Greetings students, faculty and staff of Concordia University St. Paul,

As I look around at the world we live in I sometimes wonder how there are so many people with so much less than we have. I think that within our world it is very sad that there are people with no food, clothes or even a roof over their heads. So many people are very giving and would love to help anyone that they could. I just wish there were more people in the world like them because if there were, a lot of people would be more fortunate. I know that we all complain about our lives, and I would like to take this chance to ask you all to take a few minutes out of every day and think about all that you have, and be thankful.

Most of us that attend this college are very blessed, and not just because we get the chance to further our education. Most of us get the amount of food we need every single day, we have clothes, we have a place to live, and we have people around us that we can count on. Think about your life on a different level. What if you didn't have any of those things? What if you had to live a day in the life of one of those unfortunate people with that depressing cardboard sign: homeless and hungry, anything helps. That would be a very difficult lifestyle. But did you notice those people almost always write “God bless you” at the bottom of their sign? It is because they still have faith, and if they can, we should all be able to also.

I think that every day we should thank God for all that he has given us. As Easter arrives and passes we remember that Jesus died for our sins so that we could live. He gave us the ultimate gift of life. So I hope that we can all take the compassion we have in our hearts and use it to help those people who truly need it. I challenge you all to think about those people above yourself once in a while, and maybe find a way to help them, instead of helping yourself. With a little more compassion from everyone else, a few more people will be closer to the comfort we have.

Helena Woodruff
Editor-in-Chief, The Sword
DNA Day
By Helena Woodruff

“Concordia University and Northwestern College (Roseville) have collaborated for the past 3 years to obtain funding for a program geared toward high school students from under-represented groups that are interested in science,” stated Shellie Kieke of the Biology Department. “Concordia and Northwestern were recently awarded $20,000 from the Boston Scientific Foundation and $50,000 from the Medtronic Foundation for the 2009-2010 Science Research Institute (SRI) program. The program has also received funding in the past from Cargill and H.B. Fuller.”

The funds support a unique program (SRI) that brings together high school students, college students, high school faculty, and college faculty to engage in science, encourage, and better equip students to pursue careers in the sciences. Within this program there is a summer session and an academic year section. The summer session lasts five weeks, and the participants from the summer session use the knowledge they acquire to present information during the academic year. College students from both Concordia and Northwestern serve as mentors for the high school students in the program.

Department of Biology faculty members Dr. Shellie Kieke and Dr. Amy Gort, along with collaborators at Northwestern College, have been actively involved in designing and implementing the SRI program, as well as obtaining funding, since its beginning in 2007. Along with the Science Research Institute and Q Health Connections in Minneapolis, Concordia University has sponsored an event to happen this month known as DNA day. When asked what DNA day is Dr. Kieke said “The DNA Day symposium event will feature speakers, including researchers focused on DNA-related projects, the director of the DNA forensics laboratory at the Bureau of Criminal Apprehension, and readings by the student winners of the “DNA Day essay contest”. Furthermore, students will be engaged with poster presentations highlighting the impact of the study of DNA by students who have participated in DNA-based research, biomedical industries, and local health-related organizations.

Participants will also have the opportunity to participate in hands-on DNA-based laboratory activities, such as isolating DNA, analyzing gel electrophoresis results in a forensics simulation, and constructing a phylogenetic tree using DNA sequence data. Dr. Amy Gort led the effort to obtain $10,000.00 in funding for DNA Day from the National Human Genome Research Institute (NHGRI), which is part of the National Institutes of Health (NIH). You can register for this event online at: www.csp.edu/Biology/SRI/DNADay.html.

DNA day will be held on Saturday April 25th from 1-5 pm at Concordia University. The main events will be held in the Buenger Education Center (BEC). The hands on events will take place in the Arrndt Science Hall. DNA day is a great opportunity for anyone that is interested in the sciences, especially DNA. It is a program that is aimed toward high school students, college students, members of health organizations, parents, and other community organizations.

CSP Mobilized to Help North Dakota Flood Relief
By David Her

The Red River began to flood on March 21, 2009. “When the urgent call went out for more volunteers needed in Fargo, Concordia administration saw this as a way to give our students the opportunity to live out our mission, to ‘serve God and humanity,'” said Concordia Coordinator for Service Learning and Leadership, Kelly Dotson. Students, faculty, and staff totaling 106 volunteered on Wednesday, March 23, 2009 to help in any way they could. The service mission not only required an early start and a four-hour bus ride to North Dakota, but sandbag preparation at Sandbag Central, and dike construction at one of the critical defense sites as well.

When asked why he volunteered, CSP Religion Professor and Pre-Pastoral Coordinator Richard Carter said, “I spend most of my time using my heart and soul. This was an opportunity to work with my body to serve.” Several hundred volunteers with high morale served physically by bagging more than 100,000 sandbags at Sandbag Central. No one had pants without any dirt on them. CSP senior Troy Lerum commented, “It is good work helping people” and CSP senior Will Brown agreed, “It feels good and it’s nice to do it for people.” CSP Senior Israel Lopez thought “it was pretty amazing how a bunch of people that didn’t know each other can integrate and work together without any questions asked.”

At the defense site of a Fargo resident’s backyard, the river had risen to 39 feet. Branches from small trees were barely visible and only the mushroom of tall trees rested on top of the flooded river. A Fargo native who called himself Joe said, “The river is going to crest tomorrow at 41-43 feet when the snow melts.” This was an incentive for CSP members to pass 30-pound sandbags over 70 yards by assembly-line to the barrier in the freezing weather. Lopez was caught off guard by the freezing weather, but said, “It was a blessing because the cold made the work better. Otherwise, we’d be knee-deep in mud.” When asked if he would help out again, he said, “I'd definitely do it again.”

“The trip was a meaningful way to serve our neighbors and contribute to something larger—a mobilization of thousands of people working together to save a community,” said Dotson. Sore arms and backs were greeted with ‘Thank Yous' from Fargo residents from the neighborhood. Resident Mary said as CSP headed home, “Thank you for all of your help. It’s not every day that we get a lot of help from outside the community, and you guys coming here was a big relief for us.”
Eric Dregni's Convocation
By Helena Woodruff

On Wednesday April 1, Eric Dregni, Assistant Professor of English and Advisor to The Sword, talked at a convocation about his 2008 book, In Cod We Trust: Living the Norwegian Dream. In this memoir, he talks about how he and his wife Katy travel to Norway after receiving a Fulbright Fellowship to go there and write.

When going through the Fulbright interview process, he was asked by six judges what he wanted to write about. “Norway. I'm going to write about Norway,” he stated. The judges did not seem to like this answer so they inquired further and Dregni replied, “See I'm not really sure yet because I haven't had the experience yet. I know that sounds silly, and you probably won't fund something that you won't know what it will be. But I'm going to write about my experiences, the people I meet, rediscovering my family roots. That sort of thing.” Somehow with these answers, and even telling the judges he didn’t speak Norwegian, they let him go anyway.

He received news of the fellowship about the same time he found out that his wife was pregnant with their first child. He thought that this was going to make things difficult, but it turns out that Norway has an amazing universal health system. They wouldn’t only be covered in Norway, but she would pretty much be paid to have the baby. So they said, “Why not,” and headed off to Norway to start the year long experience that is reflected in Dregni's hilarious, entertaining memoir.

When asked to describe his experience in one sentence, Dregni could not do so; there was just too much. So instead he addressed the question of how living in Norway compared to living in Minnesota or another country he had resided in. Having lived in Italy for four years, he was assuming that it would be similar to live in Norway, yet he came to find it was more similar to living in Minnesota. He stated “Minnesota is to Norway as New York is to Italy.”

In Norway's summer months, it never gets dark. And in the winter, the sun never shines. There were times when Dregni did not see the sun at all for two months straight. However, he said that most everything else was not a whole lot different than Minnesota, except the price of a Whopper being 10 dollars! Many people even spoke perfect English. When asked if having a child in Norway was a blessing in a sense, Dregni replied that he would do it again if he could. “We have so much to learn about universal health insurance. Health insurance is not even an issue over there,” said Dregni. They told Dregni that if his wife Katy had been working in Norway for six months, when she had the baby she would have received 42 weeks off of work with full pay or 52 weeks off with 80% of her salary. Since she was not working, they received other money including 145 dollars a month for the needs of the child. It seems that anyone would pick to have a child in Norway rather than in the United States if they could since there is far less to worry about.

He also said there is not really a big dispute between the wealthy and the poor; it just is how it is. Government money is actually there to help; their taxes are higher, yes, but they decided as a society that it was the right way to do things. The government money is there to help children.

During the convocation Dregni also told of many funny side notes in his book, such as a drunken Norweigen talking him into eating “ratfisk” (fermented fish). Then the man convinced him to drink eighty proof aquavitt (in front of his wife's parents) to calm his stomach after the fish. The liquor worked on his stomach, but it drastically slurred his speech. In his memoir Dregni wanted to find out about his family roots, and he did just that. He even found his great-grandfather Eller's house. When his great-grandfather fled Norway in 1893 (116 years ago) it was the poorest country in Europe, but today it is one of the richest. This really shows just how fast things can change. After his year in Norway and everything he experienced and learned, Dregni stated, “Norway has it figured out in a lot of ways.”

Dregni is a talented creative non-fiction writer, and he has written 13 other books including: Minnesota Marvels, Weird Minnesota, Mid-Western Marvels, Scooters, Let's Go Bowling, and Zamboni: The Coolest Machines on Ice. In addition, he also writes for three publications on occasion: Metro Magazine, The Star Tribune and Norwegian American Weekly. Dregni became a full time faculty member in Concordia's English Department in August of 2008. He specializes in journalism classes such as Column and Review writing. He is a very experienced writer and highly recommended to anyone that is interested in writing here at Concordia.

Barrett Grebing to be New Campus Ministry Associate
By Lance Meyer

In March, a new process took place within Concordia’s campus ministry department through which a new campus ministry associate was chosen. From a group of four applicants, Senior Barrett Grebing was chosen to join Billy Schultz and Chaplain Steve Arnold in June on the campus ministry team. Grebing will replace Andy Jones who has served the Concordia community for the past three years.

“We had four excellent candidates apply for the position,” said Arnold who expressed how difficult the process was. Along with Grebing, the other three applicants were Concordia Senior Matt Hewitt, former Concordia Graduate Stephanie Malzahn, and Master's student Jason Bjork.

Each candidate completed an application, gave a presentation in front of a group of students, and took part in an interview process. The interview and subsequent selection process were conducted by Arnold, Jones, Schultz, and a committee of students. “Barrett was chosen because of his strong experience in ministry, his understanding of an emerging church style, and his ability to relate to a variety of groups on campus,” said Arnold.

The experience Arnold speaks of is the year-long internship Grebing spent in Hot Springs, Arkansas last year where he served in a congregation as a DCE intern. Starting June 1, Grebing will be able to apply this experience and what he learned to the Concordia community.

While his definitive job description has not yet been determined, according to Arnold, Grebing will most likely be working on peer and small group ministry as well as working on new ways to use technology for ministry. Although Arnold is excited to be moving forward, it is evident that Jones' work and ministry will be missed on campus. “Andy has opened doors to using technology and social networking tools for our ministry and I hadn't thought possible,” said Arnold. “He has been very relational and open to students in their faith journeys.”

Even though he will be leaving Concordia this summer, Jones' work in the ministry has only begun. Along with his wife Stephanie, Jones hopes to spend the next two years teaching English in Turkey through LCMS World Mission. Jones will find out soon if this is what God has in store for him next. “After that, I would love to continue my video ministry in the form of a nonprofit ministry,” added Jones. “That is most definitely a long-term goal though.”

Wherever he ends up, Jones will take several important lessons away from Concordia. “The most important thing I have learned from my time at Concordia is the importance of wasting time with students,” said Jones. “Once you waste some time with a student, they begin to feel more comfortable in sharing deeper things with you, and that's where ministry takes off and becomes helpful to students.”

So as Jones moves on to a new ministry and Grebing steps in, a bright future is in store for the campus ministry department. Arnold, Jones, and Schultz have laid the groundwork for something great, and as Arnold said, they hope to elevate their ministry to even higher levels in the years ahead.
Concordia’s New Alcohol Policy: How’s It Going?

By Nikki Hertel

As many students are aware, Concordia University’s new alcohol policy has been up and running since the beginning of this year. The policy requires those individuals 21 or older who desire the privilege to consume alcohol on campus to participate in an alcohol awareness program called AlcoholEdu. Although many students participated in the program, only 70 students currently have alcohol privileges. In addition, only 15 rooms on campus have alcohol privileges and can host events—a private party in a designated room after filling out an event registration form. The “Big Three”—Heidi Goettl, Jason Rahn, and Mike Mulso—are the senior authorities that have been evaluating Concordia’s new alcohol policy.

The policy shows some promise in continuing in the future. Jason Rahn—Associate Vice President for Student Life and Conference Services—states, “We need to include an evaluation of the program in annual reports to the Board of Regents for them to evaluate and see if the policy would stay in place. So far, our preliminary statistics have supported that this change has provided our students an opportunity to get education on issues related to drinking and make responsible choices on campus. AlcoholEdu has also given us the opportunity to make a positive impact on our first-year students during their FYS classes.”

The future is looking bright for the new alcohol policy at Concordia. Residence Life Manager Heidi Goettl says, “I have no concerns about this policy. The campus community has adapted well, and I am looking forward to continuing educating our students on responsible choices.” If any student would like to give feedback on the policy or has suggestions on improving the policy and/or process, please feel free to contact Heidi Goettl at goettl@csp.edu.

As of right now, the policy will continue next year and will hopefully produce the same positive results it has this year. The “Big Three” have recognized that there have been no registered events this year and will most likely revisit this part of the policy to see if something else should be used in its place. Other than that, students will still be able to continue consuming alcohol on campus as long as they have the required credentials. There is still time to complete AlcoholEdu this year and should be done so by any students wishing to receive alcohol privileges for summer housing. If students wish to obtain their alcohol privileges, the steps include the following:

2. Under New User, enter the following Login ID: 8C173328U
3. Click “Sign Up”
4. On the registration page, you will have the opportunity to create your AlcoholEdu College account using your email address and a password of your choice. At this time, you will also need to enter your 9-digit Student ID, which you will find on your Student ID card. If you do not enter your official Student ID, you will not receive credit for taking this course.
5. You may log in and out of the course at the end of each section. Section ends are marked with a “Next” button. DO NOT log out until you click the “Next” button or you will have to repeat the section you have just gone through.
6. When you return, log in as a Returning User and enter the same email address and password you created when you first logged into the course.

2009 Woodrow Wilson Fellow Visits Concordia

By Kama Johnson

On Wednesday March 18, Concordia held its 3rd Convocation of the year in the Buenger Educational Center. In correlation with previous convocations held here at Concordia, such as, The Quest for Black Citizenship in the Americas and the Immigrant and Refugee Artist Exhibition; March 18’s convocation endowed the opportunity to hear Anil Singh-Molares’s personal story about Immigration, Identity, and Global Citizenship.

Mr. Singh-Molares was born in Holland to parents from Spain and India; one from a Roman Catholic faith and the other from a Hindu tradition. Mr. Singh-Molares is fluent in Spanish, French, and English, and is a citizen of both Spain and the United States. His diverse experiences, such as, multiple degrees in the liberal arts and being an apprentice Zen monk, led him from working with a Microsoft foreign language team of translators and terminologists to actually architecting Microsoft’s international outsourcing program called the Strategic Partner Program.

This Woodrow Wilson Good fellow is now the CEO for an international services firm, EchoMundi LLC, that helps corporations do business abroad. He is also Co-chair of Seeds of Compassion, an initiative which attempts to focus world attention on our communities needing thoughtful, creative adults who are actively engaged citizens and equipped to communicate across cultures and address differences through understanding and collaborative problem solving.

The importance and relevance of a liberal arts education was one of his main points expressed during the Convocation. His various liberal arts degrees in philosophy, Buddhist literature, and in theology are an example of what this type of education can render. He also emphasized students studying foreign languages, studying abroad, and in general studying the world. He finds engaging in liberal arts colleges one of the best processes for discovering one’s self, due to the broadness of their programs. Applying your degree(s) to what makes you happy and to what moves you will be of an extreme benefit to yourself and humanity. Finding a career path that you can identify with is essential to staying positive because you can be more helpful to the world by engaging in a career you love to do every day.

Analogous to Concordia Saint Paul’s book of the year and theme of the year, Mr. Singh-Molares spoke personally on the topic of Immigration and Identity. Being a professional immigrant from a multi-cultural upbringing and from living all over the world, immigrant accommodation and understanding is an important issue that he feels should be addressed. He told me he was pleasantly surprised at how diverse Concordia Saint Paul is, stating that President Holst told him diversity is a major focus Concordia is trying to achieve.

Political Science and Multi-Cultural Studies are some of the courses in the colleges Mr. Singh-Molares has visited. Mr. Singh-Molares came into my Social Psychology class I have with Professor Bransford to speak about compassion. His visit and topic of discussion, compassion, correlated to the Chapter we were presently studying (Atitude and Attitude Change).

Mr. Singh-Molares’s presence that day for me personally was inspiring, because it enabled me to be able to see where I could be in the future, while pushing me to work harder in the here and now.
Saylor Looks Back on Events in East Germany 20 Years Later

By Lance Meyer

On October 3, 2010, East and West Germany will celebrate the 20th anniversary of their reunification as one unified state or "die Wende" as the people of East Germany refer to the process. The German people will not be alone, however, as the world will also stop and look back on the historical event and the twenty years that have since gone by. Many people's lives were drastically affected by Germany's reunification, and to date, many stories remain untold.

Concordia history professor Thomas Saylor seeks to tell some of these stories in his latest oral history project, East Germany: A Generation After 1989 which he hopes to release while the world is reflecting decades later on the effects of German reunification. According to Saylor, the idea for the book project dates back to 1990 when he was living in East Germany and experiencing first-hand both the fall of the Berlin Wall and the subsequent reunification process.

In 1990, Saylor got a job teaching English at VHS Marzahn, an education center, in East Berlin. "Every day I saw students being forced to adjust to a new economy, political structure, and social situation," said Saylor of the formally East German people he taught. "Everything they knew was quote unquote wrong." People turned to English as a way to step away from their socialist past and adjust their lives to new capitalist ways.

"Right away I could see that some were going to make it while others, mostly those over 50, were not going to make it," said Saylor, hinting at the harsh reality many East Germans faced after 1990. Saylor was already beginning to wonder what was going to happen to the people he was meeting. "How would they remember the events of 1990, and where would they be in 10-20 years?"

These are the questions Saylor has sought to answer twenty years later. Since the beginning of last summer, Saylor has been on sabbatical leave from Concordia, an absence granted with pay for professors to do research, study, or travel. During this time he has traveled to Germany on three occasions to do research, establish relationships, and conduct interviews for his book. "I talked to over 150 people and collected around 55 interviews," said Saylor of the lengthy process.

Most people in the West, including Saylor's parents according to him, saw TV reports and the enormous celebrations that surrounded the 1990 reunification. These people thus saw the process as a happy story and seemed to think the story ended. "I could see in Germany that this wasn't the case; it wasn't the end of the story but only the beginning for many East Germans," recalled Saylor.

Thus, Saylor's research has concentrated on the stories of East Germans who have either struggled mightily throughout the past twenty years or somehow found a way to approach the change as an opportunity. The success Saylor has had in collecting these stories has been great considering how personal oral history research can often be. "Most people felt relatively comfortable with me because of who I am; I lived there and have some understanding of what it was like," said Saylor. "Also, I am not a West German or an East German but rather an American who speaks the language; I didn't have an agenda.

Once people became comfortable with Saylor and the idea of his project, they were able to talk about their emotions and responses to the events of 1990 and the twenty years since. "I have found that memory is what it is," said Saylor in regards to oral histories. "I don't try so much to reconstruct events but rather work with people's emotional responses to what happened."

Saylor hopes to include 25-30 stories of normal individuals greatly affected by the reunification in his book along with historical commentary to put each of the stories in context. Martina and Gunter are two individuals greatly affected by the reunification. These people thus saw the process as a happy story and seemed to think the story ended. "Right away I could see that some were going to make it while others, mostly those over 50, were not going to make it," said Saylor, hinting at the harsh reality many East Germans faced after 1990. Saylor was already beginning to wonder what was going to happen to the people he was meeting. "How would they remember the events of 1990, and where would they be in 10-20 years?"

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Group Travels to San Antonio Over Spring Break to SERVE!

By Lance Meyer

While most students went south to relax on the beach or did nothing for a week here in Minnesota, a group of 13 students and two staff leaders traveled to San Antonio, Texas, over Spring Break to volunteer. The opportunity was made possible in cooperation with the national organization DOOR, Discovering Opportunities for Outreach and Reflection, which provided accommodation for the group and opportunities to serve. Throughout the week, the group worked in 3 different soup kitchens, helped in a group home for the disabled, framed a house with Habitat for Humanity, got involved in an inter-city youth program, and served at one of the city's food banks.

"Service learning trips are so important because they help us turn our focus away from ourselves and to everyone else out there," reflected Concordia freshman Nicole Decker who participated in the service opportunity. "It really meant a lot to these people that we gave up our spring break to go down and serve them."

One day, the group volunteered in San Antonio's largest soup kitchen where it helped prepare and serve breakfast and lunch to members of the community in need. "The most rewarding part of the trip for me was when I helped prepare meals at a soup kitchen and saw all the people come through and get food," said Decker who added, "it was especially rewarding when they smiled and thanked us."

As mentioned, the group also had the opportunity to work with Habitat for Humanity for a day. "The very first Habitat chapter was in San Antonio, and today it is the second largest in the United States," said Service Learning Director Kelly Dotson who expressed the important role the organization plays in the community. "We could tell that we were helping people, just by looking at what we had accomplished," said Concordia freshman Heather Huckstadt. "After working at Habitat for Humanity for a day, we had framed an entire house."

Besides participating in hands-on service activities, the group got a taste of a culture very unlike what people were used to. Dotson, who organized and led the trip, set up speakers for two different nights who talked to the group about immigration and Latino culture. "I didn't realize San Antonio is the 7th largest city in the United States or that 65% of its people are Latino," said Dotson who found the cultural experience in itself to be very rewarding for the group.

Part of the group also traveled across the border to Nuevo Laredo, Mexico, for a day. With the current drug-related violence taking place near the border, this opportunity allowed the group to learn first-hand about Mexican culture, immigration, and drug-trafficking. "Our guide grew up in Nuevo Laredo, and his brother was shot by the Texas militia in the 1960s as he tried to swim back into Mexico from the United States where he had been trafficking drugs," said Dotson. "His story made all of it much more real."

"I really enjoyed the day trip to Mexico because I love learning about other cultures," added Huckstadt. "It was humbling to go to a border town where people have basically nothing but are still content."

Besides the service component of the trip, the group took part in a couple tourist activities during the week. "We visited the Alamo where people from all over the world participated in a battle reenactment, and we also did San Antonio's famous river walk one day," said Dotson who expressed the importance of the trip as a team building experience. When asked if she would recommend such a trip to other students, Huckstadt replied, "I would definitely recommend it! It's such an opportunity for growth, both as a person and as a community. I think everyone really learned a lot, but we had a lot of fun too!" The good thing is Dotson hopes interested students will receive several opportunities to take part in such a rewarding experience in the future.

"We are planning on sending out three service trips over Spring Break next year with trained student leaders," said Dotson. Applications will be available after Easter Break for students interested in being trained as service trip leaders.

"One of my teammates encouraged us to find our passion," said Decker who went on to add a challenge for all members of the Concordia community. "Not everyone feels called to build a house or go to a foreign country, but what you should do is find out what ways you are called to serve and act accordingly." Several students answered the call recently and served the people of Fargo by helping with flood preparation. Now it is time for the rest of Concordia's students, faculty, and staff to step up and answer their call to serve.

Biannual Italy Trip Reintroduced

By Lance Meyer

Concordia is continuing to take steps in the right direction when it comes to offering more off-campus activities and opportunities to travel abroad. The history and art departments in cooperation have just announced that they plan to take a group of students to Europe in January of 2010, a trip that has not been offered for the past two years.

For two weeks during winter break, history professor Thomas Saylor and art professors Cate Vermeland and Alonso Sierralta will lead a group of students through Italy to the historic cities of Venice, Florence, Pisa, and Rome. "This Global Studies program represents a unique learning experience, a chance to walk along centuries old streets and canals; see cultural treasures; and feel the trauma of early Christians as you walk through the dimly lit Saint Callixtus Catacombs in Rome," said Saylor in the trip's information flyer.

The trip will be open to students from all levels of study at Concordia, and uniquely, students will be able to earn credits during the two week trip. Both general education credits as well as upper-level courses will be offered in collaboration with the trip. "Students can satisfy required Gen-Ed credits for Approaching Art or Western Civilization," said Saylor. "Also two credit courses for upper-level students will be offered in photography, art history, and topics in history." Since students can take up to 19 credits with no additional cost, taking a couple extra credits in January will not increase tuition costs for the following semester.

According to Saylor, more and more students are expressing a desire for greater access to study abroad programs. Even though he and other interested faculty members have not been able to establish a permanent office for off-campus studies yet, reintroducing the winter Italy trip is a step in the right direction for Concordia in providing students with the opportunities they deserve.

"If you are ready to stretch the boundaries of the traditional classroom and embrace an on-site approach to learning, then the Italy Tour 2010 could be for you," stressed Saylor. If interested, students can visit the trip's website blog which is ready to go with information and application forms, look for posters throughout campus, watch for a tunnel table, or contact any of the trip's leaders. If you are one of the students who has been disappointed with Concordia's offerings of off-campus study options, the 2010 Italy Trip might be the opportunity you have been waiting for; take advantage of it.
Students Set to Travel to Guatemala
By Lance Meyer

Mahatma Gandhi once said, “The best way to find yourself is to lose yourself in the service of others.” In May, a group of 14 Concordia students will have the opportunity to do just that as they embark on an adventure to Guatemala and the community of San Lucas Toliman. The trip was inspired by the University of St. Thomas’ VISION program and will be led in cooperation by Concordia Spanish Professor Justin Fleming and Service Learning Director Kelly Dotson.

According to VISION’s mission, which was reiterated by Fleming, students will “experience the diverse beauty of the world’s cultures, get to know people from across the University and the world, grapple with the issues of poverty and injustice, and reflect as a group on issues of faith and life.”

For ten days, the group will work with a community development organization, the San Lucas Mission, and spend time with the people of San Lucas Toliman by serving them in any way they can. “We are there to serve the people of Guatemala, not to help,” stressed Fleming. “To help is self-led whereas to serve is selfless.”

However, the trip is not solely about service. Rather the group will immerse itself in five other components: simplicity, community, justice issues, spirituality, and cultural exchange. Because of these components, what started as a trip solely for Fleming's Spanish students has turned into a life-changing opportunity for students of all backgrounds to grow as individuals and broaden their cultural horizons. Fleming summed up the opportunity by saying, “We are going to Guatemala to look back at ourselves; we might like it and might not, but you have to have such an experience to know.”

The components of community and cultural exchange are closely linked as the group will be interacting with the people of another culture. As Fleming said, “We have more as Americans to learn from them than they do from us...the whole “green movement” that so many people are now talking about is how the people of Guatemala already live.”

As for justice issues, the group will be forced to stare poverty in the face and reflect on what the term means. “People don’t know poverty until you tell them they are in poverty,” said Fleming who suggested that the group will have to “embrace the idea that the people of Guatemala have it better than we do.” All prior misconceptions will likely be thrown out the window as students realize how simple and carefree people in a different part of the world live. As America continues to face the current economic crisis, people will have to find a way to take a page from the script of what we consider poor nations and find a way to get down to the bare essentials needed to live.

Finally, the group will have the opportunity to grow spiritually as it experiences the Mayan culture. “One can’t deny his roots,” said Fleming who added that such a cultural experience “can only help us to become stronger in our own faith.” The group is not traveling to Guatemala to force its beliefs on the people there, but rather it will be seeking to understand and learn to respect people for where they are at.

While the group will not know exactly what activities and service opportunities it will take part in until it arrives in Guatemala, activities could include helping with reforestation in the area, building a playground area for a school, and doing general upkeep on the local mission’s properties. Past groups that Fleming has taken to San Lucas Toliman helped harvest coffee beans and worked on improving a local basketball court. Whatever the group ends up doing, such an experience promises to be rewarding.

As most people know, a group of Concordia students, faculty, and staff traveled up North recently to help with flood preparation. Many people stated upon returning that the experience was extremely powerful. “Those that participated not only learned something about civil responsibility, but they expanded their horizons in a way that can never be taken away,” said Fleming who promises a similar experience will be had by those traveling in May.

While Concordia has not yet been able to establish a permanent department to organize and oversee off-campus opportunities, many people at Concordia, including Fleming and Dotson, have not let this stop them. Not only will Fleming and Dotson be leading the Guatemala group in May, but they hope to offer more and more opportunities as time goes on. In the meantime, Fleming encourages students to “get out and do something with their energy: volunteer in the community, study abroad, seek civil responsibility, or fight for foreign languages.” If nothing else, become a more diverse person, and to reiterate what Gandhi said, “Lose yourself in the service of others.”

Senior High Youth Enjoy Leadership Conference at CSP
By Kristi Heide

On April 4th, Concordia held the LCMS Minnesota South District Senior High Leadership Conference.

Approximately 50 teens and adult chaperones from seven churches attended this one day leadership conference in the BEC. In the past the conference has been a weekend retreat at a hotel; this is the first year that it was held at Concordia.

The theme for the weekend was “Got Attitude?” which is based off of Philippians 2: 5-7. The focus of the weekend was on one’s attitude in Christ and having the heart of a servant.

During the afternoon, the participants had the opportunity to put their servant hearts into action by helping at Feed my Starving Children.

The key note speaker and one of the break-out session leaders for the event was Micah Parker, a motivational and leadership speaker from Houston Texas where he also serves as head master at Lutheran South Academy.

Danielle Tietjen who is a CSP alumnus also helped lead a break-out session. Tietjen grew up right outside of Detroit, MI and graduated from Concordia-St. Paul with a degree in mission and outreach.

I had the opportunity to sit down and talk with Emily Sigel, who is the Church Professional Recruiter here at CSP and was also on the planning team for the conference. "When the students left the event we wanted them to have a better understanding of what it means to have an attitude like that of Christ Jesus."

"We also wanted them to leave feeling more empowered to be servant leaders in their homes, churches, schools, and communities,” said Sigel when I asked her what she hoped the teens would take from the weekend.

Other members of the events planning team included Amy Scholz, Andy Jones, and Kristin Schoon along with youth leaders from the MN South District.

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Concordia Speaks on Craigslist

By Helena Woodruff

There is so much going on within the internet these days, so we decided to take one of the websites, that students use for various reasons, and let them talk about what they think of it, or give us a story that has happened to them because of this site. We chose Craigslist.com, asking this: “What do you think of the website Craigslist?” What are the strengths or weaknesses of this site? Tell us your stories! I know some of you have horror stories of this site.

Three words: CREEPS ME OUT! While one part of the site is a glorified online garage sale, the other part is a creepy compilation of you and service listings, personal ads, forums, and other sleazy advertising. Yuck! While many of the people who advertise are law-abiding citizens who want to sell or buy some stuff, is it really worth the risk of losing your life? This is not an exaggeration of a matter to be taken likely

- Nikki Hertel (CSP Undergrad Student)

This site is an absolute disgrace. I feel as if there is no control over anything that is put on this website. For instance, someone decided they were going to pull a prank on me and put my phone number on Craigslist under the personals. In one night I received 78 text messages and about 30 phone calls, and you do not want to know what any of them contained. There is no excuse for someone to be able to take your personal information and do as they please with it, and not even be questioned first. Craigslist is used for unmentionable things, and I really think that someone should put an end to it all together.

- Helena Woodruff (CSP Undergrad Student)

Driven to Care, Called to Action

By Lance Meyer

Recently, Chris Tomlin and the “Hello Love” tour made a stop in the Twin Cities. In a single day, they were here and then they were gone. However, that short amount of time, an impression was left on me, and an impact was made that is here to stay. As I stood, closed my eyes, and reflected during Tomlin’s message, an impression was left on me, and an impact was made that I will never forget.

The ministries here to stay. As I stood, closed my eyes, and reflected during Tomlin’s message, an impression was left on me, and an impact was made that I will never forget.

This is not the first time I have heard Tomlin speak about ministry. As you can see on the website, there is seven specific ministries Passion Conferences hopes to provide funding for through individuals’ donations. I was personally moved during Tomlin’s concert when he talked about one of the ministries which seeks to provide hope and homes for former child soldiers in Uganda. Most child soldiers have no family to return to, if they are one of the lucky ones to survive the horrors of their childhoods, and are thus in desperate need of not only rehabilitation but something as simple as a place to sleep. Together with people like you and me, One Million Can will build five homes at Watotu Village in Gulu, Uganda, to provide restoration and housing for 40 children.

The other six ministries are similar in that each has an objective, a cost, and an ultimate result. They include providing access to clean water for 66 African villages, giving 75 women a way out of prostitution in Sari Bari, India, resettling refugees into ten villages in northern Uganda, translating the New Testament for the Shatika and Rom people in SE Asia, providing life-altering surgeries for 100 villages, giving 75 women a way out of prostitution in Sari Bari, India, resettling refugees into ten villages in northern Uganda, translating the New Testament for the Shatika and Rom people in SE Asia, providing life-altering surgeries for 100

Not only is it amazing that Passion Conferences and Chris Tomlin have taken this on the ministry, but it is great to be able to designate and know where a donation will go and what it has the capabilities to do. As seen here, there are groups of people in this world with amazing passions to do good for those less fortunate, but they can’t do it alone.

It is amazing how much of us think we are struggling to make ends meet during these current economic times, but our situations fail to compare to the struggles so many people face throughout the world. So I ask now that you join me by visiting www.onemillioncan.org and support a ministry that promises not only to make a difference in the lives of thousands of people but share the hope of the Christian gospel at the same time.
Technology Slowly Takes Over
A New Language Emerges

By Emily Bertram

The current trend among teenyboppers across the nation is expanding. Not only are pre-pubescent girls affected, but now the trend is spreading to colleges. What is this trend? People talking in text message style; that is talking in short and abbreviated words like they are typing out a text message. Annoying? Yes. Very much so.

Text messaging has sky-rocketed in the past years, becoming one of the main forms of communication. Personally, I tend to text message more than actually speaking to anyone in person, but this does not mean that I speak the language. Sneaking its way into the mouths of people everywhere, "LOL" is slowly replacing actual laughter. "LOL" has started to become punctuation. At the end of every sentence goes an "LOL," just like a period, or question mark.

It is this that annoys me. It's one thing to use these kinds of abbreviations in a text message, but to use it every day language? That should not be OK. If you can't use it in a paper for school, you shouldn't be allowed to say it to anyone. As a joke, it can be funny, sometimes. My roommate, for instance, uses text message lingo in everyday life, but is very careful not to say it outside our room. She's accidently said it to her boss, who made fun of her mercilessly, and she has since learned not to do this.

I worked in the fast-food industry for several years, and it was here that I learned to hate text message language. Taking food orders from people can be stressful enough, but when you have five girls, all saying "LOL" and "BRB" to each other it makes it incredibly hard not to laugh. Then they order while texting, and order the same thing twice accidentally. Then they proceed to yell at you, waving their phones around in their manicured hands, and then say, "I'll BRB to order something else." Things like this are showing the slow decline of human speech. It scares me to think that four generations from now, the English language and dictionaries might include abbreviations like these.

Don't get me wrong. I'm as sick as the next person of movies where technology is taking over the world, but I'm not talking about technology per se. Wall*E showed a decline in physical activity. The writers should have thought about text language. I would have loved to have people react to not only the physical activity, but also the language. An entire movie full of "LOL's" instead of laughing, "urs" instead of yours, and the entire thing could be typed in subtitles on the bottom of the screen. Maybe something like that would enlighten the world. Something makes me wonder if that would have fueled the language even more.

Texting is the way of the future. It can't be denied. Ppl everywhere r doing it, so does that make it ok? No. For the sake of the everyday worker, plz dont speak this way. For professors across the world, plz dont start writing papers using shorthand. These ppl dont appreciate ur short hand. So, if u ever find urself speaking this way, stop urself, because there r ppl who want to rip ur phone out of ur hand and smash it on the fast food counter.

I'm From Sandbaggin' Country

By Nikki Hertel

Cold. Sweat. Mud. Sand. Fear. As a West Fargo, North Dakota native from the Red River Valley, I am no stranger to sandbagging. I too have been on the front lines of the river and have worked the assembly line of sandbag throwing to build up the dikes. Sandbagging may be one of the most tiring emergency services an individual can volunteer for, especially in the bitter winds and cold of North Dakota.

The Red River that flows north on the border of North Dakota and Minnesota is setting unprecedented records. It has already topped the historic 1997 flood record of 39.57 feet as well as the 112-year-old record of 40.1 feet from 1897! The river is expected to crest from anywhere between 41 and 43 feet. This is monumental and the damage to the city and state could be catastrophic.

The Red River Valley flood plains become a problem for the Fargo/Moorhead area almost every spring, causing the residents of the region to keep a cautious eye on the water levels of the Red River. Many of the flood problems in the region are caused by the numerous boulders and large snowfalls the state sees during the winter. This year, many snowfall records were broken as the Fargo/Moorhead area was hit with several blizzards one after another (especially during both my winter and spring breaks). Ice jams along the river also allow the water to pool up and flood over the tops of the dikes. The National Guard is currently using dynamite and other machinery to break up these massive ice jams that are prohibiting the river's flow.

Thousands of volunteers have banded together, as in the past, in a desperate attempt to prepare the city for the river's crest. Personally, I am overjoyed to see that so many volunteers from other cities and states - especially Concordia University students - have made the trip to assist the residents in preparing for the worst flood seen in over a decade.
Facebook: The Stalker's Little Black Book

Sai Schandorf

My mother taught me never to talk to strangers. I think most people heard that phrase while they were growing up. Apparently, things have changed. A lot. In the last few years internet networking sites like Facebook have become as mainstream as cell phones. Not everyone is using them, but the number grows by the day. To most of the 70 million people registered on Facebook, it's as good as technology gets. Call me old fashioned, but I'm not convinced yet. The reasons I have heard to justify its existence range from professional networking to college party planning, and there's no denying it's good for both.

What scares me about Facebook is the same thing that makes it so handy to have around: there is an obscene amount of information available on it. What started out as a harmless networking device has turned into the easiest available way to learn about a stranger. Set up an account, search for people who look interesting, and add. Yes, your friend request has to be accepted before you can see the person's information, but in the grand scheme of things that's a tiny hang up. The criteria most people use to decide whether or not to accept a friend request is pretty simple: if it comes from a real person who isn't trying to send you links to Internet porn or use your site for advertising, accept and be merry.

Bye Bye Broadway

Theatres Unable to Pay “Rent”

By Tammy Pearson

The old theatre sits vacant. Gone are the bright lights and sweet notes wafting up from the pit orchestra. Actors no longer bob and weave across the stage. The plush velvet seats are no longer filled with audience members anticipating the escape from reality. The productions have stopped. The lights have gone dim; and why? Because along with the plummeting economy, the arts have also plummeted.

Whenever money becomes an issue the arts are always the first to go. Schools’ fine art and theatre teachers get cut so they can pay for other things, like football jerseys. Non-profit theatre companies lose money and then have to darken their stage forever. Most recently, Broadway, the white way, the Mecca for all things theatre, has seen huge drops in theatre attendance. Capacity in theatres on Broadway has decreased from 80% to 71%, as USA Today reported in November.

So what is there to do? While in this hard economy, where families are losing their homes, and gas prices are rising, seeing shows is definitely a luxury. A family of four could spend close to $600 on one night of theatre in NYC, a price few people could afford these days. But theatres shouldn’t suffer just because we are. Theatre and the arts in general are some of the few things that can pull us out of despair. They remind us of our humanity when everything else seems bleak. They promise us happy endings, which give us hope for our own.

It is time for Broadway to stand up and fight. If it needs to lower its ticket prices, it should. If it needs to tighten its belt and get less spectacular shows, so be it. No matter how much money we lose we cannot lose good theatre. It is essential to our society. President Barack Obama knows this. As part of his stimulus he worked in $50 million dollars for the National theatre. It is essential to our society. President Barack Obama knows this.

McDonalds & Consumers

Marketing Ploys or Mere Stupidity?

By Helena Woodruff

Consumers. Yep that’s us, all of us. We will fall for any good marketing ploy, on any product. Why is this? No ideal! Take McDonalds for instance: so-called affordable, great food. Those billboards they put up trying to sell us a Big Mac or one of their other “burgers.” Making it look so perfectly proportioned, the meat looking big, beefy and good, but is that really what you get when you go through the drive through last minute? NO! They show perfectly laid out toppings that would never fall out of place, yet when you open that little cardboard box, there it is. Your pile-of-crap burger thrown together by a fifteen-year-old that could care less what he is doing. It took him 20 seconds to put it together. The toppings are not even intact when you get this “great” burger you have ordered.

You’d think we’d know better, it is “fast food.” But, we never learn to change; we never learn that everything we see is not legit. There have been many studies done on McDonald’s food. They have shown that it may even become addicting after eating it over and over again, yet we still eat it. I wonder if it is because it is cheap or if it just looks that good there is no way to avoid it.

I have gone to McDonalds thinking that it was what I really wanted, but I am only really going because I can’t take watching those damn commercials anymore? I just have to get the craving out of my system. Yet every time I go there I order, sit down, and eat, then feel like complete crap afterwards. Do I say I will never go back? Yep. Do I stick to that? Nope. The only time it is ever good is for that lovely hangover cure!

What is it about Americans and their common sense? Sometimes I believe that most of us do not have any. In a movie entitled Super Size Me, Morgan Spurlock films a documentary of himself as he attempts to eat McDonalds for an entire month (breakfast, lunch and dinner.) He succeeds, but with consequences. There were rules he had to go by like he could not skip eating McDonald’s food at all for the thirty days, and one of the worst rules that he had was if the restaurant asked him to “super size” his meal he had to. He always had to finish his food, and some of the time ended up throwing up before he was finished.

Millions of Americans have watched this movie, yet millions of Americans still eat this food. This movie showed us there are addictive things in their products, and after eating this food for thirty days Morgan Spurlock will face lifelong medical problems. It is obvious that there is something in this food, and probably other fast food, that shouldn’t be consumed on a regular basis. Yet we as consumers will never understand this, even if it is going to also cause us lifelong health issues. No one is sure whether it is the marketing ploys, economic situation, or our mere stupidity; but we will never learn not to do what the world wants us to. We are too far sucked into the consumer product.
Football Team Helps Out in Fargo
By Stephen Lybeck

The devastating flood of the Red River had many residents exasperated and uneasy. With Fargo's need for volunteers, Concordia answered the call. Even though a large number chose to volunteer, the greatest amount of Concordia students that went to offer relief were members of the Golden Bears football team.

Getting up early in the morning, the football team took donated coach buses with other Concordia volunteers. During the four-hour ride, people were sleeping and half awake. The early risers watched Wedding Crashers and Bad Boys II as they waited to arrive in Fargo.

The volunteers arrived at a warehouse around 10:30am and worked until 5:30pm. During that time, the volunteering students and staff did various jobs. During the day, shoveling sand, filling, tying, and tossing bags in an assembly line were the most common activities. A specific group of football players helped unload pallets of frozen sand bags that had been sitting outside - made days before.

"It was really cold," said Taylor Selby. Even in untimely conditions, the volunteers worked throughout the day. After working in the warehouse, the group moved to a site and spent the remaining hours of the day creating a wall of sandbags. "People from the area kept walking up to us and thanking us for helping," said Kevin Jose. "It really made me feel like I was making a difference."

The number of Concordia volunteers was slightly over one hundred. Close to sixty of the volunteers came from the football team. "I was amazed about how many volunteers were there," said Taylor. There was nowhere to turn where volunteers and sandbags were not.

The sand wall that was put together was set-up ten feet from the flooded river and right at the edge of a local family's property. "Yards were really soggy," said Kevin. The river and weather conditions caused saturation of the soil. "Everything was wet," added Taylor. The Red River had already flooded trees and other wildlife habitats.

When it was time to leave, the volunteers were tired, but happy they could help. The local's and National Guard were thankful for everybody's help.

"People from the area kept walking up to us and thanking us for helping. It really made me feel like I was making a difference."
- Kevin Jose

Photos by Sports Information

Upcoming Home Games
Softball: April 15 vs. Upper Iowa University
April 29 vs. Winona State

Baseball: April 11 vs. St. Cloud State
April 22 vs. MSU Mankato
May 2 vs. Winona State
May 3 vs. Winona State
May 7-9 NSIC Tournament (St. Cloud)

Track & Field: April 22 Men Only (Macalester)
April 25 Women Only (Macalester)
April 29 Women Only (St. Thomas)
April 22 Women Only (Hamline)
April 25 Women Only (Hamline)
May 2 (Hamline)
Health Watch: Hot Coffee and Tea Linked to Cancer

By Samantha Jensen

Many Americans drink tea and coffee on a regular basis. Recently, ABC News reported that researchers believe consuming these beverages at hot temperatures may not be a good idea. These common drinks many view as health beneficial and/or essential to waking up in the morning may now be linked to esophageal cancer.

Doctors have had assumptions about this in previous years. Now, there is solid evidence linked to the idea. An example is Golestan Province in Iran. It is a place where a high number of people drink only water, tea, and coffee. Based on new results, a very high percentage of the population was found to have had esophageal cancer.

According to a research team that surveyed habits of people in Golestan Province, three-hundred new people were recently diagnosed with esophageal cancer. In fact, much new research has found links between an individual’s temperature preference and the chance of which they would develop esophageal cancer.

The chances are increased as people drink their tea/coffee at hotter temperatures. There is also research showing that people who drink more frequently have a higher chance than those who have a cup of hot tea once and a while.

So how hot should we drink our tea? Doctors believe that a decent temperature to drink your tea at should be below 159 degrees Fahrenheit; this is still pushing it.

The best way to know is common sense. If the liquid is bubbling like a lava pit you should consider waiting for it to cool. Drink your tea at a warm, comfortable temperature. If your tea is painful to your tongue and/or throat, you should let it cool before you drink it.

Best Kept Secret in Minnesota Sports: The Swarm Experience!

By Stephen Lybeck

Who are the Minnesota Swarm? When asked, many people are unaware. However they are Minnesota’s professional lacrosse team. I am here to tell you that it is totally legit and is a great, cheap way to have a ton of fun!

The sport of lacrosse is growing in the northern regions of the United States, but it is extremely popular in Canada. In fact, many teams and players in the league are from Canada. Since the league is not as popular as the MLB or the NHL, almost all of the league’s players have regular jobs other than playing lacrosse.

Therefore, teams usually only practice once a week before games. Despite this, the players are extremely talented and really put on brutally competitive performances that are very entertaining.

Some readers may have only seen outdoor lacrosse (college style). Others may have no idea what lacrosse is at all. In order to be more familiar with the college game, it is important to know about the National Lacrosse League (NLL).

The NLL is a fairly new professional sports league; the inaugural season was in 1987. For those familiar with the college game, league rules differ from the college game in various ways. The two biggest differences: 1) the game is inside rather than outside. 2) the game is played on a regulation NHL rink rather than a football field.

Just like in hockey, you have goalies and sticks. The sticks in lacrosse are a little different; they have pockets that carry a hard ball a little smaller than a tennis ball. Carrying the ball with their stick, team’s of five attempt to whip the ball past goalies at incredible speeds (up to 106 mph) in an effort to outscore their opponents. Did I mention that there is fighting?

The indoor style of lacrosse is also closely related to basketball. Pick and rolls, screens and passes are all methods used to get open shots at the net. Also, there is a 30-second shot clock similar to the NBA. If you want to learn more about the rules of indoor lacrosse and/or want to learn more about the Swarm franchise, checkout www.mnswarm.com.

The team plays at the Xcel Energy Center usually on the weekends (Friday-Sunday). With the Xcel Center only being five minutes away from campus, it is a great choice to spend an evening with friends. At the games, there are even live performing bands. With great food, music, and hilarious commentary from "the professor," you do not need to be a big lacrosse fan to enjoy yourself.

With only a few games left in the season, the team is trying to hold on to a playoff berth. Not only is it an exciting time to go to a game, it can also be free! Jessica Swenson, a student here at Concordia University, is an official Swarm representative. She will be distributing slips to receive free tickets for the remaining home games this season. What more can you ask for! Contact Jessica Swenson at swensonj4@csp.edu if you are interested or have any questions.

In addition, next time you are on Facebook, check out The Sword page. The Swarm gave members of the newspaper media passes for one of their games. We were given access to a suite, the press box, and even an interview with coaches and players after the game. There are journal entries of the interviews and numerous photos. Make sure to check it out!
"Put Me In, Coach" Recognizes Outstanding Concordia Athletes
By Stephen Lybeck

The "Put Me In, Coach" fundraising banquet took place on March 21st in the Buehner Education Center. In its fifth year, the banquet's purpose was to raise money for Concordia athletic programs and student-athletes.

All the athletic teams made contributions to the fundraiser by decorating a stool. Each decorated stool was up for bid in a silent auction. The banquet also had live entertainment with Hondo the magician performing a memorable act. The banquet's purpose was not only to raise money for the student athletes, but to recognize a select few as well.

The prestige of being declared one of the "Top Four" was given to, you guessed it, four Golden Bear athletes. At the event, the top four student-athletes for 2008-2009 were named: Kirk Ingram, Maggie McNamara, John Pimental, and Carley Paulseth. However, these dedicated individuals were not only recognized for their athletic abilities.

The top four were determined by a few factors. Of course, the athletes were recognized for their academic excellence and outstanding performance in competition. The factors that separated these individuals from the rest of the pack were their contributions to their team, community, and other academic achievements.

Kirk Ingram was named as one of the "Top Four" for the second year in a row. He is the first repeat recipient of this honor. "It was a great event that I am honored to have received this award twice. I am grateful to have been given an opportunity to play baseball and be involved with so many different clubs on campus," said Kirk.

"All of my coaches, teammates, advisors, and professors have made these last three years a great learning experience both on and off the court. It feels good to know that all of your hard work pays off in the end," added junior Maggie McNamara.

In addition to the auction, entertainment, and acknowledging the achievements of the "Top Four," a heavily anticipated announcement was made in regards to Sea Foam Stadium. The soccer and football field will definitely be ready for use for the upcoming seasons!

Track and Field Update
By Samantha Jensen

Men's and women's track have continued their strong indoor season to the outdoor. During their last outdoor premier on March 28th, they took four events at the St. John's invitational.

Through the cold and harsh weather, the Concordia track team still performed well. Kaysee Nesmoe broke her own school record with her discus throw; it was an incredible throw of 117 feet, 10 inches. Among the other top place winners at St. John's was Diahn Zeon in the 200 meter dash, John Pimental and Hayley Reed in the High Jump.

The men's team got a big win in the 4x100m relay, topping the list of participating teams with a race finish of 41.65 seconds. The team is led by John Pimental, Kawaskii Bacon, Diahn Zeon and anchored by Robert Spence.

Additionally, Concordia put athletes in the top five of events 16 times at the Hamline Invitational on Saturday, April 4th. Bacon was the best athlete in two sprinting events at the chilly Saturday meet, winning the 100 meter dash with a time of 11.01 seconds and the 200m dash in 21.77s. The Golden Bears took three of the top four places in the 100m dash, showing their dominance in the sprinting events.

Also winning their field on Saturday were Diahn Zeon and Katie Johnson, who topped the list for the long jump. Zeon leaped 22 feet, 2.5 inches, while Johnson marked 16 feet, 9.5 inches. Kaysee Nesmoe brought in another top mark for the women's team, winning the shot put with a 38 foot, 10.5 inch throw. The team took three of the top four places in the javelin, showing their dominance in the throwing events.

In other exciting news, the track team has announced the signing of three young athletes to letters of intent. The three women joining the team are Sarah Skyberg, Samantha Genung, and Brittany Dohman. These soon to be freshman hope to bring nothing but improvement to the program.

Softball and Baseball Leaderboard

CU Softball (18-14) vs. CU Baseball (20-6)

CU Softball (18-14)

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CU Baseball (20-6)

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Photos by Sports Information
Jess Tewes’ Senior Art Show Preview: Apron by Choice

By Erin Anderson

Jess' senior art show, entitled Apron by Choice: Four Generations of Women's Growth, will be displayed in the Concordia gallery April 16-26 with a reception Thursday, April 16, from 5-7pm.

In her show, Jess portrays the changing roles of women throughout history, specifically those in her family. The title is a play on Jess’s painting apron. She chooses to put on this apron for herself, while women in the past were forced to wear an apron as part of their domesticity.

It is fascinating to me that I am 22 years-old and when these women were my age they were raising two or more kids. I just feel blessed that I have the choice and the opportunity to pursue my education,” said Jess.

In approaching her show, Jess researched three generations of women from her family and history. Jess said, “Women from our generation don’t understand what the women before us went through. They don’t think about how these women had to fight for the freedoms and choices that we have today.” Jess says her show is a way to tell the stories of women through the decades.

Jess Tewes is a studio art major with minors in illustration and design. Her show incorporates paintings, prints, and multi-media images. She uses different metaphors and symbols, such as tree rings, to represent different moments in time.

Jess' favorite subject matter is people. In eleventh and twelfth grade, Jess worked as a portrait artist, working with charcoal and pastels. Jess's dream job is to travel the world selecting art for private buyers. If that doesn't work out, she is looking at going to grad school to study art therapy or getting a masters degree in fine arts.

Caitlin Ehlenz will perform her senior voice recital Saturday, April 18 at 4pm in the Beutow auditorium.

While most of the pieces Ehlenz will perform are new to her this year, the recital cumulates all her work and experience as a four year voice student of Professor Shari Speer.

Ehlenz is a vocal performance major with minors in English and art studio. Ehlenz’s love for English and writing is expressed in her program by the inclusion of three Aaron Copland pieces featuring texts by poet Emily Dickinson.

Similarly, Ehlenz will also be singing three pieces, all by different composers, based on the J. W. von Goethe character Mignon—an enigmatic, genteel young woman from the novel Wilhelm Meisters Lehrjahre. Also part of the program, Ehlenz and her sister Elizabeth will sing the duet “Die Schwestern (The Sisters)” by Johannes Brahms - a song about the limits of sisterly love when a man is involved.

While Ehlenz’s future options remain wide open, she sees grad school and a masters degree in English as a definite possibility. “You get used to school,” Ehlenz said. “It'll be weird to be out of the system.”
Handbell Ensemble Concert To Set Ears Ringing!...In A Good Way

By Rachel Kuhnle

The Concordia Handbell Ensemble will perform a concert Saturday, April 25 at 7:30 PM in the Graebner Memorial Chapel. It will be the only full length concert featuring the ensemble this semester. Many people look forward to seeing the ensemble perform each year.

The concert will feature a variety of musical selections including a popular piece from last semester, “Beach Spring Stomp.” The upbeat and lively song calls for a lot of movement from the ringers, “And people like to see us move!” said ringer Bri Traquair.

The ensemble is directed by adjunct professor Carolynne Mathias, who is the Director of Music and Worship at Faith Lutheran Church in Minneapolis. Mathias is accomplished in the handbell world—she was a Past Chairman of Area IX of the American Guild of English Handbell Ringers and has conducted both adult and young ringer festivals, as well as served as a clinician. She even has a book entitled Teaching Young Ringers published by AGEHR.

“Ringers must learn to be both independent and interdependent,” said Mathias. “They have to ring their notes in the correct place even if a ringer next to them misses theirs, but they have to listen and make their notes fit musically into the whole.”

Spring Instrumental Ensembles Concert Not To Be Missed

By Josh Hinck

Thursday, April 23 at 7:30 PM in the Beutow Auditorium, four of Concordia's instrumental ensembles will perform in the Spring Instrumental Ensembles Concert—one of two performance opportunities they have this semester.

The concert will feature performances from the Chamber Wind, Percussion, String, and Guitar ensembles. Lasting about an hour, each ensemble will present a few pieces.

The string ensemble, directed by Professor Lara Mac Lean, will perform a work by Norwegian Romantic composer Edvard Grieg, as well as a “saucy” swing/jazz number. “I think both pieces will be really enjoyable to hear!” said violinist Laura Mews.

The percussion ensemble, under the direction of Professor Aaron Isakson, has grown to eleven members this semester and will be presenting two works. One of which is a quartet entitled “Andiamos,” written by world famous percussionist John Beck.

The other piece is a large group arrangement for body percussion that mimics the rhythms of flamenco dancers—flamenco being a vigorous rhythmic dance style of the Andalusian Gypsy. “No instruments are used—just our hands [to make] finger snaps, thigh pats, toe taps, and foot stomps. It’s pretty neat,” said ensemble member Sarah Jensen.

Professor Isakson also directs the Chamber Wind Ensemble, which has also grown since last semester, and will be performing a wide variety of music styles from across the globe.

“With Ralph Vaughn William’s ‘Studies in English Folk Song’ the audience will experience haunting beautiful melodies from the English countryside,” said Isakson. They will also perform a collection of Chinese Folk Songs from pre-industrial China. The piece “Persia” is a newer work, treating the audience to Middle Eastern melodies. The ensemble will also present selections from the musical Chicago, of which Isakson said, “It allows them the freedom to cut loose and show their fun side.”

Isakson said, “I really feel that there is something for everyone in this concert. The ensemble is showing great depth in their musical interpretation.”

The guitar ensemble, led by Professor John Roth, will also be performing.
Live Art in the Twin Cities
By Rachel Kuhnle

Theater
The Last Five Years
By Jason Robert Brown
April 17 - May 17 at the Yellow Tree Theatre
Tickets between $10-20
A fresh and contemporary musical from Tony-Award winning composer Jason Robert Brown, The Last Five Years chronicles a young couple’s romance from beginning to a heartbreaking end. She telling her story backwards, and he beginning on the day they met, the show’s unconventional structure coupled with its emotionally powerful music allows for a surprising and extraordinary theatre experience.

Readings
Language for a New Century: Contemporary Poetry from the Middle East, Asia, and Beyond
Tina Chang; Ravi Shankar
Fri., April 17, 7:00pm at the Loft Literary Center in downtown Minneapolis
The editors commemorate the publication of Language for a New Century: Contemporary Poetry from the Middle East, Asia, and Beyond - a book celebrating the artistic and cultural forces flourishing today, bringing together an unprecedented selection of works by South Asian, East Asian, Middle Eastern, and Central Asian poets as well as poets living in the Diaspora.

Music
Rock the Garden featuring The Decemberists
Presented by 89.3 The Current and the Walker Art Center
Saturday, June 20 at the Walker Sculpture Garden in Minneapolis
Ticket on sale April 22, $35 in advance
The Decemberists have carried their ambitious, theatrical pop to new heights with the critically acclaimed 17-song rock opera, The Hazards of Love. Onstage, Meloy's captivating story-songs are matched by the band's consummate showmanship. The concert will also feature Calexico, Yeasayer, and Solid Gold.

Senior Theatre Students Direct Original Plays
By Rachel Kuhnle

Earlier this month, senior theatre students Tammy Pearson and Michael Rokenbrodt each directed an original play: @ First Site by Pearson and M. Berr's Light by Rokenbrodt.

A theatre major with a writing minor, Pearson began writing @ First Site as part of a playwriting class offered last Spring and taught by Mark Rosenwinkel.
The play tells the story of a girl named Paisley who, after a run in with her now engaged ex, goes online to find a boyfriend. In the end, Paisley learns that Prince Charmings are only meant for fairy tales, and sometimes the person you're looking for is right in front of you.

"Writing a play and then seeing it produced is kind of funny," said Pearson. After seeing it in rehearsal there are a lot of things I would like to change. I realize that though, I've finished with the initial pages, the process is far from done. I feel like I could work on this play for the rest of my life and I would never really be 100 percent satisfied."

Rokenbrodt's play, described as "a Sci-Fi, Dark ComedyDrama Ministry production," is about a bestselling Sci-Fi writer who struggles with his 6-year-old daughter ailing with a terminal disease. The writer turns to his intergalactic world to cope where he learns important lessons about God's plan.

"The more I reflect on the play writing experience, the less I find myself as being responsible for it," said Rokenbrodt. "The play's start came from my friend Brennan Blomgren and his invitation to produce it. The theology and the language is from my dad, teachers, and professors, the final product is certainly owed to my cast and to God who carried it all the way. Only the inadequacies can I really fully take credit for."

Michael Rokenbrodt hopes to be a witness in a high school theatre department and Language Arts classroom. Rokenbrodt has also submitted his vitae to World Missions in order to go for a teaching position at the International Highland Lutheran School in Papua New Guinea. "I hope they like theatre there," Rokenbrodt laughingly commented.
Sasha Estby: Dealing with Conflict and Forgiveness

By Andy Wyss

Thursday, March 26th marked the second senior exhibition in the new Concordia Art Center gallery. Sasha Estby, a senior Studio Art major, showcased her eclectic work to a crowded gallery room.

Estby, a transfer student from Normandale Community College and Winona State University, presented her show entitled Dealing with Conflict and Forgiveness, showing off her best Concordia creations. "My artistic studies and explorations here at Concordia have been a way for me to deal with internal struggles and make peace with God and myself," said Sasha. "This show features work I have produced using various media over the last two years".

The exhibition features many different forms, including ceramics, drawings, mixed media, paintings, and screen printing. Although showing various styles, Estby is quick to note the one thing they have in common. "Everything in the show is made by my hands," she explained. "The intention is to bring awareness to and increase people's appreciation for something we often take for granted: our hands."

Growing up, Sasha was highly influenced by the use of sign language to communicate with her grandparents. Today, she uses her hands to convey meaning in her artwork. "They have layers of meaning," she states. "In some ways life is a gamble and we have to make the best of the hand we've been dealt."

The deep thought and intellect behind her pieces is discrete but clearly evident. "My ideas and inspiration come from God," Estby explains. "I have explored many mediums and feel like each one was another way for me to explore my faith and use my hands to make something interesting, thought provoking, and perhaps beautiful. Sasha's show remained up in the Concordia Art Center gallery through April 10th, but has since paved the way for the third senior exhibition of Jess Tewes.

Linnea Brashears: Senza Suono Preview

By Danielle Bredy

Linnea Brashears' Senior Art Exhibition debuts Thursday, April 16 in the Beutow gallery with a reception from 6-8 pm. The exhibit will be on display outside the Beutow auditorium through April 29. Entitled Senza Suono (Italian for "without sound"), Brashears's show combines her two passions for music and art, focusing on the visualization of music and sound.

"For me, there has always been an aesthetic element to music. When I listen to music, I get colors and images in my head, and that is what I wanted to relay in the pieces I made for this exhibit," says Linnea.

Brashears applies this idea to her 2-D wall pieces, some of them using components such as charcoal, receipt tape, and even hair dye. Also featured will be silkscreen prints and some of her pastel drawings. Her goal is to show her audience how music and emotion walk hand in hand.

Originally from Robbinsdale, Minnesota, Linnea began her career at Concordia as a PSEO student with interests in music, but it was the art department that made her stay. "After taking a few art classes I absolutely fell in love with visual art, and I decided to pursue that," Brashears said. "I was impressed with the growing art department and the wonderful art faculty, and decided to stick with CSP for my BA."

A studio art major with a minor in music, Brashears's areas of study complement each other. "I feel like I've been able to develop my own artistic voice, and that has been such a gratifying discovery. My involvement with the music department has also been important to me, both in my ensembles and in my private lessons." Brashears hopes to continue making art as well as beginning a career in Arts Administration or working in a gallery organizing exhibitions.

Upcoming Senior Exhibitions

Jessica Tewes • April 16 – 26
Reception Thursday April 16, 5-7 pm

Linnea Brashears (Beutow Gallery) • April 16 – April 29
Reception Thursday April 16, 6-8 pm

Colby Reinking and Maria Steinheagen (Beutow Gallery) • April 30 – May 15
Reception Thursday April 30, 5-7 pm

Julie Marti and Emily Owen • April 30 – May 15
Reception Thursday April 30, 5-7 pm
Science Dept Creates Cure for Memory Loss, Forgets Formula
By Andy Wyss

The Concordia University Science Department has been overwhelmed with great news in recent weeks. In addition to their DNA Day grants from Boston Scientific, Medtronic, Cargill, and H.B. Fuller, they have also developed a cure for the ninth worst disease known to mankind: memory loss. However, their success seemed to be short-lived as it appears they have completely forgotten the solution.

According to Harvard studies, memory loss affects 11 out of every 10 individuals with many victims as young as college students. "It's true," said Concordia junior Justin Franke, "I have no idea where my keys are." The science department may have been able to cure Franke of this ailment; however that will now be nearly impossible.

The cure for memory loss has been in the experimental stages for almost three months and was nearly perfected when tragedy struck. "The irony is pretty striking," said department chair Dr. Robert Krueger. "Looking back on it, I suppose someone should have just written it down."

At this time, the science department is still unsure of the solution's original components, and are even more unsure about what to do next. According to reports, several campus administrators have recommended starting over from scratch, some have even recommended cutting scientific funding altogether, but Billy Mays still recommends OxiClean.

While curing memory loss would have earned the department national recognition, additional funding, a Nobel Prize, The Humboldt Research Award, the National Medal of Science, 2 Golden Globes, and a share of the Stanley Cup, they now have less than they started with. "We have no cure, no findings, and on top of it all, Justin Franke still can't find his keys," concluded Krueger.

The science department will try to get back on track next fall when they will host world renowned scientists Dr. Dre and Bill Nye. At which time, they will develop six new periodic elements, film three television specials, and lay down two new tracks with 50 Cent.

News Briefs

Concordia to Offer Nation's First Banjo Scholarship

Last week, the Concordia University performing arts community was thrilled to learn that they will be the first university in the nation to offer a full-ride banjo scholarship. Starting next fall, two high school banjo phenoms will be joining the university with hopes of gaining the skills necessary to go professional.

"I really hope this takes our Banjo program to a whole new level," said Dr. David Mennicke, chair of the music department. "We are slowly but surely becoming the premiere banjo school in the nation."

In addition to the scholarships, the Concordia music department has added a new class, Hootenanny 120, which will be devoted to answering questions like "Did the devil really go down to Georgia?"

Bob Saget to Enroll as Undergrad Next Fall

Concordia University's list of famous alumni continues to grow. Last month, CU Football signed twice-retired hall-of-fame quarterback Brett Favre. This month, it was announced that Bob Saget, star of Full House and America's Funniest Home Videos, will be enrolling at CU as a full-time undergraduate student.

Saget will start classes next fall as a Family Life Education major. "I spent eight seasons as a single dad, raising three girls, and living with Joey and Uncle Jesse's hijinks," commented Saget. "This degree should be a walk in the park."

This recent enrollment has also prompted Concordia to change its school song from "On Concordia" to "Everywhere You Look," the Full House theme song. It should be noted, however, that Saget was expelled from his previous school, UW-River Falls, due to binge drinking and excessive plagiarism.

Concordia Janitor Sells Kidney to Buy New Mops

The failing economy is affecting everyone, but no group has been hit harder by the recession than the Concordia Custodial Staff. This past week, nearly all funding toward new janitorial supplies was cut. That was until Mr. Ralph Bakersfield stepped in and donated a kidney for the cause. Next month, Bakersfield will undergo unnecessary surgery to donate a kidney, in order to buy new equipment for the cleaning crew.

"I don't need two working kidneys," said Bakersfield. "What I really need is a new mop." According to reports, the kidney will be removed at Mayo Clinic in Rochester and then sold on the black market, in hopes of turning a profit. "He's a hero," said Mike Rosenbaum, fellow Concordia Janitor. "It takes a real man to give up an internal organ for a cleaner, safer campus."

The kidney is expected to bring in enough money to buy 4 brooms, 6 mops, some Pine Sol, and a Dust Buster. During Bakersfield's recovery, he will attempt to perform his janitorial duties from home using WebCT.
GOD SO LOVED THE WORLD

The 2009 Christus Chorus Tour
Dr. David L. Mennicke, conductor

Friday, April 17, 7:30 p.m. home concert
Gaebner Memorial Chapel
1292 Carroll Ave., Concordia University, St. Paul, MN 55104