



THE METROPOLITAN

The Metropolitan State University Student Newspaper

The Kinship Circle at the Gordon Parks Gallery: Celebrating Limits in an Ever-Expanding World

ED DAY
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It's okay to touch the artwork. In fact, Regula Russelle practically insists. At the Nov. 12 opening of her exhibit "Kinship Circle: An Exploration in Book Arts" in the Gordon Parks Gallery at Metropolitan State University, the artist repeatedly encouraged visitors to touch and pick up her pieces of artwork, to embrace it in the here and now.

According to Russelle, touching changes the way people experience art. Russelle's works, which include short, hand-pressed books and bowls made primarily of cotton, are not as fragile and distressed as they first appear.

The books, printed on light card stock with chapters demarcated by folds, incorporate drawings, poetry and prose to tell a story. Russelle's composition, "Every Morning is an Entrance to

a City" takes the shape of a pamphlet and answers the question "How do we shape a day?" Images that complement the text includes hand-drawn musical staves and a cello.

The inspiration for this piece was cellist Pablo Casals, who played music and then took a walk every morning, grounding his day in both culture and nature. A religious element is evident in the work, as "Every Morning" was inspired by the "Book of Hours," a small devotional text from the Middle Ages consisting of prayers or psalms.

The subtle meaning within the seemingly straightforward pieces make Russelle's work special.

"She's just so thoughtful," said Gordon Parks Gallery director Erica Rasmussen, who, like Russelle, teaches at the Minnesota Center for Book Arts. "I like the way she thinks."



Artist Regula Russelle poses with her work.

COURTESY OF ERICA RASMUSSEN

Book arts are a 20th-century invention from the world of visual arts. According to Rasmussen, the practice evolved from letterpress printing of chapbooks, a type of small-format book that originated in England. Chapbooks were inexpensive to produce and very popular. At a time when

printed tomes were priced for the privileged, chapbooks became "the people's form of art and literature."

The democratic nature of this art form is not lost on Russelle. For the Kinship Circle project, she and several colleagues took 5,000 hand-pressed cards of poetry and drawings

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Reorganization Planned for Several Colleges at Metro

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Metro State's administration is considering changes to the organizational structure of several colleges within the university. The proposed reorganization would affect the College of Arts and Sciences, the College of Management, and the College of Health, Community and Professional Studies. It could also result in the College of Law Enforcement and Criminal Justice being rebranded as a college focused on public and urban affairs.

In 2014, faculty members from the Communication Writing and the Arts Department (CWA) approached Provost Virginia Arthur with the idea that their department should be designated as a school. CWA is currently a part of the College of Arts and Sciences, which houses 12 departments and programs including natural sciences, philosophy, mathematics, communication and social science. According to Arthur, faculty members provided evidence that becoming a school would improve the CWA's national visibility and make it more competitive when applying for grant money.

As new construction began around campus, the idea of a reorganization gained momentum. Arthur began to consider organizational changes to the whole College of Arts and Sciences. "With the opening of the Science Center, with the increase of the number of science programs — we're adding programs now in chemistry, chemistry teaching, environmental science," said Arthur. "It seemed to me that it becomes a more manageable job if we think about separating them into two separate colleges."

Arthur began pitching the idea to various stakeholders. "I put out a proposal and then held forums and I've invited people to send me their comments and I've met with different groups. And I think it seems that everybody's happy about that,"

Grant to Provide Up to 335 Paid Internships to Metro State Students

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If you plan on accepting an unpaid internship in the next few years, Metropolitan State University's Institute for Community Engagement and Scholarship (ICES) may be able to pay you for your efforts.

Metro has received \$444,429 from the Career Ready Internship Grant, created by Great Lakes Higher Education Corporation & Affiliates. With this money, ICES will collaborate with businesses and nonprofits to provide Metro juniors and seniors with paid internships. Students across 29 majors are eligible for the grant.

"It is difficult to overstate just how important the Great Lakes Career Ready award is to the university and Metro State students," said ICES director Greg Mellas, in a press release. "During our initial

2014-2015 award period, many students reported that a paid academic internship had been a game changer for them, altering their career trajectory and opening a new set of opportunities which simply would not have been possible without the funding made available through this award," he said.

"The way we have written the proposal allows students the most flexibility in searching and securing the internship that meets their personal and educational goals," said Victor Cole, the academic internships and study abroad adviser in ICES. "All sites, business and nonprofits, that accept a student intern from Metro State and are approved by the assigned faculty are considered," he said.

Metro was the only state institution in Minnesota to

receive this grant.

Cole said the university is looking to make more connections with for-profit industry over the course of the granting period.

Students must meet certain eligibility requirements to receive payment through the Career Ready Internship Grant. Some of these come from Great Lakes, while others come from Metro.

Great Lakes requires recipients to be undergraduate students with at least 80 credits towards their degree. Likewise, the student must have completed a Free Application for Federal Student Aid (FAFSA), received an award letter and still have a financial need, according to their FAFSA.

Students studying nursing, education and social work are not eligible for the

grant, per Great Lakes. The same goes for international students and graduate students. Grant money cannot be used to pay for on-campus interns.

Metro requires that students have a grade point average of 2.00 or higher and must be in good academic and financial standing to receive the award.

"We are focusing on two additional academic areas ... We are looking to increase the number of internships for credit in the fields of science, technology and mathematics, and in all the fields of business and management," said Cole.

According to Cole, "The intent of the grant is to support students in continuing their education and completing a degree. In addition to that, we hope the grant

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THE METROPOLITAN

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The submission deadline for the
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Three Tips to Start 2016 on the Right Track

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Life is too short to wait for
it to come to you. You have
to move, contemplate,
ingest and digest. Life is
not a game of hide and
seek; life is a game of seek
and find.

What do you want to do
with the next year? The
following three steps will
help you achieve your
goals in 2016.

Step 1: Minimize

This year, what things
do you need to minimize?
What activities have been

taking up a lot of your
time but you would like do
less? Maybe you want to
reduce the amount of time
spent watching Netflix and
television, or reduce the
effort you put into your
social media accounts.

Step 2: Maximize

What things must you
spend more time pursuing
in order to accomplish your
goals? Let's say you want
to get into better physical
condition. You should
maximize the amount of

time spent exercising and
watching what you eat. It is
that simple.

Step 3: Exit

Think of your life like an
internet browser. Which
tabs should you close?
Sometimes, you must
choose to move on from the
negative aspects of your
life, whatever they may
be. If something doesn't
have redeeming value or
isn't adding to your life, do
away with it. This might
include habits that are

no longer useful, friends
that are holding you back
or employment that isn't
satisfying.

If we do not exit certain
tabs in our lives, we
will be surrounded by
unnecessary tabs that limit
our potential. Don't let
your priorities get clouded
by too many negatives.
In short, get addicted to
success; don't take your
future lightly.

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will allow the university
academic programs to
increase the number
of new relations with
businesses, nonprofit
agencies, and community
organizations."

Students who receive the
grant will make \$10.38 an
hour. Part-time students
can work up to 14 hours
per week, and full-time
students can work up to 20
hours per week.

That said, students will
only be paid for a preap-
proved amount based on

their financial need. It's not
guaranteed that students
will be paid for all the
hours they work over the
course of their internship.

The grant has also provid-
ed some money for admin-
istrative support. Cole said
this has given him the fund-
ing to hire a student work-
er for at least the next two
years of the grant funding.

This is the second time
Metro has received this
grant. The first time was
a pilot run in fiscal year
2015. During this peri-

od, Metro awarded 117
students with funding from
the grant. "There were well
over three times that who
were eligible," said Cole.
Students received between
\$415 and \$3,200 based on
their need.

Cole said the grant helps
to support student reten-
tion rates and degree com-
pletion rates. "At the end of
the semester [in FY 15], we
had a 97 percent re-enroll-
ment rate," Cole said.

Metro is looking to

find ways to sustain this
paid-internship program
after the grant period
is finished. The univer-
sity and its foundation
have committed to raise
enough money to match 10
percent of the grant in the
second year and 20
percent in the third.

If you are interested in re-
ceiving payment through
the grant, please contact
ICES at internships.metrostate.edu.

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directly to the places people
congregate in the city
such as the Dorothy Day
Center, transit stops and
farmers' markets. The small
scale of the work involves
little cost beyond "my labor
and my thoughts," said
Russelle.

The cards, which brought
the work of several poets
including Ilze Klavina

Mueller and Jim Moore to
the public, were popular.

"People know when
something took time,"
said Russelle, who grew
up in Switzerland and is a
1993 graduate of
Metropolitan State. The
cards also conveyed the
importance of proximity.

Prior to her current career,
Russelle was a successful

graphic designer. She made
the move to book arts in the
1990s, when most design
work shifted to electronic
forms. She missed the
tactile aspect of art.

The prominence of bowls
in the collection is not an
accident. In order to read
the text within, people
are forced to pick them
up. And while bowls are
self-contained entities,
they can also be part of a
bigger picture.

Russelle's "The Beauty
of Limits: A Meditation on
Rootedness, Hospitality,
and a Commitment to
Place" is a collection of
small bowls with related
thematic messages
inside. Some simply
have keywords such
as "Compose & Form,"
"Assemble" or "Mend"
on separate bits of paper
placed strategically within.
Other bowls contain short
poems written by others,
but many hold Russelle's
own thoughts such as "Why
is our cultural bias toward
outward expansion, more
than nurturing nearness
and care of place?"

These messages reflect
Russelle's interest in

promoting peace, social
justice and environmental
protection, all of which
can be acted on at the local
level. "I am a believer in
civic engagement," she said.

The theme of "a work
in progress" is based
on Kintsugi, a Japanese
method of repairing
broken bowls. Rather
than hiding the cracks, the
seams are connected with
a lacquer resin that looks
like solid gold and become
an attractive way to tell the
history of the bowl.

Likewise, her piece
"Centering Outward,
Inward Return" features
labyrinths and discusses
journeys with limits.
Instead of lamenting an
insurmountable distance,
Russelle notes that people
of the Jewish faith who
could not afford a trip
to Jerusalem walked
a labyrinth instead to
symbolize the journey.

"There's so much to learn
in place," Russelle said.

Regula Russelle's exhibit
at the Gordon Parks Gallery
runs until Dec. 11.



Spectators in the Gordon Parks Gallery.

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On Campus

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said Arthur. “As I began to consider the possible division of the College of Arts and Sciences into two smaller colleges, it seemed the right time to also designate CWA as a school. Within the college ... there will be a school of CWA and departments of social science, history, practical philosophy and ethics, ethnic and religious studies, literature and language.”

The College of Arts and Sciences will not be the only college affected by the reorganization. The College of Management may also see some changes. According to Arthur, “Within the College of Management, they have just a single department and that includes accounting,

management, marketing, management information systems. So it has all the disciplines which are usually broken up into departments. And I think, again, it’s gotten kind of unwieldy for them to manage.” Under the reorganization, most existing programs would remain under the auspices of the College of Management, but they would be divided up into smaller departments.

Changes have been proposed for the College of Health, Community and Professional Studies (CHCPS) as well. The college contains departments for nursing, psychology, social work and human services. Arthur wants to know if creating a separate college for

nursing and health sciences would open up more opportunities for programs like occupational therapy or physical therapy in the future. “I had really just asked that college to have conversations among themselves,” said Arthur. “Did they have the right structure now? Should we think of dividing that college and making nursing into a separate health science?” The answer is still forthcoming, but Arthur thinks that if the nursing department does not split off from the CHCPS, then the school will probably appoint an associate dean to help oversee the nursing department.

Another proposed change will rebrand the School of

Law Enforcement and Criminal Justice (SLC) as a school of public and urban affairs. The new college is as yet unnamed, but it will be focused on urban issues. It will take the current SLC’s emphasis on policy and combine it with programs from the College of Management such the Masters of Public Administration, Masters of Nonprofit Leadership, and Masters in Advocacy and Political Leadership. According to Arthur, “This college will allow the university to establish a stronger identity as a public, urban institution which is deeply engaged with urban issues.”

Metro administration will make the final decisions on all organizational changes

for next year by the end of the fall semester. The changes will be enacted over the course of the spring semester and be finalized on or before July 1, 2016. The reorganization will have little to no effect on current classes or degree requirements, so the impact on student experience should be minimal. However, it may allow students to feel more connected to their own programs. “I think having that stronger sense of identity is good for students ... Having smaller colleges to navigate are also easier. You can get the attention of your department chairs and your advisers and your dean if you need him or her more easily,” said Arthur.

Metro State Hosts Expressions of Indigenous Knowledge Panel

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On Nov. 16, Metro State hosted Expressions of Indigenous Knowledge, an event held in honor of National Native American Heritage Month. The event featured a panel of three speakers, Linda EagleSpeaker, Dan Wendt and Harlan LaFontaine. The presenters shared their experiences and provided insight into Native American culture.

Margaret Vaughan, the evening’s host, hopes that this event will inspire more focus and attention on Indigenous knowledge, which “covers the specialized local and place-specific knowledge bases, sciences and philosophies specific to individual Native nations,” she said. “I think and hope that events

like this will inspire a push for more student interest in Native and Indigenous studies.”

Wendt was the first speaker, and prefaced his presentation, “Traditional Knowledge of Food Nutrition, Preparation, and Storage,” by explaining that he has taken a Western perspective on traditional Indigenous food during his research. “What you don’t know can kill you,” said Wendt, emphasizing that “food formulation processing and storage is the root of modern science and chemistry.” Wendt’s study of Native American food throughout history revealed that many traditional food practices have influenced the way food is stored,

prepared and eaten today.

EagleSpeaker, from the Blackfoot tribe, spoke about the importance of mind-body medicine and the intersection of Native practices and social work. As one of the first Native elders to train in mind-body medicine, EagleSpeaker is collaborating with The Center for Mind-Body Medicine to develop a program for trafficked females from tribes in Canada and the Midwest.

Currently, EagleSpeaker works at the Minnesota Indian Women’s Resource Center and leads Oshkiniigkwe, a program that helps at-risk Native girls between the ages of 11 and 21 reconnect with their culture and become independent.

LaFontaine presented “Dakota Indigenous Knowledge,” which detailed his journey from the city back to his Native roots. Even though he was not raised within his culture, LaFontaine immersed himself in a reservation community and struggled to learn as much as he could about his tribe and history. LaFontaine emphasized the influence Native language has had on how we currently understand the land around us. Although many Indigenous names have been lost, there now is an increasing push to connect the language back to the land.

Afterward, attendees were allowed to ask questions of the speakers. “As the panel-

ists interact with each other and the audience, new ideas and connections are made that are tied to a collective sharing,” says Vaughan, “which may be harder to duplicate in other learning settings. I hope that everyone who attended woke up the next day and looked at the world in a different way.”

This event was sponsored by the Metropolitan State University Provost’s Office, the Equal Employment and Diversity Office, Voices of Indian Council for Educational Success, and the Ethnic and Religious Studies Department.

Metropolitan State University’s Night of Crime

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What do an FBI agent, a bathtub murder and Metropolitan State University have in common? The university’s Night of Crime. The event was held on Nov. 6 and was sponsored by the Psychology Club and the Law Enforcement and Criminal Justice Student Club.

The guest speaker, Supervisory Special Agent Timothy Wittman, was first on the agenda. Wittman provided in-depth information about the FBI and discussed civil liberties violations.

SSA Wittman also dispelled many misconceptions about the FBI. “I found it interesting how technical the relationship between local enforcement and the FBI is, and how it’s not like what I’ve watched on TV shows like CSI,” said Laura

Kokkila, a math education major at Metro State. On many crime dramas, the FBI is portrayed as having several agents working a single case; in reality, the opposite is more likely. Most FBI agents work on several cases without help. Also, unlike many criminal investigation television series, which tend to conveniently wrap up a case within an hour, a typical FBI criminal investigation lasts an average of two years.

Next on the agenda was a discussion of civil rights history and hate crimes. Wittman described the particular aspects of a case that must be present for the FBI to get involved in a case. He also recommended that, because college campuses are one of the three most common venues for hate

crimes, every student on every campus needs to be aware of their surroundings in order to decrease discrimination, bullying and hate crimes.

Every year, each state submits a hate crime statistics report. However, submission of the report is voluntary and therefore cannot be relied on to be statistically legitimate. While many cases can be considered the result of a hate crime, the FBI concentrates on whether or not there was use of force or threatened use of force.

In regards to human trafficking, Wittman described various situations which initially seem harmless but may result in a form of human trafficking. When it comes to international cases, most victims are lured to the

U.S. with promises of monetary gain, education or freedom. In domestic cases, victims are often coerced into trafficking activities because they have an intimate relationship with the trafficker.

Once the victim has been persuaded to comply with the trafficker’s requests, threats are made to discourage the victim from leaving the situation. Whether or not victims are domestic or international, the violation of rights is always present in human trafficking cases. This violation of rights is enough to warrant FBI involvement.

After Wittman’s speech, attendees were given the chance to solve their own criminal case. Jest Murder Mystery Company performed “Bullets in the Bathtub,” while the guests

enjoyed a pasta dinner. Each attendee was given a role and instructions for their character.

“During the murder mystery dinner, I enjoyed proving my innocence as suspect Candy Canneloni,” said Kokkila. “The Jest Murder Mystery Company had a fun script for characters, but also let our imagination fill in the gaps.”

Jest Murder Mystery Company was founded in 1999 by Randy Manning. Manning believed that successful murder mystery shows should feature funnier actors, funnier writing and audience participation. For more information about Jest Murder Mystery Company, check out their website at www.JestMurderMystery.com.

Community

Mounds Theater: A Community Mainstay

ED DAY
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Where can you regularly see family-friendly wrestling, local comedians, burlesque shows, a psychobilly concert, live radio shows and “A Klingon Christmas Carol”? The Mounds Theatre in the heart of Dayton’s Bluff, offers all this and more.

“It’s really is a special place, with a great art deco vibe and loads of potential.”

Executive director Jessica Johnson often hears the comment “I didn’t even know this was here!” The theater is at 1029 Hudson Road in Saint Paul, a location that makes it difficult to stumble across. Once people find it however, they tend to come back.

Many performers have been involved with a variety of productions over the years. Johnson herself was involved as a performer, tech crew member and, later, the producer of burlesque shows for several years before becoming the

executive director in 2014.

“It’s really is a special place, with a great art deco vibe and loads of potential. [And] the flexibility to put on productions with both niche and wide range of appeal from Terry Pratchett’s ‘Discworld’ to ‘Night of the Living Dead’ to assorted

radio theater productions,” said Sal Cloak, a member of the Conundrum Radio Collective, which has been working with the Mounds Theatre since 2007.

The old-school vibe is authentic. According to Johnson, the theater was “built the year Vaudeville died” in 1922. Though the theater was used as a movie house and live entertainment venue for several decades, by 1967 it was simply a warehouse space.

But in 2001, an ambitious renovation project began. Spearheaded by Raeann

Ruth and her nonprofit Portage for Youth, the Mounds returned to its roots as a theater. In the remodel, Ruth incorporated numerous original items such as the medallions for the chairs. She also acquired period pieces to add to the decor. The paneling in the lobby, for instance, was once part of an old Maplewood movie theater.

Authentic relics from a bygone era, including a still-operating 35mm movie projector, enhance the theater’s mystique. However, finding a qualified projectionist is a challenge, Johnson said.

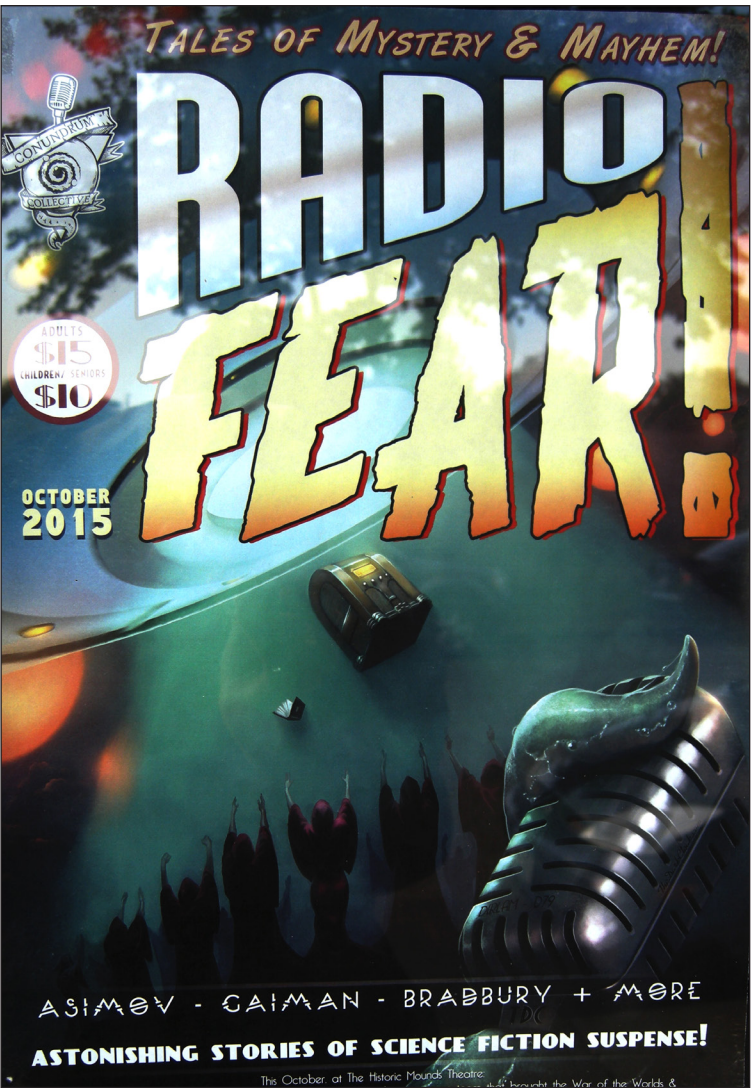
The theater reopened in 2003 as a versatile venue. The standard rows of seats for theatrical performances and concerts can be removed when the wrestling ring needs to be installed in the middle of the floor. Tables can also be arranged on the floor for cabaret-style performances and comedy shows. When Conundrum performed “Night of the Living Dead,” the entire theater became the stage.

“You can literally do anything,” Johnson said.

The slew of eclectic performances have put the Mounds on the map for small production companies and their various niche audiences. “We want to do experimental work that no one comes to,” Johnson said. “That’s the point.”

Obviously an audience is desirable, but Johnson works with small companies that are just getting started and need experience. This means short, two-weekend runs for independent performances. Not only does this serve the artistic community, it frees up the space for regular events during the week.

Haunted tours have introduced many amateur ghost hunters to the theater each fall. The space is also rented out for weddings, fund-raisers and concerts. Events



A flier for one of the theatre’s events, Radio Fear.

ED DAY



The Mound’s Theatre has a working 35 mm projector.

ED DAY

like wrestling draw families from Dayton’s Bluff.

Johnson also wants to bolster daytime programming. In particular, she believes activities for children can foster the next generation of artists. Johnson would like to increase bookings like The KEYS Project, a summer camp which teaches theater to elementary school children.

Of the original work performed at Mounds Theatre, “I Heart Brains,” a musical about zombies, was one of the biggest draws. The performance troupe consisted of a rotating group of high school students and graduates, led by their former high school theater teacher. The large audience was due in part to one performer’s mom, who brought all of her 18 siblings to the show.

“It’s community theater,” Johnson said. “When you

know someone, you go.”

The Mounds has a theater liquor license, which means they may sell alcohol during performances. Along with wine and custom drinks like Soylent Tea or Fiery Doom, Johnson pours beer out of growlers straight from the East Side’s own Sidhe Brewery.

Yes, the executive director staffs the concession stand during shows.

Even with all the bells and whistles — the beer, the multimedia-ready equipment, the adaptable space — the theater’s allure still lies with the fundamentals.

“It’s an actual theater,” said Derek Dirlam, one of the group’s directors. “There is a comfort in being able to perform on an actual stage in a building that was meant to be a theater.”

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.

Student Spotlight

Meet the Cyber Security and Forensics Student Organization

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When he founded the Cyber Security and Forensics Student Organization (CSFSO) in early 2015, Matthew Weikert wanted to provide Metropolitan State University's students with three things: A positive atmosphere for learning, a tight-knit community for students, and a place to gain exposure and explore real life issues. Before the creation of CSFSO, Metro lacked a social and academic gathering place where students could meet up to share information about today's cyber security and forensics.

"The security and forensics community ... is very tight-knit, and everyone knows almost everyone," Weikert said when asked why he founded the CSFSO. "That's the atmosphere I wanted for this organization: a community that is close together, has a positive

The CSFSO gives its members real opportunities to apply their knowledge to the technology field.

attitude, and fosters an environment for everyone to learn new things."

This atmosphere of community is important for

students who are majoring in cyber security and forensics, as well as for those interested in pursuing it as a hobby or possible future career. The CSFSO offers students a network of like-minded individuals, complete with fun, informative events and presentations given by students who currently work in the field of cyber security and forensics.

The best part about the CSFSO is that its members work hard to prepare each other for post-graduation success.

"Our primary focus is to get students exposed to how it would be to work in cyber security or forensics in the real world," Weikert said. "There's only so much an academic institution can do ... so we try to be [the] gap that gives students soft skills, hands-on experience and networking opportunities."

The Cyber Security and Forensics Student Organization holds regular monthly meetings and encourages interested students to



The Cyber Security and Forensics Student Organization holds several events every year.

MATT WEIKERT

attend, even students with no prior knowledge of cyber security and forensics. The culture of CSFSO is very laid back and welcoming. Its members come together to discuss upcoming plans and events, listen to guest speakers, and present information discovered both inside and outside the classroom.

"[The CSFSO] is all about what you make it and the time and effort that is put into learning a new skill; you get out of it what you put into it," Weikert said. The CSFSO gives its members real opportunities to apply their knowledge to the technology field. "Every

single member that we sent to the cyber defense competition," Weikert added, "now works in cyber security, forensics or IT in some capacity, and that's even before graduating."

Members of the CSFSO attended the Collegiate Cyber Defense Competition in 2015 to represent Metro and took second place for Minnesota. "The objective of the competition is to measure a team's ability to maintain secure computer network operations in a simulated business environment. This is not just a technical competition, but also one built upon the foundation of business operations, policy and

procedures," Weikert said.

Next year's competition is coming up in March of 2016. Students who would like to learn more can contact Dr. Faisal Kaleem at faisal.kaleem@metrostate.edu.

The CSFSO throws one big event per semester. This Halloween, the organization held a Cyber Security Awareness event. Events like these are great times for Metro students to drop by and see what the CSFSO is all about. "The organization is open to anybody and everyone, so you don't have to be technically savvy to enjoy yourself with other students."

Metropolitan State University Student Reaches 20 Million People During Human Trafficking Tour

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A student from Metropolitan State University reached 20 million people worldwide during a human trafficking advocacy tour in Nigeria this September. The tour was called "Bringing the Story Back Home" and featured Bukola Oriola, a student in Metro's individualized studies program. Oriola is the founder of a nonprofit called The Enitan Story. Next year, she will return to Nigeria to continue teaching college students about human trafficking.

"Bringing the Story Back Home was a huge success," Oriola said. "I'm grateful to everyone who supported [it]."

Oriola was born in Nigeria and is a survivor of human trafficking. She used her story to help illustrate and

humanize the issue.

During the tour, Oriola and other volunteers visited five colleges and universities over the course of three days. While on these campuses, they spoke about the dangers of human trafficking and what can be done to identify and prevent it.

Despite low funding, Oriola said the tour brought impressive results. Of the 772 participants surveyed after the events, 95 percent said they left the event knowing more about human trafficking than before.

Likewise, 94 percent said they wanted to get involved with prevention. Support for a return tour was strong among those surveyed; a full 98 percent said they would like the opportunity to participate again.

The tour had support from several organizations. Oriola said the U.S. Consulate played a pivotal role in the tour. "Having the U.S. Consulate behind the project was like the icing on the cake; it really made people listen and know that I didn't come to joke," she said. "This is serious business and an issue that we need to pay attention to."

Other sponsors included Google, the U.S. Department of Justice's Office for Victims of Crime, the National Agency for the Prohibition of Trafficking in Persons, and Metropolitan State University. Metro's Student Senate gave \$4,684 towards the tour.

Next year, Oriola and The Enitan Story plan to return to Nigeria to continue their work. Their tour is sched-

uled to run from March 8 to March 17, 2016. Oriola said this second tour will focus on the issue of human trafficking rather than on one particular story. "The story already went home," she said. "I think going back is very important so that we keep the flame burning. We don't just go one time and then disappear."

As a result, The Enitan Story has decided to start a campaign called Students Against Abuse and Slavery International. "We can get students, not only in Nigeria, but Metro State and other colleges in the United States, in Nigeria and other parts of the world to join this campaign as a student body," she said. "The goal will be to work towards prevention."

A few things will change on

the next tour. Rather than visit five schools in three days, they will visit three schools in three days and invite other schools to attend.

During the September tour, many students were busy or were off campus. That will not be the case in March, so more students will be reached.

Oriola said additional funding would be an important part of the next tour. More money would allow more survivors to attend. Ideally, a survivor panel would be able to answer student's questions. She also hopes an administrator from Metro can come to answer questions about the university and its admissions policies.

Tech Check

Improving and Securing Your Home Printer Setup

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Last month we discussed the importance of keeping your router secure and updated. If you haven't already done so, consider this a reminder: the router is the heart of your home network and it needs to be secured.

You can find the article on our website at TheMetropolitan.Metrostate.edu.

This month we're talking about printers. If you've got a wireless printer, read on. If not, skip to the end for a few general tips.

The problem with most wireless printers is that they broadcast publicly. Many universities force students to disable the wireless features of printers in their dorms, because they crowd the network and open security holes. We may not have dorms, but these concerns still exist at home.

Why do I care if my printer is open?

Say your printer is broadcasting its own network, and that network is visible

to anyone in range. Now suppose your neighbor has an HP printer too, and they accidentally click yours. Just like that, your paper and ink are being wasted. Flip it around and imagine accidentally printing sensitive documents to your neighbor's printer. Good luck guessing which neighbor!

There is also the possibility of more serious security issues. In October, the Singapore University of Technology and Design, in collaboration with MIT, demonstrated an attack on network print-

Just like that,
your paper and
ink are being
wasted.

ers using a smartphone. The phone detected a printer, copied its settings and pretended to be that printer, stealing print jobs sent over the network. They repeated the experiment with a

smartphone attached to a small drone. This setup allowed for remote attacks on targets several floors up in a secure office complex.

To be clear, there is a difference between wireless printers and network printers. Network printers are generally used in business settings and plug directly into the router, making it a more attractive target. As a home user, your risk is low, but some neighborhood joker could queue up a big print job while you're not home, leaving a mess for you when you get back.

How can I secure my printer?

The good news: if your router is secure, your printer is probably fine. Most home wireless printer models connect to your computer via your router, minimizing risk, but it's still worth taking a few steps to be safe.

First, update it. Any printer connecting to your computer is probably downloading

updates automatically, but it doesn't hurt to check. If it's got a screen, tap through the menus. It may be hidden. Mine turned up under a tab labeled "Web Services," instead of the Wi-Fi tab where I first looked. If your printer doesn't have a screen, open the Start menu on your PC and type in your printer's brand and model. It's probably got an app installed already. If you have a Mac, check the printer manual. Apple makes sending print jobs super easy, but configuring printer network settings from your computer is more difficult.

Second, it's worth asking: can you just plug in? If your printer sits at the same desk as your PC, turning off the wireless features and using a cord is simpler and more secure.

If cords aren't an option, do your best to ensure the wireless connection only passes through your own secure router. Having it broadcast openly just creates a hole in

your home network security.

What else should I know?

Beyond security, here are a couple things many people don't know about printing:

Have you ever printed a document out, only to scan it and save as PDF? Don't waste the paper. Many programs, including Word and Google Chrome, let you save documents to PDF directly. Your student email hides this option in a menu. Try it next time someone sends an attachment!

What about printing from your phone or when you're away from home? Check out remote printing. My home printer has its own email address, so if I attach a document, it will be waiting when I get home. You can also try a service like Google Cloud Print.

There are plenty of ways to improve your printer experience with a little research. Take some time now to save yourself a headache (and an ink cartridge) later!

Satire

Mascot Madness

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Talk has been circulating on campus that Metropolitan State University might soon be getting its own mascot. I've become so excited about the possibilities that I went ahead and created a few candidates on my own. I would like to offer these suggestions to the college's public relations department. What could be better than a mascot that truly reflects the culture and population of the school?

The Metro State Scholars:

We should highlight the fact that Metro is the only MnSCU school not to have a sports program. When Saint Cloud State's hockey jocks swing by to give our nerd mascot a wedgie, that'll just be unfortunate.

The Metro State Dancing Goat:

Submitted for your approval, either a man in a goat costume or a trained dancing goat. Your move, Admins.

The Metro State Swede Hollow:

It'll be awesome! Picture it: we'll be a giant community based on one of the highest bluffs in the entire state of Minnesota! Nothing will be more reassuring or intimidating!

Well, except, you know, a commuter light rail line. That might do it.

The Metro State Tuition Freezes:

Yeah! It'll be perfect. Well, it'll be awkward. But, it'll be perfectly awkward! It would just be somebody completely painted blue on the front, clothed in winter gear. But their back isn't painted at all. It's almost like the tuition ended up thawing. Whoops.

The Metro State Adjunct Professors:

I should warn anybody who wants to go with this option: it's really quick and convenient for the school, but whenever a student wants to discuss cheering strategies,

the person in the mascot costume already took it off and is nowhere to be found.

The Metro State Seventh Street Brawlers:

Referring back to the Scholars suggestion, fighting simply isn't in our nature, at least not in any sort aggressive way. So, I propose the "Brawlers." They are more singers than fighters. Like, "West Side Story" more than "The Outsiders." Theater Club, can we get you all in on this? C'mon, it'll be great. Let me know what's up.

The Metro State East Side Construction Zones:

This one gives just a plethora of possibilities. We could easily highlight any street that is under construction on the beautiful East Side, but I say let's just go for a prolific mascot. Whoever takes this noble challenge on will be wearing a Highway 52 costume. For some sweet bonus points, we can have a "2011-?" sign around the actor's burdened shoulders.

The Metro State Saints:

Oh, wait — damn it. That one's taken already. My bad.

The Metro State Rival Pizza Shops:

This comes with a little bit of a story. In the town where I grew up, we had two Chinese restaurants that were less than two blocks away from each other. The entire time they were seething — staring each other down and praying for my town's market share. Eventually, they both went out of business within two months of each other. Our mascot could be a recreation of this passive aggressive relationship. All we would need is two individuals and some pizza costumes.

The Metro State MPR Donors:

Oh, how noble, the listener/donor is a major part of the MPR revenue stream. However, it is often possible to see air of smugness wafting off these donors. In the

spirit of preventing stereotypes, a design committee will be appointed in order to decide if the wearer of the "I make MPR happen" shirt has Lexus keys in one hand and a Venti coffee in the other, or if they'll have text books in one and a bus pass in the other.

The Metro State Students Stressing During Finals Week:

The primary benefit of choosing this mascot? It's readily available. Throw a rock during final weeks, and you'll hit a stressed-out student. As the final days approach, as the importance of passing that class fully dawns in our minds, as those late night study sessions drag on into the early morning, the college will have more and more potential mascots to choose from.

Best of luck during finals week, everyone.

Happy New Year.

Danyale’s Corner

If All Lives Mattered, No One Would Have to Say “Black Lives Matter”

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Danyale Green is *The Metropolitan’s* business manager. This is the second installment of her opinion column, Danyale’s Corner.

My opinion piece this month was supposed to be about campus communication and the way Metro State utilizes available platforms to reach students regarding important information. However, the murder of 24 year old Jamar Clark by a Minneapolis police officer has made it nearly impossible for me to write, much less think, about anything else. It’s a heart-aching, discouraging feeling that’s nearly impossible to explain within the confines of the English language. People who look like me are killed with impunity in a country where the phrase “Black Lives Matter” is countered with the widely held misconception that all lives matter. It’s the verbal equivalent of grabbing my wrist and using my own hand to slap me in the face.

I call it a misconception because that’s exactly what

it is. The phrase “Black Lives Matter” is not about valuing the lives of black people more than the lives of any other social group. Rather, it’s about making sure that all lives are valued equally. It is about realizing that, after a history plagued with slavery, Jim Crow and mass incarceration, this nation is struggling to accept the fact that certain lives have never mattered here. It is about accepting that black and brown communities are facing very real, inescapable and statistically proven disparities, which include being unjustly incarcerated and killed.

If you’ve been paying attention to the news or have taken a drive down I-94 recently, you may have heard about protesters camped out at the Minneapolis Police Department’s Fourth Precinct. You may have also been a few hours late

getting home from work because protesters took over the interstate and refused to go willingly. What’s the point? Why inconvenience tax paying citizens? Why break the law?

Well, maybe it’s because there has never been a social justice movement in history that hasn’t involved civil disobedience and disturbing the status quo. I can admit, it sucks being stuck in traffic for hours on end, but it also sucks that it had to come to that. Protesters held space at the Minneapolis precinct for over 24 hours before it came to that. They wanted answers from the people placed in their neighborhoods under the guise of serving the community, and they knew from experience that if they didn’t take drastic action quickly, they’d never get answers or solutions.

During the peak of the abo-

litionist movement, I’m sure it made the dominant social group very uncomfortable to have slaves illegally learning to read and seeking their own liberation by rebelling and running away. There is no doubt that the dominant social group felt extremely inconvenienced when they verbally harassed, physically abused and sometimes killed black students for staging sit-ins at legally sanctioned whites-only spaces.

So rest assured, when we exclaim that “Black Lives Matter,” it isn’t about the lives of the dominant social group. It’s about the lives of the abolitionists, the rebellion leaders, the civil rights protestors. When we exclaim that “Black Lives Matter,” we are letting you know that we’re ready to resist, disobey, and inconvenience whoever we have to, to make sure

that the fight and legacy of our predecessors was not in vain.

As of this writing, Nov. 18, four days after the life of Jamar Clark was taken and less than two days after the protest on interstate I-94, elected officials are meeting the demands of the protestors. The names of the shooters have been released, and we hope to have the confiscated, unedited footage of the shooting released soon. We also hope that the murdering officers will be released from duty. Until these things happen, you will continue to experience inconveniences. It makes more sense to join us than to hate us. The sooner we get justice, the sooner you stop being inconvenienced. In the words of Desmond Tutu, “If you are neutral in situations of injustice, you have chosen the side of the oppressor.”

DR. KEV’S LOVE ADVICE

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Dr. Kev:

I met a woman, let’s call her Barb, and we clicked right away. When we hung out, it felt like my most fantastic date in months — except it wasn’t date. I know for a fact she’s actively dating two other guys — a well-heeled businessman whose face looks like a can of boiled meat and an Adonis who is a complete moron. While I’ve been fine with love triangles before, a rectangle or any other geometric shape just seems like too much. But I want to keep seeing her. What do I do?

Sincerely,

Fourth Wheel

Dear Fourth Wheel,

It seems Cupid is tending bar today, and he’s served you an uncomfortable cocktail: it’s one part friend zone with a half-part sexual frustration, shaken well and

served straight in a cloudy glass. Cupid’s a jerk. If I were you, I’d send it back and ask for a shot of something strong. This could get weird.

Let’s start by nipping that F-word in the bud. Either you or Barb are friends or you’re dating, but you can’t be somewhere in between. You also have to ask yourself a question that might be more appropriate coming from a waiter: how many carrots do you like in your soup?

Love Square

Before we go any further, you’ve got to make a decision. Are you OK with pursuing and possibly dating someone who has several other partners? This answer needs to be of the “yes” or “no” variety. Be decisive here.

If you’re the jealous type, I’d steer clear of this one. You’re going to be competing for Barb’s attention with at least two other guys. Some dudes can’t handle their girlfriends talking to other

guys at the bar, much less them actively seeing other men. If this sounds like you, I’d say you’ve been barking up the wrong tree. Since you said a love square “seems like too much,” I’m guessing you’re leaning this direction.

If that’s the case, you may as well jump ship now and keep looking for Ms. Right. Tear that Band-Aid off before it gets any more difficult. She might become available sometime in the future, and if you had a genuine connection, there’s no reason you couldn’t reconnect later.

That said, maybe you’re OK with Barb seeing other men. There’s nothing wrong with that, as long as you both understand the situation.

The point is this: make up your mind now, before moving forward.

The F-Bomb

Barb has dropped that dreaded f-bomb on you: “We’re just friends.” I’ve been

there. Her platonic compliments replay in your head throughout the day, and you follow her around saying incomprehensible things hoping she’ll smile. You mumble “I hate your boyfriend,” at the end of every conversation. The friend zone sucks.

If you’ve decided to go head first into this love square, you’ve got to get yourself out of the friend zone and into the polygon.

You’re going to have to make your intentions clear. Tell Barb that you want in on this relationship thing. If you aren’t upfront from the beginning, expect to spend a lot more time wallowing in relationship purgatory.

You may as well ask the question now, rather than wasting your time. Life is short and so is time spent with pretty girls.

If she says yes, then congrats. If not, then move on.

Or Not

There is another option — ignore everything I’ve said and stay in the friend zone. You can keep seeing her and accept that you’re not compatible. There will be no awkward dates, no rejection, no fighting for affection and no confusion. Let fat-pocket-meat-face and that beautiful idiot battle it out while you watch from the sidelines. Maybe this isn’t worth fretting over.

In short, make a decision and act on it soon. 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.

Editor’s Quote of the Month

“You must stay drunk on writing so reality does not destroy you.”

-Ray Bradbury

Metro State: The Early Years

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In 1970, there were six state colleges spread throughout Minnesota. Ted Mitau, the chancellor of the Minnesota State College System, realized that a college located in the Twin Cities would be a benefit to the state. So, with help from the Citizens League, Mitau lobbied the state legislature to fund such a college. Eventually, the bill passed and was signed by the governor on June 7, 1971. Initial funding for the project was set at \$300,000. This event marked the birth of Minnesota Metropolitan State College (MMSC) — later to become Metropolitan State University.

Mitau's vice chancellor for academic affairs, David Sweet, was appointed founding president of MMSC. Sweet once said "Higher education today is in great difficulty, awaiting significant innovation, experimentation and reform." This statement dovetailed with Mitau's nickname for MMSC during its early days: the "Grand Experiment." The school was an experiment because of its unique institutional style; it was a post-secondary college designed to allow working adults to continue their education.

In contrast to the University of Minnesota, a traditional four-year school, admissions at MMSC catered to non-traditional students who had completed a wide variety of college-level studies. At the time, MMSC was one of only nine such colleges in the country. The school gained national media attention and was covered by such publications as U.S. News and World Report, The Washington Post and The New York Times.

Susan Rydell, a Professor of MMSC also pioneered the development of principles for prior learning that are in use today.

Psychology at Metro State, thinks that MMSC was even more unique than that. A former associate professor of education at the University of Minnesota, Rydell was hired as a faculty adviser at MMSC in December of 1971. She points out that most senior colleges required incoming students to have a substantial number of credits, usually the equivalent of two years at a junior col-

lege. However, Rydell always thought of MMSC as "more of a degree-completion college, because we had students with a mishmash of credits coming in the door."

Many of these students were housewives looking to complete their education. Others were veterans home

helps those returning to school improve their adult student experience.

These unconventional methods were in line with the founding principles developed by President Sweet. Instead of letter grades, competence-based narratives were used by teachers,



David Sweet was the founding President of Minnesota Metropolitan State College (MMSC), which would later become Metropolitan State University. Photo courtesy of the Metropolitan State University Archives in the Library and Learning Center

from the Vietnam War, ready to finish their degrees. "We filled that niche for a lot of people who were left out of higher education, or didn't finish," said Rydell. "They stopped to have a baby, or went to war or went to prison." Rydell also works with state correctional facilities as an adviser for inmates pursuing their degrees. She said that there is a dramatic reduction in recidivism for those who do.

With the University of Minnesota reluctant to take in adult learners, MMSC became a place for those who finished junior college to transfer their credits. According to Rydell, "After two years, there was nowhere to go to continue education. [Metro] filled that void." Along with other schools, MMSC also pioneered the development of principles for prior learning that are in use today. This led to what would become the Council for Adult and Experiential Learning, a non-profit organization which

most of whom were working professionals. Along with courses that met at normal class hours, evening and weekend classes were offered for the large number of students who worked during the day. The school itself had no classrooms or campuses. Instead, classes met at libraries, other colleges and in church basements.

Charismatic and motivated, Sweet secured additional funding, hired administrative staff, and set up a small office in a bank building in downtown Saint Paul. Soon after, the school relocated to a second-floor suite above a Walgreens at Seventh Street and Wabasha. The fall semester of 1973 brought with it another move, this time to Metro Square, a downtown office building.

From the beginning, plans for the school included the creation of a learning center in Minneapolis. This learning center also went through several moves. In 1974, it was located in the IDS

"We filled that niche for a lot of people who were left out of higher education, or didn't finish," said Rydell.

Building. Later, it moved to 10th Street and Marquette Avenue. The Hennepin Center for the Arts became yet another home for the Minneapolis campus in 1979.

Rydell served as the first dean of the Minneapolis learning center. She remembers two IDS locations. The first was a small space on the 18th floor, and the second was an office on the lower level that had formerly been used as a campaign space for Hubert H. Humphrey. Rydell also remembers the time there was a small fire in the IDS building. It was started in a wastebasket by a faculty member conducting a camping workshop.

Those early days were brimming with out-of-the-box thinking. There were no majors or departments; only individualized degrees were offered. The advising staff worked with each student, assessing their past experiences and future needs. Each student would sign what Rydell called a "learning contract," and classes were formed based on these contracts. At that time, classes could be anything from a workshop to a special project. Rydell recalls that at one time there were fifty-two classroom sites in the Twin Cities area.

One of the first hints of any

structured class was derived from what Rydell described as "common things that groups of students wanted to know." According to Rydell, "We developed what were called GLOs, short for Growth Learning Opportunities." Rydell is fond of saying that they "created something out of nothing."

This inventive mindset has played a role since Rydell first came on board. There were no admission forms, no class schedules, none of the things students take for granted today. But Sweet and his staff had an aggressive plan. Classes officially began on Feb. 1, 1972, with fifty students enrolled in courses. Rydell and four other advisers each took responsibility for ten students, and the first twelve students graduated in 1973.

MMSC first received accreditation in 1975 from the North Central Association, known today as the Higher Learning Commission. In fact, MMSC's academic standards were so uncommon at the time that a case study was done on the twelve original graduates to formulate the accreditation criteria.

In 1976, Minnesota Metropolitan State College changed its name and became Metropolitan State University.



A flyer from Minnesota Metropolitan State College. Photo courtesy of the Metropolitan State University Archives in the Library and Learning Center