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

Writing-in-general is and always will be a constant struggle. Although it is a pleasure for many, it has always been my main passion. As graduation is upon me, I have come to find that my dream job as a journalist is a lot farther out of reach as I had once imagined. This is because online media and blogs have basically taken over the news and the journalism world. This comes as a huge disappointment to me since it was what I was striving for. But I guess that is how life tends to slap you in the face towards graduation.

I thought I was the only one that didn't know what I was going to do once May 14th arrived, I was wrong. For the first time in my life I am unsure of what the next chapter of my life will bring, yet the feeling of not knowing is thrilling in a way and stressful in another.

The semester is going to wrap up very quickly for all of us, so I hope we can all find the time to sit down and take a deep breath every once in a while.

Helena Woodruff
Editor-in-Chief, The Sword
Earth In Upheaval

By Gonkama Johnson

"It is useful to be assured that the hearings of the Earth are not the work of angry deities. These phenomena have causes all their own."

-Lucius Annaeus Seneca, c. 63 C.E.

In the present time, more than ever, we are experiencing natural disasters that affect cultures all over the globe. There are people who say that these natural disasters are correlated to the activities we humans do upon the earth. Aspects such as the over-exploitation of natural resources and pollution are all considered to be explanations as to why natural disasters occur with such calamitous consequences. Humans have created many explanations for the unknown natural phenomena that they experience within their environment; entwined within explanations of natural disasters are myths of the earth's creation as well as scientific empirical analysis.

Particular cosmic architectures have been stepping stones towards the originality of natural occurrences. When making sense of what occurs in our surroundings, religion and folklore are a few of many things which humans rely on, based upon principle. There are countless myths and legends which explain natural phenomena and their interconnectedness with natural disasters. The myths fall under the argument of cosmic disasters (the end of the world). This includes the Great Flood, cyclical disasters, punishment of humanity, the doom of the gods, or cosmic fires. The most numerous myths on disasters have the themes of creation through storms or floods (Noah and the Ark). The Flood is one of the most widespread myths, which can be experienced within many cultures. The Aztecs are the most represented culture within the scope of cosmic disasters. The Aztec myth of the five suns explains how the world was destroyed four separate times in the struggle between gods. The first world being destroyed by jaguars, the second world destroyed by a great hurricane, the third world by fire, and the fourth by a flood. According to the Aztecs we currently reside in the fifth world, which is said to be devastated by earthquakes. The source of the word hurricane comes from Taino mythology referring to an evil god who is the creator of sea storms. In the Mayan mythology, Hurakan is the god which creates wind and storms and lived in the mists over the primeval flood. Hurakan created the ancestors of the Mayan people, after the destruction of the previous inhabitants of Earth who were destroyed by the sending of floods by Hurakan.

Most earthquakes originate along fault lines, which are cracks within the earth's crust that move in respect to one another. Once the crust is cracked, the earth can either move towards each other, away from one another, or sliding relative to each other, causing an earthquake. Another type of natural disaster is a tsunami or tidal wave, which is associated with plate tectonics. The disasters of Haiti and Chile have been recent of many catastrophes that have attracted the concerns of the earth's people. On January 12, 2010 a magnitude 7.0 earthquake occurred in Haiti, on the Enriquillo-Platanar Garden Fault System. The earthquake happened in the northern boundary of the Caribbean tectonic plate, where it shifts 39 inches outwardly per year in relation to the North American Plate. The earthquake was felt by surrounding countries such as Jamaica, Venezuela, and Puerto Rico. Shortly following the earthquake, which had its epicenter in Fort au Prince, Haiti, was a tsunami south of the capitol on the west coast of Haiti that did some damage in the city of Port-au-Prince. On February 25th, 2010 the Ryukyu Islands, Japan also experienced a 7.0 magnitude earthquake, although no casualties were recorded. A day later, the country of Chile in South America experienced an 8.8 magnitude earthquake. The earthquake took place along the boundary between the Nazca and South American tectonic plates, at a location where they meet at a rate of about three inches per year. In comparison, the Haitian earthquake was far more devastating on the account of human life due to its impoverished status and preparedness for such an event. Researchers have said that some Chilean cities moved 10 feet due to the Maule Region earthquake. Scientists in NASA's Jet Propulsion Lab say that this same earthquake may have shortened the length of each day Earth's figure axis due to the same earthquake activity near Chile.

Rosi Braun's Retirement

By Helena Woodruff

Rosi Braun started at Concordia in 1986, as Secretary to Humanities. Soon after she started helping in the career advising at Concordia, one thing led to another and she ended up as the Director of Advising. Rosi has been here for almost 24 years now, and says it definitely feels different to think about leaving Concordia. She is now ready to do a few things in other areas. She will be teaching two Reading for College classes next year and helping out in the Learning Center at Concordia Academy. Rosi said she would also like to help at her home congregation, King of Kings with the grade-schoolers and reading. She hopes to travel and see her kids and grandkids.

When asked if Rosi felt accomplished in her work here, she responded, "I hope I have helped to encourage people to grow in their own self-confidence and learning - and to never, NEVER give up! I also hope that I have had a chance to show a little of the love of Jesus to those I come in contact with. I don't know if people in education ever think they have accomplished everything, because there is always more to do, but I really tried to make the Advising Office a place where students knew I would hear them out and then try to come up with solutions."

Rosi Braun will be remembered here at Concordia as a person to turn to no matter the problem; she strive to come up with the best solutions. She will be missed around here, but we all wish her the best in her future to come. God bless!

There are two pieces of advice that Rosi said she would pass onto students:

"Everyone wants to live on the top of the mountain - but all the growth and happiness comes in the struggle to climb there."

"Don't miss the daily fun and growth because life really IS the journey. And heaven is the destination - all the rest is just gravy - as they say."

Spring Events

By Anne Ajaluwa

When people think spring vacation, they usually think of catching up on their sleep or re-watching old episodes of favorite television shows, but there are people that spend their time helping others. Call Center went on a service trip in Texas helping out local non-profit agencies with hurricane relief efforts.

Easter is a Christian holiday celebrated in the month of April. According to Christian scripture, Jesus was crucified dead and buried; on the third day he arose from the dead and ascended into heaven. The day Jesus died on is what is now known as Good Friday, which is always followed by Easter Sunday.

No one knows how Easter received its name but there are many claims to this. One is Easter was named after Ostre, a Teutonic goddess of spring and fertility, while other sources trace it to Easter to the Latin term hebdomada alba, or white week, an ancient reference to Easter week and the white clothing donned by people who were baptized during that time.

Easter has many names in different languages. In Spanish, it is known as Pascua and in French it is known as Paques. Easter is an entire season in the Christian Church. It begins with lent which is when Jesus spent in the wilderness before he began his ministry. This is when it is said that the devil or Satan tempted Jesus.

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On the Record with Raina Hein

A CU News Exclusive

By William Lang

Despite becoming a fashion icon and star on America’s Next Top Model, Raina still attends Concordia, trying to get her degree. As a member of CU’s first national championship volleyball team, Raina is no stranger to success. Raina Hein is more than just a model; she manages to juggle school, friends, and her career without missing a beat and staying down to earth.

When did you first get into modeling?

I have been interested in modeling since I was a kid. Starting at age four, anytime anyone picked up a camera, it was certain to find me in front of it doing something crazy. I got enough courage to send in some photos during my freshman year of college to a local MN agency that ended up shockingly signing me.

How’d you get on the show?

I heard about the auditions through some friends and a couple emails that were sent my way. I never thought I had a chance in even making it past the first round, so immediately I decided not to go. The day of the auditions, I received quite a few phone calls from friends who all informed me of how mad at me they would be if I didn’t at least go for the experience. So, I went for the experience...but had no idea what kind of crazy adventure I was about to go on.

How was it being away from home and in a big city?

It wasn’t as tough being away from home as it was being away from my loved ones. It was really hard being half way around the country without the people that supported me the most. The Twin Cities and New York City are at opposite ends of every spectrum. I can’t believe how gargantuan the city is! There are so many different kinds of people that aren’t at all afraid to just be who they are. I love the Twin Cities, but NYC definitely found a place in my heart.

Was it difficult being made over?

I can’t really say I made any enemies. I’m not the enemy type. But I did make a lot of friends. It’s kind of hard not to when you are thrown in a house with 12 other girls. I want to keep in touch with a lot of them!

What was the most memorable part of the trip?

So far, the most exciting part was walking for famous clothing designer Rachel Roy in a full fashion show. Also, living in a multi-million dollar loft in NYC wasn’t too shabby either.

Did you make more friends or enemies on the show?

I’ve always been a confident person, but I’d have to say that the challenges on the show will definitely make me 10x stronger. Being critiqued by some of the world’s most prestigious fashion figures will give me incredible knowledge.

What was it like meeting Tyra and other celebrities?

This is the #1 question I get asked. Tyra is just another human being. She has a lot of experience and a lot of knowledge that make her who she is. Nigel is my favorite; extremely professional and very sweet. Andre is a whole new kind of spice that is always turning heads. He isn’t afraid to say what he thinks, which makes panel hilarious. Miss J (at 6’5”) is such an inspiration. He set out with a dream as a kid, and made it come true. Mr. Jay is great. He’s never afraid to say what he’s thinking, which can make or break your day.

What tips do you have for other models like ME, trying to make it?

Stay confident no matter what. There are always going to be people trying to get you down in any and every aspect of life, including people who you never thought would. If you stay smiling, and you stay strong, in the end, you will end up a winner. If you have a dream, go for it 100%. Don’t sit around doing something because you think you should or you want to impress someone else. Do what you love, and do it for yourself.

“Don’t let the clouds make you forget for even a second that the sun is still shining just as bright as you can.” — Raina
Christus Tour Brings Light to the Southwest

The Christus Chorus enjoyed a Holy Week tour of the Southwest—from Phoenix, AZ, to San Francisco, CA—with six concerts, three church services, and several impromptu performances along the way.

The concert!

The 32 member choir along with Dr. David Mennicke and friends Catherine Mennicke, President Bob Holst and Lynne Holst, traveled by bus along the coast performing The Light Shines in the Darkness—the 2010 choir concert based on the John 1:5 text, “The light shines in the darkness, and the darkness has not overcome it.”

The concert was divided into three parts, the first part focusing on, “The Light...” beginning with the light of creation, as represented by the selection In the Beginning (from The Creation) by 18th Century composer F.J. Haydn, and Jesus Christ as the Light of the world, as represented by I Am the Light of the World, an original composition by Mennicke. Also included in this section was favorite piece Lux Arumque by popular contemporary composer Eric Whitacre.

The second and third portions of the concert focused on Christ’s passion and death on the cross, with the powerful piece Thy Will Be Done by composer Craig Courtney and based on Matthew 26:36-42, and his resurrection from death and God’s promise of eternal life, such as expressed in spirituals The Storm is Passing Over, arranged by Barbara W. Baker, and This Little Light of Mine, arranged by Moses Hogan.

The tour!

The tour itself was memorable for many of the singers and they were eager to share their favorite parts of the experience. Highlights of the tour include beach time around the bus to share. Someone even shared his Muscles with penne pasta and New England clam chowder with fresh clams.

Other members recounted more personal experiences.

“Our Good Friday service was something special... when choir members all around me were singing, swallowing back tears,” said Haidee Kuehne. “Individually, we probably would have been so embarrassed to be singing and crying, but together, we were sharing in something and attesting to something so much bigger than each of us.”

For others, it was the simple things like bus rides and enjoying each other that was the most memorable.

“My favorite part of the tour was spending time as a choir and watching us become this unique Christus family,” said senior Shelly Schwaarm. “There was one day that we didn’t get lunch until later in the day because we had to drive further than we thought. As we all got more hungry, people began passing food around the bus to share. Someone even shared their Oreos. Now that’s love.”

Upcoming campus events featuring the Christus Chorus include the 5th Annual Choral Arts Finale this Friday, April 18 at 7:30pm at Orchestra Hall and the Baccalaureate Choral Service Thursday, May 13 at 7:30pm in the Graebner Memorial Chapel.

Spring Instrument Ensembles Concert

set for April 16

By Dan Sailer

The Concordia Music department is showcasing the top instrumental ensembles with a spirtly spring concert on Friday, April 16 at 7:30pm.

The Concert Band, Percussion Ensemble, and Guitar Ensemble have been performing musical selections the whole semester and are prepared for an exciting concert. The three groups will perform pieces that encompass a wide spectrum of musical time periods, styles, and genres.

The Concert Band will play a trumpet concerto piece composed by Antonio Vivaldi, (who also composed the Violin Concerto No. 1 in E Major, the “Spring” concerto), and a contemporary folk-style arrangement of “Armenian Dances” by Alfred Reed along with other pieces under the direction of Professor Aaron Isakson.

“We are going to perform a broad range of music. This concert will give new light to the instrumental program at Concordia” says sophomore clarinetist AJ Longabaugh.

Also under the direction of Isakson, the percussion ensemble is using a Latin motive and groove to perform the saucy “Masam Para Seis” and also “Afro Blue.”

The Guitar Ensemble, directed by Dr. John Roth, will perform selections spanning two centuries with an arrangement of Beethoven’s Moonlight Sonata as well as Joni Mitchell piece.

Other dates from the spring 2009 instrumental ensembles calendar include Krista Hasse (handbells) and Jon Kuehne’s (baritone) student recital April 3 at 25 pm in the Buetow, the Handbell Ensemble Concert April 24 at 7:30pm in the Chapel, the Vocal Jazz/Jazz Ensemble Concert May 6 at 7:30pm, and the Senior Composition Recital May 9 in the Buetow, time to be determined.

FYS Program Heads for New Focus

By Helena Woodruff

The First Year Seminar (FYS) program here at Concordia will be heading for a new focus in the fall. The classes will now be called, College Transitions or CT 101. Each class will now have the main goal of helping freshman students have a smooth transition into college. Also, it will give students more of a focus on the areas that they need the most.

There will be courses with three different Major distinctions. There will also be classes that focus on how hard it is to maintain a good sense of time management while involved in Division II athletics, as a student. Other classes will have a purpose to set goals and purpose, or to build a strong foundation.

The changing of the FYS program should be a great addition to a first year student’s experience when they come to college. The new ways that the program will focus on Majors, sports, or building foundations will give the students a strong sense of accomplishment.
Beecroft’s Show Looks at the Details

Gretchen Beecroft’s senior show, on display April 29 through May 7, is unique in that it has been thirteen years in the making. Beecroft, a Concordia faculty member from 1973 until her retirement December 2009, began taking art classes in 1997.

“I got hooked! I always took my classes for credit rather than audit, because that gave me more incentive to really work hard and get the most out of my classes. In 2005 I decided to declare a major.”

Entitled Details, Beecroft’s show is dedicated to the beauty of nature that is often overlooked. “I want the viewer to be inspired to look beyond the obvious and probe more deeply into the details of nature. In our fast paced society where our focus may be on computers or texting on the cell phone, we need to take time each day to look at, smell, touch, and hear the sights and sounds that God has created around us.”

Details will include pieces in the media of ceramics, printmaking, sculpture, drawing/illustration and photography. Among Beecroft’s favorite pieces includes a series of scratchboard images—a medium still relatively new to her.

“The way these forms of nature are created in such minute detail amazes me, and it was fun and somewhat challenging to represent these images in art. I’m also doing an installation of a collection of interesting natural items that I have collected over the years.”

Beecroft had originally graduated from CSP in 1967 with a degree in education. She subsequently taught for six years across the Midwest until returning to the Saint Paul and, ultimately, Concordia in 1973.

An opening reception for Beecroft’s show will be Thursday, April 29 from 5-7pm.

Carnival! Proves to be a Unique Educational Experience for All Involved

Concordia’s spring musical Carnival!, directed by professor Mark Rosenwinkel with choreography by Jan Puffer and musical direction by senior theatre and music major Alex Heetland, runs Thursday April 29 through Sunday May 2 with Thurs-Sat shows at 7pm and a Sunday matinee at 2pm on the E.M. Pearson stage.

The play begins when a young, naïve orphan named Lili (Christine Mennicke) meets and falls in love with the charming and handsome magician Marco the Magnificent (AJ Longabaugh,) who invites her to join his show with the carnival. Lili, however, is humiliated after ruining a trick and is about to leave for good when a redheaded puppet named Carrot Top calls to her. Lili is enchanted by Carrot Top and his friends, puppets Horrible Henry, Maugermite, and Reynardo the Fox, and becomes part of the puppet act. Unbeknownst to Lili, the puppeteer is Paul (Josh Hinck,) an embittered former dancer who was previously cruel to Lili and continually mocks her crush on Marco. As Lili’s feelings for Marco grow, much to the chagrin of Marco’s long time girlfriend and partner Rosalie (Jo Gimbel,) as do Paul’s feelings for Lili.

Carnival! is a unique undertaking for the theatre department. All musicals include song and dance, of course, but typically not puppetry, magic, acrobatic stunts, stilts-walking, unicycle-riding, and pretty much anything else they can come up with, too! Chorus member and “roustabout dancer” Mark Langton shared some insight: “Some of the dance moves have been challenging, such as the beginning acrobatics we have been learning for a song.”

“Yeah, The Roustabouts create a sort of a pyramid/totem pole, and from there we go into a role to a standing position within a few measures of music.”

Impressive.

“Yeah, but very challenging.”

Carnival! challenges the cast all across the board. “Rosalie is a difficult character for me to grasp because of her simplistic approach to life,” said Gimbel. “She seems to make a judgment and go with it—very cut and dry.”

When asked about his favorite part of the play, Hinck’s response seemed to reveal in the show’s challenges.

“The end of Act I,” he said. “Puppet Extravaganza. It’s me, and four puppets. I am so adding ‘puppetry’ to my resume.”

The musical direction for Carnival! will serve as student Alex Heetland’s senior project.

The challenge inherent in musical direction is seeing how what I do fits into the big picture,” said Heetland.

“I have to make sure everything works with the singers and with the orchestra and, ultimately, into the world of the play as well.”

“Carnival! is a great show to do at the academic level because of all the different demands it makes of everyone,” said sophomore costumer and Puppet Master Anna Fink. “We have people cast as ‘Bird Girl’ and ‘Stam en Twi n’ all with featured bits in the show. These sort of specifics really push and try us creatively.”

On designing and constructing the puppets, Fink said, “It’s really difficult to make them look cute!”

Of course, then there are other students who feel they were just well cast.

“Marco the Magnificent uses his charm and wit to benefit him both on the social scale and the sexy scale, just like me,” said Longabaugh. “I am approaching this character with the idea of him being the hottest creature God has put on the planet!”

For tickets, visit csp.edu/tickets or call OvationTix at 1-866-811-4111. Visit the Concordia University Theatre page at facebook.com/CSPTheatre.

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Schlobohm's Senior Project Promotes Acceptance

At Our Core

A gallery show
by Danielle Schlobohm

H. Williams Teaching Gallery
Concordia University Art Building
April 15-22, 2010

Danielle Schlobohm's senior project, to be displayed in the H. Williams Teaching Gallery in the Art Building April 15 to April 22, focuses on people's imperfections—physical, emotional or mental—in order to "portray a view of acceptance, no matter the flaws."

"I interviewed real people—friends and family—asking them what it is they dislike the most about themselves," said Schlobohm. "In doing so I feel that it not only forces the person to look at and accept themselves for who they are, it will also give the paintings a more personal and realistic feel."

The gallery show, entitled At Our Core, consists of life-size portraits of Schlobohm's friends and family. The central figure is that person in a neutral stance, posing how they would stand naturally and with a neutral expression. There are two or more portraits of the person overlapping and intertwining with the main central figure. These figures are meant to portray each person's greatest "flaw."

"A lot of my inspiration came from my upbringing. Both of my parents worked in the church for much of my life so I spent a lot of time around people who seemed to judge other, less 'perfect' people."

Schlobohm also used different elements of painting and drawing in order to help portray the flaw and the person. Schlobohm plays with the idea of jumping to conclusions by assigning a pattern to each person, "based on how I associate the person in my mind."

The various styles of painting and drawing as well as the use of line and color are all meant to help understand the person—dually, by their self-perception and Schlobohm's perception.

An opening reception for Schlobohm's show will be Thursday, April 15 from 5-7pm in the gallery.

Details
A gallery show by
Gretchen Beecroft

H. Williams Teaching Gallery
Concordia University Art Building
April 29-May 7, 2010
Concordia Speaks
By Helena Woodruff

This issue of the Sword is posing a question to be answered by anyone that is affiliated with Concordia. The question that we decided on for you to speak on is: How do you feel about attending or working with a campus that is located in an urban area? And do you think that the rising crime around our campus has anything to do with the fact that we are located in an urban area? Do you feel like the economy has anything to do with the rising crime?

Cory Pike-
I think that the location of our campus has its pros and cons. Being where we are, the students here have full access to a lot of things that are close to us. It’s not like we are out in the middle of nowhere and have to drive thirty minutes to get to civilization. On the other hand, our location also is centralized within a very diverse geographical area. There are many different ethnicities close to our campus and it gives us a very unique picture of how things are elsewhere. As far as the economy helping the crime rate, I guess I can see that being a factor. However, even during a time when our economy is booming, there is still going to be crime, there will still be those few that will break the law. Although, I would say it’s no secret that when the economy is down some people just have the funds to be able to support themselves properly and need to do whatever they can to sur-

Michelle Bonin-
To answer your questions, (though not in the order asked) I would seem logical that a poor econ-
omy would result in a higher crime rate as people begin to feel more desperation, but this is not a con-
clusively proven fact. Statistically speaking, violent and property crime rates in urban areas tend to be higher most likely due to a larger population in a concentrated area. With regard to the school being located in an urban area, there is a trade-off between a higher crime rate and convenience. Concordia is located within walking distance of several restaurants, grocery stores and coffee shops. Things like being close to Target and Wal-Mart as well as bus lines that can get a person all over the Twin Cities for entertainment and shopping make it easier for students without a vehicle to have some independence. Being located right off of a major freeway makes getting to Concordia easier for com-

William Lange-
I don’t care about going to school in an urban area because I grew up in Minneapolis and went to school in downtown Minneapolis. We did not have a problem with crime there so I think it has something to do with the law enforcement in the surrounding area. At night, it is rare to see a police car patrolling the area even though Concordia is a block away from a police station. We need better patrol!

Helena Woodruff-
I think that living in an urban area while attending school at this university definitely has its negative effects. There has been a rising crime rate around campus this year, and in my personal opinion I think it has to do with the rebuilding of the bridge that crosses over 94 and ends right next to the RLC. There are criminals who see that as an easy way to get into trouble around here. I also think that the economy has a lot to do with why there is so much crime, urban area or not. There are a lot of people that will simply take the easy way out and steal from others to get through this rough time of economic stress, rather than try and get a job for themselves. I do not think the urban area is the main problem, it is the mindset of certain individuals.

Top 10 Favorite Oscar Moments
By Emily Bertram

Neil Patrick Harris opening: Neil Patrick Harris should host every award show for the next ten years. He introduced Steve Martin and Alec Baldwin with a song and dance, setting the comedic tone for the rest of the night. The great dancing, and hilarious lyrics of this opening number one of the best ever.

Steve and Alec: Steve Martin and Alec Baldwin co-hosted the event, playing off each other jokes until they eventually went too far. They were very funny and I loved their spoof of Paranormal Activity. As a whole they did a great job and continued to make me laugh throughout the very long ceremony.

John Hughes tribute: John Hughes was an enormous
talent and creator of movies that every
teenager in the eighties wanted to be in. Several of his key players appeared at the Oscars, introducing and talking about John Hughes in a large tribute to the man who made their careers what they are today. Molly Ringwald and her Cleopatra haircut, Matthew Broderick, Jon Cryer, Ally Sheedy and many other iconic actors and actresses gave their tributes, but the tribute was summed up with Matthew Broderick simply saying “John, danke schoen”.

Ben Stiller: The only reason this is on my list is because I laughed when Ben Stiller first came on stage dressed as a character from Avatar to present Best Make-up but the second he opened his mouth everything was awkward. He made awkward jokes towards James Cameron who played along, made a joke about how nerdy Star Trek is and managed to make everyone in attendance squirm in sheer awkwardness. I will say, however, that I did appreciate the jokes and the make-up. It was a good attempt.

Sandra Bullock: Sandra Bullock winning best actress was my personal favorite moment of the entire ceremony. I’ve followed her career throughout all of the bad dramas to the hilarious comedies and have been rooting for her since the beginning. She gave a perfect speech, mixing together the right amount of humor, grace and humility. She dedicated the award to moms that take care of the babies and the children, no matter where they came from” and she was all around fantastic.

Best Directing: Kathryn Bigelow was very gra-
cious and thankful when she gave her speech for winning best directing. She is the first female to win the award and won it over her ex-husband James Cameron, who was oddly seated directly behind her throughout the show and jokingly pretended to strangle her after the event. It was a very historic event and she was the perfect woman to win the award for the first time.

Best Picture: The Hurt Locker won best picture, over Avatar which will a little disappointed, I expected. As much as I love Avatar its screenplay could have been a lot better. I was excited to see that The Hurt Locker won because it truly deserved it instead of seeing Avatar win because James Cameron’s name is attached to it.
NEWS BRIEFS

CU's Golden Boy to grace the cover of Men's Fitness

By William Lange

After appearing on the Division II version of 'So You Think You Can Model,' Aaron Krasen won over the hearts of modeling agents across the United States but chose to pose for Men's Fitness because they represent what he is about, helping men to reach their full potential. Aaron's priceless Workout Regiment:

Workout Regimen:

Eat four to five full meals a day to keep your metabolism working in top shape.

Pancakes or any other round shape food (pizza, doughnuts, beer in a saucer) should be included in every meal.

BLAST STRAPS! A man's best accessories are his abs.

About ten years ago, Aaron changed his lifestyle and went from flabby to flashy. Living by these tips got him the cover of Men's Fitness. During my interview with Aaron, his publicist only allowed me to publish one quote.

"Say yes to beauty" - Aaron Krasen

On Hold Indefinitely...

By Ashley Marzolf

On the phone again, listening to the horrible montage of elevator music that is being on hold. So this is what Dante meant by the ninth circle of hell.

Not too long ago my roommate Kayla booked a vacation through a travel agency, and they charged her twice for her hotel by mistake. When she called Travelocity to straighten things out she was naturally put on hold. When someone finally picked up, she was told that her call needed to be transferred. Instead of being reconnected with the right party her call was dropped. She was at work at the time, and her next appointment walked in. Later, she decided to try again. Once again she was put on hold, and during her wait a walk-in appointment stopped by her office. She once again had to set aside the problem of her over priced vacation, and returned to work. Finally, at the end of her work day she called the agency once again. She was on hold for the last forty-five minutes of her work day, and remained on hold for the entire commute home. Nearly two hours later someone picked up, transferred her call to the correct party, only to find out that they could do nothing about the overcharge for two days.

The elevator music is interrupted by an advertisement for some new deal the company is offering. These advertisements are the worst marketing strategy in the world. A customer, in their right mind, who is angry about being on hold would never purchase the deal being offered by the machine on the other end, especially not when all they want is a living human being to talk about the problem they are having with the other crappy service that they already purchased.

One of the worst parts of being on hold is that your call is always about something gravely important to you, like your electric or cable bill. So, you are already agitated before you even pick up the phone, because you are getting charged way more than you know you should be. So, then you dial your electric or cable provider, but instead of getting a person you speak to a menu of options that never quite seem to fit the parameters of the question you have. So, you pick whichever option is the least far away from the question you have. Again instead of a person you get, "I'm sorry all of our available representatives are currently assisting other customers, please hold", in a cool feminine voice. So you wait on hold, and every static crackle in the phone connection gives you the false hope that someone has finally come to Rescue you from being on hold. Eventually this hope diminishes to the point that when someone finally does take your call you are caught off guard, and do not remember what to say at first. So, you mumble incoherently, "Uh...cable bill...never ordered that...too high". The person somehow divines what you mean, unfortunately they cannot help you, and you are transferred only to be put on hold again.

Press one for English, press two for Spanish, or press three if you'd rather be jabbing your eye out right now with a rusty fork. Ben Franklin got it wrong. There are three things in life that are certain death, taxes, and being put on hold.

I seriously wonder how much of a person's life is spent on hold. It is impossible to avoid. There will always be some severely under staffed company that is inexplicably busy at two o'clock on a Tuesday that has the answer to some question you have that you cannot figure out by yourself.

Didn't you know? Samuel Beckett's inspiration for Waiting for Godot was a particularly bad experience on hold.

Easter: A Holiday of Obvious Paradox and the Everlasting Peep

By Ashley Marzolf

Easter is upon us once again. I was reminded of this unfortunate fact the other day when my lovely roommate brought home orange bunny colored Peeps. Now those of you who are not familiar with this abomination of a candy, it is basically a marshmallow coated in colorful sugar.

At this time my other less intelligent roommate decided he wanted to know what would happen to a Peep if it was put in the microwave. So, there we were, all four of us in our tiny kitchen huddled around our microwave watching the marshmallow bunny grow to obesity.

This wonderful candy used to be exclusively reserved for Easter. However, in recent years the Peep has contaminated other holidays as well: green tree Peeps for Christmas, orange jack-o-lanterns for Halloween, and pink hearts for Valentine's Day.

Enough about Peeps. I now must point out the most glaring contradiction that surrounds this holiday. The face of this holiday is the Easter Bunny. Now, if you have been a good little boy/girl the Easter Bunny leaves you Easter Eggs. A BUNNY THAT LEAVES EGGS...do we not see the obvious paradox? No wonder so many kids are failing biology these days.

Another popular candy item on Easter is the chocolate bunny. This is a great candy. However, this one item has a devastating effect on one's happiness. Have you ever taken a bite out of your chocolate bunny only to find that the inside is completely hollow?

BIGGEST RIP OFF IN HISTORY! FALSE ADVERTISING! MOMMY YYYYYY!

Easter, like everything else in this world, is a sham.
Women's Golf Team Takes 1st at Wayne State and 5th at Upper Iowa

By Helena Woodruff

The Concordia University women's golf team played in the Wayne State Spring Invite in Wayne, NE. The girls played strong throughout the tournament scoring a 320 the first day and a 317 the second giving the team a nine stroke victory.

Junior, Kaytie Spangler took second place with an 82 the first day and a 74 the second. Spangler said, "It was nice to finally have things fall into place with my game. It has been a long time coming. What was even better was that it gave us an opportunity to win as a team, which also hasn't happened for a while. I'm hoping this win early in the season will help vault us into a successful spring."

Freshman, Laura Petterson took fourth place with a 76 the first day and an 82 the second. Petterson said, "I felt myself and the team played very well. It was great to win early in the season and get momentum for upcoming tournaments."

Three out of the six women placed in the top ten during the invite. Taylor Auman finished in 7th, Molly Noser in 9th, and Amanda Bearson in 10th. This tournament was definitely a step in the right direction for the women's team.

The team went into the Upper Iowa Invitational scoring a 322 to be in 4th after the first day of play. They also shot a 322 the second day giving them a total score of 644 to take 5th place. Molly Noser led the CU team with a total score of 158 (78, 80) to put her in 12th place.

The CU women's team will be moving onto The Park University Invitational on April 12-13 and the Mankato Invitational on April 17-18. If they play well they have a shot at advancing to the regional tournaments in Brandon, SD on April 23-25.

CU Men's Golf Take 5th at Wayne State and 2nd at Upper Iowa

By Helena Woodruff

On March 28-29th the Concordia men's golf team headed into the Wayne State Spring Invite in Wayne, NE. The team finished fifth with a score of 604 (303, 301).

Junior Alex Timm said, "I feel like we really battled through our rounds all of us are capable of posting low rounds.

We need to work on bringing our talents together, and we will see that come out in our players as we near conference and regional tournaments."

Junior Cory Pike set the pace for the team placing 9th with a 149 (74, 75). Pike said, "Overall, I felt pretty good about my play over the weekend. I didn't hit the ball very well the first day, but I improved that on day two. I'm very happy with my mental attitude I went into the weekend with and how I stuck to my game plan both days. I can't say I would change anything other than making more birdies."

Going into the Upper Iowa Invitational on April 2-3, the men started strong on the first day firing a score of 291; they led by two. On the second day, they shot a 305 giving them a total score of 596; they took second place behind St. Cloud State University.

Tying for third was sophomore Jeremy Tetrault with a score of 147 (74, 73). Nick Jarrett tied for 5th with a score of 148 (72, 76). John Potter also placed in 10th with a score of 149 (72, 77).

The men have a chance at advancing to Regional's this spring, but they will have to play well and finish high at the conference tournament on April 9-11 in Lake City, MN. The NCAA National Regional Championships will take place on May 3-5 in Palm Desert, CA. The Championships will take place May 18-24 in Noblesville, IN.

Young Bears

By Kevin Jose

Concordia's baseball team is currently 2-7 in the NSIC and 10-20 overall. The Golden Bears have a young team to work with including 17 first year players with 13 of them being freshman. With only four seniors on the team, the Golden Bears will be carrying the experience they gain over into next season.

Q and A with Coach "Lunch" McKenzie

Kevin: How is team chemistry?

McKenzie: Team chemistry is good but is still a work in progress. We have 17 first-year players including 13 freshmen. We are working hard to develop a strong bond, but it sometimes takes a little longer when the kids are fighting for positions and playing time. We have a great nucleus and are working to get better every day.

Kevin: What are your team's strengths and weaknesses?

McKenzie: Our strength is our pitching depth and our hitting. Our defense and base running are areas that we need to improve on as well as our knowledge of the strategies of the game.

Kevin: How do you feel the team is doing overall?

McKenzie: We have been in every game win or lose. At times we have found ways to beat ourselves, but some of that comes from inexperience and youth. We have had seven freshmen play substantially and with that comes a learning curve. The players are working hard to get better and we look forward to seeing how the experiences pay off in the long term.

Kevin: Any thoughts on a new field?

McKenzie: Our field had several renovations this past fall with soccer moving to Sea Foam Stadium. We are grateful for the work that was done. We would love to have field turf in the future; it would allow us to play earlier and in adverse weather conditions and it would save money and work in time.

Kevin: Can you touch on the team leadership?

McKenzie: We have only four seniors on the team. We do not select captains; we let the leaders develop and come forward on their own. Once again that is a work in progress. This team is similar to the Twins when Mauer and Morneau were rookies. Short term, we are losing some games that we would like to think we could have won, however we have beat some very good teams along the way also such as UNO, Wayne State and Southwest MN State.

Kevin: Any standout players as of late that you could mention?

McKenzie: Several players are hitting well such as sophomore, Bryan Lippincott, senior, Brenden Furrow, and Junior, Jon Stockton. Freshmen Hogan Jackson and J.T. Schneider have come on lately at the plate and junior pitchers Nick Anderson & Ryan Rodeck as well as sophomores, Chris Peterson and Ben Lemke and freshmen Andy Fagely & Griff Kilber have competed well for us.
Schmikla Breaks 5-Year Streak with her No-Hitter!

By Israel Lopez

It had been five years since a Concordia women's softball player threw a no-hitter; the last player to throw one was the team's assistant coach Kristen Schmidt. However, that streak ended on February 26th when junior Stephanie Schmikla threw a no hitter against Minnesota Stat Mankato in a 5-0 win.

Schmikla said, "I didn't think about it during the game at all, but afterwards it was an amazing feeling, especially when all my teammates came up and congratulated me. It was something that I will always remember."

Schmikla had five strikeouts in the game—a game that was dominated by the Golden Bears. For Schmikla, this was her second career no-hitter, but her first collegiate one; the other came in high school. Schmikla said, "It feels great to throw a no-hitter, but in the end, getting the win is all that matters."

Like a Broken Record: Kaysee Nesmoe

By William Lange

Kaysee Nesmoe, from Mountain Lake, Minnesota now holds all of Concordia's Track and Field throwing records. She achieved this by hurling the javelin 113' 3" at the Vance Butler Invitational in South Dakota over Easter break.

Kaysee holds more field records than any other Golden Bear. Her accomplishments include: 148' 4" in the hammer throw, 42' 9.75" in the indoor shot, 43' 4.5" in the outdoor shot, 51' 4.5" in the weight, and discus 130' 3" in the discuss.

Kaysee began her throwing career by throwing shot and discus in eighth grade. She didn't start throwing the weight or hammer until her freshman year here at Concordia. Last year was her first year throwing the javelin and she already holds the school record.

Achieving her goal of breaking all of Concordia's throwing records, Kaysee is now "striving towards provisionally qualifying in at least one of the events." Nesmoe is hoping to qualify for Nationals.

A model student-athlete, Kaysee has been on the Dean's List numerous times. She is double majoring in communications and sociology. When she graduates she wants to be a social worker or hold a position in the adoption field. Her favorite moment with Concordia's track team was hitting Justin Franke in the head with the hammer; her favorite event is hammer.

Seasonal Health: Five Steps to Fight Spring Allergies

By Stephen Lybeck

The snow is finally gone and the sun is beginning to work again. Winter coats are being hung up and the brave have begun to wear shorts. That's good right?

Just as the cold weather brought chills and dry air, spring takes a different approach to attacking the human body. The fast climate change has caused many to refer to spring as the beginning of allergy season.

According to Clifford Bassett, MD, the rise in global temperatures has supercharged the already large amounts of pollen in the air. Longer seasons of warm weather also extend the pollen season for plants and trees. This is bad news for allergy sufferers. However, the following five easy steps can minimize these negative effects:

1. Get an allergy test and find out what pollens effect you the most. This way it is easy to know what types of environments to avoid.
2. Wash your hair at night and avoid bringing the clothes you wear outside into your bedroom. This will keep the pollen count low in the area of the house you spend the most time.
3. Make sure to wash or change the A/C filter at your place of living. The pollen count is high enough outside.
4. Foods (ex: peaches, apples, pears, carrots, etc.) are known to increase the effects of seasonal allergies. Make sure to watch what you are eating.
5. Warm and dry days are bad for pollen counts to begin with. If it is windy, try to avoid being outside.

The spring also welcomes deer ticks (Lyme disease), H1N1, poison ivy, conjunctivitis (pink eye), and much more. With the abundance of health hazards this spring, the last thing anyone needs is an allergy attack. Limiting health obstacles is a top concern for many college students. With the semester winding down, these simple steps can separate an "A" from an "A-chew."
APRIL 15th

“Jesus and the Dead Sea Scrolls”

as part of the Dead Sea Scroll lecture series

7:30 PM

Graebner Memorial Chapel