft Imagine used to be known as Dreamspark. I can’t say I know why they rebranded, but all Metropolitan State students have access to the full Imagine catalog. Simply go to imagine.microsoft.com, sign in to your normal Microsoft (live.com) account, and you’ll be able to connect and verify your metrostate.edu email address.

Once connected, you’ll be able to access a number of useful, and normally quite costly tools, including:

- An extended 3-month trial for Parallels Desktop for Mac Pro Edition, which allows you to run Windows applications on Macintosh computers. (The normal trial is only 14 days!)
- Windows Server 2016, the server variant of desktop Windows. This can be used in place of the more privacy-invasive Windows 10, and I use it on my personal desktop computer.
- SQL Server 2016 Enterprise, Microsoft’s enterprise database solution.
- The Microsoft R Server, an industry standard programming language for advanced statistical analysis.

Sign-up link: imagine.microsoft.com

JetBrains Student Account

Alas, this one is relevant only to students learning application development of some nature, yet I feel it is utterly essential to them. Most such majors should be familiar with the Integrated Development Environment (IDE) which makes it easier to write, debug and parse complex computer programs. There are, in my semi-professional opinion, only two good IDEs on the market: Microsoft’s Visual Studio and JetBrains. (Eclipse and NetBeans -- the two programs most commonly taught in Metro’s courses -- are both severely lacking.)

Visual Studio has a free community edition, but mostly, it only works with Microsoft’s own programming languages. JetBrains works with PHP, Java and many others, but is quite expensive. Unless, that is, you sign up with your student email account, at which point you can get their development suites for free.

Plus, once you obtain a JetBrains student license, you will also be eligible for a 25 percent graduation discount towards a personal license.

Sign-up link: jetbrains.com/student

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In the Community

The Midtown Global Market—A New Experience

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For over 20 years, a building sat vacant on East Lake Street in Minneapolis. After many years of business, this awesome feat of construction shut its doors in 1994. It was an active site that contained the renowned Sears, Roebuck, and Company Warehouse and Store. A property known as a beacon of opportunity was now desolate and abandoned.

Today, with the help of many supporters, the building is open and ready for business! In 2006, the Midtown Global Market became tenants of this historical location. This unique market includes several small businesses that have brought energy and new life to this area. These establishments have great satisfaction in serving their communities and bringing customers excellent products and services.

If you have never visited the Midtown Global Market, I recommend that you check it out soon. It is a fun place to visit and behold something new. For me, the Midtown Global Market experience reminded me of my time going to the Minnesota State Fair—without the added entrance fee. This Market has an abundance of food choices and many things to notice.

Food

If you are tired of the same old foods, the Market will have many food varieties to satisfy your “adventurous appetite.” There are tasty foods with from a diversity of ethnic cuisines, including Middle Eastern, Korean,

Moroccan and Cambodian. There are also many interesting menu options for you to try, including “The McFly” from Taco Cat and camel burgers from Safari Express.

If you prefer familiar foods, the Market has many delights for you. Andy’s Garage has burgers, sandwiches and wraps. There are also many healthy choices available. For instance, Fresco’s Pasta Bar has a great salad selection. If you love breakfast, La Loma, known for their tamales, has an all-day breakfast menu. There are also many value meal options. Los Ocampo, for example, has daily specials for the weekdays.

The Midtown Global Market also features meals from award-winning restaurateurs. Jakeeno’s Pizza and Pasta received a recognition certificate in the Market for their soup. Restaurants, such as Manny’s Tortas, had articles in well-known publications including the *Star Tribune* and the *Best of the Twin Cities*.

Treats

If you have a “sweet tooth,” the Market has many delicious treats for you. The Salty Tart Bakery has cakes, cookies, cupcakes and their “World Famous Coconut Macaroons.” Grand Italian Ice and Custard gets great reviews for their homemade ice cream. Pham’s Rice Bowl provides an assortment of bubble teas. If you are a coffee fanatic, the Market has Mapps Coffee and Tea for you.

Grocery

Once you are ready to leave, the Market sells items you



The historical Minneapolis building housed the Sears, Roebuck, and Company Warehouse and Store until it closed in 1994.
(Photo by Scott Lindell)

can take home. The Produce Exchange stocks many organic foods and cleaning supplies. They also have fresh fruits and vegetables available. Holy Land Brand’s grocery has a meat showcase and an impressive menu selection. Grass Roots Gourmet carries food from local farms and the “best apple dip ever.” Most restaurants in the market have take-home products available.

Gifts and Souvenirs

Valentine’s Day is coming soon. You might find that special gift at the Midtown Global Market. The Market has jewelry, crafts, pottery, bags, sunglasses and much more. Rituals is a cosmetics store with natural beauty products and soaps. The Art Shoppe displays many paintings and photographs.

There is also global merchandise. Simba Craftware sells authentic home decorations by African Artists. There are also clothing items from various cultures. For

instance, there are Tibetan dresses, Native American tops and fashions from East Africa. Viewing these items will help you learn and appreciate the diversity of Minnesota.

Things to do and see

The Market is known for their events and happenings. For the Chinese New Year, there was a Lion Dance Performance. There are also live music performances at various times of the year. Artists and writing groups have presentations in the Market. There are contests and programs for the children.

If you are looking for something to do or a new place to go, the Midtown Global Market is a great destination. The place has a great atmosphere with appealing lights and colors. It is a great place for a meal and conversations with friend and family. There are plenty of interesting things to look at; including Eastlake Craft Brewery’s brewing process and Hot In-

dian Food’s diagram for Bollywood Dancing Techniques. You can also get green tips from Do it Green! and their educational kiosk.

The Midtown Global Market is at 920 East Lake Street, Minneapolis, MN 55407. Free parking is available on the street. Ramp users can receive one hour of free parking when they make a purchase from the Market and validate their ticket. The Market is open Monday-Friday from 10 a.m. to 8 p.m. On Sundays, the Market is open from 10 a.m. to 6 p.m. Some businesses have extended hours. For more information, please visit their website www.midtownglobalmarket.org.



Midtown Global Market

920 East Lake Street
Minneapolis, MN 55407



In the Community

The NDC — Revitalizing Communities through Small Businesses

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Students listened attentively as Kathy Moriarty the Chief Administrative Officer at Neighborhood Development Center (NDC) described the characteristics of successful entrepreneurs. She stated her admiration for the guts of these individuals and their willingness to face risks. Furthermore, Moriarty mentioned her respect for the entrepreneurs’ desires to become leaders in their communities. Then she gave students an opportunity to share their dreams with the class. They expressed a desire to fulfill customer needs and their unique visions on how they can make the world a better place.

On this night, Kathy was leading an NDC workshop called “First Steps to Starting Your Small Business.” The NDC provides many benefits for small businesses. Their services include entrepreneur training, business lending, small business consulting and leasing assistance. They aim to help small businesses and revitalize the neighborhoods they serve.

In the workshop, Moriarty stressed the importance of planning and knowing the specifics of your business. “Plan It!” is a program offered by the NDC to help people write their business

plan. Students in this program receive individual consultation from a trainer. With the 10 hours allotted, students can ask specific questions about their business. They can work with a trainer to anticipate problems and prepare solutions. Students can research downturns in their business and devise budgets to prepare for them. Besides planning, business owners must know how to monitor the performance of their enterprise. The consultants can give advice on how to look at numbers and ways to respond to the input they receive.

“Never sign a lease without having an attorney look at it,” Moriarty advises. This statement should encourage entrepreneurs to exercise caution before making business decisions too quickly. Many new entrepreneurs can make bad judgments due to inexperience. Consultation at NDC provides expertise in many fields, including accounting, merchandising and marketing. If an individual needs more information before taking action, the NDC is ready to help.

Besides consultation, the NDC offers free workshops on Tuesday evenings. Students can register for a variety of workshops, including “Branding Your Business,”



The Rondo Community Outreach Library is the location for a Small Business Resource Center and NDC events.
(Photo by Scott Lindell)

“Understanding Accounting,” and “Fiscally Fit.” These workshops take place at the Rondo Community Outreach Library on 461 North Dale Street in Saint Paul. This library also has a Small Business Resource Center. This Center provides access to excellent resources, including Business Plan Pro and Demographics Now. The Demographics Now program can give entrepreneurs insight into whether a planned location is right for their business.

Although it takes a lot of knowledge to run a business, people should not let experts start all of the small businesses. Moriarty revealed that some entrepreneurs had very little when

they started, growing their business through hard work and sacrifice. Many individuals will persevere when they have a passion and love for what they do.

The Midtown Global Market is a shining example of small business success (see previous page). According to the NDC website, the Market is home to 40 small businesses and 1.5 million visitors each year.

The NDC continues to assist small business development in various areas throughout the Twin Cities, including Frogtown and East Saint Paul. They help expand commercial spaces and opportunities in underdeveloped locations. Their work has created more jobs and new

business owners.

Are you interested in starting your own small business? Are you already a small business owner? You do not have to face the challenges on your own. The NDC is at 663 University Ave. West (Suite 200) in Saint Paul, Minnesota. Their website is www.ndc-mn.org. The site contains information about their events and programs. It also has interesting stories about small businesses in Saint Paul and Minneapolis. There is also a link where you can join their mailing list.

Upcoming NDC Events at the Rondo Community Outreach Library

Please visit www.ndc-mn.org/events/ for up-to-date information on upcoming events planned for the Rondo Community Outreach Library. Their website will give you information on when events will occur. Here is a list of events that are planned for February.

Rondo Community Outreach Library
461 North Dale Street
Saint Paul, MN 55103

First Steps to Starting Your Small Business

Tuesday, February 7, 2017
6:00 p.m. to 8:00 p.m.

How to Finance Your Business

Tuesday, February 21, 2017
6:00 p.m. to 8:00 p.m.

Marketing 101

Tuesday, February 14, 2017
6:00 p.m. to 8:00 p.m.

Business Insurance

Tuesday, February 28, 2017
6:00 p.m. to 8:00 p.m.

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