Student Spotlight: Peggy Vanek

Have you ever considered a nursing home as a place to hone DCE skills? One person who realizes the value of nursing home work is Peggy Vanek. Originally assisting the elderly patients with their physical needs. But, she always makes time for personal interaction with her patients. Peggy has gained several insights from Grantsburg, Wisconsin, Peggy is a fifth year DCE student here at CSP. Last year, she was placed at Cornelius, Oregon. Once there, Peggy served her internship with Good Shepherd Lutheran Home (a group home) and St. Peters Lutheran Church. After arriving back in Minnesota, Peggy accepted a job with Shalom Nursing Home in St. Paul. Her current job title is CMA, which she describes as a nursing assistant. Much of Peggy’s time is spent while being part of the Shalom staff. One thing she noted was that the elderly need interaction with other people. Too often we forget that the elderly need love and attention. When asked if she will continue working with the elderly, Peggy explained that it was rewarding work, but she wishes to utilize her talents elsewhere. Her future plans include activity planning for the mentally handicapped and youth.

New Snack Bar Open

At last!! After seemingly endless problems with its construction, the new A.R.A. snack bar on the Student Union’s first tier is scheduled to open tonight, Friday, January 19th.

The idea was bounced around since 1972: Should the snack bar be moved from tier three to tier one and why?

The number one reason is: many people - visitors especially - don’t even know there is one. The second and more obvious reason: easier accessibility. The majority of students see no real reason to climb the “infinite” flights of stairs simply for a Coke or a bag of chips. With it’s more convenient location and better arrangement, it won’t be such a hassle any more.

The new snack bar, Dan Asmus says, will be bigger. Pizza will now be sold by the slice. (The oven is capable of cooking sixteen at a time!!) There will be new furniture downstairs. This will include new tables and chairs. Tier three hopefully will not be turned into a desolate wasteland. As of now, there are no plans of filling in the space where the old snack bar used to be. However, Asmus is planning a number of activities in the future so it won’t be entirely abandoned. Plus, he mentioned that a jukebox, several new video games and machines will be installed in the future. Anyone who has suggestions for improving the Student Union should get in touch with Dan Asmus or drop their idea off at the desk on tier one.

Grand opening ceremonies are to be held at 8:00 p.m. tonight, January 19th. The name of the snack bar will officially be chosen at the ceremonies. There will also be a variety of games, tournaments, contests and free pizza give-aways.

WARNING: IF ANY STUDENTS RECEIVE CALLS FROM ANYONE SEEKING A LIST OF STUDENT NAMES DO NOT COMPLY. OTHERWISE, CERTAIN COMPANIES, LEGITIMATE OR NOT, WILL TRY TO CON STUDENTS INTO BUYING SERVICES THAT ARE A SCAM OR THAT MAY BE RECEIVED ELSEWHERE FOR NO COST. LIST OF NAMES SHOULD GO OUT FROM THE REGISTRAR’S OFFICE, WHERE THEY CHECK TO SEE THE VALUE OF THESE COMPANIES FOR THE STUDENTS AND THEIR LEGITIMACY.

continued on page 4
Recycling Project Is Proving to be a Success

by Shelley Novotny

The recycling project that started during the first week of school last September is starting to show some results.

The recyclable products were taken out the first week of November. For the months of September and October, 6,886 pounds of paper products were collected. The compactor that the paper products go into is located right outside of ARA. The first time it was dumped, the compactor was only half full so consequently, it probably won't be taken in again until February.

Alice Walters finished school after fall quarter but is still continuing to work with the recycling program. She said that before the school was recycling, Concordia was paying $900.00 every six weeks to have the compactor dumped. While no money is received for turning in recycling products, Concordia is not having to pay for the recycled products to be dumped in a landfill. Everyone is probably familiar with the boxes around campus that say, "I'm a recycler." Recently big white and blue containers have been placed around campus to put used products into. The blue containers are ones that maintenance has used and are used for paper products. The white ones are recycled containers from off campus and are for pop cans. Walters says that the students are in charge of the cans. Different floors of the residential halls have been collecting and turning their cans in for money. Recently one floor turned in their cans and received $27.00.

Now the school year is half over and Walters believes the project is going fairly well. She sees the students as doing the most of anyone to help the project. When asked why she thought this to be true Walters said, "Students are liberal to see more of a change for themselves and their children in the future."

Compared to other colleges in the vicinity, Concordia is doing fairly well. Hamline does not have a recycling project. Macalaster has had one for twenty years but Walters believes that Concordia is already doing better than Macalaster. Alice Walters says, "The recycling isn't going to help reduce tuition but every little bit helps." She also believes that a recycling program isn't complete unless recycled products are being used. The college is looking into using recycled paper but whether or not they are able to use it depends on how it works with the copiers. Recently the college has purchased copiers that copy doubled sided to save paper.

Walters said that another thing students can do to help out is, "Make a remark to professors if syllabi are only on one side. A lot of paper is handed out and it would help if both sides of the paper were used."

Safety and Security

by Philip Houser

The old cliche "better safe than sorry" is an important one to remember. When Minnesota was a frontier the settlers had to deal with four legged predators. The only difference between then and now is that the predators now have two legs. Crime against persons is a fact of life. It is not however, a phenomenon that is inevitable. The best way to protect yourself when at home is by being aware of possible dangers and practicing prevention:

Some things to remember that can help keep you safe are:

Use only your first initial and last name in the phone book and on the mailbox.

Do not trust elevator cameras. If you are suspicious of another passenger wait for the next car.

When changing your address, install a deadbolt lock on all doors. You should also have a peephole and a security chain on all doors. NEVER lower your guard by opening your door to someone you do not know well. If the person needs help summon it for them on the phone.

Keep a phone relatively close to the door. The best kind to have will be equipped with speaker and one button call capabilities. Program the number and address a call is coming from. A squad is always dispatched unless you tell them not to come.

THROUGH THE PEEPHOLE OR SECURITY CHAIN check the I.D. of any repairman, salesman or police officer that comes to the door. Instruct children and babysitters not to give out any information about who is home, who is out and for how long.

Do not try to hide keys outside your residence.

Always lock your doors and windows.

DO NOT hesitate to call the police and report a suspicious person. One of the best ways for a criminal to find out if there is someone at home is to ring the doorbell. If someone answers the door they will use a fabricated story to cover their tracks. Your gut feeling about a situation is the best thing to follow. If it seems "wrong" to you phone the police and tell them about it.

Correction

The article that appeared in the December 15, 1989 issue of The Sword, concerning ARA Alternative Meal Programs, stated that Former President Alan Harre felt that changes in the ARA meal plan were unnecessary and interim President Herman Wentzel tabled the whole issue feeling that it was nothing for the new president to tackle. While it may have seemed that ARA committee members John Goetz and Chris Roth made these comments based on fact, but these comments were based on comments made by some unnamed people and were not direct quotes, nor were they based on interviews or comments from Harre or Wentzel who were not interviewed concerning this matter. The Sword is sorry for any inconvenience this mistake may have caused any of the parties involved.
Comet Women Plagued by Injuries But Still Determined

By Shelley Novotny

The Comet basketball women are suffering from injuries and as conference play begins, they are struggling to add more wins to their record. As of January 15, the Comets are at 2-13. There last game ended in a 66-65 loss to DMLC. However, their first conference game was a 73-67 win over Northland. Currently the Comets are 1-1 in conference play.

Veteran Denise Varland injured her knee against DMLC and is out for the time being. Senior Jodi McDonough and sophomore Carrie Rindal are also out with knee injuries. Freshman Deanna Garbers sprained her ankle but should soon see action again. Dana Christoffer has been playing well. In the game against DMLC, the junior had 26 points and 13 rebounds.

Also playing well for the Comets is Renee Brehmer. She is getting more confidence in her outside shot and this should help the Comets.

Today the Comets head North to compete against St. Scholastica and Northland. This weekend they will try to overcome their injuries and strive for more conference wins.

Indoor Soccer Program Begins at Concordia

by Frank Spaeth

The Concordia Indoor Soccer Team is off and rolling in their 1990 winter season and is looking forward to much action through January and February.

The team is currently two games into their league play schedule which the team plays on Tuesday evenings at the Corner Kick Indoor Soccer Center in town.

Today the Comets head North to compete against St. Scholastica and Northland. This weekend they will try to overcome their injuries and strive for more conference wins.

Men Hoopsters Getting Ready For Conference

by Patrick Martin

The Men's basketball team is presently 6-7. Before Christmas break the basketball team had a winning record of 5-3, but since then the Comets have faced the toughest part of the schedule and lost 4 games in a row, including a tough game to Winona State.

During the Christmas break, both the Women's and Men's program had the pleasure of traveling to our sister college in Portland Oregon. In the first game, the Comets lost to Concordia-Portland. The Comets came out on the next night and lost a close game to Christ College of Irvine, California. The tournament was proceeded by a banquet and ended with chapel services. This was truly an uplifting experience for both the Women's and Men's programs.

Concordia Speaks

What do you think of the recycling program at Concordia?

Angie Swanson: It's a good idea. It helps to bring the world into Concordia instead of isolating us. It does this by making us aware of environmental issues.

Vicki Behling: I think it is a wonderful project because we all need to be aware of environmental issues. There is an awful lot of waste in our school and our nation. The first step in solving the problem is making people aware.

Chrisie Eliason: I think it's a good idea. If we start thinking about the effects we have on our environment now, it will make a better future for our children.

Dan Kuball: It's a good project. It helps to bring the world into Concordia. It keeps the school cleaner and will eventually help our environment.
Hypnotist to Appear at CSP

If you can daydream or become lost in your thoughts, says Minneapolis hypnotist John-Ivan Palmer, then not only can you be hypnotized, but you are hypnotized. "People are misled by the word hypnotism," says Palmer, who travels 150,000 miles around the world each year performing and will be at CSP January 22. "Because of cartoons and movies, people think it's a foreign state of mind. But actually nothing could be more familiar and universal."

According to Palmer, anything that captivates your attention is hypnotic. It could be vacationing on your dream or picking up the radio, this article. "When you go into your own thoughts," he says, "and mentally withdraw from your surroundings, then you are in a state of mind we call hypnosis."

This withdrawal can be very shallow. Or, with cases like Einstein or those couch potato kids in front of the TV, very deep.

This withdrawal tendency of the human mind is Palmer's starting point. First Palmer gives the audience a concentration test and accepts as volunteers those who are capable of deep withdrawal. Using his voice and nonverbal suggestions, Palmer hypnotizes as many as 30 people simultaneously using a speed technique that places subjects in deep hypnosis in less than one second. Hence his billing as "the world's fastest hypnotist."

Once his subjects are hypnotized the show begins. You are a dish rag falling off your chair, you are a race car driver, you are in the jungle laughing at monkeys, you are riding a camel across the desert, you are speaking Martian, you are the world's greatest disco dancer. You are the show. And when it's over, you remember nothing.

Is this dangerous?

Palmer claims that hypnosis is as safe and pleasant as a daydream. He says that there has never been a known case in medical history of a hypnotized person failing to awaken.

"Hypnosis tells your mind that you are relaxed and happy," Palmer explains. "What's dangerous about that? Especially compared to the violent suggestions bombarded at people who allow themselves to be hypnotized by TV."

John-Ivan Palmer was born into a theatrical family and traveled extensively as a child. His father was a famous escape artist who attended the University of Wisconsin and Boston University, where he studied psychology.

1000 MISCELLANEOUS

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Want to run your own classified ad? Send it to The Sword and we'll print it (provided it's not in bad taste) for only 25¢ per line. (Extra-long or bolded print $3/bline.)

Send them through campus mail to The Sword Classifieds. (This is a special CSP rate. Outside groups pay a minimum of $25/60/and Senate sponsored groups are free.)

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SNO WEEK/CIT '90 SCHEDULE

Events listed in boldface are events tied in specifically with CIT.

FRIDAY, JANUARY 19

9:40 am—CIT Chapel. Chapel.
12 noon—Women's Basketball, LMC.
1:00 pm—Women's Game #1, LMC.
2:00 pm—Men's Game #1, LMC.
3:00 pm—Women's Game #3, LMC.
4:00 pm—Men's Game #2, LMC.
5:00 pm—Men's Game #2, LMC.
6:00 pm—Women's Game #1, LMC.
7:00 pm—Women's Game #4, LMC.
8:00 pm—Men's Game #2, LMC.
9:00 pm—Women's Game #4, LMC.

SATURDAY, JANUARY 20

10:00 am—Bowling Tournament. Midway Pro Shop.
12 noon—Women's Game #1, LMC.
1:00 pm—Men's Game #1, LMC.
2:00 pm—Women's Game #3, LMC.
3:00 pm—Men's Game #2, LMC.
4:00 pm—Women's Game #3, LMC.
5:00 pm—Men's Game #4, LMC.
6:00 pm—Women's Game #4, LMC.
7:00 pm—CIT/Sno Closing Communion Service. Chapel.
8:00 pm—CIT/Sno Closing Communion Service. Chapel.

SUNDAY, JANUARY 21

10:00 am—CIT/Sno Closing Communion Service. Chapel.
12 noon—Bowling Tournament. Midway Pro Shop.
1:00 pm—Women's Game #1, LMC.
2:00 pm—Men's Game #1, LMC.
3:00 pm—Women's Game #3, LMC.
4:00 pm—Men's Game #2, LMC.
5:00 pm—Women's Game #4, LMC.
6:00 pm—Men's Game #4, LMC.
7:00 pm—Women's Game #4, LMC.
8:00 pm—Men's Game #2, LMC.
9:00 pm—Women's Game #4, LMC.

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