Black History Celebrated Now and Future

by Lindsay Hartleben

February may be slipping away, but memories of the special events celebrated during Black History Month will surely remain with students who attended various events throughout the month. Here's a recap of what happened within the Concordia community this month as well as the remaining events.

Each day after chapel, "A Morning of Many Voices," the music department provided students with a closer look at the role music played during particular developmental stages. The third is called soft structure, where parents do not take into account what they know about their children, and they'll be working with people who have been overindulged, according to Bredehoft.

Study Overindulgence, Boundaries

by Lindsay Hartleben

"When there is too much, everything becomes like nothing." Those words from Susan Clark begin the introduction of the newly released book co-authored by Dr. David Bredehoft, Chair of the Department of Social and Behavioral Sciences. Delving into the issue of overindulgence, the book integrates findings from three research studies involving 1,195 participants to offer advice on avoiding and dealing with overindulgence.

"We think we have some important information that can change people's lives," Bredehoft said. All 4,000 copies of "How Much Is Enough? Everything You Need to Know to Steer Clear of Overindulgence and Raise Likeable, Responsible and Respectful Children" released on Jan. 15, sold out.

The book, written also by Jean Itilley Clarke, Ph.D., and Connie Dawson, Ph.D., offers a detailed definition of overindulgence, but Bredehoft simplified the explanation. It is when too much of anything prevents a child from developing important skills. It is not only related to money, and has three forms.

"The first is material overindulgence; then there is what we call over-nurturing. This is when the parent over-sacrifices for the child by doing things for them that they should be doing for themselves at a particular developmental stage. The third is called soft structure, which is not having rules or not enforcing rules," Bredehoft said. Bredehoft emphasized that the information in the book is not pertinent to current parents or those in the psychology field.

"The book has a broad appeal because many students will be working in service and human service occupations down the road, and they'll be working with people who have been overindulged," Bredehoft said. "The book gives strategies for dealing with them and identifying who overindulged adults are."

Additionally, the book can be an asset to future teachers and DCF majors, and even those anticipating having children sometime in the future. The extensive research conducted by the authors found many negative consequences of child overindulgence which many parents do not take into account when trying to provide for their children.

"In the book, we're not trying to guilt parents, because this problem really comes from a good heart," Bredehoft said. "People want the best for their kids; it's just that they go overboard.

Among the "whole host" of damaging effects of pampering children to excess, Bredehoft named lowered self-esteem and a false sense of being the center of the universe. The numbers of young adults running into extreme credit card debt are on the rise as overindulged kids grow up, they have boundary problems in dealing with their friends, loved ones, and coworkers.

"People are basically robbed of skills because someone else did things for them," Bredehoft said. "When they're over-nurtured, children don't learn the skills of speaking up for themselves, confronting in a legitimate, honest way, or negotiation. Among the college population are people who were overindulged with soft structure at home, and what I see lots of is students thinking that no one else has rules. Then they have manipulative ways to get out of consequences (for breaking rules)."

Drawing the Line: Bredehoft Book

Some students will attend the 28th Annual Pan African Student Leadership Conference at Mankato State University from the 26th through the 29th. Chris Dennis will be speaking on a panel, but otherwise Chatman said this is a chance for students to build their leadership skills.

"A Tribute to Motown," the final event of the month, will take place over spring break, but organizers hoping this free event will draw an audience from Minneapolis, St. Paul, and other surrounding areas to compensate for the lack of students on campus. This "musical journey" spotlighting popular Motown musicians will be from 6-8 p.m. on Feb. 29 in the E.M. Pearson Theater.

Snow Ball Rocks

Photo by Eleanor Heginbotham

Faculty-Lynn Garl, Dr. Lois Charron, Dr. Edith Jones and student Seth Gerhke show off their dance moves.

The SWORD ~ 1
Students Learn Art of Opera in New Class

by Paul Brutsch

Concordia University has long defined convention by being the only campus in the area without a kiosk. In the 60's and 50's, it may have been the suspension of the Russo Turkish origin of the word and its implied connotations of relations that kept the presence of a kiosk from our campus.

In the fall of 2003, everything was finally in place to install a kiosk on campus. And thus a new debate is spurred.

The class, which meets weekly, will explore various elements of opera throughout the semester, ending with a workshop performance of six scenes from various operas. Students will learn basic performance in an Opera Workshop learning the fundamentals of opera throughout the semester, sixteen CSP students are

Speer.

The wooden doors on this campus are, for the larger part, unfit to attach paper to, so if a student gets the urge to post 95 theses as per the celebrated Martin Luther, they have a place to do so.

- Paul Brutsch.

You may have seen the kiosk, a roofed structure between the main campus and the music building, sheltered under which are eight separate surfaces to place announcements, posters and other sundry scrolls. Some have proclamed it to be the harbinger of a new age of enlightenment, and some have likened it to a kind of virtual search engine. They have taken a more pragmatic approach and affidavit documents to it. The following is a compilation of myriad comments, defenses and attacks that have arisen since the kiosk's controversial debut.

1. As of this date, the Creatz comes to be using this region as a testing ground for the drawing of any campus. Thus, the kiosk's outdoor location renders it unfit for its intended use as a sounding board as it is often caked with snow.

2. The wooden doors on this campus are, for the larger part, unfit to attach paper to, so if a student gets the urge to post 95 theses as per the celebrated Martin Luther, they have a place to do so.

3. The place where the kiosk now stands was once a gathering place for students as they converged between classes in the Music Building and the Classroom Building. Now, not only is no heed paid to the kiosk or the documents posted there, but the campus has lost a wonderful social space.

4. With snow now on its shingled roof, the Creatz has lost a window to the rest of the campus, thus

Campus Kiosk: Boon or Bare?

by Joseph Bernau

Who likes talking about death? Most people do not. And yet, as the school year winds its way around the world is reflected upon Christ's death on the cross. Lent definitively begins with the celebration of Ash Wednesday. For many people, there is little knowledge of the significance and history of this celebration in the church.

Historically, a "carnival" was celebrated in the three days preceding Ash Wednesday called "Shrove Tuesday". Shrove Tuesday is an Old English word meaning "repent." Like many in the world today, most people's best known recollection is the Feast of Mardi Gras celebrated in the city of New Orleans.

One may find it interesting how Mardi Gras is part of a celebration focusing on the operatic performance. However, the events and actions surrounding Martin Gras should not be used to put one's own rights with God. Therefore, Ash Wednesday becomes a specific time to recognize that all have sinned and come short of the likeness of God. Romans 3:23.

This repentance is offered through Christ's sacrificial death on the cross, as Romans says in verse 24 through 26 of the same chapter.

Why does the church call the first day of Lent "Ash" Wednesday? In order to understand this concept of ashes, one needs to turn to the Scriptures. Within the Old Testament, the pouring of ashes on one's body and drawing in sackcloth, which is a rough material, is an outer manifestation of inner repentance or remorse. The earliest occurrence is found at the very end of the book of Job. Job, having been rejected by God, confesses, "I am pure in heart, and my voice is clear. I will repine in dust and ashes" (Job 42:6) (emphasis added). Other examples are found in 2 Samuel 13:19; Esther 4:1; Isaiah 30:12; Jeremiah 6:26; Ezekiel 27:30; and Daniel 9:3. Jesus alludes to this also in the New Testament in Matthew 11:21.

However, the celebration of Ash Wednesday, as it is known today, dates back to the seventh century in Rome. The original purpose was to allow those who were penitent the opportunity to publicly repent and to be reconciled to God during Lent, a period of fasting and prayer. This practice fell into disuse; therefore, in the eight or ninth century it was enlarged to embrace the entire forty days of Lent. This tradition is still followed today, as the church celebrates Ash Wednesday: During the service the pastor applies ashes in the shape of the cross on the forehead of each person, while speaking the words, "Remember your mortality, you who are dust, and to dust you shall return" (Genesis 3:19). These are the words God spoke to Adam and Eve after they had eaten the forbidden fruit and fallen into sin. As mentioned above, in the context of Ash Wednesday, the imposition of ashes are a reminder of humanity's sinfulness and mortality, and thus their need to repent. The cross, as one remembers in Lent, is both a humbling and liberating symbol. It is a reminder of the Christ who has reconciled us, not only during Lent, but throughout each moment of our lives.

Lent Calls Us To Repent

by Benjamin Fink

Three students, faculty and staff who have always wanted to express their feelings about Concordia-St. Paul have now found the right outlet now have a perfect opportunity. For 24 hours from 6 a.m. on March 18 until 6 a.m. on March 19, in Concordia's on-campus called "Picturing a Community of Peace" will encourage students, faculty, and staff to photograph Concordia.

From sports to classrooms, residence hall life to the skyline, all things can be photographed what they see as the true Concordia in one 24-hour period. The photos will then be sent away to be compiled for all to view on a later date. Prizes will also be given out for the best submitted photos. In order to be submitted, the pictures must be in electronic form—either digital or scan.

Professor Catie Vermeeland originally came up with the idea for this event as a way to illustrate the under-excitement, and invariance of CSP. There are so many things going on at any point at Concordia including clubs, class groups, or just friends together. Intraday "A Day in the Life," she hopes the campus community can capture the life and spirit of just one day at Concordia.

For more information about Picturing a Community of Peace, please contact Catie Vermeeland at vermeeland@csu.edu.

Dean's Scholarships Offer Students Monetary Support

by Dr. Amy Gort

The Dean's Scholarship is an award available to any student who has filed a major or minor in the College of Arts and Sciences. This is a relatively new scholarship program. The first Dean's Scholarships were offered to students in Music starting in 2000 and 2001. In 2002, the scholarship program was broadened to include students in Art, Theatre and Mathematics. Each subsequent year the Dean's Scholarship has grown and now each major in the College of Arts and Sciences is included. Each department in the College of Arts and Sciences has up to $20,000 to award in Dean's Scholarships for the next school year, with a mini-max of one award per major.

The Dean's Scholarship differs from other scholarships offered by Concordia University in some very important ways. The scholarship awards are based on each applicant's merit, not financial need or church affiliation. Eligibly members in each area of study have chosen the merit-based criteria and determine the scholarship awards. Many of the departments require students who accept a Dean's Scholarship to actively participate in departmental activities or to enroll in a certain number of courses.

The priority deadline for applicants (March 4, 2004). You may apply for more than one Dean's Scholarship. For example, if you are a history major, you may apply for a Dean's Scholarship in History and for one in Art. To apply for a Dean's Scholarship you must contact the department chair of the department in which you have a major or minor, or Dr. Amy Gort (x8814).

Capturing Concordia

by Joseph Bernau

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European Travelers ‘Mind the Gap’

Students Get Credit for Studying Abroad: Oak Hill, Mexico, Egypt and More

by Dr. Amy Gort

Ah summer! We look forward to summer as a time of relaxation and rejuvenation. But did you know that summer actually gives you a great opportunity to learn and take classes?

There are several advantages to taking summer school courses. First, most summer school classes are taught using an immersion framework. Second, summer school sessions last three weeks and students generally take only one or two courses a session. The summer school courses that are offered fulfill general education and major requirements. Taking summer school courses will make it easier for you to graduate sooner. Third, summer school courses are CSP courses. They are taught by some of your favorite professors and they will definitely count toward your graduation requirements. Finally, as a summer school student you pay only half of what you would have paid if you were taking the summer at this reduced rate.

See your advisor about registering for summer school. Dorm housing is available during the summer school sessions. For housing information contact Sharon Krueger, SWORD.

Denominations Divide; Christ Unites

by Kari Olson

Have you ever wondered why the original version of the Nicene Creed states that, “We believe in one holy catholic and apostolic Church,” instead of, “...one holy Christian and apostolic Church?” Why do we, as Christians in a Lutheran university, incorporate this into our worship beliefs and Eucharistic practices?

The answer to this question can be found in early Christian church history before the beginnings of denominations and the Catholic Church as people know it today. According to the Oxford English Dictionary, the definition of catholic was "universally all-embracing," or, “of persons holding the same form of doctrine.”

The SWORD ~ 3
Track and Field Break Records

by Adrian Perrymen

Over the past four years all but 19 out of the 97 Men's and Women's indoor and outdoor records have been broken for the CSP Track and Field team. The majority of those records have been broken multiple times. In the past two months alone, seven records have been set.

Senior Chuck Martin has broken his own record multiple times this season. At the Minnesota Open in January he ran the 60 meter in 6.90 seconds. This time provisionally qualified him for the NCAA Indoor National Championships.

On the Women's side four records have been broken thus far in the season. Freshman Kaiti Tarik broke the previous record in the weight throw put in January. She later broke her own record with a throw of 42'1.25" at the MSU-Mankato meet.

As of early March, there are 41 track records books, nine Concordia track records have since Emily Spoon's name to them. Of those nine, two have been set this year. In Iowa, Spoon set the indoor school record in the mile with a time of 5:10.88 minutes. She was also part of the distance medley relay along with Natasha Schmitt, Amanda Mueller and Jessica Gertz who set the record, 12:35.14 minutes, at the same meet.

At the Northwest open, at the University of Minnesota in January, two Concordia records fell at the hands (and feet) of Seniors Heidi Rempp and Justin Kortuem. Rempp broke her own previous record in the 60 meter hurdles with a time of 9.59 seconds. Kortuem elevated the weight throw mark with a throw of 45'10".

Freshman Eldon Grimslid broke the indoor triple jump record at the MSU-Mankato meet Feb. 7. This was the first meet he competed in on the Concordia track team after less than a week of practice.

The indoor season is winding down. The NSIC Indoor Championships will be held February 28 and 29 at Wayne State in Nebraska. The NCAA Indoor Championships will be held in Boston in the beginning of April.

Art of Opera

continued from page 2

their opera characters, says Professor Spero, who has performed in opera such as "Carmen," "La Boheme," and "The Marriage of Figaro," to name a few. Spero currently teaches voice lessons at Concordia in addition to the new Opera Workshop.

For anyone interested in seeing a complete opera performed, the Minnesota Opera is an excellent local resource. St. Paul's "The Passion" plays Feb 28-March 6 at the Ordway in St. Paul, and Mozart's "The Magic Flute" is coming in May. You can also see your classmates in the Opera Workshop Performance on Friday, May 7 at 7 p.m., all for free!

Take Tunnel to Health

by Lindsay Hartleben

In addition to various group exercise class offerings and two existing weight rooms on campus, another option will soon exist for health-conscious students. A fitness center is in the works to fill the vacant bookstore space in the Student Union basement and should be in operation in early March.

When Jennifer Haworth distributed 200 surveys to re-search students' opinions on the condition of the Union operation in early March, it was clear that several students favored the idea of adding a fitness center.

Haworth is available in the Union during the day and the same hours as the Union. Depending on what the big screen TV could enhance the atmosphere of the plans developed for a facility which Haworth says will favored the idea of adding a fitness center.

During meetings of the Union Board of Governors, applicants is quite impressive. The majority of those responses were for the fitness center. "I'm eager to represent our football team," says Grell. Another member, sophomore Travis Johannes, excited to be a part of this elite group. "I'm excited to give my input on the what next head coach should be. I want someone to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. "I'm eager to represent Concordia University and its football program appropriately. I want to make the right choice," says Johannes. For anyone interested in seeing a complete opera performed, the Minnesota Opera is an excellent local resource. St. Paul's "The Passion" plays Feb 28-March 6 at the Ordway in St. Paul, and Mozart's "The Magic Flute" is coming in May. "Our football team," says Grell. and the rest of the committee are on to picking the best person for this job. It's really about the younger players," says Grell. "They need somebody here who is right for them and who will properly represent them for the years to come."

SWORD