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Exploring the science of wound care
Dr. Lucast presents final Sigma Pi seminar of semester
By Johanna Pugsley

For the final Sigma Pi seminar of the semester, Dr. Donald H. Lucast gave the seminar "Polymers in Wound Care" on Nov. 28. He described the two types of wounds encountered in hospitals and the different bandages used to protect them.

According to Lucast, the skin, the body's largest organ, measures about 3000 square inches and weighs about seven pounds.

"An average square inch of skin," said Lucast, "contains 2800 sweat and oil glands, 72 feet of nerves, 15 feet of blood vessels and hundreds of pain and sensory receptors."

When a person is active, the skin contains one quarter of the person's blood. Each day a person loses about 10 million skin cells, resulting in a complete replacement every 20 to 30 days.

Because skin is rough, constantly taking, and contaminated with water, oils and salts, keeping on adhesives is difficult. For this reason, chemists are seeking new and improved adhesives for wound care.

Hospitals use two basic categories of bandages: tape and tissue sealants. Tapes range from cotton fibers to polyvinyl chloride (PVC) and range from relatively inexpensive to over three dollars per yard. Tape may be porous and breathable or occlusive where nothing passes through. It may be elastic or flexible.

Tissue Sealants
All the sealants are used to close and seal soft tissue. Several polymers are used in tissue sealants: fibrin glue, cross-linked protein and cyanocrylate.

Fibrin glue is made from the natural blood clotting agent found in the body—only in a larger concentration. It uses blood clotting to create a protein mass that seals the tissue.

Cross-linked protein tissue sealants are made from natural proteins and a synthetic cross linker. After the wound has healed, the cross-linked protein is degradable.

Cyanocrylate adhesives, also known as super glue, are easy to make and form a strong bond. Depending on the chemical chain used, the adhesive takes on different properties. A chain with a faster reaction produces a brittle adhesive and toxic waste. A chain with a slower reaction rate produces a more flexible polymer and less toxic waste.

The bandage used often depends on whether the wound is chronic or acute and what stage the wound is in.

Often occur in the elderly, bedridden and diseased. They commonly occur on the tailbone, shoulders, hips, heels and lower leg. Chronic wounds are often large holes that need to heal from the bottom up. They may emit much fluid and sometimes need to be reopened so that they can heal.

Because of the nature of chronic wounds, special dressings must be applied. Alginate dressings are fibrous pads made from seaweed and contain soluble sodium salts and calcium salts. Polyethylene loams absorb water while maintaining their physical integrity. They can be made convex to conform to heels, or left flat to cover hips. Hydrocolloid dressings are the older yellowish dressings.

The absorbent in these can be either a gum or CMC, which is diaper filling. Hydrocolloids are liquid polymers that gel up when placed in the wound. They may contain water and medications to help the wound heal.

Acute Wounds
Acute wounds, on the other hand, are fresh wounds that may or may not be deliberately caused. Deliberate causes include surgery and IV lines. Wounds trigger active body responses to heal the wound.

The most common dressing for acute wounds is Transparent Adhesive Dressing (TAD), which is just polyurethane film with adhesive. These are used to protect the wound while the body heals. Other protection devices include regular band-aids and incisor drips, which are the plastic covering doctors cut through when performing surgery.

Students may look forward to four more Sigma Pi seminars next semester.

CBOL sponsors
Angel Tree
By Susanna Mennicke

In the spirit of the Christmas season, the College of Business and Organizational Leadership will sponsor a charity called Angel Tree Christmas, helping to connect parents in prison with their children.

On Dec. 4, the faculty and staff of CBOL chose children's names from a Christmas tree in the Lutheran Memorial Center. Those names, along with the children's ages, represent children who have at least one parent in prison.

Angel Tree Christmas allows prisoners with children to fill out a form to suggest a gift for their children and write a personal message to them. The charity sends the information to sponsors, who purchase and deliver the gifts.

As Angel Tree Christmas's website notes, several of the families the charity helps are not ever allowed to see their relative in prison. The gifts and messages that the sponsors deliver can be the only contact the families have together.

This year will be the second in a row that CBOL has worked with Angel Tree Christmas. Last year, CBOL sponsored 17 children in Florida. This year, the faculty and staff will work closer to home, sponsoring 20 children in Cass Lake, Minn., near Bemidji. Those participating can choose to purchase gifts or make monetary donations toward the costs of delivering the gifts.

The faculty and staff chose to work with Angel Tree Christmas last year when deciding to collectively work with a charity for Christmas. The charity stood out as not only a chance to give, but also to minister to the prisoners and their families. Angel Tree Christmas is affiliated with Prison Ministry, and is often run through churches. Professor Renata Mayrhofer said, "A big part of the ministry is giving the gifts personally."

Mayrhofer, who had worked with the charity before through her church, connected CBOL with Angel Tree Christmas. She was able to witness the impact that the delivered messages and gifts had on the children. One particular memory stood out to her. At one house, a boy was living with his grandparents. When Mayrhofer arrived to deliver the gifts to the house, the boy was at first silent and skeptical. She told the boy that she had brought presents from his father. The boy's eyes suddenly lit up. "I thought he forgot about me!" He smiled.

This Christmas, CBOL is doing its part to see that children like that boy do not feel like they have been forgotten.
Iraqi Christians share their faith
By Tim Sailer

After attending the Mosul Institute of Technology, serving as translators for the U.S. Army, moving to Jordan while applying for visas, the Bahouda siblings are now in Johnson, Iowa, applying for United States citizenship.

Amer, Raid and Thekra Bahouda came to Concordia University for a special convocation, "Having Faith in the Midst of War: Iraqi Christians Share their Stories." The convocation was organized by Campus Ministry, the Diversity Reality Team and Student Services.

Andy Herzberg, who works with Student Services and Card Services, introduced the siblings and his mother, Pam Herzberg. She is a member of Messiah Lutheran Church in Des Moines, Iowa. The church worked for over a year to get the Bahoudas to the United States. Obtaining a visa took 14 months.

Amer Bahouda began the presentation. He studied French Literature at the Mosul Institute of Technology. After graduating, he worked on transcription of audio and translation for the U.S. army.

Smiling, Amer said, "I'm very thankful to having us here amongst you. I want to thank this great population and the U.S. army for bringing democracy to Iraq."

He continued with an overview of the political geography of Iraq and the Middle East. He also mentioned the dwindling amount of Christians in Iraq. Before the war, 1.5 million Christians lived in the country. Now, only 400,000 continue to live there.

"Most of the people who are Christian left the border to Jordan, Syria and Turkey," said Amer. In these countries, they would be able to obtain visas so they could travel to Europe, Australia or North America.

Shelly Schwalm, a junior in the Director of Christian Education program, was able to talk with them individually before the convocation. The Bahouda siblings were able to share more about the issue of being an Iraqi and Christian.

"The Muslims of Iraq do not consider Christian Iraqis true Iraqis," said Schwalm. "They joke that the Christian Iraqis are 'cousins' of the Americans because they assume all Americans are Christian, just as we might think the majority of Iraqis are Muslim."

Schwalm was also able to discuss her sister's future deployment to Iraq as a nurse. "They told me that they probably knew she would be, they reassured me that her location would be safer than most, and expressed how grateful they were to her and my family for contributing to the cause of improving their nation."

Later, Amer's brother, Raid, spoke extensively on the rich culture and history of Iraq. He provided many pictures of ancient art, renderings of Ziggurats and current photos of his Catholic church in his hometown.

With only 15 minutes remaining, Thekra explained more about Saddam Hussein's rule in Iraq. One photo showed his palace. "There are about 75 palaces in Iraq for Saddam," said Thekra.

She explained the lavishness of his palaces, complete with the most ornate marble pillars and gold within the décor of the bathrooms.

As students and professors began to leave for classes, a question-and-answer period began. One man cut straight to the chase. He wanted to know what the siblings thought about America's presence in Iraq.

Raid answered, "I think the U.S. military is helping...they don't mention it. The media just show the bad things. I'm very angry... Security is not good in Iraq right now, that doesn't mean the U.S. military is not doing good right now."

He finished by saying, "We don't want [American troops] to leave the country."

A student wondered about life for Iraqi students attending universities.

Amer explained there aren't as many universities as American students have. The Internet has just boomed, making it a major source of entertainment and information. Still, the conditions aren't the same.

Thekra elaborated on the educational condition, particularly in Mosul. She said, "The university professors have left the country and students were wondering if their studies would even continue. Another issue was Al Qaida's presence in Mosul. They demanded that "girls should cover themselves, otherwise they will be killed.""

Thekra ended her answer, saying, "Young men and women...they are helpless maybe, they are helpless."

It was apparent students, faculty and staff wanted to hear more of Bahouda's experience of being Christian in a war-torn Muslim community.

Geoff Gronewold, a third year history major, said the convocation "was good, but it had the potential to be a lot better if they scaled back on the history... and talked more about what it's like to be a Christian in the midst of a Muslim war-torn country, as advertised."

Still, the Bahouda siblings received a warm applause and welcome from the Concordia community as many attendees rushed to their classes, appreciating the time and effort Amer, Raid and Thekra provided to Concordia.

Convocation schedule
Contributed by Cate Vermeland

March 5: Bill Glazer: 2008 Woodrow Wilson Visiting Fellow

Glazer has covered four wars and eight Olympics and reported stories in Europe, Asia and the Middle East.

Announcing the 2008 Woodrow Wilson Visiting Fellow – BILL GLAZER, Journalist, Milwaukee Journal Sentinel

Glazer has covered four wars and eight Olympics and reported stories in Europe, Asia and the Middle East. He spent the first half of his career as a sports reporter before switching to news. He was the London correspondent for the Baltimore Sun from 1993 to 2002, concentrating on Northern Ireland's peace process, British politics, and the crisis of the Balkans. He reported on the initial U.S. air strikes against Afghanistan as an embedded reporter with the U.S. military. He also reported widely on European cultural and social issues. He joined The Chicago Tribune in 2002 and covered local, national, and international news—including the U.S. led occupation of Iraq—and wrote editorials. In 2006, he joined the Milwaukee Journal Sentinel, where he covers aging and demographics.

Topics: Iraq and the Middle East, British and European politics, the Olympics, opinion writing: news and sports reporting: aging and demographics in America.

April 16: Book of the Year Convocation

April 23: Honors Convocation
Make it right
By Steven Namanny

Make it Right (MIR). Make it Right is a campaign actor Brad Pitt has started to help rebuild New Orleans.

The numerous pink structures draw so much attention to themselves that people cannot help but wonder what is going on. At www.makeitrightnola.org, site visitors are able to see what the MIR team is doing.

On the website, there is a video of Brad Pitt delivering a welcome message. Across the top there are links to brief histories of the Lower Ninth Ward and Katrina. Visitors to the site are also able learn more about the MIR team, including the thirteen international architects. There is also a listing of the partners involved and even MIR merchandise that you can purchase.

Currently, the goal of MIR is to build 150 environmental friendly houses in the Lower Ninth Ward and then move to different locations in the city.

The most commendable feature on the entire website is the way that you donate. Through the website you make your donations by clicking on one of the pink structures and then shopping throughout the house. You can donate any amount of money and are able to sponsor anything inside the house from sinks, to faucets, to solar panels, to rainwater harvesting or sponsor the whole house for $150,000.

The struggle of rebuilding a city is something that cannot be done alone. Camp Restore needs the help of Make it Right and vice versa.

One of the Lutheran churches in the Lower Ninth Ward is still abandoned. As MIR works to rebuild the houses we are turning the broken church into a community center.

As Brad Pitt says, "The people down here call it the fight of their lives, so come join the fight by donating today.

So come, join the fight. Donate time by volunteering at Camp Restore or donate money to Camp Restore or MIR.

Thus far the guild has accepted a fixed residual for the first year of a shows online use then, after the second year, the guild would require 2.5 percent of distributors' gross for television shows and films viewed online.

Numerous actors, including Sandra Oh and Steve Carell, are showing their support to writers by joining them at the picket line. Late-night hosts such as Conan O’Brian, David Letterman, and Jay Leno are even paying their laid-off employees’ salaries.

The point here is that numerous employees are being affected. Let us all hope that some sort of an agreement can be reached.

Writers strike: The row over money and principles
By Erin Anderson

Certainly television watchers across the nation have felt the effects of the writers’ strike. Numerous prime-time and late-night shows have halted as the strike continues. Where audiences had been anticipating new episodes of their favorite shows, re-runs are instituted. After five weeks of the strike, viewers are left wondering: is there an end in sight?

The writers strike is a fight not only for more money, but for credit where it is deserved and for principles. The strike is a classic case of management versus union and both sides are hopeful that an agreement can be reached.

With all of the new technology out coming to an agreement with studios. The strike ended after both sides came to an agreement that writers were entitled to a small amount of the sales from videos. It is said that the 1998 strike cost the entertainment industry $500 million. If the 2007 writers strike were to last 22 weeks it is estimated that it would cost the industry $5 billion.

Both sides involved in the current strike appear to be making headway. The Screenwriters Guild of America released a statement saying, "For the last two days we have had substantive discussions of the issues important to writers, the first time this has occurred in this negotiation."
Student discovers Christmas Spirit?
Yes, Sword readers, there is a Santa Claus
By Justin Pinotti

It's beginning to look a lot like Christmas everywhere we go, or at least every mall we go to. Santa is here for his seasonal cameo appearance in our shopping lives, overtaking our malls with his fleet of elves, bringing joy, the Christmas spirit, and of course, visions of sugar plums dancing.

I was curious to see if Santa's Christmas magic had the same effect on me, a college student now, as it had when I was a little boy. Upon arrival at the Mall of America, I noticed the usual rundown of Christmas aesthetics. Sometimes, I think that Santa figures, "My elves and I shouldn't be the only ones who get to enjoy the North Pole," so he brings the North Pole to us. How they were ever able to get snow inside the mall is beyond me. I've often wondered if Santa, in fact, does have magic powers that extend beyond being able to groom and breed reindeer or maybe Santa is a superhero keeping those elves in check.

After leaving, I was enjoying a nice day at the mall with my parents when what did my wandering eye spot? None other than Santa on the west end of the mall. I was befuddled, and confused. How did this man get all the way to the other side of the mall before me? He clearly is in a lot worse shape than I, his knees look like they have a lot of weight on them, and that hearty laugh of his only covers the lung currently being hacked up from a vicious sickness he has. Mom couldn't explain it, so I wanted to run an elaborate investigation involving a system of traps and pulleys to determine how Santa could get from one end of the mall to the other. But Mom said no.

After the long, boring car ride home from the North Pole, I was hanging out with a friend of mine. He was telling me about his day at work in Rosedale Mall. Bloody Saturday only fed fuel to the fire. "And those stupid kids waiting to see Santa just tick me off," he said. Apparently, Santa was also at the Rosedale Mall that afternoon! My fears were confirmed: Santa is a magic wielding tyrant confined only by his elves, who are the one hope mankind has, or maybe Santa is a superhero keeping those elves in check. Yes, that's it - Santa is a superhero, saving mankind one Christmas at a time. So this Christmas when you're drinking eggnog, and eating with family and friends, remember to keep the real meaning of Christmas in your hearts and minds: Santa is a superhero.

Have a merry Christmas, a Happy New Year, and don't forget to see Santa. He is at the Mall of America, the Rosedale Mall, and rumor has it, the Maplewood Mall, but I am still investigating that.

Christmas in October
By Erin Anderson

It's beginning to look a lot like Christmas everywhere we go, or at least every mall we go to. Santa is here for his seasonal cameo appearance in our shopping lives, overtaking our malls with his fleet of elves, bringing joy, the Christmas spirit, and of course, visions of sugar plums dancing.

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For me, the first Christmas advertisement came two days before Halloween. Here I was, preparing for spooks and spiders and trick-or-treaters when I was assaulted by the mer- riment of a holiday that was still two months away.

That was only the beginning. The momentum built, more and more ads were seen, and soon enough there was a full-on explosion throughout the market place. Red, green, and silver have replaced orange and black in record breaking swiftness. In this society of mass consumerism, shoppers rarely stop to think about the absur- dity of all the Christmas propaganda.

The malls have been decked out with lights and plastic trees for many weeks now, and children are making their lists for Santa. Stores are working overtime to get us spend our first dollar at their establishment. Based on shopping trends over the years, the earlier we start shopping, the more money we will end up spending.

The big bang of the shopping season occurred on Friday November, 23, the day after Thanksgiving. This day, known as Black Friday, marks a special time of year when shoppers awake well before dawn to stake out the best deals in town. Talk about mass consumerism in action!

My favorite visual oddity of the season is the bins of discount Halloween decorations and candy displayed next to the plethora of Christmas goods. We seemed to have skipped over Thanksgiving altogether in our enthusiasm to move on to Christmas.

Perhaps the most annoying aspect of this never ending holiday is the repetition of Christmas songs. After working retail for about five years, I have committed every Christmas song to memory. Listening to the same songs over and over again, shift and shift, is enough to make anyone want to rip out their hair.

For some reason, American society has decided that Christmas should be an event celebrated continually for six months. The "holiday season" spans for what seems like hundreds of days and sucks up all unsuspecting beings in its path.

The mass of Christmas ads raises the question: how soon is too soon? At this rate, we could be asking ourselves, is August too soon?
Procrastination is next semester’s problem
By Tim Sailer

I’ve decided to make my New Year’s resolutions for 2008. You may think it’s too early. It is. But I’ve resolved not to procrastinate. I thought I’d better get ahead on this list. I am, however, procrastinating the writing of this column. My deadline is in a few hours. Does that make me a hypocrite? This is turning out to be quite a conundrum.

Procrastinating may no longer be at the top of students’ minds. It is after all, the end of the semester. Finals are already winding down. We basically have nothing to procrastinate over unless you are one of the few students who have been granted an in-process grade. If this is the case, get working.

But part of me wants to revel in the great times I’ve had as a result of putting coursework until the hour of reckoning.

And isn’t collegiate procrastination thrilling? It’s a defining cultural element for 18-22 year-olds. It’s especially compelling when a group of procrastinators join forces and delay their homework together.

The stuffy atmosphere of Tier 0 is too tempting and becomes prone to awful dancing and singing at 3 a.m. The two-egg combo and bottomless pot of coffee beckons the idlers at Perkins.

I would also argue procrastinating elicits my best work, particularly writing. Last month, I will admit to starting a paper at 12:30 a.m. the evening before it was due. Professors who may be reading this may be shocked and stunned by such candor. I am not alone.

I received the highest grade on that paper from a professor, catapulting my delinquency into a new realm: Waiting Until the Last Minute = Better Grades.

As fun as dilly-dallying may be, I hope to transcend this life of debauchery. I don’t really believe in the above equation. It’s far too risky to live on such extremes. The burn-out is starting to invade my life, and I’m going to take a stance.

Why do we procrastinate? I’ve asked a few fellow procrastinators to see what the real issue is. Here are the results:

“I always wait until the last possible moment to do my homework, and I always regret not doing earlier when I had the time instead of cramming it into an all-nighter.”

“Because, even though I have a semester-long project due in eight hours, I just beat my score of 10,775,761 on Dolphin Cup with a new score of 15,137,129 points.”

“I procrastinate so that I don’t have the time to go back every day and overanalyze what I did. That way, I don’t have to go back and look over my work 3000 times.”

“I procrastinate because if the world were to come to a quick and sudden end, I’d rather have the time with people than the time with the couch, 3:35 move from couch to my actual bed, then repeat cycle. I’m booked!”

“I’m thinking. Give me a minute.”

Vilfredo Pareto established the 80/20 principle, stating that eighty percent of the yield often comes from twenty percent of the time spent. I suppose right before the assignment is due is my twenty percent.

“I don’t get things done unless I’m under pressure. Maybe that’s why I’m a Communications major.”

“Because staying up all night with lots of things to do is what college is all about.”

“Why do I procrastinate? Well let’s look into a normal day for me... 11:55 roll out of bed, 12:01 first class of the day, 1:20 lunch with myself (I can’t cancel that again) 3:00 random dance party, 4:50 stalk people on Facebook, 5:30 get into the gym, 6:00 work, 6:30 think about doing my homework, 7:00 attend my nightly social extravaganza banquet in the Dining Hall about 8:00 work at the office... I mean watch “The Office,” 9:00 get caught up on the gossip going around CSP, 10:00 chapel, 11:00 B-dubs [Buffalo Wild Wings], 12:30 watch a movie of my choice of course, 2:00 open my books, 3:30 wake up on the couch, 3:35 move from couch to my actual bed... then repeat cycle. I’m booked! I honestly just don’t see what I can cut out. And there is no time for me to squeeze anything else in.”

The hours of idling, dragging your feet on the ground, filibustering or twiddling your thumbs is a seemingly necessary element to this college life. I’m beginning to wonder if my resolution is too ambitious or—gasp—adult even.

I’ve pondered too much on this. It’s time to work on the rest of my resolutions. I’ll worry about that tomorrow. Perhaps you’ll read the whole thing next year.

Perhaps...
Radiohead: Appreciate the music you love
By Danny Johnson

How much is music worth to you? Most people in today's technological society have downloaded music illegally; for some, it is the only means they are willing to use to gather music. Radiohead has now attempted to revolutionize the way people receive the music they desire.

With their recent record release "In Rainbows", Radiohead created a website dedicated to the download of this album. Once you enter the site, you are prompted with the choice between a preorder of the physical album with book and vinyl record or the simple album download. When you choose to download, it takes you to a screen with just a box where you can enter any amount of money and then download the album. Now the fascinating thing about this method is that you are not obligated to give anything. It is all based upon your respect and charity to the work of Radiohead.

I, to be entirely honest, went through and paid nothing for my download; I wanted to see if this was too good to be true. It wasn't. I paid nothing and received the one of the greatest alternative rock albums to be released in a while. Although I got "In Rainbows" for free, I don't feel entirely guilty because I plan to buy the physical album in stores when it is released January 1st, 2008; the keyword is plan even though I will probably be broke after Christmas.

Although Radiohead has not yet disclosed the profit they have made from this experiment, it has already been a big hit. On the day the download opened, more than 1.2 million people downloaded the album. Many believe Radiohead will make a large profit from this method due to their dedicated and appreciative fan-base.

Rolling Stone magazine interviewed Radiohead's guitarist Jonny Greenwood about many of the questions regarding this odd release method. When asked why they chose to release the album this way Jonny said, "Partly just to get it out quickly, so everyone would hear it at the same time, and partly because it was an experiment that felt worth trying, really." He was also asked why the album came with variable pricing. He said, "It's fun to make people stop for a few seconds and think about what music is worth, and that's just an interesting question to ask people."

Artists put weeks, months and even years into the work they produce. Their job is to be devoted to their art and release the best possible product for the listener to thoroughly enjoy. The next time you go to download a song, think about the artist's passion for their work; think about the time and effort that went into creating this music. Ponder for a moment how important music is to your life and how much you are willing to spend on it. Try to support the music you love so it can flourish and be heard by many. If you would like to visit the site Radiohead has created, go to www.inrainbows.com and download the album. It is worth it. No matter how great an artist is, the music created cannot blossom without a committed following; support your favorite musicians by going to concerts, buying apparel and purchasing albums so great music can be rewarded and triumph.

Radiohead: Appreciate the music you love
By Danny Johnson

A detective and a heroin king
By Justin Pinotti

Frank Lucas is the Heroin King of Harlem. Richlie Roberts is a womanizing deadbeat husband who happens to be one of the only honest cops on the force. What do these two unlike companions have in common? They both want to take down the corrupt police force that happens to be just as big of a stain on the drug community as the mob itself. Sounds right? I think so, except for the fact that the two hours and 20 minutes before this story takes center stage, the movie has very little to do with that. Focusing on something completely different, "American Gangster" spends a majority of the movie asking, "How great an artist is, the music they love so it can thrive and be heard by many."

The next time you go to download a song, think about the artist's passion for their work; think about the time and effort that went into creating this music. Ponder for a moment how important music is to your life and how much you are willing to spend on it. Try to support the music you love so it can flourish and be heard by many. If you would like to visit the site Radiohead has created, go to www.inrainbows.com and download the album. It is worth it. No matter how great an artist is, the music created cannot blossom without a committed following; support your favorite musicians by going to concerts, buying apparel and purchasing albums so great music can be rewarded and triumph.

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Everyone either knows her by her nickname or just the young woman who works in the Caribou Commons coffee shop. However, Alexandria Gaston-Atwater is no ordinary coffee barista.

She grew up on the South Side of Chicago, and moved to Minnesota six days after 9/11 to be with her biological family, as she had been living with an adoptive family since she was 10 years old. Gaston-Atwater said she doesn't remember anything about not being able to be with her biological family, as she was only three when she was taken into state custody. She now lives with her mother, brother and sister, but she said she still stays in contact with her foster family. She said that is why she has two last names: Gaston for her biological family, Atwater for her adoptive family.

Maple is what all of the Concordia coffee shop regulars know her by, but she said she knows all of their orders just by remembering their faces. She probably knows about 60 orders by heart. "When 50 or 60 people order the same thing everyday, it's easy," she said. Maple started working in the Caribou Commons after three years of working in both the Union and the Dining Hall, but she said she likes the coffee shop best out of all stations.

"This is a good place for me to be at," she said. "I like to be the loner with just my thoughts and the people that walk past."

MAPLE: No ordinary barista

By Kaitlin Hartnett

"I praise God for our blessings of the past and pray for His guidance and peace in the coming year. Again, Merry Christmas.

--President Bob Holst"
Stay healthy over holidays
By Nikki Hertel

Whether you've got the holiday blues or the holiday flu, Concordia has got the answer for you! Some of you may have attended Concordia's Health Fair a few weeks ago where the presentations focused on the six dimensions of wellness: social, spiritual, emotional, environmental, physical, and intellectual. The fair alerted students to the significance of maintaining wellness in all spectrums of life and reminded them of the importance of staying healthy.

The winter is nearing everyday and brings with it several deadly beasts. The flu and the common cold are two beasts that hit Concordia students hard every year. Because our campus is so small and congested, viruses and other diseases spread like wildfire. Hand washing and mouth covering are absolutely necessary in order to fend off these winter beasts. Concordia nurse Cher Rafferty says that "illnesses found among college students are most often caused by increased stress, cold weather that brings people closer together in closed classrooms and buildings where germs easily spread, sleep deprivation which causes lowered resistance, and poor handwashing habits." She also recommends getting enough sleep, eating well, and being careful to avoid germs to stay healthy during this holiday season, especially since finals week is just around the corner.

Health Service's hours are listed on their website and are there if you have even the slightest health problems. Another vital fact to remember is to eat right and exercise. In order to make sure that your body is in peak physical condition to fight off any "bad bugs" that might be lurking around during these holiday times, make sure you are eating nutritious and getting lots of exercise. The Bear Den and the Gangelhoff Center are two places where you can get a great workout and make sure that Thanksgiving turkey doesn't sit in your stomach all winter. I know we're the Concordia Golden Bears, but it's important to not fatten and stock up for all winter.

Another dark beast creeping through the winter days is the "blues." The darkness of winter and the dreary snowfalls can leave people feeling down and depressed. Also, finals week can really make the stress meter spike. Be sure to stay positive and to take time for yourself. Hanging out with friends and getting involved on campus can really help lighten those cold, snowy days. In order to keep the stress from building up, try making lists or setting up a schedule to get your homework done. If you do start feeling "down in the dumps" and can't seem to shake that sad feeling, be sure to see Concordia's counseling services and their website. You can receive free, personalized one-on-one attention from Concordia's counselors or visit their website to get some great tips.

Be sure to remember these tips and helpful suggestions during the holidays. If you feel a cough or the "blues" coming on, be sure to act quickly and take advantage of all the wonderful services Concordia has to offer! Stay healthy and have a wonderful winter!

Counseling Hours:
Monday-Friday 8:00 am - 4:30 p.m.

Counseling Services is closed during holiday and summer breaks.
email: swanson@csp.edu

"Counseling provides a supportive and confidential environment for discussing personal concerns, gaining self-understanding, and developing those crucial life skills. Students come in to talk with counselors at Concordia Counseling Services for many different reasons. Some common reasons include managing stress and anxiety, feeling homesick, dealing with depression, improving relationships, discussing family problems, increasing self-confidence, improving body image, and coping with academic pressures and problems. Though these are common concerns that students bring in, each student who comes for counseling is regarded and respected as the unique individual that he or she is."

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Being involved with the most talked-about news publication on-campus is FUN... looks GREAT on a resume...allows you to meet NEW people... and the best part? YOU GET PAID!

Contact Editor Kaitlin Hartnett at hartnetk@csp.edu if you are interested!
Dates with Eich: Holidazzle Parade
By Matt Eicheldinger

It's that time of the year again. Bring out the lights, shovel the snow, and pile on the gravy please; it's Christmas time! For the majority of us, the holidays are a time to relax, but that's pretty hard considering classes are spitting out more homework than ever, and finals are not too far down the road. Instead of enjoying the holiday month, we find ourselves hunkering down in the library, cutting off all ties to social life. However, there are some activities close to campus that can unplug our minds from the stress of academic work, and give us a taste of the holiday season. One of these events is the Macy's Holidazzle Parade and Annual Holiday Display in downtown Minneapolis.

The Macy's Holidazzle Parade has been a part of the cities for 16 years now, and is one of the must sees of the season. It is a multi-weekend event, taking place on Thursdays, Fridays, Saturdays, and Sundays from November 23 to December 23. Each day has a different sponsor, grand marshal, choir and band to make sure many people have the opportunity to see the parade during the holiday season. The parade starts at 6:30 sharp and runs down Nicollet Ave from 2nd to 12th street and crosses right in front of the Nicollet Mall. The Grand Marshal leads the way for numerous floats and people covered in hundreds of lights. To hit on some highlights, you'll see the famous 15 ft. tall, glowing, spinning Frosty the Snowman along with the Wizard of Oz float.

Many people stand on sidewalks for prime viewing, but some make their way up to the skyscrapers, or even to coffee shops along the road. Finding a place to stand is relatively easy, but finding a place to park can be an adventure. I suggest arriving in Minneapolis around 6 o'clock so you can find the less expensive parking lots, because if you wait too long you could find yourself paying $10-$15 for parking. Most likely, you will have to walk a few blocks till you get to Nicollet Avenue, so bundle up tight, because it can be a cold walk.

The Macy's Holidazzle Parade also runs with the Annual Holiday Display in downtown Minneapolis. The Display is run on the 8th floor of the Macy's store, and is free to the public during store hours. Celebrating its 45th annual show, Macy's decided to resurrect an old favorite tale, "The Nutcracker." A team of more than 30 local artisans have created figures, costumes, and more than 13 scenes to capture the audience. The artists stuck classic technology to give the walk-through an older generation theme, so there are no extraordinary special effects, but you'll still be amazed at what some of the artists created.

Attention! Attend the Macy's Annual Display either before or during the end of the parade. If you wait till the parade is entirely finished, and then walk to the Macy's store, you could find yourself waiting in a line that extends more than five stories high. Not only will you be waiting for a long time, but you will be hit with subliminal messages of "buy, buy buy" as Macy's attendants guide you through a line that circles around show-rooms of Macy's products. This year, I made sure to leave the parade early, and I was able to move up to the 8th floor with no problem.

Is the Holidazzle Parade and Macy's Display a blow-your-socks-off event? No, but it can snap you out of a stressful week for free. Grab a group of friends, put some hot chocolate in a thermos, and head to Nicollet Mall in downtown Minneapolis to witness some Christmas spirit. For more information such as daily sponsors and time changes, check out www.macysholidazzle.com

Gifts for a college budget
By Nikki Hertel

The holidays are coming around the corner and that means one thing: "There goes my money." With tuition costs, books, food, and rising gas prices, college students are looking at the upcoming holidays with fear in their eyes. Fear no more! Holiday shopping with a college budget is no longer as difficult as it seems. All you need to do is remember a few key points and learn some crafty tips.

First, remember that it's the thought that counts, so your friends and relatives will appreciate anything they receive. Secondly, remember that an expensive gift is not always a good one. Some of the most sentimental and valued gifts are not the ones that break the bank. Lastly, remember that your loved ones will understand your budget and be thankful for whatever you give them. These key points will help you in your struggle to tackle those dangerous wish lists.

There are many tricks of the trade when it comes to buying presents on a college budget. It is important to know that buying presents that suit the person's interests is much easier than playing the guessing game. One example would be buying spices or special foods for someone who loves to cook or new tools for someone who enjoys gardening. This can help alleviate your brainpower and reduce the cost of the gift. Also, the holidays can be a time to explore your crafty and more creative side. Many gifts can be "made from scratch" or put together in a thoughtful, cost-effective way. Some crafty and clever gift ideas include the following:

1. Candles
2. Movie tickets
3. Decorated picture frames with a picture of your choice
4. Mixed CDs
5. Jewelry. You can make some from hemp, beads, etc.
6. Baked goods. Break out your cooking skills and make some cookies or other tasty treats for your loved one.
7. Used books
8. Used movies. Movie rental places like Blockbuster often have great deals for movies you can purchase.
9. Baskets. You can make baskets have a theme, such as "putting soda, a package of microwave popcorn, and a movie rental coupon in a basket for a "Movie Night" theme.

Just remember these simple tips when buying those holiday gifts and be sure to not break the bank. Be crafty, clever, and wise when deciding on presents and be sure to stay away from those credit cards! Be smart and good luck! Happy Holidays!
A Concordia Christmas
By Rachel Kuhnle

With classes coming to an end and finals week just around the corner, stressed out students still find time to decorate for Christmas... and participate in a cutthroat floor vs. floor competition!

Every year students decorate as a floor and as individuals for the greatly coveted titles of Best Floor and Best Door. Prizes for the winning floor include fast food gift certificates (win!) and the winner of Best Door receives a $25 gift certificate to Target (major win!).

While some floors, like Luther 3N, go all out with a theme, original art work, and a storyline, others, like all of Wollaeger, do nothing.

Some noteworthy decorations include a fire place on Luther 2N constructed by sophomore Anna Olsen and freshman Laura Mews. Luther 3N brought the Seuss favorite The Grinch Who Stole Christmas to life by recreating Who-ville and a scene with little Cindy Lou and a very, crooked Christmas tree. Art student Danielle Schlobohm took her skills from the canvas to the windows of Hyatt B.

Hyatt E residents pulled together to not only wish everyone Happy Holidays but congratulate the volleyball team on their latest victory. And freshman Tyler Schwichtenberg from Wollaeger 2E hung up a set of Christmas lights.

Commutes also take the time to get in the Christmas mood. Senior Joshua Huber, former RA and dorm decorating champ of 2005 and 2006, contacted me to boast of his off campus apartment decorations. He said, "I would like challenge the judges to think outside the lines, go off-campus and judge the winter wonderland in our Northeast Minneapolis apartment."

Always a stressful time to be on campus, students who take the time to make lights twinkle and wish Merry Christmas can be a real blessing.

Campus departments even joined in the fun by decorating their offices for the holiday season.
Guthrie's A Christmas Carol rings in its 33rd year
By Sydnee Bickett

The Christmas spirit visits families as they embark on a variety of traditions. A family of five might bundle up in coats, scarves, and snow boots to chop down the yearly Christmas tree the day after Thanksgiving. Another might blast Christmas carols from the stereo while stringing popcorn and cranberry garland and baking dozens of cookies. Another might wait hours outside their favorite shopping mall on Black Friday just to get the best deals on gifts. My family has their own traditions, but this year’s viewing of the Guthrie Theatre’s “A Christmas Carol” has joined the ranks of our annual baking, stringing, lighting and shopping.

The Guthrie added Dickens’ classic tale to its list of productions 33 years ago. Sheila Livingston, director of community relationships for the Guthrie, approached then-artistic director Michael Langham in 1974 about doing a “holiday play” instead of a usual production. Langham asked Barbara Field to adapt the novel along with director Stahlmann and on December 12, 1975, the Guthrie opened the classic tale to a sold-out crowd.

In a 1994 playbill, Field said, “Stephen and I were totally possessed by the magic of the story...Every time I see it on the stage, it surprises me once again; it makes me smile and shed a tear or two. I grow grateful to Mr. Dickens, and to the Guthrie’s celebration of his magic tale.”

The magic certainly hasn’t escaped as the London Fog did on the Wurtele Thrust stage at a Sunday performance on Nov. 25. Most Americans are familiar with Charles Dickens’ story of an old, crotchety Scrooge and his transformation to a loving, caring citizen. Even if attendees are unfamiliar with the official Dickens’ novel, the multiple narrating characters who stand atop the balcony and walk into Scrooge’s life seem to carry everyone through a tale of tidings, strange and true.

Set in the mid-1800s, A Christmas Carol follows Ebenezer Scrooge as he is visited by three ghosts: the Ghost of Christmas Past, the Ghost of Christmas Present and the Ghost of Christmas Yet to Come. The ghost of Christmas Past, played by Charity Jones, brings an unwilling Scrooge back through his childhood. Scrooge’s mood changes from fright to sadness when he realizes he cannot embrace his sister Fan; the visits by the ghosts create a wall between Scrooge and everyone else. No matter what he attempts to do or say, the wall cannot be broken.

During his youth Scrooge is employed by Mr. Fezziwig. The Fezziwigs host the most elaborate Christmas parties, filled with an abundance of food, dozens of songs and hours of dancing. The bright and colorful costumes contribute to the lively atmosphere and the lively turkey adds to the happiness of both audience and actors.

The Ghost reminds Scrooge of his long-lost love Belle, played by Elizabeth Stahlmann. Ebenezer loved Belle and he loved Christmas as he danced at the Fezziwig’s annual holiday party with Belle on his arm. These scenes with Stahlmann and Hugh Kennedy as a young Scrooge steal the show. Kennedy’s nervous and innocent love paired with Stahlmann’s beauty and honesty remind the audience to the characters of A Christmas Carol. The show. Kennedy’s nervous and innocent love paired with Stahlmann’s beauty and honesty remind the audience that the show is not very trite. But seeing my seemingly tough father shed a tear or two and hearing my teenage brother comment on the ride home was the best play I’ve ever seen.”

As the Ghost leaves Scrooge, the old man yells out, “I will not forget the lessons I have learned of past, present and future. I will honor Christmas in my heart!” The lights go out and although the audience knows Ray Birk, acting in his third year as Scrooge, is just an actor playing a role, we all hope the ghostly visits have softened the greedy man’s heart.

From the instant Scrooge wakes the next morning, the audience’s shoulders relax. He is a changed man, indeed! Every line and every movement bring an eruption of laughter from the audience. The lights have changed from black to white and the narrators come down from the balcony and walk into Scrooge’s life. In fact, Scrooge narrates his own story alongside them at several points during the last scenes.

The once crotchety old man has become a charitable pleasant citizen. He kisses the maid and sends the largest turkey in town to the Cratchits. Scrooge even decides to visit his nephew Fred and his wife for supper. After all, it IS Christmas.

Scrooge knows he is a changed man, but the change is never more apparent to the audience as when he offers a loving embrace to his nephew. After all the audience laughter and clapping during the previous scenes, this scene brings nothing but silence. I could have heard a pin drop in the theatre as the audience held a collective breath. As the men finally embrace, the audience once again erupts in applause.

The entire cast floods the stage, breaking into song and dance while the audience’s constant applause turns into a rowdy on-beat clapping to the actors’ voices. The first wall was broken earlier and now, the invisible wall between the audience and the actors is shattered too.

Charles Dickens couldn’t have foreseen such a beautiful production of his classic tale when he published the novel in 1843 as a way to feed his growing family. As the story has found its way into the Christmas traditions of many people worldwide, the Guthrie’s version has found its way into my family’s annual Christmas traditions. Saying I went away that night with an understanding of the true meaning of Christmas may sound trite. But seeing my seemingly tough father shed a tear or two and hearing my teenage brother comment on the ride home rang in this Christmas season loud and clear: “This was the best play I’ve ever seen.”
The best albums of 2007
By Tim Sailer

As we wrap up the year, many media outlets are compiling their top lists for 2007. NPR is holding a poll for the best albums of the year. Here are some:

Arcade Fire - "Neon Bible"
Beastie Boys - "The Mix Up"
Lily Allen - "Alright, Still"
Feist - "The Reminder"
Iron and Wine - "The Shepherd's Dog"
Spoon - "Ga Ga Ga Ga Ga"
Edo Kile - "Under the Backlight"
Kanye West - "Graduation"
Shins - "Wincing the Night Away"
Polyphonic Spree - "The Fragile Army"
Travis - "The Boy With No Name"

There are many more albums featured on the NPR website at: http://www.npr.org/music.

My top five albums are:
1. Spoon - "Ga Ga Ga Ga Ga" Many claim this is Spoon's best album to-date. It's a blending of crisp lyrics and a unique blend of driving piano and rhythm ostinato, with melodic horn accompaniment. Buy the album in stores, and you get a bonus CD if iTunes doesn't offer.
2. Sondre Lerche - "Phantom Punch." Hailing from Norway, Sondre Lerhe crafts a pop-rock album full of infectious melodies. Lerche is creeping his way into mainstream music and getting better with each album.
3. Arctic Monkeys - "Favourite Worst Nightmare." These British rockers are rambunctious, driving, and eclectic. This is a follow-up to their debut album "Whatever People Say I Am, That's What I'm Not." It defies expectations as the songs race through your eardrums.
4. Ben Harper and the Innocent Criminals - "Lifeline." This album is phenomenal for two reasons: it was produced in seven days using a 16-track analog tape machine; it's the perfect combination of gospel, soul, blues, country and folk. This is excellent musicianship and a must-have for your collection.
5. Iron and Wine - "The Shepherd's Dog." Quite possibly the best album of the year, full of epic folk stories that are brilliantly entrancing. I've never fallen in love with an album so immediately after hearing the single, "Boy With a Coin." If there's one album to buy this season, it's "The Shepherd's Dog."

Top Books of 2007
Courtesy of The New York Times

Top 5 fiction books:
MAN GONE DOWN By Michael Thomas. This first novel explores the fragmented personal histories behind four desperate days in a black writer's life.
OUT STEALING HORSES By Per Petterson. Translated by Anne Born. In this Norwegian novel, an Oslo professional hopes to cure his loneliness with a plunge into solitude.

THE NINE: Inside the Secret World of the Supreme Court. By Jeffrey Toobin. An erudite outsider's account of the cloistered court's inner workings.

LITTLE HEATHENS: Hard Times and High Spirits on an Iowa Farm During the Great Depression. By Mildred Armstrong Kalish. Kalish's soaring love for her childhood memories saturates this memoir.

THE REST IS NOISE: Listening to the Twentieth Century. By Alex Ross. In his own feat of orchestration, The New Yorker's music critic presents a history of the last century as refracted through its classical music.

2007 sports highlights
By Lance Meyer

Top Ten Sports Stories of 2007
1. Appalachian State upsets #5 Michigan (College Football in general)
2. Barry Bonds breaks the all-time home run record in the midst of a scandal
3. Michael Vick arrested for association with dog-fighting
4. David Beckham takes the field for the Los Angeles Galaxy
5. The New England Patriots
6. Tim Donaghy and the NBA's referee scandal
7. Marion Jones admits to steroid use
8. In Major League Baseball, the New York Mets blew a seven game lead with 17 games to play but rallied in the playoffs, the Texas Rangers scored 30 runs in a game, and the Philadelphia Phillies became the first professional team in history to lose 10,000 games.
9. St. Louis Cardinals relief pitcher Josh Hancock dies in car accident
10. In college basketball, the Florida Gators their second national championship in as many years as they defeated Ohio State

Top Ten Minnesota Sports Stories of 2007
1. Adrian Peterson sets the NFL single-game rushing record at 296
2. Gophers sign Tubby Smith as Head Basketball Coach
3. Timberwolves trade their franchise player, Kevin Garnett to the Boston Celtics
4. Gopher football went 1-11 in their first year under new Head Coach Tim Brewster
5. Winona State's men's basketball team blowing a 7 point lead with 45 seconds left in regulation to lose in the Division II National Championship Game.
6. Groundbreaking ceremony held on August 30 for the new Twins stadium
7. Seven time gold-glover Torii Hunter leaves the Twins and signs with the Los Angeles Angels of Anaheim.
8. The Minnesota Wild reached the playoffs for the second time in franchise history
9. Construction in the works for new, on-campus football stadium at the U of M
10. Minnesota Twins celebrate the 20th Anniversary of their 1987 World Series victory
CONCORDIA SPEAKS: 2007 Concordia highlights
Photos and quotes compiled by Kaitlin Hartnett

Rosie Braun, Academic Advisor
"My favorite part of every year is talking to students and hearing that they really learned something. There are so many things that were great like Homecoming and dedicating the new part of the chapel."

Sharon Krueger-Schewe, Residence Life
#1 National Champions in Volleyball
#2 Watching the old residence halls go down and watching the new one go up.
#3 The mass choir singing in the Chapel at Homecoming. The combination of current and former students singing with some of my college friends"

Dr. Angela Nippert, Kinesiology
"My favorite moment of this past semester was the excitement that was generated from the women's volleyball team winning the National Championship. The school spirit that was shown Monday at the banner unveiling was contagious!"

Dr. Marilyn Reineck, Communications
"Having a group of our majors win a Top Paper Award at the Undergraduate Communication Research Conference"

Dr. Richard Carter, Religion and Theology
"I may have just had it. Student comment at the end of the period. "Dr. Carter, I was surprised that you talked about Christianity as liberating. I tend to think of Christianity as restrictions and duties. The other one that comes to mind was the student that inquired, carefully and intentionally, about how I was doing. My life had been hectic, my conversations abrupt. He realized that that was not usually my style so paused to ask---twice, to get a serious answer---how I was doing. That was neat."

Dr. Angela Nippert, Kinesiology
"My favorite moment of this past semester was the excitement that was generated from the women's volleyball team winning the National Championship. The school spirit that was shown Monday at the banner unveiling was contagious!"

Joshua Pehl, Junior
"My favorite part of any year is the theater productions. I love to act, and it's good to see people come out to support us. The best one was "Into the Woods," most of the theater department really enjoyed that one."
Words from coaches, players
Compiled by Lance Meyer

Jonathan Breithbarth, Head Men's and Women's Cross Country Coach

"Our regional meet went well. We had a number of outstanding individual performances. Our individual performances were great including seven runners running their personal bests. Our ladies also finished the highest they have ever finished at the regional meet as a team. We have been blessed with the ability to develop athletes. I am very excited to see runners taking 1, 2, 3, even 4 minutes off of their time from year to year. We have a lot of hope because we continue to have athletes improving."

Joe Alaniello, Head Women's Soccer Coach

"While the results may not have turned out the way we wanted at the end of the year, there were many positives to take from the season. Beating #7 Winona State and Southwest Minnesota State for the first team in school history are two building blocks for our young team to take into their off-season workouts. We return 18 next year, and I am optimistic about the future of CU Soccer."

Dan Schield, Cross Country

"I think this year went great; I had a great time. Our team was really close, and we'll definitely miss Shae, Kendall, PJ and Kaitlin. While I was disappointed with not making All-Conference, I improved a lot, and I know the entire team showed great improvement as well. We'll work hard at track and come back next year ready to do well."

Emily Stanzy, Cross Country

"I thought that we had a very good season overall. There were several people who had the best race of their life sometime during this season, and I think both the ladies and men did very well. The seniors, Shae, Kaitlin, Kendall, and PJ will definitely be missed, but as weird as it will be next year without them, I'm excited to see what the future holds for our team. We have 4 teams coming into our conference next year, and our region is already one of the toughest in the nation, so I'm really looking forward to the competition."

Sam Voeller, Soccer

"I feel that the season definitely did not go how we had hoped this year. We put in a lot of hard work in both practice and games and unfortunately were not able to get the results we wanted. We are still a young team, which only means we will be getting better and better. Despite our results, the season was a blast and we all got along really well. As far as the spring season goes, it will be a time to put in more hard work and just keep improving, both individually as well as a team. Spring season is usually focused on individual skill and improving yourself, which will then reflect on the larger team. With all the new teams joining our conference next year, things are only going to get tougher, but I have a good feeling about it. Better competition promotes stronger play, and we tend to rise for bigger competition. We must be willing to work hard to get better, but I don't have any doubts in our efforts. I am really looking forward to next season and expect good things from the soccer team!"

Mark Mauer, Head Football Coach

"We did not play up to expectations this season without a doubt, but I have some mixed feelings about how the season went. Our record obviously wasn't good, but on a positive side a lot of young players got vital playing experience that will help in the long run. We also were plagued by the injury bug as a couple of our main starters missed sufficient time and played the entire season with a very young offensive line which hurt early on but improved steadily from game to game. We lost some close games and even mixed a couple really frustrating losses in there, but we're really optimistic about the play of our young guys and excited for the future. We're going to hit the recruiting trail hard, and we're really going to work with our young players to get stronger and more explosive."

Joe Alianiello, Head Men's Soccer Coach

"I feel that the season definitely did not go how we had hoped this year. We put in a lot of hard work in both practice and games and unfortunately were not able to get the results we wanted. We are still a young team, which only means we will be getting better and better. Despite our results, the season was a blast and we all got along really well. As far as the spring season goes, it will be a time to put in more hard work and just keep improving, both individually as well as a team. Spring season is usually focused on individual skill and improving yourself, which will then reflect on the larger team. With all the new teams joining our conference next year, things are only going to get tougher, but I have a good feeling about it. Better competition promotes stronger play, and we tend to rise for bigger competition. We must be willing to work hard to get better, but I don't have any doubts in our efforts. I am really looking forward to next season and expect good things from the soccer team!"
VOLLEYBALL

Kate Bennett, Volleyball
"Tons of thank-yous to the fans!!! I absolutely loved being the only senior on the team. I love my girls and will miss them dearly. I don't think that I would want to graduate as anything other than a National Champion. Way to go girls."

Maggie McNamara, Volleyball
"Obviously, it was a great season; no body could have wanted a better ending. I'm sad to see it end because it was sooo much fun, and I loved the girls so much. It'll be hard not seeing everyone everyday at practice. We've gotten so close to each other, and I'm so proud of all the girls and what we accomplished this season. So much fun! It's hard to say how I feel about being a national champion. Amazing, I guess. It's hard to put into words, and I don't really think it has hit me yet. Now with losing only one senior we are hopefully going to have another successful season ahead of us, but I think that we just want to enjoy this for now and worry about that when it comes next year. I'm so very excited to start again, but I think it will be hard to have such another amazing season."

Brady Starkey, Head Volleyball Coach
"We are just really happy for our girls; they really put it out there this season and we could not be prouder. They fought incredibly hard at regions when they beat Wayne State, Southwest State, and UMD at their place in front of about 2,200 people, then they did even better than that when they won this weekend at the Elite 8. It was a pretty incredible accomplishment by them. We are also really proud of all the support that we have had throughout the season from our faculty, athletic department, parents and especially our super fans; they were awesome and a big part of why we won regions and the national championship, they rocked."

MENS AND WOMENS GOLF

Tyrone Ruffin, Football
"This season was definitely a test for us. We went through a lot of ups and downs, but we never quit. We kept fighting and had opportunities to win every game that we played in. We will learn a lot from this season, and we gained a lot of experience with a lot of younger and new guys playing. We will take the intensity that we finished the year off with and bring it into this off-season as we work to get stronger and faster. Next year we will be a very talented team, with a lot of key returning players, and we look forward to hitting the field again next fall."

Matt Higgins, Head Men's and Women's Golf Coach
"On the men's side- We had a successful season considering how young we are. We started 3 freshmen out of 5. We finished 4th at our conference tournament which is the highest finish we've had in the short history of our program. I'm excited for the spring season to start. We will add at least 1 transfer student that will help us out, and I know the team is motivated to work hard over the off season."

"On the women's side- The women played very well this season. We finished the season tied for 2nd place midway through our conference championships. They also earned two first ever national ranking being ranked as high as 23rd in the country. We finished ranked 25th in the country which is a credit to the hard work the women put in during the season. I know they can compete with any team in our region and I think they are beginning to believe that too. I'm excited to see how they respond this spring and know that they are also motivated to put in the necessary work over the off season to improve."

Carley Paulseth, Golf
"This fall our team had a breakthrough season. We are currently in 2nd place in the conference and 4th in the region. Everyone is working hard this winter to reach our goals of winning the conference and making it to the regional tournament. I can't wait to see what the spring has in store for us."

Garret Larson, Golf
"I felt the team accomplished a lot this fall. We need to bring the momentum from the fall over to the spring. I think this team has tremendous potential. It will be fun to see it play out in the spring. I look forward to more success in the spring season."

Maggie McNamara, Volleyball
"Obviously, it was a great season; no body could have wanted a better ending. I'm sad to see it end because it was sooo much fun, and I loved the girls so much. It'll be hard not seeing everyone everyday at practice. We've gotten so close to each other, and I'm so proud of all the girls and what we accomplished this season. So much fun! It's hard to say how I feel about being a national champion. Amazing, I guess. It's hard to put into words, and I don't really think it has hit me yet. Now with losing only one senior we are hopefully going to have another successful season ahead of us, but I think that we just want to enjoy this for now and worry about that when it comes next year. I'm so very excited to start again, but I think it will be hard to have such another amazing season."

Kate Bennett, Volleyball
"Tons of thank-yous to the fans!!! I absolutely loved being the only senior on the team. I love my girls and will miss them dearly. I don't think that I would want to graduate as anything other than a National Champion. Way to go girls."

Brady Starkey, Head Volleyball Coach
"We are just really happy for our girls; they really put it out there this season and we could not be prouder. They fought incredibly hard at regions when they beat Wayne State, Southwest State, and UMD at their place in front of about 2,200 people, then they did even better than that when they won this weekend at the Elite 8. It was a pretty incredible accomplishment by them. We are also really proud of all the support that we have had throughout the season from our faculty, athletic department, parents and especially our super fans; they were awesome and a big part of why we won regions and the national championship, they rocked."

Tyrone Ruffin, Football
"This season was definitely a test for us. We went through a lot of ups and downs, but we never quit. We kept fighting and had opportunities to win every game that we played in. We will learn a lot from this season, and we gained a lot of experience with a lot of younger and new guys playing. We will take the intensity that we finished the year off with and bring it into this off-season as we work to get stronger and faster. Next year we will be a very talented team, with a lot of key returning players, and we look forward to hitting the field again next fall.

Matt Higgins, Head Men's and Women's Golf Coach
"On the men's side- We had a successful season considering how young we are. We started 3 freshmen out of 5. We finished 4th at our conference tournament which is the highest finish we've had in the short history of our program. I'm excited for the spring season to start. We will add at least 1 transfer student that will help us out, and I know the team is motivated to work hard over the off season."

"On the women's side- The women played very well this season. We finished the season tied for 2nd place midway through our conference championships. They also earned two first ever national ranking being ranked as high as 23rd in the country. We finished ranked 25th in the country which is a credit to the hard work the women put in during the season. I know they can compete with any team in our region and I think they are beginning to believe that too. I'm excited to see how they respond this spring and know that they are also motivated to put in the necessary work over the off season to improve."

Carley Paulseth, Golf
"This fall our team had a breakthrough season. We are currently in 2nd place in the conference and 4th in the region. Everyone is working hard this winter to reach our goals of winning the conference and making it to the regional tournament. I can't wait to see what the spring has in store for us."

Garret Larson, Golf
"I felt the team accomplished a lot this fall. We need to bring the momentum from the fall over to the spring. I think this team has tremendous potential. It will be fun to see it play out in the spring. I look forward to more success in the spring season."
CU at national championships
Commentary by Stephen Batcher

As I finally sit down to write this article about the 2007 NCAA Division II National Champions, our Concordia University Golden Bears, the clock reads 30am. It isn’t that I had a lot of other things to do tonight that interfered with my writing this or that I didn’t want to write this. The fact is, I don’t know what to tell you about. By the time this article is published, everyone will have already heard that we won and if not, someone needs to check their pulse.

So, how do I sum up three most historic moments ever for Concordia Athletics? How do I put into words an event that left me speechless? What makes it even tougher is that it was there, and I don’t feel I can do justice to what I saw.

How do I tell people who weren’t in Topeka what it was like to see Emily Palkert rise up and drill the winning point that rocked the foundation of Concordia Athletics all the way from Kansas? If you weren’t there to witness it, it is impossible to describe to you.

All the robed choir singers back at Concordia sadly missed out on this remarkable achievement ever before.

Those unable to drive down because of bad weather or other plans didn’t get to see what I and everyone else in the stands saw.

It is a sad reality for a glorious event. Due to these factors, I will keep this story short and sweet. This story was the “little team that could.” They fought and clawed in every single match all the way to the championship.

After the 2006 season, Concordia volleyball appeared to be a dynasty on the brink of rebuilding with this season not predicted to be a national title year. The national title year was 2006 when we had the most talented team in school history. This season was going to be rocky, so we all thought at least. Now only like most teams would picture rocky in comparison to the last four years.

The Golden Bears only returned six players from last year’s team, only three of whom had significant playing time. The team was still expected to win the conference championship, but even that wasn’t a certainty, with more experienced teams across the conference. The first weekend of the regular season started off with a bang as the Bears beat seventh-ranked Truman State, and we all thought that maybe our team wasn’t overrated at #6. The team did have some struggles throughout the season, however, as they lost a couple times in conference and two more times in the region. Nonetheless, the team set themselves up for a rematch with the University of Minnesota-Duluth for the regional championship and a place in the Elite 8. Unexpectedly, the team pulled off the upset and headed to Kansas.

The Golden Bears won an “ugly” (according to Coach Brady Stinkey) match against California (PA) in the Elite 8 and moved on to the final four. There they would face West Texas A&M who upset Grand Valley State in the previous round. These West Texans had some of the most annoying cheerleaders ever, but even the game was still fun.

The team took care of business and moved on to the National Championship. In the final match, they faced the Western Washington Vikings and once again, took care of business. Junior Maria Steinhagen took over, and really the rest is history.

This National Championship means so much more for Concordia than another sports banner to put up in the GC or a trophy to place in the trophy case. This is something both the Concordia University and St. Paul communities can take pride in. Concordia is home to the National Champions, and there is no other Division II volleyball team better in America. This is Concordia’s Super Bowl championship and will put the Golden Bears on the map. These women deserve a word of thanks and congrats every time you see them in the hall way for what they’ve done for our school.

I apologize for not being able to fully capture this story, but words do not do such an event justice. Even members of the team couldn’t say anything to help me out. Sophomores Sadie Kessler and Mary Slinger told me, “It was like a dream come true and amazing, what more can you say.”

Top 10 2007 Concordia sports highlights
Commentary by Lance Meyer

Top Ten Concordia Sports Highlights of 2007
1. Volleyball team winning the National Championship earlier this month.
2. Katie LaViolette finished the 06-07 season with 297 assists (9.3/game) which lead not only Division II women’s basketball but was a higher average than the leaders in Divisions I & III as well. Her season performance ranks fourth all-time in Division II history as well as first at Concordia.
3. This past Spring, the Northern Sun Intercollegiate Conference announced that it would expand to 14 teams next fall adding Augustana, Minnesota Duluth, Minnesota State-Mankato, and St. Cloud State.
4. Women’s basketball advancing to the second round of the national tournament last Spring.
5. Concordia women’s golf earned their first ever national ranking (#23) this fall.
6. Maggie McNamara broke her own Division II Record for set assists in a season as she tallied 2093 in 40 games. She also earned First Team All-American Honors.
7. Emily Palkert was honored as Division II Volleyball National Freshman of the Year.
8. Men’s basketball player Kyle Markhausen reached a thousand points in a Bears uniform last February.
9. Women’s soccer defeated #7 ranked Winona State on September 5th.

Top 10 2007 CU athletic performances
Commentary by Lance Meyer

1. Maria Steinhagen’s 26 kills to down Western Washington in the National Championship game.
2. Kole Goodchild’s impressive performance against MSU Moorhead in which he threw for 433 and 5 touchdowns.
3. CU Sprinter, Kawaskii Bacon, advancing to Nationals last spring in the 200m dash.
4. Matt Borman and his record breaking 12 game stretch late last spring. Borman hit .511 in the final stretch including nine home runs, 19 runs, and 25 RBI as he led the Golden Bears to an 11-1 record.
5. Emily Palkert set a school record with 34 kills in a losing effort on October 28th against Wayne State.
6. Concordia’s men’s sprint medley relay team consisting of Kawaskii Bacon, Adrian Perryman, Matt Eischelinger, and Kyle Warren crushed the school record in rout to a fourth place finish at the Drake Relays.
7. Maggie McNamara had a season-high 75 set assists and a career-high 27 digs along with 3 blocks in a five game contest in which the Bears defeated Wayne State on October 20th.
8. Hillary Johnson’s 4 goal performance in a 5-0 victory over Minnesota Crookston this past October.
9. Men’s golfer Alex Timm earned all-NSIC honors by firing a 79-72-151 and finishing sixth. Timm led the Golden Bears to a fourth place finish in the conference.
10. Shae Wallin and Emily Stanzyk finish 8th and 10th respectfully in this fall’s NSIC conference meet to each win all-conference honors.
Favorite Christmas Movies Crossword
Created By Lance Meyer

Across
1 A guardian angel Clarence makes the difference in one business man's life on Christmas Eve
4 Jim Carrey attempts to steal Christmas from the land of Whoville
6 A doubting boy comes to believe in Santa Claus on Christmas Eve by way of the tracks
10 No matter how hard they tried to skip Christmas, one couple just couldn't stay away from celebrating Christmas with their family and neighbors
15 An always excluded reindeer saves the day for Santa
19 The Griswold family's Christmas plans turn into a disaster
20 Two neighbors take their Christmas decorating contest to an extreme

Down
2 The pumpkin king takes over Christmas
3 A little girl, Marie, becomes surrounded by a fantasy world and life-sized toys when she falls asleep and dreams on Christmas Eve

Answers from Issue 5's crossword:

5 A young girl sets out to help a new friend escape to a cooler climate in order to avoid melting
7 Buddy is sent from the North Pole because of his abnormal size and lack of an identity
8 Kermit and Miss Piggy tell the story of Ebeneezer Scrooge
9 Tell the story of Santa Claus defending his identity in court
11 It's Christmas time in London, England, and love is in the air...or is it?
12 All Ralphie wants for Christmas is a BB gun
13 Ebeneezer Scrooge becomes a changed man via the visit of three ghosts
14 When Santa Claus is killed on Christmas Eve, the culprit is tricked into becoming Saint Nicholas' replacement
16 Two women fall in love with male acquaintances after swapping residences for the Christmas season
17 Santa's older brother jeopardizes the Christmas holiday when he moves to the North Pole
18 A Christmas holiday without family but with the wet bandits

Answers will be published in the next issue!
Thanks for a great semester, readers!

We'll be back next year to bring you an even bigger and better student newspaper!