Concordia Abroad

In this issue, read about CSP students who are travelling abroad for service & learning.

READ ON PG. 12

FEATURED ARTICLES

MILITARY TUITION BENEFITS

FOOTBALL’S NEW COACH

THE SEAGULL REVIEW
TABLE OF CONTENTS

3. Concordia Expands Active Military Tuition Benefits
4. A Step into Powerful Discussions
5. Club Spotlight: Sigma Tau Delta
6. Heidi’s Holst Housing Tip #3
7. Students Guide to Caucus
8. Powerball Frenzy
9. Male Athlete of the Month: Tyler Noumowicz
10. Men’s Basketball Update
11. Golf Team Update
12. Nicaragua Service Trip
13. London Abroad
14. Former Concordia Football Coach Returns
15. Movie Review: The Revenant
16. Food Review: The Flamingo
17. 2016 High School Honors Showcase
18. CSP Percussion Ensemble Concert
19. Theatre Spotlight: Marisa Tejeda
20. Theatre Review: The Seagull
21. Fighting your “Real Demons”
22. Comics & Student Art
23. Crossword & Word Search

SPECIAL THANKS TO TOPPER’S PIZZA, AND A HOST OF OTHER SPONSORS FOR SUPPORTING OUR PAPER.
Concordia Expands Active-Duty Military Tuition Benefits

By Brooke Steigauf

Concordia’s military benefits are, for many students, crucial to their educational experience and financial situation. Although the military benefits that are granted through CSP’s military program are part of an over arching military institution, Concordia has a team and effective system for accommodating these students’ needs.

Concordia has been increasingly military-friendly throughout recent years. This is due mainly to additions made to the military staff at Concordia, increased on-campus resources, and knowledgeable personnel to assist students in getting what they need to be successful in their educational pursuit. Before these changes, all military business was handled by a single person, Alan Stage. Upon his acceptance of a dean position at another institution, Concordia has enhanced the program by assigning three people to handle specific jobs within the student military program. These fields consist of recruiting, foreign affairs, and financial aid: each of which are now being covered by experts of the individual task. Charles Hines is CSP’s coordinator of Military services and is in charge of handling on campus student affairs such as academic advising for military students. Brandon Cobb focuses on student recruitment and external partnerships in his position as Coordinator of Military Relations. With the over arching military system, Concordia is limited on what can be given to its students for their service. However, with CSP’s elaborate team, they are able to efficiently accommodate students’ needs much better than ever before.

One example of this is through the changed policy for active duty students. These students can potentially receive free tuition for their undergraduate program through the benefits granted through multiple bills. This policy has also been expanded to master’s seeking students because of their need to get a master’s degree to fulfill their wish to become a Major. Along with this, the recruitment levels have been increased primarily due to the online programs offered by Concordia. This allows students to receive their Master’s online, therefore making it easier and more convenient for them to attain the level of education and promotion in the military.

Another example on how the CSP’s military system has been enhanced is through its treatment of veterans. These students may not have time for a job because of their focus on school. These students can utilize a number of military benefit programs such as the post 9/11, supplemented by our Yellow Ribbon Program, and their BAH. With these benefits, the help of CSP’s military financial aid program, and with the money granted through the GI Bill, veterans could potentially have their tuition and housing paid for. Since these benefits can take a long time to process, CSP financial aid does its part to get students what they need by doing most of the legwork to get them certified as a student. This also prevents financial aid holds that can take up to a year to process, which would hold back students from being able to pay for their education during that time.

CSP’s military staff does everything in its power to ensure that Concordia’s military veterans and currently enrolled military students are accommodated for. The military team meets weekly to address issues, enhance organizational structure, and plan for how to better serve their students. They pride themselves on helping students obtain what they need to become successful in school, in the military, and in the public arena.
A Step into Powerful Discussions

Task Force for Human Diversity

By Katrina Bell

In the fall 2015 semester at Concordia University, St. Paul, an issue on campus sparked an in-depth conversation about what it means to be a Concordia student under the Concordia promise, “Christ is honored and all are welcome,” and what it means in the aspect of student sexuality.

When student Nikki Hagan came out as bisexual, she lost her position of 908 Message Coordinator, a volunteer position that was for a student-lead chapel service. As a result, other students organized on-campus and online protests entitled the IStandWithNikki in December, all questioning the definition of “Christ is honored and all are welcome.”

Concordia has taken these questions and conversations seriously and according to Nikki Hagan, President Tom Ries and Dr. Paul Hillmar, changes have been made in response. Concordia President Tom Ries states, “There have been three distinct steps that we have taken in order to be sensitive of the needs of our students. One of those things was a review of the student handbook to make sure it had nondiscriminatory language, and to make sure that we are being as inclusive as possible. Not only did a team of people here at Concordia review it, but we also had it legally reviewed.” According to President Ries, Jason Rahn, Associate Vice President for Student Life and Dean of Students, has been in charge of this process and the final draft of the newly improved student handbook has yet to be released.

President Ries states, “The second thing that we were told loud and clear that we were not being transparent enough about our Christian values at the University.” Concordia’s Promise Statement is now fully explained in detail on the CSP website. Some of the additives include, “We love all our students regardless of race, color, creed, religion, national or ethnic origin, disability, sex, age, marital status, veteran or veteran disability status, or sexual orientation. We conduct worship on our campus in the Christian context, shaped and informed by Lutheran traditions of music and the arts. We affirm the biblical teaching that God’s creative intent is for sexuality to be expressed between one man and one woman in a marriage relationship. We affirm the biblical teaching of God’s love for all people in Christ, even when we do not live out his perfect intent for any and every part of our lives.” President Ries says that this is now a clear promise statement and is open for discussion.

The third step in this process is a “Task Force on Human Diversity.” Dr. Paul Hillmar has taken the lead on creating a discussion group that will help people understand this situation and move forward. Hillmar states, “This has happened, let’s not ignore it. I made a decision, because I’m chair of the Faculty Senate, to create a task force that focuses on the most important thing; to put things aside and to figure out how to create an environment where Christ is honored and all are welcome, and adding to that, where no one is discriminated against.” It is an open space to have a conversation and to understand, to learn, and change based on this incident that took place at Concordia. This “task force” consists of four students, three faculty, and three staff and is currently a closed group that discusses “the givers” of certain faiths, society, and people, and how these affect the CSP community.

SELF Refi Program

Minnesota Office of Higher Education Announces New Student Loan Refinancing Initiative

By Katrina Bell

“Minnesota ranks fifth highest in the country for student loan debt, with the typical student carrying an average of $31,579 in debt,” said Lt. Governor Tina Smith. “Minnesota’s new SELF Refi program will help student borrowers reduce their interest payments and save money. This is an important first step to improve college affordable and increase educational opportunities for all students.”

A new student load refinancing program has been introduced and is now available to Minnesota residents who want to lower their monthly payments or overall student debt load. On January 14, 2016, Lt. Governor Tina Smith, Higher Education Commissioner Larry Pogemiller, and state lawmakers, announced the new SELF Refi program at Winona State University. This program is managed by the Minnesota Office of Higher Education and offers a cost-savings for borrowers that is sustainable for long-term student loans.

The SELF Refi program’s goal is to lower the overall interest rates of loans so that borrowers save money as they make monthly payments, and over the duration of their loan.

To be eligible for the Refi program you have to be a Minnesota resident, you have to have completed a degree, and you have to meet the credit score and loan amount criteria. Graduates with FICO credit scores of 720 or higher are eligible for this program and others with credit scores of at least 650 are eligible to apply with a cosigner. Students carrying between $10,000 and $70,000 of student loan debt are eligible. For eligible borrowers 5, 10, and 15 year loans will be available, with current interest rates ranging from 3 percent for a 5 year variable to 6.95 percent for a 15 year fixed rate. According to the Minnesota Governors Press Release, “Under the plan, a student who took out a $40,000 loan at 8 percent could reduce monthly payments by $200 to $300 and total interest costs by $25,000. In another example, a student who carries $70,000 in debt at 9 percent interest could save $52,000 refinancing.” In many cases, saving any amount of money can be extremely significant for students, as well as their families and their futures.

“Since 2013, we have focused on two priorities in higher education – controlling the high cost of tuition, either by freezing it or lowering it, and reducing student debt,” said Rep. Gene Pelowski, who chaired the Higher Education Committee when the SELF Refi initiative was first passed. “This new loan refinancing program is just one of the ways we are addressing the staggering problem of student debt.”

The Minnesota Office of Higher Education is addressing the growing problems of student debt through postsecondary education, and it is expected that most students will be eligible for this program.

For more information about the SELF Refi Program, please visit http://www.selfrefi.state.mn.us/
Club Spotlight
Sigma Tau Delta

By Reeve Currie

Sigma Tau Delta, International English Honor Society, was founded in 1924 at Dakota Wesleyan University. “Sigma Tau Delta has modeled its mission to confer distinction for high achievement, remote interest in English language and literature, foster exemplary character and fellowship, and exhibit high standards of academic excellence,” states their website. At Concordia, Professor Debra Beilke offered students the opportunity to bring back the club in the fall of 2015. The specific chapter at Concordia, Mu Chi, is led by students with Jenny Everett, a senior, as president.

To be a member of Sigma Tau Delta, students must have completed both English general courses (intro to literature and college writing) and have taken two other English courses. Students do not have to be English majors or minors to join; a general love of reading or writing is all that is required. Students pay a one-time fee of $40 and must be accepted by the overseeing faculty. Members receive a personalized membership certificate and pin to signify high achievement in English language, writing, and literature. Members may also wear Sigma Tau Delta gear at graduation.

Sigma Tau Delta holds an annual international convention every spring. This convention allows hundreds of members from around the globe to gather in one location, be recognized for their achievements, and participate in an official Society event. Students have the opportunity to meet face to face with other students, faculty, and authors, as well as to discuss the English language and literature. The 2016 convention is being held in early March, in Minneapolis. Becoming a member of Sigma Tau Delta has multiple benefits for college students. Being an active member of this honor’s society opens doors of possibilities post-college. Membership lasts for the rest of your life and the access to numerous contacts in the writing world can aid in finding a job after completing your degree. The Sigma Tau Delta website offers writing competitions, annual conferences, and multiple internship opportunities. Participating in groups and clubs on campus is a wonderful way to add texture and variation to your resume, which helps you stand out in a sea of applications. Society members are eligible to apply for various Sigma Tau Delta scholarships and can also submit papers for publication in the two Society papers.

Meeting once a month to discuss books and current author readings and events, Sigma Tau Delta is not a heavy commitment. Creating an English club on campus is an easy way for book lovers, writers, and English and ESL teachers to come together. Sigma Tau Delta is excited for their Mu Chi Chapter to continue to grow on campus and students to continue to get involved. If you are interested in joining, you can e-mail sigmataudelta@csp!

St. Paul’s Winter Carnival
Walking in a Winter Wonderland

By Brianna Holtmeir

Frigid temperatures below zero, potential frostbite, and gloomy skies accompany the Minnesotan January and February weather. The holiday season is over, spring break is short, and new classes pile up. Something is needed to divert the mind and provide excitement for Minnesota’s winter wonderland. Saint Paul’s annual Winter Carnival is the perfect distraction from the winter blues.

Located at Rice Park in Saint Paul, frozen fun awaits. Saint Paul’s annual Winter Carnival lasts from January 28–February 7 and is free for the public. Bundled up pedestrians can stroll among artists carving ice sculptures and enter a frozen castle that Queen Elsa would be proud to call home. At night, the icy masterpieces are lit up and will take one’s breath away with their delicate beauty. A potentially profitable medalion hunt, parades, and entertainment are also available at the Winter Carnival.

During the Winter Carnival, there is an opportunity to win $10,000, in case the Powerball did not lend favorable results. Decipher the twelve cryptic clues that appear daily in Saint Paul’s Pioneer Press newspaper from January 24th–February 4th to find the elusive medalion. This treasure hunt has been a tradition ever since 1952 and the medalion has been discovered in bizarre hiding places. Over 64 years, the medalion has been uncovered in the heel of a rubber boot in 1960, frozen under eight inches of ice with a horseshoe in 1967, it replaced the cream filling in an Oreo cookie in 1983, and inside a (hopefully unused) diaper in 1993. Look high, look low, and look in unexpected places to find the coveted medalion.

A legend accompanies this carnival, focusing on Boreas, “King of the Winds.” His favorite time is winter, in which he howls at Minnesota out of sheer joy at the below zero temperatures and the rosy cheeks that his own frigid winds bring about. Therefore, Boreas holds this carnival to celebrate the wonders of winter. However, the god of Fire, Vulcanus Rex, detests these frosty festivities and after a heated argument, forces old man winter off of his throne and paves the way to warmth once again.

On January 28, the Moon Glow Pedestrian Parade ushers in the festivities with hot air balloons, free hot cocoa, and live music at the end to warmly welcome the Carnival. Following tradition, newly crowned King Boreas and his imperial court reign over the Grande Parade on January 30, accompanied by floats and marching bands. However, this king’s reign is short-lived. Villainous Vulcanus Rex and his Krewe dethrone King Boreas following the Vulcan Victory Torchlight Parade on February 6th at 5:30 p.m. This parade can be seen from indoor the skyway system near 5th Street. A fabulous firework display can be witnessed after Boreas’ defeat in Rice Park. Check out the live music schedule on the carnival’s website to see performances from local artists, including Tim Mahoney, Chris Hawkey, GB Leighton, Todd Hurst, and others. Other special events associated with the Winter Carnival of Saint Paul include a winter run, a snowplow competition, and a cat show, along with many other events. Take a break from the winter blues and find what the Saint Paul Winter has to offer.

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Heidi’s Holst Housing Tip #3
Think About It: How to Select a Roommate

By Heidi Goettl

It is the time of year when students start thinking and talking more about who they will live with next year – whether they are living on or off campus. Some students jump to conclusions without fully thinking through this major life decision. Think about it – the person you live with can heavily influence your mood and your reactions to situations. Keep in mind – a good friend does not necessarily make a good roommate. Here are some thinking points when selecting a roommate(s):

What are my interests and major? If you are an Education major and your 3 best friends are all Education majors – it may not be the best decision to live with them. Think about it – you will probably have a lot of the same classes, giving you the same breaks so you will eat lunch together, then will study together and be in the same groups together and have to live with each other. Sometimes, you need a break from your friends – that is okay!

What is your cleanliness level? Personal hygiene habits? Be honest with yourself. Think about it – are you okay with dishes being in the sink overnight? Are you okay sharing dishes with a specific person? Are you okay with the garbage being taken out once a week? Once you truthfully answer these questions about yourself, start asking your potential roommates their thoughts on these subjects. It may sound silly at first, but these are important conversations!

What are your sleeping patterns? What are your study habits? Are you able to sleep while roommates watch TV or play video games? Can you study under these conditions? Think about it – we get cranky when we don’t get enough sleep and we sometimes have trouble concentrating. This affects our ability to do well in class and at work. Talk to your potential roommates about their habits and make sure they mesh with yours.

Housing sign-ups are on Thursday, March 17 from 10 a.m.–2 p.m. in the B.E.C. Think about it now! Knowing who you want to live with will make this process so much easier on you (and the staff who work with roommate conflicts.)

Around Concordia’s Community
History of the Saint Paul Cathedral

By Brooke Steigauf

The Saint Paul Cathedral is a structure known for its impressive size, architecture, and design. When first built, it quickly became a landmark that is admired for its beauty and gorgeous interior. Standing tall and mighty on a hillside off the historic street of Summit Avenue, the cathedral’s location was carefully chosen to be in a place that overlooks the people, symbolic of what Christ does.

This outstanding building was not, however, our city’s original Cathedral. The first Cathedral of St. Paul was a log chapel positioned on a bluff above the Mississippi River, built in 1841. The tiny structure was made to be accessible by land and by water but eventually was forced to double in size due to the amount of worshipers attending. Even with the large addition, many were forced to stand outside the celebrations. Shortly after, a larger cathedral was built in Downtown St. Paul and promptly dedicated, although was also soon pronounced too small to fit the expanding number of parishioners.

Just two years after the chapel was finished, Bishop Cretin began to draw plans for the second cathedral to be built but died during the making of the 170’ x 100’ foot tall structure. Insufficient funding forced the construction to be postponed and then continued after Augustine Ravoux revised the design plan into a much simpler and financially possible place of worship. He removed almost all of the artful architectural features that the Bishop had intended, including a 250 ft. steeple, and built a functional but unimpressive cathedral. The task of a final Cathedral of St. Paul was then passed onto Archbishop Ireland who took on the daunting, but necessary responsibility. He investigated many sites and designs for the new cathedral to be born and saw its placement on the intersection of Dayton, Selby, and Summit Avenue as “intended by God”. Initializing the project and designs required the approval and expertise of hundreds of priests, clergymen, and laymen. The cornerstone for the massive building was laid on June 2, 1907, an event that was witnessed by 60,000 Minnesotans.

The first mass was held on Easter Sunday, 1915. The interior of the structure would continue to be enhanced over the next twenty-five years, as the cathedral collected enough funds for the remarkable embellishments. Renovations on the exterior also continued as the creation of dedicated chapels were assigned. In 1941, 100 years after the original Cathedral of St. Paul was built, the newest cathedral was consecrated after carefully inspecting it to see that it fell within the lawful requirements.

Since then, the Cathedral has become one of the most admired places of worship in the United States and is officially recognized as an “edifice of merit.” The history of the Saint Paul Cathedral is one of countless obstacles and excessive planning but its décor, beauty, and history continue to be appreciated and protected by its loyal city.
Students Guide to Caucus

By Reeve Currie

A caucus is a meeting of the members of a legislative body who are members of a particular political party, to select candidates or decide policy. To participate, you must be eligible to vote in the fall election and live in the precinct. You also must generally agree with the principles of the political party hosting the caucus. If you live out of state you can contact your local precinct to fill out an absentee form.

What will happen at the caucus? Each political party runs their caucus meetings a bit differently. Generally, there are four main activities at a caucus:

1. Choose volunteers who will help organize political activities. This could include working on contact lists, hosting political meetings, and helping run the campaign.

2. Vote for the person you want the party to support for president. Called “the presidential preference ballot.” The results determine how many delegates each candidate gets at their party’s national endorsing convention.

3. Discuss the issues and ideas that the party will support. You can bring up an issue or idea that you’d like the party to support, a resolution. If you convince other attendees to support your resolution, it will be brought to the next political convention. Eventually, your resolution could become part of the official party platform.

4. Choose delegates who will endorse candidates at future conventions. At future conventions, party delegates will endorse state and federal candidates, including a president. Contact your party for information on how they choose their delegates.

Why You Should Participate as a Millennial:

- Nobody else votes with college students’ issues as their focus.
- You deal with student loan rates, education standards, and admissions policies and these and other issues are on the ballot — who is better qualified to vote on these issues than you?
- There are over 44 million millennials eligible to vote — you really can make a difference.
- You are in college; you are expanding your mind, life, views, and beliefs. You are being challenged and learning new ideas every day. But now that voting season is here, you’re really going to pass on empowering yourself by voting?
- Your right to be able to vote came at a price. No matter your gender, race, or age, others made sacrifices so that your voice can be heard.
- Within the next four years you will be getting a job, owning/renting a house, getting married, paying for health care, starting a family. What is voted for today will have a huge effect on your life after college — do you really want to leave those decisions up to someone else?

Date/time/location: March 1st
Minnesota Republican Party and Minnesota DFL Party
Tuesday, March 1 starting at 7:00 PM.
Students living on campus can attend at the Jimmy Lee Recreation CENTER (W-1 P-2) 270 Lexington Pkwy, North St. Paul, MN 55104.
JIMMY LEE RECREATION CENTER (W-1 P-2) 270 LEXINGTON PKWY N SAINT PAUL, MN 55104.
Find your caucus location online starting the week of February 8, by

Martin Luther King Day

By Cydi Yang

Although many people used Martin Luther King Day as a day off to relax in their homes or to catch up on their shows on Netflix, a group of Concordia students and faculty utilized it as a “Day On.”

On January 18th, the students and faculty of Concordia University came to campus at 12:30 pm and began their “Day on” challenge. The event started off with pizza and drinks along with an introduction of the event from Dr. Cheryl Chatman. When Dr. Chatman finished her introduction, she passed the mic on to Cydi Yang who gave a powerful spoken word piece that she personally wrote for the event. Charles Hines, a faculty member at Concordia, gave a heartfelt speech on what Martin Luther King Day meant to him and after that, four students, Megan Nelson, Mia Smith, Mikeyla Smith and Emily Barton read one of Martin Luther King’s many speeches to empower the audience and to spark encouragement for the reason that they were all there, serving their community.

When all of the introductions to the event were finished, all the students went on their way to their assigned service sites. Some students walked to ARTs-us, and others rode buses to the Dorothy Day shelter, Breaking free, a Minnesota–based non-profit and social justice/social change organization that works with women, or the Episcopal Church nursing home. The Shades of Harmony Gospel Choir also drove to the different sites to share their uplifting songs with the members of the community that were at the various sites.

Around two p.m., everyone returned to campus and gathered once again at the BEC to reflect on the day. Many of the students found a new feeling of gratefulness for the many opportunities, materials, and people they have to support them, because going to the sites made them see that not everyone has all of the things that they do. Many of the students also felt good about being able to come together with other members of the Concordia community to help out people and the surrounding community.

It was a productive day for the large group of CSP students to come together and give service to celebrate the wonderful deeds Martin Luther King Jr. had achieved decades ago, and to celebrate his continuing influence on anyone with a dream. His legacy will continue to live on for decades to come.
Powerball Frenzy

By Brianna Holtmeir

Financial freedom is the mission of nearly everyone, but the path to this goal is often long and requires hard work and perseverance. Some fortunate souls find a shortcut via winning the lottery. The Powerball craze that struck America prompted millions to storm local convenience stores, hoping and praying for a lucky ticket. So far, only one of three jackpot winners have claimed their third of the 1.586 billion dollar jackpot.

The three tickets that won the jackpot were sold in California, Tennessee, and Florida. John and Lisa Robinson are the Tennessee couple that have cashed in on their $528 million and they appeared on the Today show to announce their good fortune. Despite their financial freedom to do whatever they wish, they are choosing to continue living their lives in their small town just as before. They went back to work at their jobs, because as Mr. Robinson stated, “We’re common people, we’re just like ya’ll are.”

The millionaire couple has received an overwhelming sum of cash, but they have not changed their lifestyle. Mr. Robinson remarked, “I’ve got my wife on my arm, what more could I ask for? I’ve got plenty of money now.” The Robinsons appear to be embracing the lifestyle that Pablo Picasso once wished for when he said, “I’d like to live as a poor man with lots of money.”

Female Athlete of the Month

Anna Schmitt

By Jakob Kounkel

Concordia’s women’s basketball team, after a tough start to the year, has been playing well, and with no end in sight. Now taking on a new interim head coach after long time coach Paul Fessler decided to step down earlier this winter, the women’s team was looking for leadership, and they found it in freshman sharp shooter Anna Schmitt.

Schmitt is not a stranger when it comes to having success on the court. In high school, she was named to prestigious All-State honors twice; once as an honorable mention when she was just a sophomore; and then earning All-State honors her junior year. Her most notable accomplishment in high school may have come in the scoring department. Throughout her basketball career as a Waconia Wildcat, Schmitt set the school record for points with 1,809. She averaged 29.8 points, 5.7 assists and 6 boards per game during that time.

This season so far, she’s achieved an impressive stat line: 15.4 points, 3.8 assists, 3.7 rebounds and 1.7 steals per game, as well as averaging 32.7 minutes per game. She’s scored 29 points in a game, and she’s recorded 11 assists in a single game. Any basketball mind would take those numbers any day. She’s incredibly athletic and a multi-faceted scorer, but her ability to score isn’t the only way she can hurt an opponent.

When I asked her what some of her best accomplishments were throughout high school and into her freshman year of college, she didn’t talk about her basketball career as much as she talked about helping out in the community. The first of which she mentioned was a group called Peer Helpers, a group whose mission statement is, “In the [Peer] Helpers program, students promote the notion that it’s okay to seek help—from classmates and adults alike.” Schmitt also participates in other philanthropic groups like America Reads and SAC.

Schmitt claims her family is a big motivator for her and they’re always there when they can be. She attributes her success on the court to her family. When I asked her what her biggest motivator is, she said, “I would probably just say my support from my family. They always ask how everything’s going; my sister and brother check in and come to games. They tell me how to improve and what to do better.” She goes on to say, “I’d say they all push me to be the best I can. They all know my potential. They’re just kind of there for each other—we’re all super close.” Schmitt’s family tries to attend as many of her and her siblings’ games as they can, but sometimes that means they have to miss some due to overlapping schedules. However, Schmitt says whenever her brother doesn’t have anything during the weekend, her brother, sister, and parents will go to her games. Her biggest influence has been her brother and sister, although she reluctantly gave me this information because she didn’t want to leave her parents out.

Schmitt also thinks she’s found the right school in Concordia–St. Paul. She plans on sticking around because she loves the quality in the classroom with professors who get to know their students on a personal level. Schmitt also mentioned being able to recognize the majority of the student body as another positive of being at CU. Another reason she’s going to stick around is for the team. She gives a lot of credit to her teammates for her success, and she talks highly of them.

Anna Schmitt is a proficient scorer and efficient basketball player. More than that, she legitimately enjoys helping other people, she’s family oriented, she’s friendly and she’s more than deserving of Female Athlete of the Month.
Male Athlete of the Month

Tyler Naumowicz

By Jakob Kounkel

Tyler Naumowicz excels in many areas of his life, and his career in athletics reflects that well. He has set a goal for himself to be the points leader in the conference this year, which plainly means scoring more points than anybody else in the conference. To become the points leader, though, he’s going to have to place highly in as many events as possible. He related it back to his personal life. Naumowicz made the 60 meter dash, long jump, shot put, high jump, 60 meter hurdles, pole vault, 1k meter seem like a small list of events he takes part in. “That’s something this year that I’ve learned to kind of spread out through school and relationships. You can’t try to be the best in just one area of your life. You got to try to spread it out and be the best at everything, and that helped me out in the semester—I got a 4.0 for the first time while being here,” Naumowicz said.

To lead the NSIC in points would be a noteworthy accomplishment. There’s no reason to doubt that he could do it though. He said his biggest attribute is his consistency. “Sticking with stuff, and knowing what’s good for me and what’s not good for me. Not staying up until three in the morning and making sure I get enough sleep, and eat right,” Naumowicz said. He goes on to say, “I’ve always been pretty quiet, and I guess that goes with the whole leadership role too. I try to lead by example, instead of yelling at people or giving big speeches.”

Naumowicz displays his humility when explaining how he feels about being given the opportunity to compete at the division two level, not to mention excel at the division two level. He said, “It’s just not something everybody gets to experience, and you have to be thankful for that.” He went on to say, “It’s what I’ve been working so hard for two years. All the long hours of practice are going to pay off—I hope—this year and next year.” Long hours of practice don’t only pertain to the athletes, but the coaches as well. Naumowicz recognizes what his coaches have done for him. He said, “He’s taken me on as part of his project pretty much. I’ve been real appreciative of what he’s been able to do for not only me, but the other multis as well.”

One of the things that helped land Naumowicz at school here at Concordia actually originated in his desire for track, and football. He went to state his junior year of high school track, and it made him want to go to college. When Naumowicz attended a football camp at the U of M campus, he learned that he wanted to go to college around the area. He applied at Concordia and realized how much he enjoyed the feel of CU’s small campus. He said, “I like it. I just feel like there’s a lot less stress, a lot less things to worry about,” he went on to talk about his friend who goes to school at the U of M, “classes are so far away, and he has to bike to class. But this is nice. I live two miles away from campus.”

Tyler Naumowicz is an outstanding student and an outstanding athlete. Be sure to keep an eye out for him as he chases his goal of leading the conference in points. He’s well worth the support.

Midway Soccer

Minnesota Loon Soccer Team coming to St. Paul

By Andrew Toelle

On January 11th, 2016 plans were passed to build a new structure in the Midway St. Paul area. The new neighbor of Concordia is the Minnesota Loon, an emerging USL (United Soccer League) team. This is the first time in Minnesota’s history that a United soccer team is moving to the Twin Cities. The Loons are expected to play in their new stadium in March, 2018, less than three years from now. This is exciting news for soccer fans across Minnesota. However, locals and students will see changes in the Midway shopping district as the stadium’s construction begins.

On the Loon’s official site, the team has a short history. In the early nineties, Minnesota was home to the Minnesota Thunder (1990–2009) and the Minnesota Stars (2010–2014.) Both teams were in a league called the United Soccer League, first division. An article written by Brian Quarstad, journalist for the Minnesota Loon soccer team stated that the Minnesota Thunder closed in 2009, and was shortly replaced with the Minnesota Stars. The Stars were renamed the Loons after Dr. Bill McGuire, a former CEO of United Health Group, bought the As sports teams such as the Twins and Vikings built new stadiums, The Loons wanted a place of their own.

After researching areas where the team could be placed, McGuire believed that the Midway was a good spot. St. Paul is a cultural center, an excellent area to share the world’s sport. When Dr. McGuire first proposed the stadium to the city of Minneapolis, he wanted the field to be accessible to the Green Line and Interstate 94. He also had ideas of placing the stadium on the Northeast side of downtown Minneapolis, not too far from Target Field. The original plan changed in the end.

As the new stadium begins construction, the Midway Shopping district will change. In the next upcoming months, the bus lot behind the strip mall will be dug up. Architects behind the new stadium have ideas of expanding the shopping district in the Midway, increasing commercial profits to the area. Everything in store will help increase commercial flows with local services, including Concordia.

This is the first time in history that a major league soccer stadium will be placed in the Twin Cities. As Concordia sits across the highway from the Midway Shopping Center, students will see the stadium go up from across the highway. Every change will come one month at a time. This is an exciting time for the Midway St. Paul area; the Loons have called it home.
Golden Bears Heating Up
Men’s Basketball Update

By Cole Schuessler

Coming off a 19–11 season in 2014–2015, a 3–11 start to the 2015–2016 season was neither what the Concordia St. Paul Golden Bears men’s basketball team wanted nor expected. They have lost heartbreakers by less than a basket (82–81 vs. Central Missouri, 85–83 vs. Minnesota Duluth), and games by larger margins (104–66 vs. Augustana), among others. After another loss to Augustana on January 8th, Concordia’s conference record dropped to 0–8. But after the rough start, the Bears have started heating up as the chilly January weather and conference basketball season has set in.

Joey James, head coach of the Concordia’s men’s basketball team, still believes that his team could propel themselves upward in the standings. “We want to finish in the top half to close out the regular season, and to host a first round playoff game,” said James. A three game win streak with home victories over Wayne State (Neb), Minnesota Crookston, and Bemidji State gave the Golden Bears their first three conference wins and a fighting chance to play a conference tournament game at their home gym, the Gangelhoff Center. If the Bears can continue their winning ways and finish as one of the top four teams in their division, the eight team NSIC South, they can secure the coveted home playoff game. This would be a boost to the team’s tournament chances, as they have been much better at home this season.

Two strengths that have led the Golden Bears to wins, according to Coach James, have been post play and senior leadership. These were both evident in the three game win streak, with significant contributions from all three of the seniors, Mike Yahnke, Shea Mandli, and Cole Olstad. In the January 9th 69–64 victory over Wayne State, Yahnke recorded his first career double-double, putting up 13 points and grabbing 10 rebounds. Mandli followed the next night by scoring a career high 28 points in a 76–69 victory over Minnesota Crookston. Olstad, the team’s leading scorer, averaged over 12 points a game during the streak, providing a consistent offensive threat for the Bears.

While the Bear’s offense has managed to put up decent numbers throughout the season, they have struggled at the defensive end of the floor. All of the team’s wins have come when the opponent scores 70 points or less. In Golden Bear losses, the opposition has scored over 75 points nearly every time. The defense has shown improvement though, especially over the home win streak. “The last three games that we’ve won, we’ve been pretty good defensively,” said James, “if we can just continue to do that, we’ve got a good chance to win a lot of games down the stretch.”

Defense will certainly be a key as the season comes to a close. The Golden Bears will rely on their three seniors and look for significant contributions from junior Dilallo Powell and freshman Bryndan Matthews, who are both averaging double digits as starters. Concordia will finish the season with a crucial four game stretch with games against Upper Iowa, Winona State, Southwest Minnesota State, and Sioux Falls, all four owning a better record in their half of the conference, the NSIC South.

Talent and Depth Evident on Senior Laden Roster

By Cole Schuessler

Concordia St. Paul’s 2016 baseball team has a new feel to it. The Golden Bears have the biggest roster in the history of the program featuring 39 players, including 16 freshmen. But even as all these talented prep players have arrived on campus, the seniors on the squad will remain important to the success of the team. With four three-year starters in the infield and at least three that will make an impact pitching, the senior class looks to propel the Bears to a 4th straight top half of the conference finish and a NSIC tournament berth.

Last year’s team finished the regular season with a record of 21–23, and a conference record of 19–15, 6th in the NSIC. This was good enough to get them into the 8-team NSIC conference tournament, certainly an expectation once again for this year’s seniors, who have gone the past three years. Many of the impact players from 2015 return, as does much of last year’s lineup and pitching staff. One key loss for the Bears will be outfielder Kyle Dalton, who started every game and led the team in hits and stolen bases. It remains uncertain who will fill the outfield spots and try to soften the blow of losing the former All–American Dalton. Another question mark for the Bears going into this season is who will play at first base and likely join the four seniors in the infield.

This year’s senior class is a group of talented and experienced individuals that will be the key to Concordia’s success. As mentioned before, the infield will return four regular starters, catcher David Henke, second baseman Alex Laporte, shortstop Eric Fasnacht, and third baseman Ryan Poppitz. Fasnacht led the team with a batting average of .361, while Henke was the squad’s best in terms of on–base percentage at .433. Laporte and Poppitz both own career averages over .270, and have both started over 70 games in their last two seasons. Other significant returning contributors to the lineup will be redshirt sophomore Andrew Shotwell and sophomore Connor Olson. On the mound, a trio of seniors, right handed pitcher Yuji Suzuki and lefties Zach Rengel and Kody Knaus will head the rotation. Experience in the infield and on the mound looks to be the biggest strengths as the Golden Bears enter the 2016 season.

Coach Mark “Lunch” McKenzie has a positive outlook on this year’s team. “It’s a real cohesive group, you can’t tell the seniors from the freshman.” McKenzie went on to say how this was both a compliment to the veterans and the youngsters, as the freshmen have shown maturity already in preparation for the season while the seniors have displayed leadership welcoming and setting an example for the younger players. Along with a team chemistry that already seems to be at a midseason level and a talent on the field from both the seniors and the incoming players. The Golden Bears baseball team has also showed some brains. According to McKenzie, the team’s collective GPA is a 3.5. Overall, McKenzie’s goals for his team at this point in the year are fairly straightforward. “We want to put the best product on the field that we can, represent the university, and win as many games as we can.”
Golf Team Looks to Finish Strong in Spring Season

By Cole Schuessler

Men’s and Women’s Golf features a different dynamic than almost all other collegiate sports. With both a fall and spring season, Concordia’s golfers will have had around five months (October to March) since they last hit a golf ball in NCAA play. The Golden Bears golf teams have used this break positively though, getting stronger and building team camaraderie. As the spring season draws nearer, the teams and individuals hope they can build off their fall season and continue on to postseason play this spring.

The men and women’s golf team’s often practice and work out together, so Concordia employs one head coach for both teams. Taylor Auman, former CSP golfer and 2013 graduate, took over the teams in the middle of the fall season, officially being named head coach in September 2015. Auman was a graduate assistant for the golf team the past two years, and she received her MBA in healthcare management in August before being named head coach of the team a month later.

“It’s a lot more fun being the head coach, and being able to run the show,” Auman said. “I like to have fun with the athletes.” With past experience in the program and being a similar age to the players, Auman has knowledge in the team’s opponents, different courses, and what her athletes are going through. She views the golf program as a family. “I really look at the team as a whole, not separately men and women. They practice together, they work out together, and they hang out together.”

Though the camaraderie throughout the golf program is viewed as a strength, it doesn’t play as much of a factor during regular season play on the course, where men and women compete separately. The women start with the Holiday Inn Express MWSU Spring Invite in Missouri on March 13–15 while the men kick off the spring season in Kansas with the Ichabod Invitational on March 14–15.

The women’s team has gone to NCAA regionals the past seven years and is lead by senior and NCAA nationals participant Rachel Gray. Gray also listed the family like aspect of the team as a strength saying, “If one girls plays badly, you’ve got the rest of your team to pick you up. We’re really good at building each other up and keeping each other accountable for practice.” Gray leads the team with an average of 77 strokes a round, 5th in the NSIC. Junior Savannah Stone and sophomore Kari Opatz also finished in the NSIC’s top 15 for individual strokes per round. The Concordia women finished second in the fall half of the NSIC Championship and look to continue their success on April 23 and 24 in the spring half as the conference season comes to a close.

The men’s team goes into the spring season led by a pair of seniors, Garrett Emond and Nick Auman. Emond is 20th in the NSIC and leads the team at 76.6 strokes per round while Auman is a close second at 76.8. Other significant contributors are junior Chance Maiers and sophomores Alex Uloth and Deion Kelly, all averaging under 80 strokes a round. The Golden Bear men’s golfers finished 8th out of 11 in the first half of the NSIC championship and look to finish out the spring season strong with the second half of the championship on April 8th and 9th.

Fess Steps Down
Assistant Rises to Power

By Tony Kohanek

Spring semester of the 2015–2016 Concordia University year has begun and winter sports are still continuing to fight for postseason. Concordia University came into 2016 with a record of 5–7 coming off of four straight losses before leaving for winter break. During winter break some startling news happened as veteran head coach Paul Fessler stepped down and handed the team over to assistant coach Amanda Behnke. “It was sad to see Coach Fessler go, because not only is he a great guy, but he also coached me for 3 years when I attended Concordia” said Behnke. “I truly respect him and enjoyed being around him. I also learned a lot from him so I was excited for the opportunity to become the head coach.”

Amanda Behnke is a Concordia alumni and a former women’s basketball player, playing three years at Concordia, from 2005–2008, after transferring from Winthrop University. After leaving Concordia she traveled overseas to play basketball over in Australia for 4 years. When Behnke came back Coach Fessler invited her to come be apart of his staff as a graduate assistant, to which she gladly accepted. She got promoted to head assistant prior to the 2014–2015 season, when former head assistant Kachine Alexander took an assistant job at NDSU.

On January 2nd in Coach Behnke’s debut as head coach against University of Minnesota–Duluth, Concordia lost 74–64 with a tough 3rd quarter being out-scored 24–14. The team would lose its next 3 games including Behnke’s home debut against Augustana, 71–80. Finally, she broke through the barrier winning her first game as a head coach against Minnesota Crookston, 80–73. She went on to win the next two games, before heading back on the road and dropping a closely contested game to Sioux Falls on January 22nd, 64–69.

In response to how the season started Coach Behnke said, “After the transition we started out a little slow. I think it was emotional for all of us, and a change. But after a few adjustments, and both the players and myself getting comfortable in our roles, we really started to click. The last few games they have played so well, and I couldn’t be more proud of the girls for their effort and heart.

The biggest thing is to trust each other and once that happens a lot of good things can come out of that.” Coach Behnke says that being a head coach is “a completely different role, but I knew I had to be ready for this job, take care of the players and do the best job I can.”

Coach Behnke said the team’s plans moving forward are, “to play every game with heart and effort. No matter whom we are playing we need to outwork every team. Take every practice day by day and every game, game by game.” The decision has not yet been reached to if Amanda Behnke is to remain the head coach or not and probably won’t be made until the season is finished. Behnke is thankful for the opportunity and hopes to remain the head coach.
Nicaragua Service Trip
Eye Opening Experiences

By Renee Cortez

The annual Call Center-sponsored service trip to Nicaragua occurred from December 31, 2015 to January 8, 2016. Service trips are student proposed and lead, and according to Call Center Coordinator, Kate Larson, this trip is unique because it is a trip that Concordia students and faculty have been doing for seven years.

There were eleven students, two student leaders, and two CSP faculty members that went on the trip. Sarah Kargel, one of the students said, “The reason why I chose Nicaragua, despite the cost, is because I had overheard the impact it made on those that went the previous years. In the end, not only did my faith grow stronger, but I was able to serve those that had little to none. It also was a blessing to spread the word of God while making relationships with the Nicaraguans and my fellow team members.”

The group did many community service activities that Kargel says, “were very memorable.” Some of these activities included rebuilding a barbwire fence, painting the outside of a clinic, cleaning and re-painting the rooftop of a house, teaching Sunday School, home visits to pray for families, weeding, tutoring children, and leveling out new baseball fields with more dirt. The group was also able to do other activities. The group celebrated New Year’s Eve in Chinendega, which was where their base was located, and they celebrated the birthday of one of their team. They also played kickball with the Nicaraguan children, hiked volcano Cerro Negro, and spent a night at a beach called La Playa Roca. The group was able to shop and tour Leon. They got the opportunity to climb to the rooftop of the oldest and largest cathedral in Central America, the Cathedral of Leon, as well as visit and attend a variety of church services. Kate Larson was a leader for the trip 2014-2015 trip. “Nicaragua is the third poorest country in the Western Hemisphere. It’s really eye-opening because basically people are living in conditions with dirt floors, no toilets, and their roofs are straw. We stay at a mission house which is run by Nicaraguans. They are very rich in their faith and their community, which is really neat to see.”

One of Larson’s favorite parts of the annual trip is, “to see the students’ growth, to see their experience in this new country and the service...It’s a real eye-opening perspective for students. It’s a really great trip to lead because you get to see students see the change in themselves when they come back. You are really emerged in the culture while you are there,” stated Larson. Kargel agreed with Larson, “Living in a [developing nation] was definitely a challenge for me because in the U.S. we are used to having our resources quickly handed to us. It taught me so many life lessons and it also revealed the type of person I was and what changes I could make in my life. Overall, I not only grew stronger in my relationship with God, but I also learned to appreciate the blessings I have here in the U.S.”

The entire trip was filled with service activities and new experiences for all involved. Kargel also stated, “Down in Nicaragua, the most important life aspect to them is their relationships. And when you go and visit one of the homes and the families there, you experience what true kindness really is.”
London Abroad

By Renee Cortez

This winter break the Call Center sponsored a short term study abroad trip to London, England. The trip lasted from December 30, 2015 to January 8, 2016, and went with a privileged small group of six. I had the opportunity to be one of the six. It was the first time I had been outside of the country (besides Canada) and I was beyond thrilled when I boarded the plane.

I have only been at Concordia University a little over one semester and in my orientation last June, I met the Call Center staff, Kelly and Kate. They introduced me to the wonderful program they run that gives Concordia students and staff alike lifetime experiences in service trips and study abroad opportunities. The short term study abroad was a new concept to me. It is the perfect fit for someone who yearns to go abroad, but that does not want to go for a whole semester.

When I saw the flyer for the London trip, I immediately wanted to go. It would be the most ambitious thing I had ever done. Sure, I’ve traveled in the states plenty, but not to a whole new country, continent, and an ocean away. I went through months of debating whether to go. In the end, I made that choice: yes. I remember the day I paid my deposit to the cashier; I was shaking with excitement. I was going to Europe! I literally could not believe I was being given this wondrous opportunity.

Mikaela Vogland was another student on the trip and was equally excited. “I have done theatre since I was a little girl and loved it dearly,” she stated. “Later on, that deep love for the arts turned into who I am today: a woman in her 20’s who does stage management, costume design and carpentry, aspiring to run a theatre company one day. London, England was always the place I knew I needed to go to in my life because of how grounded they were in theatre arts.”

The trip leader was Mark Rosenwinkel, who taught the two credit London Theater Tour class. It was his first time leading an abroad group. We would only be gone about a week, but we had a lot planned, indeed! I remember looking at the itinerary before we left and I saw a beautiful mixture of English theatre and culture. I could not wait to embark.

We arrived in London on December 30 and the experience began. We settled into our hostel and we took a stroll to the British Museum. There we experienced a full afternoon tea, English style. I never realized how much tea the British drink! One could say it is their national drink with a close second to coffee.

The next few days were filled with theater performances, visiting structures and palaces that are older than America. The National Theatre, the famous Globe Theatre, and others offered us monumental sets and story plots. My personal favorites were Cymbeline, Peter Pan and Wendy and Guys and Dolls. Cymbeline was unique in the sense that the Sam Wanamaker Playhouse Theatre was lit entirely by candlelight. We saw a handful of other plays and each of us had our favorites for varying reasons.

Vogland was very animated about one play in particular. “One of my favorite experiences while traveling abroad there was seeing Harold Pinter’s play, The Homecoming. The story addresses the themes of power and gender roles as it follows five men and one woman’s interactions. Everything was perfect in this show, and I seldom say that about shows. Seeing the amount of detail and dedication put into this show inspired me to want to continue to create art in that manner. Whether I am building a set, hosting production meetings or hemming a skirt, I want to create art that makes people feel something.”

Since London was founded in the early part of the last millennium, some of the buildings are quite ancient. The Tower of London was built almost 1,000 years ago. There is something so humbling about touching stone that has been around thousands of years, before you were even a glint in a parent’s eye. The structure has seen more than any human even in biblical times had seen. It made me think of the saying “if these walls could talk, what would they say?” It was a glimpse into our distant American past as a country who came from England. I was speechless at the history.

Almost every little girl dreams of being a princess and I was no exception. Hampton Court Palace was the place where the notorious King Henry VIII and the great Elizabeth I lived. It has been kept in pristine condition and looks and feels like it must have back in the 1500’s. The royal gardens reminded me of the last scene of the children’s movie Anastasia. The gardens were massive, well-kept, and a thing of beauty. I will have to admit as I walked down the gorgeous queen’s staircase, I imagined I was Belle in my yellow dress.

Then came the day to visit Shakespeare’s birth place and town. Miraculously, the house he was born in is still standing. For the theater buffs in the group it was a lifetime opportunity to enter the house and see where the great writer once lived. Rosenwinkel shared his thoughts with me on that matter. “Standing in the roads in which Shakespeare grew up, imagining his father’s dirty, smelly tanning business, which he ran out of the building, looking at the country church where he was an active member in his retirement years, and where he is buried – this gave me a great understanding of the journey in a lot of his plays, particularly the relationship between the countryside with its messy rich tapestry of down-to-earth characters, and the court life of the city of London. I’d always known about it, but it was far easier to imagine having been there.”

The town around the house was called Stratford and was a thing of beauty all on its own. Walking down the streets, one feels like they stepped back in time, especially upon seeing the quaint little year around Christmas shop. There were streets the cars were not allowed because pedestrian traffic was prevalent.

Our time in London, short as it may have been, was one of the most rewarding experiences of my young life. Rosenwinkel stated, “Theater is a much more vital part of the culture of the United Kingdom, and I hope the students came away with at least a sense of its vitality. Anytime students get a chance to travel overseas they should take it. You learn so much about yourself as well as the other cultures. I think it makes students better citizens of the world. It certainly does that to me.”

Vogland added, “A spark of inspiration was awakened in me that I almost forgot about, all thanks to the creative souls I encountered in London. Deep down, I know that I need to go back to London, but until then, the lessons I learned will alter how I create art forever.”

I would recommend studying abroad to anyone. To learn about another culture, country and people was enlightening. The experiences and things I learned in London are something I would not trade and will take with me for the rest of my life.
The 2015 football season for the Golden Bears was one of many changes. Midway through, head coach Ryan Williams, stepped down and assistant coach, Derek Branch finished out the season. The year ended with the team going 1-10 with the only win came back on September 19 at Minot State. During November 2015, Concordia University hired former Truman and Concordia University football coach, Shannon Currier to a second stint with the Golden Bears.

Coach Currier’s first stint as Concordia’s football coach goes back to 1999 after he spent one year as an assistant before the head coach/athletic director decided he only wanted to be AD, so he handed the program over to Currier.

Prior to this, Coach Currier’s coaching aspirations started when he was in seventh grade. His father was the head coach at Cosmos High School. He lettered on the school’s 9-man football team as an eighth grader. He attended Hamline University and was than recruited to coach in California. His first head-coaching job was actually as a soccer head coach. While coaching in California, Currier went to many different coaching clinic’s to connect with other college coaches. He eventually wound up accepting the Graduate Assistant position up at Bemidji State, here in Minnesota, with recruiting being his primary focus. He would also hold camps during the summer at 12 different locations. Currier’s first official college coaching job was as an offensive coordinator up at Minnesota Crookston for two years. After which he then continued his coaching further with Southwest Minnesota State University for two more years, and then he came to Concordia St. Paul in 2003, the year after his final year at Concordia, Currier went on to coach in Truman, Missouri for five years. His first year he went 2–9, second year went 2–9, third and fourth year went 6–5 and his fifth and final year at Truman he went 4–7. After coaching at Truman, Currier went into sports marketing, working with such companies as iHigh, a media sharing and webcasting website, and directly with the NFHS, (National Federation of High School)

“I am excited to be back,” said Currier about his return to Concordia. In comparison between his first and second stint, he notes how different the campus looks, and not as many facilities were available as there are now. The team is also in better financial shape. However, his first stint here was still very enjoyable. He enjoyed the community, the staff, and the athletes. He really enjoyed the connections made with the students that he coached. This time the focus is going to be different. He hopes to build on his rapport and impact that he has with the students and the athletes.

The theme for the 2016 season is “built on the rock.” It talks about building on a good foundation and handling adversity well. This year, as in his previous schools, Currier is implementing Unity Council, a group of 12 students to serve as role models for the rest of the team. The first Unity Council will consist of the following players Josh Coyne, Bruce Russell, Sam Johnson, Jason Oney, Alex Carr, Dominic Nabak, Matt Bjork, Chazz Roberts, Alquan Vickers, Jackson Dobbs, Brandon Russell, and Mitch Zillman.

Currier is excited to meet the new students, work with his staff and have a successful second stint with Concordia. He wants everybody to know how excited he is to work with the athletes.
Loosely based on the true events regarding Hugh Glass (who is played by Leonardo DiCaprio). This film is set in the frigid winter of 1823 as our protagonist seeks revenge and refuge from his suffering. His journey for survival begins after he is badly mauled by a bear and left for dead. More than anything this film uses its natural backdrop to its advantage. Filmed in the Alberta, Canada’s Kananaskis Country, Bow valley, and even in Argentina. This production used its incredible landscape very well. While watching this film it’s hard not to think about how people can simply disappear in the vast Canadian tundra. Although, their exploration and utilization of landscape was well done.

One of the most impressive aspects of this film was the special effects make-up. DiCaprio’s character was covered with lacerations that cover his entire torso, and even his face. What made them so compelling was that the make-up artist took into account both the depth that the bear claws would tear, as well the fat that would be showing beneath the skin. Glass wasn’t the only character bearing battle scars. On that note, it’s hard not to appreciate the sheer grittiness and effort enacted into this feature. Every moment of this film is overflowing with the suffering of Glass. The colors themselves lend to his emotions. Most, of the film being shot entirely in the magic hour (which is shortly after sunrise and shortly before sunset). This gives the movie a sort of endless blue tint. Besides the beauty of the film itself other things felt kind of strange.

Besides a majority of the horses in this film, all the rest of the animals in this film were CGI. Many of the scenes depicting animals felt far too convenient and synchronized. Wolves, for example, do hunt in unison but the likelihood that they stop to snap and snarl on command isn’t likely. In fact, wolves are notoriously timid creatures. This of course is only from an aesthetic perspective. Otherwise, for the most part they blended in nearly seamlessly into the film.

Besides the acting being unsurprisingly superb, there still feels like there is something missing at times. Dialogue is scarce, and DiCaprio’s past isn’t explored as thoroughly as it could have been. We are enticed into his history through a series of flashbacks, and dreams. This sort of storytelling lends to the dreamlike quality of this film. From one scene to the next, the film rotates from sturdy pioneer life to surreal terms of survival for DiCaprio and those he meets along his journey. Regardless of the aspect, the film had a tendency to feel self-indulgent at times.

Perhaps the biggest problem of this film was its running time. As a scenic epic it lacks the running time to fully explore some of its themes. If it had been extended to a full three hours it would likely have flushed out some more of the concepts. Regardless, this film, was beautiful, engaging, and believable. This film gets a 4/5.
Food Review
The Flamingo Restaurant

By Reeve Currie

Located in St. Paul, on the corner of Syndicate and University, Flamingo is a delicious and culturally rich dining experience! Run by two African women, Flamingo stays true to its roots and serves traditional East African dishes. Decorated with vibrant colors, rustic curtains, and African pottery and artifacts, Flamingo is a delightful step inside another country (and out of the Minnesota cold).

With traditional appetizers like Sambusa (homemade pastry shells stuffed with either lentils or beef), entrees accompanied with Injera (a thin, porous African bread), and special Flamingo Specials such as The Traveler (beef and lamb sizzled with onions, tomatoes, and jalapenos with a side of vegetables), there are options for everyone! Most dishes come with two sizing options: small or large, with prices ranging from $5 – $14.

Flamingo excels in its strong flavors and spices. Upon eating there you will be introduced to Barbere: a spice mixture containing red chile peppers, ginger, cloves, rue berries and ajwain, mixed with sun-dried wild herbs. Flamingo uses clarified herb butter in many of their dishes, which is a delightful mixture of fresh butter simmered with herbs and spices. Besides flavorful, spicy dishes, Flamingo also specializes in their signature juice. A blend of guava, strawberry, and mango juice with a hint of lemon; it is one-of-a-kind.

A favorite dish of mine is the Chicken Curry, served either mild or spicy, over jasmine rice. Exotic spicing makes this dish different than your regular curry and keeps you going back for just one more bite!

Whether you prefer mild or spicy dishes; chicken, lamb, or beef; lentils, vegetables, or rice, Flamingo will satisfy. Near to Concordia, it can easily be accessed by crossing University and heading East one block to Syndicate. Need a weekend brunch spot or a fun evening dinner out with friends? Want to grab some easy, filling food to go? Flamingo is a cute hole-in-the-wall spot that will bring both you and your taste buds to Africa!

Design Spotlight
Jordan Holmlund

By Andrew Toelle

Jordan Holmlund is The Sword’s February art student of the month. Jordan is a junior at Concordia with many artistic abilities. As a graphic design major, he wants to create logos and someday run a freelance design firm. However Jordan also has an interest in drawing, freelance, movies and fitness.

Jordan’s art career began at a young age. Jordan grew up by Canby, MN, three hours west of the cities. While living on a farm, Jordan was helping family and friends fix equipment. The equipment Jordan fixed ranged from trucks, to tractors. “It’s kind of a weird side of art, but you’re still working with tools, trying to make something perfect.” Jordan also had an appreciation for IMDB and retro movie posters. Some of his favorite posters were created by Saul Bass and Paul Rand, recognizable graphic designers in the field. “They’re so simple and creative, it spreads the message across. Those were my first major influences in doing graphic design work.” While at Canby High School, Jordan grew a stronger interest in art while taking two classes. After getting better with charcoal and pencil, Jordan thought of making art his career. “I thought I did very well; art seemed to be a good area for me.”

Jordan has been a graphic design major for a while, but that wasn’t how he started. When Jordan graduated from high school, he joined Concordia as an art studio major. After taking Graphic Design I as a prerequisite, he switched to Graphic Design. “Bradley Daniels’ Graphic Design I class taught me how to digitally make stuff on the computer, and it just felt like a good fit. I could express more of my creativity on the computers, and after that I slowly switched over to the graphic design program.” Jordan still loves making drawings, but his current objective is to complete a graphic design degree.

Jordan Holmlund can be seen all over Concordia’s campus. While trying to stay up to date with Art Club, Jordan can be seen at Holst Hall’s front desk. He is also a 4th Floor Holst RA, and a volunteer for Heidi Goettl who designs posters and flyers. Outside of the design field, Jordan has an interest in fitness. “At the gym, I have noticed that I have been helping people a lot with equipment there; helping them stay in shape while also lifting my own weights. I would love to have a training position as a side job if I ever have a chance.”

As a junior at CSP, Jordan plans to complete his graphic design degree next spring. He also plans to minor in Business, gaining a perspective of how finance and pricing works with freelance. In the next two years, Jordan hopes to do an internship with a local design house, and in the next five years, Jordan plans to be a freelance designer. Jordan wanted to mention one last thing to freshman and new coming majors, “There are a lot of freshmen that don’t know what they want to do. Some of them switch from math to art, or biology to art. If you really have an interest in doing something, go for it. Don’t limit yourself with what you can or can’t do.”
2016 High School Honors Showcase

By Madeline Austin

With one of our largest turnouts ever students, teachers, and families gathered to celebrate the Annual High School Showcase. Participants arrived from Northfield, Roseville, Woodbury, Mound–Westonka, and Coon Rapids High Schools. As any teenage art exhibition goes, the works are usually pretty hit and miss. This was not the case this time. Perhaps the most dynamic part of this show is the sheer variety and skill emitted from these pieces. Each year students’ work are awarded prizes based on the technique, creativity, and thought exhibited in their respective piece. The Art Department staff carefully review each painting, sculpture or ceramic so that they can dole out as effective critiques as possible. Few students left the ceremony without even an honorable mention, and all were assured a tuition waiver if they chose to apply to Concordia.

The winner of the show was an impressively scaled wood-block print called “Animal Skull,” by Corrina Pierson of Roseville High. It was noted that part of what won her the spot on top was her perceptive attention to detail, and realistic use of texture in regards to the groves in the skull/horns. Exhibit attendees felt that the image itself, of being an animal skull, held a timeless significance and harkened back to the begging of art itself. The height of this piece was around five feet tall, and unfortunately a hearty portion of winners, including Corrina herself, were not able to attend the event.

Photos by Madeline Austin

Dance Spotlight

Miata Smith

By Brooke Steigauf

CSP is shining a light on the talented and courageous, Miata Smith! The gifted dancer is admired for her skills in a wide range of dance styles that she has pursued in her life including hip hop, jazz, lyrical, contemporary, tap, modern, ballet, and pointe! Miata began dancing at just two years old at Larkin Dance Studio and switched to Dance Shop at age four. After six years there, Miata started dancing with Northern Force Dance Company. Miata danced a total of sixteen years, when she gave it up after 12th grade, so she could focus on college.

During the years of 2013 – 2014, she underwent a Bilateral Lung Transplant and later, a kidney transplant that was generously donated by her sister. During her hospital stay and recovery, Miata promised herself that she would dance again. Now, as a junior here at Concordia, Miata fulfilled her wish and pledge to herself! When she felt ready and motivated to pursue dance again last semester, she began taking a Dance History course. This semester, she is staying in the swing of things by taking Modern Dance. She recalls it being a struggle at first, especially with her lungs still healing but she credits part of the new strength of her lungs to dance.

One thing is certain. Each piece encapsulates the life and feeling of our local Suburban teens. In many of the pieces it’s easy to see the intellectual development of the participant. One of best example of this at the show were the pieces “Illusion of a Hunter” by Max McDonald, and “Deer” by Leah Peterson. These pieces, created by Roseville High students, hung parallel. Together they seem to tell the story of the trials and aggression of adolescence. Whether it’s the inborn need to stay on top which the “Hunter” alludes to or the inner peace of finding oneself that seems to be central in “Deer.”

As a huge fan of Jeff Bridges, it hard to overlook the ceramic bust of “The Dude.” Speaking with the artist, Josh Kujawa of Woodbury High, about this piece he had originally wanted to do a bust of Jimmy Hendrix. He decided to scrap the idea when he realized how heavy and challenging the afro would be. He explained that he had picked to do the dude instead, he simply stated that he felt like he was a really cool dude and that he’d be fun to hang out with. Next door was an almost as equally iconic character bust of Richie Tanenbaum simply titled “Baumer.” The bust was even embellished with tears. It is clearly an ode to his famous tennis match scene. Regardless of how any of the pieces were interpreted, it was a really great show. For those who missed this one, there is currently a show going on called Mihrab–Hermatage. The show itself is the representation of the inner spirit of Muslim women.
CSP Percussion Ensemble Concert

“A Night of Percussion”

By Jackie Martini

A black form on the right side of the E.M. Pearson stage was a curiosity, surrounded by drum set cymbals and other trappings, and in the time before the percussionists filed on stage, a lot of our attention was devoted to the strange, covered shape. The brightening of lights and the sounds of instrument check drew our attention, letting the piece fall into the background.

The concert opened with “Compatriots” by Murray Houllif, with Professor Aaron Isakson on timpani and Matthew Kinne on snare drum, a skillful back-and-forth between the percussionists. “Funk No. 2 for Timpani and Drum Set” by Todd Ukena followed up, and by the time Ryan Meeboer’s “Nyasa of Tanzania” introduced the whole of the percussion section, the gorgeously woven tones of all the different drums, shakers, and vocals from the musicians had gotten the concert off to a fantastic start. Professor Isakson would, on occasion, stand and introduce the upcoming pieces, giving the drummers time to change the way the stage was set up for easier playing. He said he liked to integrate “different styles from around the world” in his concerts, and this was no exception.

“The Beat Goes On” by John Beck, a duet between Joy Isakson on flute and Professor Isakson on marimba, was a strongly classical Western piece. It was a gorgeous interplay between the earthy marimba and the ethereal flute. The very next piece literally took us “South of the Border” as David Mancini’s piece marries the samba from Carnival in Brazil and what Professor Isakson referred to as the “bombastic” sounds of Cuban music.

“Etude in A Flat Major,” truly the “fast and the furious” of the concert, courtesy of composer Claire Omar Musser and played by Professor Isakson, once more on the trustworthy marimba. The whole cast returned to the stage for “Agua de Beber ‘Water to Drink’,” a piece with an old-school spy film feel, classy and smart, complete with egg shaker; Professor Isakson introduced it as a “Brazilian smooth jazz.”

The penultimate song, “In the Pocket” by John Beck, brought the audience back to the shape on the side of the stage. Professor Isakson and others unwrapped the black coverings to reveal a gorgeous new drum set. Slashed with prominent blues, greens, and reds, the drum set was a dedication to the memory of Devin McCauley “so he could be remembered right where he wanted to be in the middle of the action,” Professor Isakson said. A decal of Devin’s face was displayed prominently on the head of the bass drum, as well as his well-known philosophy: “If you think you’re cool, you’re cool.” Professor Isakson explained that the drum, created by Risen Drums with design by CSP art professor, Keith Williams, was funded by donations to the CSP Percussion Ensemble in Devin’s memory and will be featured in CSP music performances as a tribute to Devin’s memory.

“Funk No. 2 for Timpani and Drum Set” by Todd Ukena followed up, and by the time Professor Aaron Isakson on timpani and Matthew Kinne on snare drum, the final piece was composed by CSP’s own Professor Isakson, titled “Finale for a Fallen Drummer,” and the professor commented as once again the stage was rearranged. “It comes from two different things: the beginning of a life as a drummer, a lot of things that don’t really come together, then the Concordia theme, very fun, and we’re all together, then we come to the last theme — “Steal Away” Isakson explained. As the piece began to rise from the instruments, the impressions were very clear. At first, a scattered and unfocused energy, all the instruments singing out strongly in their own way and at their own pace. One by one, the percussionists began to fall into rhythm until all were playing together, supporting one another and playfully dancing in unison; then, slowly, the united theme fell away into the slow requiem, a promise of something more. The concert ended with Professor Isakson inviting the audience onto the stage to view the new set.

When asked about his composition, Professor Isakson said, “I knew that the ensemble needed to do a piece in Devin’s honor, but I couldn’t think of any piece that was fitting, so I needed to write one. The writing went extremely fast; I knew it needed to end with a funeral procession and that there had to be a theme to represent Devin’s friends and family, the people at Concordia.” He added, “The concert was an event that brought together a lot of Devin’s friends and loved ones to share music with Devin in mind one more time.”

A popular theme throughout the past year has been “the beat goes on”; in losing Devin, we lost not only a great percussionist, but a friend and family member. We will always ache that he is gone, but we draw hope from the promise he lived in — from Christ, which promises eternal life to all who believe in Him — and we ensure through performances like December’s CSP Percussion Ensemble Concert, as well as small tokens of our love for Devin like the new drum set, that Devin will continue to be a part of our family, our hearts, and our school for as long as we keep his memory alive.
Theater Spotlight
Marisa Tejeda

By Brooke Steigauf

Marisa is one of CSP’s most talented and adored actresses! She has participated in handfuls of Concordia’s theater productions and has never failed to leave the audience in awe. She is currently playing the role of Irina Arkadina in Concordia’s upcoming production of The Seagull. Marisa said that this is one of her favorite roles that she has performed, along with her role as a modern day Queen Margaret in CSP’s play Skyscraper, (who was based off the King Henry plays from the famous Shakespeare), and Hero, whom she played in Much Ado About Nothing with the Mission Theatre Company.

Marisa began acting in 8th grade under very odd and hilarious circumstances. She was forced to help with her middle school’s play as punishment after her and her classmates got into some mischief. She followed her ability to sing and decided to audition for the play as opposed to participating in the crew and was cast the lead! Since then, she is continually recognized for her outstanding talent and has become a very respected and accomplished actress.

Marisa transferred high schools when she was seventeen years old to accommodate her job at the Guthrie Theater in Minneapolis where she performed professionally. She was first cast into the ensemble of A Christmas Carol and played a role in Sunshine Boys there as well. Aside from her work at the Guthrie, Marisa also was granted the opportunity to be one of twelve young actors chosen per year to work alongside professional Broadway actors at the Shakespeare Theater of New Jersey!

Marisa has many sources of inspiration that play a role in her ambition to perform (no pun intended), but she says her role models are mainly women of color in the performance industry. Among these, a few stand out to her such as Viola Davis (who played Anneliese Keating in How to Get Away with Murder), Taraji Henson (who played Cookie Lyon in Empire), and Octavia Spencer (who played Minnie Jackson in The Help). She also strongly admires Professional Mark Rosenwinkel of CSP’s Theater Department for his incredible work as a professional actor, writer, and freelancer.

Although Marisa has many noteworthy actors whom she aspires to be like, she is, to many, an inspiration herself. She has performed at Concordia for four years now and has never disappointed her viewers and stays strong on stage and throughout everything else she does. To see her talent live on stage, come and see her upcoming play The Seagull which begins in Concordia’s Pearson Theater on February 11, at 7 PM!

Music Spotlight
Christina Tretter

By Renee Cortez

Students at Concordia will know the name Christina Tretter as an energetic young woman who loves the musical world that she is a part of. She began her time at Concordia in 2014 and is now a sophomore. She is an active member in chapel band, hand bell ensemble, chamber ensemble, and has been involved in gospel choir in previous semesters. Where did it all begin for this talented student musician?

She started with piano in her elementary school years. “I began playing piano because I found out my mom used to play when she was a kid. At the time, I wanted to be just like her, and I believe during those lessons is when I started to really enjoy being a musician,” stated Tretter.

After her piano teacher moved, she picked up the cello in sixth grade. When asked why she chose the cello, Tretter responded, “I wanted an instrument to play that was similar to piano, which in a way is based on the staff. Ironically enough, that’s how I chose the cello as an instrument to study.”

In addition to playing the cello, she was the youngest member in her church’s adult choir at age 12, and played hand chimes for about a year before coming to Concordia. She has been involved with singing ever since and now enjoys playing hand bells for the university.

About 12 years have gone by since young Tretter picked up a musical instrument and found a passion with music. “As the years went on I fell in love with playing music because I could produce a beautiful sound.” To her, the music world is a blessing in disguise. When she performs she enjoys being able to tell a story with the piece she is playing. She finds it so rewarding when people approach her after a performance and thank her for the music that she produced. “I am able to make someone feel something just from reading notes off of a piece of paper,” she stated.

In light of her passion for music she is in the middle of deciding whether to major or minor in music. “I want music to be involved in my career, and right now I am majoring in Psychology [and I] would love to double minor in family studies and music. I enjoy helping others which lead me to want to be a therapist.” With her love of music and helping others, she is hoping to possibly incorporate music therapy into her practice someday.

She strongly believes that God has blessed her with her musical talent to worship him and to help herself along with others through difficult times. She encourages the Concordia community to seek out the different music groups on campus. “You get to meet new people, make beautiful music, and have a wonderful stress relief!”

Music has definitely been an inspirational influence in Tretter’s young life. She identified music as her crutch. “It was there at my lowest points along with the highs. In those low moments was when I really felt a deep connection to my instrument. I was able to escape reality and fall into a separate world where I could use my talents and abilities to strengthen myself. It allowed me to make something beautiful in the darkness that I was in.”
Theater Preview

The Seagull

By Maria Markman

When asked why he chose Anton Chekov’s The Seagull for Concordia’s spring play, Mark Rosenwinkle, the head of Concordia’s Theater Department, stated, “I saw a production of it and the main character has hopes and dreams. And there were tensions between the dreams and realities. The characters are younger and I thought that made it interesting for our students.” And how true that reality is. In America we are constantly met with the demands of life, but are told simultaneously that we should follow are dreams. Chekov’s play speaks to that reality.

Next to Shakespeare, arguably the best playwright, Chekov follows. “The think that I like most about Chekov is when I am watching a show I say, ‘hey, that’s me, they are just like me. The characters are worn out, they have hurts and shortcomings just like you do. It is good to have a writer that understands real life,” says Rosenwinkle. Here at Concordia, students, faculty, and staff have the opportunity of viewing this iconic writer. The main storyline follows Constantine, the son of a famous actress who is trying to relive her youth. Constantine is hopelessly in love with Nina, a country girl with big dreams. An older writer seduces her. It isn’t a happy show; there are a lot of dreams that are not achieved and some that aren’t even actualized.

It is a very real adaptation of the realities of life and dreams; no you cannot always get what you want. It is a funny show too, with a bunch of quirky, funny, and foolish characters. Rosenwinkle says his favorite scene right now is one in the first act of the show. They characters are putting on a play that doesn’t go very well. It is being performed outdoors and there are obstacles. It never ends up being performed. Rosenwinkle says, “the scene is both funny and sad, I have been in shows like that. It really happens.”

The student actors in the show are benefitting from being in the show as well. “It’s an actors show, even the smaller characters have narrative arcs,” says Rosenwinkle. “But it also makes for a challenging show.”

The show will be performed in Concordia’s Black Box performance space. Being in such an intimate environment has its challenges. But the show really speaks to the reality of life and having the audience so close will allow them to feel as if they are looking into real life. “With all the different things that happen at the same time we do not want any confusion, but, on the other hand, we want it to look and feel absolutely normal. It’s gotta be seamless,” says Rosenwinkle. He states that the cast is doing really well with the material and the task at hand. But they are really moving into the most challenging rehearsals and now it is time to step it up. And I am sure they will. It is going to be a wonderful show!

Fun Dates at Affordable Rates!

By Brooke Steigauf

Whether you and your significant other have been together for a long time or you finally found the courage to ask out your crush, Minnesota has endless places and events for a memorable Valentine’s Day date! Even on a cheap college budget, there are plenty of cheap outings that are more exciting and just as affordable as “Netflix and chill.”

For a laidback evening, see what’s playing at the Riverview Theater in Minneapolis! With $2 tickets, you can get that movie theater experience without breaking your bank! If you and your date are interested in exploring other forms of film, try the Minnesota Science Museum’s Omnitheater, where they’re currently showing the amazing stories of humpback whales and other interesting movies about nature (plus you can enjoy the many exhibits the museum offers afterward!)

The Minnesota Institute of Art is always free and is an awesome place to share opinions on some of the world’s most famous and admired art pieces including those from Monet, Picasso, and Van Gogh. For those interested in more modern and abstract works of art, the Walker Art Center has plenty of intriguing pieces and a special exhibit on Hippe Modernism. Even though February 14th is a Sunday, keep in mind that the Walker is free on Thursday evenings.

Just down our very own Hamline Avenue, is the Nook which has award winning burgers and bowling lanes in the basement so you and your date can enjoy mouthwatering food and engage in a little friendly competition!

Another affordable and fantastic restaurant is Brasa Rotisserie, located on Grand Avenue, which serves Southern/Caribbean food and has a home cooked style for those interested in a laid back dinner and conversation.

For those true Minnesotans, there’s also plenty of outdoor activities to participate in as well. If you can bear to face the cold, lace up your skates and head to the rink in Downtown St. Paul next to the Union Depot! Close by is Mickey’s Diner, which is open 24 hours and has an old fashioned feel along with great burgers and breakfast foods.

The Dodge Nature Center in West St. Paul is a great place to enjoy a quiet walk and observe wildlife in Minnesota’s beautiful snow covered forests!

If you’re looking to get out of the Twin Cities, take the 45 minute drive to the Franconia Sculpture Park where you can view large interactive sculptures and be inspired by their abstract and creative shapes. Near this sculpture garden is Taylor’s Falls, which is known for it’s historical significance and scenic overlooks. Located along the St. Croix River, Taylor’s Falls is a popular spot year round due to its overwhelmingly beautiful views and recreational opportunities.

No matter what the interests of you and your date are, you are guaranteed to find an enjoyable day or night out in the Twin Cities and beyond!
Fighting Your “Real” Demons
A Confectionery Conundrum

By Madeline Austin

It’s Friday night, or maybe early Saturday morning. You’ve lost track of time trying to finish all the Living Dead movies before sunrise. Your friend knocks over your stack of Birthday cards to make room for her root beer. You suddenly remember the last time you went to a family gathering and wonder “who are all those weirdos?” Have you considered that your confusion might not be wrong? I’ve seen it all the time: classmates disappearing due to illness, family drama, or death only to return just fine, but different. Are your friends exhibiting strange behavior? Likely it is the work of demons, but not your typical movie grade kind. These guys are repelled by a certain kind of food. A particular kind of confection.

Now before you guess what kind it is, I want you to remember the last time you went to the bakery. You are enamored with all the delights of the oven: kolaches, turnovers, and other devilish desserts that you can’t quite pronounce. I’ll give you a hint, it goes well with coffee (if you said beef perogi you’re a freak). Ask for a donut, maybe four, eight, or even “Heck” you say, “make it sixteen!” At this point you can get as creative as your delirious heart desires. Why not throw some in your bag, make them into earrings or even wear them as bangles. Why donuts you say? Use of these sugared talismans date back to fifteenth century France. According to legend, a baker was awoken night after night by the endless clawing at his door. Afraid for his family, he left an offering of simple pastries at his step. The only things the fiends took were the center of the pastry, the rest was left undigested. The baker continued to leave these new doughnuts as his doorstep as a sign of truce. Nowadays we have easier ways of picking out these pests.

As you go along your daily business these fakers will show tell tale signs that they are demons. Gluten intolerant, vegan, or even diabetic? Yeah right. Fido’s okay though, he’s never afraid to run off with a donut or two. Watch out for delayed reactions. Next time you invite friends over and ask them if they want donuts on their pizza or a hot donut to warm their feet with. Any sane non-person-of-evil-origin would think this was simply lovely. At this point say good riddance to anyone who calls you “dough–nutty” or questions your lifestyle.

As a last resort there is one more option. Have you ever built a sweat lodge? If you’ve read this far then it’s already too late to learn, but don’t worry this one is a sure thing. It’s guaranteed to ward off any of your family and friend imposters. You might even get a raise at your fry cook job. They’ll love your new complexion. First make sure it’s summer, or you’re somewhere hot. Then withdraw at least $300 from your savings account (you weren’t going to comic con anyway). Next buy A LOT of donuts at SA or a local donut bargain bin (glazed donuts work best). Now, with all those donuts build yourself a confectioner’s igloo. Let all of that sweet maple glaze sauté you front and don’t forget to flip over. You might also want to top it off in powdered sugar or sprinkles if you’re feeling sassy. Don’t forget to set up fly tape around your house, you’ll be liable to attract insects. Good luck, and don’t let all that sugar get to your head!
HAPPY VALENTINES DAY CONCORDIA!

Love Rainie

By Emily Kong

So, you can breathe fire?

By Madeline Austin

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*Keep in mind all submissions must be appropriate.
ACROSS
2. Feeling under the weather because you caught the love bug.
6. Acting vivacious and attracted to someone for one's amusement.
8. An abbreviated word for a person's boyfriend or girlfriend.
12. "Life is like a box of , you never know what you gonna get."
13. The chubby cherub with wings that meddles with mortals.
15. A friendship where one has an unreciprocated romantic interest in the other.

DOWN
1. Profound and passionate feeling for another person.
3. May be a stalker or simply shy, and gives one an anonymous valentine.
4. Either the Hershey version or with lips.
5. The organ that circulates blood throughout the body and has the capacity to break.
7. Passionate spirit, emotions, or desire.
8. A beau
11. Wrapping one's arms around someone
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“{quote}
I loved this internship mainly because it was so self-paced. As a collegiate soccer player, I don’t have a lot of time in my day. This internship allowed me enough time to fully learn anything I wanted about my topic, do my own research, and turn it into a paper. Not only did I get enough time to learn about my topic, but I also had enough time to make sense of what I learned and apply it to my future career as a Physical Therapist while earning 12 credits through my school.”
{quote}

- Emma, ACR Homes PC & Intern, current University of Concordia student

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