>> KCOU Columbia, 88.1 FM.
>> You're listening to KCOU Columbia, 88.1. It's 3:00 P.M. on Thursday, this is InsideOut with DJ Excellence and DJ Discovery. We're here for real talk on basic topics facing the LGBTQ and Allied Folks at the Zoo.
>> All right. It is Thursday at 3:00 P.M.
>> This is DJ Discovery. You are listening to InsideOUT on KCOU, 88.1 FM.
>> Whew, whew.
>> Good afternoon.
>> Who else is here? Hi there, DJ Excellence.
>> What's up? I am here. We are welcoming our One Mizzou panel. We've got people here to talk about One Mizzou, what it means, all that good stuff. We're really excited. What's up, DJ Shane?
>> What's up DJ Excellence? How are you today?
>> Good, thanks.
>> Good. Hi, guests. Who are you?
>> I'm Greer Relphorde or DJGJ.
>> DJGJ, yeah.
>> I'm the president of the Legion of Black Collegiates and I also work at the LBGTQ Resource Center.
>> Don't you also do peer education stuff?
>> I've kind of retired, but I formally have been a diversity peer educator and an RSVP educator.
>> What's RSVP stand for?
>> Rape and Sexual Violence Prevention.
Pretty cool.
Or Relationship and Sexual Violence Prevention. Who else do we have here with us?
I am Zach Folk, or DJ Zach Attack. Just thought of that one.
Welcome.
I am the president for the Residence Hall Association.
Excellent. And so you two are both on the One Mizzou Student Taskforce?
Yes, yes.
Awesome. How is that?
It's great. We get to meet with Strubie and Kelsey every Friday and Zach and MSA president and a bunch of other great people and discuss how to make this campus a better place.
Uh-huh, yeah. So wonderful. Listeners out there, we will probably have some more guests from the One Mizzou Student Taskforce up to meet you. If you have any questions for our guests today, we're going to talk about a whole bunch of One Mizzou stuff and just some random fun stuff, because hey, this is InsideOUT. We do what we want.
Yeah. We own this place for an hour.
For a whole hour once a week. If you have any specific questions, you should tweet us at MULGBTQInsideOUT and we will try and answer those tweets ASAP.
As they roll in.
So let's go ahead and get started, guests. What does One Mizzou mean to you? DJ Zach Attack?
So One Mizzou to me? I like it a lot. It's just a way of bringing the campus together for me. Kind of sharing our similarities. Just making everybody feel comfortable here. I really like that feeling. I'm sure everybody else likes the feeling of feeling comfortable and feeling accepted.
Uh-huh.
I do. Tell you what, DJGJ, what do you think? What's One Mizzou mean to you?
I agree with all that. One Mizzou is just feeling
comfortable here and getting to know all the different diverse types of people we have and accepting everyone for who they are here at Mizzou's campus.

>> Nice. I like that. So what One Mizzou weeks have you been to so far this week?

>> I, of course, went to Dr. Maya Angelou on Monday.

>> How beautiful was that?

>> Amazing.

>> Also the diversity media luncheon, which LBC hosted with HALO, Hispanic Leadership Association and the Asian Association, the peculiar kind of event on Thursday with LBGTQ Resource Center, Trico, Queer People of Color and LBC again and yesterday I was at the outreach panel hosted by the LBGTQ Center. And now I'm here.

>> Awesome. You win.

>> It's been a busy week. How about you, DJ Zach Attack? What have you gotten to attend so far?

>> I've gone to Maya Angelou. I haven't had a chance to go to many of them. I am very excited to go to Mr. Zoo tonight at 6:00 o'clock in Women's Center. Especially being a guy, this is kind of focused towards my demographic.

>> Uh-huh. Definitely. So Women's Center is downstairs in the MU Student Center, which is where the giant food court and bookstore is, so just head right underneath the food court and you'll see the Women's Center, it's off that big lounge and it is open to everyone. And I'm excited. I'm going to be at Mr. Zoo tonight. I think it's going to be really good.

>> What's it about? Like, what is it?

>> It is about masculinity. It's about what it means to be a man in our society, because Women's Center, keeping its historical name of Women's Center really is for everyone and talks all about gender and different issues, gender-related issues. Not just gender-related issues. Different stuff. Shoutout Women's Center. You can tweet at MU Women's Center. So the Mr. Zoo program is put on by students who are Women's Center staff. I think Carlos and
Patrick are doing it, I'm pretty sure are the presenters, and they talk about how men are represented in the media, what sort of messages men get on how to be a man and what it means to be a man and there's really a lot to say about that, you know? So InsideOUT listeners, I would suggest going. I know at least snacks will be provided if food is what gets you there.

>> Yeah.

>> I know I was at the Mizzou Unity Coalition Inclusivity Education Program today at lunchtime and we had Noodles & Co and it was delicious.

>> Yes, it was.

>> And they did not me to say that. It was just that good.

>> Right. To be noted.

>> Yeah.

>> So esteemed guests and/or fellow DJ hosts, what have you all liked about One Mizzou Week so far? What's been something you've learned or a favorite event or a favorite moment?

>> I really liked just the diverse crowds. Like at the diversity event I guess Tuesday, I heard someone say that One Mizzou Week is a way to get individuals to come out to programs they wouldn't normally maybe feel comfortable in going to, because there's a lot of co-programming. So it's not just like, oh, this is LBC. These are black student organizations on campus putting an event together. It's different. Like it's LBC. It's AAA. It's HALO. So you feel more comfortable because it's a more diverse group and you can get a lot of different perspectives and open your eyes to things you wouldn't normally.

>> Right. You're most likely not going to be the only person from your population sitting in the room.

>> I remember that comment, too, on how they talked about how that means it's more accessible to someone who would be scared to go to a diversity event, because it is titled One Mizzou, which means it is for everyone. So someone who might have maybe wanted to go to an LBC event or LBGTQ Center event,
but was nervous, because they don't necessarily identify with that population, because it's part of One Mizzou, anybody can go?

>> Yeah.
>> And is invited to go. And that's true regularly.
>> I was going say --
>> You can come to LBC events. You can come to LBGTQ events.
>> It's a little scary, though. I think you're right. It takes the, like, tag line of it off. These people are throwing the event. Therefore, like, this is what the events, you know, the people that go to the events should look like.
>> Right.
>> The group or whatever.
>> Yeah. Definitely. What about you, DJ Zach Attack? What have you liked so far?
>> I just have to agree with everything that's said. I like that it's able to bring in everybody to different groups and get a chance to actually learn about what that different group is about. Like what they stand for and just issues they're facing and just everything about it really.
>> Yeah, absolutely.
>> Yeah.
>> I guess I should have stated I want to hear what other people liked so far, but I should say if you want to see the remainder of the One Mizzou Week events, you can go to OneMizzou.Missouri.edu and it will take you to that calendar, because we still have Mr. Zoo tonight and then tomorrow all day long in the Women's Center they're having a screening of Misrepresentation, which is an excellent film documentary and they're going to have all sorts of snacks. I think like popcorn and candy. Don't quote me on that, but I think they're going to have good stuff throughout the day. Watch that movie, which is a nice program the day before a week-long break. Just go and watch a movie. Soak in the knowledge. It has a lot of fun knowledge in it. And of course, the concert if you have tickets to that.
Absolutely. I would say that my favorite thing I went to this week was Dr. Maya Angelou for sure, like hands down. You know, it was just so important for me to be able to see her, like, in general, because she's come, like, three times to our campus and I haven't gotten to see her before, and so, you know, I was really excited about that. And her words were just -- she's amazing and that was a really cool experience. And then I was on the outreach panel, and I thought that was a lot of fun and I enjoyed doing the panels, but I also thought we had a good crowd in the LBGTQ Resource Center. And again, I know we're kind of repeating each other. Definitely a lot of people I don't normally see in the center were there. I think One Mizzou really does open that door as far as accessibility and reaching out to multiple populations, so that was really cool to see.

Yeah, definitely. And if you missed the outreach panel, you can always go to our website, LBGTQ.Missouri.edu to request an outreach panel for your group. If you went to the outreach panel and you like what was said and you want to get involved, you can also find information on how to join outreach panels. They're open to anybody. You have to go through a quick training, but they're open to all. And also, we were featured in the Missourian. Our outreach panel was covered in our Missourian paper and you can go to our Twitter, at LBGTQ to find a link to that, or search through Missourian, but we have the direct link on our Twitter. We re-tweeted it. So yeah, I guess I have also really thoroughly enjoyed everything I went to, which I guess was usually kind of true for me, but of course I loved Auntie Maya. I have seen her three times on campus and she's just so amazing and such an inspiration and I so nerd out and have my notebook and scribble down everything that I can note to get from what she says, and it's really awesome, because the last time she was here, my friend was there and was pregnant at the time and then her son was born a little bit after that, my nephew, and he had to sadly go into the hospital, like
right after he was born, and so while we were sitting in the hospital with him, we took -- we read through my notes from Maya Angelou's speech two times ago and it was a really cool, like, remembering of that and way to feel calm and remember to have strength, because I think we talk about diversity events, we talk about getting people there. We talk about all the stuff, and we forget the point of -- that sometimes the point of One Mizzou or the point of diversity as our guests were talking about is making everyone feel comfortable and feel safe. The people that we bring in for the lectureship who are these world-renowned or nationally-renowned speakers, clearly Angelou is world-renowned, but the purpose is kind of to find that influence and find your place in the world. She talked about this week, for anybody who was able to get there, to be a rainbow in somebody's cloud, to find a positive in the negative and to find triumph in your struggle. I think it's important that we support each other. Like Mizzou is a really great place and has a ton of resources. We talk about that a lot on the show, and I think it's important to remember the reason that we have all of those resources and it's exactly what our guests were talking about, which is to feel comfortable here and to feel included here and to know that, you know, as a Mizzou student or staff or faculty or alumni, you're valued. Like you have value.

>> Yeah.

>> And you have worth.

>> Yeah. I think it's a really good point just that, like, the rainbow out of the clouds that Dr. Maya Angelou talked about, because like, I think, One Mizzou could kind of be categorized as one of those rainbows out of a cloud.

>> Well, I agree. And Auntie Maya was talking about the people you don't expect are those rainbows in the clouds. Your differences make you a rainbow in the cloud. Celebrating your differences, which is what One Mizzou Week is all about and making it a comfortable place, if you feel comfortable enough to
come out and share your differences with everyone else who has similar -- okay. This is going to be kind of an odd phrasing, but similar differences, because everyone is different, which that makes us similar. So when you come out and share everything that makes you different, it brings us together as one, which I think One Mizzou is a great campaign and it was a great event and I've thoroughly enjoyed every event that I've gone to this week.

>> Awesome. Well, One Mizzou couldn't happen without the hard work of so many existing departments and organizations and offices and centers and whatnots on our campus, so I want to hear again from our guests for the work that you do with RAJ and LBC, which you're currently heavily involved in.

What's your favorite part of working with those orgs? Like what do you really enjoy about the leadership position in the organization that you have and kind of what you get to do on campus through those positions and organizations?

>> I think just working with RHA. I really like it, because I get to meet a lot of people and I love to meet new people. I get energized by it. The thing that I love most about these new people I meet is since I work in the residence halls, the majority of the residence halls are freshmen and I get to meet a lot of freshmen and this is their first chance interacting with anybody older than them possibly in a college environment and it's a good chance to influence them in a good way, in a positive way, and that's what I really enjoy about my position.

>> Yeah, absolutely.

>> The reason I'm so involved or passionate about LBC is because it's such a great, like, platform to lead, like, innovation and change in the black community on Mizzou's campus.

>> Uh-huh.

>> Working last year as a political chair, there were a lot of great things I saw with LBC, but there were also a lot of openings for change and more acceptance and inclusion, for lack of a better word. So I saw it as
an opportunity to, I guess, try to enrich the black students.
>> Like experience?
>> Experiences, yeah.
>> Yeah, totally.
>> And all the different identities that you can have within being a black student as well, because I think it's often forgotten that there's so many differences within racial and ethnic minorities as well.
>> Yeah, absolutely. I think that's definitely true.
I'm going to kind of put you on the spot, but could you just give us, like, a brief history, overview of what LBC is? Like, it's really an amazing organization and I know I've been on this campus for years and it was only at the beginning of this year at an event that LBC organized, the diversity dinner with the Forefront, though I got to hear from Deputy Chancellor Mike Middleton about some of the history of LBC and it was really cool to hear his personal experience, but just to know what a great organization it is and how it's kind of individual to our campus.
>> Well, extremely briefly, LBC started off in the Sixties. It was more of, like, an activism-type group. It was founded by the men of Alpha Phi Alpha Fraternity, Incorporated. They saw that there was a lack of unity among the black student organizations on the campus, so they decided that they would come together and form the Legion of Black Collegians. In 1968 the university recognized the Legion of Black Collegians as student government and they were given, like, governing powers and financial support from the university. They are a facet of Student Life. And since then we have -- yeah, we're a student government. We've worked to try to heighten awareness of black culture as far as Student Life in academia on Mizzou's campus.
>> I would say that was a very good synopsis. It had years and everything.
>> Yeah. That was impressive.
>> I was surprised she knew years.
>> DJ Zach Attack, do you know the history of RHA?
I don't, so maybe it's unfair of me to ask you, but if you can give us the quick and dirty mission, you know, like what do you do? So you're RHA? Have we said what RHA means? Will you also spell out the acronym of RHA for us?

>>> RHA is the Residence Halls Association. We represent the residence halls and those who live in them on a campus level. I guess I don't know too much about, like, a history, just because of RHA's history on Mizzou's campus is all over the place and hard to find records for. At one time, though, we actually to be two RHAs. There was a men's RHA and a women's RHA on campus, because we had different residence halls. One were men and one were women, so they kind of formed two separate RHAs and they eventually came into one RHA, which is kind of what it is now. And it's been kind of just crazy as far as I can look back in any history I can find and just talking to people about the history of RHA. Just what RHA does, we just -- we have representatives from each hall that comes together and we try discussing issues in residence halls and just find better ways to make living on campus a better experience, more comfortable experience, and one that people will really take a lot out of after they either move off campus or graduate.

>>> Yeah, that's really interesting. I never thought -- well, I never knew that there was a difference, and I guess culturally when you look back at our society and our history, it makes total sense that it would be separate.

>>> Right.

>>> I guess I like that progress has been made, because I can't imagine that happening today.

>>> Like that wouldn't be something that happened. Will maybe each of you give us -- can we get involved with your organizations? If so, how would you go about doing that?

>>> The best way to get involved with RHA, mostly it's just people who live in the halls. If you live in the halls, the best immediate way is to get involved with
your hall government. Hall governments plan a lot of different events and do a lot of great things for the hall, put on programs for those living in the halls. So if you want to do it, just find a student staff member. Find your hall president. Talk to them about getting involved. Other than that, we have a representative who meets weekly to discuss issues. You have to be elected to that position and that's already happened, but you can find ways to be a proxy for representatives if your representative can not make it to those weeks. So that's another way you can get involved. We also have a programming board that you can get involved in and plan campus-wide events. You'd have to talk to our programming coordinator, Kent Jawicki, if you want to get involved in that.

>> Awesome. Is there a website or Facebook or something that we could go to to find that info?

>> We have a website, reslife.Missouri.edu/RHA and we have a Facebook, Mizzou Residence Hall Association, so you can check there for information about our events and just how to get involved.

>> Awesome. And of course, listeners, as you know, we will have all of our resources on our website, LBGTQ.Missouri.edu, InsideOUT tab, and then have all the details and all the resources we mentioned today listed on that podcast. What about how to get involved with LBC?

>> If you would like to get involved with LBC, we meet bi-weekly for Senate meetings in the Game Zone and Black Cultural Center at an 5:30. We'll be meeting the week we come back from Thanksgiving. Also, you can visit our website, LBC.Missouri.edu. There are applications if you're interested in becoming a senator. It's a rolling process until we have filled slots from each grade level, because we like to have equal representation. We're also currently taking applications for the Council on Black Student Government, which is a conference you'll go to in February. We also have a Facebook, Mizzou LBC, and Twitter is also Mizzou LBC.

>> Nice. Awesome. Thank you. So speaking of
Thanksgiving next week, what's everybody looking forward to?
>> I really like turkey.
>> And mashed potatoes and green bean casserole. I don't like the deserts. That can sometimes be upsetting for people to hear, like Greer's face that she just gave me when I said that. Maybe it's like my mom doesn't make them really well. Sorry, Mom. I hope you don't listen to this one. But like, I don't like pumpkin pie.
>> I dig pumpkin pie. It's so good.
>> I never had it. I need to come to yours.
>> You should have seen that face.
>> This is radio, so it's really hard for you to see.
>> DJ Excellence, I'm going to get my mom to make you this caramel pie where she takes cans of milk and she boils them for I think four hours.
>> That sounds dangerous.
>> No, trust me, and it just comes out as liquid caramel. And you just pour it in a pie crust and it is the richest, most delicious thing. You can literally only eat half a piece.
>> You'll need to get your Tupperwares together and bring them back to me from Thanksgiving.
>> Is that how you bake caramel? You boil milk?
>> It's some kind of weird milk. I don't understand.
>> It's like Eagle milk or something.
>> It is delicious.
>> It's so weird, because I didn't know what she was doing the first time she made it. I walked into the kitchen and I'm like, Mom, why are there little metal cans in that boiling water and why is that happening? And then she opened them and it just poured out like liquid caramel. It was delicious.
>> Thank you so much for sharing that.
>> I'll bring some you.
>> Have you had fried turkey? I have to give a shoutout to fried turkey.
>> I haven't. I heard about it burning down people's garages is the extent of my knowledge on fried turkey.
Well, I’ve heard it's delicious, but I haven't -- I have never had the pleasure of fried turkey.

Me neither. It's so delicious and it's so, like, moist and succulent.

Oh, my God. I'm so hungry.

It's so good.

That sounds pretty fantastic.

What about you, DJ Zach Attack? What's your food?

I just like straight up turkey.

Okay.

I'm a meat kind of guy. I like turkey and I like taking naps after eating turkey, because apparently there's something in turkey that makes you fall asleep better.

What's it called?

I don't know. It's in more milk, too.

I feel like it has "drine" at the end of it.

I was going to say endorphins.

No, but something similar to that.

Excedrin.

Now I really want to look it up.

Thanksgiving naps are the best naps ever.

Yeah.

Laying on the couch with your leg hanging off and watching football.

Yeah.

The best.

So next --

All naps.

All naps are pretty good.

Shout out to naps.

All the naps.

So next week, next Thursday when InsideOUT is regularly on is Thanksgiving. We are going to have a Thanksgiving show. We are trying to figure out if it will be played live on the air or not, but we want you to know that we love you and consider you to be a part of our family. LBGTQ just thinks you're fabulous and wishes we could spend all of our holidays with you. So know that we will have it at least podcast on
our website, even if we can't get it live at 88.1 FM, but there's a high-ish chance that you will not be in the listening area anyway, so head on over to our website and we'll have a Thanksgiving show going where we talk more about food and traditions and also just love and, I mean, to be honest, I'll probably validate some of that. Sometimes you don't have a family, and that part sucks, too, but then you'll make it better. Just know if you're missing Mizzou or you're missing InsideOUT, next Thursday you might have to go to our website, LBGTQ.Missouri.edu, InsideOUT tab, to find the podcast, but also KCOU rules, so we might be able to have it play live for you, also.

>> Yeah. What's your favorite food, DJ Discovery?

>> I absolutely love sweet potatoes, and I've seen so many people get in, like, crazy debates over the best way to prepare it, because some people are like, you need to use fresh-squeezed oranges. And some people are like, got to cover it in marshmallows. Chunky and sometimes you cut it into cubes. I just enjoy it all the ways. I've never met a brown sugar, like ever, so I'm really good with sweet potatoes and brown sugar. I'll tell a funny story. I lived in Spain after I graduated from Mizzou for a year, and when Thanksgiving came, Thanksgiving is entirely a United States holiday.

>> What?

>> Like they do not celebrate in other cases.

>> Just kidding.

>> It was weird. I had to go to work on Thanksgiving, which just seemed so strange.

>> Yeah.

>> But you know, it's not a holiday, so we did.

>> Right.

>> And there was also siestas, so you got a nap everyday in your workday, so there's all sorts of differences.

>> Sign me up.

>> Exactly.

>> And we wanted to still make Thanksgiving food.
Like we still wanted to make Thanksgiving food, and so we tried to find sweet potatoes. So we were in all the grocery stores, and in Spanish we were saying, well, it's a potato, but it's purple, except orange on the inside. And they just looked at us like, stupid Americans. What are you talking about? And they kept saying, eggplants? We're like, no, it's like a potato, but it's orange, but it's purple. They were like, red potatoes?

>>> Where is it purple?
>>> On the outside. The skin is purple.
>>> I thought it was just brown.
>>> It's like brown.
>>> There are some that are purple.
>>> It's totally purply.
>>> I have never seen a purple sweet potato.
>>> The organic ones are.
>>> Oh. Let me go ahead and do my finger snap. Okay?
>>> Man.
>>> That's going to have to become a more common thing.
>>> You need to Google that, too, at our Sports Minute.
>>> Maybe we'll try to do that.
>>> And then we'll tweet a picture of a purple orange potato.
>>> Or maybe I was being a stupid American.
>>> If both of you were doing it, there definitely has to be some. I believe in you.
>>> Anyway, we finally ended up finding one at a really fancy-smancy expensive grocery store that was at the bottom layer of a department store. It was like this fancy -- anyway, let's not go into too much on Spanish culture right now.
>>> I just love going out of the country and I've been to Europe. I'm just agreeing with you on all of those things and that I love going out of the country.
>>> We should have an InsideOUT on studying abroad.
>>> That would be cool.
And we could bring some study abroad advisors and some people who have studied abroad.

And international students. That doesn't really relate to studying abroad. Well, they're studying abroad. Wow. Took me a second to put together. Yeah. So you know --

That sounds like maybe two separate shows.

Yeah. I think those would both be amazing shows. And tweet at us your ideas of shows@LBGTQ InsideOUT. And we like suggestions and ideas.

We do.

Let's go back to our guests and a little bit more about One Mizzou. What is one of the favorite things you've done at Mizzou so far, just in your time? You know, when we talk about One Mizzou, we're talking about the diversity aspect mostly of Mizzou, but we're also talking about inclusion and what it means to be here on this campus. So what have you enjoyed about being on campus? One or two favorite things? Let's ask everybody, not just our guests.

DJ Excellence, stop playing with whatever that is.

Yeah, in general.

Or like a thing that you've done.

I really like Mizzou. I think my favorite part of Mizzou has been in grad school. In undergrad, I was not very involved on campus, like at all, at all, and I didn't really know you, like, could be, so that was a thing, and I had fun in undergrad, but it wasn't really directly related to campus activities. In grad school, I discovered this little place. You might have heard it. It's called the MU LBGTQ Resource Center. It's just like this place. Anyway, so that has been my favorite, like, aspect of Mizzou in my graduate experiences, because first of all, you find out stuff really quickly when you work in Student Life, like things that are happening on campus. Like, you're so privy to the information and it's awesome because, like, I got tickets for Dr. Maya Angelou. That probably wouldn't have happened if I didn't work at the center. I'm not saying, like, other students can't get it, but somebody
was like, oh, that's happening today. I'm like, what? You know what I mean?

>> Yeah.

>> And, like, meeting people and, like, a bunch of people and people I would not meet most likely on my, like, day to day. Like walk around my neighborhood.

>> Yeah.

>> So...

>> I was going to say, like touching base on that, I really enjoy the fact that there are so many connections on this campus. Like when you're involved in Student Life, you get connections.

>> Yes.

>> Like, I got free tickets to Maya Angelou like an hour beforehand, because you had extra tickets, and that was just because I knew you and we're friends and we work in the center together.

>> Yeah. We're bros. We're les-bros.

>> Yeah. When you work in some type of office and you work in Student Life in anyway, you really do meet the closest friends that you're going to have for four years, eight years, six years, whatever you want to do, however long you want to be in school.

>> Forever.

>> Shout out to people who do stay in school for so long, because -- God.

>> Yep.

>> Also, I just really enjoy being able to walk on this campus and feel comfortable. I can't stress enough how I feel so comfortable wearing what I want to wear, identifying how I want to identify, and being able to walk on every street and into every building on this campus. And I mean, there are your places or they're your people. That's a better word for it. Who are still not very open-minded to some things, but overall this campus is incredible. And there are so many opportunities to become open-minded if you're not. And so, I don't know, I just really, really value the fact that we have such an educated and reaching Student Life.
Yeah.

Yeah. I just want to say that you both have valid and wonderful experiences, and I want to add that if you want to get involved out there, listeners, you don't have to be employed or volunteering at a place. There's so many ways to get involved. I can not express the intense, intense numerous amounts of ways to get involved, so an easy way to look at -- to just look into it is to go to Mizzoulife.Missouri.edu or getinvolved.Missouri.edu, which takes to you a lot of the student organizations. We have over 700 student organizations on our campus that you can get involved in. You can also go to stufftodo.Missouri.edu, which talks about a whole bunch of events and programs. You can stop by MU LBGTQ and we will help you get connected with who you're interested in getting connected with. There are involvement ambassadors on campus. Holy moley, there's a lot to get involved in. If you are living on campus, your PAs, CAs, LAs, desk attendants, hall coordinators, those are all amazing resources to help you get involved with what you're interested in in any way.

Okay. DJGJ, what's some of the stuff you like about Mizzou?

Well, going off of what both of the other DJs said, I love working through Student Life. When I first started at the center, it was the CSJ. It was when all of the resource centers were together, and I've heard good and bad things about it, but it was a great experience for me, because it was my freshman year and I was more introverted, so I just used to sit in the CSJ and hear all, like, the difference rants from the different groups and learn so much. I learned so much my first year here. And then I also met my best friend through the CSJ.

Shout out. Hey.

Ashley, who I've lived with for four years now, and she's --

That is it a awesome.

-- the best person ever. And I want to shout out, like you were saying, getting involved, there are so
many different ways. Vagina Monologues is a great experience. I've done it for two years. And you just get to meet a lot of great strong women and, yeah, shout out to Vagina Monologues.

>> Vagina!

>> Vagina! Get ready for February, Mizzou's campus. Are you doing it this year?

>> I plan on it. I forgot to -- try out, but I hope that I can still try out.

>> I think there's still an audition. We'll talk about it later. DJ Zach Attack, what do you like? What's the Mizzou favorite traditions, things, events, stuff?

>> I'd have to just kind of piggyback off of what everybody else already said. Just meeting a bunch of awesome people here and all the different organizations that I've been involved in, especially RHA and then with my fraternity. I've just met a bunch of really great friends, people who have made me think about things differently, people who've changed me personally and have affected me in pretty great ways and just getting involved is probably the best thing that I've ever done, especially because in high school I wasn't very involved, but when I got here I decided to jump into it and very glad I did.

>> Yeah, definitely. I really like -- think that kind of what everybody said really echos what you're talking about, and it's something that somebody said at the Diversity Luncheon that was on Tuesday that we've mentioned a couple times as part of One Mizzou Week. And I'd never thought about this, but I was so impressed with the way he put it. He said that if you leave college the same person that you came to college as, you did it wrong.

>> Yeah.

>> I'm like --

>> It's not even possible.

>> You know, he's like, seriously, like how do you get here and stay here for four years and be exposed to everything you're exposed to in the classroom, out of the classroom, in campus, off campus, with your friends, with your frenemies.
Frenemies?

Frenemies. Hey, early 2000's. But how do you not, you know, change and grow and become the human being that you're going to be and continue to be throughout your lifetime, you know?

Uh-huh.

It's really just an amazing transformative time in someone's life, I think, and Mizzou is such a great place to do it.

I'd say even change by year to year.

Oh, yeah.

Especially if you get really involved. I know I'm only a sophomore this year and I've changed dramatically since I came in as a freshman.

Oh, my God.

Yeah.

It's insane. I wouldn't even, like, recognize myself now if I looked back on myself.

Ditto.

Just all the things I've done I never pictured I'd be doing when I first came here.

Ditto, ditto, ditto.

Some of my favorite Mizzou traditions, I have to say, are definitely Vagina Monologues. It's one of the first events I was ever involved in, ever, back in 2002. I sold tickets at the door when it was still in Conservation Auditorium way back. And I remember being like, there's so many dead animals heads. Where have I come? Because I was a transfer student and I showed up a month later and my work study job was, Wear red and black. Sell these little tickets. I'm like, okay, there's a vagina.

Shout out to Student Strubie.

Now I scream vagina constantly around Vagina Monologues time, because it's part of the movement. I also really like Women's Poetry Night.

DJGJ thought that was really funny.

I mean, during Vagina Season, I do.

Vagina Season.

That's awesome. Do they call it Vagina Season? Because they should.
Exactly.
What?
Year-round Vagina Season.
We refer to it as when we have rehearsals and stuff. The Vagina Monologues this year will be in Jesse Auditorium on Saturday, February 16th, and you should come and as a fundraiser for the Sheller and Lead Institute and the MU Stop the Violence Fund, and you'll see lots of red and black posters and advertisements come next semester. But you should go. It's amazing and it's for everybody.
You know what I want to say about red and black?
What?
And, like, green and red and black and orange? Okay. Are we seeing a theme? Like, okay --
$2?
What are you talking about?
Paired holiday colors. I feel that once, like, this it might be the Catholic school person in me, but like, with red and black, like I now feel like I can not wear red and black now, no shame, outside of Vagina Monologues season, because it's, like, that's what it looks like. And, like, the same with, like, orange and black. I feel like I can only wear those colors together on Halloween.
I kind of agree with that.
This is not being rescinded.
I can't, like, do -- I have a really hard time doing green and red together. I don't understand why.
It looks like Christmas.
Not only that. I just think -- exactly, it doesn't look good.
And everyone you walk up to goes like this: Oh, you look like Christmas.
That's what I'm saying.
Exactly.
And I'm like, shh!
You be quiet.
You be quiet. When I wear red and black, I always think, oh, this could be a Vagina Monologues
outfit. Okay. We got some tweets. Shout out to our tweeters. Thanks, DJ Dino. I've never seen a purple sweet potato.

>> Thank you. DJ Shane, DJGJ?
>> Yeah.
>> Agree.
>> Thanks, Dino.
>> We'll Google it.
>> You Google it.
>> DJ Dino, Google it and send us a picture.
>> Eating organic is expensive.
>> And then, oh, we need to come up with a DJ Jay name. Jay was on staff last semester and amazing. Tweeted out to us, how about an InsideOUT on graduate students, the difference between LBGTQ in undergrad versus grad school.
>> Yep.
>> I'm happy to report that's what we did last week, two weeks ago.
>> Last week, yeah.
>> Two weeks ago.
>> Two weeks ago.
>> Two weeks ago we did one with OutGrads. Last week was trans.
>> With DJ Plaid and DJ Argyle.
>> Admittedly, the archive missed about 20 minutes of the show. I hold responsibility for that.
>> We've all been there, DJ Discovery.
>> Missed the archive!
>> But don't worry, we are going to try to re-record that first part, because we placed a lot of the take about what OutGrads is and why it's a necessary thing.
>> Yeah.
>> And how it differs from some of the other undergraduate organizations. And if you're at all interested in OutGrads, if you are a grad student out there, we have an amazing student org, or if you're a professional student, the law school has Liam Legal and the med school has Med-ziou Pride. There's a lot of ways to get involved. OutGrads is probably going
to have another happy hour at the coffee talk they
had. They took over Lakota. So many people showed
up and talked about it. Yeah, check it out.

>> Lakota has good coffee.
>> Yeah. Jay, I'm going to think of a DJ name for
you. I'm going to get back at you.
>> Starbucks has buy one get one free coffee.
>> Right now?
>> For, like, two days.
>> No way.
>> Yeah, but they don't tell you unless you know,
and I didn't know find out until after I left.
>> That's kind of -- okay.
>> Listeners, we're here to help you out. So if you
need some caffeine, Women's Center has free coffee
Tuesday every Tuesday morning, and Starbucks is
currently buy one get one free.
>> Sorry, Starbucks. They only wanted some people
to know.
>> Now everyone knows.
>> Now the InsideOUT listeners know.
>> Aren't you glad you listen?
>> Okay. Let's get back a little bit to One Mizzou
and diversity and things. So DJ Zach Attack and
DJGJ, why is diversity something you work on on
campus? Like, why is diversity something you care
about or why is One Mizzou something that you think
is important to be working on? Like we talked about
all the great ways you can get involved. So why is
this something you're involved in?
>> I just think, like I said earlier, it's important to be
comfortable with yourself. It's just important to be in
an area where you're comfortable and understand
yourself and you're not afraid to be yourself. And I
think everybody should have that feeling. It's just
something that I've struggled with in my life and now
that I'm in college, I've had an opportunity to become
a lot more comfortable with myself and it just is
something I want to help others to do the same.
>> Yeah, absolutely.
>> Yeah, I agree. I think a lot of diversity issues
overlap with, like, basic human rights issues, so I feel like if we're at this university most of us are paying some tens of thousands of dollars to be at, we should get a great experience in and outside of the classroom.

>> That's excellently put.

>> Agreed.

>> Yeah. I really like that.

>> Yeah. What about DJ Shane and DJ Excellence? Why do you all work on diversity or think that diversity matters to you or your college experience or your grad school experience?

>> Yeah. I work on diversity issues. I'm a master in social work, so that's, like, part of our, you know, agreements when we sign up to be social workers is, like, you're going to work on social justice. Okay. And you know, I'm really passionate about it, too, but I would say that, like, diversity, the reason I work on diversity is because it's hard to do and because I think that, you know, it takes a lot of energy and I think that, you know, it's something I'm willing, you know, to do and, like, you can do it in all kinds of different ways and the way I do it is through, like, education through my job and, like, outreach and all of this good kind of stuff. I do it because not everybody does, I guess, and the people that do do it generally are real smart and it's fun working with them.

>> I'd agree with that.

>> I'd say that I do it, because I have met so many beautiful people who identified differently than I do, and I have met so many of my closest friends and so many people that I care about immensely just don't have the same rights or the same experiences or the same happiness as, you know, most people do, and I want to work so that everyone that I care about is happy as who they are and, like, I want to make sure that everyone feels comfortable with who they are and that they can celebrate it.

>> Yeah.

>> Not just be able to say about, but be able to go out and walk on the street and feel that they're
comfortable being them and who they truly are.
>> Yes.
>> Yeah, absolutely. I think I just echo what everybody else said, you know? Like I work on this work because it matters, you know? Because it seems really important and because, I mean, I take it very, like, hopeful, kind of like almost hokey, kitschy, like why do you do diversity? To make the world a better place, but I mean, I am.
>> Yeah.
>> And I think about worlds very individually sometimes, because it's hard. Like if you really think about, like, there's so much work to be done. There's so much injustice. There's so much hate. Like, there really is all of those tough things out there.
>> Yes.
>> Loss of rights and discrimination and violence, and there really is a lot of work to be done when it comes to diversity work. And I definitely want to keep the show very celebratory of how far we are going, but I want to note there is a reason why we're doing these things. So if you think about it in that way, how can what I do make any sort of difference? There's just so much to do. How can I change the entire world? It's big. It's got a lot going on. There's a lot to do. What I think about is for that, you know, like what you were saying, DJ Shane, like for that one person who is walking around on campus feeling more comfortable, I did change that person's entire world, you know? Like we changed that person's entire world. And so if one person went to one of these events during this week and felt like this school matters or I have value or I have worth or there's someone who deems me as worthwhile or I can be happy as whoever I happen to be instead of trying to fit some other mold of what I am, quote/unquote, supposed to be like, we did change the world. We changed that person's world.
>> Yeah.
>> And there's so many people --
>> And then they touch people, you know.
Rainbows in the cloud.

Yes, rainbows in the cloud.

Rainbows in the clouds. What Auntie Maya said. I think about the people who came before me who completely changed my world. Like my world was one thing and then through the work of people on this campus mostly, my world was changed into something way better and way cooler.

Uh-huh.

Okay. DJ Dino, rocking it. He sent us a twit pic. And it is a purple potato.

So not the outside is purple.

I have to admit that I have still not been redeemed, because while he found us a purple potato, I swear that the outside of sweet potatoes are purple and the inside is orange.

There is diversity in nature and I believe that it exists. Like there's purple cauliflower and green cauliflower.

Who likes cauliflower?

I do.

There are all sorts of crazy colored cauliflower.

I like cauliflower, too.

I'm obviously the only one. I like brussel sprouts.

Nasty.

Wal-Mart carries brown sweet potatoes.

They're good.

I will.

My mom used to, like, force feed me brussel sprouts. And I was like, okay, Mom.

Yeah.

You know what I used to say about brussel sprouts? Okay, Mom, I'll eat brussel sprouts when you stop getting them out of a freezer bag. Burn.

That's Harsh On Your Mom Week.

She's coming tomorrow to help me move out of my house. I'm kind of like, oh, my God, my mom might be spending the night tomorrow night. I mean, I love my mom.

So excited about it.

So excited about it. She's probably listening right
now and thinking about all the ways she could whop my butt.
>> In a nonviolent way.
>> Yeah. I'm not ready to access that or deal with that.
>> Yes. I like the next question. What's your biggest diversity learning curve? Who wants to go first? I have a bunch.
>> Do you want to start us off?
>> Sure. Do you want to go? DJGJ, I want to hear yours and then I'll go.
>> Okay. I'd say my biggest learning curves are probably between, like, ageism and ableism. Like I've always known that there was discrimination, but I've never, like, conceptualized, I guess, that they are, like, minority populations and they get, like, a lot of the same -- well, not the same, but they get a lot of discrimination and things, especially ageism. So I'm trying to learn more about those issues/identities right now.
>> Yeah. Those are good ones. Mine would be -- my first one, because I have a bunch, because I, like -- privilege is something that, like, I recently learned about, recently meaning like the last five years, but I consider that pretty recent. I never even thought about privilege which, like, can be easy to do when you pass as white and all that kind of stuff. And then so, like, my biggest learning curve was definitely, like, coming to Mizzou. I did the MAP program. I actually can't remember what it stands for anymore, but it's like for minority students, and I came -- and I lived in West County in St. Louis and it's, like, pretty much all white. Like you can count on that. And so I came here and, like, I was, like -- so it was like first thing, it was like, okay, I've kind of lived my whole life as, you know, passing as white, for lack of a better word, and so then I was like, I met all of these other Latino students who are, like, maybe not as, like, white-cultured as me and whatnot. And then I met tons and tons of black students and it was just, like, so cool, because, I mean, growing up in West County,
like shotout, no black friends over here. And I also went to, like, Catholic school, which significantly decreases that. So, like, that was, like, my biggest learning curve was definitely just, like, you know, like, getting to know other races or populations or whatever and just being, like, oh, yeah, you're people, too. Cool. And that was also, like, when I was 18. So, like, almost a decade ago, but that was definitely I think so far my biggest learning curve. And then kind of after that one, I was like, oh, I'm good. Like I get it, you know? Like about other things, but I'm still learning. Always will be. Education. Woo-hoo.

>> One of my favorite things I ever learned about ongoing diversity education was Dr. Jamie Washington, and he said that everyone is a recovering racist. Everybody is a recovering homophobe. Everyone is a recovering, you know, insert whatever that is. And I think that's really true. Like I grew up, the world that we live in, the society that we have, the media representation that we have is, you know -- shows a very narrow view of a lot, which is why we have things like a necessity for One Mizzou Week and why we need to have all of these orgs and centers that we have. So I really like the idea of I'm recovering. I do my best and I think I slip up and make mistakes when it comes to diversity, but I try to be open to learning and I try to think about stuff, and even just I only got really heavily involved with One Mizzou this fall semester right now, and I feel like I've learned so much just from the students I interact with. It's just been great. So before we get to our other guests and DJs answers, we have another guest with us. Hello. Do you have a DJ name.

>> Yeah, I'm DJXJ. Also my Twitter handle, yeah.

>> Awesome. A Twitter handle.

>> XJ, DJGJ.

>> That's Zach Attack over there.

>> You DJ here, too, don't you?

>> Awesome. You should have said that in your involvement. Well, you don't have to. I also will say we will retreat this from LBGTQ. We have found a
purple skin sweet potato. I am totally correct. I win.

>> Are you sure that's not a red potato?
>> Yes, because look at the pointy ends. That's so a sweet potato.
>> We will re-tweet it for you to see, listeners.
>> That's not a sweet potato, Strubie.
>> Yes. DJXJ rocks. We are on the same page.
>> You're going to have to listen --
>> Look on the inside. That's just white on the inside.
>> But there are ones that look like that.
>> I'm just saying.
>> Potato.
>> DJXJ, you'll have to listen to our podcast so you'll know why we're arguing about sweet potatoes.
>> What's your DJ name again?
>> I'm DJ Discovery. We use core values. It's fine. It happens, like, once a show. So we are talking about what your biggest diversity learning curve is, but we have some time left on the show.
>> Okay.
>> So you can talk to us about your favorite part of One Mizzou, the best week you've had so far, why you enjoy working on One Mizzou, your favorite Mizzou tradition. Talk to us, DJXJ there.
>> Oh, okay. Well, I am so thankful for everybody here, first of all. This has been a great week and especially since, you know, like this is my last semester on campus and I'm graduating in May and to see where Mizzou has been at, you know, like Twitter back -- was that my freshman year? And seeing the [inaudible] incident and then see where we are now. It's just a true -- I guess the power of the student voice is just so real here at the University of Missouri and I'm just so thankful for students and I really do advocate for change here. And you don't see it at a lot of institutions, especially in the institutions that we compare ourself to now, like the SEC. So I'm really thankful for that. And with me in diversity and social justice issues, I've come a long way. I'm an African-American male. That's something new. Hey,
you didn't know that, did you? I'm an African-American male. So I've been blessed. I had parents that were pretty Afrocentric and taught me about my history. Unfortunately, everything else kind of was just lacking, so LGBTQ issues, religious issues, those kind of things, you know, pay, fair pay, class issues, my parents kind of -- they emphasized that with me, but issues like LGBTQ religious issues were something that they were lacking on, but I will give them their props. Racial issues, you know, social issues with the economy and, you know, poverty lines were something that they really tried to educate me on and women's issues. So that was something that my parents, I will give them that. But I came from a conservative background at home. And not until like my senior year in high school did I really come into my own understanding of, you know, what I wanted to choose as the right way to go, and that is that people are people and -- this is a before 9 o'clock station, so I'm trying not to cuss.

>> Thank you.

>> So the thing about it, it's to the point where I just don't see where if somebody else's life makes them happy and what they do makes them happy, why should I care or why should I get involved to be an advocate against somebody else's lifestyle? I don't have time to advocate for somebody else's lifestyle that I don't, you know, am not in tune with to be against what makes them happy. That's just not me. So that was what it came down to. So that social issue, and then religion, you know, I have my own religion, but at the same time, since being at Mizzou, I've learned to respect other people's religion.

>> Definitely.

>> I tell the story all the time, I didn't know a single Jewish person until I came to the University of Missouri. Did not know a single Muslim, because I'm from a rural town in Arkansas and the only thing you have is Christian and Catholic, Catholic being the minority. So -- I guess you could say Baptists and Catholic. So those are things that I've kind of learned
to just really respect people for being people and the art of the human is something more greater than just a skin color, a social level, a sexual orientation, et cetera, et cetera. It's just I love Mizzou, because it's just taught me that, and all of these things, honestly, have been outside of the classroom with Student Life, living in the residence halls. So it's been great. I'm really appreciative of it.

>> Yeah, definitely. DJ Zach Attack, what about you? Well, first, DJXJ, excellent sum up of everything we were trying to talk about. Well done, sir.

>> Yeah.

>> And DJ Zach Attack, what do you think? We heard a lot, so you can comment back to DJXJ or our original question was diversity kind of learning curve or how far you've come, et cetera.

>> Just I guess to talk about the learning curve, I came from a very, like, non-diverse environments I was raised up in. I'm white, male, straight. I grew up in -- I went to Catholic grade school, Catholic high school. I went to an all guys' Catholic high school, actually, in St. Louis suburbia all my life, so I really was never confronted with any sort of diversity issues until probably about my junior year. I had a world religions teacher, and we were learning about all of these different religions, and as extra credit he offered to take us -- or he offered to go with us to, like, different places of worship, like a Hindu temple, a mosque, just things like that, and he really got me in places where I was around people that I'd looked nothing like. I was the minority, and it got me thinking about a lot of things and it got me more acknowledging diversity as being a huge issue. And since coming to Mizzou, I have met a lot of different kind of people, people who have changed my view on just life in general and the idea of diversity and have made me learn a lot of things about myself and about the world in general.

>> Yeah, definitely. Talking about beyond campus and the Columbia area, one of my favorite parts of Earth Day, which I love Earth Day, is that the mosque
is open. They do just kind of like an open house at the mosque here in Columbia and it's downtown right near where Earth Day is. So next April I would highly suggest people going, and you know, expose yourself to new things. I think that's great, and I really like that, you know, inside the classroom gave you that opportunity, because I think we have talked a lot about Student Life and involvement outside on the campus and res life and it's important that we do have that kind of professor component, and also, we had a professor re-tweet us. So we're going to have to get some professors in on the show, hint-hint, nudge-nudge, huh? Huh? Listeners, we want some professors for guests next time. DJ Shane, what about you? Diversity learning curve?

I would have to say, I drop a very I don't want to say liberal. Very libertarian background. I come from Brentwood, St. Louis, if you know where that is. And we're pretty diverse. I don't want to say that we're progressive, but we -- I don't want to say that we're progressive. We have a lot to learn, but anyway, the way my parents raised me is that people are people, like DJXJ was talking about, and I have been taught that from day one, but when I came to the University of Missouri, I was not very educated on transgender issues and it wasn't that I ever advocated against people who identified as transgender or anything like that, but I remember, like, I just didn't think they were people. I didn't think it was real.

Yeah.

It wasn't -- I don't know. It just wasn't in the forefront of my mind. Exactly. And so I remember walking into the LBGTQ Resource Center and, of course, me being naive, someone was identifying with male pronouns and I did the thing where I was like, is that a girl? Is that a guy? Is that someone who identifies as transgender? Then I sat there and the more I came into the LBGTQ Resource Center, I learned why gender, like it doesn't matter. However somebody -- well, it matters, but however they want to identify is their gender and then you just respect it
and you don't question it.

>> Yeah. Respecting people where they're at. If someone says, hi, this is who I am, you believe them.

>> Exactly. And if you want to change it, that's fine. Like you have that fluidity.

>> Yeah.

>> It's on a continuum, but also, just, like, I am so thankful that the LBGTQ Resource Center is so open with questions and that they don't look like -- not everybody knows everything. If you have questions, it is a good place to come, because people answer. I mean, if you asked a question, you're going to get the open and honest answer.

>> Yeah.

>> So I'm really thankful that that's a place that you can do that and not have judgment passed on you.

>> Yeah. Last week during transgender awareness week, we had an open fluidity meeting where we had a discussion. We talked a lot about one of the questions for the open discussion was when's the first time you ever met or remember seeing or being exposed to, even like on TV or in a movie or whatever, a transgender person, and it was such a good question as me for someone who clearly works on, gives trans 101 presentations, advocates on a lot of transgender students and staff and faculty, and you know, identifies in the gender nonconforming umbrella, like all of these things, and it was like, wow, you know, such a introspective question to kind of really look into myself. And I think that ending there on learning curves is really an excellent place to end it for our One Mizzou Week, because One Mizzou, it is you, you know? Like think about yourself and have that introspection and give yourself the space to learn and to make mistakes. Forgive yourself if you make mistakes and you're just great out there, Mizzou. We totally heart you. We like like you. So remember that next week is Thanksgiving, but InsideOUT will be happening. If it's not live on the air, please head over to our website, LBGTQ.Missouri.edu. We'll have the podcast up. Tweet at us and just have a great break.
You're valued and you're wonderful and we value you greatly. You are our family.
>> Thank you, guests.
>> Thank you, guests.
>> See you later.

>> This is Dan from Imagine Dragons and you're listening to KCOU Columbia.

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