CSP Partners with Concordia School of Law
Introducing a 3+3 Law Degree

By Katrina Bell

There is a new opportunity for students who are interested in going to law school. A 3+3 agreement between Concordia University, Saint Paul and Concordia University School of Law in Boise, Idaho, has been executed, which allows students to complete their undergraduate and law degrees in six years instead of the usual seven.

Interested students would begin the application process to law school during the fall of their junior year at Concordia, then after they have completed their general credits at CSP. They would start classes the following fall at Concordia School of Law in Boise. Upon successful completion of coursework at CUSL after the first year, 30 credits would be transferred back to CSP in order for the student to complete their undergraduate degree, leaving two more years of law school to complete the Juris Doctor program. Doing this would enable students to graduate with a law degree a year earlier than expected, and the student doesn’t need to wait until the end of their legal program of education to receive their undergraduate degree from CSP.

Even though not technically “graduated”, CSP students participating in this program will receive the 20% Concordia Graduate discount for law school tuition. Even though students would transfer from Concordia Saint Paul to Boise, Idaho, students are able to continue studying at a Lutheran institution with the same ideals and commitment to service that anyone will find at all of the Concordia campuses. These students are also able to use their law degrees from CUSL to practice law in Minnesota, because the CUSL is accredited and affiliated with the Uniform Bar Examination.

Interested students also need to have a minimum of a 3.0 GPA in CSP coursework, though students with a 2.75 – 2.99 may be considered for a custom-track admissions option. Students also need a letter of recommendation from a designated official at CSP, such as a faculty advisor, endorsing the student’s participation in the program. The student should have a minimum LSAT score of 152 as well. Dave Woodward will be working with students to apply to the program, and looking at other potential law schools.

This opportunity is available to any student at CSP regardless of what major program they are pursuing. The only catch is that the student complete 96 semester hours by the end of their third year, and only have elective credits remaining to complete their undergraduate degree.

If you are interested in this program or would like more information, please speak to Academic Advisor Gretchen Walther, or visit law.cu-portland.edu.
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Professor Spotlight

Eric Dregni

By Tony Kohanek

Associate English professor Eric Dregni is a professor in the classroom, leads students on trips to Italy, is The Sword faculty advisor, is in charge of internships in the English department, and is the author of sixteen, soon to be seventeen, books in May.

Dregni’s story starts in La Crosse, WI, where he was born right next to the world’s largest six-pack. His family lived in London and Belgium for a few years, before landing in Minnetonka, MN. While in high school, Dregni had the opportunity to be an exchange student in Brescia, Italy. It was also during these that years that the got his feet wet by writing for his high school newspaper.

While studying at Macalester, Dregni continued his hobby of journalism, writing for his college paper, The Mac Weekly. While traveling in Central America, he was a foreign correspondent to the school’s newspaper. After he graduated, he continued writing about his travels to places all over Europe. During his twenties he had a tough time figuring out what he wanted to do with his life, and he decided that journalism was his ultimate passion. His first official job out of college was working at Hungry Mind Bookstore by Macalester, where he got to meet many different authors who care to give readings. He would listen to famous authors read from their books and would think, “I want their job!”

Dregni started graduate school after working for three years in Modena, Italy, teaching English and working for an Italian newspaper as a journalist. “I suppose I was following in James Joyce’s footsteps since he taught in Trieste,” said Dregni. After graduate school, Dregni won a Fulbright Fellowship to Trondheim, Norway for a year. While in Norway, his wife, Katy, gave birth to their first child. The trip to Norway inspired Dregni to write, one of his better-known books, In Cod We Trust. On February 12th Eric Dregni was a part of Concordia’s Celebration of the Humanities. The event included a reading from his book, In Cod we Trust, as well as viewings of the original illustrated maps that he drew for his trip and other places he has written about.

Dregni plans on continuing to push students to read the classics, to get both sides, as journalists. As a writer, he plans to continue working on some of his memoirs. He will continue to do readings across town. On April 14th, Dregni is presenting another one of his books, Vikings in the Attic: In search of Nordic America at Norway House, on Franklin Avenue in Minneapolis. Dregni is also releasing a new book called Let’s Go Fishing, a cultural history of angling in the north woods. The University of Minnesota press will be hosting a book launch party open to all on Wednesday, May 4th, at the Tavern on Grand.

Taize: CSP Weekly Prayer Service

By Reeve Currie

Taize, as defined by Oxford dictionary, is a “style of Christian worship...characterized by the repetitive singing of simple harmonized tunes, often in various languages, interspersed with readings, prayers, and periods of silence.” Every Tuesday night at 10pm, you can find a handful of students gathered in the chapel for a service of prayer and quiet reflection. Led by two students, Alicia Benning and Hannah Bjornstad, the service lasts about twenty minutes and is filled with liturgical songs, scripture, and responsive readings. “The purpose of Taize,” said Bjornstad, “is to give focus to God with our community, to find a quiet time to set aside for meditation, thought, and prayer.”

Often called the Taize Community, the service was started in 1940 by Brother Roger who lived in the small French town of Taize. His home became a place of comfort for refugees and he opened up his house to the community during a time of turmoil in the country. A service was born from these community gatherings that brought great peace to the village. Many of the phrases and chants that Brother Roger created for that village are still used in the modern Taize service.

Taize has been at Concordia for many years but still has sparse attendance. Taize is meant to help quiet the soul and provide a short time of peace and de-stressing. Katrina Dickinson, a student at Concordia, likes the cozy atmosphere of the service. “Candles are lit and the room is more dim. Everyone is able to sit wherever they want, including in front of the church and on the floors.” Taize is a very informal and calm service, meant to help students slow down and breathe during a busy week. It’s the perfect service to attend right before bed. Your mind is calm and quieted and your body is relaxed.

Taize is open to all students. Those who want to come and see what’s it’s all about are more than welcome. Everyone follows along in the readings with a booklet, so there is no need to memorize chants or even be Lutheran. Bjornstad said, “I would encourage anyone who has had a busy, stressful, or difficult day to stop by on Tuesday nights. Taize is a wonderful place to just sit in peace and take a break from the world.”
March 2nd Convocation
Lessons from the Second Wave of Feminism

By Brianna Holtmeier

On March 2nd, Lori Sturdevant, a Minnesota Star Tribune editorial columnist, came to Concordia to discuss the waves of feminism that have swept through Minnesota. Sturdevant has written for the Star Tribune since 1975, focusing on state government and politics. She has been involved with the production of ten books, including Her Honor: Rosalie Wahl and the Minnesota Women’s Movement. Sturdevant lectured about how Rosalie Wahl was an influential member of the second wave of feminism in Minnesota. The first wave occurred during 1848–1928, where women’s suffrage was fought for and finally ratified into the U.S. Constitution in the 19th Amendment. This is the wave that most commonly comes to mind when the words, “women’s rights” are heard. However, the 19th Amendment did not solve all of the gender inequalities in society.

During the 1940s, World War II transferred men from their jobs into the military. Women filled in the gaps left in the workplace, and when the war ended, the women were expected to give the jobs back to the men and fall back into the expected role of housewife. However, after their baby boomer children were grown and gone, these women wanted to once again join the workforce. This sparked the second wave of women’s rights during 1965–1970. The focus of this movement was to open doors to jobs for women and give them the ability to be full-fledged members of society. This wave reached its crest in 1995. Now that these doors have been opened to women, many think that a third movement of women’s rights is coming to resolve what happens inside those doors.

Sturdevant said Wahl was “part of the generation of women who yearned for more opportunity and did something about it.” Wahl was born in 1924 and had a tragic childhood. At age eight, she saw her grandfather and younger brother ran over by a train in front of her eyes. There was no recompense from the train accident because lawyers continuously told her grandmother that there was no good opportunity for a civil law suit against the railroad company. Experiencing this injustice prompted her to go to law school at William Mitchell while raising her five children. Rosalie Wahl was one of two women in her class who graduated in 1967. She returned to teach at William Mitchell College of Law and became a nationally renowned leader in the clinical legal education movement. Minnesota’s Governor Rudy Perpich vowed to open doors of opportunity for women. Keeping his word, Governor Perpich appointed Rosalie Wahl as the first female justice on the Minnesota Supreme Court in 1977.

She won the election in 1978 with 57% of the vote. Wahl focused on “advocating for justice from the bottom up.” She organized the Gender Fairness task force in 1989 and worked on the 1993 Racial Bias Task force, earning the title of “the face of justice in Minnesota.” Despite the progress, the gender equality movement is far from finished. This expected third wave will focus on giving ensuring women are paid based on their credentials and qualifications, instead of lower pay simply because they are female. The common statistic says that women, with the same job and education level, are paid an average of 79% of what their male coworkers are paid. To ensure advancement, Sturdevant implores the third wave to learn that “optimism is an act of will, it takes work to sustain idealism, and putting women in leadership posts is necessary, but not sufficient to affect change.” Sturdevant asserts that “we should also acknowledge there is a shared responsibility to advance equity and each citizen to let their God given gifts flourish.”

February 17th Convocation

By Brianna Holtmeier

At Concordia, students come from diverse backgrounds and cultures. Applying the promise statement to each unique individual may take a different spin for everyone. Concordia University promises that on its campus, “Lutheran convictions inform intellectual inquiry and academic pursuits.” Four panelists from the Concordia community took the stage to give personal statements about what this phrase means to them.

Rev. Dr. David Lumpp Th.D., kicked off the convocation by speaking about how “this Christian Gospel is [Concordia’s] most important identifying characteristic.” The news found in the Bible is applicable to all people, not only Christians. Concordia’s mission is not only to ensure that students find good jobs one day, but also to instill a desire to serve others out of love for God.

Dr. Oluwatovin Akinde Fakuajo was the first panelist to speak about what Concordia’s promise means to her. She grew up in Nigeria attending church from an early age and her faith journey has led her to work at CSP as a faculty member in the Graduate Teacher Education Program. Dr. Akinde Fakuajo was the first female justice on the Minnesota Supreme Court in 1977.

Mohammed Aldossary, Senior, came to Concordia from Saudi Arabia and originally did not plan on staying. His reasoning for continuing his education at CSP was that “something was telling him to stay here; it was home.” He was also curious about the similarities between Christianity and his religion, Islam. This prompted him to purchase Christian books in Arabic and English to learn more. Aldossary also mentioned how he has found that “religious harmony and tolerance are core principles at Concordia,” and “I have seen many professors use Lutheran convictions to stimulate studies.”

Ben Meyer, Sophomore, was a panelist at the convocation who spoke about growing up as the son of a pastor. “Everyone assumes they know pastor’s kids. But they never ask what it is like.” He enjoys the fact that he has an “innate knowledge of Lutheranism,” but he felt that if he made poor decisions, they reflected on his father as a pastor. However, he keeps in mind that, “God is there even when I mess up and forgives me in spite of myself.”

Lana Huberty spoke about how “fortunate [she] is to work at a faith based institution.”

Even at secular workplaces, loving others can bring a vocational peace to any job. Concordia aspires to provide an environment where students can learn what this promise statement means to each individual on campus.
University of St. Thomas
Students Clean Their Schedules

Enabling Laziness or Freeing Up Time?

By Katrina Bell

The University of St. Thomas has decided to let their students clean their schedules of washing their own laundry. So for college students at St. Thomas who can’t pour soap into a machine and push a few buttons, there is a solution. According to the StarTribune, for a fee of a dollar a pound, “students at the University of St. Thomas’ St. Paul campus can drop a bag of dirty duds into a locker, and a local company will pick them up and wash, dry, fold and deliver clean clothes within 48 hours.”

St. Thomas has partnered with the St. Paul–based company Laundry Doctor. Company President, Jeff Gardner estimates that in the first two weeks it was open to students, “a couple hundred” have so far used it. He also said that most students accumulate about 21 pounds of laundry each week.

In the University of St. Thomas newspaper, Tommie Media, parents and faculty requested there be such a service for the students. “We’ve had parents who’ve said, ‘Well, my son or daughter has never learned how to do laundry,’” said Bryan Helminiak, Residence Life associate director at St. Thomas, in the student-written report. The vice president of marketing and client relations at Laundry Doctor says, “Doing laundry on campus can be stressful and time consuming, this frees [students] up to reap the benefits of their education.”

Paul Hedman, a St. Thomas senior majoring in philosophy, is not one to use or approve of the service. “If you don’t know how to do your own laundry and you’re in college, that’s an issue,” he said.

The average load of laundry, washing, drying and folding, takes about two hours. If one does all of their laundry at the same time, depending on how much laundry you have, one can have their laundry done in three hours or less. So what are these students doing with their time that makes it so impossible to do their own laundry?

In agreement with Hedman, many people have been questioning whether or not this is enabling dependent behavior for college students. Many of the comments on the Tommie Media article have been negative, “This is embarrassing” said Brett Brakefield. Madeline O’Brien asked, “If students can’t take care of basic life tasks for their own well–being, how can we expect them to go into the world and make it better for everyone else?” And Gardner has been personally replying to some of the comments, stating, “Outsourcing laundry for many professionals is merely a tool to manage time. Our most consistent customers are successful professionals. UST is merely joining the ranks of many Universities like Brown, Duke, Harvard, MIT, Notre Dame, and Yale to name a few who have been partnering with companies like mine for decades.”

His comment also brings about the question of how this “tool to manage time,” is helpful to all students. Those who are so ready to have others clean, dry, and fold their laundry after putting it into a magic locker, are assumingly able to pay for it. But what about those students who rely on loans, grants, and scholarships to be able to even attend school? How is their time being managed, and how is this service benefitting those students?

So what do you think? Should Concordia get a service like this? Or should we continue with our “adulting” as we have been?

Heidi’s Holst Housing Tips!

#4: Community Living - What Does it Mean?

By Heidi Goettl

The term “community living” is one used to describe the residence hall setting on a college campus, but what does it really mean? As a student, you chose to attend Concordia University – St. Paul and be a Golden Bear. There was something that attracted you to the community of the campus and you were probably excited to get accepted and to be a college student. Fully experiencing college often entails living in the residence halls. Students are excited on move–in day – they want to unpack their items and make their room/apartment their own. You meet your roommates, your neighbors, your RA. You attend programs and make the residence hall your home. Then something happens—a couple of weeks later, the novelty of living on campus goes away and students are left wanting more. Luther residents would love air conditioning in their rooms. Hyatt residents want a kitchen. Wollaeger residents would like another foosball table. Holst residents want a larger lounge area to gather in. As Residence Life staff, we hear the wants and needs of students and do address some of them. But as students start to complain about the larger items that can’t be granted quickly, more “smaller” issues begin to arise in the daily lives of students – pizza boxes are left in the bathrooms, music blares out the windows, people stomp in their rooms, disturbing the apartment below, personal trash is left in the lobby…all of these have a negative impact on the community.

Residence Life staff want you to enjoy and take pride in the community that you have chosen to become a part of. A piece of that pride needs to be spread to your living environment. You are going to get much more out of living on campus if you develop the respect for your neighbors and your building. An important component of community living is the impact that you have on another person. The two minutes it takes you to bring your trash outside, the fifteen seconds it takes you to wipe your feet, the five minutes it takes to vacuum the apartment, will make your living community that much better for yourself and everyone else. By doing little things, within your own dormitory, and the entire residence hall, you will have a big impact on how you feel about your living environment. In turn, others will see that you have pride in where you live and they will too.
Love Your Melon
Hats Off to a Good Cause

By Brianna Holtmeier

What is the story behind those fashionable, irresistibly soft knit hats everyone has been clamoring for? Love Your Melon started out as a college class project that expanded into a must-have apparel brand that is constantly being sold out. Most importantly, these hats are being sold for a good cause.

The Love Your Melon organization began with a buy one give one deal. When someone bought a beanie, another hat was donated to a child with cancer. Now, the organization donates 50% of its proceeds to CureSearch and The Pinky Promise Foundation. CureSearch is dedicated to researching and finding a cure for cancer. The Pinky Promise organization promises to provide practical funds to families who need financial help to cover expenses while their loved one fights cancer. The added stress of money trouble is the last thing that families need while their brother, sister, or child is going through surgeries, chemotherapy, and/or radiation.

Concordia recently established their own LYM crew in August of 2015. Concordia’s crew captain, Amanda Whiting said, “It has been awesome to see this organization grow across the country and all of the children it has impacted.” Observing the difference that LYM has made prompted Whiting to rally fellow Doctor of Physical Therapy students to set up a Love Your Melon presence on campus. The LYM crew has had a booth at basketball games giving away prizes. They have also done volunteer work attaching pom-poms to beanies at the Minneapolis Love Your Melon warehouse.

There are 45,000 kids fighting off cancer in the United States, so the LYM Foundation set aside that many hats to personally give to each child with their LYM college ambassador crews, usually dressed as superheroes. If you know any child battling cancer who would like a Love Your Melon hat, please email csploveyourmelon@gmail.com and Concordia’s LYM crew would love to hand-deliver a hat to them!

If you would like to become a part of the CSP Love Your Melon team, there is a waitlist for the actual crew which is limited to 20 members. You can fill out a quick application to become a member at loveyourmelon.com. As a crew member, one attends monthly meetings where the crew talks about the best strategies for selling the hats. There are also several promotional, volunteer, and sales events members are expected to participate in. An easier way to become involved with Love Your Melon is through the LYM campus club. It is open to any number of students and you can join by simply emailing csploveyourmelon@gmail.com.

If you feel inspired to help out children with cancer, while sporting a fabulous hat, you can preorder or purchase a beanie online at loveyourmelon.com. Remember to select “Concordia St. Paul” at checkout to give our crew some credit. The Love Your Melon beanies sell out within an hour of each release, which usually happens every Monday, so stay alert for the limited window of beanie buying opportunities. Join millions and tip your hat to support the thousands of children fighting for their lives against cancer.

CSP Discusses Diversity

By Brooke Steigauf

The African Diaspora refers to communities located across the globe that are made up of African people who have immigrated to other countries as a result of a historical movement. This was the introductory point made at the Umoja’s Black History Month event on Thursday, February 4th. The Umoja event drew attention to how cultures have taken root in this country and the positive and negative aspects that come with that. In groups, people shared opinions, experiences, and hardships on both sides of the matter through thoughtful discussion and respectful exchanges.

The event began with an ice breaker in which the audience was divided into pairs and given a card with an African country written on it. Each pair explored interesting facts and shared why the people of the country chose or were forced to immigrate. Many students were amazed by the unknown and profound details each country had to offer.

The hosts of the event then proceeded to have the audience discuss the stereotypes and tensions between Africans and African Americans. The group’s consensus was that the tension comes from cultural misunderstandings, jealousy, and conflicting individual opinions based off of their own personal experiences. The last question that was brought to the various circles was how the diaspora of Africa was still affecting students today. The groups all seemed to agree that the continuous clash of cultures experienced or witnessed by all people is a result of misperceptions. It was discussed that if society as a whole decides to learn from, and about, other cultures, accept their beliefs and practices, or even encourage them, then the world would function much more peacefully. America in particular has such a diverse surface that it could benefit all of its residents if society managed to take the best pieces of people and cultures and adopt them, while still allowing their differences to remain.

For a long time, America was called “the melting pot” of the world. It was considered a place where people of every background came and were emerged into a single culture. In more recent years, as racism and discrimination continue to be fought and the idea of embracing differences is more and more prevalent, the metaphor has been modified to view The United States as more of a “tossed salad.” This meaning that this country has begun to learn how to take on other cultures, not in attempt to transform them into its own, but rather to welcome them as another branch of the society. Discussions like the one that took place at Umoja’s black history month event are exactly what is needed to overcome the bridges between harmony and hatred. Exposure to both the hardships and the positive pieces of each individual and culture is the first step to finding peace. The students of Concordia’s diverse campus continuously manage to conquer these differences in order to create a safe, welcoming environment for everyone to learn. It is crucial that students continue to support not only events such as these, but also classmates of every ethnicity, sex, religion, race, gender, and culture.
Student Work Study at Concordia

By Renee Cortez

Work study jobs can be seen on college campuses everywhere. Concordia is no different. There are numerous opportunities for students that are flexible to their class schedules. Concordia students can work up to 19 hours a week. However, they are not limited in the positions they can hold. They can have as many as they want as long their hours do not exceed the 19 during a seven day period. The pay rate is usually $9.00 per hour. To get an idea of how many positions there are for students on campus, nine current student workers were interviewed. They discuss their opinions on their experiences.

Third year student Brittany Wimmer holds down four work study positions. She works in the CALL Center, which includes working at their front desk and being the food shelf manager. Her other three jobs are a math tutor, work study student for the math and computer science department, and a Holst Hall front desk worker. She enjoys all these jobs. “The CALL center is my favorite job because of the food shelf. I don’t just help my school, I get to help my community as well, and I find this very rewarding,” she stated.

Sophomore Jessica Mai is a very involved individual on campus. In addition to her club activities, she works two work study jobs. She is on staff at the Registrar’s office and works in the daycare on campus, Hand in Hand. “I love the staff over at the registrar. I have a fantastic boss who is very understanding of the fact that I am a full time student. I don’t just help my school, I get to help my community as well, and I find this very rewarding,” she stated.

Christy Peterson also works at the daycare as her one work study job. The sophomore was very animated when asked about her work study experience. “I love it! Working at the daycare is the best work study job ever! I also love the low number of hours because I want to make a little money, but I don’t have time to work a real job.”

Many of Concordia’s work study students find out about open positions at the on campus job fair. That is where Peterson and sophomore Mia Romani found their jobs. Romani works in the President’s Office as an assistant and has since the fall semester job fair. “I’m really proud to tell people that I work here at Concordia,” she said. “Both President Ries and his assistant Jill Simon are so kind and fun to be around, it’s a great experience and I’m learning some really useful organizational and business skills.”

Another student who utilized the job fair is Crystal Thompson. She works in admissions as a tour guide and front desk worker. With her friendly demeanor she is one of the first faces prospective students see when they visit Concordia. “I love my job on campus,” she said. “I love being able to interact with staff, prospective students, and other students on campus that I would have never met if it weren’t for my two positions.”

Cydi Yang’s job also puts her as one of the first faces students see. When students register and begin at Concordia they meet her as a Peer Advisor. During the school year, she works in the Advising office at the front desk. The junior has worked as a student worker for two years now and says work study is flexible and convenient.

Junior Loc Luong and sophomore April Bonsell work in the Concordia library. Bonsell stated, “I have learned a ton concerning work ethic, work friendships, leadership, and how to love people. These were not lessons I learned in a class, they were things I learned through experience of being in a work place.” Luong always enjoys his job because he gets to meet new people and he likes having a connection with the reference librarians. Jackie Kuehl is a junior and works at the other literary place on campus, the bookstore. This is her first semester in that position and prefers it to working off campus. About work study she stated, “They realize that school and homework come before the job and they schedule around classes, with manageable hours for full time students.”

Women’s Basketball Update

By Tanner Peterson

The Concordia women’s basketball team went under a little bit of mid-season construction in late December as Paul Fessler stepped down as Head Coach and Concordia St. Paul alum, Amanda Behnke was named Interim Head Coach. It started off a little shaky as the Bears lost four in a row in Behnke’s first four games, but now it seems that the Golden Bears are playing some of their best basketball of the season. When asked why Golden Bears fans should be interested in this team, Behnke said, “They’re just taking it one game at a time, and not to overlook opponents. We’re focusing on ending the season strong, and saying that the end of the season is most important compared to the beginning of the season. Focusing on the road is one of our biggest goals. We’re just focusing on little goals like having 15 or more assists per game, and out rebounding the other teams. All of these last conference games matter.”

This is a team that no one will want to face come tournament time, with their young up and coming talent and their high scoring mentality. There is a chance that this year will end with a little bit of March madness.
Ighovojah, a sophomore who competes in many events, has a
descriptor as the season unfolds and the outdoor season begins. On the women's side Wakpor
Concordia has some athletes to watch as the indoor season
trailing those in horse races, including one that has water
interesting addition outdoors, as the athletes run over hurdles
of the indoor meets. The 3000m steeplechase is another
relays added during the outdoor season that are not part
opposed to just the 3k and 5k indoors. There are also various
replaced with the hammer throw. The 60m dash transitions
to the 100m, while a 10k is added on the outdoor track as opposed to just the 3k and 5k indoors. There are also various
relets added during the outdoor season that are not part of the indoor meets. The 3000m steeplechase is another
interesting addition outdoors, as the athletes run over hurdles similar to those in horse races, including one that has water
trailling it.

Concordia has some athletes to watch as the indoor season
closes out and the outdoor season begins. On the women’s side Wakpor
Ighovojah, a sophomore who competes in many events, has a had a successful indoor season highlighted by a first place finish at the University of St. Thomas Invite in the 60m hurdles. Erica Young, another multi-event athlete, helped the Golden Bears place 3rd in the 4x400m relay along with Ighovojah. Gloria Williams, a junior sprinter who competes most often in the 60m and 200m races, compiled five 1st place finishes in January.

On the men’s side Tyler Naumowicz, February’s athlete of the month, leads the way. Naumowicz competes in many different events and showed his versatility as he won the heptathlon (event comprised of sprints, throws, and jumps) at the Jack Johnson Classic. The men’s 4x400 team is also a skilled part of the squad. Senior, David Stanley; Junior, Vantwon Melton; freshman, Mohamed Malim; and Naumowicz make up the relay team poised to make run at the conference championship. “They all also have the potential to qualify for the final in an individual event at in the conference meet,” said head track coach Sam Johnson. “We would look to have those guys carry that momentum into the outdoor season as well.

As the indoor season wraps up and the outdoor season comes closer on the horizon, Johnson has been impressed with the development of his individual athletes.

“I really don’t consider anyone a freshman anymore on our team,” the head coach stated. “We’ve all got some experience now.” The team looks to continue to develop and use the experience they have gained as they head to the outdoor track and field. Concordia’s spring season will open in Kansas at the ESU Spring Open and finish with the DII Championships on May 26–28 in Florida.

Concordia St. Paul Training Staff

The Concordia Golden Bears training staff, led by head trainer Ted Trzynka, is one of the best in the Northern Sun Intercollegiate Conference. With Trzynka at the helm, it’s easy to see why. Trzynka has served as head athletic trainer at Concordia since 1999 when the University decided to move to the NCAA Division II level. He used to work as a graduate assistant and clinical instructor at Kansas State University, which is an elite-level Division I school. There, he had the opportunity to work the 1997 Fiesta Bowl and the 1998 Alamo Bowl. On top of that, he was the lead athletic trainer for the 1998 Big 12 Conference Track and Field Indoor Championships. He holds an athletic training degree from the University of North Dakota and a master’s degree in education from Kansas State.

Trzynka has worked with some of the most elite athletes in the world, on the biggest stages, and he boasts some impressive credentials. However, if you ask somebody about Ted, they won’t tell you where he’s worked and where he got his degrees. You’ll find out how likeable of a person he is, and how good he is at his job. Being an athlete that’s almost always in the training room for one issue or another, and after talking to a plethora of other “usuals” in the training room, we all know we can trust Ted, or anybody who works for Ted, with our highly fragile bodies.

His assistant, Brian Johnson, was hired as a full-time assistant athletic trainer at CU in 2007 after serving two years as a graduate assistant here at Concordia. Brian serves as the primary trainer for women’s volleyball, men’s basketball and men’s baseball, even though he helps out with every athlete that goes into the training room. Johnson is another highly qualified and friendly trainer who no athlete has any problem approaching.

Ted and Brain wouldn’t be able to do everything they do without the help of Kari Johnston, the graduate assistant who attends practices every day for the baseball and softball programs. Kari helps out a lot around practices and traveling with teams.

The training staff at Concordia are all friendly and easy to talk to. Nobody has ever said anything negative about the training staff because there isn’t a negative thing about them. They’re always going out of their way to help and support injured and hurt athletes, and accommodating them as necessary. It’s not common to come across people like them in everyday life, and we’re lucky enough as a school to have them on staff.
National Signing Day Update
By Tony Kohanek

February 3rd, 2016 was just another Wednesday in many people’s minds. However, for many promising young athletes, fans of college sports, and coaches, that day was National Signing day. This is the start of the period, when high school players can sign their National Letter of Intent (NLI) with a college to play football. Although all college sports have a signing day the most widely followed by fans, is the signing day for college football.

A NLI is a binding agreement between a prospective student-athlete and a school. By signing this document the athlete agrees to attend the school full-time for one year and the school agrees to provide athletics and financial aid for one year. If the student does not fulfill his agreement, then he forfeits one year of eligibility in all sports. This agreement also prohibits recruitment after a student has signed his letter of intent. No school can contact the student after he has signed his letter of intent to play for another school.

Concordia University’s football team held two different national signing day parties on February 3rd to celebrate the signing of 14 new recruits for the 2016 fall season. Of the 14, six are from Minnesota, two from Florida, two from Wisconsin, one from Illinois, one from Nevada, one from Texas, and one of the recruit’s name and location has yet to be disclosed. Out of the 14 recruits, nine will be offensive players (1 QB, 1 RB, 2 WR, 4 OL), and five will be defensive players (2 DL, 3 DB). The recruitment class consists mostly of prep recruits with one transfer, St. Paul native, Ricardo Johnson III, who transferred at the semester break from Ohio Northern. He played his prep ball at Cretin-Derham Hall. According to Head Coach Shannon Currier, “The class is highlighted by four incoming offensive linemen that will add competition, depth and potentially early playing time. We also have two big, long defensive linemen who are very athletic and good interior linemen that we are very excited about. You can never have enough of those guys and those six guys add a lot of size to our roster, which we need. We were also able to get a couple of skilled receivers who came through in the end, added a couple cornerbacks, and overall some other pieces of the puzzle we think are valuable. But we know we’re not done.”

Golden Bears Season Highlighted by Home Success
By Cole Schuessler

“There’s no place like home.” This well-known saying has been especially true for this year’s Concordia St. Paul men’s basketball team. With some of the team’s biggest wins of the season coming at their home, and the team struggling to pick up victories on the road, playing well at home was one of the team’s most important keys to success.

Arguably the team’s most signature win came on January 29th in St. Paul at the Gangelhoff Center. The Golden Bears were facing #3 ranked MSU Moorhead, a team that came into the game with a 21-2 record. The Golden Bears meanwhile had lost their previous three games. However, on that night the Bears went against all odds and defeated, the NSIC North leader Moorhead by a score of 98-97 in double overtime. Their five starters who all scored double-digit points led Concordia, but on that night it was two freshman bench players who combined for the biggest basket of the game. After not being available at the start of the game due to a leg injury, OC Omoroghe was forced to come off the bench as four of Concordia’s players had fouled out. Omoroghe drove down the right side and dished the ball to freshman Steven Kragt, who laid it in with 2.4 seconds to go to give the Golden Bears the game-winning basket and a one point lead.

Along with the big upset against Moorhead, many of the Golden Bears other significant wins have come at the Gangelhoff Center. Their first win of the year was at home against St. Olaf on November 11th, a 73-63 win for the Bears. The largest margin of victory also took place at Concordia, as the squad beat St. John’s 88-54 on December 30.

After having a rough start to the conference season, the men also won their first conference game at home by a score of 69-64 against Wayne State. This started a three-game win streak, including home victories over Minnesota Crookston and Bemidji State. They also beat Northern State on January 30, a team in the top half of the NSIC that went on to beat #1 Augustana a game later.

While the home hardwood has certainly provided some sweet victories for the Bears, opposing gyms have not been so kind to this year’s men’s basketball team. After a November 24th victory at Bemidji State, the team would not win another road game until early February. However, the Bears improved their play as the season came to a close, and that translated to the few wins away from home. as well. Concordia won their last three regular season away games, with victories at U–Mary, Upper Iowa, and Winona State.

With the Bears playing better down the stretch, they have used a balanced scoring attack from their starters: freshman Bryndan Matthews, freshman Matt Ambriz, and seniors Mike Yanke, Shea Mandli, and Cole Olstad, with Diallo Powell also contributing off the bench. Olstad especially has been ramping up his game in the closing weeks, as he has increased his team leading scoring average to 15 points a game. He is also no slouch in the classroom as he was named CoSIDA Academic All-District® for the second year in a row. He will go down as one of the best players the university has seen, as he finished the season third on Concordia’s career scoring list.
Male Athlete of the Month

Eric Fasnacht

By Tanner Peterson

Spring is approaching and baseball season is here, but before the season has even started one Golden Bear has already been awarded two honors. Senior shortstop, Eric Fasnacht, was honored on January 26th and 28th by being named to the NCBWA Preseason All-Central Region Team and named a NCBWA Preseason All American–honorable mention, respectively.

Fasnacht started playing baseball at age four, when his dad put a bat and ball in his hands. He played in the Babe Ruth Baseball League World Series when he was 14 years old. CSP Senior infielder, Alex LaPorte, was also on the team. Fasnacht played his prep baseball at Minnetonka High School, where his dad was a coach, and continued his baseball career when he signed to play at Concordia. Fasnacht started every game the past two years for CU, and last year, he led the team in batting average (.361), doubles (12), and homeruns (9).

Fasnacht doesn’t specifically plan on improving any individual statistics for this upcoming year. Instead, he mentioned a focus on team goals: “I have been 0-4 in conference tournament games, so I think our goal this year is to go in there, make some noise, and win some games. Hopefully, we can come home with a conference championship.”

Eric went on to praise the senior leadership of the Golden Bear baseball team saying, “We have great senior leadership from Zach Rengel, Yuji Suzuki, Alex LaPorte, Ryan Poppitz, Tyler Schmitz, Kody Knaus, David Henke, Austin Hebig, and Alex Eernisse.” He followed that up by saying that with senior leadership like the Golden Bears have this year, “freshmen don’t feel like freshmen.” With all of the returning seniors, and the leadership that they will bring, you can expect to see the upper classmen play an important role in 2016’s success.

Fasnacht will graduate this spring with a degree in business. He plans to go into operations or sales after his baseball-playing days are over. On and off the field he has made a significant impact over his three-year career as a Golden Bear and his success will continue over his final season sporting a Golden Bears uniform.

Female Athlete of the Month

Wakpor Ighovojah

By Tony Kohanek

Wakpor Ighovojah first started her sports career when she was six. As a young child she was in track, gymnastics, basketball, and volleyball. At the age of eight Wakpor started to play competitive sports. She attended Woodbury high school, where she competed in basketball, track, and volleyball. While at Woodbury, she lettered in all three sports, she was named captain in volleyball and track, and she was also named all-conference in track for the long jump, hurdles, and the 4x100.

Besides sports, Ighovojah was also involved in a college readiness program called Be the Dream; women’s empowerment club called She–club; dancing group called, Step club; performed in a yearly show called Coffee House; worked part time as a PCA (personal care assistant), and was involved in public speaking.

Ighovojah was recruited by schools of all levels in the Midwest. Ighovojah wanted to play volleyball in college, however both her and college coaches saw more success coming in track.

Concordia stood out from the rest because it gave her the chance to run at a high level. “The NSIC has so many talented athletes and it’s a blessing to compete in this conference.” Her first year at Concordia was a year growing physically and mentally. However it was shortened, when she was attempting the long jump up at Bemidji state and on her third jump, she tore her ACL, MCL, and Meniscus. This required surgery that made her take on a supportive role from the sideline.

Converting from high school to collegiate level sports was an adjustment for Ighovojah. One thing that was a big difference for her was "becoming a multi–eventer.” “Everything changes when you get into a college program and you just have to have the mindset of stepping out of your comfort zone to do things you aren’t use to.”

Outside of track, Ighovojah has made connections and friends that are going to be kept for a lifetime. She is definitely not the same person as she was three years ago. “It may only be fifteen minutes from home, but choosing this school has been one of my best decisions,” she said. She has a goal to make nationals and to become the best multi–eventer in the history of Concordia.
Softball Update

By Tanner Peterson

Head Coach Bob Bartel and the Golden Bear softball team recently kicked their season off with a bang. The Golden Bears played their first game vs. Concordia Portland. The Golden Bears needed some late inning drama to finish off the Cavaliers as freshman shortstop, Justine Schattner blasted a two run homerun in the top of the 7th inning. The women went on to rate on the win, 8–7. The Golden Bears went on to lose their next four games of the trip before returning from Las Vegas to the frigid temperatures of Minnesota.

The team only lost one senior from the 2015 roster, a team that finished last season with a record of 16–37. This year should be full of familiar faces with plenty of experience, and will also include some new faces drizzled in the lineup. The team is returning 14 players, including sophomore infielder, Nicole Thompson, and senior outfielder, Jamie Fleischhacker. Those two alone combined to lead the team in batting average, slugging percentage, runs, hits, runs batted in, and stolen bases. It might be safe to say that they will be counted on this season to help the program succeed. Although the only senior that the Golden Bears lost was arguably their top pitcher, Haley Schanks and Linzy Heim are both returning players with pitching experience.

Coach Bartel emphasized the strength of this team is its hitting ability. “I think our one through nine will be pretty solid.” “It’s become a hitter’s game, so we’re going to have to hit the ball more than we have in the past years where we have relied on pitching and defense. Hitters are so good now days and the strike zone seems to be shrinking that it’s becoming a hitters game, so we’re going to have to adjust and outscore people.”

Before the season started, the coaching staff asked each player to come up with an individual and a team goal for the upcoming season. The majority of the team goals were to make the conference tournament. The Northern Sun Intercollegiate Conference only allows the top 10 out of 16 teams to qualify for the conference tournament. With the combination of talented youth and many experienced players, this could be the year the Golden Bears turn the corner in route to their 2nd NSIC Championship in program history.

Baseball Update

By Cole Schuessler

The seniors on Concordia St. Paul’s baseball team have had experience exceeding expectations. And as the green grass starts to show and the sounds of the ball hitting the bat ring through the air, they look to do so again. The last three years, the Golden Bears have finished 6th, 5th and 4th respectively in the 15–team NSIC, all after being picked to finish 7th or 8th in the preseason coaches poll each of those years. This year, the Bears were again picked to finish seventh. With ten seniors on the team, many of them being significant contributors on last year’s squad the Golden Bears look to surpass expectations once again.

The seniors will be sure to make their mark on their final season, but with Concordia’s biggest baseball roster ever, including 16 freshman, there will be others looking to contribute. Coach Mark “Lunch” McKenzie stated, “We expect to have a well–balanced team as far as some veteran leadership and some freshman getting an opportunity to show us what they can do early in their careers.” As the freshman and transfers have come in, Coach McKenzie noted some changes to the team and well as some constants. “This year once again we feel real strong about our pitching and defense. We have better pitching depth than we’ve ever had here.” He went on to talk about the changes saying, “We feel with some of the young kids, we can have more of a potent lineup, and a little more team speed than we’ve had the last couple of years.”

While Concordia returns much of it’s production from last year, both on the mound and in the lineup, there will be opportunities for some of the younger players to get on the field. “There could be an opportunity at first base, and there could be a couple opportunities in the outfield for the freshman”, McKenzie said. This year’s freshman recruiting class is the largest in team history, and McKenzie looks for them to provide both talent and depth. Six of the incoming players competed in Minnesota’s high school all–star game, according to McKenzie.

The Golden Bears started the season off with a five game trip to Arizona, with doubleheaders against Malone (Ohio) and Southwest Minnesota State and a game against Missouri Valley College. They will now travel to Augustana (March 13–14) and Upper Iowa (March 19–20) to round out the nonconference season. The NSIC conference season then starts on March 25th against Bemidji State and closes May 7th at Winona State. With a compact 50 game schedule, the Bears will need their senior leadership, new depth, and talent to continue their string of successful seasons.
The Suburban Cafe

Food Review

By Dana Murphy

A step up from your average sports bar, The Suburban is a business that is enjoyable for all ages and party sizes. Opened in 2014, it sits just a few blocks away from Lake Minnetonka in Excelsior. For a menu consisting of only three types of main courses: pizza, gourmet hot dogs, and burgers, this restaurant offers a wide variety of each.

Unlike most sports bars, The Suburban offers a kid’s menu where every meal option is $8, and includes a free scoop of ice-cream. The dimly lit restaurant is decorated with graffiti-covered walls, exposed pipes, huge windows, and dark wood floors. It caters to groups of one all the way up to groups of forty.

I chose to eat at The Suburban on a Tuesday evening around 6:00 P.M. and service was great. There are eight different types of hot dogs on the menu, all in their natural casing, with creative names like the Motown Philly, the Mac Daddy, and the Sunrise Special which is complete with an over-easy egg. I ordered The Cuban, a hot dog loaded with Canadian bacon, cheese, pickles, and mustard. The food came out at a reasonable pace, and it tasted as good as it looked. Because I decided to dine there before 7:00 P.M., I was surrounded by families with several young children treating the restaurant like a McDonald’s Play Place. This was slightly distracting and somewhat surprising seeing as it is technically a sports bar; then again, the kid’s menu is hard to beat. I finished and left around 7:00 P.M. If I had stayed until 8:00, I could have had the opportunity to participate in “Trivia Tuesday” which is held every week and is a great way to win free drinks and gift cards to the restaurant.

I ate at The Suburban once again on a Saturday evening, because dining out on a weekend can offer quite a different experience than on a weekday. Reservations under seven are not allowed, so I was put on a wait list, and service was much slower once I was sat. Fortunately, the bar had open seating while I waited. The bar has over 15 beer taps and a happy hour menu that pairs drinks with appetizers.

With ten types of burgers on the menu, I chose The Classic, which comes with the restaurant’s homemade “Burb Sauce.” It really was your classic cheeseburger, loaded with pickles, onions, lettuce, cheese, Burb Sauce, bacon, and mushrooms. Some of the other burgers had things like pico de gallo, tater tots, and coleslaw on them. The burgers come one of two ways: pink or no pink. This is unfortunate for the “medium-rare” people, but nothing too disappointing.

The Suburban makes six types of pizzas: California BBQ, Drivin’ Me Caprese, The Midwesterner, Iowa Prosciutto, The Suburban, and Farmer’s Harvest. There’s something for everyone including vegetarian pizzas and a pizza covered in BBQ sauce and pickles. Unfortunately, the pizzas only come in two sizes: 10” or 16”.

The Suburban offers a fun atmosphere with a dining experience that’s enjoyable for keep. Everyone is bound to find something they will love on the menu. Plan to go on an empty stomach because you are sure to fill up fast with the larger than life burgers, pizzas, and hotdogs.

Movie Review

Deadpool

By Jenny Everett

Wade W. Wilson (Ryan Reynolds) is a crass, pansexual antihero, full of anger and hilarity. The man is able to keep the humor after being tortured again and again. The reason for the torture? Simple. He wants to be able to beat cancer. What kind of cancer? All the cancer. Like seriously, there’s at least four advanced stage cancers running through the assassin’s body.

Deadpool breaks the fourth wall by making direct eye contact with the audience and speaking directly to them. The movie has a sex scene, but not the normal kind. It’s more of a montage of scenes on every holiday (except for Lent, since you do have to give something up, after all). The movie tries a bit too hard to be comedic. Instead of the few comedic lines throughout a regular superhero movie, there are a few every minute.

The movie is 100 minutes long, but goes by quickly. The opening credits really set up the feel for the film, giving the starring character names as “Broody Teenage Girl” (who’s character name is actually Negasonic Teenage Warhead) and “God’s Perfect Idiot” (Deadpool, obviously). The writers are listed as “The Real Heroes Here” and the director is listed as “An Overpaid Tool”.

Wade goes from an average, run-of-the-mill mercenary to an accelerated healing killing machine in a comedic yet heartbreaking series of scenes. The movie is not in chronological order, leaving the audience to catch up and understand why a man in a red suit is stabbing people on the highway.

You watch a man slide off an overpass sign within the first five minutes.

Though there is a lot of swearing, and I mean a lot (it is an R-Rated movie after all), the movie is definitely not your average superhero film. One could argue that there isn’t even a true hero, since Deadpool himself admits that he isn’t one. If you took Quentin Tarantino and made him direct a Marvel movie, that would give you an accurate representation of how much blood is in this film. Seriously, there’s a reason it’s rated the way it is. Don’t bring a kid to this, but this Marvel movie is perfect for anyone over 18.
Book Review

Unprocessed: My City-Dwelling Year of Reclaiming Real Food

By Reeve Currie

Megan Kimble, a twenty-six-year-old writer living in Arizona, provides us with an entertaining narrative of a year she spent removing all processed food from her diet. In Unprocessed, her first book, Kimble takes us inside her daily life and we learn right alongside her as she begins to understand what “processed food” actually means as well as its effects on the body. One year later and Kimble had milled wheat, milked goats, and slaughtered a sheep—all while being a city-living, broke girl.

Kimble takes you along her discovery of where food comes from, how it is made, and why it has more to do with politics, economy, and money than anything else. Kimble travels through the history of the food system, learning how certain foods are made and why animals and animal products were industrialized. Easy to read and understand, Unprocessed feels more like a memoir than an informational lecture on why I shouldn’t eat the foods I like. Kimble is enjoyably honest when she recounts the realization, after vowing to give up all processed foods, that she’d have to give up ice cream.

While Kimble uses strong research and conversations with many different health food experts, much of her information isn’t exactly new. You could pick up other food books by authors such as Michael Pollan and find very similar facts. However, Unprocessed is a more enjoyable read as Kimble brings you into her daily life and experiences, the ups and downs of her encounter with the food world. She focuses on how food directly reflects and affects communities and the important truth that food deeply reflects our inner selves and our day to day lives. Raves High Country News, “The book is full of fresh insights about the way communities are tied to food systems.”

While I might not go so far as to cut out all processed foods in my diet, I am encouraged and inspired by Kimble’s ability to do so as a young, broke woman living in the city. An easy read that is also informative and enlightening, Unprocessed is a great addition to any food lover’s bookshelf.

Theatre Spotlight: Kate Sanvik

By Brooke Steigauf

CSP is shining the light on actress and artist Kate Sandvik. Kate is currently a junior and new to campus this year, as she continues to pursue her theatre major! She spent her freshman year at the University of Minnesota Duluth before taking a year off to travel. She embarked on a two month trip through Europe by herself, which she says inspired her to incorporate not only theater into her future and career, but also more travel. After her amazing journey, she spent her sophomore year at Hunter College in NYC. From there, Kate joined the CSP community and was quickly recognized by the university for her talent in theatre.

Kate began her theatrical career at the age of ten, when she participated in a theatre and music camp called “Sing Minnesota”. The camp was hosted by the Minnesota Boychoir, but was co-Ed and held on the Concordia campus. At the end of the weeklong camp, a play was held, which sparked a love for performance in Kate. She returned to the camp the following year and then became stage manager for her middle school’s play in sixth grade. Kate continued to participate in over 30 productions throughout the rest of middle school and high school.

Since attending Concordia, Kate has taken part in Working, which was the fall musical and played Polina in the last production, The Seagull. She found this to be a challenging role because of the complexity of the character. She enjoyed the production because it was a learning experience, that taught her about performing in a Chekhov play.

KateSanvik-140x140.jpg

Chekov is known for his unique and specific style. Kate was also the director of Spoon River, which was part of the Student Directed One Acts, for which she adapted Edgar Lee Masters’ Spoon River Anthology for the stage.

In addition to these productions, Kate was selected to direct a full length production as part of next year’s season, coming to the E.M. Pearson Theatre in January of 2017. She will direct a full length adaptation of Spoon River. She says that she is inspired by the poetry anthology, which tells stories of people from a small town in Illinois and shares the characters’ memories through powerful monologues, which cry out to be put onstage.

Kate has been continuously inspired by her director from Sing Minnesota, Grant Richey, who exemplified true passion for theatre and performance and motivated her to become more involved in the art. He was an incredibly creative person and inspired Kate to pursue theatre as a career. Kate also credits much of her inspiration to Tinia Moulder, a wonderful professional actor, choreographer, and director in the Twin Cities. Kate also acknowledges Jan Puffer, CSP’s dance instructor and talented Twin Cities theatre artist, for welcoming Kate so graciously to the CSP community and teaching her so much about theater in general, specifically about directing. Jan embodies many of the qualities that Kate hopes to emulate in her life and career.

Kate believes that theater has made her more empathetic by exposing her to stories endured by the characters she plays or witnesses. Kate says that she feels honored to be able to bring people’s stories to life and strives to make the audience feel and understand the same emotions that she feels during the productions, whether she is stage managing, directing, or acting in them.
Shades of Harmony: CSP Gospel Choir

By Reeve Currie

Did you know Concordia has a Gospel Choir? I didn’t either until halfway through my freshman fall semester. Once I discovered the small, tight-knit group of students who come to swing and sway their bodies on Thursday nights, I was hooked! Although you might not know it, Concordia has a strong history of gospel singers. While the choir has fluctuated in numbers throughout the years, there remains a core group of students who love to stomp their feet and clap their hands as they praise Jesus.

Shades of Harmony is directed by Andrew Griffin and features many performances throughout the year. They perform several times a semester, both in chapel and the annual Christmas concert. The choir was started in the late 1990’s and Griffin has been directing it since 2007. Griffin, an alumnus of Concordia, was approached to direct the choir by Dr. Chatman and Dr. Mennicke when the position opened up. The mission of the choir, states Griffin, “is to encompass diversity and spreading the gospel through song. Our ministry comes first and we had add flavor in our style of music.”

There are no requirements to join, besides a general love of singing. The choir meets on Thursdays in the chapel at 8:00 P.M. and is always open to students joining. Concordia students may join the choir and receive one music credit, or can simply join without adding the credit.

Joining Shades of Harmony was a wonderful experience for me. I looked forward to rehearsal all week; an hour of singing with friends. Griffin says his favorite part of the choir is “the students and how much fun we have in rehearsal, engagements we have together, and singing together. We have a really good time.”

I encourage you to attend a performance, whether in a concert or in the chapel, or sneak in on any Thursday night to listen or join the choir? You don’t have to be able to read music or harmonize. Gospel choir is mostly a call and response singing style and Griffin teaches you all you need to know. “If you love to sing and have a good time while doing it,” says Griffin, “Shades of Harmony is the best choir to be in. It’s not a huge commitment and we share the gospel while doing it.”

Off to St. Louis

Band Tour Preview 2016

By Katrina Bell

The Concordia University Concert Band is going on their fourth annual tour: March 18th through March 22nd. The band has had the opportunity to tour and travel to Duluth, Kansas City, Chicago, and this year they are going further than they have ever gone before: St. Louis, Missouri.

Directed by Professor Aaron Isakson, the band of 36 students is made up of mostly upperclassmen, and according to its director, has “really balanced instrumentation.” The band will be leaving on Friday March 18, and will be going to Rochester MN, before departing for St. Louis. On the way back, the band will perform in Morton, Illinois. As per usual, the band will be playing at various churches during their journey. Interesting enough, all but one of the parish music directors at the churches the band will be playing at are CSP alumni. April Beckman, Director of Parish Music at the Redeemer Lutheran Church in Rochester, is a CSP and concert band Alumni, and she took conducting class with Professor Isakson.

The music is tailored towards the coming of the Easter season, and a lot will be about the resurrection. The songs are varied, including Irish music, a Latin American song, and St. Louis Blues, which, according to Isakson, “contrasts our sacred music.” Some of the sacred music includes, “While We Were Yet Sinners” and “They Led My Lord Away.” Jordan Spike, a second year student, will be a student director this season, and he will be conducting the song “They Led My Lord Away.”

Professor Isakson highlighted a few of the members of the band, as “some of my top players.” Isakson states that Karina Schlect, Dan Petrich, and Matthew Kinne, are student teachers as well as musicians, and they have had a definite hand in making the band stronger as a whole with their leadership skills and their ability to balance their student teaching as well as their commitment to the band.

The Concert band, along with the Percussion Ensemble, will be giving a tour preview concert on Tuesday, March 15th at 8 p.m.
Art Spotlight
Kathryn Lindquist

By Brooke Steigauf

CSP is recognizing Kathryn Lindquist for her artistic talent, particularly with painting! She is a psychology major and biology minor, but art still holds a special place in her heart and life. As a young girl, her parents tried to keep paints away from her to prevent the mess that came with giving them to a child. Kathryn does, however, distinctly remember her grandmother sitting down with her at around age nine and teaching her how to paint blades of grass. Her grandma also bought her sketchbooks and consistently supporting her on her artistic pursuit even as her health declined. Her first painting other than kindergarten crafts was of Mother Mary. Kathryn remembers feeling impatient and finding the task of painting tedious. She spent most of her time as a young girl drawing and occasionally watercoloring until her sophomore year of high school when she discovered her love and natural skill in oil painting. She enjoyed the medium immediately for its loose structure and ability to be more free and abstract with the subjects of her pieces.

As she got older and developed more skills in painting, her parents became more and more supportive. They bought her an easel in high school and encouraged her to paint at home. Her first oil painting was selected by her teacher and displayed in a small coffee shop in Duluth, MN for a short time, which her parents drove her to see. She switched to acrylic paint in college and continues to work with it because she has found that she liked that it dries faster but still misses the smooth transitions that she could accomplish with oil paints.

She says that she strongly felt the sense of competitiveness entering the art world when she first began painting and that drove her to practice more and become better. She has come to specialize in drawing and painting figures and human faces. Kathryn has begun working on a larger scale and recently painted a figure on a 5’x4’ piece of pallet, which is primarily the surface she paints on now. She still enjoys painting on canvas because it’s what she used in high school but she prefers pallet because the surface doesn’t absorb as much, therefore, gives the paint more time to be worked with before it dries. She likes to create large pieces of work because it enables her to have more room for detail and is easier to perfect. Kathryn also said that with a larger scale, she is more able to put emotions and mood into her figures and their surroundings. She aspires to improve her skills so that she can continue to make bigger and more realistic paintings. Kathryn is an overall craftsmswoman and has had experience working with ink painting, clay sculpting, jewelry making, wheel throwing, and even “painting” with chocolate! She is a true talent on the CSP campus and continues to inspire others with her work.

Twas the Night before St. Patrick’s Day

By Brooke Steigauf

’Twas the night before St. Patrick’s Day and all through the night
the leprechaun guarded
his pot of gold with all his might

Although dressed in all green His heart was blue
A pot of gold for love he had made
due

His heart was lonely His love had expired
He sat alone for hours
His mind grew tired
He fell fast asleep but awoke to such a clatter and searched through

the darkness to see what was the matter
He panicked at the sight of his biggest fear There was no pot of gold it had disappeared

He found his prized possession next to a man’s bed
He thought up a scheme with his mean, lonely head
He saw the man sleeping

through his frosty window
The next night he entered right through the keyhole
In the still of the night the man began to snore and the leprechaun came to settle his score
The man was nestled all snug, deep in rest The leprechaun scurried over the man’s chest
He climbed up his ear, and looked up his nose then up his left nostril

the leprechaun rose
Down his throat the leprechaun flew choking the man

When the man was dead the leprechaun left
gold in hand returned from its theft
The leprechaun felt no shame at what was done his mind was selfish
his conscious was none
That single pot of gold was all he had
He was a slave to his riches; a poor poor lad
Dance Spotlight

Jordyn Joens

By Brooke Steigauf

Jordyn Joens, one of Concordia’s many gifted students, began dancing at three years old and has not stopped since. She began participating in a competitive danceline studio at 10 years old. Throughout her career as a dancer, her love and skill gradually increased and she has continually been inspired by the television show, “So You Think You Can Dance.” She remembers creating small, silly dance routines with her friends and putting on mini shows. Her first dance recital when she was three years old was a “disaster” due to a malfunction on stage. She remembers using a “clapper” (a bell type instrument,) but when she went on stage, her “clapper” was faulty and made no noise. Jordyn recalls spending the entire routine scrambling about the stage in search of a working piece. She uses that story as proof that anyone can become a better dancer with time and practice.

Now a senior at Concordia, Jordyn is a marketing major with a dance minor and has taken classes in modern, tap, jazz, musical theater, and ballet during her years here. She has been consistently inspired by her dance teacher Cynthia Prinzing from StudioOne Dance and Jan Puffer who is her current instructor at Concordia along with professional dancer Isadora Duncan and her flowy movement and style. She is also inspired by the movements of nature and many literary works such as the poems of Emily Dickinson.

Jordyn’s favorite types of dance are jazz and musical theater. She practices ballet the most because it allows her to return to the basics of the art. Her favorite trick is pirouette turns of which she can do many. Her ability to do turns has given her the nickname of “Tornado Joens.”

Jordyn says that she enjoys dancing simply for the pure joy she gets out of it. She enjoys performing at any and every opportunity she is given and plans to continue dancing outside of college as well. She also would like to take adult dance classes and possibly work for a dance company to further improve and enhance her dancing technique. She credits her improved confidence, happiness, and sense of determination to dance. She enjoys the competition and its ability to drive her to improve. Jordyn also thanks the art of dancing for teaching her how to accept constructive criticism and work at routines to the point of perfection. She says that the ultimate goal of any dancer is to make it look as effortless as possible and she works towards achieving that in every one of the styles that she participates in, even the ones that she struggles with the most, like hip hop.

The talented dancer is very excited for Concordia’s fourth annual Spring Into Dance event, happening April 21–24. She auditioned and was chosen to choreograph a ballet routine called “Au Printemps,” which will be performed at the event. The dance is inspired by springtime, particularly the blooming of flowers! The audience will also have the opportunity to see Jordyn shining on stage through many dances she will perform in at the event as well.

By The Bog of Cats

A Student Produced and Directed One Act

By Jerry Freels

The weekend of April 28–May 1 Concordia students Marisa Tejeda and Jessica Lakosky along with their cast will direct, produce, and perform in By The Bog of Cats. The play will be directed by Marisa Tejeda. Jessica Lakosky, a senior at Concordia, will play the leading role. Both Tejeda and Lakosky are ready to graduate this year on May 6, 2016 with degrees in Performing Arts.

Jessica seemed so eager to wrap up this year on a great note by leading the way in the last play of the year. She has been acting in plays since she was seven years old and always loved to entertain people. The way she described her passion for acting anyone would feel like they were in the presence of a great actress that knows what she wants in life. Being involved in every play at Concordia since she arrived at the school was her mission and goal. After graduation, Jessica wants to make a career as an on-stage actress. Sticking with theatre is her main goal, but she has not ruled out being a T.V. or movie actress. Jessica previously experienced directing at Highview Middle School in creating The Music Man this year.

In By the Bog of Cats, the writer Marian Carr uses the structure of Greek Tragedy to stitch together her tale of abandonment, disloyalty and vengeance in her contemporary interpretation. It is an Ireland based play with some of the same outlines as the play The Medea of Euripides. Another resemblance between the two plays is their respective settings; the relationship of the inside domain (feminine) to the outside world (masculine) is essential to the plot of Medea. By The Bog of Cats sounds like a great play to go see and would be very entertaining and have you on the edge of your seat the whole time! The last showing of the play is a matinee on May 1st. Come out to enjoy the last play of the 2016 school year and the work of soon to be Concordia St. Paul Theater graduates.
Book Review

What Pet Should I Get?

By Andrew Toelle

What Pet Should I Get? is a picture book written and illustrated by Dr. Seuss. Unlike earlier titles that were published during Dr. Seuss’ life, this book was published by Random House earlier last year. What Pet Should I Get? was written and illustrated by Dr. Seuss, but the project alone disappeared years before it could be published. This makes What Pet Should I Get? an exciting new addition to the classic collection of Dr. Seuss books.

The overall story of What Pet Should I Get? features two siblings walking into a pet store, deciding on which pet they should buy. The two kids have until noon to decide what pet they should get. This plot becomes an interactive adventure as the reader reads on. The pictures are fun to look at as they remind older generations of recognizable Dr. Seuss titles: The Cat in the Hat (1957), One Fish, Two Fish, Red Fish, Blue Fish (1960), and Oh, the Places You’ll Go (1990.) Typical of Dr. Seuss’ writing style, the book was written in rhythmic form, making it an easy book to sit through with kids. What Pet Should I Get? also uses expressive illustrations that encourage expression while reading.

The story behind What Pet Should I Get? can be seen in the back of the book. Dr. Theodore Seuss Geisel loved animals. The first pet Ted had was a plush, brown dog he got from his mother. When Ted was ten, his first real pet was a Boston bulldog named Rex. When Ted grew older, he and his first wife Helen adopted an Irish setter from their neighbor in La Jolla, California. Random House publishing says it was their first of many Yorkies over the years. When Dr. Seuss’ wife past away, he re-married and continued adopting dogs. It was fun to read that Dr. Seuss had dogs for pets, even when his first best-seller was based off a cat.

When What Pet Should I Get? was re-discovered by Audrey and Claudia Prescott, a secretary and friend of Dr. Seuss in 2013. They found original spreads for the project in a collection of drawings Audrey stored away several years ago. Like other projects, the pages for What Pet Should I Get? had text taped into position on the original line art says Random House. It wasn’t long before friends and family of Dr. Seuss encouraged Audrey to put this book back into production.

What Pet Should I Get? is a new classic. In addition to interpreting a fun subject, What Pet Should I Get? is fun to read because of its history. Dr. Seuss’ creative writing will leave older readers nostalgic as they share it with kids. The writer from Random House stated that this book has an important moral behind it. Sometimes it’s hard, but you just have to make up your mind.

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CRAZY WEATHER!

By Dina Her

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

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**Crossword & Wordsearch**

By Brooke Steigauf

**Down:**
1. Marching down the street with festive floats
2. If you find one of these with four leaves, you'll have luck.
3. Tricky little men who hide gold.
4. If you don't wear green on St. Paddy's Day, you might get a __________.
5. A bucket of priceless metal that awaits at the end of a rainbow
6. One is thought to be ______
7. McDonald's ______ Shake has returned!
8. The Emerald Isle
9. The patron saint of Ireland who was actually British
10. A St. Paul street is painted this color on March 17th
11. St. Patrick supposedly chased all of these out of Ireland into the sea
12. Legend has it that at the end of a ______ lies a treasure for the taking
13. "____ me, I'm Irish!"
14. The Dancing ______

**Across:**
5. A bucket of priceless metal that awaits at the end of a rainbow
7. McDonald's ______ Shake has returned!
9. The patron saint of Ireland who was actually British
10. A St. Paul street is painted this color on March 17th
12. Legend has it that at the end of a ______ lies a treasure for the taking
13. "____ me, I'm Irish!"
14. The Dancing ______

**RESURRECTION**
**BUDDING**
**SUNDAY**
**SPRING**
**DYED**
**EGGS**
**BUTTERFLIES**
**PUDDLES**
**SPRINGBREAK**
**BUNNY**
**FLOWERS**
**LAMB**
**JELLYBEAN**
**SUNSHINE**
**POLLEN**
**NESTS**
**WARMTH**
**RAIN**
**CHOCOLATE**
**PICNIC**
**EASTER**
**LILY**
**JESUS**
**HUNT**

By Andrew Toelle