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Photography provided by Molly Weibel
Pictured to the right is Tom Rivard, Ryan Skille, Alexandria Gosen, Lindsey Bah

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The Ongoing Situation on our Southern Border

BY TYLER DUNN

The United States and Mexico border has been the prime location of a hot button issue for the last decade, one that has been especially pertinent during Trump’s presidency. During this last summer immigration was at the center of attention, dominating the news cycle as the Trump administration started enforcing the “zero-tolerance” immigration policy which included, in some circumstances, separating children from their parents.

After President Trump signed an executive order allowing children to remain with their parents during this process, two major immigration reform bills hit the floor in the Republican controlled House of Representatives.

Both the “Goodlatte Bill” and the “Compromise Bill” failed to pass in the House, keeping the current laws in place. These bills focused on E-Verify, DACA, Asylum Speakers, and providing funding for the border wall that President Trump promoted and promised in his campaign platform.

Currently the border is open again, despite its closure earlier this month due to congestion caused by an steep increase in the amount of people who were seeking asylum. The San Ysidro Port of entry near Tijuana can hold roughly 300 people and can, at maximum efficiency, process 100 people per day through the port of entry, after an extensive legal process for gaining asylum.

The protests that have been gaining national news on the border lately, are the asylum seekers in Tijuana protesting the speed at which asylum seekers are currently being processed into the United States. On December first, the protests began peacefully but then escalated into more violent measures, such as storming the border fence and throwing rocks at U.S. agents.

After the Mexican Authorities couldn’t contain the protest, U.S. border agents were required to take action. In response to the rock-throwing, U.S. authorities deployed tear gas. The wind caused the tear gas to affect many people who were not involved, and this came to be viewed as a poor choice of action. There were roughly ninety people arrested on the Mexico border and then on the United States side of the border U.S. agents made forty-two arrests.

The current solution being proposed is named the “Remain in Mexico” plan, which would detain asylum seekers in Mexico until their claims are processed. However, asylum seekers who are faced with immediate fear of persecution in Mexico will be allowed into the United States.

There has been continuous conversation regarding the immigration situation. At the moment, Mexico is accepting the asylum seekers from Central America. However, the country remains reluctant behind the proposed deal, out of fear of constant caravans coming to Mexico that are creating problems for the new incoming government of Mexico. The new president is less willing to work with the United States.

With the future in limbo, it will be very interesting to see how this situation at the border unfolds, as this will certainly be a very important issue going into the 2020 election. With a split legislative branch it will be much tougher to pass legislation without a compromise on one parties behalf.

An amendment was drafted by Texas Republican Will Hurd (TX-23). His plan includes the longest border district in the United States stretching over 800 miles. This amendment would promote a “SMART” wall used for patrolling the border, which would prevent a large spending of taxpayer dollars and avoid trying to build a barrier in places unnecessary and difficult to construct one in. He believes this solution could be a more effective way to help protect the southern border. Congressman Hurd has also been very vocal about solving the DACA issue and moving toward productive debate on immigration policy. †
Christmas Around the World: Comparing Celebrations Across Cultures

BY HALLE MARTIN

It's that special time of year when we gather with our loved ones to decorate our Christmas trees, bake cookies, and wait for Santa to come… But what does any of this have to do with the anniversary of Jesus Christ's birth? Where do our traditions come from and how do we celebrate holidays around the world? In America, we are lucky to have crafted a Christmas that combines all the best traditions from the heritage of the vast cultural melting pot that is our country.

Europeans have been practicing a mid-winter celebration hundreds of years before Christ was born, gathering during the winter solstice to celebrate the worst of the cold days passing and the sun that would soon return. According to the History Channel, Scandinavians began this tradition on December 21st and would celebrate through the end month, into January. As a symbol of the sun and warmth, families would celebrate the winter solstice, also known as Yule, by burning giant logs in the fire pit while embarking on a lengthy feast, bringing us to the beginnings of the yule log.

In 17th Century Germany, the first official Christmas Tree came into existence. According to the History Channel, it is widely believed that Martin Luther, 16th century Reformer, first added lighted candles to a tree. These decorated trees eventually spread throughout the country and made their way to America in the 1820's by a German family living in Pennsylvania.

And about those pretty red flowers? In 1828, an American minister in Mexico, named Joel R. Poinsett, brought back the luscious plant from Mexico, which has naturally become known as the poinsettia.

What traditions haven't we traditional Americans adopted? Well, in Greece they believe in goblins who wreak havoc during the twelve days of Christmas. Mexico celebrates with candy-filled pinatas, while in Holland, children wait for a familiar-sounding man called Sinterklaas, a bishop dressed in red robes (accompanied by his white horse), who delivers gifts to all the little boys and girls.

Ethiopians don't celebrate Christmas until January 7th in accordance with their Julian calendar, and spend the holiday attending church. Twelve days later, they celebrate again for the baptism of Jesus Christ.

Meanwhile, in Scotland, the holiday was actually banned for three-hundred years by a minister named John Knox who believed only holidays mentioned in the bible should be celebrated. It was not until 1958, that Scots began legally celebrating Christmas once again. Icelanders celebrate a tradition called Jolabokaflod, "The Christmas Book Flood," in which friends and family exchange books on Christmas Eve and spend the night reading and eating chocolate. Additionally, Ukrainians imbibe in a twelve-course meal on Christmas eve, with each course dedicated to one of Christ's apostles. While traditions vary across cultures, what truly matters is spending the holidays surrounded by ones you love. So, however you choose to celebrate this year, have a safe and happy holiday break! ♠

Climate Change is Affecting You

BY HALLE MARTIN

Growing up, climate change and global warming were associated with images of polar bears floating adrift on a lone chunk of ice, stranded in the middle of the ocean. This was an image that frequently resurfaced in textbooks and documentaries studied in grade school, causing the hairs on our necks to stand on end. But class would end, the next class would start, and the polar bear would be forgotten. The effects of global warming seemed as distant as the arctic bears themselves.

However, this issue is not one that stops at the polar bears, nor is it distant. Climate change is already wreaking havoc all over the world. It is no longer just an issue of melting ice caps, but our very own country engulfed in flames and wiped out by gargantuan riptides.

Despite these very visual impacts, along with dense scientific research, many have been quick to write it off as either a hoax or simply mother nature doing her work, ignoring the signs as our world gradually suffers from one natural disaster to the next. Unfortunately, these events are not merely inevitable acts of mother nature, but rather, her screaming at us, telling us she is in pain and that we need to take immediate action.

It is true that the temperature of our earth naturally fluctuates and has both risen and fallen since the beginning of time, but climate is changing more rapidly than ever, beyond the natural amount, according to the BBC.

Over the last few centuries, rising temperatures have spiked more than substantially, corresponding almost directly with the rise of the Industrial Revolution. In fact, NASA reports that since the Industrial Revolution began, humans have increased carbon dioxide emissions by a third.

It is absurd to deny the correlation between the earth’s atmosphere and human impact. The warming of the earth has a human impact probability of more than ninety-five percent, since the mid-20th century. Temperatures are rising and fallen since the beginning of time, but climate is changing more rapidly than ever, beyond the natural amount, according to the BBC.

NASA reports that the warmest years on record have been since 2010, with 2016 ranking as the warmest. Many of the extreme effects of climate change in the United States are happening outside of the Midwest, with wildfires in the east, and hurricanes in the south and the west, but that does not mean we are immune. Look around and you can see the impact of climate change. Winters in Minnesota are riddled with extreme conditions, be it unusually
warm and slushy, or unbearably cold, often switching on a dime.

It can be hard to take global warming or climate change seriously while we are shivering at the bus stop on a cold, winter day. How can the world be melting when we’re freezing? But it is happening nonetheless, and the problem is only going to get worse unless we do something.

The Intergovernmental Panel on Climate Change (IPCC) recently announced that a temperature rise of 1.5°C will have devastating effects on our planet. Temperatures have already increased 1°C due to human impact and we are on track to surpass 1.5°C by as early as 2030. Immediate action needs to be taken and that largely involves reducing greenhouse gas emissions, with the move towards renewable energy. The IPCC states that renewable energy must account for at least seventy percent of worldwide electricity by 2050 if we plan to keep the planet at a safe temperature.

Unfortunately, the move away from coal and other fossil fuels towards renewable sources, like wind and solar, require government support and involvement. Making the turn to sustainable energy and cleaning up our planet is a financial hit for the people that have the power to implement these changes.

Politicians have the oil industry right in their pockets and are amongst the exclusive class of people least impacted by the effects of climate change. As disasters continue to wipe out homes, and climate change cripples businesses like agriculture, politicians are able to rebuild, rebuy, and pay extra for goods and services: luxuries that most of the world are not so fortunate to access.

For this reason, many politicians deny or minimize the ever-growing problem that is climate change, making it as important as ever to be involved in your local politics. We must elect people into power who care about the future of our planet and are devoted to extending its longevity. While we, as individuals, are not capable of solving climate change on our own, we can each do our part by being mindful of our own carbon footprint, as well as advocating for the change our world needs to see.

The Boring Company cancels plans to open its Sepulveda test tunnel

BY RILEY EDLING

Late last November, the Boring Company announced that it is cancelling its plans to open a high-speed, subterranean test tunnel in Los Angeles, according to the Washington Post. The founder of the company, Elon Musk, said it withdrew its project underneath Sepulveda Boulevard after it settled with local community groups that had sued the Los Angeles government over plans to exempt the company from an environmental review process.

The ideology behind the underground tunnel network was to eliminate the nightmare of traffic that consumes Los Angeles roadways. By building a viable high-speed alternative to driving, it would relieve congestion on major freeways while cutting transportation time greatly. Musk has been open about his tunneling system, remarking that his idea had simply started by digging a large hole in the ground and connecting ideas and thoughts from there.

“The Boring Company is no longer seeking the development of the Sepulveda test tunnel and instead seeks to construct an operational tunnel at Dodger Stadium,” the company reported.

The company is now taking its ideologies and engineering and creating a mass transportation network that could become the new form of transit. As alternative tunnel plans develop and progress, the company strives closer to completing its goal of creating an ultra-high-speed transit system through the use of pod-and-tube transportation system, known as the hyperloop.

This system is vacuumed based, meaning it can move people and cars without wind resistance up to 600 miles per hour safely. In theory, it could deliver someone from New York to D.C. in just thirty minutes, which is currently another proposed route to be constructed. The Boring Company has also proposed to build these systems in Chicago.

Musk stated last month that Boring would hold an event to showcase a test tunnel in Hawthorne, Calif. on December 10th and offer free rides to the public the next day, according to the Washington Post. Musk went to Twitter to announce that passengers would be traveling as fast as 155 miles per hour. This test tunnel is still on schedule for the event and will not see closure prior to Dec. 10th.

Thanks to Science, You Can Eat an Apple a Day

BY ETHAN LANGEMO

You wake up on a fresh Saturday morning in mid-June and you decide you would like to start your day with an apple. You go to the fridge, grab a firm Braeburn apple from the crisper, and bite into its succulence. But it’s June, and the harvest season for apples across the United States is between September and October. How was your apple kept fresh for so long before they were sold to you?

The answer to this is Controllable Atmosphere (CA) technology. This idea of modifying an atmosphere for food storage can be traced back to the 1800’s. The modern facilities we use today are the children of research done by Cambridge University pomology researcher Robert Smock during the 1920’s. He began with experimentation, placing McIntosh apples inside several containers filled with varying levels of oxygen and carbon dioxide and paying attention to how well they stayed fresh.

What he discovered is that you can essentially make an apple “sleepy” by exposing it to air with a higher percentage of CO2 than oxygen. Due to the apples not getting the amount of oxygen required to fully ripen, the process is effectively slowed down, which means that the apples will remain crisp and fresh for months after they are harvested.

What he discovered is that you can essentially make an apple “sleepy” by exposing it to air with a higher percentage of CO2 than oxygen. Due to the apples not getting the amount of oxygen required to fully ripen, the process is effectively slowed down, which means that the apples will remain crisp and fresh for months after they are harvested.

However, this is not a “one size (or proportion of CO2 to oxygen) fits all” process; one species of apple will require a different balance of the two gasses than another. Too little oxygen and the apple will not be able to respire and will begin

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SpongeBob Creator Stephen Hillenburg Passes Away

BY ZACK MOELLER

THE CREATOR OF THE COMEDIC CARTOON SERIES SpongeBob SquarePants, Stephen Hillenburg, passed away on Monday, November 26th, after a battle with Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gerhig’s disease. Hillenburg revealed his diagnosis, which causes deterioration of neurons of muscles and has no cure, early last year. "We are incredibly saddened by the news that Steve Hillenburg, the former creative partner to me and writer at Nickelodeon for the show “Rocko’s Modern Life.”"

After a few years at Nickelodeon, Hillenburg used the same cartoon sea creatures he had used as a marine biology teacher to create a new show that would eventually become SpongeBob SquarePants. The first episode aired on May 1st, 1999 and has since aired nearly 250 episodes. The series has won both U.S. and British Emmy Awards, Annie Awards, and ASACP Awards, and has been dubbed or subtitled in more than 60 languages and shown in over 200 countries. The show has and will be loved by people of all age groups for a long period of time.

Nickelodeon’s stated with sentiment, “Steve imbued SpongeBob SquarePants with a unique sense of humor and innocence that has brought joy to generations of kids and families everywhere. His utterly original characters and the world of Bikini Bottom will long stand as a reminder of the value of optimism, friendship and the limitless power of imagination.”

"He was a beloved friend and long-time creative partner to everyone at Nickelodeon, and our hearts go out to his entire family.”

Hillenburg graduated from Humboldt State University in 1984 with a bachelor’s degree in Natural Resource Planning and Interpretation, with an emphasis on marine resources. Shortly after he became a marine biology teacher at the Orange County Marine Institute. Hillenburg used his love for sea creatures and art to create cartoon characters he used as teaching tools for his students.

He began his animation career in 1987, by pursuing a degree in Experimental Animation at the California Institute of Arts in Valencia, earning his MFA in 1992. Hillenburg immediately found success in the animation scene, winning the award for Best Animated Concept at the Ottawa International Animation Festival with his animated short “Wormholes.” In 1993 he became a director and writer at Nickelodeon for the show “Rocko’s Modern Life.”

Russians and Ukrainians Clash at Sea as Tensions Run High

BY: ANDREW WYLIE

TENSIONS HAVE BEGUN TO RISE again between Russia and Ukraine, after the Russians seized three Ukrainian vessels along the Kerch Strait, which links the Black Sea and the Sea of Azov.

Aggressions had been at a standstill since fighting began between the two countries in early 2014. According to the watchdog organization Global Conflict Tracker, over 10,000 civilians have been killed, with 1.5 million more displaced from their homes since the conflict began.

Ukraine has been set to join the European Union (EU) in late 2013, Russia strongly opposed the move, as it would have hurt their economic standing by losing a major trading partner. Then Russian President Viktor Yanukovych had agreed to join the EU, only to back out at the last minute. Riots erupted in Ukraine, with violence peaking when 130 protestors were killed by sniper fire.

In September of this year, Ukraine sailed two vessels through the pass, which the Ukrainian news organization 24 TV hailed as a “brilliant and risky operation under the enemy’s nose.”

The Russians attempted it again on November 25th, with two gunboats and a tugboat. This time the Russian Coast guards intervened, firing upon the gunboats, wounding two, and ramming the tugboat. Russia captured twenty-four Ukrainian sailors, all of whom are still detained.

The Russians claimed that the Ukrainian vessels had not requested permission for the journey and had refused orders to stop, while the Ukrainians argued that their vessels had freedom of navigation under maritime law and were stopped unfairly.

In the aftermath of that incident, Russia has increased its military presence in the region, and Ukrainian president, Petro Poroshenko, has declared martial law. The Azov Sea is an important trade route for both countries Poroshenko told the Washington Post in September, “Russia’s purpose is to occupy the Azov Sea, the same way it did Crimea. This is a brutal violation of international law, and we cannot accept it.”

He added, “We have absolutely clear legal status in the Azov Sea. Russia has no right to attack or stop our vessels.”

The United States has sided with the Ukraine government in this crisis.

President Donald Trump canceled his scheduled meeting with Vladimir Putin at the G20 summit in Argentina over the latest clash. Trump tweeted, “Based on the fact that the ships and sailors have not been returned to Ukraine from Russia, I have decided it would be best for all parties concerned to cancel my previously scheduled meeting in Argentina with President Vladimir Putin. I look forward to a meaningful Summit again as soon as this situation is resolved.”

The escalation has triggered fears of all-out war. Tensions remain high as the world anxiously waits to see how this will play out, and whether an international intervention will be needed. †
Perfectionism: a Source of Suffering in Young Adults

BY ETHAN LANGEMO

Our society is structured around high standards. They’re applied to our jobs, personal lives, and especially schools. Standardized tests are anxiety-stirring for high school juniors and seniors looking to seek higher education, as the scores they receive will be the yes or no in whether they are accepted by institutions. As a result, many students who care about their future education spend countless hours on school-related work, often having extracurricular activities and work in addition.

It is important to keep in mind that it is normal and healthy to put hard work into schoolwork, activities, and work outside of school. However, once it begins to interfere with how one interacts within society, it becomes an issue. A teen who struggles with perfectionism often gets thrown into a vicious cycle of dealing with anxiety and atychiphobia, a persistent fear of failure which can be linked to anxiety disorders.

Some common signs of unhealthy perfectionism may include feeling unsatisfied with a passing or exceptional quality of work, cases of procrastination until all details about how to do something (like a homework assignment) are known, avoiding risk-taking opportunities, inability to take constructive criticism, and instances of starting an assignment or perhaps a song performance over to avoid mistakes.

Social media may also have a part in influencing a perfectionist society among teens and young adults. Apps like Snapchat and Instagram have filters that can enhance how a photo looks, further ingraining the illusion of perfection and status based on physical appearance. Photoshopped and airbrushed models on the covers of magazines, or Instagram’s filter, can make people feel insecure about their imperfect bodies, leading to body image and eating disorders.

Perfectionism might be caused, in part, by an individual possessing a fixed mindset rather than a growth mindset. In a fixed mindset, one might find that he or she often says, “I can’t do this,” rather than “How can I do this?” or “What can I do to work around this?” One might think that he or she is not capable of improvement, that they are stuck with their situations and current capabilities.

In combating perfectionism, one of the most important things for a person to remember is perfect is an unattainable goal. We are often far more accepting of imperfections in others than in ourselves. All we can ask of ourselves is to do our best.

School is difficult, and the stress of the work, social life, and activities make life very stressful for students. But by having a good group of friends and adults to talk to, decompress with, and seek support through can definitely help. It is always important to take time for yourself, find ways to relax, and appreciate who you are—imperfections and all! †

NASA Lands New Space Probe on Mars

BY ZACK MOELLER

Cheers erupted inside the Mission Support Area of NASA’s Jet Propulsion Laboratory in late November, as members of the new InSight team received confirmation that their new exploration device had safely landed on the surface of our solar system’s neighbor: Mars. The landing of the Interior Exploration using Seismic Investigations, Geodesy and Heat Transport robot, or “InSight” for short, marks the eighth time that NASA has successfully planted a vehicle on Mars. NASA Administrator Jim Bridenstine said, “InSight will study the interior of Mars and will teach us valuable science as we prepare to send astronauts to the Moon and later to Mars.”

InSight’s journey to Mars was not a quick trip. It blasted off from Vandenberg Air Force Base in California on May fifth, the final day of CSP’s Spring semester finals last year, and didn’t land until nearly seven months later on November 26. It is now stationed near Mars’ equator on the western side of a flat, smooth expanse of lava called Elysium Planitia.

InSight began collecting data within the first week of its landing as part of its two-year mission to study the deep interior of Mars. Its goal is to learn more about how all celestial bodies with rocky surfaces, such as the Earth and the Moon, formed. This will be done using imaging captured with a nearly six-foot robotic arm during the first two or three months of exploration to find a spot suitable for “the arm to deploy InSight’s main scientific instruments, Seismic Experiment for Interior Structure and Heat Flow and Physical Properties Package instruments,” said InSight principal investigator Bruce Banerdt. These will give scientists a better understanding of the deep interior of Mars as this is the first time a vehicle of this caliber has been placed on the surface of the red planet.

A number of European partners have helped make this mission possible, including the space programs of Germany and France. Other countries The pictures being taken by InSight, as well as other information on the craft and story of the mission, can be found on NAS.A’s website.

“InSight will teach us valuable science as we prepare to send astronauts to the Moon, and later to Mars. This accomplishment represents the ingenuity of America and our international partners, and it serves as a testament to the dedication and perseverance of our team. The best of NASA is yet to come, and it is coming soon,” said Bridenstine. †

MPLS One Step Closer To Municipal ID’s

BY VICTORIA TURCIOS

What would you do if you couldn’t easily cash your paychecks? Or feel comfortable calling the police if you needed to? That’s the unfortunate reality for many undocumented immigrants across the country including Minneapolis.

The creation of municipal id’s will alter the fate for many in our communities. As stated in the Southern Minn news publication, this form of identification would give residents an alternative to access city services and another option to substantiate their identity bringing many of those in the shadows to legally partake in their community.

Although Northfield was the first city in Minnesota to have a municipal id program last year, Minneapolis is trailing right after them to join other major cities, such as our Midwest neighbors in Chicago and on the coasts with New York and San Francisco, who already have municipal id programs in place.

The program is moving ahead with due preparation from the city staff, who have been working on the proposal for over a year. MPR News reported that during the public hearing at the City Council Committee meeting, those who spoke were in favor of it and that nobody spoke against it.

The id in Minneapolis would be of use with the transit system, libraries, as well as a form of identification recognized by the Minneapolis Police Department. To obtain this id, the residents applying would be required to present another form of identification such as a passport, consular id (which is an identification card issued by consulate offices from foreign governments), and proof of residency in Minneapolis. It is also important to note that the Minneapolis municipal id, would not give anyone the permission to have a driver’s license or vote.

As the nation is divided on topics such as immigration, states are seeing municipal id
programs as a way to accommodate their localized population of undocumented immigrants.

According to Rodriguez-Nanney, PA Attorneys At Law, a law firm in Maryland, these programs allow undocumented individuals to openly integrate with their community and contribute to the economy. Individuals would have the ability to not only open bank accounts, but also find housing, as well as have access to hospitals through city programs. Rodriguez-Nanney also noted that it seems the hope of some policy makers is that states taking matters into their own hands will eventually lead to much needed larger scale changes in immigration.

With municipal ID’s already in place in other major cities, this can help guide Minneapolis to further understand what works and what doesn’t moving forward. A community advocate with the First Congregational Church of Minnesota made sure to caution the city council at the public hearing about creating a program that would do the opposite of helping undocumented immigrants.

Other cities with these programs in place have also faced the same feedback, not only from the public, but politicians as well, pointing out that the private data given for this ID could do harm to an already vulnerable population if it were to be mishandled.

New York’s program was challenged with a lawsuit as reported by Government Technology Magazine. This case showed the faults of trying to balance personal safety and security in the NY over the fate of the private information of the program’s applicants which could potentially have unintended consequences.

As reported by KYMN Radio, Mayor Pownell of Northfield commented at a council session prior to their program rolling out that the ID’s signaled residents to know that they belong in the city and that they were all equals, further creating a cohesive community and supporting local economy.

Northfield’s program hasn’t faced any problems, which adds them to the list with New York and San Francisco who have similar programs. Adding Minneapolis to the list may push other cities to look at similar programs.†

**Minnesota Scientist Leads Investigation on Soil Microbes**

**BY ZACK MOELLER**

University of Minnesota Professor Linda Kinkel is leading international research efforts in hopes of finding out more about the microbes that live in soil, particularly ones that are used for agriculture.

Microbes are microscopically small bacteria and other living organisms that can be found basically everywhere. There are microbes on us, in us, and all around us.

Microbes, many of which have unknown functions and even more that have yet to be discovered, are different depending on where they live, or their microbiome.

"Many scientists refer to ‘microbial dark matter,’ just like we think of dark matter out in the universe, which is the unknown," said Kinkel.

"The soil microbiome in particular, which is the most diverse microbiome on the planet, still remains largely unknown."

Kinkel and her team are collecting data on soil microbes all across the country, looking to see how microbes affect potato crops. She is also in charge of the international Agricultural Microbiomes Project which collects microbial data from every continent besides Antarctica.

Some microbes are good, others are not. Some, for example, cause disease in food crops and wreak havoc for agricultural farmers. "We focused over the last century-plus on the bad microbes, the microbes that cause diseases," explained Kinkel. "And we’ve asked one pretty straightforward question, which is, ‘How do we kill those bad guys?’"

Pesticides have normally been the answer in the past, however the problem with pesticides is they kill all microbes, good and bad. "We’ve been working blind, for hundreds of years [with] no perception of what we’re doing to our microbiomes. As scientists, what we really want to do is shift that balance for the good microbes and not let those aggressive bad one’s win," said Kinkel. If the balance does indeed shift towards protecting the good microbials and allowing them to thrive, there will be less of a need to use pesticides and other chemicals that can be harmful to the rest of our environment and other microbiomes.

However, it’s not an easy task. A spoonful of dirt contains billions of microbes. The relationship between microbes is complex and several levels deep as Kinkel has shown in her research. “[Microbe] 18 can make 17 produce an antibiotic that kills 16, and 16 can kill 18. So, you realize that these interactions are two and three and four levels. It’s not simple,” said Kinkel. “One positive thing we have learned is that we don’t need to know everything that happens to come up with a good management strategy.”

Kinkel believes that within a few years, her research and that of other groups can really start to allow farmers to make better and more educated choices on the supplements they give their crops, resulting in larger and more environmentally friendly yields that are able to withstand a changing world climate. "I think microbes are fundamentally going to change how agriculture works, and I think within twenty years, it will be a completely different landscape," said Kinkel.†

**CRISPR Babies: Chinese Scientist Claims 1st Genetically-Modified Humans**

**BY SKYE FULLER**

It sounds like something out of a science fiction novel: A rogue scientist edits the genes of two unborn twins. He hopes to give them immunity to a deadly disease, but the experiment is kept quite. That is, until the scientist announces on YouTube, “Two beautiful Chinese girls came crying into the world as healthy as any other babies…”

Headlines around the world are abuzz with just that story. Recently, Chinese scientist and Stanford graduate Dr. He Jiankui took the world stage at a conference to discuss the unauthorized and wildly controversial human experiments he performed using cutting-edge CRISPR technology.

CRISPR allows scientists to essentially “cut and paste” segments within the genome. Studies are currently being done to assess the possible long-term effects that editing genes may present. Vice News described this research as, “the genetic equivalent to the space race.”

However, scientists do not yet have a fully informed idea of what these effects may be, especially since scientists do not yet have a clear picture of what each gene is responsible for.

This presents ethical and psychological dilemmas as well. One can’t help but think of the societal implications of this technology and its use in human beings. The eugenics movement comes to the forefront of people’s minds.

Eugenics is a study which aims to improve the pool of “desirable,” heritable characteristics in humans. It was a study encouraged by Nazism during the 1940’s, which should be enough to condemn it as reprehensible. Scientifically, it also lessens the variability of the human gene pool, which is a negative in that it eliminates genetic diversity. One must only look to the monarchies in our high school history books to see why that is a bad idea.

Dr. He has received major backlash from the scientific community at large. Not only is the community concerned with the ethical ramifications of these studies, but they are also outraged by how these studies were performed. He didn’t undergo peer review, but instead, he posted a video to YouTube. Later, he claimed that he did so because information on the experiment had already been leaked. News outlets seem to be skeptical of this claim.

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This technology and its use in humans is alarming and thought-provoking. Dr. Rodger Watts, a professor here at CSP, put it well: “It’s all just the beginning. As we realize that we can do these scientific or computer things, there seems to be within the human spirit a visceral drive to do what we may be capable of doing. This is sad, given the fact that our morality and our ethical values are usually lagging way behind our technological development.” †

Midterm Election Results Summary: The 116th Congress

BY TYLER DUNN

The balance of power in Congress has certainly shifted since the 2018 midterm elections. The Democrats have taken control of the House of Representatives and the Republicans have widened their majority in the United States Senate. While every seat in both houses is significant, the leadership assignments in each party determines which bills will be voted on and what legislation or issues will be given priority over the next two years.

That being said, the 116th Congress will not see any changes from the 115th Congress at the top of each party in either house. Democrat Nancy Pelosi (CA-12) has been elected as the House Majority Leader and Republican Kevin McCarthy (CA-23) will become the House Minority Leader after the Republicans lost majority in the house.

Looking specifically at Minnesota, Tom Emmer of the 6th district won his election by voice vote to serve as the National Republican Campaign Committee Chair. Emmer will enter the leadership and will be in charge of fundraising and electing Republicans in 2020.

With the House changing hands, the Democrats will control the agenda and what legislation will hit the floor. Republicans believe that this could help their chances in the 2020 elections, as Steve Daines of Montana said in an interview with Politico, “I think it could be quite helpful, quite frankly, in 2020. If you turn the House over to Nancy Pelosi, the Democrats’ agenda will be in full display before the American people – abolishing Immigration and Customs Enforcement… It will be about impeachment; it will be about a lot of issues that are out of the mainstream for most Americans.”

Pelosi, who took office in 1987, is predicted to crack down on Republicans in the House, is likely attempting to launch several investigations, and be less likely to compromise on many issues.

Now transitioning to the United States Senate, where the Republicans picked up seats extending their majority to 53-47. Senator Mitch McConnell of Kentucky will continue serving as the longest serving Republican leader in the Senate. This comes to no surprise, as McConnell has been extremely popular throughout his leadership.

On the Democratic side Senator Chuck Schumer of New York will remain in leadership. McConnell has a record of being someone who is much more willing to compromise and cut deals with the Democratic Minority to get legislation passed. Senator Gerry Connolly of Virginia described McConnell as a “cold-blooded pragmatist,” in a interview with Politico, following the statement with, “[McConnell] will make deals if he has to, and will do what we need to do to govern effectively and efficiently.”

When looking at the 116th Congress and the new faces that have been elected, there will be a very strong midwestern presence in powerful positions on the hill when the 116th takes secession.

South Dakota Senator John Thune was elected to the number two position in the Senate: Republican majority whip. Thune, who has an extremely high approval rating and is in a very safe seat, was a very clear choice for this position. His history serving on the agricultural committee has made him very popular in his state and among conservatives.

Minnesota makes an appearance at the federal level, with new faces taking office on the House side. One Minnesotan incumbent also won re-election, Tom Emmer of the 6th district, won by voice vote to serve as the National Republican Campaign Committee Chair.

Minnesota Senator Amy Klobuchar will also remain in Democratic leadership. She has had her name in the headlines as a potential candidate for the Democratic Party for the 2020 presidential election. Although being chair of the steering committee is historically not a stepping stone to the presidency, Klobuchar is extremely popular in Minnesota and could be successful in states where Democrats struggled to appeal in 2016.

As the 116th Congress commences with the Democrats now having majority in the House, and with Republicans maintaining control in the Senate congressional productivity could certainly slow down. †

Passing the Torch: Minnesota’s First Hmong Essay Contest

BY BAILEY PARENTEAU

Minnesota has a relatively large and prosperous Hmong population. According to the U.S. Census taken in 2010, approximately over 66,000 Hmong people reside in Minnesota, with 29,000 residing in St. Paul alone.

Since the late 1970s, many Hmong families from their native country of Laos began residing in Minnesota and were drawn to the fantastic opportunities presenting in supporting their families with great educational systems, jobs, and housing.

At the 40th Hmong New Year celebration, located at the St. Paul RiverCentre, Minnesota’s Hmong community reflected on their journeys and achievements together at the first essay contest, themed: “passing the torch.”

The essay contest was meant to celebrate the past, the present, and the future of the Hmong community. According to the United Hmong Family website, the purpose of the essay contest was to allow creative minds of all ages and educational levels to capture the meaning of the theme. Each writer was to stitch together the Hmong past, present, and future into a “coherent, compelling, and beautiful tapestry that serves as a catalyst for uniting and empowering the Hmong community.”

Leon Xiong, who is a second-generation Hmong-American, recited his winning essay to a large crowd of thousands of Hmong’s who gathered to celebrate the festivities. In an interview with NPR, Xiong stated, “My inspiration came from my family and watching all of us grow up in this country and how successful we’ve been to become.”

Several notable Hmong-American judges agree that Xiong’s essay was well-focused on the theme. Sophia Vuelo, Minnesota’s first Hmong-American judge, (who was also just sworn in earlier this year), commented, “It was especially notable this year that we got to read literature, an essay by a young Hmong-American who was able to reflect on that theme well.”

Additionally, judge Kang Vang, a Hmong-American filmmaker, said the essay contest has provided excellent opportunities for young Hmong-Americans to express their voices through writing. “A lot of times the voices of the younger people aren’t heard, especially in the Hmong community,” said Vang. “We’re a community that really reveres the elderly.”

Leon Xiong, who is a senior in high school, plans to study political science in Washington D.C. and work for a nonprofit after college. Xiong noted that he looks forward to seeing his fellow Hmong-Americans show off their intellectual abilities through more events like the essay contest. “It’s an amazing feeling and such an honor to be able to read it out loud” said Xiong. Organizers and judges of the contest hope to continue the new practice in future celebrations.

“It shows that together we are more creative […] and] innovative, and that is how we achieve prosperity for everyone,” said Vuelo.
Small Newspaper in Rural Oregon Thrives

BY BAILEY PARENTEAU

In today’s modern industry, many newspaper companies, large and small, are struggling to make ends meet. With technology at our fingertips, physical newspapers have become irrelevant to some. However, one small newspaper in rural Oregon is defying the industry trends.

Circulation at the Malheur Enterprise has increased dramatically over the past few years. The paper has even won, notably, several national awards. In the tiny eastern Oregon town of Vale, with population of 1,900, one small newspaper is standing out in a big way.

Seventy-four-year-old Sheila Schroder has worked for Malheur Enterprise for over twenty years. “That’s when I had a grocery cart and I delivered papers with my grocery cart full of papers,” Schroder says in an interview with NPR. “People called me ‘Bag Lady,’” she adds with a laugh. Every Wednesday for delivery days, she packs her Dodge Ram pick-up truck full of newspapers. Her stops include the courthouse, a nursing home, and the local flower shop.

However, her entire route takes her over 100 miles throughout the entirety of Malheur county, Oregon’s second largest. This expanded delivery zone has, without a doubt, been one of the effects from the past three years of business’ boom.

Okay, “booming” is a relative term when it comes to this weekly paper. Paid subscriptions for the paper are at 2,000. What’s most surprising is that during a recent week, more than a third of Malheur County’s 30,000-or-so residents read the paper’s online edition.

Additionally, advertisements, the primary source of income for the newspaper, are way up. The paper’s editor and publisher, Les Zaitz, has been largely responsible for up-swing success of the newspaper. “Our overall revenue is more than triple what it was three years ago. Circulation is probably double. We’re profitable, and there are not a lot of papers in the United States that can say they’re profitable.”

Perhaps one of the newspapers biggest successes is owed to Zaitz, who was a longtime, award-winning investigative reporter for The Oregonian, the state’s largest newspaper. But, Zaitz always had a passion for small-town papers. So, he tabled his plans for retirement in 2015 and bought the Enterprise with family members.
We are living in a uniquely challenging time; Media has immense power and influence, the course of the future seems to be at its crossroad, and our brains are programmed to confirm our beliefs regardless of the reality in front of us. In response to high anxiety and frustration, SIETAR USA and SIETAR Minnesota organized a conference titled, “Walk the Talk: Achieving Civility and Respect in Times of Polarization,” at CSP on November 17th.

Bill Doherty kicked off the event by explaining an activity from an organized movement called Better Angels, in which bipartisan citizens work together to create mutual understanding. He explained that the goal behind combining two opposing groups is not to change anyone’s beliefs, but rather to have participants define each other beyond stereotypes and political identification; to find commonalities. This alone relieves the pressure. Beyond that, participants also talk to other like-minded people about their opinion while the other party listens, as opposed being placed in a position where they must defend their beliefs. Better Angels divides participants into “reds” and “blues,” asking each side to generate the top-five, most commonly-held misconceptions about their party. Then they are asked to redefine the misconceptions, stating their truths and exposing their values; The foundation or intention of the beliefs are almost guaranteed to be shared by both parties in some capacity.

While there is plenty of common ground, Doherty is no fool. He explained reds and blues as two different cultures, each with their own language, concerns, objectives, and perspectives driving their visions for social change. For example, “blue language” includes words like “privilege, marginalism, safe space,” etc., whereas “red language” contains words such as “American greatness, religious, liberty, service.” There is nothing inherently bad about any of these words, and yet, we have gut reactions and strong connotations attached to them. To learn about another culture, one is challenged to shed their preconceived notions and ideas about how the society “should” operate, in order to take a more objective and respectful look at something different. Doherty says this is the same approach we must take to bipartisan conversations.

Nagesh Rao led an activity in which participants were to hold a conversation with someone new, without asking any questions. This was a surprisingly difficult task, but led to a dialogue during which people searched for commonalities from which they could build their responses. Through this exercise, Rao exposed the profound difference in freedom of speech between, “Where do you work?” and “Tell me about your work.”

Keynote speaker Shannon Murphy Robinson explained the neuroscience behind stereotypes and the role it plays in polarization. She said, “We’ve inherited a brain that focuses on fear and otherness,” since our brains were first designed to be protective of our bodies. “If the brain senses otherness, the empathy centers don’t engage, or at least not to the same extent,” Robinson continued. She explained that this function, which is supposed to trigger us into imagining what life might be like for someone else, not only shuts off but is replaced with a feeling of discomfort, which registers as disgust in our brain. When the brain kicks into this instinctive functioning, it leads to reduced access to our frontal cortex, therefore the brain feels unmotivated to seek more information and is less equipped to make a cumulative decision.

To counteract this, Robinson pleaded that we work to become more aware of our gut reactions, challenge them, and repattern our brain. To decrease fear, Robinson said, “Make unfamiliar situations familiar, build connections, and note micro affirmations,” (micro affirmations are seemingly small acknowledgements of worth and value that can make a large impact). Robinson concluded her session by stating, “My advice for people seeking relationships with un-like-minded people? Evaluate yourself.”
Betsy DeVos’ Title IX Guidelines Prioritize Schools Over Students

BY BAILEY PARENTEAU

Last November, Secretary of Education Betsy DeVos released newly proposed regulations to Title IX If you are unfamiliar with Title IX, don’t worry; it’s a lot to unpack. Essentially, Title IX protects people from discrimination based on sex, specifically in education programs or activities that receive federal funding. Title IX applies to primary school districts, as well as post-secondary institutions, like colleges. DeVos’ proposed regulations would, unfortunately, provide more protections for the accused and make it far more complicated for survivors of sexual violence and assault to report acts such as harassment and assault.

DeVos’ regulations would narrow the definition of sexual misconduct. Additionally, according to the Huffington Post, the guidelines would prioritize schools above all, by creating fewer sexual misconduct cases, which reduces costs (saving colleges anywhere from $286 to $368 million over ten years).

Sage Carson, manager of the anti-sexual violence organization Know Your IX stated, “These proposals signal the Department of Education’s decision to prioritize schools’ bottom line over survivors’ right to an education,” she continued. “If these draft rules become law, more survivors will be forced out of school by harassment, assault, and their schools’ indifference to their complaints.”

There are several provisions with this newly proposed Title IX that are incredibly worrisome. With the new regulations, schools would only be responsible if the assaults took place on campus. The Education Department loosely defines “education program or activity” as “all of the operations of a school including anything that has any academic, extracurricular, research, or occupational training.” However, the definition does not include off-campus housing, bars, or even other school settings where assault and misconduct often take place. And according to a survey done by the New York Times, eighty-seven percent of college students live off-campus. This provision could be disastrous for marginalized students, such as those who attend community college or commute.

Additionally, instead of an investigation, the proposed provisions would allow the accused to participate in a live cross-examination of the alleged victim through a third party. This process, known as mediation, encourages schools to “work it out” themselves instead of following regulated investigative protocol. This would only foster a climate where survivors would be fearful to come forward. This decision reverts to this wayward status quo that would allow schools and rapists to intimidate survivors into silence.

Finally, one of the last and potentially most terrifying new provisions includes a higher standard of evidence needed in order to prove guilt. The proposed guidelines, according to the Huffington Post, state that a school can use “either the preponderance of the evidence standard or the clear and convincing evidence standard.” Many survivor advocate groups, however, highlighted that using a “clear and convincing” standard would treat sexual misconduct survivors more harshly than victims of other discriminatory campus crimes.

This must stop. These new proposals will lead to fewer students reporting assaults and harassment, more dangerous K-12 schools, and more girls being denied their civil right to equal access to education. This rule abandons the responsibility to protect every individual student’s right to safety on campus, and safety while learning. This shows to students that their academic institutions don’t truly care about their well-being; the school won’t be liable.

These changes, once again, demonstrate to the entire public that to DeVos, students are not the priority.

GM Layoffs Has Everyone Pointing Fingers

BY VICTORIA TURCIOS

Recent headlines announcing the closure of several General Motors plants on American soil have brought many questions on the table. The massive layoff will include over 14,000 jobs; while this is unfortunate for many, it was a step that investors approved of as the company’s stock rose more than four percent as news of the decision broke.

An article written by TIME magazine, focusing on the ripple effect that layoffs have from the dark times of our last recession in 2009, stated that once the cycle of job losses takes over, the economic cutbacks spread, affecting tax revenues for the government which impacts spending on infrastructure and other public services. Concerned politicians, along with angry Tweets from President Trump shouldn’t let the public forget that those most affected by these layoffs are the employees who face a grim reality of unemployment. While many are pointing fingers at GM, layoffs are happening under the radar of most news headlines across the board, so who is really to blame for this?

There’s speculation that General Motors may be bracing itself for a potential recession with this action, but many factors point GM’s decision to be resulting from the evolving automotive industry that has been far from easy in the United States as of recently.

General Motors’ Chief Executive Office, Mary Barra stated that this was not an easy decision to make, but that the layoff would save GM $6 billion, and this money could help them face the challenge of higher supply costs and more importantly the ever-changing preference of their consumers according to the Washington Examiner. The key part of this statement is the mention of higher supply costs.

Trump’s administration is to blame for this, with tariffs that impacted many of the materials needed for production in the automotive industry, and GM is not the only one facing hard decisions due to these expenses.

Earlier this summer, Fortune and Forbes, two American business magazines, reported that the impact of theses tariffs was already being felt by many. Carrier, Honeywell, Mid-Continent Nail, rec Silicon, and Harley-Davidson are a few other companies affected, also resulting in layoffs.

The Tax Foundation research backs up what is currently happening with General Motors. They stated that the tariffs imposed by Trump’s administration would end up eliminating 94,303 full-time jobs with their analysis, and if the president’s administration moved forward with tariffs on a range of Chinese imported goods, many of which automobile manufacturers use, the result would cost 292,648 jobs.

Trump’s administration isn’t the only one to blame, as the market value for GM rises, there’s something that seems to be getting lost in the heat of the conversation. According to Electrive, an industry service for electric mobility, General Motors is taking a step to direct their efforts and money toward what the consumer market is preferring. The move is to focus their resources on SUV’s, crossovers, and step away from manufacturing sedans making this decision not only an innovative one given the times but also an environmentally friendly one attracting a younger demographic of drivers.

MarketWatch, a financial information website providing business news, analysis, and stock market data brought up an eye-opening take on the current situation. They state that manufacturing production jobs will inevitably continue to dwindle in a workforce that seems to lack the ability of learning a new job due to training and education policies. There’s plenty of blame to go around, and pointing fingers may be easier than tackling the core of the problem, but the real question is, are we preparing people to face the inevitable changes within the workforce now and in the future?
It is Never Okay to Ban Books

BY MARA GRAU

When I was growing up, my parents always encouraged me to read and it naturally became something that I love with all my heart to this day. The best days of my childhood were those when my mom would take me to the library. It was amazing to me that I could be transported to different places and times and learn new things.

With such a deep love for reading, I needed constant access to an unlimited number of books to keep me entertained. I never wanted someone to tell me that I wasn’t allowed to read certain books just because they decided that the content was unacceptable. Books get banned for all kinds of reasons, but the bottom line is that banning books is unacceptable.

Most books get banned from schools because people believe that children and adolescents shouldn’t be exposed to certain topics. Books are commonly banned from schools because they contain violence, profanity, racial slurs, sexual themes. These topics are obviously sensitive and most likely difficult for young people to understand. However, the reality of the situation is that topics like these are prevalent in society, which probably won’t change anytime soon. People have to face these topics at increasingly younger ages, so why keep them from reading books that could prepare them to deal with their content?

Reading is a form of self-education that has the power to help people learn about human behavior and social interactions. Some people may think that this kind of learning is best done through real life experiences; however, not everyone gets the opportunity to face a great variety of situations in their lives. By reading a wide array of books people prepare for these situations without even realizing it.

I certainly understand that some parents don’t want their children to be exposed to some books because of their content, and if they want their children to grow up to be sheltered and close-minded, then that’s fine. What is not okay is attempting to get those books banned from schools, thus restricting their availability to other people. Parents should be the only ones who have a say in the reading materials for their children; they shouldn’t be able to stop other children and adolescents from becoming more educated about the social issues they will face when they get older. You can prevent your child from reading books that contain content that may be viewed as unsuitable, but that doesn’t mean that they won’t come face to face with them when they are older.

How SpongeBob Has Impacted Me

BY ETHAN LANGEMO

The first time I was exposed to the popular TV show SpongeBob SquarePants was not through watching the show itself; it was an preschool experience sparked by eating candy. I remember sitting at a long table in the classroom, at the now-closed Central Lutheran School in St. Paul. It must have been around Halloween time because we were doing something with candy, eating gummy krabby patties from SpongeBob. Up until that point, I wasn’t aware of the show’s existence, as my family did not have cable; the only things I watched were PBS kids, various kid’s movies, and Bear in the Big Blue House on PBS.

When I finally got around to being able to watch it, I quickly realized why it was so popular. The characters were lovable, especially the main crew: SpongeBob, Patrick, Sandy, and Mr. Krabs. We might not have liked Squidward as children, but I think we can all agree that we understand him more now, and might even empathize with his stress and frustration. And of course, we all loved to hate Plankton, who only wanted to make his place in the world by stealing the Krabby Patty’s secret formula.

One of the things I appreciate about SpongeBob is that it brought on various special guest voice actors, from various Saturday Night Live actors, to stars like Mark Hamill, Johnny Depp, and even David Bowie (just to name a few). SpongeBob’s producers knew how to keep the show fresh, and occasionally gave parents something to enjoy as well.

As an adult, I look back on some of the jokes I laughed at as a kid and now I realize how non-child friendly some of them were. For instance, when a whole section of a stadium of fish gets instantly deep-fried and subsequently sold off as food. They were making a joke about cannibalism and us kids thought nothing of it.

SpongeBob had such a hold on me because – at least in the first few seasons leading up to the SpongeBob SquarePants movie – the writing was very clever, especially for children’s cartoons. The humor made sense, and there were great plot twists, as well as interesting character relations.

The movie was certainly a milestone in cartoon history, in which SpongeBob and Patrick embark on a mission to retrieve King Neptune’s crown before he executes Mr. Krabs. The movie also incorporated many live action sequences, including some featuring our beloved Patchy the Pirate.

Looking back on it, it was a pretty dumb movie, but then again, it wasn’t written to be intellectually strenuous or appeal to academy award judges; but for a children’s movie, it was pretty great. Looking back, it was actually a turning point for the show, as it marked the climax of a brilliant cartoon series that would eventually fall away from the quality it once had, due to a change in writing leadership.

Although the show isn’t what it used to be, it is still enjoyable for little kids to watch. It’s not terrible—it’s just not as good as when the late Stephen Hillenburg oversaw writing the episodes. The legacy of the show will still live on for a long time, and as long as the episodes are still available for viewing, it will be enjoyed by the generations to come.

Group-work in the Classroom

BY PEYTON BARRETT

There is the old saying that two heads are better than one. In the classroom, this is an important concept to consider as teachers work to stimulate students’ brains. Having students work together in groups has so many beneficial aspects, and it is important for teachers to give students the time to collaborate with their peers.

Working on a project together forces the students to contribute to the work and share their thoughts. Each student acts as both the teacher and the student because each gets to share their knowledge. When students are put into groups, they are able to gain the insights and knowledge from others, and this can be beneficial in so many ways. Advantages include, opportunities for students to learn to communicate, work together, and students gaining more expertise from one another.

Hearing material from one’s peers can sometimes be more beneficial and reinforcing than hearing it repeated from a teacher. English language learners (ELLs), in particular, benefit greatly from this, as they have the opportunity to learn from hearing others’ use of language. ELLs are faced with the task of trying to process content, an unfamiliar language, and cultural context all at the same time. Small group work is beneficial, as it can encourage them to be more confident and supported in their own language skills while also studying how their peers use it.

Group discussions among students can stimulate more in-depth thinking. They can gain knowledge from their peers that they didn’t have before, and the struggling students can get assistance from the stronger, more advanced student. If a student often finds himself lost in lessons, it is a good idea to put them with others that will help, not to do the work for them, but to simply guide them. Teachers need to get to know their students on a personal level and develop a relationship with them so that they can know how to best help them and who to pair them up with.

Knowing how to establish group work so that it is actually beneficial is part of being a good teacher. If it is done properly, students can learn more from group work than from just sitting and learning from a teacher.
The Ultimate Stand-off: *Real vs. Fake Trees*

**By Mackenzie Knorr**

After Thanksgiving, holiday decorations pop up seemingly overnight. Lights are strung, wreaths are hung, and Frosties are placed outside. For many, the weekend after Thanksgiving includes setting up a Christmas tree. Arguably the most important Holiday decoration, the Christmas tree debate begins; Which is better, a real or fake tree? Decide what works best for you after weighing the pro’s and con’s of each choice.

**Real Tree Pros:**
- Real trees offer a classic Christmas feel, as well as an authentic pine scent.
- Real trees give the experience of picking out a tree. Family traditions are carried out when going to a tree farm, picking a tree, cutting it down, and bringing it home.
- There is a variety of types of trees so everyone is sure to find one they like. Pine, fir, and spruce are just a few of the tree options. The needles vary in size, length, color, and feel.
- Since the options for a Christmas tree are vast, the experience and look can be different each year! This can lead to the perfect compromise for some families, where opinions on the best type of tree are diverse.
- They’re better for the environment than fake trees. Real Christmas trees can be recycled or composted after the holiday season.

**Real Tree Cons:**
- They’re messy! Pine needles will naturally shed from the tree which means a lot of cleaning up after your au natural tree.
- The needles from the trees can be harmful to pets when ingested.
- Real trees tend to be more expensive depending on your location and the type of tree you’re looking for.
- Much like fresh-cut flowers, real trees need a lot of water to stay perky. This can be difficult to remember in the craziness of the holiday season.

**Fake Tree Pros:**
- They’re reusable! Many people purchase an artificial tree and reuse the same one year after year.
- Fake trees are pet friendly. No harmful pine needles for your furry friends to ingest.
- They’re a great choice for people with allergies to pine needles.
- Artificial trees are compact and easily storable after disassembly.
- There are various styles of fake trees offered in stores, including trees with an airbrush of fake snow, trees with lights already installed, and many other shapes, sizes, and colors.

**Fake Tree Cons:**
- Artificial trees hurt small, family owned tree farm businesses.
- Artificial trees can harm the environment, due to the amount of energy needed to produce and transport the trees as well as the material the trees are made of. Research also shows that most fake trees have trace amounts of lead.
- There is a danger factor when using a fake tree since they are extremely flammable.
- What happens when you don’t want your fake tree anymore? The only environmentally friendly way to dispose of a fake tree is reusing it somehow, by giving it away to a friend or charity. If your fake tree is broken, or disposed of unethically, it will just lead to more garbage in landfills.

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The Best Christmas Music

**By Mara Grau**

Every year it seems like Christmas music starts being played earlier and earlier, which is something that really bothers me. I am one of those people who believes that it is only acceptable to play Christmas music after Thanksgiving is over, and even then, I am just not a big fan of it. Don’t get me wrong, I can appreciate the songs and the holiday spirit they bring with them, but I can only listen to so many songs about snow and Santa before I go crazy.

For me, there is one exception, one type of Christmas music that is so good I wouldn't mind listening to it all year round. I am talking about the Christmas music from Trans-Siberian Orchestra (Tso). Even if you’ve never heard their name, you’ve heard their music. Tso, formed in 1996, is the brainchild of the late Paul O’Neill. Over the past twenty-two years, they have put out four Christmas albums with both original songs and reimagined classics.

One of their best songs and arguably their most popular is “Christmas Eve/Sarajevo 12/24” from their first album, Christmas Eve and Other Stories. This instrumental track is a hard-hitting mashup of “God Rest Ye Merry, Gentlemen” and “Carol of the Bells”. By themselves, both of these songs are terrific music staples for the holiday season, but together as one song they instantly get anyone pumped up for Christmas. Another popular song from Tso’s debut Christmas album is “A Mad Russian’s Christmas” which features rock versions of various music from Tchaikovsky’s The Nutracker, including “Russian Dance (Trepak)” and “Dance of the Sugar Plum Fairy”. Listening to this song will instantly motivate you to get up and decorate for Christmas or bake cookies; it simply embodies the spirit of Christmas time.

By now you can probably tell that slower Christmas music is not something that I like, but if you do, Tso has plenty of unique holiday music for you as well. Another one of their most popular songs is called “Christmas Canon;” it is Christmas themed lyrics set to Pachelbel’s “Canon in D Major” sung by a children’s choir. This song is incredibly beautiful, heartwarming, and worth listening to. Some of their other more relaxed holiday songs include “The Wisdom of Snow” and “The Silent Nutcracker.”

Some of Trans-Siberian Orchestra’s Christmas albums are driven by stories supported by narrations and inspirational lyrics. Each of their albums has a mix of typical songs with verses and choruses (most of which are wholly original) and instrumental songs. Tso found a way to create unique and instantly loveable Christmas music for people with all kinds of musical tastes. So why listen to another cover of “Silent Night” or “It’s Beginning to Look a Lot Like Christmas” when you can listen to Christmas songs that aren’t Overdone and played to death?

†"
The Best Holiday Movie

**BY MACKENZIE KNORR**

The holiday season is in full swing, which means most of the movies and music played are of the Christmas spirit. In my opinion, National Lampoon’s “Christmas Family Vacation” rings in as the best holiday movie.

Although the specific holiday being portrayed in the movie is Christmas, it’s humor and overall theme can be applied to any holiday celebration. The movie follows a stereotypical Midwestern family around Christmas time with a satirical and over-the-top view on how the holiday is perceived. While Clark Griswold and his family take part in common holiday traditions, things go wrong at every possible opportunity.

From a large and opinionated family to snotty neighbors, the movie is chock-full of entertaining and outrageous situations and scenes. The opening scene of the movie shows the family on the hunt for a Christmas tree, while facing a number of obstacles such as crazy drivers and the absence of a saw.

Midway through the movie, Clark attempts to decorate the house with lights, illustrating the great lengths people go to in order to show their Christmas spirit. Cousin Eddy puts Clark in a bind after kidnapping his boss, Mr. Shirley. The movie concludes on a happy note with the Griswolds after kidnapping his boss, Mr. Shirley. Issues in the movie are dealt with in evoking the essence of Christmas back into Mr. Shirley. Issues in the movie are dealt with in sarcasm and witty humor from every character.

At the end of it all, each character is reminded of the true meaning of the holiday season. Family, gratitude, and giving to others are all prevalent themes portrayed through a veil of satire highlighted in the crazed Christmas holiday. †

Worst Christmas Movie

**BY ZACK MOELLER**

It’s that time of the year again. The snow has fallen down, and Christmas trees have gone up. It also means that Christmas movies will be playing relatively non-stop. With “Twenty-five Days of Christmas,” there are hours and hours of cheesy holiday classics, but which one is the worst?

Just one Sword issue after brushing turkeys as the worst Thanksgiving food (an opinion I did receive a good amount of backlash for), I am risking my reputation again, by undoubtedly dubbing somebody’s favorite Christmas movie as the worst.

Before I state my opinion, I need to set a few requirements to make movies eligible. The first rule is that it has to be about Christmas. I know what you’re thinking—“Thank you captain obvious.” But let me clarify; The gist of the movie has to be about spreading Christmas cheer, thankfulness, giving, family, etc. This means that movies such as “Santa Claus Conquers the Martians” and “Jack Frost 2: Revenge of the Mutant Killer Snowman” are automatically eliminated from the competition (even though they are probably far worse than the movie I have chosen). Second, we must keep in mind that I have not seen every Christmas movie out there (as it would be nearly impossible, or at the very least, a waste of time), so my opinion is based on the worst Christmas movie I have ever seen. You may have seen worse, and in that case, I’m sorry.

Now onto the good part. The movie that I have decided to name as the worst holiday movie is a regular on the “Twenty-five Days of Christmas,” and just so happens to be playing while I write this article, fueling my distaste for it. That movie is none other than “The Santa Clause 3: The Escape Clause.”

This movie is bad for a couple reasons, and was very clearly created for people with a select-type of humor in order for its producers to make a quick buck. My first problem with this movie is the fact that it was released twelve years after the original “Santa Clause” movie was released. On the surface, this doesn’t seem like a big deal, but by the third movie, the cute hot chocolate-drinking kid elves and Tim Allen’s innocent son Charlie look old enough to enjoy a good happy hour (some of them actually were). This takes away from some of the magic the previous movies of the series had.

The second major problem I have with the movie is the plot, which is interesting to say the least. Jack Frost tricks Santa into giving up the position of the head present-giver and turns the entire North Pole into a Broadway style amusement park mall-type of thing. The real Santa must figure out a way to stop Frost before it’s too late to save Christmas, or something like that. Anyway, the plot is far-fetched, weird, and relatively boring. In the end, Jack Frost’s morals take a turn for the better as the result of a hug… Lame.

In the eyes of a kid, the movie is more than likely very entertaining, but to a seasoned Christmas movie-watcher like myself, the movie is overrated, overplayed, and just bad enough to be named my worst Christmas movie. †

Seasonal Depression: How to Beat It

**BY ELHAM MOHAMUD**

As soon as October rolls around, the sunshine in Minnesota goes away and we are met with dark, gloomy days. For some, this is the beginning of their Seasonal Affective Disorder (SAD). According to the Mayo clinic, SAD is a type of depression that is related to the changes in the season. The lack of sun will make you less motivated, causing you to lose interest in activities you once enjoyed, feel sluggish, have difficulty concentrating, and more.

This is a huge issue in Minnesota because of the long winter seasons. It is important that we find ways to cope with this issue, and make it through the long, cold months on a high-note. Here’s the five ways to help Minnesotans ease seasonal depression:

**Light therapy boxes**
- These boxes (or lamps) give out light that mimics sunshine. Just 30 minutes spent in front of one of these boxes can positively impact you and they are as cheap as $40.

**Aromatherapy**
- Essential oils affect the part of the brain that’s responsible for controlling moods and your body’s internal clock that influences sleep and appetite. Add a few drops to your bath water or a diffuser and relax!

**Move**
- Exercise is proven to help alleviate sad. Don’t let the cold and snow prevent you from getting those endorphins flowing!

**Get Outside**
- The weather may not be favorable, but it really does help to get outside during the day as much as possible. Soak in whatever sun is available, breathe in the fresh air, and note the little happenings that make the world such a wonderful place to live.

**Stick to a schedule**
- A common occurrence with sad is oversleeping and feeling unmotivated. Sticking to a schedule and planning outings will help you stay motivated.

**Goal Setting: Making New Year’s Resolutions Effective**

**BY KYLEE BALDWIN**

What’s your New Year’s resolution? The question that arises every single year. Many of us question whether these self-made promises are effective or not. We see sales in health products skyrocket every January, then drop off significantly by February. New Year’s Resolutions aren’t all bad though. In fact, they can be quite useful and motivating if you stick to a plan. The bottom line is, when we talk about resolutions we have to realize that we’re really discussing goals.

We should all be making goals constantly, whether they’re made on New Year’s Eve, or any other time of year. These goals can motivate us to accomplish the things we want. It’s important though to discuss the difficulty of accomplishing goals. When it comes to New Year’s resolutions, we often set goals that are too big, and after a small
period of time (usually about a month) we don’t see enough results or benefits to continue working toward it. So let’s talk about the steps of goal setting.

First, we have to decide what our goal is. Make sure that this goal is realistic and attainable, and set a reasonable amount of time to achieve it. Let’s say the goal is to get an A in a class. This is a big goal that takes an entire semester to complete, so we can’t expect immediate results. We’d call this a long-term goal, and if we only look at the goal in its grand entirety, we won’t be feeling success until months after you begin working at it. This is why we need to set short-term goals to complete throughout the process. A short-term goal for this example might be to write all assignments down in a planner or to work ahead. This way, every time an assignment is submitted on time, we feel a small sense of accomplishment that will motivate and propel us toward completing the long-term goal. Continuing to set these short-term goals is essentially setting up checkpoints for yourself over time, giving us confidence boosts along the way and making large goals seem much more attainable.

This system works with most goals, regardless of differing variables. Maybe your goal is to get a car in three years. You can set up short-term goals such as saving $150 per month or $2,000 each year. If you are trying to get more exercise, start by making a promise to work out at least once per week. As you get more in shape, you will feel more motivated to exercise.

As you can imagine, setting New Year’s resolutions (or more accurately, goals) can be extremely useful and effective. Keep in mind that the best thing about goals is that they can be changed. You can adapt them to work with your life and schedule, and they can be as big or small as you can manage. The point of a goal is to motivate you to be better; they’re personalized for you! So don’t skip the New Years resolution! Do it right and achieve your goals! †

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**Women’s Basketball Looks to Get Hot Going Into the New Year**

*BY HANNAH SCHWARTZ*

**The Golden Bear Women’s Basketball team is off to a strong start in the 2018-2019 season. In their first game against Harding on November 9th, they fell short in a close game that ended 59-54. The game was the first of many that would show fans the determination of the women’s basketball team this season as they took the lead late in the third quarter after trailing for the majority of the game. Despite not South Player of the Year, Anna Schmitt, putting up seven straight points to take the lead, the Golden Bears still trailed by five at the final buzzer.**

**The Golden Bears surely didn’t start a pattern after that early loss. They proved their resilience and went on to win four consecutive non-conference games. Their first victory of the season occurred in a 61-59 win against Washburn at the Central Region Challenge on November 10th. It was a close game and even match up for the two teams. Senior, Lindsay Dorr, lead the Golden Bears with a career best of 26 points and 10 rebounds. Dorr was a force to be reckoned with in the game's final stretch, scoring a career high of 20 points, and grabbing five rebounds. With a double-digit lead for nearly half of the game and 11 scorers, it was a total team effort that demonstrated the array of talent on the team this season.**

**The Golden Bears hosted the Radisson Hotel Classic on November 23rd and 24th where they faced Northern Michigan to open the weekend. In 2017, the Bears lost their home opener to Northern Michigan in a game that ended 56-49. In a victorious fight against the Wildcats, the Golden Bears came out on top this year with a two-point win. The two teams went back and forth for the entirety of the game, the Golden Bears shooting 40.4% from the field. Ending 65-61, Dorr contributed 22 points, sophomore, Ellie Gess, scored a career high of 20 points, and Schmitt reached double-digits by adding 11 to the scoreboard. Following the nail biter against Northern Michigan, the Golden Bears used their momentum for a 76-59 win over Jamestown. This gave them a record of 4-1, their best record in the first five games of the season since 2009-2010. In a similar fashion to all the previous games, the Golden Bears started off slow, but picked it up in the final three quarters, scoring an average of 57.5% from the field. The Bears entered the fourth quarter with a 20-point lead and concluded the game with a domination in points from the lane, putting up 40 points compared to Jamestown’s 28.**

**The game against Jamestown concluded the non-conference play for the 2018-2019 season and left the Golden Bears with a feeling of success. Senior, Kyrah Fredenburg, ponders on what has made the team so successful early in the season and says, “We have an athletic and talented team that works hard and pushes each other on the court during practice so we are prepared come game time. After battling against each other all week long, come the weekend we step on the court and become one competing for the same goal of beating our opponent”.**

**Unfortunately, the Golden Bears opened conference play against Minnesota State University – Mankato on December 1st and lost 83-60. The Bears started slow and were unable to build up their speed to keep up with the Maverick’s defense and sharp shooting. Fredenburg adds, At this time in the season, I think our team can improve on coming to each game ready to compete for a full 40 minutes and not stop until the final buzzer goes off. . . We won’t dwell on the loss, instead we will work hard and take what we learned from that game and use it to our advantage. We will prepare for our next meeting with them and all of our opponents by continually getting better as a team and improving each day.**

**With conference play just beginning, the Golden Bears have a lot to offer and continue to prove their resilience and determination to be successful. The Women’s Basketball team plays at the Gangelhoff Center throughout the winter, do not miss your chance to see them in action! †**

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**Kalin Bennett Breaks Barriers: First Student-Athlete with Autism to Sign Letter of Intent for D1 Basketball**

*BY ETHAN LANGEMO*

**Kent State University in Ohio is making history, as their basketball team is the first Division 1 athletics team to include a full-time member with autism, that person being 18-year-old Kalin Bennett of Little Rock, Arkansas. The young athlete has become an icon for families and individuals with autism, and he has stated that his goal as a member of his team is to be a role model for kids who struggle with the same problems he does. Bennett, who stands at a whopping 6’10”, could not walk until he was four, nor could he talk before he was seven. And yet, he inspired his peers when he graduated from high school with above-average**

Continued on page 16
Bremen Town Blues

BY HD DOWNS

Bremen Town Blues is a musical written and directed by Mark Rosenwinkel, a prominent professor of Concordia University’s Theater and Dance department, with music by Raymond Berg. The musical is an adaptation based on the well known Grimm's tale, “Bremen Town Musicians.”

Rosenwinkel’s version includes the same main characters and sentiment of the original story, but with his own twist. Bremen Town Blues is set during the Great Depression and tells the tale of three animals that each have one common musical passion: to become a troupe of traveling musicians. This motley array of cast-away animals includes a feisty rooster, a head-strong mule, and a bashful cat who, in the end, is not so shy. The three set off to break out the routines of boring, everyday life and become musicians in Bremen Town, a place well-known for its musical and performance scene.

Bremen Town Blues is truly a show for all ages, captivating the minds of those both young and old, and completely selling out its first two showings. The musical ran for a total of five shows over the course of four days: November 29th-December 2nd.

Upon walking into the show, staged in the Westlund Black Box Theater at csp, the audience was immediately transferred into a new world. There was burlap bag seating on the floor, chairs that looked like they belonged in a barn, and the fence on set was made out of birch tree branches.

A few minutes before the show, all the characters came out and mingled with the audience individually. They came up to one child and asked if he was ready to enjoy the show, and he started to tell them that he was the rooster in the show at his school. Throughout the show, the characters regularly broke the third wall and encouraged the audience to participate. At one point, a character even ate an imaginary bug off an audience member’s head.

Overall, Bremen Town Blues was a fun musical that kept the audience thoroughly entertained throughout its entire duration. Did you miss your chance to see Bremen Town Blues at Concordia? Rosenwinkel is seeking a location to do a free version of the show off-campus. For updates on locations and shows, check the Concordia University Theater and Dance Facebook page regularly. †
Photography provided by Molly Weibel
Pictured to the right is Lindsey Rahr
grades. Before playing for Kent State, Bennett was set to play for Arkansas – Little Rock, but changed his mind after a change in the team’s coaching. He took a year in between to study at Link Year Prep in Missouri to help him get set for his college career, then signed on to Kent State.

Though he is the first player with autism to be playing on a team full-time, Anthony Ianni, now a motivational speaker for autism bullying awareness, was technically the first athlete to play Division I basketball, though he was not on scholarship and only played for limited minutes from 2009-2012.

Mr. Ianni reached out to Bennett on Twitter, encouraging him to keep working hard at his sport: “[C]ongrats to @Ktech50 on his signing to Kent State Hoops & thus showing that individuals like us on the Autism Spectrum can do incredible things.”

One thing Bennett wants people to remember is that he was recruited for his basketball skills— not because the school had pity on him for his condition. To quote a tweet from November 27th, 2018, “Don't get me wrong it's cool to make sure I see my mom's face.”

Autism Speaks’ Director of Adult Services David Kearon also reached out to Bennett, praising him for his decision and wanting to be a role model for kids. He said, “The public nature of his decision can have a really great impact on younger children with autism who may not have seen this as a path for them.” Bennett could have gone along quietly with his acceptance onto his team, but he knew that this could be a chance to turn the favor towards kids struggling with autism and show them that they are talented and are just as capable as their peers.†

US Bank Stadium Basketball Classic: A Glimpse at What’s to Come

BY BEN DIERS

Throughout its two-year lifespan, US Bank Stadium has hosted many different types of events. Its primary purpose is to serve as the location of Minnesota Vikings football games, but the stadium has also hosted many other events including the Super Bowl, the x Games, various concerts ranging from Metallica to Taylor Swift, and most recently, college basketball games.

On the weekend of November 30th, US Bank Stadium hosted the US Bank Stadium Classic. This event saw four different NCAA basketball games split up over two nights. The first match-up of the weekend was between the University of St. Thomas and the University of Wisconsin–River Falls, while the second game was the marquee matchup of the weekend with the University of Minnesota taking on Oklahoma State University. The Tommies and Gophers each won their games, respectively. The second day of the event started with Drake University defeating North Dakota State University and the event finished with South Dakota State University defeating the University of Northern Iowa.

In many ways, this event served as a precursor for the future of basketball games at US Bank Stadium. In early April 2019, the building will host the Final Four of the NCAA March Madness men’s basketball tournament. The inaugural games played in the US Bank Stadium Classic will give those in charge of the building an idea of how the space works during basketball games.

Basketball management put to the test many different facets of the building’s performance including lighting, acoustics, seating, and locker rooms to get a better idea how to plan for the main event next Spring. Though they tested many different aspects of basketball in the stadium, not all the required elements of the Final Four games were present for these initial games. For example, two things that will be in place for the Final Four games that were noticeably absent were the center-hung scoreboard and the custom darkening curtains, which are still being produced.

While the games at the US Bank Stadium classic were well attended, with over 15,000 fans coming to games on both days, that hardly compares to the expected attendance of the Final Four games in April. Each of those games, both national semifinals and the national championship, are expected to draw around 70,000 fans to the stadium.

These staggering numbers mean that there will be inherent differences between the games played at the US Bank Stadium Basketball Classic and those played during the Final Four, but it still gives building management a base to work from and an idea of what to expect come tournament time in April.†

Tyler Dunn’s NFL Playoff Predictions

BY: TYLER DUNN

When looking at the National Football League as it progresses through December, it is crunch time for many NFL franchises. The race for the twelve NFL playoff spots is tightening up and is more than likely to come down to the last week of the season, as it does most years.

The AFC East: The Patriots are going to run away with this division and will secure a bye for the first round in the AFC. This division has been weak for a decade and most likely will remain that way until the New York Jets and Sam Darnold are able to begin to challenge New England and make the division competitive.

The AFC South: Houston and Deshaun Watson have been on a tear for the last month and a half, and have been excellent, winning nine consecutive games. Indianapolis has been having a bounce-back year but will likely not be able to make up enough ground to catch the Texans.

The AFC West: Kansas City has been dominant for a majority of the season, with Patrick Mahomes entering the MVP conversation and a loaded offensive roster. However, with the recent release of star Kareem Hunt, the Chiefs lose one of their most explosive players and could struggle to find a spark on offense. The LA Chargers and the Denver Broncos are also having very good seasons, however, Kansas City will win this division and be a threat in the postseason.

The AFC North: The AFC North is somewhat up for grabs. Currently, Pittsburgh leads the division by a half game. The Steelers have been a favorite for this division all year long and many people think they will lock up the AFC North again. I disagree as I think the drama around the Steelers, on and off the field, hurts them and I anticipate Baltimore sneaking in and winning the division on the last day of the season.

AFC Wild Cards: I think Indianapolis, behind Andrew Luck and the LA Chargers, are going to take the wild card spots in the AFC. Pittsburgh potentially could lose three of their last four and miss the playoff.

The NFC East: The Cowboys will win this division period. Not because Dallas is a superior team, but Washington is in trouble with their third quarterback and Philadelphia struggled to beat Washington while playing Mark Sanchez last week. Philadelphia will not repeat as Super Bowl Champions and will miss the playoffs this year.

The NFC South: The New Orleans Saints have been dominant all season long. Drew Brees is rolling and breaking NFL records left and right. Lock it up, Saints will win this division and lock up a bye as well.
The NFC West: The Los Angeles Rams have been playing well all season and will seal up the division as well. Seattle has been competitive but will be unable to catch the LA Rams Win and get a Bye in the playoffs.

The NFC North: This division has been a rollercoaster this year. The odds are the Chicago Bears will win this division. The Minnesota Vikings have the best roster in the division, and I think Minnesota will make the playoffs and be very competitive. Lastly, the Green Bay Packers are in shambles after a tough loss to Arizona Green Bay and the firing of Mike McCarthy. The Green Bay Packers will miss the playoffs for the second straight season and will likely be relegated to the basement of the NFC for the foreseeable future.

Aaron Rodgers is difficult to get along with, the Packers front office is average at best, and coaches, players, and wives do not want to live in rural Green Bay, Wisconsin.

NFC Wild Cards: The Minnesota Vikings and Seattle Seahawks will more-than-likely win both the Wild Card spots, as Carolina will have to play New Orleans twice, making it very difficult for them to make it into the playoffs.

Super Bowl: I like Kansas City to defeat New Orleans. Drew Brees has the weapons to keep up with the Kansas City offense and the Lombardi Trophy returns to the City of Fountains.

Former NFL Players Continue to Come Out Regarding Opioid Abuse

BY RILEY EDLING

It is no secret that painkillers can be equally as destructive as they are helpful. The natural addiction that many forms of painkillers hold have the ability to consume a person, having both immediate and long-term effects. One may ask in regards, to the NFL, why former players are continually coming out and discussing their abuses during their time in the league?

The NFL has seen major lawsuits for its mishandling of many cases of injuries and diagnoses. As former players grow older, they continually struggle more and more with each day. More than 1,000 former NFL players are addicted to painkillers and many players have taken to the internet to discuss their ongoing problems that they blame on the NFL and doctors for how they were treated. One person who has recently spoken out about the issue is Kyle Turley, a former offensive lineman who played for eight seasons.

In a YouTube video titled, “Painkillers in the NFL: Kyle Turley on playing numb,” Turley talks about his personal experience of playing while on opioids. In an early remark, Turley stated that he had a stockpile of opioid drugs because it was always available to him. He even joked about having to give his dog Ipecac (a drug that causes vomiting) because it accidentally ate a bottle of his Vioxx (An arthritis medication now banned due to a high increase for heart attack and stroke).

Turley talks about the horrors of being an NFL star who was constantly battling injury. "It was really easy to look at a doctor and think, ‘He’s handing out them shots right now and I really need that if I am going to make it through the day.” Vicodin, Percocet, Vioxx: it was all there whenever he needed it.

Turley makes a very strong argument that the NFL persistently goes after players for performance enhancing drugs, all while the organization simultaneously fuels players with drugs in order to allow them to play. He also goes on to suggest that for those players with serious injuries who know they shouldn't be on the field, the decision to return should be taken away from doctors and put into the hands of that player.

After Turley suffered a serious concussion on October 19th, 2003, doctors and trainers should have taken him to the sidelines to be evaluated. Instead of that however, he was given ammonia smelling salts, brought to the locker room, then was told he was okay and was returned to the field later in the game. This was just one of many issues Turley had discussed.

Turley later complained about having major leg pain. Team doctors told him that his new injury was not bad and it was due to a problem with his hips. This lead to constant injections and an increase in prescribed drugs until he learned that he had suffered a major lower back injury. When coaches became aware that Turley was not getting better, they released him. With his increased need for pain medications, Turley was left without a job and without help.

After years of playing in the NFL and retiring in 2007, to this day Turley does not know the extent of damage that playing with injury and drugs has caused him. Now 43 years-old, he does not know whether his shaking hands or mental issues are precursors for CTE, dementia, or Alzheimer’s disease, all of which are becoming a growing issue for former players. In a closing statement he admits, “If I knew doctors were going to do this — neglect your injuries situations, pump you full of drugs, put you back in games after bad concussions— I can honestly say I would have played another sport.”
Domestic violence is one of the most common crimes among athletes. There has consistently been an ongoing struggle among sporting leagues, governments, and viewers to address the increasing number of domestic violence incidents committed by athletes.

While the NFL, the NCAA, NBA, and sport of boxing all employ and promote athletes who commit these crimes, the most prominent cases primarily stem from members of the NFL. What is perhaps most alarming is the lack of discipline for these athletes who commit these crimes. Instead of facing jail time, many of these athletes will either receive a brief suspension or be willingly taken on by another team.

A most recent example of this situation deals with the Washington Redskins picking up linebacker Reuben Foster in the aftermath of his November 22nd arrest on a domestic battery charge. Foster is only the tip of the iceberg of this repeated dance that the NFL simply does not care about domestic violence charges.

Let's stick with Foster's situation. As controversial as picking up Foster was, he still remains on the commissioner's exempt list. Even his new teammates are anticipating his time on their team. "If he's able to play this season, that'd be great," Redskins' linebacker Shaun Dion Hamilton, who played with Foster on anticipating his time on their team. "If he's able to play this season, that'd be great," Redskins' linebacker Shaun Dion Hamilton, who played with Foster on the Crimson Tide from 2014-16, told USA Today Sports. "If not, I'm sure he will be playing for us in the future." There's a lot wrong with this situation—and Foster's situation is one of many.

Just recently, former Kansas City Chiefs' running back Kareem Hunt was caught on tape attacking a woman. In a live interview with ESPN, Hunt stated that this situation, "was a tough time for me. I'm extremely embarrassed because of that video." Oh really? He's embarrassed?

Now, I am not a fan of football by nature. While it's not my sport of choice, however, I can appreciate the athleticism behind it. What I cannot appreciate is the lack of concern NFL fans have for those who commit these terrible crimes. Players like Hunt and Foster simply get away with these crimes because they are, in football fans' eyes, stars.

Football fans appreciate a rough-and-tumble sport where huge men slam into one another. They don't seem to care that real people are being affected by these athletes' actions. Kim Gandy, president and CEO of the National Network to End Domestic Violence told USA Today Sports, "Unless the fans and the media who influence the fans react, there's no incentive for the teams."

Therein lies the problem. There are no penalties for a team who signs a player with a history of abuse. There are little to no repercussions that will make an owner, or a GM pretend they care how someone wearing their uniform treats women. I am not suggesting these players be blacklist, but these athletes must pay a price—A steep fine, resources for counseling, whatever it may be. Something must be done.

Indoor Track and Field Preview: Youthful men’s and women’s teams poised for growth, success

SP men’s and women’s indoor track and field season kicked off December 8th at the Chuck Petersen Open in Mankato, MN. After winter break, the teams will pick up the action at the University of Minnesota for the Minnesota Open. Both teams return big contributors and are poised for success in the 2018-2019 season and years to come.

In the NSIC Preseason Coaches' Poll for Indoor Track and Field, both the men's and women's teams were picked to finish eighth, matching their 8th place finishes in last year's NSIC Indoor Championships.

The Golden Bears women's team graduated two of their best athletes, Kalle Burney and Wakpor Ighovojah, last season. At last year's indoor championships, Ighovojah placed twelfth in the pentathlon with 3,568 points, while Burney finished fourth with 3,796 points, granting her a new school record. The pair of All-Americans are among the most successful athletes in CSP history and will certainly be missed this season.

However, the Golden Bears are returning twenty-two women from last season, including sophomore sprinter Toni Canfall, sophomore distance runner Kara Lindberg, and junior thrower Hannah Gustafson. Canfall finished with five wins in the 2017-2018 season and a fifth place finish in the 60m dash at the NSIC Indoor Championships in addition to breaking CSP's 100 and 200 meter school records. Lindberg finished within the top-ten 14 times in 2017-2018 and Gustafson broke the school shot put record while recording two wins on the season.

The CSP men's team will return some of their most significant contributors from the 2017-2018 indoor season. Junior distance runner Ben Allen, sophomore pole vaulter Drew Dockendorf, and junior thrower Marcus Gustaveson received All-NSIC honors last season and will be key contributors this year. Allen finished second in the 800m, and second in the mile with a school record of 4:12:14 at the championships. Gustaveson, the sticky-handed playmaker for CSP football, placed third in shot put and Dockendorf set a school record in the pole vault.

The men's team is also returning dual-sport talent in the short-distance events. Sophomore football/track dual-athletes Desmond Bassett and Lajuwan Preston will aim to build on their contribution to last year's indoor championships. Preston placed 8th in the 60m and 200m dash for one point apiece with times of 7.01 and 22.50, respectively. Bassett placed seventh in the 600m dash with a time of 1:24:87 for two points.

Nasru Wado will be another athlete to watch this season. Wado finished in the top 5 six times throughout the 2018 outdoor season while breaking the school record in the hammer throw at the conference championships. Wado also posted a personal best of 54' 9.25" in the weight throw at The Showcase Meet.

Both teams return numerous talented athletes, many of whom are sophomores alongside a host of incoming freshman with the potential to contribute. Look for both the men's and women's teams to post competitive scores throughout the season and the at conference championships for years to come.

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Joe Mauer Retires: Thank You #7
BY GENESIS CARREON

In Mid-November, it was announced that Joe Mauer would no longer be returning to the plate at Target Field. After spending all fifteen seasons of his major league career with the Minnesota Twins, Mauer officially announced his retirement on November 9th, 2018.

Joe made the announcement to fans through a letter that was released by the Twins organization. Joe writes, “The decision came down to my health and family. The risk of a concussion is always there, and I was reminded of that this season after missing thirty games as a result of diving for a foul ball.”

Joe’s 2013 season was cut short due to head injuries that lead to concussion complications. Adding head injuries to knee troubles, Joe was forced to move from catcher to first baseman at the start of the 2014 season.

He played his final game at home in Target Field on September 30th. The Twin Cities local writes about his final game, saying, “I wanted to finish on my home field in front of our amazing fans, my family, my friends, and the organization that means so much to me. Being able to do that for a brief moment as a catcher, made that day even more incredible than I could have imagined.”

Mauer was born and raised in St. Paul, Minnesota, and was the first round pick in the 2001 draft as an eighteen year-old. He later made his first Major league appearance with the Twins in 2004. Fans will agree that Mauer has been an extremely loyal player to the Twins. He gave fans hope, remaining with them during the good times and the bad.

His friendship with #33 Justin Morneau will always be known as one of the most memorable duos in Minnesota’s sporting history, the pair being coined with the nickname “The m&m Boys.” Mauer writes about the honor it was to play for the Twins, stating, “I walked into the clubhouse everyday with pride and never once took for granted the opportunity to put on that uniform. I have never wavered that playing for this team is exactly where I wanted to be.”

When you step into the Target Field, the most common name on the back of fans’ jerseys is Mauer, in fact, the first Twins gear I ever owned was a Mauer shirt. No one has touched the Twins community like Mauer has.

The newly-retired athlete said, “Thank you Minnesota Twins, and thank you fans, for making my career as special and memorable as it was. Because of you, I can leave the game I love with a full and grateful heart.” Twins fans will always cherish the times we got to see Mauer play, from Metrodome to Target Field to the home tv. “Your attention please, now catching for the Minnesota Twins, number seven... Joe Mauer!” This commentary will stay with us for years to come. Thank you, Joe, for your undeniable commitment to the Twins family! ↓

Men’s Basketball Team Starts Season on the Right Track
BY ZACK MOELLER

The Concordia-St. Paul men’s basketball team have started their 2018-2019 season in a successful manner starting with a 4-2 record while being undefeated at home posting a 3-0 record at the Gangelhoff Center. The good start is an excellent sign that the team may be having a turnaround season.

Their early season wins almost equal the total wins the team has earned each of that last two seasons in which they have only won 5 and 6 games, respectively. The start of the season has been highlighted by the teams thrilling triple overtime victory against the Bulldogs from Arkansas Tech. The Golden Bears won the marathon game by a score 118-113, with senior graduate transfer, Isaiah McKay leading the way for the Bears with 36 points and senior Bryndan Matthews right behind him with 34.

Much of the team’s early success can be contributed to McKay and Matthews who are near the top in nearly every statistical categories for the team. “I feel like as far as leadership goes being a graduate transfer, having experience for four year in a university, and knowing as much as I do playing this game for as long as I have played it, I know that I can offer leadership to the team,” said McKay in an appearance on the csp Bears Podcast. Matthews and McKay’s tag team partnership to begin the season has been putting up absolutely ridiculous numbers for himself as well. Matthews is right with McKay in all most statistical categories, as well as near the top in most categories in conference as well.

The name of the game for the team so far has been offense particularly three-point shooting. The Bears are scoring quite a few more points per game so far this season than they averaged last season. This is largely do to shooting from beyond the arc in which they take and make more than in previous seasons. The team is currently shooting much better from three-point land, with McKay stating, “I think the key is just trying to get better every day and taking it one day at a time, one game at a time, one practice at a time”.

If McKay and Matthews can continue to be the dynamic duo that they have been so far, and the rest of the team continues to play hard and contribute when called upon, the Golden Bears should be a force to be reckoned with as the team takes on nsic play. ↓

Photography provided by Brace Hemmelgarn

Photography provided by Cole Schuessler
MN Timberwolves Trade Butler

BY ELHAM MUHAMMED

Jimmy Butler was a glimmer of hope to the Minnesota Timberwolves, an all-star player coming from the Chicago Bulls, who helped rebuild the Timberwolves' reputation. The athlete brought excitement back to the city of Minneapolis.

Butler got injured and missed seventeen games with the Timberwolves, during which they went 8-9. Coming back from his injury, Butler was able to lead the Timberwolves to the playoffs. This is where the frustrations with the team began for Butler. In an article with the Chicago Sun Times, he states, “I put so much into this game and I only play to win… and at times I get lost in how everybody is not built the way that I’m built. Sometimes I just look around, and I don’t understand how or why you all don’t love to get better the way that I do.”

These comments left Butler’s teammates confused and questioning his commitment to the team. The concern was heightened when Butler denied the Timberwolves’ offer of a four-year, $110 million contract extension.

Tensions were high for a few months in the Timberwolves high office but ultimately, Butler was traded to the Philadelphia 76ers. Brett Brown, 76ers coach said, “He (Butler) replicates [and] mirrors the spirit of Philadelphia. He is a fierce competitor. And there is a toughness that he plays with; that’s who he is. And he wears it on his face, it’s seen in his game, it’s confirmed by multiple all-defensive teams and it’s a perfect fit for the city and our program defensively.”

As part of the trade, the Timberwolves received a couple of talented young players who should make an immediate impact in Robert Covington and Dario Saric. Minnesota also received Jerrey Bayless and a future second-round pick. Though the Timberwolves received many offers for Butler, they ultimately chose to accept the 76ers’ offer of Covington and Saric. The newcomers should fit in well alongside the young core of Karl-Anthony Towns and Andrew Wiggins.

Butler’s trade to the 76ers, although upsetting, is what was best for the Timberwolves. The tensions in the locker room between Butler, his teammates, and the owners wasn’t good for the morale of the team or the fan base. Now, Timberwolves fans can support their team without feeling concern about the players desire to be there, or the tumultuous relationship between teammates and coaches.
Female Athlete of the Month: **Lindsay Dorr**

**BY TYLER DUNN**

The Golden Bears women’s basketball team is continuing their fast start with some excellent play in the front court by senior center, Lindsay Dorr. Expectations are extremely high for the Golden Bears are returning an large pool of talent.

In the frontcourt, Dorr has been a scoring machine in the post through the first handful of contests. Dorr who comes from Otsego, Minnesota began her college basketball career playing for the University of Toledo in the Mid-American Conference. After fighting through injuries for two years at the Division I level, Dorr left Toledo and decided to return home to Minnesota, transferring to Concordia St. Paul. Dorr had an immediate impact averaging 6.6 points a game a redshirt sophomore. Door continued to improve on these numbers and has made a tremendous impact for the Golden Bears. In Dorr’s second season at Concordia she averaged just over eleven points per game and averaged over twenty minutes per game.

Lindsay Dorr has started the season on an incredibly good note leading the Golden Bears in a number of categories, as well as having an impact on the offensive and defensive side of the ball.

The senior center has already been named NSIC Athlete of the Week, and is one of the NSIC’s top scorers. Dorr has led the Golden Bears to a fine start to the season. The Golden Bears opened with a loss against Harding University, but responded extremely well with a tight victory against Washburn University in the opening weekend in Kansas City, Missouri. After returning home, Concordia played host to Wisconsin Superior and defeated the visiting Yellow Jackets easily by a score of 95 to 58. The Golden Bears continued play notchng victories against Northern Michigan and Jamestown (n.d.) at home.

Looking ahead, the senior says, “It is our goal to win as many conference game as possible and to compete with every team in our conference. It would be great to make it to the Pentagon and hopefully give ourselves a chance to win the conference tournament.”

Dorr’s performance so far this year has helped the Golden Bears get off to a very good start against some of the best teams in the region. Dorr is rising to the top of the NSIC in scoring is certainly deserving of Concordia’s athlete of the month.†
Music Review: The Replacements – For Sale: Live at Maxwell’s 1986

By Ethan Langemo

In 1986, the Minneapolis-based alt-rock band The Replacements performed at Maxwell’s in New Jersey and recorded a live album in a mobile studio. Maxwell’s is a small tavern, holding about 200 people. Due to this, the sound of the album sounds like it was recorded in an intimate studio rather than a big arena. This gives it a very different feel from the big arena-type live albums we’re used to, such as Pink Floyd’s legendary P.U.L.S.E. live album, which is one of the best of all time, in my opinion.

Overall, I cannot say I really enjoyed The Replacements’ album. It is essentially an hour of several two to four-minute-long songs that all have the same feel to them, with a few exceptions. Perhaps someone who is more well-versed in punk rock might be able to enjoy the minute differences between the tunes, but it’s not very noticeable.

Most of the songs share the same elements: simple drum beats, eighth-note bass riffs, less-than-clean guitar work, and vocals by Paul Westerberg that painfully strain to hit the notes. Every song is the same volume too; it is incredibly undynamic. I might have had some compliments about a tasteful lyric here or there, but quite frankly, Westerberg has awful diction, and you can hardly tell what he says most of the time. For example, in the song “Kiss Me on the Bus,” the “s” on “bus” is not annunciated, so it sounds like he is instead singing, “kiss me on the butt.” Another bothersome moment is on the track “I Will Dare,” in which he does this odd thing with his throat while singing that makes him sound like Goofy from Mickey Mouse had throat issues.

One of the few tracks that manages to stick out of the mud is “Black Diamond.” Besides the less-than-decent vocals, the instrumentals may as well be out of a Fleetwood Mac album. The guitar riff is creative, however, and the lead guitar work is quite clean and impressive. The drums are essentially the same as they are on the rest of the album, but there is some variation in the patterns, and even some moments of John Bonham-like playing. The song could easily go longer than three minutes, though. This is the sort of song that you keep playing for twenty minutes straight, coming up with new patterns and styles to try them out. Just replace or completely remove the vocal part and you’ve got a pretty solid song.

One thing I do appreciate about the album is its sense of intimacy. You can hear people shouting from the small crowd in between songs, and the band plays around a bit for transitions. As I stated early, the quality of the sound is pretty good for a live album. There is no intense reverb you might get from an arena that makes it sound like the music is miles away; you are right there with the music as it is being played. However, because of how undynamic the sound throughout the album is and how hard it is to listen to Westerberg’s attempts at singing, I am not sure that this is an album one would need to be “right there for,” while it was played and recorded.

Art in the Cities

By Matthew Iung

The Soo Visual Arts Center is currently presenting two Minnesota artists with very different visions. What’s fascinating is how drastically different each of these artist has chosen to view our world. With them being on display in the same venue really brings out the sharp contrast both in style and in concept.

Sophia Heymans sets out to literally paint pictures of what the world and its environment would look like without us in it. Heymans has an understanding of color that seems almost natural that her paintings look the way they do. By natural, I mean that the colors that they have in them must have occurred in nature. They have this striking quality of vibrancy to them that leaps off the page in more ways than one. The first way is the way that most of us think meteorically, however, the second is her use of strings to create a raised canvas surface.

Alex M. Petersen’s exhibition, In the Future We’ll All Be Fun, is an attempt to point out how the slow integration of technology into our lives and our selves will affect us. One of the pieces that stood out to me was “They took from us everything but our silence.” This is just a striking and strange image; it’s not every day you see a shopping car full of skulls, but the use of the color pink against the green is such a striking contrast that you can’t help but notice it.

Petersen imagines a world of some horror in the, not too distant future. The understanding of color is just as present in the often unnatural imagery as the last exhibits natural feel. There is something really very beautiful in the colors that honestly reminds me of pop art. Petersen wants us to analyze what we could become before we do and I think that this is a more than reasonable time to do so.

Both of these exhibitions are up until the 29th, and I honestly think that they are a must see for both the contrast and conception.
Ending your time to volunteer is not only a good and admirable thing to do, but it is also good for you! A study done by the Harvard School of Public Health found that people who volunteer spend 38% less time in hospitals, and have mortality rates that are 24%-47% lower than those who don’t. Finding a good organization can be difficult and so is knowing where to start. Feed My Starving Children (FMSC) in Eagan, MN is an organization worthy of your time and resources, and they make it easy to participate.

FMSC was founded by late Minnesota businessman Richard Proudfit in 1987. He said that he heard God speak to him during a mission trip to Honduras a few years earlier. He heard, “If you’ve seen my starving children, feed them.” In 1993, with the help of colleagues from Pillsbury and General Mills, as well as scientists from Cargill, FMSC developed a vitamin and mineral fortified rice pack specifically designed for children suffering from malnutrition. FMSC has named these “manna packs.” There have been over two billion of these meals provided since. The goal for this year, is to reach 365 millions meals.

Everything you need to complete in order to volunteer at FMSC can be found and filled out on their website. There are five available time slots to work and their Eagan location is open six days a week.

These volunteering sessions last for one and a half to two hours. Volunteers can work at a table with thirteen to seventeen other people and hand-pack meals, or they can work in the warehouse doing a little more of the heavy lifting. Volunteers that prefer or need to sit can label bags. There is a job suited for everyone!

The employees at FMSC are top notch and are there to help. The Assistant Site Manager and Concordia graduate Alyssa Burdett volunteered at FMSC while enrolled at CSP. After graduating in 2013, she started working full-time and has loved her experience at FMSC. Burdett stated that she had the opportunity to, “see the inner workings, when I volunteered; it was all about the impact that we are making around the world. But now, as staff, it’s the impact I’m making here with the people that come and serve. We are feeding God’s starving children, hungry in body and spirit. The body part, is easy to see. But, feeding people in spirit is what happens here.”

There is also a marketplace in Eagan (as well as a page on their website) that sells handmade goods from skilled and hardworking artisans in the many countries that FMSC serves. Purses from Nicaragua, coffee cups from Haiti, and jewelry from Uganda are among the many incredible items available. These purchases help the communities where they are made, and all the profits go back into fueling the program.

FMSC has a four out of four star rating from the website Charity Navigator, and gets a 100% rating for accountability and transparency. More than 90% of donations are spent directly on meal production. After volunteering, donating, or purchasing an item in the marketplace at FMSC, the employees will immediately tell you how many meals you have provided for people around the world so that you know your actions are having a real impact. One meal cost only twenty-two cents to make!

FMSC needs volunteers just like you. There is a tremendous need for volunteers at all times, but especially in January and February. Give it a shot, and chances are, you will go back time and time again. †
Food Review: Red Rabbit
When One Door Closes Another Opens

BY HALLE MARTIN

Photography provided by Red Rabbit’s website: /theredrabbit.net

Last March, after two decades of business, St. Paul’s beloved Wild Onion closed its doors. While the famous restaurant’s closure was a disappointment to many, it came with a bittersweet twist. Wild Onion’s owner, Jay Salmen, made a deal selling the space to restaurant entrepreneur, Luke Shimp, owner to the popular Twin Cities burger chain, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp, the space to restaurant entrepreneur, Luke Shimp.

In 2016, Shimp expanded his business, opening Red Rabbit in the North Loop of Minneapolis, serving what they describe as “uncomplicated, authentic Italian.” With the success of Shimp’s expansion, came time to grow even further, bringing Red Rabbit to St. Paul in the space that was once the Wild Onion. Red Rabbit opened early October on Grand Avenue.

While I was one of many who were saddened to hear the news of Wild Onion’s closure, I was also excited to try Red Rabbit, after having pleasant experiences at Red Cow. Accompanied by a friend, we entered St. Paul’s Red Rabbit on Halloween night to find a full house.

Regardless of the busy setting, we were delivered prompt service and taken care of right away. While they prepped the table, we chatted with the hostess who was very friendly, offering Halloween candy while we waited and answering our questions about the restaurant.

The dim lighting, red tufted seats, and brick walls created a cozy and sophisticated atmosphere. Even the coasters made an impression, with cocktails recipes and the Red Rabbit logo printed on them. The restaurant had been decorated appropriately for Halloween, which was a nice, festive touch that did not distract from Red Rabbit’s warm setting. Each server was in costume, reiterating the restaurants fun and inviting atmosphere. Our waiter, Dylan, was immediately friendly and attentive, showcasing his knowledge of the menu and encouraging us to let him know if we wanted any substitutes and customizations. He brought a pitcher of water to keep at the table, but also made sure to refill the glasses for us frequently.

We started our night with an order of bruschetta, with heirloom tomatoes and mozzarella, from the menu’s “To Share” section. It came out quickly and tasted good; to our disappointment, however, we were only served with two pieces of bruschetta. While they were large in size, it could be misleading referring to them as a shareable dish. If you were to order for more than two people, the rest of your group would be out of luck.

For entrees, the menu offered a variety of Italian dishes, from pizza to clams, but we went for the pasta. She got the classic fettuccine Alfredo with chicken, while I ordered the cavatelli with house-made Italian sausage. Everything was offered at a reasonable price.

Our meals were served just as swiftly as our appetizer, and our waiter was there to offer pepper and parmesan for our pasta. We had little complaints. Fettuccine Alfredo is hard to ruin, but Red Rabbit made it exceptionally good, crusting the top of this dish with breadcrumbs making it the ultimate comfort food. However, as my friend got close to the bottom, she found that some noodles were undercooked and chewy. She did not think it took away from the overall impression of the dish though, which was otherwise deliciously satisfying.

The Cavatelli was equally good. The Italian sausage was full of flavor and was spicy enough to please me, but not so much that it would upset those who are not so keen on spice. My noodles were cooked just right, while the sauce was warm and creamy, creating a savory supper.

There were a couple of things that could be considered downsides to the meal. Many restaurants will offer a side to go with your entree. A simple addition of bread or salad can go a long way, especially when you’re a broke college kid looking for all the free food you can get. Also, the portions were not huge. This isn’t necessarily a bad thing, as too big of portions often lead to overeating, but who doesn’t appreciate leftovers?

My experience at Red Rabbit was positive, and I would easily go back again. We went for dinner, but the restaurant also serves lunch Monday through Friday, and brunch on Saturdays and Sundays. The food was great (apart from those few chewy noodles) and the service was even better. All in all, Red Rabbit is a great addition to Grand Avenue.

Book Review: Sea of Rust

BY SKYE FULLER

Sea of Rust, by C. Robert Cargill, is a turbocharged freight train of a novel. From one of the writers of Doctor Strange (2016), one might expect this sci-fi adventure to be a wild ride. One would be correct.

Right off the bat, the reader’s attention is grabbed by the unusual setting. All humans are now dead. The earth is now solely populated by the sentient artificial intelligences they created. We follow the story of a robot called Brittle. In this dilapidated wasteland of crumbling buildings and rusted metal, she refers to herself as a scavenger. In other words, she seeks out failing bots on the far outskirts of civilization and takes their parts, effectively ending their lives. That is until another bot tries to scavenge her.

From there the reader is swept into a story of intrigue and literal insanity. The author, C. Robert Cargill, writes with beautiful attention to detail and clever turn of phrase. Our main character manages to feel alien while also being a fascinating (and often) relatable narrator, another testament to the author’s ability and strong narrative voice.

Cargill manages to ask provocative and challenging thematic questions throughout the novel. The most relevant and perhaps overarching are: What does it mean to be human? Is our sentience valuable because of our biology, or is our biology valuable because of our sentience?

Is any of it really valuable if an extraterrestrial conglomeration of alien artificial intelligence one day threatens to overwhelm, consume, and forcefully assimilate the last vestiges of “life” on Earth?

All of these are questions that I would encourage you to examine for yourself the next time you’re looking for a great read. Sea of Rust is an imaginative and wonderfully written story that is certainly worth your time. A masterpiece of genre-mashing, the novel will keep you on your toes and will keep you asking questions long after you’ve read it cover to cover.
The Many Faces of Nature: A Look at CSP’s Photo Biennial

BY BROOKE STEIGAUF

CSP professor Cate Vermeland awed art appreciators once again with her curated Photo Biennial Exhibition, which offers students the opportunity to compare how multiple artists interact with our world and interpret a common theme.

With this year’s collection focusing on nature, Hilary Bullock invited us into the room with square images of “tangles” of brush, sticks, trees, and water that intermingle to create patterns. These organic messes draw attention to the subtle complexity of each individual, natural element in our environments. Bullock visits a series of state parks and nature reserves on a weekly basis, experiencing them differently with each return. “I like the different ways I get to see the images,” the artist said, then explaining her attachment to fallen trees and other ever-changing natural components. Bullock described herself as a “responsive” photographer, someone who is passive in her pursuit to find a shot. She waits for the image to jump out at her, taking only select opportunities. This being said, Bullock is intentional in taking at least one photo per day.

Joseph J. Allen, another featured artist, printed his nature photos onto maple plywood, allowing viewers to observe the nude grain wherever white would have been present. While some of his images shared relatively open scenes with a sense of loneliness, others provoked the feeling of comfort one feels while being engulfed by a canopy of trees. Allen stated that he “wants to provoke an emotional response, more so than an intellectual one.” My favorite piece was titled, “Stone Arch Bridge,” a structure that viewers struggle to see through a cluster of brush, making nature the priority.

Photographer Jeff Kreger’s work focuses on human interaction with nature, as he sees the reflection of pure nature as false concepts that are not reflective of our reality. He said that his photography has “reinvented the landscape with meaning based on human perspective, giving voice to the marginalized.” His images are of majestic waterfalls and familiar views of state park attractions, interrupted by human activity and interference. Kreger believes, “The only contest that will matter in the future is the one between a chastened humanity and an angry nature.”

CSP’s Photo Biennial offers a series of glimpses at the nuances of our natural world, that which is prospering and suffering before our eyes. It gives a broad range of perspectives, different iterations of the same story, each with their own intention and impact. As CSP’s gallery can attest, nature always wins. ↑

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Movie Review: Border

BY MATTHEW IUNG

Border (Gräns in Swedish) is a Swedish fantasy film directed by Ali Abbasi, who also co-wrote the screenplay with Isabella Eklöf. The film is based on the short story of the same name by John Ajvide Lindqvist; it can be found in his anthology Let the Old Dreams Die. Border has been awarded the Uncertain Regard Award, at the 2018 Cannes Film Festival. This is an award that is meant to point out that this particular film is approaching the world from a unique point of view. It was also selected as the Swedish entry for the Best Foreign Language Film at the 91st Academy Awards.

The story follows Tina, who is a disfigured young woman working as a customs agent in Sweden. She is the best at what she does and even gains notability from the local police when she begins assisting in cases. Her life changes though when she meets a bug-eating drifter named Vore. He seems to know something and is more than willing to take his sweet time in divulging his secrets.

Eva Melander (Tina) and Eero Milonoff (Vore) give beautiful and thoughtful performances. The pair of actors is under layers and layers of makeup, an impressive fact for a couple of reasons. The makeup is excellently applied, almost perfect. This is more than willing to take his sweet time in divulging his secrets.

Along with this, also has a lot to say about what it feels like to be alone, look different, find love, and balance our professional with our personal life. What sets it apart from other movies and literature is its ability to bring the horror and humanity of its concept to the 21st century. It honors Scandinavian folklore and through that, builds a world that looks just enough like our own to scar the viewer.

Photography provided by IMDB.com
The Other Side of the Wind is a fictional documentary about Jake Hannaford’s 70th birthday, where he will be showing the footage of his new film The Other Side of the Wind. While the films share a name, their only similarities are that they are the last films of aging directors. Hannaford (played by John Huston) is an aging director who is dealing with the fallout of losing his lead actor in a partially-finished film. This is one of the most obvious places where Welles is playing with metatextuality. It’s also the introduction of Wells as a self-aware character.

Welles is obviously very conscious of the potential of mentorship and legacy unfavorably turning to distrust and dependency. The rather interesting (and concerning) thing is that Welles seems to know this and casts one of his protégés, Peter Bogdanovich, in the role that you could say he inhabited in real life.

The film also very bluntly draws the viewer’s attention to the idea of destruction through creation. This dualism can be seen at almost every level of the film, whether it is the career of an actor or in relationships. Hannaford can’t help but destroy people he works with by pushing them around and being generally intolerable. Almost all of the characters will be destroyed emotionally or metaphorically throughout the creation of the documentary. All of them are seen in their true colors, whether that means that they are greedy, selfish, or overly-invested. There is also a commentary on critical reviewers as having a desperate need for everything in the film to have meaning or to be a representation of something. These would be the undefined levels of depth.

The film also very aptly portrays the hunger of the media and the obsession of the critical audience. The hunger of the media can be seen in all of the news stations, independents, book writers, and documentarians that swarm to Hannaford’s birthday. All of them are desperate for answers, and they even argue as to what questions to ask or where the conversation should start.

The movie is full of scenes with well-written dialogue that crashes into the viewer. Some of it is meant to beat you over the head with how on-the-nose it is. There are also moments where just the littlest of things can change one’s perspective. While this style of film is not new, by today’s standards, the shooting style is uniquely distinct and explores countless levels of depth.

The Other Side of the Wind is Orson Welles’ last film, and there is nothing else quite like it, also revealing of the director’s apparent self-awareness, exposed through the film’s complex mirror-image of its creator portrayed by Hannaford. It will leave the viewer with questions left unanswered and the desire to watch it again and again.†
December Horror-Scopes

BY MUMINA MOHAMUD

Capricorn
Normally athletically gifted, your talent will dissolve after multiple injuries. You will be left, crippled and alone, for the cold month of December.

Pisces
Your lack of confidence will most likely result in your drowning in a pool of your tears. Invest in floaties.

Aries
Your tendency to control everything will be useless in stopping your car from breaking down this winter. Practice deep breathing.

Taurus
Your stability and sense of home will be shaken. Appreciate what you hold close as it will soon vanish. Seek shelter elsewhere.

Gemini
It’s good you get along with yourself because you annoy everyone else, including your professors. Your final presentation will be devastating for your grade and those who have to sit through it.

Cancer
You will finally muster the motivation to get some homework done, just in time for your computer to break down.

Leo
Everyone you know will turn against you as they realize you are not who you want them to believe you are.

Virgo
Your aloofness will finally isolate you from the rest of the world. No one will text you back until 2019. Find a good book to read.

Libra
Your inability to formulate your own opinions will result in you being terribly bland and friendless.

Scorpio
Your need to be mysterious will lead to you mysteriously falling up the stairs in front of a judgemental crowd.

Sagittarius
Your lack of talent causes you to tend to rely on luck. Too bad your luck is soon to run out.
ARTS & VARIETY

Tis The Season

BY GARRET HULTGREN

Across
2  Happiness to the Earth.
10 "I'm dreaming of a _____________"
11 "Oh what fun it is to ride in a one horse open sleigh."
12 Most popular Christmas song on Spotify.

Down
1  But as long as you love me so.
3  "Pa Rum Pum Pum Pum."
4  Opposite of a loud morning.
5  Not last Christmas, but _____________
   Carol of the Bells / "Sweet Silver Bells"
6  You kiss under it.
7  Marry Christmas in Spanish
8  Ariana Grande's song that broke
   You Tube record.
9  " _____________ is coming to town."
Winter Holidays Word Find

BY GARRET HULTGREN

T H A D V E N T S Q A N V J L A Y H C E
S H U Y A Y N X H S F Z W W D U U P H V
P G C M A Y A J I M W P K A L M A P R E
Y A I A A L H D T U Y G I E A W A C I S
E Z N F N N D G I A P L T N N I Z M S R
J L Y C M S L A D H O I R I X N N Z T A
T O Z Q H T U I O K D I J G A T A Y M E
U A K Q E A R P G E G O M R A E W R A Y
K N A W E F G G M H Q Y B E E R K N S W
V M Q Y K A O A T A T U V X V S K R L E
Y E N C P O C S N N R T G A A O K V R N
C K A O R W D Z F A Y K P J O L L N P E
Z L H M D A I P W O P S W D U S I M A D
B J A P Y B B X M B G A B B O T I F G L
C Y B E R M O N D A Y A Y A T J F I G U Y A
I H K A I K Z V O A O C H I D C M Q P R
H F Z V W E I F M Y I N V P N U V K X L
P B E C O K T W W H A K K U N A H A P Q
A N R Z S U D X A O P G X H P B P E H F

ADVENT  HANUKKAH  KWANZAA  YALDA
BLACK FRIDAY  HUMANLIGHT  NEW YEARS EVE  YULETIDE
BODHI DAY  HUMAN RIGHTS DAY  PANCHA GANAPATI
CHRISTMAS  KOLIADA  THANKSGIVING
CYBER MONDAY  KRAMPUSNACHT  WINTER SOLSTICE
ARTS & VARIETY

Christmas Angel
Illustrated by Catie Nelson

Zipp_r
Illustrated by Madison Buchanan