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Moving Beyond First Impressions:
Disability Awareness Week

By Kaitlin Hartnett, editor in chief

During Disability Awareness Week (Feb. 4 to Feb. 8), Melissa Fletcher and Josie Hurka set up a booth in the tunnel to allow for more students to become aware of the different types of learning disabilities their classmates face.

"People think of disabilities as a bad thing," freshman Naomi Rogers said. However, she pointed out that people "can learn from people with disabilities."

Rogers is one of the students at Concordia who has a "hidden" learning disability. She said that it makes it difficult for her to process information. Rogers also said that she has to study more frequently to make facts, such as dates, stick.

"I used a lot of flashcards," she said. "But working with Josie [Hurka] has been great. I haven't fully used all the services they give, because I'm so used to using them, I don't want to overcompensate. I want to be able to do things on my own."

Melissa Fletcher, Director of Disability Services, said that students with hidden disabilities usually face two obstacles: overcoming the disability itself and skepticism from others regarding it.

"When the disability involves the functioning of your brain, people may think a student is either faking 'crazy,' that it doesn't exist or if they just worked a little harder, they'd be okay," she said. "Our role is to ensure that these students have both equal access and an understanding of how to work with their functional limitations and that faculty and staff understand that as well."

Rogers said she appreciates all options available through the Disability Services office, especially the note-takers and the extra time given in class on tests.

"They're really understanding," she said. "Some students get exasperated and flip out on tests. It's good that people know that there is a reason for it."

At the display table in the tunnel, there was useful information and pamphlets that showed how to communicate with people that have disabilities. One major theme was the language used to describe a person that has any sort of disability, whether it is physical or mental.

A pamphlet, entitled "About Being Sensitive to People with Disabilities," says that language reflects society's beliefs, which is why it is so important to choose one's words carefully when working or interacting with students with a disability. Instead of saying the "disabled" or "handicapped," people should say "a person who has a disability." It also says that they are people first, and their disability is only a small part of them.

"I also think there is a lot of stigma attached to being a student with challenges—disability is not a bad word," Fletcher said. "It just means you have to do some things differently and figure out what works for you."

Rogers said that people need to understand that those with disabilities can do just as well as those without.

"People just learn differently," she said. "Once you get that figured out, they can get there. It just might take a little longer."

Anne Nemo chats with Josie Hurka at the Disability Awareness table, which was set up in the tunnel earlier this month. Photo by Kaitlin Hartnett

FACULTY AND STAFF NEWS BRIEFS

BRIAN HEINEMANN, vice president for marketing and admissions, will be leaving Concordia University, St. Paul to serve as director of financial aid at Copper Mountain College in Joshua Tree, Calif. Heinemann began his work at Concordia University in 2002 as director of financial aid.

The University has begun an internal search for the dean of the College of Vocation and Ministry.

DR. STEVEN ARNOLD has served for the past six years as the dean. He has been appointed to serve as campus chaplain, which will be effective July 1, 2008.

Director of financial aid, JILLIAN BROWN, will leave Concordia University later this month to work as associate director of financial aid at Capella University in Minneapolis.

JACOB LACROIX now serves as the director of the Galilee Institute Planning, which will consist of project research and planning for university activities at the Heartwood Conference Center. He was working as associate director of admission and transfer admission counselor.

By Tim Sailer, news editor

The spring 2008 census data has been released. Total university enrollment for this spring is at 2,236—the highest spring term enrollment. This is due, in part, to the increase in graduate students, especially with the new M.A. in Education.

Students can now minor in Urban Cross-Cultural Ministry. The College of Vocation and Ministry has joined with Urban Cross-Cultural College Consortium (U4C) to create a minor in which students will be completely immersed in south Minneapolis, working with the members and organizations in the community.

Chia Khou Vang will lead a lecture on the Hmong writing system, Phajhauj Hmooob, and its use in the world. The lecture is hosted by the Center for Hmong Studies and will be held on Thursday, Feb. 21 from 6-8 p.m. in the Buengen Education Center.

THE MENU:
Friday, Feb. 22, 2008

BREAKFAST SPECIAL
French Toast with Sausage Patty

COPPER POT
Clam Chowder

LUNCH ENTREE
Orange Garlic Chicken Chili over Rice

LUNCH EXHIBITION
Quesadillas

DINNER ENTREE
Baked Fish with Angel Hair Pasta (served in the Union Station)
Lunar Eclipse Looms Ahead
By Evan Palenschat, contributing writer

A treat for Amateur astronomers and any one else who may be interested will present itself on Wednesday, Feb. 20. All will be able to witness the third lunar eclipse in the past 11 months. To learn more about this event I visited with Concordia’s own Dr. Dale Trapp, professor of Astronomy, Physics and Sciences.

Upon entering Dr. Trapp’s office in the Science Building, the amount of scientific literature on the walls is arresting. Held up by sturdy shelving, the titles read “Space,” “Astronomy” and “Advanced Physics.” Dr. Trapp sits behind his desk stacked high with papers and other odds and ends.

He proceeds by leading me through the basics. What is a lunar eclipse?

He explained that a lunar eclipse occurs when the earth’s shadow blocks the light reflected by the sun. This can only occur when the earth is between the sun and a full moon. A solar eclipse, on the other hand, is rarer and occurs when the moon reaches the umbra. This is the darkest part of the shadow when the sun’s light is completely blocked by the earth. This will begin 8:40 p.m. and go until 9:39 that evening.

To view the eclipse you will need to look 6 degrees above the eastern horizon at 6:39 p.m. If you don’t have time to catch the entire eclipse, try to view the umbra (darkest part of the shadow) starting at 8:40 p.m. The moon will be about 30 degrees south of the eastern horizon and 36 minutes.

Public Comment Welcome for HLC Accreditation Eval
by Jill Johnson, director of marketing and university communications

Concordia University, St. Paul will undergo a comprehensive evaluation visit April 6-9, 2008, by a team representing The Higher Learning Commission of the North Central Association of Colleges and Schools. Concordia has been accredited by the Commission since 1967. Its accreditation includes Baccalaureate and Master’s degree levels and includes degree sites at various other locations within the state.

The Higher Learning Commission is one of six accrediting agencies in the United States that provide institutional accreditation on a regional basis. Institutional accreditation evaluates an entire institution and accredits it as a whole. Accreditation is voluntary. The Commission is recognized by the U.S. Department of Education.

For the past year and a half, Concordia University, St. Paul has been engaged in a process of self-study, addressing the Commission’s requirements and criteria for accreditation. The evaluation team will visit Concordia to gather evidence that the self-study is thorough and accurate. The team will recommend to the Commission a continuing status for the University; following a review process, the Commission itself will take the final action.

The public is invited to submit comments regarding the University:

*Public Comment on Concordia University, St. Paul*
The Higher Learning Commission
30 North LaSalle Street, Suite 2400
Chicago, IL 60602

Comments must address substantive matters related to the quality of Concordia or its academic guarantee that comments received after the due date will be considered. Comments should include the name, address, and telephone number of the person providing the comments. Comments will not be treated as confidential.

Note: Individuals with specific dispute or grievance with Concordia should request the separate Policy on Complaints document from the Commission office. The Higher Learning Commission cannot settle disputes between institutions and individuals. Complaints will not be considered third party comments.

UPCOMING CONVOCATION
Wednesday, March 5, 2008 12:00 p.m. BEC

BILL GLAUBER
2008 Woodrow Wilson Visiting Fellow

A journalist for the Milwaukee Journal-Sentinel, Glauber has covered four wars and eight Olympics and reported stories in Europe, Asia and the Middle East.

Don’t miss this event!

Senior Sendoff Provides Way to Give Back
By Brianna Traquair, contributing writer

Concordia University, St. Paul’s seniors have lived in the dorms, played on teams and volunteered with clubs and organizations. They’ve written a countless amount of papers, taken hundreds of quizzes and, depending on their eating habits, eaten over a thousand chicken nuggets.

After years of hard work, it’s time for them to graduate from Concordia. But before they leave, thanks are in order for everything they’ve contributed to the campus.

In past years, seniors attended a free, formal on-campus dinner with a inspirational speakers. This year, however, the Student Alumni Council has put a fresh spin on the idea.

Dinner will still be served, but this time it’s hosted at O’Gara’s Bar and Grill—just down the road from the campus on Snelling Avenue (alcoholic beverages, not included in the cover charge, will be available to purchase).

Seniors, faculty and alumni are also invited to the send off, to give seniors an opportunity to know their professors outside of a campus setting.

The date has been set for Thursday, May 1, and will probably begin around 7:30 p.m. (the final details are still being tweaked).

There’s a cover charge of $20, but close to 75% of that is going straight back to Concordia.

“Every year, the seniors give a gift, and in the past it’s been maybe 200, 300 dollars,” said senior Josh Huber, a member of the Student Alumni Council, “but this year, if we get even half the senior class to go, that’s 2000 dollars right there. It would be great to shatter that old record.”

Huber said he’d like to see the end-of-the-year dinner emphasize giving back to Concordia—not only financially. He hopes the future alumni would also give back by recruiting future students and faculty as well as setting up internships through Concordia.

Article continued on pg. 7...
Concordia Wedding Bells
By Evan Palenschat, contributing writer

On February 9th, 2008, two of Concordia's own were united in the sacred bond of holy matrimony. Charles Martin (assistant director of Alumni Relations) and Leah Ferber ('07) initially met in the Gangelhoff Center in 2003 and were married on campus in the Graebner Memorial Chapel at 4:00 p.m., followed by a reception in the Buenger Education Center at 6:00 p.m.

A transfer from the University of Dubuque, Iowa in 2002, Martin holds CSP school records for track and field and was also very active in on-campus programs such as UMOJA, student mentoring, and campus ministry. Ferber, originally from St. Cloud, Minnesota, graduated in 2007 with a degree in Art.

Concordia University was not only represented in the venue but also in the wedding parties. On the grooms' side, Brian Amis ('07), Adrian Perryman ('07), and Joseph Amundson ('04) and the bride had an array of familiar Concordia faces too, including Leah Perzichilli ('08), Bethany Ash ('07), and Valerie Olson ('06).

The newlyweds are now off enjoying their honeymoon in Cabo San Lucas, Mexico.

Blessings on your new life together!

All photos courtesy of Leah and Charles Martin
"A Hmong Tapestry" called
"A Mystical Journey"

By David Her, contributing writer

The Concordia University Theatre Department gives birth to "A Hmong Tapestry," which ten enthusiastic theatre students and professor Mark H. Rosenwinkel adapted last fall. Receiving various folk tales from Dr. Gary Lee and Lee Pao Xiong of the Center for Hmong Studies, they've woven five different Hmong folk tales into one beautifully designed play containing action, drama, questions, beasts, quests, suspense, and lament.

Dr. Gary Lee, a renowned Hmong anthropologist from Australia and a professor at CSP for three semesters, stated "I was amazed and impressed by the results [of A Hmong Tapestry]. I want to commend their creativity and the able guidance of their teachers, especially when they are not Hmong but manage to understand Hmong folk tales and social values so well."

I had an opportunity to meet with some of the cast members during the week of the play. Dia Lee, who plays the primary character Mau, said that she "gets to work with many different people." Lor Cheng, who plays Shau, agreed with Dia and added how he is able to "learn" from his peers through this process.

Moreover, Michael Rokenbrodt who plays Good Brother and other characters, commented on how "wonderful everything comes together" in the final form of the playwriting and rehearsals. Despite having approximately 45 days to put everything together, "everything went amazing" said Tommy Boutilier who plays the River Dragon King. Boutilier stated, "I enjoy other cultures and tales and getting to participate in [this play] is pretty cool." Janesian Xiong's perspective matched the others and included the tiger scene as a favorite because of the roaring action.

In order to write this article, I had to make sure the cast allowed me to have a sneak peak before the opening day. When the lights blacked out and came back, I was taken on a mystical journey. The soft lights and mystical acoustic music relaxed me and I was fixed in this story.

Members of the cast for "A Hmong Tapestry" perform on stage in the Pearson Theater. Performers were commended on their ability to understand the folk tales and social values of a different culture.

It really moved me and I had to fight the tears when Mau, the rejected orphan, recorded stories about "love and goodness" but ended seeing hatred and deceit everywhere. I was truly impressed with director Randy Winkler's way of making me believe I was really there. Not only that, this is the first Hmong play at Concordia University, which is great in promoting diversity as well as encouraging future actors and actresses. As professor Randy Winkler said, "These plays are open casting and anyone is welcome to try out."

The Stranded-in-St. Paul Version of Spring Break

By Nathan Leckband, contributing writer

Does anyone recall Concordia's spring break last year? During this supposed "spring" break, the city of St. Paul was pummeled with roughly 94 inches of snow. Nothing like enjoying some spring weather after two months of winter classes.

Fortunately for us, this year spring break will be—oh, wait a minute. It's in February again, isn't it? I guess it's time to start getting creative and thinking of ways to stave off (?) the cabin fever that's bound to happen when your flight to South Padre Island is canceled because the St. Paul airport is buried under eight-and-a-half feet of snow.

Get ready to be stuck in St. Paul, waiting to fly or drive home until the weather gets better. Don't worry—lots of your friends will probably be here too and there are lots of things you can do to have some fun.

One evening last spring break, a couple of friends and I decided it would be a good idea to drive over to the Mall of America to "hang out." There's nothing that brings back high school nostalgia quite like going to the mall—especially when one of your friends gets stopped by a security guard because she looks like she's under 16. Even though her driver's license showed she was 22, the guard still gave her a warning and told her to grow four inches and get a different haircut.

If hanging out at the mall doesn't sound like a sufficient cure for CSP
Now What: Careers
By Gretchen Hintze, contributing writer

"I want to become a licensed psychologist and then a certified sex therapist." This was Elizabeth Caulkins' answer to the question "What career are you planning to pursue after college?" Like many of her fellow students here at Concordia University her answer included the phrase "I want to." This phrase and others like it leave me wondering if Concordia's juniors and seniors are ready to head out into the world.

It is daunting to think that one semester students are attending classes and getting closer to a diploma and then the next semester they are out in the world, searching for a job to pay for that diploma.

No matter how much fear the thought may cause, there is no reason to worry. Concordia offers help in this area through Career Services. One of their most helpful resources is access to annual career fair. This year, the fair takes place on Feb. 19 and 20 at the Minneapolis Convention Center. This is an opportunity for juniors and seniors to meet with employers and this year over 200 employers are registered. A few sophomores are also planning on attending the fair to explore different career options.

Finding a job that fits both a student's degree and passion can be difficult, and the fair is just one of the tools available to students to make this hunt easier. "Sex therapy is extremely stigmatized and I want to raise awareness of the profession and teach people that sexual disorders are real and can affect someone's life in a very negative way if it is not treated," says Caulkins, who is planning on attending. Caulkins knows that if she wants to be successful, she must make connections and find a job. "Networking is the best way to find a job."

Diana Sukut, Director of Career Services, says that she is excited about the fair and hopes the 42 students who signed up are excited as well. Caulkins is hoping to find an internship or job in a psychology-related field, if not more specific to her specialty and she intends to pass our resumes at the fair. Melanie Moga, a junior, understands the importance of getting out in the world. "It's always good to see the options open. I would rather be over informed than under informed."

Give Blood, Save Lives
By Sydnee Bickett, arts editor

"Every two seconds someone in America needs blood." The American Red Cross has teamed with Concordia Activities Board for the last three years for twice-yearly blood drives. The Red Cross visited Concordia on Feb. 13 for the first blood drive of 2008. Although the goal of 45 pints of blood was not met, the turn-out was substantial with 33 total pints received.

Each year, the Red Cross brings together over 4 million blood donors and countless millions of patients in need of blood. In order to give blood that will be transferred to another person, the donor must be healthy, at least 17 years old, weigh more than 110 pounds and not have donated blood for 8 weeks.

The deadline for the career fair signup was Feb. 12. If you missed it, do not fear. There will be another one next February, and for those in the education field there will be a job fair coming up April. For information on either of these events contact Diana Sukut at Sukut@csp.edu.

The American Red Cross
Together, we can save a life

After a donor gives a pint of blood, the donation is given a barcode number that will be used on its path from the donor to a patient in need. After the blood drive, the blood is tested at one of nine Red Cross National Testing Laboratories. At these labs, samples of all donated blood are tested for transmissible diseases and the pint of blood donated in separated into red blood cells, platelets and plasma. Once the test results are received and the blood is safe to be transferred to a patient, it is transported to hospitals where blood is needed.

Source: The American Red Cross

Spring break advice
continued from pg. 6...

... you'll probably be tired of driving in white-out conditions where snow and sleet have made your chances of getting in an accident nearly one-hundred percent. It's time to figure out how to have fun in the dorms. Scrabble is always fun. "Pretend" like you're doing homework on your laptop in between turns and use word generator websites to destroy your opponents. Then tell them how you got a perfect score on the verbal section of your SAT. When they ask you why you chose Concordia if you're such a genius, you'll know you went too far because they're on to your cheating ways.

There you have it: Mailing it up, bowling, and Scrabble. You're all set to have another fantastic spring break!

Contact Nate via email at: leckbann@csp.edu if you have any questions or need advice regarding relationships, academics or just how to survive this second semester...

Your question and Nate's answer could appear in the next issue of the Sword!
If you got somethin' to say about me, my Grammy performance, my number of Grammys or anything else, contact the Sword!

In recent weeks, headlines of evidence flooded the New Orleans news: evidence that the city might return to normal. This evidence was founded in trash, literally.

The arrival of Mardi Gras has shocked the pulse of the city. People's hope for the revival of New Orleans has been strengthened by the high participation.

The evidence that the city is on pace to come back was in the garbage because the amount of trash there was to pick up was equal to that of pre-Katrina celebrations. People have taken this as a telling sign that the city is coming back to life.

I was there to witness the vast amounts of trash, along with the joyful celebrating of the locals. Participating in the Mardi Gras celebration was unlike anything I have ever experienced. It turned out to be one enormous party of people camping for three days before parades to stake out the perfect viewing spots, eating lots of great food, and catching beads!

Walking around New Orleans, I could see the excitement on all the faces there. People were happy to be partying in their city again.

The people who went through hurricane Katrina had their lives drastically changed. They have experienced something that we can only imagine. For New Orleanians, being able to come to Mardi Gras was being able to come to something they knew, something normal to them.

It was obvious on their faces that this was their way of saying, "I live here. No storm can take away my home, my city, my culture. My roots run deep here, and this is where I'm going to stay."

As the festivities went on, tourists flew in from across the country. Camp Restore, the disaster relief camp where I live and work, was visited by LCMS Synodical President Gerry Kieschnick and his wife Terry. They came to see Camp Restore and to join in for the final day of carnival, Fat Tuesday.

On this day of celebration, the city is on holiday. Nobody goes to work and everybody comes out in costume to walk the streets. Families pick certain themes, others dress in extravagant wardrobes, and all one can do is admire and laugh at the peculiar creativity that is revealed on this day. There are people running around as groups of crayons, individuals dressed as Hugh Hefner, inflated cows, inflated ballerinas, and to top it off, fake Mardi Gras weddings including Mardi Gras vows and a vicar on stilts.

Mardi Gras is a time of fun. It is a time steeped in culture. It is a time of expression. It is a time for people to be creative in random fun. And it is a day for people to be involved in community.

If you ever have the opportunity to come to Mardi Gras, do so! Bring a camera, catch lots of beads, and experience the culture. But don't forget to, as they say in New Orleans, 'laissez les bon temps rouler!'
Why We Should Care about Kenya: Election Pandemonium

By Nikki Hertel, contributing writer

It began with an election. It transformed into bitterness and suspicion. It has ended in bloodshed and chaos. Kenya’s disputed presidential election has morphed into nationwide ethnic violence and a battle between rival tribes. Newly elected president, Mwai Kibaki of the Kikuyu tribe, has been accused by the opposition of stealing or rigging the election. This has created chaos throughout Kenya and has led to the murder of more than 1,000 people. “The New York Times” September 13 article, “Rape is Weapon in Kenya,” reported that over 600,000 people have fled their homes to escape the massacre and increasing occurrences of rape. Kenyans are being slaughtered daily as peace talks continue. Men, women, and children are running for their lives in the desperate attempt to find a place of safety. As a result of these horrible killings and pandemonium, this country will never be the same again.

After hearing about the horrible atrocities that are going on in Kenya, many of you may be asking yourselves, “Why should we care about Kenya? It doesn’t affect us.” The answer is simply this: how can you not care about what is going on in Kenya? American society has become desensitized to the horrible violence and carnage of the world. We no longer flinch at hearing the news of thousands of people being slaughtered with machetes, or children being forcibly raped in the streets. Americans simply settle with shrugging their shoulders and going back to eating their dinners without ever giving it a second thought. Ethnic genocide and over half a million people fleeing their homes no longer registers on America’s “importance scale.” Our citizens are too busy listening to the latest Britney Spears gossip or finding out which celebrities are dating whom. Anything having to do with Kenya gets discarded into the “who cares” section of our lives.

It is appalling to think that Americans simply don’t know and don’t care about what is going on in the world. I asked a few students from Concordia what they thought about what was going on in Kenya. The freshmen man and sophomore woman, who wish to remain anonymous, replied, “What? Something is going on in Kenya?” and “Where is Kenya again?” After hearing their statements, I was disappointed, but not surprised. It is not uncommon for Americans to be ignorant of global news. It is quite disheartening, however, when people living in the most powerful nation in the world can’t and won’t educate themselves about the global issues, especially those concerning the murder of thousands of innocent people.

Kenya is one of many nations that have encountered a catastrophe such as the one raging as we speak. I am reminded of Rwanda when looking at Kenya’s current situation. As the political tide turned in Rwanda in 1994, over 800,000 citizens were butchered in 90 days. The whole world watched as innocent men, women, and children were slaughtered every day. The United Nations even had troops in Rwanda at the time, but nobody did anything. The nations of the world looked on as spectators as the country was destroyed and dyed red with the blood of the innocent. Will Kenya be the next Rwanda?

Americans should count themselves lucky that when the presidential election rolls around in November, we won’t have to worry about a massacre or fleeing the country for our lives. We should consider ourselves blessed that we are a country that truly embraces democracy and that we do not have to worry about such things as genocide or ethnic cleansing. You won’t see American political parties taking up arms when the election results are revealed. Americans will not be running for their lives by the thousands with little hope and an uncertain future. We take these simple liberties for granted.

Kenya has been forever changed and it would seem that history continues to repeat itself. Human kind will continue to kill each other while the rest of the world watches and barely bats an eye. The situation in Kenya may worsen, but I highly doubt that any country will do anything to step in. The world will continue to sit and watch the carnage and pray that it doesn’t reach their doorstep. Americans will go on as they always have, watching their television sitcoms and reading up on the latest gossip and fashion trends. Shame on you America! Meanwhile, people in Kenya will try to survive one long, sad day at a time. I hope and pray that the situation is resolved quickly before any more innocent blood can be spilled. May God be with Kenya and the Kenyan people.
CU Athletes Prove There is No Off-Season

By Nikki Hertel, contributing writer

The Gangelhoff Center's gym floors are echoing with the sounds of hard work and are covered with the sweat of CU's men and women athletes. The weight rooms are at full capacity with sweaty athletes packed like sardines in a can. The track is busy with athletes pushing themselves harder and harder every lap. Our surrounding streets even echo with the footsteps of Concordia runners. What is that sound? It's off-season training time!

As the snow keeps blowing and the freezing temperatures continue to fluctuate, Concordia athletes are keeping busy with their off-season training. Division II sports are played in seasons, but Concordia athletes work hard all year long. There is no such thing as a break when it comes to improving on their game and striving to achieve excellence. All of Concordia's teams are working hard to get an edge on next season's opponents.

The national championship winning volleyball team is putting in their fair share of hard work this winter. They have been weightlifting, conditioning, and plyometric training with resistance bands to keep them on their toes and ready to jump for another victorious season. They also have open gym to work on their game and perfect their skills even more. Team practices will be starting soon, and the team will be on their way to preparing for next fall.

The football team has been charging head-on into their off-season training. When they're not pumping iron in the weight rooms and pushing each other to do better, they're conditioning as a unit to work on their speed and agility. Team practice will be starting up in March and spring ball will follow shortly after. The football team scrimmages against each other, offense versus defense, in the spring and works to bring out the best in every player.

Even though snow covers the ground and the beautiful fairways and greens are lying dormant, the golf team is still swinging away. They are all working hard practicing to perfect their swings and exercising vigorously. They have regular workouts three to four days a week, including running, intense leg workouts, and swing training.

Look out for those flying balls! The CU golf team is also hitting away at least once a week to keep their game up and their shots perfect. They'll be every week. The coach has also implemented racquetball into their off-season training, so watch out for those flying blue balls. They will be starting up team practices in March to prepare them for some upcoming tournaments scheduled for the spring.

There is no such thing as a break when it comes to cross country either. Most of those running-lovers go from the cross country season straight into track without a break at all. There is a slight shift in the running that they must do, for they change from running up and down hills in the countryside to running swiftly around the track.

Many of the cross country/track runners are averaging between 30 and 50 miles per week. Even those cross country runners who don't run for CU's track team are working hard in the off-season to beat their times and gear up for next year.

Concordia's softball and baseball teams have been training hard in the off-season too. You can see them in the weight rooms building their muscles or in the GC working on their game to kick some serious butt in Florida next spring. They have been conditioning hard and working diligently during team practices to make sure they're ready to face their opponents in this upcoming season. During their spring break, the softball and baseball teams will be traveling to tournaments in Florida, escaping the bitter cold of Minnesota, to play in the sun and show people what they're made of.

Concordia's athletes represent the true essence of hard work and determination. Not only do they give 100% effort during their seasons, but they also continue to improve and push themselves during the off-season. They are also the men and women that somehow manage to balance their lives between being a student and an athlete, a difficult task which becomes a true test of their character.

Off-season training is crucial in preparing for the next season as well as maintaining physical fitness and ability.

Soccer players practice their technique in one of the racquetball rooms. Photo by Colby Reinking

The women's soccer team has been no stranger to hard work during the cold winter months. Their off-season training is keeping them busy and active. They have weightlifting, conditioning, individual workout sessions, as well as a few one-on-one matches.
Football signing continued...

Also on the offensive end, the Golden Bears will add three solid running backs to the squad next fall, one of which Mauer referenced as one of the best in Minnesota. Only one new face will be vying for the quarterback position next year since despite inexperience in the possible candidates for the job, there is already solid depth at the position.

In terms of defense, Mauer and his staff focused mainly on the linebacker position this off-season, adding seven players to the roster. Besides beefing up in the middle, they also signed some solid players at other positions, including a couple on the defensive line and one in the secondary. "We were very excited to sign an outstanding defensive back from Totino-Grace who will add important depth on defense," said Mauer.

Camp is sure to be competitive next fall as the talented incoming freshmen will fight for an opportunity to play right away. "Everyone including freshmen will get an opportunity to prove themselves at camp," said Mauer, "and based on performance, the best will play."

Things are likely a little calmer for Mauer and his staff this week now that signing day has passed, but recruiting isn't over. The coaching staff will continue to recruit well into the summer and try to fill all their needs before camp beings next fall. "After signing day, we always try to pick up a couple more kids who will help us," said Mauer.

Mauer and his staff are optimistic about the future of Concordia football with this year's recruiting class. They may not make a huge impact right away next fall, but as mostly incoming freshmen, they are sure to leave their mark at Concordia before they're done. "We're building for the future," said Mauer, "and we like what we see!"

Spring Break: More Than Just Fun in the Sun

By Lance Meyer, sports editor

The Gangelhoff Center has been booked solid lately due to the changing of the seasons. Winter is slowly giving way to spring, and with that, Concordia's spring sports teams have begun regular work-outs in preparation for their upcoming seasons. While the weather is still frigid and miserable outside, Concordia's baseball, softball, and golf teams have been working hard indoors and are itching for competition to start.

There's no chance of that being anytime soon here in Minnesota, however, as temperatures continue to hover around zero and the snow doesn't appear to want to go anywhere. How can you compete with warmer-climate teams when you can't get outdoors even for practice until after the season is supposed to start? Over the past few years, spring break trips have become the only possible answer to this problem.

Next week all three of the spring sports teams, men and women, will head to Florida to practice and compete for a week in the warmer weather. "It gives our team the opportunity to get outside and play some games early in the season," said softball head coach Bob Bartel. "Practicing indoors for five weeks can become tiresome so it's a good break from being inside."

People often misconceive the trips to be cheap vacations when in reality they are an essential part to each team's success. "Having a spring trip is crucial to us," said head men's and women's golf coach Matt Higgins. "It's a great way to start a long season, and it really focuses and encourages us as we go into the spring."

The trips aren't cheap for the players either as they pay out of their own pockets between $350-$450 dollars apiece. Then the rest of the money is fundraised by the players and coaches. "Since the fall of 1999, the baseball team has raised over $360,000 to fund our trips and other expenses," said head baseball coach Mark McKenzie.

Even though all three sports are traveling to Florida this spring break, their schedules and plans all look a little different. The baseball team will play eight non-conference games in Florida which will count towards their overall record, and again this year, a highlight of their trip will be playing an exhibition game against the Minnesota Twins. "Plenty of good seats still available," according to McKenzie.

The softball team will get ten games in this year while they're in Florida, and like the baseball team will have some fun as well. "After our games are over for the day, we will try to catch some of the baseball team's games, go to the beach, and spend some time at the Minnesota Twins spring training complex," said Bartel who sees the trip as a vital time for the team to bond and grow as a group.

While the baseball and softball teams spend their week in Fort Myers, the men's and women's golf teams will hit the links in the Orlando area. Their week will be filled with less competition and more practice, but they will benefit from the week in the sun all the same. "We will hold our matches for our annual 'Ryder Cup' tournament against Upper Iowa University down at spring break this year," explained Higgins. While the competition will be structured a little differently than normal, it will still help the players keep their competitive edge and shake off the rust from the off-season.

Not only are their spring break trips vital for their success in the coming season, but going south for a week is also very helpful in recruiting. "Players look forward to going to warm weather destinations, and we promise them that opportunity every season throughout their career," said Bartel regarding recruiting. McKenzie also alluded to the importance of the spring trip saying, "As far as recruiting, we have to be on a semi-level playing field including where we travel."

The Gangelhoff might be a little empty next week, but it won't be because the athletic teams are taking time off. Instead they will be in Florida getting their seasons underway and working to improve before the start of conference play.
Things to Do Around the Twin Cities Crossword

By Lance Meyer, sports editor

2 Visit this site before May and see the traveling exhibit from the International Spy Museum in Washington, D.C., "The Enemy Within."
3 Lively German bar on University Avenue
4 Enjoy the snow covered ground by going skiing or snowboarding
7 Get out of the cold and take a plunge down several water slides at Minnesota's largest indoor water park.
9 Historic nightclub and music venue in Minneapolis
10 Visit this site in the next couple months to learn about the technology behind cartoons
14 Facility where the Gopher men's hockey team plays
16 Visit this site before May to see the exhibit "Deadly Medicine - An examination of the Nazi eugenics program."
18 Check out this Grand Ave. restaurant that features a dueling piano performance on the weekends
19 An exciting place to get great food late, located in Calhoun Square
20 A 1915 Classical Renaissance architecture marvel where you can attend Mass seven days a week.
21 Stand and yell with thousands of fans in the historic "Barn"
23 Cheer on the Wild in this beautiful arena.

Across

1 Walk through a beautiful green forest this February or go see the popular California sea lion exhibit when the weather gets warmer
5 This historic avenue is lined with Victorian mansions and was once home to James J. Hill
6 Visit this arena for a Minnesota Timberwolves game.
8 Just blocks from campus, this long avenue has great places to eat, shop and shop
11 A favorite activity taken up during the winter months at the Como Park golf course
12 See government in action or just take a tour to observe the beauty of this historical building built in 1905
13 Shop, eat, look at fish, ride a roller coaster or even see a movie or bowling in 1 place
15 Attend a live broadcast of MPR's "A Prairie Home Companion" in this 100 year old theater.
17 Play your favorite board game or old Nintendo games while enjoying a tasty microbrew

Down

1 Visit this site before May and see the traveling exhibit from the International Spy Museum in Washington, D.C., "The Enemy Within."
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