Concordia Divided

By Katrina Bell

According to its Promise Statement, Concordia University is a place where "Christ is honored and all are welcome." A recent event on campus has sparked a debate amongst students as to what this truly means, specifically in regards to student sexuality.

Concordia student Nikki Hagan, former message coordinator of 908 (a student-led chapel service), recently came out as bisexual in October 2015. After Nikki’s announcement of a relationship with another woman in November 2015, the President of 908 decided to consult University Pastor Tom Gundermann and Shelly Schwalm, Concordia’s Director of Church relations and Ministry Associate, regarding his feelings and concerns with a homosexual woman holding a leadership position on a worship-focused organization. As a future pastor, this student turned to Pastor Tom and Shelly Schwalm seeking guidance on whether or not he could support Hagan to continue in her role.

Gundermann stated that during the meeting they came to an agreement on the Biblical understanding and parameters of sexuality. And while there was an agreement that Hagan should step down from her position, he also divulged, “Were we on the same page as far as a process or timeline, or end result? No.”

Gundermann agreed with the president of 908’s actions, but he regrets not making it, “more of a process and involving more people.” According to Gundermann, “A proper process could have taken a few months.” The president of 908 has no comments about how the meeting ended. But following the meeting, he spoke to Hagan alone, specifically asking her to resign her position.

Hagan stated, “I really had no choice. Even if I had said no, I would have had to resign.” Gundermann has since apologized publicly and privately to Hagan and others about how the situation was handled.

Many Concordia students are speaking out about the situation, asking for change on campus through a movement entitled the #IStandwithNikki Project. The movement has been gaining increased visibility, beginning with an online petition that calls to “stop institutionalized discrimination against people’s innate human traits. This needs to be carefully considered at Concordia–Saint Paul, through open communication and changes in the [student-handbook].” Information about the #IStandwithNikki Project can be found at cspstudent.wix.com/istandwithnikki.

Stickers and T-shirts with the collective trending hashtags have gone around the university and beyond, a gofundme account has raised more than $600 in support of the movement, and conversations and panels have been hosted to talk about the issue with some of the student body. A rally/march was held on Friday December 4th on the outskirts of campus where around 50 students marched and protested. The movement has also gained local attention, landing stories in the Pioneer Press and the Star Tribune.

Other students disagree with this movement’s requests, encouraging the university to retain the traditional Lutheran Church--Missouri Synod (LCMS) teachings and values that the university was built upon. These students have been holding on campus prayer sessions at various days and times in an effort to talk, pray, and support one another in their beliefs.

President Tom Ries addressed the issue in a campus-wide message stating that, “First, [Concordia] love[s] all of our students…Second, [Concordia] affirm[s] the biblical teaching that God’s creative intent is for sexuality to be expressed between one man and one woman in a marriage relationship…I see opportunities for us to review student handbook policies and craft a student support group that is respectful of the needs of all our students.”

Concordia is governed by a board of regents. The LCMS is the parent organization of Concordia that owns the University. The Lutheran Church Missouri–Synod, the second largest Lutheran church body in North America, holds onto traditional values all within the context of the Christian Gospel.

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4th Annual Reformation Heritage Lecture

Dr. Mary Jane Haeming

By Katrina Bell

On November 12, the 4th annual Reformation Heritage Lecture was given by Dr. Mary Jane Haeming. Concordia first began the Reformation Heritage Lecture in 2012 to highlight the upcoming 500th anniversary of the Lutheran Reformation in 2017. The purpose of the annual lecture is to inform the CSP community and general public about the life, thought, and influence of Martin Luther. Dr. Haeming, professor of Church History at Luther Seminary and a specialist in Reformation, spoke on Luther’s thoughts and opinions on prayer, praise, and thanksgiving.

Beginning with historical context on the beginning of the reformation, Dr. Haeming spoke about what aspects of medieval prayer needed reforming. Medieval Christians were encouraged to pray to the Virgin Mary and the saints. They were taught that God would hear them only if they were worthy to be heard. They considered prayer a good work and therefore repetition was helpful in building up this good work and they thought prayer primarily a work for clerics. Dr. Haeming continued on to highlight Psalm 118:5, a verse that Martin Luther loved to emphasize when talking about prayer.

From the years 1535-1545, Luther lectured on Genesis, how God is the beginning of all, how humans pray for both spiritual and bodily needs, and how the language of prayer should be honest and forthright. Dr. Haemig added that Luther taught about the nature of prayer itself, which is given and free to everyone. People should pray all the time, both in times of need and when everything is fine. Prayer should be persistently done, but it should not be repetitious.

Dr. Haeming also touched on the subject of “What kind of God is this?” Answering that question, Dr. Haemig went on to lecture on how God answers prayer, and that fact that prayer is heard and answered, proves that God is generous and defines the very nature of God. The fact that humans suffer in their lives gives them a closer relationship with God because it allows them opportunity to pray. Prayer makes a difference, and some prayers are answered, and some are not. Despite anything, we know that God cares and that God always will care.

The 4th annual Reformation Heritage Lecture taught the audience the importance of prayer and how Martin Luther changed the way people view their roles in the church. Luther’s teachings live on and remain here at Concordia.

Concordia’s Elite Neighbor

James J. Hill House

By Brianna Holtmeir

Step back into the wealthy world of James J. Hill by walking through the massive carved door at his mansion. Less than three miles away from Concordia lies a magnificent mansion that once belonged to the Minnesota monopoly man. It took three years, 300 workers, and one million dollars ($26 million in today’s currency) to complete this lavish structure in 1891. At its completion, the house was the largest and most expensive in Minnesota. At 240 Summit Avenue, one can tour this extensive estate and attend special events offered here.

James J. Hill fulfilled the American dream of starting with nothing and becoming a successful entrepreneur. He was sixteen years old when he left his home of Ontario and set out to make his fortune. Hill achieved his dream; he was worth $263 million ($20 billion in today’s currency) when he passed away in 1916. When a reporter asked Hill’s key to prosperity, the “Empire Builder” responded, “Work, hard work, intelligent work, and then more work.” Hill is still considered to be part of the top 50 wealthiest Americans of all time from his hard work with the Great Northern Railway, mining, shipping, banking, and agriculture.

James J. Hill met his wife, Mary Theresa Mehegan, while she was a waitress at one of his favorite restaurants. They fell in love and remained lovebirds for their entire 49 years of married life. The couple had ten children, nine survived infancy; eight which resided in the Summit house. This mansion hosted parties, receptions, four of the daughters’ weddings, and James J. Hill’s funeral. The children loved the neighborhood so much that five of them settled into homes on Summit Avenue as well. The second son, Louis Hill, who took over the railway, lived right next door to his parents.

The 36,000 square feet of success can be admired by all. Inside, one can admire paintings by French artist Jean-Baptiste-Camille Corot, a massive 1006 pipe organ, and delicately carved woodwork. The woodcarver even left a self-portrait in the foyer as a signature to greet the elite visitors.
Heidi’s Holst Housing Tips!
#2: Ready for the Holidays

By Heidi Goettl

Are you planning to go home for a couple of days or weeks with the upcoming holidays? As you start to pack your dirty clothes, laptop, and winter boots, you also need to make sure that you leave your residence hall room in a proper state. Here are a few helpful tips to assist you in preparing your room for your break:

1. **Clean out your fridge:** You don’t want to come back to a fridge full of moldy, unrecognizable food. Besides, if you live in Luther, Wollaeger or Hyatt – you need to unplug your refrigerator before winter break. Leaving food in the fridge will only lead to a bad smell.

2. **Take out the garbage:** There is nothing worse than coming back to an unbearable stench coming from your room. It is easy to grab the garbage bag with your last load to the car.

3. **Close your windows:** You never know what crazy Minnesota weather will be experienced while you are away. You don’t want to come back to any surprises or a freezing room!

4. **Vacuum and dust before you leave:** I know, I know – extra work that you don’t really want to think about. However, since you are already packing and your room will be a little emptier – there is no better time to clean. Bonus – when you get back to your room it will be clean and all you have to do is relax!

5. **Talk to your roommate:** Let your roommate know your plans – when do you plan to leave and when will you be coming back? It also doesn’t hurt to let your RA know this information as well. Remember, Holst residents can stay for winter break, but you need to sign up for break housing at the front desk.

6. **If you are leaving your car on-campus, park your car in Lot D:** You do not want to leave your car parked on the street or in Lot F if you are going away for an extended time. The reason is that if we were to get enough snow that needs to be plowed, your car could get towed. Lot D is the safe place to leave your car. I hope that you all have a wonderful winterbreak and a happy holiday season!

**Psychology Club**

**Club Spotlight**

By Brooke Steigauf

Psychology Club is an open assembly that allows students to learn about, discuss, and share their interest in a variety of psychology-related events. Cailyn Juntunen, Psychology Club’s current president, bases her meetings off of what the members, and what they have requested to learn about. The organization provides students with the knowledge that they think will be most beneficial to them, such as facts about graduate school, psychology-related careers, and internships.

This semester, the club has been a part of many fun events, including a NAMI wake 5K, Beary Scary Halloween, and a tour of The Center for Victims of Torture in St. Paul. This included a tour of the center itself, a video of real stories of victims of torture, as well as a discussion of how the employees in the center treat the clients and how volunteers can help. Most recently, the Psychology Club held a career panel of professionals within psychology related fields, to explore what students can expect out of pursuing psychology. Present were a variety of professionals in industrial/organizational psychology, teaching psychology, marriage and family therapy, and school counseling. These speakers answered questions about their careers, how they got there, and why it interested them in the first place.

Upcoming events include the Psychology Club’s annual holiday party, a prison tour in the chemical dependency unit, a presentation on graduate school, an internship panel, and the NEDA Walk. Along with these events, the club will be hosting its monthly meetings which focus on discussion and ideas for more information and volunteering that the club can partake in.

The club is always open to new ideas and events that the members are interested in. Members do not have to be psychology majors. Only people interested in psychology are needed. All are welcome and encouraged to join. If you have any questions, ideas, or would like to join Psychology Club, please email psychologyclub@csp.edu.
Professor Spotlight

Jan Puffer

By Cassandra Shaw

Concordia University’s Fine Art department has influenced many students to follow their dreams. From dancing in the “Spring Into Dance” showcase to acting in the different productions, students are given the chance to do what they love. There are several staff in the Fine Arts department that work long hours to help the students reach their highest potential. Whether it’s dreaming of owning their own dance studio or dancing professionally, Jan Puffer happens to be one of those professors that goes the extra mile and beyond.

Jan Puffer was born in Detroit, and moved to Berkley, MI, where she was raised by her parents along with her two siblings. Jan grew up in a “dancing house,” and everything around her involved dance. Her mother had her own dance studio and taught different dances to the girls in the neighborhood. Dancing was so big in her life that her and her sister would go into their room and choreograph dances, then show their mom what they came up with. “It was so natural for us to do, it became second nature and we loved doing it.” She attended Berkley High school and was involved in theatre and dance. After graduating high school, she auditioned and was accepted into the Academy of Dramatic Art, a professional two year acting program. Jan’s desire for dance led her to Wayne State University where she became their first dance major. She finally ended up at Florida State University, where she received a BFA in Dance. With all the different schooling under her belt she left Florida and moved to New York City. While living in New York, she was able to get back into acting and continued dancing.

Jan was in several plays in New York and performed with several modern dance companies, including Alan Danielson and Dancers. While doing a play in Pennsylvania, she met the love of her life, Peter Thomson, who is now her husband. They both wanted to live and work in the same place so they decided to move to the Twin Cities in 1995. In 2008, while working at the Guthrie Theater with Mark Rosenwinkel, Chair of the Department of Theatre and Dance at Concordia University, she learned of the position to teach dance at CSP. Jan saw that as a great opportunity and soon applied for an accepted the position.

Eight years later, she is the founder of “Spring Into Dance,” which is going on its fourth annual year in 2016. Jan is also working on a dance major that would also be the first at Concordia University. She loves teaching dance and giving others the chance to express their love for dance as well. “I love dancing and to be able to inspire creativity in others is a true blessing.” Jan was able to follow her dream, and loves that at Concordia, she is able to encourage others to do the same.

Mother Daughter Day 2015

Lights! Camera! Action!

By Dana Murphy

The 2015 theme of Concordia’s 4th annual Mother Daughter Day was all about fashion, beauty, and photography. There were nearly 170 mothers and daughters attending the fun-filled day. From a delicious brunch to makeup tutorials and photography lessons, the event brought mothers, daughters, and more together.

Starting at 10:00 A.M. all of the mother-daughter duos were ushered into the Buenger Education Center to find a beautifully decorated dining room complete with fuchsia and white centerpieces atop black table cloths. Each place setting had an elegantly-wrapped nail kit for every guest to take home. After an opening prayer, brunch was served buffet-style, and there was something for everyone to enjoy. Sodexo Dining Services provided a variety of dishes including sweet potato/red lentil stew, ham and spinach puffs, baby red potatoes, chicken ginger salad, chicken and waffle hors d’oeuvres, and peanut butter banana parfaits.

After brunch, the crowd played a series of fashion-themed trivia games. Door prizes were awarded to the winners, some of which included makeup and Concordia pajama pants. Following the games and activities, the attendees were treated to two separate sessions, one of which was a makeup tutorial lead by Saint Paul makeup artist Julie Martin. The other session was a photography lesson taught by photographer and Concordia alumnae Sydnee Bickett. During the makeup tutorial, the ladies were taught different ways to apply foundation, mascara, and eye-shadow. Each person was also gifted their own mascara. The photography session showed how to take quality photos with cell phones. Topics covered included lighting, angles, and composition. The guests also had the pleasure of seeing a lot of Sydnee’s own work.

After a short break, there was a dessert reception in the E.M. Pearson Lobby. Everyone indulged in generous portions of mini eclairs, pumpkin bars, cream puffs, and cupcakes. Coffee and hot chocolate were also offered to complement the pastries. All of the dishes and desserts throughout the day were beautifully presented and left everyone full and satisfied.

The final event the guests attended was a fashion show presented by Corset Styling & Fashion Boutique based in Edina. The attendees filed into E.M Pearson Theatre with their cupcakes and cups of hot chocolate. Consisting of mothers and daughters who volunteered to walk the catwalk and show off the funky and sophisticated clothes, the fashion show was a hit. From street styles to outfits you could wear on the job, there was something every mother and daughter in the audience would love.

Finishing up around 3 P.M, Dr. Cheryl Chatman gave a closing speech to wrap up the day. A special thanks goes out to all of those who attended this event and the women who put the celebration of mothers and daughters together.
Capital Punishment in the United States is Unjust

By Reeve Currie

The United States is one of the last countries in the world to still use capital punishment on its criminals. A recent mistake in an Oklahoma death row inmate’s execution became known in early October 2015, bringing attention to the horrific suffering of the criminals. Protests against the use of the death penalty seem to have little effect in the states that continue to execute their criminals. While it may seem like the ultimate revenge, killing criminals is extreme and horrific.

Deciding the United States has the right to end lives is a cruel, barbaric use of power. Mistakes made in both procedure and verdict continue to plague the justice system of North America. Trial drugs that fail to fully kill prisoners bring pain and suffering, both on the victim and the viewer. Despite strong opposition, capital punishment is still seen as an acceptable outcome for certain crimes across 31 of the 50 states.

According to amnestyusa.org, only five democratic countries continue to use the death penalty on their criminals: the United States, Japan, Singapore, St. Kitts & Nevis, and Taiwan. The procedure has its flaws, one of which being that it is racially biased. Since 1977, 77% of those executed in the United States have been killed for murdering a Caucasian American even though African Americans make up half of all homicide victims. The death penalty also disregards those who are mentally ill. “In the USA,” states Amnestyusa’s website, “Constitutional protections for those with other forms of mental illness [besides insanity] are minimal…and dozens of prisoners have been executed despite suffering from serious mental illness.” Even more unjust, the majority of death row inmates can not afford an attorney at trial.

Recently, in early October, a death row inmate, Charles Warner, was executed with the wrong drug. Instead of immediately killing him, the process was slow and gruesome. He was heard saying, “My body is on fire” as he was being put to death.

Convocation: Dr. Mennicke’s Sabbatical

By Brianna Holtmeier

The Convocation on November 4th began with the Christus Choir singing a haunting Palestinian tune with the familiar text of “Lord Keep Us Steadfast in Your Word.” The piece was arranged by Dr. Mennicke in honor of the Christmas Lutheran Church in Bethlehem, Palestine. In the fall of 2014, Dr. David Mennicke and his wife, Katherine, traveled to the Holy Land during his sabbatical where he had the opportunity to teach music in the midst of where Christ lived 2,000 years ago. Dr. Mennicke previously spent time in Jerusalem in 1980 and has had ties to Palestine ever since. He even was asked to be a judge on a show that is a Palestinian parallel to “American Idol.” Dr. Mennicke was unfortunately unable to accept that position, but it led him to different teaching opportunities.

During the Mennicke’s stay in Palestine, they were able to visit various biblical sites: the Mount of Olives, Sea of Galilee, the Garden of Gethsemane, and King Hezekiah’s tunnel. Dr. Mennicke led many choir clinics and taught music classes and voice lessons at Dar al-Kalima University, a college of arts and culture in Bethlehem.

Palestine has rarely seen peaceful times and has been ceaselessly invaded ever since the biblical times by the Egyptians, Greeks, Romans, Turks, and others. Ever since the War of 1948, which Palestinians have dubbed “The Catastrophe,” Palestine continues to have land severed off and given to Israel.

Currently, Bethlehem is imprisoned by a wall that separates the town from the rest of the country. The Israeli government advocates that the wall protects civilians from terrorist attacks, but the wall inhibits the citizens’ ability to travel outside of the city walls. This tense situation is very similar to the effects of the Berlin Wall. This barrier has turned Bethlehem into a type of ghetto where the population is confined within the walls.

Despite these obstacles to peaceful relations, many organizations have formed to promote civility between the Palestinians and Israelis. One of the bridges between these ethnic groups is in music. A choir that the Mennickes came across was Jerusalem’s YMCA Youth Chorus. The singers include Arab Israelis, Jewish Israelis, and Palestinians who blend together beautifully and sing songs with text that can make a difference in their world. Mennicke showed a video of this chorus singing “Home,” where the Arab and Jewish teenagers sing back and forth about their homeland that they share. The Diyar Consortium is another peace promoting organization that was founded by the pastor of Christmas Lutheran Church, Rev. Dr. Mitri Raheb. This organization is devoted to empowering the Palestinian people to look past the oppression they are currently enduring and to learn how to thrive in their tumultuous “dar,” which means homeland in Arabic.

Mennicke wrapped up his presentation with the song, “Trio of Peace.” This piece harmonized an Israeli folk tune, Palestinian text, and a Lutheran chorale to symbolize how different people can each bring a piece of themselves and make something beautiful. An Arabic phrase from this song summarized the prayer of the people, “Yarabba ssalami im ‘nah bilidana salam” meaning, “God of peace, give our land peace.”
Women’s Empowerment
Concordia University Educating Students on Women’s Rights

By Reeve Currie

The awareness of women’s rights is growing rapidly in the United States and the impact is creating change at Concordia University, Saint Paul. The Book of the Year focuses on women’s empowerment and education, and a student-body club, Concordia Sisterhood of Empowerment (CSE), was reborn after four years of inactivity.

Crystal Thompson, Co-Secretary of CSE remarked that the club is important to her because it gives her a sense of family on campus. “I am going out into the business world and it’s tough out there, but CSE [has] given me the opportunity to grow and learn from other women in the community who...have broken the barriers of women in high positions.” Thompson stressed that while she doesn’t see any huge issues on campus for women, CSE’s goal is to help prepare women for when they leave Concordia. She went on to state what CSE has taught her and why it is an important group to have on campus. “As a white woman, I never realized the different aspects of what it means to be a woman in the Hmong or Somali culture, but with CSE we are able to learn the difference in expectations for women in each culture.”

While the student body is addressing women’s issues, so are the faculty. Concordia University has chosen Book of the Year to focus on women’s issues. Pulitzer Prize winners Nicholas D. Kristof and Sheryl WuDunn are shining light on the oppression of females around the world in Half the Sky: Turning Oppression into Opportunity for Women Worldwide. While the book focuses on women’s issues in countries of extreme poverty or corrupt government, it is still impacting students at Concordia on the issues of women throughout the world.

Kathy Haeg, Executive Assistant to the Vice President for Academic Affairs and Book of the Year committee member, had this to say about the choice of Half the Sky: “Last fall, President Ries mentioned to one of the CSP Book of the Year committee members that he was reading a book titled, Reading Lolita in Tehran, and he believed that educating ourselves about the state of women around the world is important. That became one of several subject areas that we explored as we solicited Book of the Year nominations for the 2015-2016 academic year. When Half the Sky was nominated, we discovered that many of the committee members had read the book, and those who had used it in their class reported that it was educational, inspiring, and well received by students.”

According to Haeg, the book focuses on issues such as sex trafficking, 21st century slavery, and denial of education. “Although the stories in the book primarily focus on other countries and non-Christian religions, it is vital that we acknowledge that our country also has serious issues in the way women are viewed and treated.” Haeg stressed that there are other ways the oppression of women are manifesting themselves in American culture including the belittling of women, gender discrimination, the sexual objectification of women, and an internalized self-loathing that may result in fixations on plastic surgery, eating-disorders, and the nonrealistic standards of beauty.

When asked what the Book of the Year committee would like to see come out of choosing Half the Sky, Haeg was clear that she wants more than to simply raise awareness. The committee is planning several events to help students, staff, and faculty at Concordia identify opportunities where they can assist both individual women and affect the broader issue of equality as a whole. Concordia University and its students continue to expand their views on women’s rights by educating their students and faculty. While women’s rights are improving slowly at best, it’s refreshing to see a college campus asking difficult questions and getting their students talking. When asked why women’s empowerment is an important issue and relevant to all, Thompson stated, “I think women empowerment is important to any school/university because we are here to prepare for a career in many areas and in almost every area there is a gender issue. No one expects to go into a high power position without facing doubt or intimidation by the opposite sex, both for men and women.”

Bethel’s program for Disabled Adults

By Adam Sviен

In Fall 2015, Bethel University started a program for people with disabilities to gain a college education to help them better their lives and help them prepare for their future. Bethel University’s Inclusive Learning and Development program (B.U.I.L.D.), allows people with intellectual disabilities receive higher education.

It’s a common belief that people with disabilities are getting swept under the rug. They get stuck into a system of welfare and low income housing with almost impossible odds of being able to get out, and living a normal life with a career. This in turn can cause depression amongst those with disabilities. B.U.I.L.D. can help people with intellectual disabilities get a secondary education as well as internships and work experience in the field they want to pursue.

B.U.I.L.D is a two-year program where students can earn an Applied Studies Certificate in Health or Human Services, Business or Information Technology, Education, Ministry or Arts. The main concept behind this program is that all students can learn. During the two-year program, the students will be placed in two different internships, one on-campus, and the next year off-campus. B.U.I.L.D. students live on-campus in dorms and meet with social workers while attending classes. There is an extensive support system in place for students in the program to give them the best shot at success.

The B.U.I.L.D. program is not a free program. Financial aid, and scholarships are needed, and whatever is not covered by financial aid is covered by the student and state-issued cadi waivers.

The program allows the Bethel campus to diversify and the students involved bring in new experiences, unique skills and perspectives, provide service opportunities to the campus. It also allows students to gain adult experiences in a structured, supportive, and welcoming environment. For more information, please visit www.bethel.edu/academics/build.
An Interview with Pastor Gunderman

By Rev. Tom Gunderman

What happened to cause all this confusion on our campus?
Let me first say what an incredible place Concordia is. God has done and continues to do marvelous things here. Second, to a very real extent, I feel responsible for much of what has happened. So I say to the CSP Community now, “I’m sorry.” Believe me, I am not apologizing because people have asked me to or have put pressure on me. I feel that I mishandled the situation. I have apologized to Nikki, to Josh (President of 9:08), President Ries and Dr. Chatman who have been involved in the discussion.

What are you apologizing for?
I’m apologizing for not taking the lead role and not setting parameters and process for the conversation between Josh and Nikki. We can’t tell how the situation would have gone and progressed if I had encouraged everyone involved to come together and discuss. This is obviously a very public tension and a conflict of significant proportions. However, please know that usually, pastors and administrators work through situations all the time and you don’t hear about them. They are worked through quietly and with care.

So there’s no real conflict here?
No. There’s serious conflict. But there always has been, and there always will be different opinions on many topics, sexuality included. What must happen in a community of many voices, experiences, opinions is caring and careful dialogue.

What is the Church’s view on Sexuality?
The Church is a very big place. Much of the Church has changed its’ stance on sexuality, allowing active Homosexual individuals to hold every place of leadership in the church, including being pastors. The LCMS, however, is a Church that celebrates “sola scriptura,” that we find truth in Scripture alone. The Bible forms the doctrines of the Church, not the other way around. The Lutheran Church Missouri Synod is the Church body with which we are affiliated. The LCMS points the a number of Bible verses regarding this issue; Matt 19:1-8, Romans 1:21-27, 1st Corinthians 6:9-11 are a few. What do you think of the phrase in the CSP Promise Statement, “Christ is honored, all are welcome”?

I believe our promise statement, along with the mission and vision, are incredible, wonderful, descriptive and directive statements that are a Biblical mandate from Christ. The biggest room in the world is the room for improvement, but I also believe CSP has done a marvelous job of being welcoming, inclusive, and loving.

How do we prevent this from ever happening again at CSP?
Well, as I mentioned earlier, the tension is not going away. However, my task, our task, is to care for individuals and the community through the pastoral application of law and Gospel. Also, I do pray that we get better as a faith–based academic community at talking about sexuality and other sensitive matters.

Interview with Nikki Hagan

By Nikki Hagan

What is the intent of the #IStandWithNikki movement?
I wondered this for quite some time before writing it. I wrote it and rewrote it in my head over and over again as I tried to formulate the correct words to express my emotions. I’d like to start it this way: I am not a part of this movement to promote malice or to flip Concordia’s values to something that it doesn’t stand for. My intention for the #IStandWithNikki movement is to bring light to something that happened that should never happen again, and I would like to address some questions that keep coming up. There is an innumerable amount of emotions floating around this issue and it’s been wonderful and tough to work through all of them. I hope that this movement keeps being true to what it originated as: students creating awareness and a loving environment for everyone on a campus where all are welcome.

Would you like to leave Concordia because of what happened?
I don’t want to leave CSP because I absolutely love this school. Sure, it has its flaws, but so does every school in the world. I came to CSP because the environment was beautiful and the people were friendly. Even as a freshmen, I had multiple upperclassmen willing to “show me the ropes” of CSP and include me in the various clubs that they participated in. I loved it so much here that I tried to join as many things as I could be in. I loved it all so much – the busyness of Christmas time in the music department, the fun shenanigans that happen backstage in a play, studying for numerous finals (that wasn’t as fun), the laughter and chatter in the dining hall, the willingness of the staff/faculty to help, and the passionate professors that can bring life to class – and I wanted to be a part of all of it. I can’t just leave a school that I’m so passionate about.

Have your feelings about the church changed? What about your feelings about Concordia?
That love that I once had for Concordia still burns inside of me. Something that drives me to be all I can be isn’t something that I can suddenly hate – or even grow to hate. CSP has changed me, for the better. Now you may be wondering about the church part of the question. I definitely do not hate the church. But to be honest, I don’t feel completely welcome in the chapel on campus, but hopefully that will change with time. I have a relationship with God that I am proud of and still need him in my life. There are things that I’m trying to work through, but everyone is always working through one hardship or another.

Would you like your position at 908 back?
I loved working in my position at 908. As Message Coordinator, I sat down with people and worked with them to find what they wanted to speak at 908 about. Each person brought their own unique story and I helped them develop it so they could speak about it. Each experience made me love and appreciate God even more by hearing everyone’s lovely, passionate stories. But as much as I loved my position, I could never go back. I feel like trying to go back now would not only be uncomfortable for me, but for everyone else involved in leadership at 908. I wouldn’t want anyone to think that everything had just “gone back to normal.” You can’t put a Band-Aid on a deep wound and hope that it will fix it.
By Katrina Bell

“We (Concordia) are theologially affiliated with the LCMS,” President Ries commented, “and it certainly has an impact on the issues we are talking about.” According to the Baptist Press, on December 1, 2015, the LCMS severed ties with the Boy Scouts of America due to a policy change that allows openly homosexual scoutmasters or leaders. This decision has been long in the making. Since July, according to the LCMS website “the BSA has felt that their policy prohibiting gay adults from serving as leaders was no longer legally defensible.” When asked about this, President Ries had no knowledge of the decision, but said, “I wish they [the LCMS] hadn’t done that.” The LCMS’s official stance on homosexuality is that it is a sin, and that marriage should strictly be between a man and a woman, although within the LCMS, members are divided on their opinions. Concordia began as an all-boys high school for those wanting to enter pastoral ministry. It was not until the last fifty years that the campus began to drastically change: what started as an all-boys high school in 1893 evolved to a junior college that accepted women to become a co-ed four-year university that has expanded its reach to alternate ethnic and religious backgrounds. Concordia has successfully addressed the call to change in the past, but the conversation regarding sexuality holds deeper roots in the LCMS teachings resulting in a challenging divide on campus.

In the history of Concordia, a few incidents have brought up the subject of homosexuality. In February of 2012, there was a request for an LGBTQ group to be formed on campus. Discussion ensued with President Ries and the group involved, but during these conversations, the purpose of this group was changed from the original aim. Because of this, the group never took hold, as an official charter was never presented.

The issue of sexuality continues to be a heated topic beyond Concordia and many changes have been made in recent years to grant more privileges to this group. In 2013, same-sex marriage was legalized in Minnesota. Furthermore, on June 26, 2015, the U.S. Supreme Court has ruled that states cannot ban same-sex marriages. In spring 2014, the Board of Regents placed a moratorium on the creation of an LGBTQ group due to the LCMS’s stance on the issue. The Pioneer Press reported that the President approved of the formation of such a group; however the quote used did not speak to the true intention behind his thoughts, said President Ries. He is, and has always been open to a “support group that is appropriate for Concordia.” As President Ries said, “I have been trying to see Concordia form a group where faculty and students can come together despite differences. And I hope that one day we can accomplish that.”

In the Promise Statement, the university states that “Christ is honored and all are welcome.” However as this issue has pointed out, the definition of “welcome” holds varying meanings, and as Concordia and the students and faculty on campus recognize, it is not as simple as it sounds. Concordia will see continued dialogue and more events regarding this issue, which continues to gain exposure, recently gaining features in Minneapolis’ Star Tribune and in New York–based Daily Beast. Concordia has taken many strides toward purposeful change in the past. The issue at hand will continue to be a point of conversation on campus and President Ries encourages a continued dialogue regarding the issue of sexuality. The question of whether or not the United States should continue to use the death penalty on its criminals is a crucial, barbaric use of power. Mistakes made in both procedure and verdict continue to plague the justice system of North America. Trial drugs that fail to fully kill prisoners bring pain and suffering, both on the victim and the viewer. Despite strong opposition, capital punishment is still seen as an acceptable outcome for certain crimes across 31 of the 50 states.

According to amnestyusa.org, only five democratic countries continue to use the death penalty on their criminals: the United States, Japan, Singapore, St. Kitts & Nevis, and Taiwan. The procedure has its flaws, one of which being that it is racially biased. Since 1977, 77% of those executed in the United States have been killed for murdering a Caucasian American even though African Americans make up half of all homicide victims. The death penalty also disregards those who are mentally ill. “In the USA,” states Amnestyusa’s website, “Constitutional protections for those with other forms of mental illness [besides insanity] are minimal...and dozens of prisoners have been executed despite suffering from serious mental illness.” Even more unjust, the majority of death row inmates can not afford an attorney at trial.

Recently, in early October, a death row inmate, Charles Warner, was executed with the wrong drug. Instead of immediately killing him, the process was slow and gruesome. He was heard saying, “My body is on fire” as he was being put to death.

By Reeve Currie

The United States is one of the last countries in the world to still use capital punishment on its criminals. A recent mistake in an Oklahoma death row inmate’s execution became known in early October 2015, bringing attention to the horrific suffering of the criminals. Protests against the use of the death penalty seem to have little effect in the states that continue to execute their criminals. While it may seem like the ultimate revenge, killing criminals is extreme and horrific.

Deciding the United States has the right to end lives is a cruel, barbaric use of power. Mistakes made in both procedure and verdict continue to plague the justice system of North America. Trial drugs that fail to fully kill prisoners bring pain and suffering, both on the victim and the viewer. Despite strong opposition, capital punishment is still seen as an acceptable outcome for certain crimes across 31 of the 50 states.

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Concordia Football Update

By Cydi Yang

The second-to-the-last game on Nov. 7 against Southwest MN State, was Seniors Day, which recognized the 16 seniors on the team. It was a touching ceremony: 15 minutes before the game, the whole football team and the cheerleaders formed a long pathway for the seniors to walk through as they were addressed and greeted by their families.

As the season came to an end, the overall record results; 1-10. Taking in the fact that there have been many injuries this year, forcing many of the young players to take on starter positions, and the hiring of a new defensive coach, the whole year has been a new experience, and in need for everyone to build chemistry and experience as a team. Alquawn Vickers, a red-shirt freshman wide-receiver says, “We are a young team. It’s everybody’s first year starting and playing.”

One thing has been going well for the season, says head coach Ryan Williams. “There are great kids in our program. Everybody continues to come to work with a positive mindset to improve and attack each week as its own week.” Coach Williams adds that one thing that the team consistently stopped the run on defense. One struggle was the defense giving up too many big plays through the air.

Offensively speaking, Coach Williams said, “We do so many good plays with the ball in hand. When executed properly, we can make big plays.” He adds that the team hasn’t had the depth yet, meaning the young players haven’t had the experience and feel of playing at the level at which they are supposed to be playing.

According to CUgoldenbears.com, as of November 11th, 2015, Coach Williams stepped down from his position. Derek Branch, the tight end/running back coach, who’s been with Concordia since 2007, took on the position until another head coach is found. Exciting things the team is looking forward to is the recruitment of new players who hold great skill and talent and also the promising freshman that will be playing next year. RaQuan Cunnigan, red-shirt freshman running back says that he is looking forward to practicing and learning from his experiences. Vickers says that he’s looking forward to everybody getting used to being around each other, being more comfortable and trusting each other.

Vickers, who is seen by many as a great player on the team, commented on how he can do his part to help the team: “Honestly I just worry about myself, what I have to do, all I do is natural, once the ball in my hand, I’m a whole different person, you got to have that swag.”

With the mindset of Vickers, it’s promising that the team can rise up from this season and look forward to next year with a strong mentality. This team has been put through many adverse situations, so next year they’ll be aware of different game scenarios that can occur on the field. This will teach the players to think on their feet under pressure, and build their mentality for a successful year in 2016.

Volleyball Update

End of Season Update

By Cydi Yang

With the season coming to an end, the Concordia volleyball team played a spectacular season with a regular season record of 24-4. The team possesses great talent and they have a big name to live up to.

Heather Schiller, a senior middle blocker said, “We are really excited for the end of the season. We strive off the end of the season. It energizes us and pumps us to get to play some great teams.”

Kasey Williams, a junior setter, Hope Schiller, a freshman outside head/defensive specialist, Heather Schiller, and Brady Starkey, the Head Coach, all agree that the one thing the team can work on is keeping the level of play consistent. Hope Schiller said, “Even though we lost two games, they were eye openers, and we just need to keep coming back and focus.” Williams adds by saying, “We want to be the best team capable of being and reach our total potential.” And the team is doing just that, finishing off the win for the last two in-season home games, especially against Southwest Minnesota State on Saturday, Nov. 14th who they anticipated as a challenging team to play against.

As the host for this year’s NSIC tournament, their three games played resulted in great success for the Golden bears with a three victories. The score was tight and the level of play from both teams displayed great focus and astounding talent, but CU surpassed, with a satisfactory win. Fans were plenty and high-spirited, as they rose from their seats clapping and cheering the Golden Bears on for their game point. According to cugoldenbears.com, the team has won their fourth NSIC Tournament and is proud to showcase their NCAA finals. They built up momentum playing 3-0 games against Southwestern Oklahoma and Central Oklahoma during the first rounds of Region’s tournament played this weekend, but for the first time in the season, CU lost 0-3 against Wayne state. Even though the season has come to an end for the CU volleyball team, all their accomplishments they reached this year were outstanding. The intensity and excitement during games was something that never disappointed the fans.
Male Athlete of the Month
Shea Mandli

By Karina Schlect

Growing up in a family of athletes set senior basketball player Shea Mandli up for success in the sports world, but his hard work and dedication are what catapulted him up to the Division II level of college basketball. Following his older brother as a three-sport athlete in high school and finding encouragement from his parents who were both athletes, Mandli was a baseball pitcher, a football tight end, and a basketball post throughout his high school years. But the main push for him to continue basketball was what he received from colleges.

Mandli chose Concordia because of the location and smaller class sizes. He's close enough to home that he can go home for meals on occasion, and his family can come to all his home games. He likes the one-on-one time he can have with teachers instead of getting lost in the crowd of a bigger school. “A lot of teachers have helped me get job interviews,” Mandli says, “The teachers in the marketing program are great.”

As a marketing major looking to go into sales, he has enjoyed building the strong connection he has with his teachers, as well as with his friends and coaches – close relationships that Mandli believes he will have for a lifetime. “Concordia’s just a great place. There’s always someone to talk to, there’s always something to do, there’s all the events going on around here...definitely want to say thanks to Concordia for the opportunity that I’ve had.”

As one of the four seniors on the team, Shea Mandli is one of the captains this season alongside Cole Olstad, who has been playing for five years now. “He’s more the experienced guy who kind of shows everyone the ropes and how we’ve done things traditionally,” Mandli says, “For me, I think I’m more of the vocal leader...a little bit like the Energizer Bunny I guess, kind of bringing that energy to practice every day.” He points out that they want to get better every practice, every day, and this is more of a struggle when the energy is low, so he takes on the responsibility of making sure guys are ready for practice and pumping the team up vocally.

Mandli says that the main goal for the team this season is to continue to be the top defensive team in the conference. “That’s going to be our label as a team...our trademark.” He explains that the Golden Bears want to be feared on the defensive end conference-wide, and thus ball screens and defending the post have been a main focus for the posts in their individual work. “All of us know how to score the ball, it’s just been stopping the other post players and slowing up the guards on screens to enable our defense to give up less points.”

At 6-feet 8-inches, Mandli is one of the tallest players on the court, which he started getting used to all the way back in seventh grade when he had a 9-inch growth spurt. He grew to his current height by his freshman year of high school. “I like that we’re the anchor to the defense...the rim protectors,” he says about the post position, “I play offense I like that we do a lot of the dirty work...I like working hard, and to be able to be a great post player it’s all effort – outsourcing the other guy.” Because of this, Mandli learned early on that he wasn’t going to get anywhere without hard work, and he has held onto that mantra in every area of his life.

Female Athlete of the Month
Kionda Nicks

By Tony Kohanek

December’s Female Athlete of the Month is senior forward for the Concordia Women’s basketball team, Kionda Nicks. Nicks started basketball at the age of seven following in the footsteps of her family, as she had two stepbrothers and one sister who all played basketball. At the age of 10, Nicks joined the Amateur Athletic Union’s (AAU) basketball team and once in middle school she joined their school team. Nicks attended high school at Highland Park in St Paul. There, she continued to do AAU basketball until the age of 17 while also playing for her high school’s team. She averaged 11 points, 7 rebounds, 2 steals, 2.5 blocks, and 2.3 assist per game. In the fall of 2011 she signed her national letter of intent. She was also an All-Conference performer and All-State honorable mention. During high school, Nicks also did track and field. She was a thrower, doing both shot put and discus.

After high school, Nicks decided on Concordia University because of many different factors. Small class sizes, small campus, the location, and the coaching staff here at CU. In her first year playing basketball for Concordia, Nicks played all 30 games and was a starter in 27 of those games. She led the team with 53 blocks and was tied for third in rebounding with 4.9 per game. She had a career-high 13 points on Jan 4, with seven rebounds against Wayne State and almost had a double-double with 12 points and nine rebounds against Minnesota Crookston on February 27.

In Nicks’ sophomore and junior seasons, she was voted to the NSIC All-Defensive Team. In her sophomore season, she appeared in all 37 games and started in 32 of them. In Nicks’ sophomore year she set a single-season school record for blocks with 104 and surpassed the career record at Concordia. She had double digit scoring in five games, and had two double–doubles. In one of her double–doubles, on Valentines Day, she set a new career record for herself with 14 points and she also had 11 rebounds. Her other double–double came earlier in the season on January 17 against Wayne State with 10 points and 10 rebounds.

In her junior season, she started 19 games and played in 29 of them. Upped her career high to 17 points on Nov. 23 at Northern Michigan. She scored in double figures three times and had four or more rebounds in 20 games and had two or more assists in 19 of the final 23 games. On January 2, against University of Minnesota Duluth, she had 11 points, four rebounds, four blocks, three steals and two assists. On January 9th she had six points, 6 rebounds and 6 blocks against Augustana.

According to Nicks, aside from statistics her first year she was very nervous being on the basketball team. Since that year, she has become more aggressive and has worked on her leadership skills. She also has come out of her shell; she was pretty shy when she first arrived. Her favorite memory is when the team made it to the Elite Eight in 2014. Nicks wants all of the fans to come out, and support Concordia women's basketball in their 2015–16 season.
The Resurgent Season
Golden Bear Soccer Update

By Jake Kounkel

No one wants to end their season with a loss. No one wants to put in months of in-season and off-season work, which includes weight training, conditioning, long practices and pounds of stadium turf everywhere and not come out on top. Unfortunately though, for all teams besides one, this is the result. Saddening? Yes. Heart-breaking? Yes. It shouldn’t be overlooked, though, that this season was a successful one for the Golden Bear soccer program. This is the first time they made the tournament since 2009, and matched their record for wins set in 2006.

The Golden Bears had three players achieve All-Conference honors (Jessica Bianchi, Rachel Gratz, and McKenzie Buck) and two players receive honorable mentions (Taryn MacMillan and Emma Gartner). The team made leaps both on and off the field. One of the captains, Meg Poulson is happy with the season: “...the team this year was truly like a family. We worked so hard for each other and our team chemistry was outstanding. Both on and off the field, which I think is a huge contribution to the success we had this season.”

This year’s highlights included, as previously stated, making the playoffs for the first time since 2009 and having five players receive All-Conference honors. Additionally, they got a huge 4-0 win against Upper Iowa, which kick-started the Golden Bears’ push to the postseason. The team also hosted an impressive four game road-winning streak early in the season, which was integral in getting them to the playoffs. This group of girls dedicated themselves to soccer all year, starting practices weeks before students were in school. Their commitment and hard work should be revered by everybody, and future Concordia soccer teams will have big shoes to fill.

Concordia can expect much of the same results next season with a strong recruiting class coming in. Although it will be tough losing the seniors, especially since only seniors were the only ones to earn All-Conference honors, it can be expected that the young up-and-coming talent will be able to step into more prominent roles.

Men’s Basketball Update

By Jake Kounkel

After starting the season 0-2 in Missouri, men’s basketball looked to turn their season around quickly as they began NSIC play. Although 0-2 isn’t the start they were looking for, the two teams they played on their Missouri trip were of the highest caliber in Division II basketball. The first matchup was against East Central (Oklahoma) where the Golden Bears suffered a heart-breaking loss, 82-81, on a step-back three-pointer by one of East Central’s guards. The next team they played was Central Missouri. Although unranked right now, we will probably see Central Missouri in the nation’s top 25 teams by season’s end.

Everyone is expecting the year to go well, even after a small blip in the beginning of the season. Jon Sobaski, the sophomore starting point guard knows the team is going to get things going, especially at home. In regards to the trip to Missouri, he said, “0-2 is just a record. It doesn’t define our team; it doesn’t define anything. When a team starts 0-2, everybody goes into panic-mode.” He goes on to say, “If we would’ve lost two games in a row during the middle of the season, nobody cares. When we start winning, nobody is going to go back to the beginning of the season and talk about how we dropped the first two...besides, we’re about to start playing at home and against teams we’re more familiar and comfortable with. We’ll get it going.”

The NSIC will have a lot of talented teams in the running, so it’s going to be anything but a breeze for Golden Bears basketball this season. However, the Golden Bears have a good mixture of young and veteran talent themselves. Jon Sobaski is the sophomore starting point guard and anchor on the hardwood for the team. He controls the offense and makes sure things run smoothly on the court. Diallo Powell, one of the starting shooting guard, is an offensive matchup’s nightmare. He shoots the ball well, knows how to attack the basket, and can get to the foul line. On the other side of the floor is Bryndan Matthews. His overall athleticism and ability to play on both sides of the ball is as impressive as the fact that he’s only a freshman. Cole Olstad, one of the team’s seniors is one of the best players in the NSIC. He has the ability to play multiple positions and defend the perimeter as well as the block. He’s a troubling presence for other teams, and if talking to any of the coaches or players will ensure you they’re pleased he’s wearing navy blue and gold. The big man in the five position is Shea Mandli. He knows his way around a good post-move, and is known to keep other team’s big men in check defensively.

The Golden Bears are in the midst of a great season. As they push to finish at the top of the conference this year, they will be an
In the world of sports, it takes a lot of people to make an athletic event happen. However, in most events, a lot of what goes on actually happens outside of the spectator’s knowledge. Sometimes the people who are involved are rarely seen or known. There is one person everybody knows and hears, but rarely sees or knows his name. Public (PA) announcer Warren Falls.

Warren has been Concordia’s PA announcer since 2003. He was announcing high school hockey games at the time when a friend from church recommended he apply for the announcing job at Concordia. He was told they needed someone to announce volleyball and basketball and he accepted. In 2005, he also took over the football-announcing job when the previous announcer left.

In addition to working for Concordia, Warren also does volleyball at St. Kate’s and Tartan High School. While he is not behind the microphone at a sports complex, he does radio productions and does some work as a DJ as well. He works for a lot of stations here in the Twin Cities and is involved in radio dramas, while also working with numerous AM stations.

Warren says that he prepares for a game or contest by arriving early, starting his preparations by getting names and pronunciations down correctly. Arriving early also gives him time to get pumped and ready for an exciting event. His most memorable moment from his career as an announcer was the two National Championships back in 2008 and 2009 when Concordia hosted the tournament here at the Gangelhoff Center.

Warren loves doing what he does for Concordia, he thinks the kids are great, loves that the student athletes can come play at a high level, and use their God-given gifts and talents to get a good education. He also believes that this is where God wants him to use his talents, and that God had a plan to get him here all along.
Saying Goodbye to Minnesota Legends
Flip Saunders & Jerry Kill

By Adam Svien

To say that Flip Saunders was a major influence on Minnesota basketball would be a vast understatement. Towards the end of October, Flip Saunders passed away after a short battle with Hodgkin Lymphoma at 60 years old. All around the NBA and NCAA people poured out condolences showing just how much of an impact Flip had on them. NBA Commissioner Adam Silver said “Flip’s untimely passing has left a gaping hole in the fabric of our league.”

Phil “Flip” Saunders was born in Ohio on February 23, 1955, but came to the University of Minnesota to play point guard for the Golden Gophers in 1973, despite being told he was too small to play the sport he loved. While in college he met his wife Debbie, and together they had four children. Between 1977-1995 Flip bounced around the CBA and NCAA, coaching. In 1995, Flip accepted the head coach’s position of the Minnesota Timberwolves. Known for having a specialty for coaching point guards, after taking over the Minnesota Timberwolves, he brought in a young man straight out of High School, Kevin Garnett. In his first full season, he helped lead the Wolves to their first ever playoff berth, and the next year their first ever winning season. Flip Saunders essentially made professional basketball in Minnesota relevant. Flip, after being fired in 2005, went on to coach Detroit Pistons & Washington Wizards. However, no matter where Flip was coaching, he still lived in Minnesota. On June 6, 2014, Flip came back to the Timberwolves as co-owner and president of basketball operations, and eventually stepped in as head coach.

Flip was key in the Kevin Love trade that brought Andrew Wiggins to Minnesota and also brought back his guy Kevin Garnett from the Brooklyn Nets to help him mentor the young team. Flip was also seen joyously celebrating at last year’s draft lottery because for the first time Minnesota got the number one overall pick, bringing in Karl Anthony-Towns.

After Flips passing, Kevin Garnett tweeted a photo of himself sitting in the Timberwolves parking lot, staring at Flip’s empty space with the quote “Forever in my heart.” In a Star Tribune interview, Governor Mark Dayton commented, “The Timberwolves have lost a brilliant leader and Minnesota has lost an outstanding citizen.” Flip’s passing has drawn a lot of attention from the league. Flip coached 18 seasons in the NBA, coaching Minnesota, Detroit, Washington, his overall career was 654-594 with 11 playoff appearances.

Coach Jerry Kill also recently retired as University of Minnesota’s Football head coach, due to health reasons. Coach Kill, who suffers from epilepsy and is a survivor of kidney cancer, was brought on as a coach in 2010 and in his first two seasons has had five documented seizures, including one very public one on the sidelines that ended up on ESPN. Jerry Kill tried a new treatment, and went seizure free for 18 months, then started to regress and his doctor expressed that he should retire. Jerry Kill was 29-29 as the Gophers head coach and 156-102 in his career coaching at Emporia State, Southern Illinois, Northern Illinois, and The U of M. Coach Kill is up for the 2015 Capital One Orange Bowl FWAA Courage Award.

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THE SWORD
CONCORDIA UNIVERSITY’S OFFICIAL STUDENT-RUN NEWSPAPER SINCE 1966.
**Book Review**

Stir: My Broken Brain and the Meal that Brought me Home

By Reeve Currie

*Stir: My Broken Brain and the Meals That Brought Me Home*, written by Jessica Fechtor, is an outstanding memoir about the ability food has to connect us to ourselves, life, and those around us. Written in an easy-to-read format with a sprinkling of recipes throughout, *Stir* quickly warms your heart and creates the desire to immediately run into the kitchen and begin cooking something delicious.

Fechtor, in this debut memoir, writes openly and honestly, giving the reader more than a glimpse into her struggle with recovering her body and spirit after an aneurism burst in her brain. As a twenty-eight year old woman, Fechtor was in the best shape of her life as a marathon runner. She and her husband had just started trying to have a baby. In a whirlwind of events, she continually went in–and–out of the hospital with infections, mysterious problems, and eventually reconstructive surgery. She underwent brain surgery more than once and spent countless months in bed, too exhausted to get up. Previously, working towards becoming a PhD candidate in Yiddish, Fechtor’s life was suddenly put on hold as she dealt with a debilitating medical issue. *Stir* chronicles the year surrounding her aneurism and her fight to once again stand at the stovetop.

Fechtor has a way with words. A long-time lover of books, she is able to effortlessly describe a feeling or moment with few words. It is easy to imagine oneself in her shoes, walking along through each ER visit, frustrated right alongside her as she struggles to cook, walk, make the simplest of meals helped propel her forward in the darkest days of her recovery. Her desire and yearning to be able to simple into the sharpest relief. It’s awfully hard to worry about the puddle of milk when you’re just glad to be here to spill it.”

One doesn’t have to have a love of cooking or food to enjoy *Stir*. You also doesn’t have to be proficient in medical terminology or aneurysms. As with most good memoirs, you are able to discover more about yourself as they read about someone else experiencing life. Fechtor provides an excellent, inspiring read no matter where your passions lie. It is, after all, the little things in life that give life meaning.

**Movie Review**

Beyond the Lights

By Cassandra Shaw

*Beyond the Lights* is a movie that came out on November 14th, 2014. This drama, rated PG-13, was written and directed by Gina Prince-Bythewood. On opening night, the box office made 6.5 million dollars, and overall, a gross estimate of 14,612,840 dollars on January 23rd, 2015. Beyond the lights received a 81% on Rotten Tomatoes. Gugu Mbatha-Raw plays Noni, Nate Parker plays Kaz, and Machine Gun Kelly plays Kid Culprit. Each role was played with a lot of emotion and each person had their own story to tell.

This movie is about Noni, who has amazing singing voice, also has a controlling mother. Noni’s mother tried to live her life through Noni but was destroying who Noni was on the inside. Noni grew up to be a famous singer, her songs always hit the top of the charts. Her boyfriend Kid Culprit was a famous rapper, but wasn’t faithful. Noni wanted to be loved for who she was, not for her beauty or for being half naked on the TV screens. There was only one guy who understood Noni, Kaz. Noni and Kaz met while Noni was heading towards her hotel room and Kaz was the officer standing outside her door. When she got to her room, Noni told Kaz not to let anyone in and he obeyed her word. That was until Noni’s mother came and told him to let her in. When he let Noni’s mother in, they both spotted Noni sitting on the ledge of her balcony, getting ready to jump. The only person that could get her off the ledge was officer Kaz. He stole her heart when he said the words, “I see you.” The next day after the incident occurred, Noni told the press that she wasn’t trying to kill herself; she just had a little too much to drink. Kaz, on the other hand, knew that Noni needed help. Her fame took over her life. As time went by, Kaz was studying to be a politician, because that is what his father wanted him to be. But his love for Noni drove him in a different direction.

While Noni still doesn’t have the courage to tell the truth about her pain, she was happy that Kaz was still by her side. In the middle of the night, Kaz and Noni left for Mexico for a couple of weeks. Their bond and love for each other grew stronger. Then the unthinkable happened. It was hard for Noni to live without money and the fame so she wanted to go back home. That decision to go back home hurt Kaz and they didn’t speak for a week. Finally, it hit Noni to tell the truth and she did, on national TV. She decided she wanted to tell the truth because she loved Kaz and she didn’t want to lose the person that loved her for who she was. That was something Noni always wanted.

This movie was amazing to watch and the message was very powerful: No matter how famous you become don’t forget about the most important person in your life. That is YOU. To be fully happy, you have to love yourself first or nobody else will.
Food Review

Manny’s

By Cyrus Farivar

Manny’s is a well-known steak restaurant in the Minneapolis - Saint Paul area. Manny’s has many distinct features that elevate the diner’s experience. The decor was superb, and upon entry, one can see the restaurant symbol in a painting of a bull.

Once seated, the server brought out an extremely elegant meat display. This display showcased all the possible options that could be ordered off of the entree menu. The waiter we had was quite humorous. He showed us a dish that had been nicknamed “bludgeon of beef,” because of a sharp bone sticking out about a two and a half feet long. The waiter joked, “this is a meal AND a weapon.”

Another interesting part of the meat display was that the restaurant served lobster. They even included showing a live lobster to people trying to decide what to order.

For an appetizer, they brought to the table fresh bread with rosemary and parsley, along with whipped butter in porcelain pourers.

For my entree I ordered an 8 ounce fillet mignon cooked medium rare. I dare say that it was one of the best dinners I’ve ever had. It was soft and juicy with spots of bright red and pink in the middle.

For dessert they brought out one of the restaurant favorites: the Manny’s brownie. This brownie probably weighed over three pounds and was topped off with almonds, whipped cream, vanilla ice cream, and mounds of chocolate and caramel sauce.

All together I left the restaurant stuffed and with fond memories of a wonderful evening experience. I would recommend this experience to all who believe that they can handle this large a portion of this gourmet fantasy.

Food Review

Everest on Grand

By Andrew Toelle

Everest on Grand is a Nepalese restaurant that sits on the corner of Grand Avenue and Syndicate St. South. This local restaurant is known for its buffet style and cooked-to-order dining. Everest on Grand also does take-out and catering on occasion for family parties and community events.

Everest on Grand’s atmosphere was inspired by Tibet and Northeastern India. The restaurant was built inside of two former stores that were later conjoined together. On the way to their table, the customers walk into a dining room that is filled with floating paper lanterns, kites, and prayer flags, signs and Nepalese photographs. Tibetan rugs are also hanging on the walls.

When I visited this restaurant, the smells of the buffet mixed with the old building attacked my senses. I chose to eat at the buffet, out of convenience. Customers can either choose food from the hot buffet counter, or they would build a salad at the salad bar. This was what most people did when I visited the restaurant. If customers walked into the restaurant for a fresh, hot meal that wasn’t available in the buffet, they would look at a traditional menu, and then order a meal from scratch.

Everest on Grand’s menu contains dishes that originate from Tibet, Nepal, and India. Entrees include meat curries, veggie curries, rice and noodles, soups, chicken, and salads. Customers could also try Himalayan tea, chilled coffee, and Kathmandu Coffee. For dessert there are five options available: Keer (Rice Pudding), Laal Mohan (Donut soaked in sugar syrup), Jerry (wheat batter deep fried into rings & soaked into sugar syrup), Mango Lassi (house blended yogurt with mango, sugar, cinnamon, and clove), and Mango ice cream.

The food I chose to eat from the buffet counter was Basmati Rice, Khasiko Mausu (Goat Curry), Banda Cabbage Veggie Curry, and a small hint of Chili Chicken. These foods were surprisingly delicious. Each appetizer was mild, spicy, and zesty. I also sampled the Tama-Bodi Soup, which was the featured soup of the day. It was also very good. Tama Bodi Soup is actually black-eye pea & bamboo soup; it was lightly salted and rich with flavor. The Banda Cabbage Curry was delicious. It had tomatoes, salt, and some turmeric. These ingredients blended together with oil and chili powder. Overall, the meal was satisfactory and my experience at Everest on Grand was a lot of fun.

As the food was a spectacular, the bill was reasonably priced. The price of a buffet at Everest on Grand is $11 per adult, and $7 per child. For customers who wanted to dine-in and order food with a traditional menu, the price would be higher as a chef cooks everything from scratch. Alongside the quality of food, Everest on Grand is moderately expensive because of local restaurant competition. For students who want to try something new, and yet are on a budget, I would highly recommend the buffet. Everest on Grand is a great restaurant. Its location is convenient and the food is well made. This was the first Nepalese restaurant that I ever visited, and my experience was very good. The buffet is worth every dollar, their curry is amazing. Everest on Grand is open seven days a week for lunch (11:30–3:00) and then dinner (4:30 – 9:00.) The buffet’s items rotate around each day so customers can sample different foods each day of the week.

After a 15 minute long journey to Grand Avenue from Concordia, my visit to the Everest on Grand restaurant was worth it. I rank this restaurant 9/10 for the location, for the quality of food, the amazing staff, and for enjoying the overall atmosphere of the restaurant. This restaurant has a great menu and the taste of everything is just as good. I highly recommend this restaurant to students that want to be adventurous and try new food.
Art Spotlight

Anyia Bender

By Andrew Toelle

Anyia Bender is a senior graphic design student at Concordia University. As Anyia builds a career in the graphic design field, she is also an artist with many creative interests. Her work can be summarized from cute and clever to striving and supportive.

Anyia’s interest in art began at a young age. When she was six years old, Anyia’s family attended a few art classes that a church would run. These classes included sculpting, figure drawing, and another class that taught the basics of art. “My figure drawing class was taught by a teacher named Mr. Stebbing. My sculpting class was taught by a Native American gentleman. My older siblings and I learned a lot from these teachers. It was a great way to introduce us kids to art at a young age.” Anyia also remembers growing up drawing and coloring pictures. “One of my favorite things was to color in a large coloring book that my sister got me. I also have a large, complex coloring book today. Whenever I have a stressful day, I like to break it out and start filling the pages.” Anyia’s days of coloring and drawing has helped her evolve into an emerging artist.

After graduating from Osseo High School, Anyia settled in at Concordia. Anyia liked Concordia because it was close to home. She wanted to stay local so she could be supportive of her family. While Anyia enjoyed Concordia and it’s variety of art programs, she didn’t decide on a major until her junior year. “I was floundering for so long. When I chose to be a graphic design major last year, I planned to change majors. But after taking more classes with our graphic design professors, I saw a comparison between good design and bad design. I grew more drawn to this major, and in the end I decided to stick with it.”

As Anyia went through her graphic design courses, she learned that graphic design and traditional-medium art were slightly different industries. “With regular art, I learned that people could be independently creative, while with graphic design people made work that was well researched.” Even after one year of as a graphic design major, Anyia has learned a lot. “With my design mentality, I often critique my art saying, “It’s okay. Now, how do you make it look 2015?”

In addition to her design work, Anyia has evolved within Concordia’s art program. One of Anyia’s favorite classes at Concordia was an independent class on animation. The teacher who helped her start this class was Bradley Daniels, one of Concordia’s design professors. “This class was amazing because you could see a drawing come to life. It was also very challenging since you had to build every frame in syndication. Before taking this class, I didn’t know how many frames you had to make in order to fill a certain time length. While it was stressful, I loved seeing my drawings come to life. Now I can’t stop thinking about this field, I really love it.” One of Anyia’s dream jobs today is to work for an animation company like Pixar.

In addition to being a student, Anyia likes to sew costumes for a hobby. With previous experience working at the Renaissance Festival, Anyia has grown some incredible skills with a needle and thread. “Some people have come up to me asking that I would make a costume for them. While I love making costumes for people, I usually tell them how much it would cost per hour. Telling people the price of a project is the hardest part of doing freelance.”

When Anyia graduates from Concordia, she is dreaming big. The first thing she plans to do is to get a job in her field. In addition to working in the graphic design field, Anyia hopes to continue schooling towards a dream job in animation. She has also considered working as a freelance clothing designer. “I have done a few commissions for people in the past and it has been fun. However because of time and applying an hourly fee to a project, we will just have to see.”

From the ground up, Anyia has had a passion for art. Even when she is studying graphic design at Concordia, she is open to new projects. While exploring the design field, she has been incorporating previous skills into her work. Anyia mentioned one piece of advice to younger Concordia Students: “Keep at it. No one starts out good. The more you see the mistakes in a piece you make, the more you realize that you have an eye for what is good. That is a sign which tells you that you
A Gallery Worthy Crime
In the war of paint cans and paint rollers, who will win?

By HD Downs

The Twin Cities has been known to have the second–best graffiti scene, right behind Chicago, Illinois. Graffiti is defined as “writing or drawings scribbled, scratched, or sprayed illicitly on a wall or other surface in a public place,” according to Google Dictionary. To some, filling the entire surface of a train cart with colorful, bold, spinning words and drawings is how they express themselves and anonymously show the world their hidden talent. To some, it’s an art revolution. “...it’s the most widely accepted art form. It’s also the biggest art movement in history. You go out risking your freedom to create some image that might not make it an hour. If that’s not art, I’m not sure what is,” says graffiti artist MAX from the Wizards Crew based in the Twin Cities. It is not unusual for graffiti in public places to get “buffed,” which is the act of community service workers using paint rollers in white, cream, black, or grey to mask the graffiti. To others, it’s therapeutic. “I started painting to escape the harsh realities of life and have found that it helps me cope,” says Minneapolis-based graffiti artist ASILA. “Coming from a background where negativity proved to carry weight in my life, I have found an interest in underground culture in which there is a light through the darkness.”

Sure enough, not everyone sees graffiti in such a powerful way; they see it as vandalism. In 2014, the city of Minneapolis received almost 10,000 reports of graffiti, says the city of Minneapolis homepage. About 20% of the reports say the vandalism was done on private property such as garbage bins, fences, or even houses. The remaining percent lies on what’s considered public property, or property of the cities, such as lamp posts, bridges, benches, electrical boxes, etc. Last year alone, graffiti removal cost taxpayers $2.5 million, estimated Susan Young, a supervisor of graffiti removal for the city, from obeygiant.com. However, graffiti artists have informal norms that are expected to be respected within the community. If an artist breaks these rules, their reputation in the community can be severed and if in the wrong spot, their safety can even be compromised, says ASILA.

“It’s only acceptable to paint where people usually don’t keep maintained or work at...” said COON, who has been painting for a mere two and a half months. Chicago–based artist SKOMP, a member of AiR Crew and painter of eight years, offers a more specific perspective. “I won’t paint on churches or schools or people’s houses,” he says. “I like to respect small business owners.” Though the consideration is kind, many still consider graffiti vandalism, no matter public or private property. In fact, graffiti or “tags”, the name an artist writes, usually in paint pen, in the city of Chicago can easily become a felony, and if found with paint markers or spray paint can automatically get one charged with intent to destroy, SKOMP revealed. “If it’s offensive or gang related, it’s definitely bad.” says M.D. Only 15% of the graffiti buffed on record in 2014 was gang related, according to the city of Minneapolis homepage. In addition, graffiti in neighborhoods can make them look less desirable and deter homeowners, which means that the city is losing money in yet another way. With all of the repercussions and potential erasure of graffiti, why do artists still paint? Why is it worth the risk? Is it possible for the artists and the city to come to a mutual agreement on what’s right and wrong?

In the past, Minnesota has had walls or viaducts almost completely dedicated to graffiti specifically, called “free walls.” These walls or areas were places that all kinds of graffiti artists could come and make their mark. The last free wall in Minnesota, known as the Bomb Shelter, closed in April of 1999 at the discretion of Mayor Sharon Sayles Belton as part of a graffiti crackdown, wrote obeygiant.com. After this, there was a spike of graffiti and vandalism in the Hennepin Avenue area, where the wall stood. Artists who utilized the wall say it’s no surprise, and graffiti artists now are almost “forced” into tagging and painting on public property. Now all that’s left for “legal graffiti” in Minnesota is alley walls or storefronts that artists are usually commissioned to do. Some recognizable and frequent commissioned artists in the Twin Cities area are WUND R BIRD, BIAFRA, and BROKEN CROW. These artists are considered “legends” in the graffiti community, as they all once started small and painting on the streets.

In order to create peace between the artists and the property owners, it seems that the best solution would be to open up a new free wall or a viaduct and designate it for graffiti. A move like this nationwide could potentially even lower our prison rates and keep art and self–expression on the streets.
Theatre Spotlight
Tim Payton

By Karina Schlect

After serving in the military for 38 years, Tim Payton retired from the service and decided to use his GI Bill benefits to go back to school for a theater degree. He didn’t get involved in formal theater until he was 35 years old, and he knew he needed to get a degree to be taken seriously in the theater world. His two-year degree sets him on course to graduate in 2017, but he is applying for jobs as he goes, and he hopes to get in at Lakeshore next season.

Payton chose Concordia mainly due to proximity, and he was afraid that he would be lost as a number at the University of Minnesota. “I’m very happy to be here. It’s been a really great experience here for this first semester.” He was involved in the fall musical Working, and is directing a student One Act for this first semester. It would be “a fun thing,” but it’s really a class, he says, explaining that he may add a music minor to help round himself out as an actor.

Music Spotlight
Beth Jobst

By Karina Schlect

Watching Beth Jobst interacting and performing within the music ensembles at Concordia, one would never guess she was a freshman. That could be because she took three years after high school to travel and volunteer with Youth Encounters, but it could also be because of the strong relationships she has and the strong musicianship she shows already in just one semester of college. “Almost all of my friends are either in band or in choir...[the music program] helped me find a community to be a part of and helped me feel at home.”

Jobst started her music career early with piano lessons at age five, but her path through the music world has taken many different turns, including “the cool kids’ choir” in elementary school, piano lessons off and on, middle and high school choir, and a two-year traveling music ministry. Her high school choir director was someone who helped her realize that music was something that she loved and had a knack for, and her piano teacher during her last couple high school years played a big part in Jobst’s faith life by teaching her how to combine faith and music and how to use music to glorify God.

This became an especially important lesson for her as she decided to put college on hold and instead travel with a Captive Free team through Youth Encounters, through which she was able to use her music skills to worship and learned so much. I gained confidence and am who I am today because of doing that ministry, which is, like, really a completely different person.”

Jobst chose Concordia because Youth Encounters was based in the Twin Cities, so she already had a faith community here. Before deciding to apply for Captive Free, she was all set to go to Concordia in Seward, Nebraska and was considering a music education major. After doing team ministry for three years, she knew God was calling her to a lifetime of ministry, so Jobst is now aiming for certification as a Director of Christian Education. She continues to be very involved in CSP’s music program, and she is currently in Christus Chorus, CSP Ringers, Concert Band, and one of the 908 worship teams that lead Wednesday night student chapel services.

As an older freshman, Jobst has had the opportunity to connect with peers in practically all walks of life on campus. “I love being with a group of people generally my age, especially...a really good portion of us that are faith-based – I love that I’m in that type of community,” Jobst says. She also enjoys being in a community that is at the same time like-minded and yet so diverse. “I feel lucky and blessed to have found a place where I feel at home.”
Dance Spotlight
Alexander Johnson

By Cassandra Shaw

It takes a lot to break away from the crowd and be comfortable to try new things. Alexander Johnson did just that when he became the first out of his family to be involved in theatre and dance. He graduated from Lakeville High School and started his freshman year at Concordia University in the fall of 2014. His major is Theatre and his minor is Dance. Alexander is a natural dancer, but coming to Concordia gave him the opportunity to learn different dance techniques. Some of the types of dances he does are freestyle, hip-hop, pop-lock, ballet and modern. Currently Alexander is taking tap here at Concordia. During his freshman year, Alexander participated in his first dance concert Spring Into Dance. At last year’s “Spring into Dance,” he danced in a couple of pieces including, “The Falling Romeo” with music by Dark Paradise.

Over the summer, he got the chance to work with Michael Matthew Ferrell, who is the Founder and Artistic Director of Alive & Kickin, a Minnesota non-profit organization. Having the chance to work with Ferrell, gave Alexander a firsthand experience with a well-known, famous choreographer that teaches other students about dance. Now a sophomore, Alexander has been hard at work in the dance studio. “When it comes to being a choreographer, I like the ability to have an idea of a dance piece, by writing it down and then seeing it happen, I love seeing my creations.” He hopes to be a professional dance choreographer and have his own dance studio. Alexander wants to be able to choreograph big dance pieces and dance with major companies. He is taking a choreographing class at Concordia and he is also working on a couple of dance pieces for the “Spring Into Dance.” Bob Fosse was a talented dance choreographer who inspires Alexander to follow his dream of being a choreographer. “Making up dances can be a difficult task but when you love doing it, the vision you had for that particular dance will unravel perfectly.”

Concordia Christmas Concert
“The Work of Christmas Begins”

By Maria Markman

In the midst of the Christmas hustle—and—bustle, the last thing we want to be reminded of is all the work remaining ahead. The Christmas to-do list keeps getting longer and longer. But those who attended this year’s Concordia Fine and Performing Arts Christmas Concert were in for a special treat. The concert focused on reminding the audience of the true reason for the season, especially in light of all the events, to do lists, and preparations for finals and Christmas.

The concert was held in a festively decorated Buetow Auditorium. Dr. Chapman welcomed the audience and reminded the group of Concordia’s long-standing tradition of the Fine and Performing Arts Christmas Concert. Many families return to this concert year-after-year, which is “St. Paul’s best kept secret,” in Chapman’s opinion. The concert itself consisted of three parts: “Begins,” “Of Christmas,” and “The Work.” Each section featured songs by Concordia’s Christus Chorus, Jubilate, and the Handbell Ensemble; some of the pieces even included the Chamber Orchestra (an added treat).

What better place to begin the concert, then at the very beginning, God’s Creation? The Christus Chorus entered singing “O sifuni mungu” with solos by Patrick Inouye, Anna Simon, Karina Schlect, and Lydia Hook. The choir sang text in both Swahili and English, like opening a Christmas present, immediately the audience felt a major theme of the concert, “All creatures, every kind, all men and women, praise God, praise the Lord!” We are God’s creation; he created us for relationship with one another and in loving one another we are doing “The Work of Christmas.”

Next the two choirs sang together along with some handbell accompaniment. The handbells acted as a bell toll before a church service, an alarm to wake you up, or the chime before you begin your work. This song, “All You Works of the Lord” really welcomed the audience into the concert. Throughout the remainder of the “Begins” section, the audience joined in hymns and heard readings of the prophesied Messiah. “Savior of the Nations Come” a handbell ensemble piece directed by Carolynne Mathis, was my favorite piece overall. There were many cross overs between the members of the choirs, orchestra, and the handbells ensemble solidifying the strength in Concordia’s Music Department lead by Dr. David Mennicke.

The next section titled “Of Christmas” opened with Handel’s “Messiah,” a Christmas favorite for many. The chamber orchestra was the perfect addition to the joined choirs. Lydia Hook, Concordia Senior Music Business Major, sang like an angel. Her voice was truly magnificent and the perfect preface to the choirs jubilant reprise, “Glory to God in the highest and peace on Earth.”

“The Work,” the final section of the concert, wrapped everything together. From God’s creation, the fall of humans, to the Savior of the World, as Christians what work we are called to do in a world torn by injustice, fear, and oppression? The Work of Christmas, as stated in the concert’s namesake piece with text by Howard Thurman: When the song of the Angels is stilled, The work of Christmas begins. When the star in the heavens is gone, The work of Christmas begins. To find the lost, To heal the broken, To feed the hungry, To release the prisoner, To rebuild the nations, To bring peace among brothers, To heal the broken, To make music in the heart. When the kings and princes are home, The work of Christmas begins. When the shepherds are back with their flocks, The work of Christmas begins.

And in this wonderful season of Advent, waiting and preparing for Jesus’ return, students are called to be the light, help for the helpless, and to be a voice for the dumb. The two choirs were magnificent under the direction of both Dr. Mennicke and Professor Shari Speer. The two put countless hours into choosing the pieces for the concert and rehearsing them. Concordia is so fortunate to have these talented individuals. Instead of feeling burdened by the weight of Christmas tasks, students should feel inspired to share the truth of Christmas. “E’en So, Lord Jesus, Quickly Come.”
While many students have to jumble taking tests, cramming homework, and running from class to class, students in Dr. Lana Huberty’s class get to sit down and relax their mind and body through Pilates. This is the “only time in a week that they [students] get to stop, close their eyes, and slow down,” says Dr. Huberty, a Pilates instructor at Concordia University.

Invented by Joseph Pilates about 100 years ago, Pilates is a mind-body form of exercise that includes working with the core muscles using specific breathing techniques. Pilates, at first, was created for ballet dancers who were disabled or retiring, according to Dr. Huberty. Then it was used for rehabilitation, and now, being considered a form of exercise, Pilates has many uses that are very helpful to the body.

Pilates’ benefits include improving core and abdominal strength. It also helps with back issues, balance and flexibility. Many also say that is a stress reliever because Pilates allows participants to practice deep breathing, which helps the mind and body release stress.

Pilates is a subcategory listed under Kinesiology, the study of human movement. This applied science can be used for many purposes in health, wellness, and public health. This study of human movement can be done through physical activity or physical therapy.

Although Pilates and Yoga are two very similar types of exercises that focus on the mind–body relationship, it is important to know the difference between the two. Dr. Huberty notes that Yoga “has more flow from one movement to another.” On the other hand, Pilates is a little bit more exercised-focused. It is also usually more upbeat and really concentrated on the core abdominal muscles.

There are many opportunities locally for students who are interested in Pilates. Dr. Huberty will be teaching Pilates in the spring semester of 2016 for students who want to take the course and get credit. The SweatShop is a health club at 167 Snelling Ave N. that offers Pilates. Also, Dr. Huberty encourages students to occasionally check in with local community centers and the YMCA to see if they offer any daily, weekly or monthly Pilates sessions.

Dr. Huberty also teaches courses in Exercise Science, Sports Management, and Physical Education at Concordia University. In addition, she is the Program Coordinator of Sports Management program. Dr. Huberty sees many types of students in her classrooms and her goal is for students to learn Pilates and be comfortable with it. “Anybody can do it and not feel out of place. I hope students come to know how to do Pilates and take what they know to serve others.”

“Relax Your Mind and Body with Plates”

By Mainhia Moua

Twasil the night before finals
And all through the halls,
It’s the end of the day
The last bell finally calls.

The children go home feeling tired and weak,
Realizing the events of tomorrow.
Thinking to herself, a child in teens
As she cries about it and wonders what to do.

Are not for the meek,
Looking at her study guide
Wondering what all this means,
Her brother walks by,
And she yells at him to “Shoo!!”

Her mother walks in with a mid–homework snack,
Says to her daughter, “why so out of whack?”
She cries and tells her all this studying is too much.
“Hey, when I was in school we had to learn Dutch”

She leaves the snack than walks out the room,
She slams her textbook on her desk with a boom.
She finishes studying, its a little past ten,
She calls it a night and pets her cat Gwen.

She awakes the next morning refreshed but still sad,
She thinks these finals which will truly be bad.
She gets to school, and sits down to cry,
She looks at her final and says, “easy as pie!”

She ends her day with her easiest test,
Feeling that day she really did her best.
The moral of this story is simple and plain,
Nothing is as bad as you think, so just don’t complain.
**Quoted**  
**By Cassandra Shaw**

“You’re never fully dressed without a smile.”
This was said by a person named Nobody  
from a town called Nowhere.  
It means nothing to you.  
But it is found between quotation marks,  
so now it’s motivational  
now it’s thought-provoking  
now it’s brilliant.

Quotations are just notations,  
somebody deciding another’s words were  
important enough  
to confine with quotation marks.

Your own words could be quoted at any moment;  
So be brilliant.

**A Gift Bequeathed**  
**By Maria Markman**

3°, 2°, 1°, and B  
E  
L  
O  
W  
The wind’s gentle whisper  
Soliciting a sinister invitation  
Families clutching false beliefs  
Captured by consumerism  
Our poisonous parasite  
We’ve forgotten.  
It started with a stable  
And calm child  
I  
M  
A  
N  
U  
E  
L  
God with us.
**SNOWBALL FIGHT!**

By Dina Her

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**STRESS-FREE GIFTS FOR THE COLLEGE STUDENT**

By Andrew Toelle

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**Game boy uses “Play game” on homework**

By Bee Xiong
**HAPPY HOLIDAYS FROM THE SWORD.**

**HAPPY HOLIDAYS FROM CONCORDIA ST. PAUL.**

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**Fall Semester Finals Schedule**

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<th>Monday</th>
<th>Tuesday</th>
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