

# THE METROPOLITAN

The Metropolitan State University Student Newspaper

## Student org budget caps cut for fiscal year 2017

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Budget caps for student organizations at Metropolitan State University have been cut from \$10,000 to \$5,000 for fiscal year 2017. Funding for student organizations is collected through student activity fees and is allocated by a subcommittee of Student Senate called the Student Activity

Fund Allocation Committee (SAFAC). Student activity fees are collected by the university with tuition. For Metro students, the fee is \$4.43 per credit. This fee has not changed in a number of years.

Since the previous \$10,000 cap couldn't support all of Metro's student organizations, SAFAC "chose to lower the cap from \$10,000 to \$5,000," said

Chuyi Moua, Chair of SAFAC.

Student groups can submit requests to SAFAC for yearly operating budgets, supplemental budgets and conference requests. Funding is dependent on SAFAC's evaluation of these requests based on an established set of criteria.

Moua said that last year, the budget requests submitted by student orga-

SEE SAFAC ON PAGE 2

## The Muslim Student Organization: dedicated to building community

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There was much to discuss at the second meeting of the Muslim Student Organization (MSO) on Jan. 28. Around the table sat a group of ten Metropolitan State students. MSO President Guyo Kotile and Vice President Samira Diin-sheikh kept the meeting on track and guided the discussion.

The students were excited. The group was coming up with ideas for group activities. Some wanted the organization to stage presentations at schools in the area. Others were discussing the merits of various volunteer opportunities. Someone suggested that they should play laser tag. It was a lot of activity for a group that had been defunct as recently as last fall.

In the spring of 2015 the MSO disbanded, leaving many of Metro State's Muslim students without a way to connect. According to Kotile, "MSO was there in the past, from Spring 2007 to Spring 2015. But due to budgeting and loss of interest, it kind of died out."

In October 2015, a small group of students, led by Kotile, began rebuilding the organization. Kotile is

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## Metro's fitness center is opening—take advantage

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Three years ago, I entered into Minneapolis Community and Technical College's (MCTC) yoga and personal training program while I worked on my degree in business. I was driven to study yoga path because gentle exercise helped me cope with stress and chronic pain due to scoliosis. I'd never been one to exercise, but I needed a major change in my life. Through gentle weight lifting and cardio I've discovered many benefits.

Much has changed in my life since I graduated with my yoga teaching certificate. I started working full time and going to school full time. I've struggled to fit in workouts, and I find myself sitting for extended periods of time to study.

Like me, most students at Metro have jam-packed schedules. It is difficult to find time to take care of ourselves through exercise. According to the Centers for Disease Control and Prevention, adults need at least two hours and 30 minutes a week of moderate-intensity



KEVIN MILLER

Metro State's Fitness Center, located on the second floor of the Student Center, opens Feb. 23.

aerobic activity, and at least two days a week of major muscle-strengthening activities.

So how do we get that exercise with such a busy schedules, not to mention tight budgets? One way of sneaking in a workout is to go be-

tween classes. Metropolitan State opened a fitness center on Feb. 23 in the Student Center. For students, this facility is free, and staff members can use it at a minimal fee. Even a light 20-minute workout or walk can have many benefits.

It is important to remember that the age-old saying, "No pain, no gain" is not correct. Exercise maybe difficult for you at first, but remember to be patient with your body. However, as celebrity personal train-

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## A chat with a world-record setting brick breaker

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I recently had an opportunity to interview Kevin Taylor about his secret to breaking 726 cement bricks in just 96 seconds. As a Metropolitan State University student, I find myself walking from the library to the parking ramp at nights. The question I ask myself when I do not feel safe when I walk in what might seem to be a dangerous place

is always the same: "What is the easiest and quickest way I can defend myself?" According to Taylor, the answer is that "It's all about instant ability."

Taylor describes instant ability as the ability to think and act fast. He says that any individual can use instant ability to break just about anything he or she puts his or her mind to.

"A lot of people wrestle

with the fear of their feelings. You have got to train mentally," says Taylor. He said fear is what holds a lot of people back from discovering their real worth. Instant ability can be described as the ability to act without fear, to instinctually make up one's mind.

Once we understand the physics of what we are capable of doing, one would be amazed at the power that is within humans, Taylor said.

He confirms, saying, "My hand is large but soft as a baby's butt. You are not training your physical body, it's your mind that you are training."

The most beautiful thing about this power of instant ability, overcoming fear and defending oneself in the quickest way possible, is that it is teachable. "I break bricks!" says five-year old Luke, Taylor's son. Luke is the Youngest Kid Board Breaker. The power of in-

stant ability is that anyone can use it to overcome just about any obstacles in life. "Instant ability helps you to know thyself" says Taylor.

Speaking about defending oneself, Taylor says an individual has got to know what he or she is capable of doing to someone else. In respect to instant ability, if someone tries to attack, Taylor says he is already prepared to de-

SEE BRICK-PUNCHER ON PAGE 8

THE METROPOLITAN

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The submission deadline for the  
April issue is March 10, 2016.

MSO gives students a place to connect and learn

MUSLIM ORG FROM PAGE 1

happy with the progress so far and with the fact that the group recently acquired its four core members.

These core members, the president, vice president, secretary and treasurer, are looking for ways to expand membership, stimulate dialog and reach out to the Metro State community at large. Khalid Dayib, the group’s treasurer wants the group to give Metro’s Muslim students “a place where their voices could be heard and come together as community so we can spread diversity.”

Dayib is working on branding for the MSO. He is designing a new logo for the club and looking into creating public relations position within the organization.

Kotile is thinking about outreach, too: “We’re looking for positions like web designer, graphic designer, and on-campus recruiter. [...] We want to use a platform, like Facebook, Twitter, maybe Instagram.

Because people, students, use that, so it would be a good marketing tool [to] get the message out there.”

Adam Abubakar, a student in the College of Individualized studies and father of three, sees the MSO as an opportunity to find his community. Abubakar said that the group allows him to “connect to other Muslims on my campus so I can network and hopefully get some educational resources.”

Naima Haro has attended Metro for two years. She’s happy that the MSO is back and thinks the organization will give gives members an opportunity to reach out and have discussions with non-Muslims. “I actually want to inform the community [...] who Muslims students are. We should have a voice in this world and express ourselves. And delete the stereotype that’s on Muslim students,” she said.

Iman Geleto, a PSEO student, agrees. “I want more awareness and I want people to be educated about

what Islam is really about, instead of what the media is trying to portray or what politics is bringing into the picture lately,” she said. “I want them to hear it from an actual Muslim,”

Going forward, the group will be participating in and sponsoring outreach events. According to Kotile, the MSO is planning to host a documentary screening in either February or March. The group will also volunteer for projects like feeding the needy or helping at a homeless shelter. They are currently making plans for an event in celebration of Islamic Awareness Week in April.

The organization convenes at 4:30 every other Thursday night. The meetings and events will be open to all Metro students, not just Muslims. “We hope to build a community at Metro State where we can educate students and faculty about who we are and what we stand for. Hopefully this will turn into acceptance and tolerance for all types of people,” said Dayib.

SAFAC FROM PAGE 1

organizations exceeded the amount of money in SAFAC’s reserves, and as a result, SAFAC went over budget. “Once we went through all the proposals and made the necessary cuts, we were still in a deficit,” he said. “So we had to make a cut across the board to all organizations including the governing and student services orgs just to make the budget fit with all of the budgets requested.”

Student Life and Leadership Development (SLLD)

categorizes student organizations depending on their role in the university. That is, groups classified as “governance” or publishing organizations, like Student Senate, University Activities Board, The Metropolitan, Haute Dish and Theatre Underground are not subject to the \$5,000 budget cap. However, all these organizations saw cuts to their budgets last fiscal year. All other organizations are subject to the \$5,000 cap.

Phil Fuehrer, interim director of student pro-

graming, said that even with the cut to the budget cap, Metro is more generous with its distribution of student activity fees than many institutions in the Minnesota State College and University (MnSCU) system.

SAFAC committee members are not necessarily members of Student Senate. Rather, it is made up of five Metropolitan State University students, two student senators and three alternates.

Moua said budget caps are reviewed at least once

a year, and adjusted as needed. He said collaborating can help organizations overcome budgetary issues. “We want all the student organizations to start networking with one another if they have not already,” he said. “It will help everyone because they would then be able to collaborate on events, network with each other to meet new students and also it could help build a lasting relationship with the organizations itself as the leaders pass the torch.”

The Metropolitan will be hiring.

Calling all writers, editors and web designers: several members of The Metropolitan’s staff will be leaving in May. Their seats will need to be filled. The Metropolitan is now recruiting for the following positions:

- editor • associate editor • copy editor • online administrator.

Intersted students will be expected to attend meetings and contribute articles this spring to learn about the newspaper’s day-to-day activities. These positions open in May.

Please contact editor Kevin Miller at [lg0074tj@metrostate.edu](mailto:lg0074tj@metrostate.edu) for more information.



# Danyale's Corner

## School of Urban Education event: solidarity with Muslim communities

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Despite the “melting pot” ideology this country bloomed of, The United States has long been the home of toxic race relations that foster negative sentiments such as xenophobia. Luckily, here at Metro State, we’re known for our diverse student population and dedication to improving race relations within the university. Most recently, the university’s School of Urban Education sponsored and organized the “Solidarity with Muslim Communities” forum, a public event featuring student leaders and faculty speakers to stand in solidarity with victims of islamophobia.

One such student leader, Francis Kuteesa, who serves on the university’s Student Senate, delivered a speech encouraging all Metro State students to “pursue the ideal of building an environment where people of different races, genders, political/religious affiliations, and sexual orientations can speak freely and live together as family.”

Kuteesa also spoke very highly of the forum’s purpose and execution. Fortunately, the Metropolitan was able to catch up with the event’s co-organizer Rene Antrop-Gonzalez, dean and professor of the School of Urban Education, for a Q&A:

**Q: When & Where were this event held?**

A: This event was held on January 29 from 6-8 PM in the Founders Hall auditorium.

**Q: Why was it important for the department to do this event?**

A: This School of Urban Education-sponsored event was important, because we feel it is our moral obligation



Panelists at the School of Urban Education's solidarity with muslim communities event.

tion as teachers, teacher educators, and activists to stand in solidarity with marginalized communities. Select media outlets have served as a platform for political rhetoric that has worked to demonize Muslims under the auspices of hyper-surveillance and xenophobia.

**Q: How do you feel Muslim students were affected by this event?**

A: There was a great spirit of excitement and support that this Solidarity Forum was held on our campus. In essence, we wanted to send a clear message that we are committed to maintaining safe spaces for Muslim students.

**Q: I understand the event included a host of distinguished panelists. Could you give some details about a few of your panelist and how you think they impacted**

**the event and/or its cause?**

A: This event was made possible by a passionate team of School of Urban Education staff and faculty members across racial/ethnic, gender, and linguistic groups. We felt it was extremely important to demonstrate solidarity with Muslim students in the form of a multiracial/ethnic coalition. Hence, panelists presented powerful testimonies on issues of solidarity and living under marginalization, hyper-surveillance, and repression. We also had the pleasure of having student representation on the panel. Fatuma Ali presented her perspectives on being a Muslim woman in this problematic social milieu.

**Q: Is there anything you want to say to students who feel a solidarity forum is unnecessary?**

A: It is often easy to dismiss and/or question these types of significant events when one does not dare to imagine what it must be like to walk in someone else’s shoes. Privilege and not reflecting on the unearned benefits of privilege are often the causes of quick dismissals...

**Q: Will the conference return in 2017 or again this year?**

A: The School of Urban Education Forum planning committee has discussed the very real possibility of planning future events of this nature in order to sustain a culture of consciousness raising.

**Q: Is there anything else about the conference that you want to share?**

A: This event would not have been possible were it not for the wonderful support of President Molhotra, Provost Arthur, Renee King, Thomas Maida, and Metro State students, community members, staff, and faculty who attended this positive event in the spirit of solidarity.

**Q: Are there future events in the works by the department? What's the best way for students to find information about them?**

A: The School of Urban Education will be hosting Dr. Sonia Nieto on March 3, 2016, as she will be presenting a series of presentations at the St. Paul campus. Dr. Nieto is an internationally known and respected teacher educator who focuses her work on multicultural and urban education. For more information, please contact Dr. Nadine Haley at nadine.haley@metrostate.edu

## Cardio provides students a healthier option, and bigger boost, than coffee

FITNESS FROM PAGE 1

er Jillian Micheals has said, “Get comfortable with being uncomfortable.” A workout should not leave you feeling pain, but having muscle fatigue after workouts is natural.

I once asked Jennifer Mason, the director of the MCTC yoga and personal training program, what constitutes aerobic activity for a walk. She stated “A 3-4 mile per hour or brisk walk for twenty minutes is considered a gentle cardio workout. It’s enough to feel warm and notice your heart rate elevate.”

A gentle cardio workout can help you gain energy by boosting oxygen delivery to your muscles and cardiovascular system. This is a much



KEVIN MILLER

Free weight dumbbells range from 2.5 to 70 pounds at the fitness center.

healthier than drinking a cup of coffee before a night class — not to mention you will sleep soundly at night.

According to the Mayo Clinic, exercise boosts various chemicals in the brain to promote improved mood.

While it releases endorphins, it burns off pesky nervous adrenaline. This is the perfect prescription to prevent for finals week stress.

Sometimes busy students don’t have time to connect with friends. Exercise can

be a way to reconnect with friends or meet new people. Try to meet a friend for your workout and set goals together. Or set up a study date while you work out, and use flash cards to quiz each other. Not only will you be doing something good for your body, your memory retention will improve. Think of exercise as YOU time. If you like music, create a playlist you love for your time in the Fitness Center. If you are like me and love audio books, download one to listen to during workouts. During my time training as a yoga instructor, I learned the term “pleasure bundling” from my instructors. This means treat yourself to something you love while you work on something that is challenging. One example

of this in my life is running outside before the fitness room opened. I’m too broke for a gym membership, so I started running twice a week this winter. It’s hard, cold, and my three mile jog can get boring. But my reward is worth it. A cup of tea and my favorite fiction book before bed instead of homework.

The fitness center is located in the Student Center at the St. Paul campus. It contains strength training materials, such as dumbbells, resistance bands and kettlebells, in addition to cardio machines. Amenities include 20 lockers and two full bathrooms with showers. Best of all, it’s free for students. So try it out. It’ll be good for your body and your mind.

## Editor's Quote of the Month

“Frankly, I have no taste for either poverty or honest labor, so writing is the only recourse left me.”  
–Hunter S. Thompson



# History

## Metro State history: 1990 to the present

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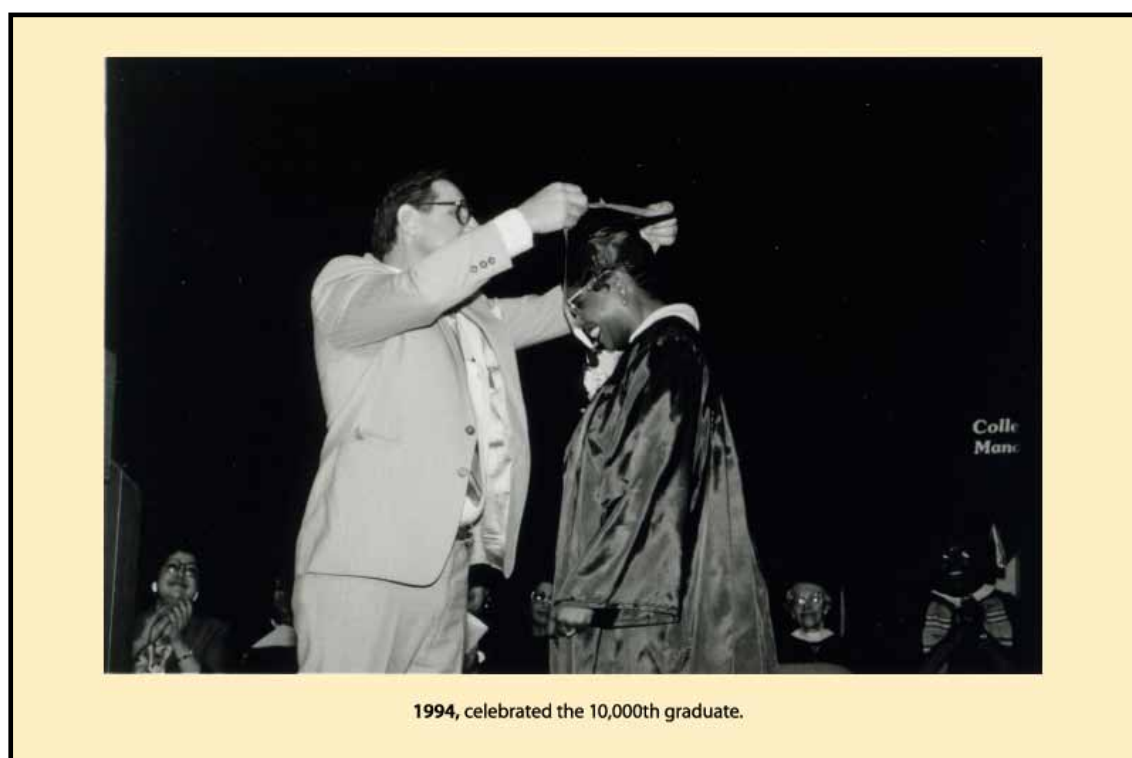
By 1990, Metropolitan State University had reached the milestone of 5,000 graduates. In addition to the Minneapolis and St. Paul locations, Metro State's annual report in 1990 called for additional facilities. This resulted in the establishment of the Midway Center at Snelling Avenue and Energy Park Drive. This location housed faculty offices and additional classrooms. The School of Law Enforcement and Criminal Justice was established in 1991 in collaboration with Minneapolis Community and Technical College (MCTC).

By 1992, the move to the Dayton's Bluff campus was complete, with administrative staff moving from their location in downtown St. Paul to the Dayton's Bluff site. 1994 marked several noteworthy events: the New Main building opened; graduate programs in nursing and business administration were added; and the number of graduates from Metro State reached 10,000.

With these accomplishments came some due rewards. In 1995, for its continuing focus on improving teaching, Metro State received the Hesburgh Award. Then, in 1997, to recognize the 25th anniversary of this "Grand Experiment," Metro State celebrated by conducting 25 community projects. For this the institution received a Quality of Life award from the Greater Minneapolis Chamber of Commerce.

1997 was also the year that Minnesota Planning, a public policy group, called for the reorganization of Minnesota's public higher education system, including the realignment of the state's four-year colleges. Focusing on Metro State, the report stated, "Metropolitan State University is in transition from a nontraditional institution [...] to a more traditional four-year institution." The report also added that "Metropolitan State University's expansion is a response to the shortage of public four-year universities in the rapidly growing Twin Cities area."

Proof of this could be seen in the State Legislature's request, in 1998, for Metro



1994, celebrated the 10,000th graduate.

Photo courtesy of Metropolitan State University

State to begin admitting freshman students. The school was perceptibly progressing toward a more traditional role in the educational landscape.

1998 was the year that Nancy Black was named Minnesota Professor of the Year. It was also the year when Dr. Reatha Clark King, the former president of Metro State received the university's first honorary degree. With President Cole's departure in 1998, the end of the decade — and millennium — witnessed a change in leadership, with the appointing of Dr. Wilson Bradshaw as Metro State's fifth president in 2000.

In 2002, St. Paul Mayor Randy Kelly received Metro State's second honorary degree. This recognized his support of the new Library and Information Access Center, which, after years of being mired in legislative bureaucracy, was finally under construction on the Dayton's Bluff campus.

The library opened in 2004, which was also the year Metro State reached 20,000 graduates. Some of these included the first graduates of the Masters of Arts in Psychology program. That same year, the HealthPartners Simulation Center for Patient Safety opened at Metro State, the first of its kind in Minnesota.

In 2008, the Carnegie Foundation for the Advancement of Teaching awarded its Community Engagement Classification to Metro State, recognizing the institution's

consistent investment in the integration of learning.

2008 also witnessed the appointment of Dr. Sue K. Hammersmith as Metro State's sixth president; and also plans for another move. Receiving a bond from the State Legislature, Metro State and MCTC collaborated with Hennepin Technical College (HTC) to build a new Law Enforcement and Criminal Justice Education Center. Construction began at the HTC's Brooklyn Park campus in 2009 and was completed the following year. 2009 also saw the first nursing doctorate graduates earning Doctor of Nursing Practice degrees.

By the year 2010, of all those enrolled at Metro State, 31.9% were students of color; this was up from just 7 percent in 1990. 2010 was also when Metro State celebrated its 30,000th graduate. In 2011, the St. John's Hall expansion was completed, replacing the last remaining structure of the old St John's Hospital.

2011 also witnessed Metro State's first graduates of the Advanced Dental Therapy program. These graduates received their clinical training at Normandale Community College in Bloomington through a collaborative effort with Metro State. Later that same year, a second clinic was added with the completion of Metro State's Advanced Dental Therapy Clinic in Maplewood. Nowadays, with the two schools' joint effort still in place, students rotate between both clinics.

more than 50 majors offered, as well as master's and doctoral programs, are all reflections of Metro State's growth. The school's recent building additions are also proof.

The new multi-level parking ramp is now open, along with the new Student Center next door. According to Interim Director of Student Development and Programming, Phil Fuehrer, the center contains a suite of offices for student organizations; multiple study rooms (one with a play area for kids); a fitness room; a student lounge; and an on-site dining service, with plans for a chosen vendor by the end of March. The new Science Education Center — across the new South skyway — is also up and running; classes started in the building at the beginning of spring semester.

All of these milestones point to a bright future for Metro State, built on a rich, robust past. When asked about a fond memory of the school's early days, Professor of Psychology, Susan Rydell, recalled speaking at Metro State's first graduation when President David Sweet surprisingly asked her to say a few words to the graduates: "As a child growing up in New York City, 'Non scholae sed vitae discimus' was the motto of the school I attended," Rydell said, as part of her speech. Reflecting on this, she explained, "This is Latin for 'Not for school, but for life we learn.' I never really knew what that meant until years later, after I came to Metro State."

These days, Metro State is a vital, thriving aspect of the community and the Twin Cities as a whole. Student enrollment of over 11,000,



Photo courtesy of Metropolitan State University.

The Law and Criminal Justice Education Center just after completion in 2009.



# Focus on Faculty

# James Byrne: professor and filmmaker

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James Byrne is a screenwriting and cinema professor at Metro State. He also is a local filmmaker. He enjoys his dual career lifestyle.

**How long have you taught at Metropolitan State?**

20 years this year.

**What got you intrigued about cinema and movie production?**

It evolved when [...] I started college. I had always loved still photography since grade school, which lead to me eventually diving into movie making in college. The real thing that made me passionate about this field is the ability to combine images and words to create a cinematic experience. In my opinion, film is a medium that suits my overall outlook on life and interests

**What did you go to school for?**

For my undergraduate studies, I attended the University of Minnesota with a degree in Studio Arts and an emphasis in photography. For my grad school, I attended the School of Arts Institute of Chicago, with a Masters of



James Byrne (left) on location at the Bruce Vento Nature Sanctuary in St. Paul, filming "Mist on the River," with Metro students Rena Prater, Jauston Campbell and Annie Moua.

Fine Arts in video art.

**Do you believe the Twin Cities has a strong independent movie scene?**

Yes, I believe there are loads of talented folks here. The film community is very supportive of each other. The also positive of our Twin Cities community is

there are many grants and fellowships readily available to local filmmakers.

**What is your favorite movie genre and why?**

The movie genre I enjoy the most is drama. I like it a lot because it contains the full spectrum of human emotion, which fits my per-

sonality the best. Now if we were talking favorite movies as well, those would have to be "The Sacrifice," "Paris, Texas," "The Unbelievable Truth" and "Youth."

**Is there anything you wished either Metro or the Twin Cities as a whole, could improve on in terms of movie production?**

Contrary to popular belief, I think everything is pretty much solid. Actors are present. Equipment is there. Money is available. We pretty much have a strong unit of cohort filmmakers in the cities.

**What have Metro students done in film production that has been developed into a short film?**

Actually, we had a couple Metro students go down to the Frozen Film Festival to showcase their work. 13 students in all. They will have a special screening at the Landmark Center in Minneapolis. My film students distinguished them from the pack by having their own category at the Film Festival, separating from other fellow student filmmakers at other schools.

**Where do you believe movies are headed i.e., do you believe the notion they just don't produce good films like they used to anymore?**

Most of the talent is being scripted for television shows like HBO, cable and Netflix. Good movies are still being made, but the shift is now being made to cable TV, which takes precedence over the film industry nowadays.

# Phil Fuehrer applies personal journey to student development

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As Soviet tanks loomed in the background, the 300,000 dissidents that filled Wenceslas Square in Prague, Czechoslovakia began to jingle their keys in protest. Amid the turbulent sea of jangling metal, stood a vacationing Minnesotan named Philip Fuehrer.

Few Americans can say that their first big political protest was during the height of the Velvet Revolution. In November 1989, the demonstrations resulted in a peaceful transition from a one-party Communist regime to a parliamentary form of government.

"It was just an electric atmosphere," said Fuehrer, currently the interim director of student programming at Metropolitan State University. Fuehrer joined the Army right out of high school and at the time was stationed in Germany as a Czech and Slovak linguist specialist.

Student activism and politics have been a part of Phil Fuehrer's life ever since, even though his first campaign ended with less than spectacular results. Fuehrer received just 92 votes, 3 percent of the total cast, in his attempt to become the student body president at the University of Minnesota in 1992, setting the record for the fewest votes.

Having served four years in the military, Fuehrer stood out as a

nontraditional student by appearance and life experience; students in their mid-twenties on college campuses were not entirely normal at that time.

After earning a degree in European Area Studies, he ran for state representative in 1996 and became the first Independence Party candidate to receive the endorsement of a major media outlet, the Pioneer Press. Still, Fuehrer finished with only 6 percent of the vote. He also ran for a seat on the St. Paul City Council in 1997 and 1999. He did not win either time.

Despite the electoral losses, Fuehrer found campaigning to be a fantastic and beneficial opportunity. Candidates learn a lot about themselves and often grow as people when seeking office, as well as discovering the inner workings of our political system.

"It's a very enlightening experience," Fuehrer said.

## Developing Solutions, Leaders

Fuehrer has had some political success behind the scenes. He joined the Independence Party and took on a leadership position as platform committee chair in 1995, shortly after they attained major party status.

The focus on ideas and solutions has been helpful in his various roles at Metropolitan State. He began as office manager for student life

in 2001. Presently, many students go to Fuehrer for questions about starting groups and event planning.

"I try to develop students as critical thinkers and independent minds that think through their options and make decisions accordingly," said Fuehrer, though he will definitely provide his personal opinion if asked.

His favorite part of the job is advising and counseling student and then watching them grow over the course of their college career. The advice isn't always the same, as some students just need more confidence, other need to decide on a direction, and so forth.

Similarly, when dealing with the Student Senate, he often asks questions to help zero in on the desired result and gives a range of alternatives before putting the decision back into their hands.

"I don't see my job as one to mandate the end result," Fuehrer said.

## A Campus Living Room

Creating a collegiate atmosphere is difficult for a commuter school with four permanent sites and locations spread throughout the Twin Cities metro area. Aside from the lack of common gathering areas, Metropolitan State has many nontraditional students who already have an established circle of friends and are involved in their own communities.

The Student Center is key to increasing student involvement and activities on campus because the school has management oversight of the space. The new food service and a fitness centers will also help.

For now, student programming has promoted and offered discounts to off-campus events that students can attend on their own. At least 70 students attended the Jan. 8 Timberwolves game, 48 tickets were sold to a screening of the new "Star Wars" movie, and as part of Fall Fest, 90 people took advantage of the discounted kids' rides at Como Park in St. Paul.

"The idea is to find those activities that have value to the students," Fuehrer said.

The next step is selling events in the building. Roller skating is a possibility, as the University has the ability to transform its own space. And, while the giant parking ramp looks boring, its presence means one less headache for anyone attending an event on campus.

"I really want to make the student center a living room for the University," Fuehrer said. Because students need a place to relax, recreate, eat and just feel at home.

In the end, Fuehrer views his role as "making sure students are ready for the next journey." Hopefully a successful, peaceful transition to life after college.



# Tech Check

## Password managers: security made convenient

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Give this a try. Count, on your fingers, how many passwords you have to remember.

This exercise tends to divide people into two groups. Either you can't do it because you have too many accounts, or you can do it ... but only because you reuse the same password for multiple accounts. Either way, you have a security problem.

Last month we covered Two-Factor Authentication, or 2FA, a simple way to improve your security using your phone. You might remember I laid out three rules for good password security: don't share them, don't reuse them and don't make them easy to guess.

This isn't always easy! Sometimes we share passwords for shared accounts, like a household subscription. Other times we're too

lazy to make new passwords for new accounts. Often we make them too simple, like a pet's name. (Come on, anyone could find that on your Facebook!)

### Get a Vault

Fortunately, there are programs designed to save us from our security laziness. They're called password managers, and they give you the best of both worlds. A password manager stores your long, complicated, and secure codes for all of your accounts, in a virtual "vault" for safekeeping.

You might ask: how does putting all my passwords in one program make me more secure? Couldn't I accomplish the same thing by putting them in an encrypted document? Well, you could, and it would be better than taping them under your keyboard. But what if you don't have a device that can open the document handy?

What if the document gets deleted?

The most important thing password managers do is make security convenient. They can generate new, better passwords for all your accounts and automatically type them so you don't have to go searching for the key on your phone keyboard. They can use one-time passwords to keep your account secure if somebody recorded your keystrokes on a public computer. They can even share passwords to multiple people and sync changes for easy access. In short, they solve all your password problems.

### Where Do I Start?

First, pick one! There are many options: KeePass, Dashlane, 1Password, RoboForm, and more. Personally, I use LastPass. Most have basic free versions (KeePass is totally free), and even the paid ones aren't pricey.

For example, \$1/month for LastPass gets you an app for your phone, fingerprint scanner support, and other 2FA options.

Second, pick a good, long

### At the end of the day, there are few passwords you can't afford to forget.

password (something you won't mind typing frequently) and install your chosen manager. Some are no more than a desktop application to copy/paste the passwords from, while others can automatically fill in password fields in your browser.

Third, start logging in! You don't need to get every account done in one sitting, because you'll get feedback

as you go; when the manager detects a weak password, it can suggest a switch to a longer one. In my case, LastPass has something called a "Security Challenge." It scans the vault for weak passwords and checks a list of recently hacked websites for more that might need updating. This helps me stay on top of my personal security.

At the end of the day, there are a few passwords you can't afford to forget. Your phone needs an unlock code, ATMs need PINs, and classroom computers need your StarID. It's not about logging you in automatically everywhere you go (because we haven't got biometrics like fingerprint scanners all over the place just yet); it's about reducing your mental workload by handling the basic security stuff automatically. Don't put this off until something gets hacked!

# Dr. Kev's Love Advice

KEVIN MILLER  
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**Dr. Kev:**

**I had been seeing a girl for half a week or so before Valentine's Day. I didn't think things were that serious. I decided to take her out to a bar near her workplace for V-Day. It's not fancy, but it isn't Popeye's either. Apparently she was expecting more. She's been mad about it ever since. What should I do?**

**Sincerely,**

**Far From Fancy**

Far From Fancy,

Ah, Valentine's Day: when every downtrodden wage-slave must gather their pennies and kneel to the high priests of Hallmark and cloth napkins. It's a dimly lit affair with couples mumbling over Cobb salads and rail Martinis. The server's languid suit drips off his shoulders as he seats you

at a table near the kitchen. Exposed brick dotted with Monet reproductions line the dining hall. A nearby couple argues over the validity of a gifted yoga class: "You think I'm getting fat, don't you?"

The menu's in Italian, or Latin or something; I don't know, I opted out of Spanish for wood shop in high school. Some guy is flirting with his server while his girlfriend freshens up: "Oh, another putter, again this year. That's nice, I guess."

This entree smells like feet. Is it supposed to smell like feet? I'm sorry, but I couldn't read the menu. It's in, like, French or something.

"A yoga class? You're not even attracted to me anymore are you?" Golly gee willikers, isn't Valentine's Day romantic?

By now, you're like "Dr. Kev, I came here for advice, not

your downer, socialist drivel. And how are you still single, AMIRIGHT?" My apologies — it looks like someone has a case of the Mondays.

I'll cut out this gloomy-glen nonsense and get back to the topic at hand. It seems you've eaten yourself into a corner and your lady isn't feeling it. To fix this, we need to know more specifically why she's upset. Is she mad that didn't put enough thought into a romantic evening? Or was your bar food unable to keep up with the Joneses as they Instagramed their foot-scented three course?

### Something Special

So you messed up Valentine's Day. Whatever. Try planning a day just for her. Whatever she's into, whatever she's passionate about, plan a whole day around that. Since I don't know her, I can't give you any spe-

cifics. But whatever it is, don't judge her for it. She artsy? I'm sure the Walker has something interesting to ogle and contemplate. She an animal person? How about a jaunt to a local sustainable farm, or a zoo tour with access to all the backroom smells and sights. Mostly smells. Is shopping her hobby (like all good capitalists)? Lucky for you, we've got the biggest indoor shopping/indoctrination center in the country. Is she so cultureless it's painful? Go to a big Chinese buffet where she can fill her plate with mashed potatoes and dried out pizza. You get the point. Make it about her.

### Simple Answer

She's mad because you didn't take her out for a nice dinner, right? So, take her to a nice dinner, stupid. Just the two of you mumbling over Cobb salads and

rail Martinis. Skip the chain spots — Olive Garden isn't fancy. Scope out a nice little spot with Yelp reviews that glow so brightly they could light a stadium. Pro tip: ask the chef to make something in her entrée heart-shaped. It's a move so corny and disarming that it could make the most jaded Lifetime movie network executive swoon.

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).

Got something to say? Want to voice your opinion?

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

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# Opinion

## Ditched by the department

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I am a senior in the social science department at Metropolitan State. I really enjoy and respect my department faculty, but I have had a major problem leading up to my graduation date in 2016. I followed the written rules of sequence for classes to graduate as a social science major, set out by the department. For other students, course pairing exceptions were made within the program. A fellow student and I were left behind one semester because the majority of other students were advised and approved to take two core classes in one semester rather than two separate semesters; we were not.

The sequence that is set out by the department dictates that classes are needed in a certain order, but an exception can be made with “department approval.” The guidelines for core classes are as follows, “(Classes) must be taken in four separate semesters in the order listed above. SSCI 300 and SSCI 311 may be taken concurrently with departmental

approval.” The words used for how a social science major takes their core classes sounds rigid, “must be taken,” but instead, the department gave the exception or approval to twelve out of fourteen students that I was to complete my BA within the College of Arts and Sciences. Alternatively, I began my senior year with a new group of students, most of whom I had never met before, while my newly found university friends were one semester ahead of me.

Now this could seem like I messed up: I didn’t read the fine print, I didn’t put pressure on department faculty to forgo guidelines. My reasons for not asking were simple — I honestly thought the way the department set up the curriculum was the best way to get the most out of the program.

From my experience and the dictionary, out of fourteen, twelve approvals seems more like the majority than an oddity. The deed has been done and within the new group of seniors that I hope to graduate with, there are eleven students who also were allowed, some were

even pushed, to double up on two specific core classes.

SSCI 300 is a new requirement for the department, being formed in 2014, this must just be a transition period for the sequence of courses. Why have there been two separate semesters of students being forwarded more quickly? How long is this transition period going to last? How long has

### The department approved twelve of fourteen requests to take the courses out of order.

it lasted? I have personally expressed disappointment in how this situation has unfolded, and blame was put on a lack of experience with advisor guidance. An argument could be made that blame should be put on elite departmental approval instead.

Unfortunately, there is one more consequence to this intricate situation. There are

a small number of graduates from the social science department, usually around fifteen each semester. There is a final capstone course requirement with two choices, empirical research or conceptual research. These capstones are rotated every other semester, with the exception of the last two semesters because a certain faculty member is on sabbatical. I am aligned with the conceptual capstone because of the sequence set out by the department. If, for educational or career purposes I wanted or needed to complete the empirical capstone, my graduation date would be a full year later than the students I began my program with.

In some respects, I personally feel lucky that I got to know two groups of people who are amazing, thoughtful and intelligent, but I can only wonder if I would have been able to grow more myself, and within the department if I had the same student comrades as I did from the beginning.

I would implore the faculty and advisors of every department, chiefly the social

science department to rewrite or rethink the way you would like students to complete your guidelines. Would you like students to focus on the final capstone, and pair classes respectively? Would you like students if possible, to graduate with the same group, creating solidarity and lifelong rapport? If you want department approvals or exceptions to be the vast majority, express that in your department major checklist.

I took the classes the way professors wanted the courses to be taken. This critique of the department was hard to write because the faculty members have given me so much. For other students it might be an entire year set back because of these choices, so it had to be written. Would you like your students to feel empowered walking across that stage? As I hope to walk across that stage and give a nod to those who helped me complete what took me nearly a decade, I hope I feel that empowerment, because right now I feel ditched and forgotten.

## *Signs of progress have been noted, but diversity is not yet the norm*

VIDEO GAMES FROM PAGE 8

aspect of the gameplay was a repetitive slog that any second rate “Call of Duty” clone was able to exceed circa 2009. But the gameplay was hardly the main issue.

There is a point during the game when the player character is driving around a ghetto in L.A. to incite race riots — yes, I know, but it gets worse — when an achievement, a milestone attained through a specific playthrough ruleset, called “Gang Bang” is given for killing a certain amount of enemies in this level.

The problem is this is the only level in which every enemy is black.

There are dozens of other examples in the game, but to focus too much on one game would be missing the point. It’s not just the lack of diversity that plagues the video game community, not just the lack of tolerance. It’s the unintended and lazy design choices that prevent progress. Many role-playing games give male characters aesthetically beefed-up armor as they level up, while

their female counterparts are given functionally identical but scantily-clad armor. Many fighting games rely on embarrassing racial stereotypes. Regardless of genre, the medium’s history lends credence to the idea that the main audience for games is adolescent boys, who gloss over any major social issue and desire nothing but sex and explosions.

There are some signs of progress, however. In games like 2013’s “Rust,” an online survival game similar to “Minecraft,” the player character’s appearance is randomly generated, and white player can be assigned a character who is a minority. There have been reports that players have felt the closest thing to direct racism through this game. That is the power games have: the gift of agency. They allow you to truly put yourself in someone else’s shoes. Even games like the “Mass Effect” series or 2015’s “The Witcher: The Wild Hunt” challenge the concept of sexuality and gave players a plethora of choices. They connect sexuality and intimacy in games with meaning and agency,

not just titillation.


These are a handful of works that have shown progress in the games industry — progress that will probably continue to escalate, assuming the industry itself grows and stabilizes. But, to assume these games are the

norm of the industry is ignorant. There is a long way to go, whether it’s in regards to Gamergate, the Cross Assault sexism fiasco or a mission in “Call of Duty” where you mow down a bunch of Middle Eastern people without knowing their motiva-

tions or fully understanding your own. However, we, as consumers of the media, dictate the direction in which the medium is driven. That is our power. Let’s become more enlightened towards this progression and keep the momentum going.

# HAUTE DISH

The arts and literature magazine of Metropolitan State University



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# Discrimination in video games: A Response

BRAYDEN MANN  
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*Editor's Note: This is a response to The Metropolitan's January/February article written by our copy editor, Andrew Prater, who was interviewing Alex Layne. In the interview, Prater and Layne discussed Layne's contribution to the blog "Not Your Mama's Gamer." The topic of diversity is still contentious in the video game industry. However, over time, the situation is slowly getting better.*

As an art and as a form of media, video games provide a unique experience to players, offering agency over action, the ability to contextualize the struggles of others and, above all else, interactivity. Video games are among the most exciting kinds of mass media because they provide a feeling of agency; players feel a responsibility for in-game characters. It's through this level of agency that limits and lessons of the game take their true form.

But, what happens when game developers unintentionally indoctrinate the player with misguided or even deplorable attitudes?

Let me explain.

We often look back at old Western movies that glorify the slaughter of Native Americans. Despite the obvious cringe value brought on by barbaric nostalgia, Middle Eastern peo-



A video game enthusiast plays a Wii demo at a retailer.

GETTY IMAGES

ple are to video games what Native Americans were to the movies. Even if many modern military first-person shooters use these populations only as the occupants for a setting and place, in doing so they turn those

populations into faceless mobs.

More than ever, developers need to be conscientious about diversity. One of the most tone-deaf examples of unintended indoctrination in recent memory comes from 2011's

"The Call of Juarez: The Cartel." The game itself is a mishmash of terrible design choices, poor research into its subject — the Mexican drug wars — and dense characters. The shooting

SEE VIDEO GAMES ON PAGE 7

## BRICK-PUNCHER FROM PAGE 1

fend himself. "I have broken 726 bricks in 96 seconds. If I am attacked by humans, how many seconds do you think they are going to last?"

But Taylor thinks violence is never the solution to peace and to one's destiny. "Violence is not the answer. Because you are never going to know what another human possesses. It is not the appearances that will hurt you; it is their mind that will hurt you" says Taylor.

A sixteen-year old Marcus, one of Taylor's trainees, says, "instant ability helps me to defend myself in the easiest way possible. I recommend it because it gives you confidence, knowing your mind, having that instinct to demonstrate and act fast. It also helps you to overcome fear."

How can anyone get this power of instant ability? Taylor says instant ability requires three things: ability, insights and training. Within one day of training, anyone can break a brick or two. It's just that simple when fear is not present.

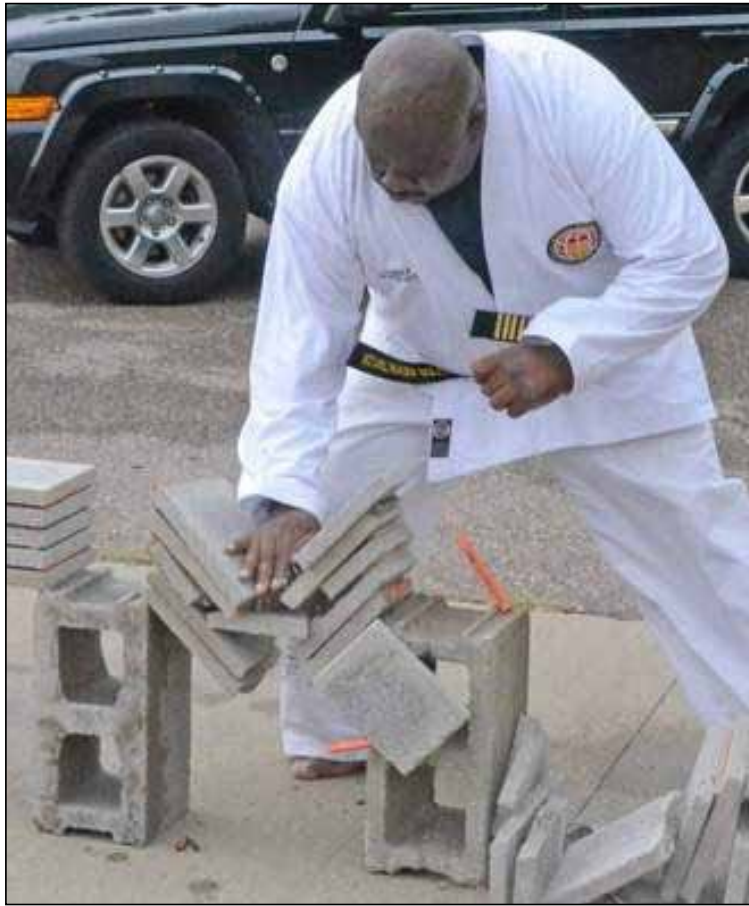
Once we understand the physics of our abilities, we begin to understand the power you and I hold within us. According to Taylor, "it's all in the mind and you have got to tap into it. It does not matter

how big or small you are, its about training the mind."

A world record holder in speed brick breaking, Taylor, has been featured on a variety of shows including the Today Show, the Steve Harvey Show, the Arsenio Hall Show and America's Got Talent.

The beauty of instant abil-

ity is not just being able to defend one's self in the easiest and quickest way possible. The value of having instant ability is that it trains one's mind to think fast and act faster. Taylor praises martial arts saying, "A martial artist is one thing, one person and one entity. You confirm your own style of martial art."



Submitted photo courtesy of Kevin Taylor

Kevin Taylor is a martial artist and found of the W.S.B.B.A, the World Speed Brick Breaking Association.

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