

# THE METROPOLITAN

The Metropolitan State University Student Newspaper

## Student Senate Subsidy Reduces Price of Bus Passes, Debate Over Parking Ramp Continues

BRAYDEN MANN  
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At the beginning of the fall semester, bus passes for students at Metropolitan State University were more expensive than last year. Recently, however, Metro's Student Senate voted to reinstate bus subsidies for this year.

The appropriation covers \$50 per bus pass, up to a total of \$50,000. That is, bus passes will be \$50 cheaper than they were at the beginning of the semester. Moreover, Metro's administration might subsidize another \$25 per pass, according to Student Senate President Amber Hamm. She said the Senate is waiting for an official response from the administration regarding their subsidy.

Many students have already purchased passes at a higher price this semester. Student

Senate has proposed that these student be reimbursed. Hamm said this aspect of the proposal has not yet been approved.

"This is a good thing," said Alex Johnson, a part time student at Metro. Johnson takes the bus from Lauderdale to get to the Saint Paul and Midway campuses. "Passes are always a lot of money. Any help to pay is always good."

"We try to keep it around \$100 that students have to pay," said Brian Wermerskirchen, the vice president of Student Senate. Typically, Metro Transit increases the cost of passes every year, but the general idea for the Senate and Metro State is to take the cost on. "A lot of students really needed bus passes to be subsidized," said Hamm. "We had quite a few emails

and students coming up to us to tell us they needed that subsidy because of the increased parking fee."

Once the administration gives an official reply to the proposal, students who already purchased bus passes may have the option to receive reimbursement. For those students who haven't bought a pass yet, purchases can be made at the Gateway Student Services on campus.

One issue important to bus riders, bikers and those who walk to school is the potential for an opt-out option for the parking ramp fees.

"There's [an] ongoing discussion about it right now," said Wermerskirchen. "It's something that we have a little bit of time to make a decision because we can't change anything for this

year. It can't be changed this year because it has to go through the system office; our hands are pretty tied for what we are able to do this year."

Allowing some student to opt out of the fee may lead to complications, as costs for the parking ramp are fixed. If costs go down for one group, they go up for another. Student Senate committees are in place to discuss the issue in the upcoming year, so students have an opportunity to bring their comments and questions to the Senate.

"It's all being heard," said Wermerskirchen. "We understand what a lot of people are going through; we're paying it, too. ... If [students] have questions, if they want to know more and hear the other voices in the conversation, reach out."

## SWSA Sponsors Culturally Diverse Food Drive

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When many of us think of food drives, we think of dusty cans of tomato paste, lima beans and pickled herring alongside boxes of mac and cheese and some heavily salted pasta kits that are meant to "help" a variety of meats.

Social Work Student Association (SWSA) president Basia Minta hopes to shake the stereotype of food drives that gather "processed American crap." SWSA is sponsoring a culturally diverse food drive by encouraging people to step out of their own pantries and really think about what people eat.

"SWSA is initiating this food drive in respect and in honor of our peers and friends with diverse backgrounds," Minta said. "It doesn't seem fair to expect our friends to eat certain foods they are not familiar with or don't like."

It is not simply a matter of personal preference. According to Sue Fust, coordinator of the Student Parent Center, food security is a big issue at Metropolitan State. "Many of our students, even if they have learned to eat and enjoy it when prepared by others, do not know how to cook American food at home," Fust said.

The definition of a "comfort food" varies between the diverse ethnic groups represented at Metro State. For Native American, Asian, African and Latino students, comfort foods could include wild rice, fish paste, dried dates, fufu flour, nopalitos and masa.

Another key distinction of this food drive is that students may donate perishable foods such as meat. In fact, hunters may donate pheasant and deer meat that has been properly prepared and packaged, Minta said. However, perishable foods may only be donated in person between 9 a.m. and 6 p.m. at the Food For Thought

## Film Club Provides Creative Outlet for Students

ANDREW PRATER  
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On a Thursday afternoon, Metro student Jennifer Lopez walked into Room 12 at the Midway Center looking for help. Lopez, who is a Psychology major, works at the Humane Society and wanted to create a short film to advertise the organization's animal rescue efforts.

A few minutes after Lopez arrived, the doors burst open and two young men entered, weighed down with camera equipment. Andrew Mueller and Ian Withey belong to the Metropolitan State University Film Club. Mueller, the group's leader, had brought Cliff Bars for everyone to snack on during the meeting. The two of them greeted Lopez and put down their bags and Cliff Bars.

Mueller sat down next to Lopez and began poring over Lopez's oversized sketchbook, where she kept ideas and storyboards for the project. The plan was to start the video with a point-of-view shot of a stray cat on the street and then end

with footage of the cat happy and playful after adoption. Mueller and Withey began to discuss methods for getting video from a cat's perspective and whether they should tape whiskers to the camera.

To get a realistic take on the situation, Mueller got down on all fours and began to crawl around the room meowing. Then he stood up, grabbed a camera and leaned over to take video from the floor. He walked the camera around the room and then quickly brought the camera up onto a chair to simulate a jumping cat.

As Mueller and Lopez reviewed the footage, more Film Club members arrived. Each new arrival had an idea for how to get the shot. One member suggested attaching the camera to a tripod and holding it upside down. Another wanted to build a short cart and suspend the camera from rubber bands. Someone else suggested just tying a camera to a cat. This



The Film Club examining footage.

ANDREW PRATER

was quickly voted down, as it was deemed inhumane.

Withey pointed out that Sam Raimi had used a camera tied between two parallel boards to achieve a similar effect in the "Evil Dead" movies. He then pulled up footage from one of the movie and projected it on the main screen. Then, just for good measure, he also showed the group his favor-

ite scene from the second movie. At this point, there were six people in the room, all of them discussing the plot to "The Evil Dead."

Earlier, Withey had used the projector to show the group a tracking shot that had been captured with a jib, a long tripod that can create smooth sweeping camera movements. The club had just received

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SEE FOOD DRIVE ON PAGE 2



## THE METROPOLITAN

The Metropolitan State University  
campus newspaper

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The submission deadline for the  
December/January issue is November 10.

### FILM CLUB FROM PAGE 1

additional funding from  
Student Senate and mem-  
bers were excited to pur-  
chase new equipment such  
as jibs, dollies and lights.

Not all of the group’s  
equipment is store-bought,  
however. A favorite piece  
of filming equipment is  
one Mueller built himself  
for only \$40. “On YouTube  
I found a tutorial to build  
this slider that is made  
out of PVC and you attach  
your tripod into the PVC.  
It slides with rollerblade  
wheels across the PVC, so  
you get those good slid-  
ing motion shots,” he said.  
“It works really good, like  
surprisingly good for being  
a piece of PVC pipe. But I  
really like that. It gives it a  
nice little movement and  
makes your shots more in-  
teresting.”

The club has a very D.I.Y.

appeal to it. The members  
are willing to learn about  
and pitch in on every aspect  
of a project. According to  
Mueller, “I guess my feel for  
what we’re about is a pseu-  
do film school. So you’ll  
learn how to set up lights,  
cinematography, editing,  
anything that goes into it.”  
Mueller also enjoys work-  
ing with special effects, “Oh  
yeah, that’s something that  
I really like to do, just prac-  
ticing special effects and  
motion graphics and com-  
positing. That’s also some-  
thing that’s available if  
anyone wants to learn that.  
I would love to have that if  
someone was really into  
that, because you learn  
though teaching.”

Withey has a similar  
perspective. Early in Oc-  
tober, the club participat-  
ed in the 48 Hour Film

Horror Project, a contest  
in which teams had 48  
hours to write, film and  
edit a short horror movie.  
“All of us were shooting,  
directing, all that. We were  
also all acting in it, so we  
had many hats in that one,”  
said Withey.

Withey was happy with  
the results. “I think it  
turned out pretty good,”  
he said. “We had a lot of  
really unique shots. ... We  
got lucky and we were  
able to use a local com-  
ic book shop, Level Up  
Games in South Saint Paul.  
They let us shoot there, so  
we got some production  
value just by using a loca-  
tion like that.”

The Film Club posts most  
of their current projects  
on their OrgSync page, and  
their entry into the 48 Hour  
Project is available now.

OrgSync is also where stu-  
dents can go if they want to  
join the Film Club. “It says  
on our OrgSync Thursdays  
from 2 p.m. to 5:30. If you  
don’t get out of class until  
3:30, that’s fine, come on  
by,” said Mueller.

As Withey says, Film Club  
isn’t just for screenwriting  
majors or aspiring direc-  
tors. “It’s for everyone. ...  
Even if you don’t want to  
direct anything, it will give  
you a different apprecia-  
tion of film in general, mov-  
ies, TV, everything. So then  
you’ll watch a TV show and  
you’ll see a shot and you’ll  
be like “Oh, they probably  
did this or this.” Or you’ll  
start looking for edits in  
movies where you’ll see  
where they cut. But it’s re-  
ally for anyone who likes to  
have a creative outlet.”

### FOOD DRIVE FROM PAGE 1

office.

Nonperishable items can  
be dropped in six bins  
around campus at any  
time from Sunday, Nov.  
15 to Saturday afternoon,  
Nov. 21. Collection box-  
es will be placed at the  
Student Senate office, the  
Social Work department,

## Food security is a big issue at Metropolitan State.

the Food for Thought  
office, the Library and  
Learning Center, the cafe-  
teria, the Gateway Student

Services Center, and the  
Student Center.

According to Philip Fueh-  
rer, interim director of  
student development, an  
ethnic food drive “meets a  
need.” Fuehrer noted that  
last year the student sen-  
ate allocated \$500 to pur-  
chase Asian and African  
foods for the campus food  
pantry to meet demand.

Besides the obvious goal  
of collecting food, raising  
awareness of how oth-  
ers live is an important  
component of the drive.  
Something as simple as  
rice can reflect differ-  
ences in cultures. The  
seasoned or precooked  
varieties that can be  
heated quickly reflect

American culture, where-  
as basmati rice, which

that this one might get  
people out of their comfort

## “As future social workers, we wish to seek out new opportunities to grow and promote diversity,” Minta said.

originated in India, takes  
longer to cook. Basmati  
rice is generally cooked  
in large batches for  
large gatherings.

Although she occasionally  
criticizes processed food,  
Minta supports all food  
drives. “As future social  
workers, we wish to seek  
out new opportunities to  
grow and promote diversi-  
ty,” Minta said. She hopes

zones and maybe take a  
look at the ethnic aisles in  
the grocery store, possibly  
for their first time.

“We have a diverse cam-  
pus,” Minta added.

# AUDITIONS!

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### AUDITION DATES:

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# A Look at the History of Metro State

## The first of a series

KEVIN J. FRANKEN  
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We all know the expression “Live in the present.” It’s great advice. But sometimes a visit to the past can help us see how we arrived at the present and even shed some light on the future. Other times, a look back can be a pleasant escape. While celebrating its 40th anniversary in 2011, Metro State paid a visit to its past.

Originally, the school was called Minnesota Metropolitan State College, and its first class in 1971 consisted of 50 students. The school was founded in an effort to offer a college-level education to non-traditional students. Classes convened in a small office of a bank building in downtown Saint Paul. After changing its name to Metropolitan State University and moving around to a few different locations downtown, Metro settled into its present Dayton’s Bluff location at the site of the former Saint John’s Hospital.

Metro’s Minneapolis campus went through several moves as well. A building-sharing agreement was eventually reached with Minneapolis Community and Technical College (MCTC), and both institutions now hold classes in downtown Minneapolis. Later, the campus at Midway Center was established, and the School of Law Enforcement & Criminal Justice was founded at the Brooklyn Park campus.


In its early years, Metro offered individualized degrees rather than predefined majors. Nursing was the first major offered by the school, and then other majors were

The school was founded in an effort to offer a college-level education to non-traditional students.

developed, including Accounting and Human Services. Initially, Metro utilized a competence-based grading system, but today the more traditional style of letter grading is in place.

As more of these conventional practices and major programs were incorporated, an educational study called for Metro State to become a comprehensive university. Metro began admitting students for traditional four-year programs.

Today Metro State boasts an enrollment of over 11,000 students. The student body includes a full range of age groups, and ethnic minorities comprise over one-third of enrollees. Women make up over half of the population. Metro State is a shining example of diversity and vital asset to the community.



Coffee  
and  
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Haute Dish, Metropolitan State's literature and arts magazine, and Writer's Think Tank invite you to a casual but caffeinated reading of current work.

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Educated Palate Cafe, New Main, St. Paul Campus,  
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# The Muslim Student Organization: A Call to Action

GUYO KOTILE  
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The Muslim Student Organization (MSO) was an active and funded student club from 2007 to 2015. Student participation was dwindling, and eventually the organization was cut. I would like to revive the club. There is a large and growing Muslim population on campus, and it would be nice for Muslims to have a place of meeting and socialization.

Student organizations at Metropolitan State University need to have four officers to receive funding. That means that in order for MSO to get to the next step we need a President, Vice

President, Secretary and Treasurer.


Besides those positions, I propose that MSO should establish additional posts to ensure its success in the future. Potential titles include Web Designer, On-Campus Recruiter, Spokesperson and Event Organizer.

After that is settled, MSO will be able approach the Student Life and Leadership Development and Student Activity Fees Allocation Committees for an allotment of student activity fees. Then, the rest of the process will be easy.

According to Gianni Quilici, a staff member in the Undergraduate Office of Admissions, the new student center will have a prayer room, which will be able to accommodate several students at one time. This would be all the more reason for MSO to reorganize and provide Muslim students with a sense of community.

If you’re a Muslim student interested in connecting with fellow students and having a voice, please email me at cj1190fc@metrostate.edu and we can begin to take action to revive MSO.

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# Community

## Urban Roots Stays Grounded in the East Side Community

ED DAY & KEVIN MILLER  
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On the corner of Third Street and Maria in Dayton's Bluff, students from East Side High School plant a garden every summer with an array of vegetables. This lot in an urban neighborhood has not always been used to produce food, however. It became available for gardening because of an explosion.



Urban Roots harvested 8,000 pounds of produce last year.

KEVIN MILLER

In July 1993, a fatal gas explosion decimated the area. The blast was powerful enough to toss a car across the street. A grocery store, bookstore and four apartments were reduced to rubble. As smoke billowed and flames shot out of the inferno, 70 firefighters worked tirelessly to contain it. Two people died on the scene and seven sustained injuries, though most apartment residents were evacuated in the 10 minutes between the puncturing of the gas main and the explosion.

As the area was rebuilt, Urban Roots, a nonprofit that creates opportunities for teens to gain job experience and develop entrepreneurial skills, partnered with the city of Saint Paul to turn the lot into a garden.

Urban Roots operates three main programs, each functioning to hire low-in-

Each summer, they hire around 60 teens, who work about 20 hours per week.

come teens on the East Side and teach them job and life skills. Each summer, they hire around 60 teens, who work about 20 hours per week.

"For many of the teens, it's their first summer job," said interim executive director Glen Hill, noting

that about 15 students continue to work with Urban Roots during the school year.

The Maria lot is one of six gardens maintained by Urban Roots. Others include plots owned by the Swede Hollow Café, Dellwood Gardens Assisted Living and a church. One plot is owned by a private resident who

approached the organization to offer the use of his backyard.

"It's a nice way to participate in the community," Urban Roots Interim Director of Programming Patsy Noble said of their partners.

Although the area of the six garden sites totals less than three-fourths of an acre, Urban Roots produced more than 8,000 pounds of food last year.

Food is the impetus behind the three main nature-based programs the teens work on: Market Gardening, the Conservation Corps and Cooking and Wellness. All three programs have community partners including area schools and businesses, as well as the city.

### Market Gardening

The gardening program is not just about pulling weeds and otherwise digging in the dirt. Participants also learn the mechanics of all phases of the growing and production cycle including planting seeds, transplanting seedlings, controlling pests, and even harvesting and storing produce.

The students also have a say in how the gardens are designed. They choose crops to maximize production while also keeping the business side of agriculture in mind. For example, early maturing crops and late-season vegetables could use the same spot of land.

Interns at Urban Roots get

The teens at Urban Roots have the opportunity to develop social and leadership skills, gain confidence in public speaking and learn how to be active team participants.

hands-on experience outside of the garden as well. Market Garden interns had the opportunity to visit Izzy's Ice Cream in Minneapolis this July. Izzy's blended this year's basil crop into their Lemon Basil Ice Cream. While taste testing the ice cream, they learned how local produce can be distributed to businesses in the area.

### Cooking and Wellness

Cooking and Wellness interns learn about healthy cooking and nutrition through Urban Roots' programming. The Cooking and Wellness division caters and cooks for staff members and all 60 participants every week. The teens not only use their own produce, but they develop their own recipes with guidance from the staff.

Another test of the teens' knowledge comes during the school year. The high school students teach fifth graders at J. J. Hill, Battle Creek and other East Side elementary schools.

The final way the teens integrate their work into the community is by actually going out and selling it to the public. The teens staff a booth at the Mill City Farmers Market and a cart at Target Field. At Target Field, they sell salads with homemade dressing, using recipes the interns have developed.

### Conservation Corps

Students at Urban Roots improve the environment by restoring natural sites and removing invasive species in area parks including

the Bruce Vento Nature Sanctuary, Swede Hollow Park and Indian Mounds Park. They replace unwanted species like buckthorn with native plants such as milkweed, aster and hyssop. The Conservation Corps also works to restore shorelines, install rain gardens and build trails.

This summer, conservation interns participated in several citizen science projects. In one such project, they contributed data to the University of Minnesota's Wasp

Hill and his team also realize that not every participant will end up working in the sustainable gardening and cooking realm. To that end, Urban Roots has an enrichment day each week to enhance participants' financial literacy, work on building their resumes and explore post secondary education options.

They also bring in guest speakers to talk about careers and give teens a road map to achieve it. One Urban Roots alumni got his introduction to climate change and policy work from a guest speaker, according to Noble. His involvement continued at Saint John's University — and now he's going to the Paris Climate Change Conference.



Urban Roots has six gardens on the East Side of St. Paul.

KEVIN MILLER

### Urban Roots and Metropolitan State University

Hill said they are also interested in working with Metropolitan State University to make use of the greenhouse on Maria Avenue, which has been closed down for a decade. The greenhouse would create more opportunities for teens over the winter. "It's a great educational opportunity," Hill said.

Metro's interim President Devinder Malhotra has appointed a task force of community members and Metro faculty and staff to discuss possibilities for renovation and community use of this greenhouse.

"The purpose of this task force has been to help develop and create an operational plan how to renovate the greenhouse so it may be used for educational and community-related, i.e., healthy foods production, purposes," said August Hoffman, a psychology professor at Metro.

To get involved with Urban Roots and its programs, visit [UrbanRoots.org](http://UrbanRoots.org).



Urban Roots has a garden on E. 7th Street, next to Swede Hollow Café.

KEVIN MILLER



# East Side Freedom Library

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After 30 years as an instructor at Macalester College, Peter Rachleff retired from teaching. But he didn't want to retire from making a difference in his community. As a labor historian, Rachleff believed that the East Side Freedom Library (ESFL) in Saint Paul's Payne-Phalen neighborhood was a natural place to invest his efforts.

The difference between the ESFL and most other libraries is the focus; all books in the collection are related to important issues such as labor, immigration, race and social justice. Although the topics are limited, all genres will be accepted including nonfiction, poetry, fiction, plays and memoirs.

The library is housed in what was the Arlington Hills Branch of the Saint Paul Public Library system, an appropriate location since the area itself illustrates

3M left Dayton's Bluff in the late 1980s and early 1990s. The neighborhood changed as many residents moved away and those left behind felt abandoned and bitter, Rachleff said.

The library's collection, which Rachleff estimates will total 15,000 non-circulating volumes, will include a good dose of local flavor and encompass critical points in labor history. The ESFL will also house the Hmong Archives, a 20-year-old collection that contains musical instruments, videos and story cloths, visual documents created by Hmong women to tell their community's history.

The library is also expecting another important gift, a batch of feminist literature. "Women play critical roles in working-class life," Rachleff said. "Class relations and identities are gen-

working-class experiences."

Volunteers and interns are continuing to catalog the donated materials, which



Part of the Labor Mural in the basement of the East Side Freedom Library.

they've been amassing since the first of the year. About half of the 12,000 books so far, are from Rachleff himself. Rachleff thinks the library could hold about 15,000 books.

Although the library has yet to open for daily visitors, the ESFL has already been making a difference by hosting events, films and forums. The October events alone included a family-friendly play "Stripe and Spot (Learn to) Get Along"; a discus-

sion with Floyd Williams, author of "The Origins of Racism" and "The Holy Black Papyrus"; a school-board candidate meet and greet;

Cities Daily Planet.

The ESFL performance space also serves as a community resource. A group of Karen women — the Karen are an ethnic group from Myanmar — have held regular weaving sessions in the basement since Rachleff met them while teaching at the Roseville Adult Learning Center. Rachleff noticed issues of isolation and depression among the women and offered the library space. The activity helps to alleviate both problems, and the women are now making a profit by selling the clothes that they weave during the sessions.

The downstairs space will also be used as a performance space after it is renovated. A wooden sprung floor will replace the current harder surface and will make it suitable for performances and yoga classes.

The ESFL performance space also serves as a community resource.

Rachleff hopes to open up the East Side Freedom Library at the beginning of 2016.

The library is also expecting another important gift, a batch of feminist literature.

the ups and downs of working-class neighborhoods.

About 15,000 unionized jobs disappeared when businesses including Hamm's Brewery, American Hoist and Derrick, Whirlpool and

dered — both masculinity and femininity are shaped in terms of labor. Feminism provides us with the theoretical and analytical tools that can help us understand these dimensions of the

## The Metropolitan Mail

October 15, 2015

To the Editor,

At the beginning of September, I was working in the library on the Saint Paul campus and, in a hurry to meet with my instructor, left the computer work station before removing my flash drive. Returning soon afterwards, I found the flash drive was missing. The security officer at the library was extremely helpful in reviewing the recent video history of that work station, and soon identified the culprit.

While I was working with the security officer, another

student came up to report that his iPhone was missing. He was working at a computer and also briefly walked away, only to return to find the phone missing. While the guard was working with him, I asked how many of these reports they get. The guard responded by saying, "At least three a week, sometimes more."

In looking at the recently released crime statistics, I noticed that thefts was a category that seemed to be missing. From my observations, there appears to be a small epidemic of these thefts at the library alone. My question is this, is any-

one tracking these thefts? I am unaware of any place to go that tracks this data.

I suggest that there be a web page that would inform students of thefts and other crimes occurring on campus. It would function as a "crime watcher" forum, or better yet a "crime stopper" page. This would allow us to report these crimes ourselves, so that we could become aware of problem areas. Or, more importantly, we could assist each other by keeping an eye out for suspicious activity. We have a robust criminal justice program on campus; it seems that this would be an

ideal project for that sector.

Regarding my flash drive, the culprit reappeared at the library. Although he was confronted and volunteered that he had "at least seven flash drives," he denied any involvement in the disappearance of mine. In the meantime, the library staff seems to have lost patience in my many inquiries at the lost and found desk — perhaps the perpetrator will read this and return what is left of it.

I hold out no hope that the many, many hours of work that was contained on it will ever be recovered. It was

foolish of me to not back up its contents, but at least now I encrypt my flash drive.

With any luck, and some effort, we can reduce the number of our fellow students who have to learn similar painful lessons. Is anyone up this challenge? It would be a great way to further improve our great campus.

Respectfully,  
Bob Strong

Got something to say? Want to voice your opinion?

Submit a letter to the editor, Kevin Miller, at lg0074tj@metrostate.edu or TheMetropolitan@metrostate.edu. Letters will be printed at the editor's discretion.



# Danyale’s Corner

## Tutoring Center Not Up to Par

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Danyale Green is *The Metropolitan’s* business manager, and this is the first installment of her opinion column, Danyale’s Corner.

What an exciting year it is for Metropolitan State University. With a new parking ramp on campus and the highly anticipated science building and student center—complete with a fitness facility—opening soon, it’s probable that the university will experience an influx of enrollment soon. I’ll bet the new student center will be a great place for students to study up and hopefully get great marks in their classes. It’s obvious that the administration really wants students to have access to facilities that will help them to make the best of their academic opportunities.

Or do they?

With a host of tutoring options offered at Metro, surely students can get the help they need.

Or can they?

I’ll never forget one of my first visits to the Center for Academic Excellence. As a Minneapolis resident, I chose to do a walk-in session at the Midway Center because it’s a much shorter commute. I’d have happily made an appointment if that were an option. Unfortunately, unlike at the Saint Paul campus, students are not allowed to make appointments. Tutor sessions are provided on a walk-in basis only.

I had a take-home midterm, and I needed help, big time. I arrived, whipped out my student ID, and was placed with a tutor who shall remain nameless.

It was a mess!

About 15 minutes into my

60 minute session, my student tutor told me that he hadn’t done algebra in a while and needed to read a bit to refresh his memory—odd since it was the middle of the semester and he was an algebra tutor. At the 30 minute mark, a second student was added to our session, and I was assured that to accommodate the two of us, we would both receive 120 minute sessions as opposed to the 60 minute daily limit.

Then, 60 minutes into my session, the tutor informed us that we would have to leave and come back in an hour as the Center for Academic Excellence closes every day from 1 p.m. to 2 p.m. for lunch. After returning from lunch and completing the 60 remaining

minutes, of which much of my time was wasted because the tutor was going back and forth between myself and the other student, my session was promptly ended, even though no other students were waiting to get help. I was told I could come back the next day to get help completing my exam, which I did. In the end, I earned a C- for all of my hard work and anguish.

To be honest, I’ve got no complaints about getting a new student center, a parking lot or a fitness facility, but the fact is that’s not why we pay tuition. Much more crucial is having access to resources that will impact our academic performance. Most of us know what it’s like to go to class, listen intently, take notes and still

walk away feeling less than comfortable applying the concepts. What we need in the Center for Academic Excellence is a huge overhaul of the rules and common practices.

Tutors should have to prove that they possess a working knowledge of the subject matter. Scheduling practices and time limits should be refined and should include some provision for the facility to stay open through the lunch hour. We deserve it. We pay for it, and no new buildings should be more important than ensuring that students have proper access to this vital resource.

# Tech Check

## Why You Should Update Your Router Today

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There is a device you use every day and never spare a thought: your router. It’s the quiet background facilitator of everything you do online. So when was the last time you updated it?

**Why should I update my router?**

Like every other web-connected device in your house, your router is vulnerable to attacks.

The router provides your Wi-Fi connection and also does local network stuff like wireless printing. It’s attached to your modem, a device that plugs into a cable jack and facilitates the internet connection from your service provider. Sometimes the router and modem are combined into one device.

Since it runs your home network, everything you do online passes through the

router first. That makes it a very attractive target for attackers looking to snoop for your personal information.

The thing is, routers are a good target because nobody updates them. It used to be a complicated process, but not anymore. Modern routers are super easy to update!

Last month I updated my router for the first time ever. I expected to spend hours; it took me 10 minutes. I logged in, changed the password, checked for updates, and adjusted one security setting. That was it. I was in and out without a hitch.

Here’s the scary thing. It was easy because it was wide open. This router came from our cable company with a default password of “password.” Anyone with our Wi-Fi password could have connected because there was

nothing stopping them.

Getting our password may not have been tough either, because by default the router was set to accept an outdated standard called WPA. It’s a backwards-compatibility thing. The manufacturers leave it turned on in case you need to connect a device made before 2006, when WPA2 replaced WPA. But, if you don’t have any decade-old computers lying around, it’s just a security hole.

My router/modem combo comes with automatic updates. Most aren’t as sophisticated, which means you’ll need to check for updates yourself.

**How can I check my router for updates?**

It’s pretty easy. First, check the brand and search the internet. For example, if you

have a Netgear router, try searching “Netgear router firmware” and look for the official site Netgear.com. All manufacturers should have pages where you can select the right model and find step-by-step instructions.

Some models let you update without even touching the hardware. Do another search for your router’s brand and the phrase “web interface” to learn how to connect from your browser. It’s usually as simple as typing a string of numbers in the address bar (the IP address of your Default Gateway, if you’re technically inclined) and logging in with a default username and password, which are usually available on the manufacturer’s website.

Finally, change that password to something more secure and switch to WPA2

instead of WPA. Do not use WEP. It can be cracked in minutes. If your router is old enough that you don’t have that option, it’s probably time to upgrade—not only for security reasons, but for speed.

Trust me: it’s not hard, it won’t take long, and you won’t regret it. If you don’t think it’s worth the time, I suggest you check out a website called Wigle.net, where you can find a map of hundreds of millions of Wi-Fi networks. Zoom in on your neighborhood and you might even see your own. With so much information out there, taking steps to improve your digital security makes a real difference.

# Editor’s Quote of the Month

“Suppose you were an idiot. And suppose you were a member of Congress. But I repeat myself.”

— Mark Twain

# Student Voices

**Editor’s note:** The Student Voice section features articles from students. Here, they provide their thoughts, reflections, and opinions about their experiences. Their opinions are not necessarily those of *The Metropolitan* staff.

## A Case for Accepting Refugees

WILSON KUBWAYO  
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It is very easy to say no to refugees or immigrants when they need a place to stay. We judge them by what they could do to us or to our country. Most of the time, we are worried about our own government, society and citizens. We don’t accept refugees because we are fearful and we lack empathy.

Many people want to help, but are afraid of the people they could be helping. We claim the country would run out of commodities, money and jobs. We are afraid that

refugees present a threat to everything we hold dear.

We say these things while those in need of our help are starving, thirsty and in immense pain.

It all comes down to a lack of empathy. People who have never experienced the depths of poverty don’t understand what it’s like.

As a refugee, my heart yearns for harmony, opportunity and unity. Refugees are coming from war torn countries with their hands in

the air, seeking someone to lift them up. Refugees cry for help because most of them are innocent people who are tired of the vicious cycle.

As humans, we worry so much about those who belong to us. That is great, but we fail to realize that those who do not belong to us, the outsiders, the refugees, can indeed become our brothers and sisters as well.

In our lives, we have been taught to protect our land, family, government, fellow citizens and so forth. While

## Refugees cry for help because most of them are innocent people.

such education is great for the mind, we are still in need of education for the heart. We cannot afford to continue a legacy in which we neglect the needs of our fellow humans because of fear and selfishness.

Today, I am able to help others because people just like you extended their hands to my family when we needed it the most.

When my family was going through adversity, sleeping on the ground on a single sheet, sweating the whole

night, constantly feeling thirsty, eating one meal a day after standing in a food line for hours, and getting sick where there were no hospitals, we wished for remedy and longed for serenity.

I write this because I know the reality of those in poverty, especially refugees and immigrants all around the world. Over and over, I am exposed to such negativity, and I cannot stop asking myself one question:

When shall we overcome?

# DR. KEV’S LOVE ADVICE

KEVIN MILLER  
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Dear Dr. Kev,

**My girlfriend and I haven’t been together very long, but she’s a super lady and I’m hoping to hold on to this relationship for a while. The only issue is that she plans to join the U.S. military, which will, for all intents and purposes, end our relationship, given that neither of us is willing to do the long distance thing. However, she cannot join up without reaching a certain BMI, which has inspired me to consider sabotaging her weight loss and thus making her ineligible to join up. I know, fool proof plan, right?**

**What are your thoughts?**

Sincerely,

Uncle Sam Tryin’ to Steal My Boo.

Dear Uncle Sam Tryin’ to Steal My Boo,

Love’s a weird thing, isn’t it? Sometimes it makes us sound like the plot to an episode of “Malcom in the Middle” or “It’s Always Sunny in Philadelphia.” However, I can hardly suggest you go with this very Dennis Reynolds-sounding weight-loss scheme.

For starters, imagine the logistical difficulties you could run into with such a plan. It sounds like a tactical nightmare. How often are you going to be replacing the margarine with real butter? Won’t she notice when you order her a half-diet, half-regular Sprite? How many gyms can you get thrown out of without sacrificing your own fitness regimen?

All kidding aside, if you truly love and care about your

girlfriend, you need to convince her to stay without using food-o-logical warfare. Your reasons for wanting to hold on to this relationship don’t justify driving a wedge into this woman’s life plans.

Have you told her that you love her? That you value your relationship? That you will be heartbroken when she leaves? Have you shown her you care? If your answer to these questions is a resounding “no,” then this is the place to start. You need to let her know how you feel, even if that’s difficult or painful.

If you have taken these steps already, then don’t put all your save-my-relationship eggs in the touchy-feely basket. If she plans on leaving regardless of the way you feel, then sabotage likely won’t change her mind.

I would suggest you make

the most of the time you and your girlfriend have left together before some R. Lee Ermey-Full-Metal-Jacket type is asking to see her war face.

Live in the now — create memories that won’t require an Instagram post to reminisce about. Best case scenario, she realizes that your relationship is too good to give up for a military career. Worst case, she leaves, and you spend a few days planted on a bar stool ordering a series of drinks strong enough to make George Thorogood forget where he lives. At least you’ll know you made the best of it.

Don’t worry, you’ll be OK. This is usually where I would insert a couple clichés involving Shakespeare quotes or fish in the sea.

Without evoking the same

tired phrases we rely on to make unrequited love seem less painful, I promise things will work out. If she leaves, you will find another woman. Who knows, she might have the blues at the same bar as you, sipping one bourbon, one scotch, one beer.

Hope this helps. Until next time, I remain:

Your friend,

Dr. Kev

Need love advice?  
Ask Dr. Kev! He has an advanced degree in love-ology.  
Email him at [TheMetropolitan@metrostate.edu](mailto:TheMetropolitan@metrostate.edu). Submissions should be no more than 250 words.  
*The Metropolitan cannot be held responsible for failed relationships.*



# Metro Faculty Writes First Installment of Sci-Fi Adventure Series

ANNA MASRUD  
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In October, I had the pleasure of conversing with A. P. Malloy, a faculty member at Metropolitan State University. Despite a busy schedule, Malloy has pursued a passion for writing and plans to publish “Beauty and the Bandit,” the first book of a Sci-Fi series, this December.

**Masrud: Can you describe what your novel is about?**

Malloy: “Beauty and the Bandit” is the first installment in the Moonstorm series, which is a six volume project intended for anyone who likes a bit of adventure and mystery. The series is about humanity’s first interstellar colony, and Beauty and the Bandit introduces the two main characters of the series: a young alien on the colonized planet, and the mysterious orphan she rescues.

**Masrud: What inspired you to write this book?**

Malloy: All the generous storytellers I was exposed to as a kid—writers who put imagination into words so readers like me could escape, learn or be inspired. Also, the teachers and librarians and larger state and national culture that said reading was valued and writing was to be emulated. Of course, I only knew that because of my parents. My mom is a voracious reader with years of book industry experience, and my dad is a great storyteller. I guess it was bound to happen.

**Masrud: Tell me about your creative process. What were your high and low points?**

Malloy: Audio-visual production taught me to divide big projects into thirds.

I organize first, planning out the big picture, including deadlines.

I write second. I remind myself to smile when I’m typing,

offer thanks for guidance and apologies for failings, and I write four to six days a week (two to three hours a day). Music is a constant, as is connection to the internet for research.

I revise, design and publish third. I allow time for significant and numerous revisions based on outside readers, as well as time for cover and interior design. I also dedicate funds for copyright, ISBN and barcodes, review proofs, complementary copies, professional editor, etc.

Keep the faith. If it’s a dream that’s meant to be, the only thing that can get in the way is quitting.

During parts of the organization and revision process, I get to work with non-text elements (cover art, interior design, maps, timelines, character portraits) and that’s fun.

A novelist doesn’t always have to be staring at a computer screen.

I have had several nights where I’ve woken up certain that I’ve wasted my life, and that what I’m doing is a vanity and of no use. Those times are bad. But more often I’ve had blissful moments of conviction, when I know that a larger good is at work. My job is simply to tell the story to the best of my ability, and let everything else take care of itself.

**Masrud: How do you feel writing this book has impacted you?**

Malloy: It’s worsened my eyesight, but improved my attitude. When a person finally settles on that thing they were meant to do, the

reward justifies the price.

**Masrud: What are your hopes for publication and beyond?**

Malloy: Today’s self-publishing market is pretty sophisticated. The opportunity to create a work, literally, from cover to cover, to consider distribution channels and formatting minutiae, has taught me more about the industry than I would have learned had I limited myself exclusively to the traditional avenue of query letters and rejections.

That said, who doesn’t want to hook an agent and an international publishing house? Who could say no to a big advance and a six-figure — or larger — return on years of effort?

So I’m starting small, with modest aspirations, but my eyes and ears are open for opportunities to take this story to the largest audience possible.

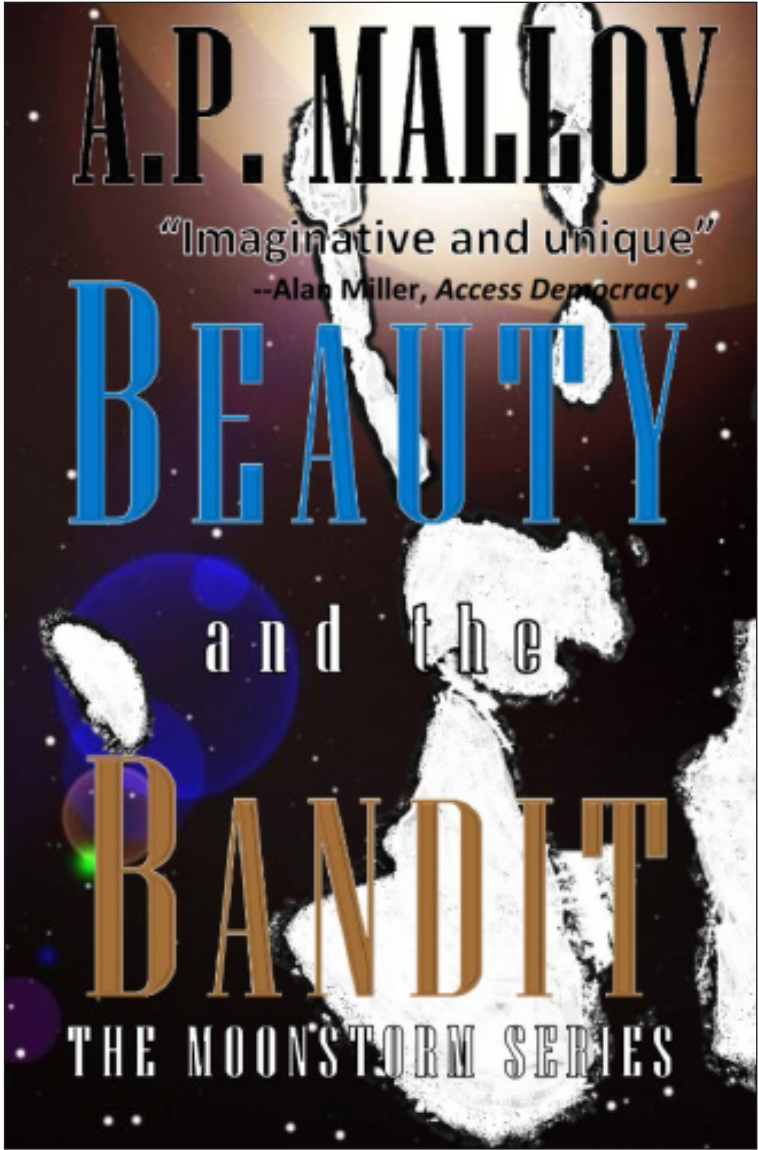
**Masrud: How did you juggle being a faculty member and a writer? What was that like?**

Malloy: The students are probably the ones who suffer the most. They’re almost always very kind to me, and I’m sure there are times when they notice that I’m tired or impatient. Working fifty hours a week but only getting paid for thirty-five can do that to a person. The myth of the starving artist, as it turns out, isn’t a

It’s worsened my eyesight, but improved my attitude. When a person finally settles on that thing they were meant to do, the reward justifies the price.

myth at all.

Still, every dream job needs a day job, and I can’t think



of a better balance to the isolation of writing than the collaboration and social learning that happens in a university classroom.

**Masrud: How do you feel your novel is applicable to Metro students and the community at large? What do you hope they take away from your novel?**

Malloy: When anyone in the Metro community gets a degree, raises a child, finds a

new job or doesn’t quit when things get tough, that person inspires the rest of us.

I hope the entire Moonstorm project will be a way to show gratitude for that inspiration, and to possibly inspire others. Readers will have to decide on their own if and how the story applies to them individually. If they are glad they read it, that’s enough of a takeaway.

**Masrud: Do you have any encouragement for Metro students who are pursuing their own creative dreams?**

Malloy: Keep the faith. If it’s a dream that’s meant to be, the only thing that can get in the way is quitting.