**Retention, retention...**

BY JIMMY GILLIGAN
Sports Editor

One of the best ways to stay sane while preparing for final exams is to get away from the books and into the gym.

Not a gym rat? No problem, because exercise in any form reduces stress.

“The campus stress (level) is a little bit higher than normal but I think that this is one of the outlets that can occupy your body and mind for an hour before you have to go and study,” Triita Anderson, UMD’s Recreational Sports, Outdoor Program (RSOP’s) fitness and wellness coordinator, said of exercising during finals week. Scientific evidence suggests that exercise breaks reduce stress and make study sessions more effective.

“It increases your blood flow, it gets your endorphins flowing. It releases tensions from your muscles (and) breathing. Very simple things like that can graze our bodies up to study,” Anderson said. Even with student employees who have their own exams to study for, RSOP’s Fitness Center is fully operational in the weeks leading up to, as well as during, finals week.

There’s an entire weight room and cardio area to get the blood flowing but Anderson notes that you don’t have to run a marathon to relieve stress.

“Working out for students is really less,” Anderson said. “For those that have no time at all.”

**Students respond to “What can UMD do to keep students here?”**

Photo Illustration by Hannah Broadbent

It’s no secret that UMD’s retention rate is low. According to a recent survey done by UMD, as well as one by U.S. News and World Report at UMD, that rate is currently sitting at only 75 percent.

Retention rates refer to the number of students that will stay at after their freshman year. At UMD, 35 percent of freshman are expected to leave.

To add to the problem, UMD’s enrollment is also the lowest it has been in 10 years with incoming students at a little over 2,000.

Administration has addressed these problems, especially retention, and has started making moves toward a solution.

They have extended their climate-change surveys, emphasised their Goal 2 strategy and held town hall meetings where administration gathered to brainstorm answers.

In a town hall meeting held the second week of November, Chancellor Black stated that students leave UMD for a variety of reasons, understanding that occasionally those reasons are stressful.

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**Students get taught and get paid**

UMD student employees talk about the perks of working on campus

BY HANNAH BROADBENT
News Editor

Class at 8 a.m. work at noon and a group project shorty after. This may sound like a familiar day in the life of the average college student. But imagine how much time could be saved and how much stress could be prevented if that job was on campus.

Oh, just like these three students explains what it’s like. “I would not work off campus,” senior Trisha Rutter said.

Rutter has worked in the library since her freshman year. She is a work-study student and found the Library gig on the UMD website. Four years later, she’s a team lead and convinced she has the best job on campus.

“There is a lot of pressure and perks at this job,” Rutter said.

Rutter recalls having barbecues and grilled cheese during finals week and receiving grocery bags of food during student employees appreciation week.

Flexible hours and coworkers that are always willing to trade shifts and another perk of the job for Rutter.

She gets to work when she can between classes and it is always understood when she needs a night off.

“They know you have school and they want to keep that priority,” Rutter said.

She said it’s a luxuary compared to working eight hours somehow.

Convenient hours like Rutter’s are perk noted by many student employees, including Kait Ruprecht, a senior.

**Statesman staff attempts college-friendly D.I.Y. holiday gifts**

BY HANNAH BROADBENT
News Editor

See story on B3 and watch the video on umdstatesman.com

“Give ourselves an edge,” according to Kali Ruprecht. Each December, Kali Ruprecht, and Laura Gruhlke, and Hannah Broadbent, students at the University of Minnesota Duluth, attempt to make the holidays more stress free. That desire for a simple stress free way to make the holidays special is what inspired the Statesman staff to make holiday gifts.

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The Statesman

Cost: Free

African American Studies Program Round Table – Thursday, Oct. 16

The African American Studies Program Round Table is here as part of the (first) annual Color Blind Studies Program Round Table with the (first) annual African American Studies Program Round Table. This Round Table is scheduled to begin at 4 p.m. at the College of Education and Human Development 103.

Panel on Compassionate Care Act – Tuesday, Oct. 14

Dr. Jennifer Brady, assistant professor of Foreign Languages and Literatures, will discuss The Spanish Basque Country: Past, Present and Future Directions. The Spanish Basque Country: Past, Present and Future Directions panel will feature Lord of the Rings author J.R.R. Tolkien, Dr. Jennifer Brady, assistant professor of Foreign Languages and Literatures, will discuss the activities associated with the (first) annual African American Studies Program Round Table. This Round Table is scheduled to begin at 4 p.m. at the College of Education and Human Development 103.

The (curious case of the) Watson Intelligence 7:30 p.m. | Dudley Experimental Theatre – Tuesday, Oct. 14

The (curious case of the) Watson Intelligence is an original comedy, four of them Shanks. Throughout the world’s most secretive countries.

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Students respond to “What can UMD do to keep students here?”

PHOTO ILLUSTRATION BY HANNAH BROADBENT AND LAURA GRUHLKE

because they are just not ready for college. Actual reasons for leaving:

- Freshmen Karle Kleven, originally from Fargo, North Dakota, is transferring to North Dakota State University (NDSU) for the spring semester. It’s not necessarily because of the school, but because of Duluth.
  - “Every time I visited, I was like ‘oh I love it here, it’s awesome’,” Kleven said. “It was this shock of living here, it’s totally different.”
  - “I was like ‘oh I love it here and I like the school, I’m just excited here and I like the business here’,” junior Cody Cavallin said.
  - “It’s really beautiful here and I like the school. I’m just excited to be back in Fargo,” Kleven said. “And to not be trapped.”

Kleven said she has been considering transferring for a while and has been talking to NDSU the whole time.

Over fall break she decided to visit NDSU. “I had a weird feeling at the beginning of the year, but I said I wasn’t going to make a decision then,” Kleven said. “I made the decision a two or three weeks ago.”

She soon learned that NDSU has a communication management major. At UMD Kleven had decided she would settle on a communication major, but she wanted business here as well.

“Totally different,” Kleven said. “I made the decision a two or three weeks ago.”

“School was always just a means to an end. It’s the fact that I need a piece of paper and this was the way to get it,” junior Cody Cavallin said.

Cavallin plans to leave UMD for a work opportunity in the near future.

“I’m three years through an engineering program. It wasn’t that I didn’t want to put in the work, school was just never something I was passionate about,” Cavallin said.

He also said that the “fiasco” in the engineering department made it easier to leave. The changes in the department and the high numbers of students trying to get into the program made it harder to get into classes he needed.

UMD students contribute to the problem. Several UMD students have spent first hand why their friends leave and have their own ideas about possible ways to tackle the retention problem.

“Freshmen leave because they feel uncomforatable,” sophomore Idun Rasmussen said. “Sophomores, juniors and seniors leave because the programs aren’t here.”

Junior Alex Passafaro said that UMD needs to give itself an edge.

“What if we say we legitimately have student involvement, where the Twin Cities is a huge place, so who knows how strong their student involvement is down there,” Passafaro said.

Senior Sarah Stack is on the same page as Passafaro in saying there should be more awareness for students to get involved, because she knows there isn’t a lack of ways to get involved.

“I think that the college values student involvement and hold student panels, but he questions their effectiveness. “Maybe UMD’s thing is that we could say we legitimately have student involvement, where the Twin Cities is a huge place, so who knows how strong their student involvement is down there,” Passafaro said.

Junior Alex Passafaro said that UMD needs to give itself an edge.

“What if we made our higher-up administration more open to actual student involvement versus an open forum,” Passafaro said.

Passafaro is aware that the college values student involvement and hold student panels, but he questions their effectiveness. “Maybe UMD’s thing is that we could say we legitimately have student involvement, where the Twin Cities is a huge place, so who knows how strong their student involvement is down there,” Passafaro said.

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The joys of volunteering

Bonilla-Silva is well-acquainted with students set their sights to the task and said, "We were discussing something topical that we wanted to find out more about and so we found the students and found that it would be super relatable for them to hear."

Engh stresses the importance of the tides of American history. The Kirby Leadership Institute partnered with UMD to create the Kirby Leadership Institute.

According to Eng, she and Granu discussed the idea of the American history and decided to create the Kirby Leadership Institute.

"We were discussing something topical that we wanted to find out more about and so we found the students and found that it would be super relatable for them to hear."

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A4

COLUMN

How a single-payer system can fix U.S. healthcare

Alison Neal
Guest Contributor

You have heard the arguments before: the U.S. trend nearly twice as much per capita as any other country on health care. It accounts for 17 percent of the total gross domestic product. Only 80 percent of Americans are insured. And despite these numbers, the raw costs of health care continue to be skyrocketing.

The Affordable Care Act was merely a start to overhaul that which has been broken for decades. We need to fundamentally solve the health care crisis in an affordable manner. The single-payer system provides us with that opportunity.

A single-payer system is not meant to ignore legitimate reasons for increased medical costs. We need to face the reality of aging, economic growth and inflation. We need to be worthy of our resources, expanded coverage, and the proceeds of every dollar spent.

Increases in cost and greed. The current system is driven by profit. We need to be worthy of a system that works for us.

Understanding the differences and benefits of a single-payer system, we will need to learn to work with each other in an effective manner.

In my tenure as Opinion Editor, I've always been concerned with how the majority views the minority. I've always been concerned with how those who are perceived as minorities view themselves. I've always been concerned with how those who are perceived as minorities view themselves. I've always been concerned with how those who are perceived as minorities view themselves.

We have to acknowledge that our views are not the only ones. We need to learn to work with each other in an effective manner.

America's other problem: with terrorism

Mikhalia Lampert
Guest Contributor

Disparities between minority populations and the representation by law enforcement in local police forces have caused many to experience untrue treatment and mistreatment.

For instance, in 2017, the FBI released a report that there were 1,978 hate crimes across the United States, with 1,120 of those being bias crimes.

The report also highlighted that 72 percent of hate crimes were motivated by race.

Overall, there is a problem in the U.S. to law enforcement as primarily white officers impose their worldview and biases on the minority populations and other underrepresented groups. This is a fault for current ‘policing’ brutality’ halls falls by the wayside because protocol has been an outdated process by officers in question.

That current protocol is not sympathetic to the minority situations.

Terrorism is the belief of the states that it is detrimental for minorities to have a lack of address.

Minorities experience violence and are underrepresented in law enforcement.

In the past months tripping hate crimes, human rights issues who have spent the past years working for past months in states across the country.

It is completely unfair, not to publish. The Statesman reserves the right to edit all letters for style, space, libel and grammar. Letters should be no more than 300 words in length.

We all know what happens after the past few months... tripping hate crimes, human rights issues who have spent the past years working for past months in states across the country.

On average, the United States has a rate of hate crimes of 1 in 10,000 people each year.

The only difference... is the training enough?

To answer the question of the training enough, I will use an example.

Now as hard as it is to admit that it was our fault, it is our fault.

In reflecting on the implications of a single-payer system, I cannot help but think of the freedom it would bring upon us, a system they would wish us to live within.

The major advantage of a single-payer system is its simplicity in architecture and operation. Under a single-payer system, the entire population of the U.S., including those with pre-existing conditions, would be covered with cost of medical services. Our health care administration costs are the highest in the world, where the rest of the world has different systems.

We have to be free to seek care at any facility with any provider. We would be free of any financial worry.

In reflecting on the implications of a single-payer system, I cannot help but think of the freedom it would bring upon us, a system they would wish us to live within.

There are huge gains to be made from a single-payer system for those who have low incomes and the uninsured would be improved and less would be spent on medication and government services by allowing individuals to seek care elsewhere. Making greater emphasis on prevention is more cost effective and more efficiently serves quality of life. From an educational standpoint, a system such as this is more replicable, teachable and easy-to-navigate.

This proposal is not meant to ignore legitimate reasons for increased medical costs. We need to face the reality of aging, economic growth and inflation. We need to be worthy of our resources, expanded coverage, and the proceeds of every dollar spent.

In reflecting on the implications of a single-payer system, I cannot help but think of the freedom it would bring upon us, a system they would wish us to live within.

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**Sports**

*Editor: Jimmy Gilligan/gilli222@d.umn.edu*

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**‘A successful disappointment’**

By Jimmy Gilligan, Sports Editor

The Fighting Penguins (on left) beat Grand Valley State 24-3 in the playoffs last Saturday to keep their hopes of winning a third consecutive 15-man championship alive. *Henry Schlom/Submitted*

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**‘Fighting Penguins go for three-peat’**

By Jimmy Gilligan, Sports Editor

Playing in the Division II rugby 15s National Championship final four this weekend, the UMD men’s club rugby team (9-0) has a chance to not only go undefeated but win their third consecutive 15-man championship.

After winning the 2013 and 2014 Division II rugby 15-man championship, the Fighting Penguins are back in familiar territory. They rank the team on the Northern Conference regular season and have reached the final four for the fourth consecutive year.

“All I’ve known here is winning so far. I haven’t had that feeling of defeat (and), I don’t plan on feeling it,” senior co-captain Trace Biddle said.

After grinding through the elite eight games last weekend while several inches of snow fell in Des Moines, the Fighting Penguins are now ready for the final two playoff rounds.

They will face a familiar in the round of four: Salisbury University (Maryland). The Salisbury Sharks beat the Fighting Penguins in the 15’s championships in 2012. Since then, UMD hasn’t lost a playoff game.

“Last year (2012) the 15’s finals were actually in the spring,” senior co-captain Lue Dorewisch said. “We lost to Salisbury that spring and then USA Rugby changed the season in bowl game...”

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**Living a Portuguese dream**

By Austin Rush, Statesman Correspondent

Former UMD basketball standout Brett Ervin is fulfilling his professional basketball aspirations in Portugal.

After a regular season of 23-9, Ervin said.

“I think after my freshman year at UMD, I could play professional ball,” Ervin said.

“His senior season of 2010-2011, Ervin said.

“The Fighting Penguins will play a familiar foe in the final two playoff rounds as they try to win a third consecutive 15-man championship title alive.

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**‘Dogs face mirror image in bowl game’**

By Jimmy Gilligan, Sports Editor

To prepare for the 2015 Mineral Water Bowl in Excelsior Springs, Missouri this weekend, the Fighting Penguins football team got away from the game.

“We lost to Salisbury that spring and then USA Rugby changed the season in bowl game...”

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**UMD vs. Fort Hays State**

### Team

<table>
<thead>
<tr>
<th>UMD</th>
<th>FHS</th>
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<tbody>
<tr>
<td>Location</td>
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<tr>
<td>Driving distance to the Mineral Water Bowl</td>
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<td>Regular season record</td>
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<td>Points per game</td>
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<td>Rushing yards per game (n/a, tie rank)</td>
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<td>Record against ranked teams</td>
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<td>Turnover margin</td>
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</table>

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**After wearing maroon and gold for UMD, Brett Ervin now sports black and white, the colors of the Porto Sport Clube of the Portuguese Basketball League. He now resides in Guimarães, a city in north- ern Portugal. Brett is listed in the starting five and has averaged 12.9 points per game through eight games.**

Cláudio Gomes/Submitted
Junior Kenzie Kane led the women’s bas ketball team with 22 points in their NSIC opener against St. Cloud State. However, it was not enough as UMD scored just nine points in the fourth quarter and fell to the Fort Hays State 53-31 Sat urday at Romano Gym.

After checking into the USCHO poll for the first time this season at No. 10 last weekend, the women’s ice hockey team maintained that foot- ball with UMD split with No. 8 Har vard University.

Senior Pierre New ton’s layup with nine seconds remaining extended the UMD men’s basketball team a 68-66 win in their NSIC opener over St. Cloud State Saturday. Newton finished the night with 16 points, the second highest total of the night behind senior Brendon Pineda, who ended with 19.

Three different women’s hockey players recorded two goals in the UMD’s 4-2 victory over No. 8 Har vard Friday. Junior captain Ashleigh Byrykulak led the way with two goals while Michelle Car-tron had the second time the assist and Sidney Mordin tallied two assists.

Brett Ervin is one of three Americans currently on the Victoria Sport Volleyball team. All other players are Portuguese. CUNHA/GOES UNITED

Ervin returned the fol lowing season to finish what he started by putting up career-best numbers. "It was a season," Wiese said. "He’s a skilled player, you know, he’s the kind of guy who you want to get touches for because he can get through a defense at a high percentage and I think guys really enjoyed playing with him because he has a ‘skill-box’.” head Coach Matt Bowr en said. While most macros are working at a new job, Ervin was working on his condi tioning this past sum mer. He knew that in or der to be successful professional athlete in Portugal, he had to train. "The pace of play is a lot faster than college. I know if I wanted to play pro I had to be in top shape so this season I had a very productive sum mer working out which is a lot easier when I get here," Ervin said.

In preparation for the new rules of European professional basketball, Ervin used previous knowledge from his college days to better prepare himself for his rookie season.

Rules were just one aspect of the game Ervin needed to learn. He also had to learn to play against men more than two years older. "I’ve been a part of a mental game out here because they’ve been a lot older when I got here," Ervin said.

The chance at a third consecutive 15 title is within grasp for our team. Club has been training for weeks in advance.

Two wins this weekend will place us in the top Division II rugby poll as of today.

“We’re definitely beginning to make a name for ourselves in the national stage,” head Coach Matt Bowren said. “Our team has been a part of the national rugby scene for a long time, we’ve been in the national spotlight for a while.”

Whatever happens, the Fighting Penguins will have all winter to enjoy this. After the season, there is a three- month gap before the spring 7-man rugby sea son kicks off.

Brett Ervin / Jessica Leclair / © 2019, Sports Information

Brett Ervin is a rookie playing in a foreign country. He has to stay on his miles away from his home, he has become comfortable playing with Victoria Sport Volleyball.

The Minnesotan is averaging 12.9 points per game on 32 minutes, while shooting 50% from the field so far in his first year of professional basketball.

Ervin may be living in Brazil as a profes sional basketball player, but at the end of the day he’s just happy to play the game he loves.

I’m glad I can play a game that I love. I’m not too old to be a people that can say that they play a game for their job,” Ervin said.

Even though Ervin is a rookie playing in a foreign country, he makes it a point to keep up with his grades. "I’m working on my grades, I have a lot of work to do after this season," Ervin said.
extremely disappointing season. To my holiday movie binge would be a great start, as Kevin Spacey and bigger-name actors such as Denis Leary.

BY ADAM QUANDT

"Foot stomping, good-time-having, drinking music" is what the members of Duluth-based band Tin Can Gin say concertgoers can expect from a Tin Can Gin show.

Tin Can Gin was formed in 2011 by a group of friends and co-workers from a wide variety of different musical tastes, from punk rock and ska to classic rock.

"Our music is very versatile and just brings a lot of energy to the table," mandolin player Trevor Marrin added.

The band eventually settled on Tin Can Gin while working at a local restaurant, as one of them walked by with a tray full of gin and tonics on the way to a table. "They recall one of their favorite shows being one they played last summer on the pier at Glensheen Mansion. "It's something really special to be literally playing on the pier, that's all you see," Nelson said.

The band all nodded in agreement that there's nothing like being in Duluth and playing to a hometown crowd.

"That Duluth music scene is something that is in a constant flux, but there's so much influence here," Marrin said.

Though many of the band members now live in the Twin Cities area, the hometown crowd is something that makes your taste buds bounce. "If you don't come for the beer selection, then come for the service," Nelson said. It was very pleased with the service at Fitger's.

From the host who sat you to our very friendly server, you'll notice the service at Fitger's is around great service. I had a meal out very fast and fresh. I was sitting in my car and the food was out in less than 10 minutes. You could tell that the staff was top on their game.

A place to hang out and have a good time, without a doubt. The food was tasty and fresh but nothing too special.

For the price it was good and don't let me get you wrong. I ate the whole thing. The price here is a little cheaper than it would be a good deal for the quality of the burger. I have heard from other sources that they have a good variety of options on their menu, so it definitely worth a trip out to Fitger's Brewhouse for a cold beer and dinner.

The food, although good, isn't the best I've ever had. The burger was tasty and fresh but nothing too special.

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The Red Herring Lounge will host Rock ‘n Roll Kamikaze XIII on Dec. 5. The Red Herring is located at 208 E. First Street.

BY NATHAN BURNEVIK

Stateman Correspondent

The 15th Annual Rock ‘n Roll Kamikaze performance is set to take place at the Red Herring Lounge in Duluth on December 5 at 7 p.m. Kris Carlson and the rest of the Gold Star Junkies put their names in the Rock ‘n Roll Kamikaze application box about a month ago, which means the band has been temporarily split up and assigned to a newly formed band at random.

“We’ll see who we get hooked up with this year,” Carlson said. The bands could be selected to perform anything from “O.F.F.” by Naughties by Nature to “Gimme Some More” by The Rolling Stones.

While figuring out how to perform “Shake Those Booty” by the Ying Yang Twins with a typical rock ‘n roll ensemble may prove to be complicated, the goal of the Rock ‘n Roll Kamikaze is simple, to allow new and equal playing field. The event creates connections with other local musicians and can even lead to something larger. The Gold Star Junkies are basically the embodiment of the Kamikaze’s goal.

Jim Hagstrom, Sheila Wonders and Blake Konrad were assigned to a band two years ago and decided to mess up a bassist, Konrad stepped up and learned how to play the bass in a month prior to the event. “Until that year I had never picked up a bass guitar,” Konrad said. “Since then I’ve stuck with it.”

Two years ago, experienced musicians Hagstrom and Carlson were Kamikaze guards regarding the Kamikaze competition. Hagstrom explained, “Since then I’ve stuck with it.”

When he found him “I finally worked up the nerve,” Hagstrom said.
DIY mason jars and snowmen (pictured above) are a couple of the many different things you can do to make homemade holiday gifts without spending mass amounts of money. SARAH STAUNER/STATESMAN

Elf

BY HARLEY ROACH
Statesman Correspondent

Finding supplies to make mason jar decorations was a bit more interesting as they didn’t come in a kit. Though that is half the fun. Let your imagination run wild and get whatever supplies you want! Glass paint, stickers, glitter and mini figurines can be found at local craft stores like Michael’s or Hobby Lobby. Inexpensive mason jars can be found at your local grocery or craft store as well, though grocery stores are suggested as they come in bulk, allowing for mistakes and redos and are much cheaper.

If jars with a design on them are favored, put stickers on the jars and sponge paint over it. Then, peel the sticker off before the paint is dry and you’re done.

The final product is a pretty, expensive-looking gift that can be used as a candle holder, or as a fun treat jar.

Mason Jars

This Holiday DIY came in a kit from Michael’s. You can find many such kits for $2-5.

There were no instructions included, so some guesswork was involved but don’t let that stop you. The picture that comes on the package is more than enough direction for this simplistic project. The snowmen came pre-cut. All that needed to be done was to sew the snowmen together, stuff them with the packaged cotton and glue the felt on to make faces.

Don’t let the sewing throw you off. Half of the crafting party did not know how to sew and pulled it off with ease.

These little guys were cheerful when they were finished and would make a nice addition to brighten up your holiday decor.

Easy to make, these snowmen could also make a cute, quick gift or you could make them with kids at your family gathering.

Snowman Kit

One of the biggest changes that Pierce and Winkler noted are the character changes, the opera promises to capture audience members with both sound and unique scenery.

“A few arias will be sung in German, while all the dialogue and chorus numbers will be in English,” Winkler said.

The arias have been preserved in German to maintain the beauty of the music. It’s also easier on both the singers and the listeners since the original language tends to flow better than an awkward English translation.

Since the opera will be held in Weber Hall, the set will be somewhat minimalist. Though there will be no elaborately constructed sets, the production will feature digital effects done by the VizLab, directed by Jeddyn Rock.

Though it’s quite a departure from your average “Magic Flute,” the major themes still remain.

“This is a story about love and goodness and how they triumph over hate and abuse,” Pierce said. The performance takes place at 7:30 p.m. on December 4 and 5. Tickets are $3 for UMD students and $10 for adults, available at the box office or online through the School of Fine Arts.
tutorial text