

THE METROPOLITAN

The Metropolitan State University Student Newspaper

A Rare Library Connection



The Metropolitan State University Library and Saint Paul Public Library (Photo by: Scott Lindell)

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Anyone who has ever stepped into the Metropolitan State Library knows that it is a little different than most. It's not that the space is large in size, or has a great aesthetic appeal, but a unique quality very few in the United States share. A concept that Metro had been arranging since they started planning their academic library. Metro would share a space with the Saint Paul Public Library (SPPL), creating a place where two libraries can coexist in one building – as a joint-use library.

These types of libraries are quite rare, and Metro State's is the only combined public and college academic library in

Minnesota. The Dean of Library and Information Services, Chris Schafer, explains the benefits the community and student life can gain from a type of library like ours, "I think it's important that students attending an urban institution gain insight of the diversity of people in that environment... to take advantage of the unique resources of both library types." Schafer said. "Having community users also allows our students to reap the benefits of interacting and learning from those who live in the community," she added. An opportunity our diverse students and vast community have right in their back yard.

Schafer describes the partnership

with SPPL as a wonderful one. She loves working with the SPPL staff and the uniqueness of this arrangement was what attracted her to applying for the position she currently holds. Programming is done with the public library and their intent is to not only involve the community but also get Metro State students involved. Many activities are focused around families, young children and teens (but aren't exclusive). These activities include movie nights, Star Wars Parties, and Changing America: The Emancipation Proclamation exhibit. They also team up with East Side Freedom Library and hold events with

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Find Your Path with the Pathways Program

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Field trip! I have to admit my excitement for these two words. As an adolescent, I felt the thrill of class trips. These expeditions into the unknown inspired my thoughts for adventure and curiosity. It was fun to leave the classroom and discover additional possibilities. My visits resulted in new experiences and insights.

As a Metropolitan State University student, you have a unique opportunity to gain ideas and inspiration for your future career – including field trips. Thanks to Travelers and other businesses in the insurance and financial services (IFS) community, you have access to the Pathways Program. Since 2008, students have used the Pathways Program to explore career and network options within the IFS industry. This exploration involved outings to local businesses, including Wells Fargo, Spire Credit Union and the Federal Reserve Bank of Minneapolis (and there are more in the works for the near future). During the field trips, students toured

the company and representatives talked about their career backgrounds and highlighted their organization's internships and job opportunities. Students received advice to help them prepare and succeed in this field. The program also provides additional opportunities to network with employers through employer panels, classroom presentations, resume reviews and mock interviews.

The Pathways Program has a free, non-credit D2L course to help you obtain skills in career research, interviewing, resume writing, networking and professionalism. Jill Sondergaard is a Travelers EDGE/Pathways Program Career Specialist, inspired to help you create a career development plan. Students that complete the Pathways Program are impressed with what they have learned. "The students who have been involved express their gratitude all the time for the valuable feedback that they receive from completing the assignments in the D2L course, as well as the coaching support from me and what they gain from the field trips,"



Students of the Pathways Program attending a May field trip at the Federal Reserve Bank of Minneapolis (Photo provided by the Career Center)

said Sondergaard.

Students in business, information and computer sciences, professional communication, applied mathematics,

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Fall Fest 2016

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At the beginning of the school year, a few inevitable signs of the season's change: the air becomes cooler; leaves begin to change. The cost of textbooks causes the moans of students to cascade throughout the Twin Cities; and Metro State's annual tradition, "Fallfest," jumps onto campus.

It happens every year, and the collaboration of student organizations and the University to strive towards bringing the student population together is admirable. It is an event that legitimately combines Metro's fantastical elements of outward comradery with shades of professionalism. The event is, indisputably, our homecoming. This is our opportunity to invest in passionate clubs and organizations.

About 40 organizations – with bells and whistles – will be in attendance for the September 24th event. Students, faculty, staff, alumni, and friends of the college are invited to join the fun; naturally, a family event. Closing gaps and building bridges will be at the forefront of the event, with President Ginny Arthur opening the festivities.

When you're at the event, swing by The Metropolitan Booth and say hello. We would love to see you there!

**Saturday, September 24,
2016
1:00PM - 5:00PM
St. Paul Campus
New Main Hall
Outdoors Courtyard**

THE METROPOLITAN

The Metropolitan State University
campus newspaper

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article for publication
consideration.

The submission
deadline for the October
Issue is Septmeber 10,
2016.

On Campus

TRIO Students Paying It Forward to Chicago



TRIO students group picture before volunteering at St. Jerome's Soup Kitchen (Photo by: Ahki Menawat)

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Students from TRIO Student Support Services at Metropolitan State University were given an opportunity to participate in a Pay it Forward Tour – with Student Today Leaders Forever (STLF). The Tour was to Chicago with students doing a service at each of the city that they visit. During the week of August 15, 2016, thirty-three TRIO students and three staff completed three service learning projects and visited a graduate school over the four day period. The service learning projects consisted of reforestation at Festge Forestry Park (Madison, WI); Feed My Starving Children (Schaumburg, IL) and St. Jerome's Soup Kitchen and neighborhood clean-up (Chicago, IL). The primary purpose was about building better communities, building an engaged community of learners, and building a better sense of self.

On Monday, August 15, our first service learning project was with the Festge Forestry Park cutting down buckthorn and spraying it herbicides. We also cleared out the area by picking up branches and debris from the trees that was cut down a few weeks ago. This was an exhausting service project because we were outside and it was a very warm day. After that, we were able to shower briefly at a YMCA. That night, the group slept in a church in Madison and we got to know each other a little more by doing a trust walk.

The next day, we went to the University of Wisconsin- Madison to learn more about their graduate school. We toured the campus and stopped at Babcock Hall Dairy Store

to get ice cream samples. After that, we were able to explore State Street and have lunch on our own. It was interesting, being immerse into a large, but yet at the same time, small community.

After Madison, we arrived in Schaumburg, Illinois where our second service project was at. We participated in Feed My Starving Children service project. For this service project, our goal was to pack as many packages of food within an hour and a half session. We were given the opportunity to choose certain roles at each table. Some students would pour the ingredients for the packaged meals into a bag, others were in charge of opening the bag and making sure the package were within the weight range needed, one person would be the sealer of the package and others would place the packages within boxes. There were several people working in the back as well, running and lifting the boxes whenever one was completely filled. It was an amazing experience. Once our session ended, we were amazed to see how much of an impact we had made on the communities who were going to receive the food we just packed. After the service project, we went to a church to spend the night. That night we did a reflection that allowed each one of us to share what we valued the most in our lives. It gave us the opportunity to understand one another. We then gathered into our small groups to reflect about what we learned and enjoyed that day, as well as our thoughts about the service projects.

The next day, we headed off to Chicago, Illinois for our next service project. The next service project we

took part in was St. Jerome's Soup Kitchen and neighborhood clean-up. Half of the group cleaned up around the neighborhood while the other half assisted with the cooking and set up within the church. It was an interesting experience working together with everyone and with the St. Jerome's Soup Kitchen staff. After the service project, we all gathered together to do another activity called the shoulder tap. The shoulder tap activity allowed us to acknowledge each individual for certain aspects they held. Later that day, we had plenty of free time to explore Chicago together as the trip was slowly coming to an end.

After an adventurous week, the trip came to an end. Every moment was memorable, from the hard labor service projects to the times of reflection and individual growth, as well as the time of exploration of different cities during our free time. Even the long bus rides were memorable, especially when we were given the opportunity to write positive words to one another for our "yeah buddy" bags. The whole trip was amazing due to the eye opening service projects within the different cities, as well as the amazing students and staff that came along for the journey.

TRIO is a federally-funded program through the U.S. Department of Education. Certain eligibility requirements and criteria must be met to participate in programming. Please visit www.metrostate.edu/trio to learn more.

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On Campus

Nursing Students Organization: Making Healthy Lives Matter

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How do you feel right now? Is your mood good or bad? Are you energetic or tired? Is your mind focused or distracted? Do you experience anxiety or calmness? These are important questions, but we rarely take enough time to consider their importance. We may be too busy to ponder our health or take more steps toward a better well-being. What could happen if someone introduced you to a healthier lifestyle?

The Nursing Students Organization (NSO) works hard to bring health awareness to Metropolitan State University, collaborating with organizations on-campus and in the community to promote wellness. Their events give students new insights into improving their liveliness. Last June, they held an Ayurveda Seminar. Ayurveda is an ancient Indian method of natural healing, whose practitioners believe in the principle of balance. If people are balanced, they will show positive behavioral traits such as cheerfulness, high energy, friendliness and discipline. If people are unbalanced, they exhibit negative behaviors such as anxiety, insomnia, irritability and difficulty focusing. Ayurveda instructors help others dis-

cover the benefits of diet, herbs, aromatherapy, massage, music and meditation.

This summer seminar featured Tanya Boigenzahn Sowards – a Reiki Master – of Thai Yoga Bodywork. Experts such as Sowards teach many healing methods and, with their guidance, people acquire natural ways to restore their vitality. They can apply these remedies at home to respond to stress and feel better.

The Ayurveda Seminar is just one example of the programs the NSO brings to Metropolitan State University. Last February, the NSO co-hosted a Valentine's Day blood drive with the Red Cross. Donating blood saves lives. One person that donates helps at least three individuals! Mari Bjerstedt, the NSO treasurer, reported that they collected 14 units of blood to help this cause. Donators also received a free mini checkup at the blood drive. The assessment measured pulse rate, blood pressure, body temperature and hemoglobin level, giving people a better sense of their personal health. The NSO also provided blood pressure screenings at this year's spring health expo.

Later this semester, the NSO will bring back one of their most popular events—the Fall Self-Care Event. This



(Morguefile Photo by aigarius.)

gathering usually takes place before final exam week. "Last year, vendors provided back massages, Reiki, hand massages and aromatherapy for attendees; lunch and refreshments were also provided. This event gave Metro State students an opportunity to take a break, regroup, and receive a moment of relaxation before beginning the fall finals week. Free raffle tickets were given at each station to help facilitate movement through the event," said NSO President, Margaret Olatunbosun.

You do not need to be a nursing student to participate in NSO activities; the organization invites all students and staff to their events. Also, students not in the nursing

program can join the NSO. To become a member, you need to volunteer for events and attend meetings. Besides learning about health, you can gather valuable skills for your field of study.

The officers of the NSO are Margaret Olatunbosun (president), Kelli Gerards (vice president), Mari Bjerstedt (treasurer), and Yeng Lee (secretary). To find out more about their organization and upcoming events, you can visit their Orgsync website: <https://orgsync.com/48527/chapter>. Margaret Olatunbosun allowed The Metropolitan to interview her for this article.

To read more about Ayurveda, please view the <http://www.chopra.com/our-ser>

vices/ayurveda webpage. To learn more about Reiki Masters, please read William Lee Rand's article Becoming a Reiki Master. This reading is at <http://www.reiki.org/reikinews/reikin3.html>. To learn more about blood donations, please review <https://www.bloodsource.org/Donate/Blood-Facts-FAQs>. To investigate the blood donation process, please visit the American Red Cross and their webpage: <http://www.redcross-blood.org/donating-blood/why-donate-blood>.

A Place to Rest Your Mind and Relieve Stress

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Have you ever spent too much time at the library or computer lab? Perhaps it was "crunch time" and you were preparing for an exam or writing a major paper. Did your head feel like it was ready to explode? If you ever feel like this, it may be time for a break. Rest could help you replenish your mind's energy and restore focus. It can also help you regain your productivity.

While studying at the Metropolitan State University library, take a moment to visit the David Barton Community Labyrinth and Reflective Garden. It is a great place to take a small break. This tiny park is located on the library



The David Barton Community Labyrinth and Reflective Garden is located on the library grounds. (Photo by: Scott Lindell)

grounds. You don't have to go too far to connect with nature and get some fresh air.

Unlike most parks, this area has a labyrinth. Labyrinths

are circular trails designed for walking. These paths guide you to the center and then back to the beginning. According to the Labyrinth

Society (www.labyrinths.org), labyrinths are used for psychological and spiritual development. They could also strengthen your right

brain abilities, including creativity. Maybe this walk will provide the inspiration you need for your school work.

Student Life

The Charms of Autumn

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Ahhh, September, one of my favorite months; and one of my favorite times of the year. While I do love the fun that the hot yellow of summer brings, it's a gratifying transition to me when the seasonal baton is passed to golden autumn days and crisp nights (great time for a fire).

It's the time of year for open windows, shorts and sweatshirts, less bugs, fruits of the harvest, and the autumnal equinox – on September 22 this year – when the sun shines directly on the equator and the length of day and night is nearly equal.

September is also ripe for apple and pumpkin picking, fall colors, and state fair food – the time when, right or wrong, one might say “screw the diet.” In light of that, what follows is a list of fall events and activities (mostly) around the Twin Cities area; the list is varied to cater to differing needs and interests. Some activities are family-oriented, some are free, while for others there are fees that vary in price.

Apple/Pumpkin Picking

There are a number of metro area orchards to visit and pick – or just purchase – apples, pumpkins, and other goodies. Great for family outings, these places also offer other fun stuff, including hay and wagon rides, pony rides, petting zoos, corn mazes, baked goods, and entertainment such as live music. Here's a partial list of nearby orchards and farms:

Afton Apple Orchard – 14421 South 90th Street, Hastings, MN 55033

Anoka County Farms – 125 Bunker Lake Boulevard, Ham Lake, MN 55304

Homestead Orchard – 1080 County Road 92, Maple Plain, MN 55359

Minnesota Harvest Apple – 8251 Old Highway 169 Boulevard, Jordan, MN 55352

Natura Farms – 19060 Manning Trail North, Marine-on-St. Croix, MN 55025

One event worth mentioning is the Twin Cities Harvest Festival and Maze. Boasting the largest corn maze in the state, it's open weekends from late September through October. Each year the maze itself has a sports theme; this year it's the Minnesota Vikings and their inaugural season at US Bank Stadium.

The event costs \$10 (small children get in for free), but for each ticket sold a portion is donated to the Viking Children's Fund. The ticket price also includes other perks, such as live music, a petting zoo and hayrides. A few extra dollars will get you such things as food vendors, a big yellow gunny sack slide and helicopter rides over the maze. More information can be found at the website: twincitiesmaze.com.

Fall Colors

The changing of the leaves is truly a sight to behold, with a dazzling array of reds, oranges, and yellows against a vivid blue sky; pleasing to the eye and soothing to the soul. Fortunately, the Twin Cities are blessed with several large city parks that offer great fall-color viewing. In Minneapo-



(Morguefile Photo by NDPettit)

lis there is Minnehaha Park and Theodore Wirth Park, while St. Paul has Highland Park and Hidden Falls Crosby Park. Or one can walk, kayak or canoe one of the many lakes or both the Minnesota and Mississippi River. Here is a list of other close-by excursions:

Minnesota Valley National Wildlife Refuge – Located south of Bloomington along the Minnesota River Valley, this area of protected wooded wetlands offers a visitor's center, hiking trails and a chance to see some Minnesota wildlife.

Note: Also in Bloomington, Hyland Hills Ski Area is hosting their annual Fall Colors Chairlift Rides on October 5 and 6, which offers a great view from the top of one of Hennepin County's highest hills. The cost is \$6 per person and is only suitable for children over two.

Red Wing: Bluff Country – One of Minnesota's oldest towns, Red Wing offers a trolley ride around the historic town or a cruise down the Mississippi River. South of Red Wing, Bluff Country is a beautiful stretch following the Mississippi, with the terrain becoming hillier and prettier the further south one goes.

Stillwater and the St. Croix River Valley – There's plenty to do in Stillwater, with boutiques, galleries and restaurants, or you can take the trolley or a scenic cruise on the river. Stillwater also holds an annual Fall Colors and Jazz Festival—this year it is October 6 and 7.

Taylors Falls – If one follows the St. Croix River north out of Stillwater (or I-35 north out of the Twin Cities and then east), you will reach Taylor's Falls, a charming, historic town surrounded by beautiful scenery. Interstate State Park is great for short hikes amongst high cliffs and geological features like “potholes,” which were carved in the rock during the ice ages.

Although a bit farther to travel (about two hours north on I-35), a visit to the north shore during fall colors is definitely worth the trip. The gorgeous multi-colored trees against the big, blue backdrop of Lake Superior is, to say the least, breathtaking. And cities like Duluth and Two Harbors offer lots of “touristy” things to do. Having been to the north shore numerous times, including during fall colors, I highly recommend it.

Minnesota State Fair – Billed as the “Great Minnesota Get-Together,” the fair runs for 12 days,

from August 25 through September 5 (Labor Day) at the state fairgrounds in Saint Paul. The state fair offers something for everyone, from exhibits to animals, and from rides to grandstand concerts. The state fair is also a great place just to people watch and take in the sights, sounds and smells. Many of those smells emanate from all the deliciously decadent food available, such as corndogs, chili dogs, pronto pups, mini donuts, Sweet Martha's Cookies, and about anything you can think of—on a stick. Yummy. Pre-fair tickets are \$10, otherwise adult tickets are \$13 at the gate and seniors and kids are \$11 (children under five are free).

Minnesota Renaissance Festival – Held annually in Shakopee, MN, this year the festival runs every weekend from August 20 through October 2. It's a fun-filled throwback to another time, with a plethora of merry maidens, mermaids, fairies, swashbucklers and jousters. There are numerous events, including live entertainment and armored jousting; artisans are also on hand, displaying their handmade crafts to view or purchase. Various food and drink are also available – including giant turkey legs. The cost is a bit pricier than other activities listed here: in advance, adult tickets are \$20.95 and kids (5-12) are \$12.50; at the gate, one will pay \$23.95 and \$14.95 for the same tickets (children four and under are free).

Farmers Markets – Fall is a great time to visit a farmers market, with many of the slower growing produce now matured and available; another good option for getting those apples and pumpkins. It also helps support local growers, which in turn stimulates the local economy. There are too many farmers markets to mention here, but two of the metro mainstays are:

Minneapolis Farmers Market: Lyndale Market – Located just west of downtown Minneapolis at 312 East Lyndale Avenue North, this market is open daily from 6 a.m. to 1 p.m., and runs from April-December.

Downtown St. Paul Farmers Market – Held in a dedicated space in the Lowertown district of downtown Saint Paul (the block at the corner of Fifth Street and Wall Street), this market is open weekends from April-November. Hours are 6 a.m. to 1 p.m. on Saturday and 8 a.m. to 1 p.m. on Sunday.

Whether you find something from this list or on your own, it's a great time to get out and take in the charms of autumn. Enjoy.

Student Life

A Taylors Falls Adventure Awaits You!

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A Whole Day of Fun Activities



Plenty of Hiking and Magnificent Views



Scenic Boat Rides



Many Interesting Things to Check Out and See



Great Food, Gift Shops, and Historical Places

Tech Corner

Windows 10: Privacy and You

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For the past year, from July 29th, 2015, to July 29th, 2016, Windows 10 has been available as a free upgrade for those running Windows 7 and Windows 8. It remains available as a free upgrade for those using assistive technologies like text-to-speech (check out <https://www.microsoft.com/en-us/accessibility/windows10upgrade> for more information), while everyone else still on an old version will now need to fork over \$119.

In commemoration of this anniversary, Microsoft is releasing a Windows 10 Anniversary Update. When it was first released, Windows 10 came to the attention of tech experts for prodding into every bit of personal information you had, and the Anniversary Update only dials this back to 9. If you are privacy conscious, there are over a dozen different settings you can change to stop Windows 10 from eavesdropping, and I'd like to walk you through the big ones.

Privacy Settings Are Invasive by Default

By default, Windows 10's privacy settings tend towards "tell us everything about you." Thankfully, they are easy to change: in the Settings app go to "Privacy." In the default "General" tab you will be able to toggle off several invasive settings. These are, in order:

- Whether applications can share information about you for advertising purposes. (Everyone should disable this. Everyone.)

- Whether "SmartScreen" is enabled, which sends the address of every website you visit to Microsoft to check if it is known to distribute malware. (Most people can disable this, but if you have a history of installing malware without realizing it, you should probably keep this enabled.)

-Whether everything you type is sent to Microsoft. (Disable this.)

-Whether websites are told what language you read. (I would keep this enabled.)

-Whether Windows 10 devices can control the current computer. (While most people won't use this feature, it is usually okay to leave it on.)

-Whether Bluetooth can be used to control the current computer. (You can probably keep this enabled, even if you might not use the feature.)

Getting tired yet? There's actually a couple more toggles in the other tabs: on the "Location" tab, you can enable or disable whether applications can know your device location; if disabled, applications won't know your precise locations, but will still generally be able to guess. On the "Camera," "Microphone," and "Radios" tabs, you can set whether applications are able to use these; and in the "Contacts," "Calendar," "Call history," "Email," and "Messaging" tabs, you can set whether applications are allowed to access these types of information. I would leave most of these enabled, but if you don't ever use your camera or microphone, you may wish to disable both; nefarious individuals have been known to try and spy through them on unsuspecting computer users.

Finally, in the "Feedback & Diagnostics" tab, you

can set whether Windows will automatically send information about your computer after crashes. You can choose between "Basic" (which sends your computer hardware configuration, installed software, and how well installed applications run), "Enhanced" (which also sends information on how often and for how long you use applications), and "Full" (which also sends a copy of everything that was loaded when the computer crashed – for instance, any documents you had open, or perhaps any banking information you might have been looking at). I recommend the former, but there is also an advanced way of disabling reporting altogether by editing the registry (but be advised, as registry changes can break your Windows installation if you aren't careful):

-Open the registry (hit Win+R, type "regedit")

-In the left pane, open the folder "HKEY_LOCAL_MACHINE\SOFTWARE\Policies\Microsoft\Windows\DataCollection"

-Right click on the right pane, choose "New" > "DWORD (32-Bit) Value"

-Enter the name "AllowTelemetry"

-Open the services configuration panel (hit Win+R, type "services.msc")

-Right click "Connected User Experiences and Telemetry" and set the "Startup type" to "Disabled"

Microsoft Edge is a Mixed Bag

In Windows 10, Microsoft replaced its perennial web browser, Internet Explorer, with the new Edge browser. Edge is faster, lighter, and better at displaying modern web content. And, in the Anniversary Update, it adds support for Chrome-style browser extensions as well as Adobe Flash content.

But is it worth using? Well, there's both pros and cons. Compared to Firefox or Chrome, Edge is arguably slightly more secure and slightly better on battery life. On the other hand, Edge still doesn't quite compare when it comes to displaying web pages that use the most leading-edge technologies.

Additionally, there are privacy concerns:

-By default, Cortana will keep a log of all websites you visit. It uses this information to be a better digital assistant, of course, but it can be disabled within Edge by clicking the "•••" icon at the top-right, clicking "Settings" and then "Advanced settings," and toggling "Have Cortana assist me in Microsoft Edge."

-Right below this, you can also toggle whether to "show search and site suggestions as I type," which will send everything you type in the address bar to Microsoft Bing for search suggestions.

-A little bit lower, there is a toggle to "use page prediction to speed up browsing..." which sends every page you visit to Microsoft in order to develop a pattern for guessing which page you'll visit next.

-Finally, right below that one, there is a toggle to

"help protect me from malicious sites and downloads with SmartScreen Filter," which sends every site you visit and file you download to Microsoft to scan for Malware.

Truthfully, if you are especially privacy-conscious, Mozilla Firefox should be your browser-of-choice, anyway.

Classic Shell or the New Start Menu?

When Windows 8 first came out, it became quite controversial for getting rid of the tried-and-true start menu. At the time, I encouraged people to upgrade to Windows 8 anyway – it featured several improvements over Windows 7, and Classic Shell (<http://www.classicshell.net/>) was available as an excellent third-party start menu that mimics the old Windows 7 start menu.

Windows 10 brings back a fuller start menu, but it still lacks some of the elegance of the older start menu, and allocates a lot of space – no surprise, in this day and age – to advertising. For instance, while I have not installed King's "Soda" on my computer, I still see an icon for it when I open the Windows 10 start menu. If you find this as appalling as I do, Classic Shell is worth checking out.

Windows Live Integration

Finally, beginning with Windows 8, Microsoft has pushed to get users to link their Windows user account with a Windows Live account. If you do connect a Windows Live account, you can sync settings across your devices, but at the cost of storing the information on Microsoft's servers.

To convert to a basic account (or back), open the Settings app and click "Accounts." You will see a link to "sign in with a local account" or to "sign in with a Microsoft account." Choosing a basic account will limit the information you send to Microsoft, an easy silver bullet for the privacy conscious.

Some Final Thoughts

Obviously, not everybody is so concerned about their privacy, but the collection and aggregation of personal data makes it much easier for hackers and spyware makers to collect sensitive personal information -- like credit card data, bank passwords, and email logins. Or, perhaps even more disturbing, it allows anyone who obtains access to your computer an almost direct window into your life. Disabling some of these Windows features limits this potential.

Of course, for those who do take their privacy seriously on principle, Windows may no longer be the best platform, anyway; instead, I'd recommend looking at a Linux variant – like LinuxMint. And if Windows application compatibility is essential, Windows Server may be worth looking into as well; I use Windows Server 2012 R2 on my gaming machine, and it can run nearly every normal Windows application; its only real failing is not working with Bluetooth.

Mann About Town

An Open Letter to Experienced College Students

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Hey guys, how's it going?

This year is going to be my senior year in college. This has made me really desire reflection of my collegiate career while striving towards my future goals. Primarily, that being in college for such a long time is a pain in the butt.

Nah, I'm just being mean. But a lot of college students who have been going to school nearly constantly for years, decades even, suffer from legitimate fatigue. Obviously, nobody wants to feel wrung out. In the last two years leading up to graduation that is the last state of mind in which students want to be.

So, I just want to go over some tips and activities that have helped me get through the years of college, stress and (near) constant work. Take these as little bit of advice, or survival tips, in time for the beginning of the school year. Please don't read this as a warning, but as encouragement to find your peace in the middle of calamity.

If You Can Get Ahead, Stay Ahead.

Look, balancing school with jobs, kids, clubs and a million other things can be taxing. Sometimes school work just can't be the priority. But, in those precious times when you have an opportunity to

get ahead, take it. It may be tempting to look past it and do the work later, but take the extra five minutes to get a head start; check those emails even when you don't feel like it. The load you take on today will ease the pressure of tomorrow.

...But, Nothing is Wrong with Rest.

It may seem hypocritical, but, even considering what I just said, there is absolutely nothing wrong with taking some time for yourself. I don't necessarily mean going to bed or passing out from working all day. I mean take a moment, find something you really enjoy doing, and do it. Watch a movie. Spend time with loved ones. It doesn't matter what. The point is to make a conscious effort to spend time on yourself.

It may seem difficult, but a vacation can change your perspective.

Despite how much time and planning it takes, once an even small vacation is over, it will be worth the effort. It doesn't have to be a large trip – you don't even have to leave the state—but when the payoff happens, it can add new shades of color to your vision. I took a trip up north this past July. It rejuvenated me, while also giving me perspective into where I want my life to take me next. Obvious as it may seem, when it feels like death, taxes and classes are the only constants in life, the ability to separate yourself is invaluable.

Vacation not possible? There's an answer for that.

It's almost childish, really, but a regularity of hobbies and activities can help get you through some tough times. Ironically enough, Metro State might even have a club for such a hobby. Sharing those hobbies with people can even out one's mood and create a healthy dissonance from a constant barrage of work and stress. Personally, I enjoy activities that either bring people closer together or in which I am a part of creation. Feeling productive while doing what I love is honestly one of the great experiences of my life.

If all else fails, try again—no, seriously.

Work will pile up. Pressure will increase. But, when the opportunity arises, even if it passes by, there will be another time to take advantage. Paradise is where you make it. The difficulty may come from external forces, but you are the ultimate key holder.

Best Wishes,

Brayden Mann

Discounted Bus Passes Offered for Metropolitan State Students

BRAYDEN MANN
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Discounted bus passes are now available for the Fall 2016 semester. The passes themselves, discounted specifically for Metro State students, are valid from Aug. 15 to Dec. 31. Typically priced at \$175, but lowered to a rate of \$100.

This pass applies to Metro Transit busses, the Green Line—which stretches from Target Field in Minneapolis to Union Depot in St. Paul through the midway areas—as well as the Hiawatha rail stretching through south Minneapolis. A valid student I.D. is required with the pass when riding, and students should get the pass registered at metrotransit.org/register in case a replacement pass is needed—the replacement is \$20 with registration. It's full price without.

Passes are on a first come first serve basis, but a handful are still available for purchase at these locations:



-Saint Paul Campus
-Midway Center
-Minneapolis Campus
-Brooklyn Park Campus

For more information, contact Gateway Student Services at 651-793-1300.

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.

In the Community

WEQY and The Voice of the East Side

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Community resources come in all different ways. You can get your news by way of neighborhood paper, the Nextdoor app, or by tuning in to WEQY 104.7 FM—a low-power radio station. What the heck is a low-power station? A station that has a smaller broadcast radius. In August of last year, WEQY started testing their signals with their mission statement in mind:

“WEQY envisions a socially, economically and politically powerful East Side by capitalizing on its rich immigrant history and diverse communities. WEQY will serve the East Side as a community anchor, connecting and sparking dialogue across cultures and generations, educating the public, and broadcasting the voices of the East Side,” according to the website.

Located not far from the college on East Seventh

Street, WEQY is important to our Metro State community. The volunteer staff keeps the topics relevant and timely for all Twin Cities residents. However, the airwaves only reach a three mile radius. This gives the station an opportunity to reach out and give the east side a voice it has never had before.

The morning show consists of hip-hop music, and shows such as Democracy Now air on weekdays at 11 a.m., giving residents knowledge of larger national news in addition to global events and how they impact the community. WEQY involves the community to discuss topics that over the years have been taboo – like race – in ways that provoke positive change. By doing this, a dialogue is created in the community that creates a stronger voice.

Because of the diversity throughout the Twin Cities,



Location of WEQY at 790 7th St. E. in Saint Paul, Minn. (Photo by Scott Lindell)

WEQY is working with other low-power FM stations. So, if you aren’t living in Saint Paul, you can hopefully soon listen to their programming on the radio; or stream it live from the website: weqy.org. You can also find east side neighborhood events on the website.

Because the station takes

pride in their neighborhood, they threw a great block party on Saturday, August 13th. Attendees enjoyed food from local vendors, local live music and dance performances, and connected with local resources for both businesses and families.

The goal of the station is to give a voice on the airwaves

to people who typically don’t have one, such as Latino, Somali, and Hmong residents. Because WEQY is volunteer run, they are open to ideas for new shows, new playlists, and topics to discuss. If you are interested in getting a show or volunteering, visit the WEQY website and view the guidelines.

Upcoming Events for the East Side

Please visit www.weqy.org for up-to-date information on upcoming events planned for the East Side community. Their website will give you information on where events will take place. Here is a partial list of events that are planned for early September:

Saint Paul Welcome Hat

Tuesday, September 6, 2016
5:00 p.m. to 7:30 p.m.

Perspectives: A Series, with Wing Young Huie

Wednesday, September 7, 2016
1:00 p.m. to 3:30 p.m.

Farmer’s Market

Thursday, September 8, 2016
3:00 p.m. to 6:00 p.m.

Fiesta Latina

Saturday, September 10, 2016
11:00 a.m. to 4:30 p.m.

11th Annual Harvest of Art Celebration

Sunday, September 11, 2016
12:00 p.m. to 4:00 p.m.

LIBRARY CONNECTION FROM 1

them as well.

Being able to reach out to so many distinctive markets is one of the better characteristics of having a joint-use library. The two businesses working together is a really easy way for a community to come together and gain great experiences. Complications can arise when joining up, including confusion from what rules should be

enforced, staffing, library hours, and policies. Concreting these ideas can be a conceptual pain and can also confuse their audience. Which is why we don’t see many joint-use libraries; they seem to do better riding solo. However, Metro State’s Library and SPPL don’t seem to have any issues.

This unique treasure is a perfect example of how two businesses can work together successfully.

Not only are these two libraries thriving on their own, but together they create something unique. Together they can reach an audience the other might not have been able to do alone. So, if you haven’t experienced the SPPL side of the Metro Library go and experience the unique collaboration.

PATHWAYS PROGRAM FROM 1

technical communication and individualized studies (with related focus areas) are eligible to participate. If you are interested, get involved soon, as participation will help you secure a spot in an upcoming field trip. You need to have at least one full semester remaining to be involved in the Pathways Program, and it is flex-

ible enough to help you prioritize as you complete your degree.

For more information contact the Career Center at 651-793-1528. As an active participant, you will receive a professional portfolio folder to use for job fairs, interviews and networking meetings. Students who complete the program requirements

will receive a \$50 bookstore gift card and a certificate of completion. This certificate could be a competitive selling point to launch your career in the IFS industry. Organizations will value your preparation and initiative to work in their profession.

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