With the inauguration of President Donald Trump came protests, violence, the voices and faces of hundreds of thousands of people both seen and heard, and a future that many can only deem as uncertain. I try to remember that the future is always uncertain and it can always seem frightening because you are never in control. And I like to think that this is a challenge to be faced as an opportunity for growth and change.

I really want to thank my wonderful staff for working so hard on this issue of The Sword. They have all done a wonderful job and I appreciate the growth I see in each writer, layout staff, and editor. In this issue are just a few of the voices here at Concordia speaking out about political issues, New Year’s resolutions, CSP sports, and a lot more. Thank you so much for taking the time to read this edition of The Sword.

Very Sincerely,
Katrina Bell
Editor-In-Chief
Women's March on Washington and Sister Marches Everywhere
By Katrina Bell

On January 21, 2017, hundreds of thousands of women, men, and children came together in different parts of the world in support of the Women's March on Washington. The mission? As stated on the website www.womensmarch.com, “We stand together in solidarity with our partners and children for the protection of our rights, our safety, our health, and our families—recognizing that our vibrant and diverse communities are the strength of our country.” The march was held in opposition to the newly inaugurated President Donald Trump, because, “the rhetoric of the past election cycle has insulted, demonized, and threatened many of us—immigrants of all statuses [...] We are confronted with the question of how to move forward in the face of national and international concern and fear.”

Some of the largest marches that occurred outside of Washington were in New York, Los Angeles, Chicago, Seattle, Boston, Saint Paul, San Francisco, and Austin. Internationally, sister marches were held, as well. These places included: Sydney, Australia; New Zealand; Manila; Philippines; London; Nairobi, Kenya; and Paris; France. Most of the marches included anti-President Trump sentiments, but the marches main events included keynote speakers about equality and how, “women’s rights are human rights.”

Some of the keynote speakers in Washington included Ai-jen Poo, the Director of the National Domestic Workers Alliance, America Ferrera, actress and Chair of the Artists Table of Women’s March on Washington; Ashley Judd, Humanitarian and actress; Gloria Steinem, Feminist Writer, Activist and Organizer; Michael Moore, filmmaker; and many more.

These speakers spoke on a variety of issues, including the well-known actress Scarlett Johansson who used her own personal stories to speak in defense of Planned Parenthood and on behalf of women’s reproduction and health issues. Other speakers spoke against President Trump and his anti-abortion ideals and the language that he has used in describing women and how he has acted around them in them. Even more so, many of the speakers spoke for education, health issues, the economy, equal wages, the environment, and protection for minorities. Some speakers out right claimed their undocumented statuses and spoke against the fear that the Trump administration has made them feel.

In Saint Paul, some of the keynote speakers included MN Senator Patricia Torres Ray, MN Senator Sandy Pappus, and MN Representative Llihan Ohmar. Estimates put the Saint Paul Sister March between having 90,000 and 100,000 people in attendance, claiming the rightful title of having been the largest event in Saint Paul since the 2008 Republican National Convention. The marches were turned into rallies because of the large turnouts and the hope of the demonstrators is that this is only the beginning of a continuous movement towards growth for the rights of all men and women.

Club Spotlight: Saudi Club
By Gao Yang

In the heart of St. Paul, Concordia University is known for having diverse clubs and organizations on campus. One of these clubs is the Saudi Club that became official in 2013. On their board this year, they have a total of seven people who include: Khalid Alzahrani, Salman Almadoug, Asael Almotada, Rayan Hafar, Abdullah Alrobeam, Musab Alshaly and Fahad Aldossary.

Their main goal is to be able to communicate with others on campus, educate others about their culture, and make school more enjoyable. The Saudi Club members want to learn more about other cultures on Concordia’s diverse campus. They also wish to become more involved with other clubs. Last semester, they held a successful event called “A Trip to Saudi Arabia.” The event had many different booths that showcased different parts of Saudi Arabia. The booths displayed many different facets of their culture including food, history and different types of outfits. Not only are they involved on campus, but this club steps outside of campus as well. They meet outside of school to celebrate special holidays and also helped St. Thomas with their own Saudi Night.

Besides holding the “Trip to Saudi Arabia,” they held a relaxing and fun soccer tournament as another event. There was a total of five teams that came out to play. These games were held at the Seafoam Stadium and all displayed friendly competition during the games. A student who attended and played on one of the teams shared, “It was very enjoyable being able to play soccer with my peers but I need to get back into shape!” In the future, they hope to have an event where all people of different cultures can come together to showcase and present their cultures through food, performances, clothing, and sharing their experiences. They are also planning to have a photography contest, so definitely look out for that! They have meetings every Thursday at 3:30pm at the International Student Services building on Marshall Ave. Saudi Club is open to everyone and they hope their membership expands to include students who are not Saudi students in the future.
Taking Action Against Crime: New MN Law on Sexual Assault on College Campuses
By Brooke Steigauf

As of August 1, 2016, all new students of Minnesota college campuses were required to participate in a sexual assault training provided by their schools within the first ten days of the semester.

The law does not outline the repercussions of not attending the training, rather it is left up to the specific college to decide what course of action commences, likely the inability to enroll in classes. The hope is to bring awareness of what can be done to prevent and deal with the sexual assault occurrences that are happening more and more frequently on college campuses. This training will bring information and awareness to the issue before it happens, including insight on the severity of the act and the punishment that follows it.

It is unclear how many sexual assault cases go unreported, however, the state is working to change that as well. Along with the training, the law also requires universities to have an online reporting option, on which sexual assault can be brought forward anonymously to encourage more people to report the cases. Before this online reporting option, victims of sexual assault only had the option to reveal their traumatic stories to the Title IX coordinator at the university.

Reporting these experiences is not only inconvenient for the victim, but also timely, uncomfortable, and emotionally-stirring. The hope of the new websites is to ensure that all victims are given a voice, as well as to obtain a better idea of how many sexual violations are happening on the state’s campuses. Lastly, the new law states that beginning October 2016, Minnesota colleges are also required to submit a statistical recording of how many sexual assaults were reported, how many of those were further investigated, and how many resulted in disciplinary action toward the offender.

With the help of the websites, hopefully more accurate numbers can be obtained in order to gain a more definite idea of the issue at hand. According to the Star Tribune, nearly 300 sexual assault cases were brought to the attention of universities in 2015. Of those, only 79 perpetrators received discipline further than just a warning, making that three out of four offenders get off easy, and only 35 were reported to law enforcement. This 300 only includes those cases which were actively reported, but as previously mentioned, it is believed that an alarming number are not recorded. In 2015, forty-seven sexual assaults were reported on the University of Minnesota’s campus, eleven at Augsburg University, fifteen at Hamline University, and twenty at the University of St. Thomas, all numbers obtained before the website reporting option was created.

Many Minnesotans and Minnesota college students are proud that their state is taking such action to ensure that something is done about the growing sexual assault epidemic. However, most are still disgusted at the amount of cases that take place to begin with. This specific issue is under intense research, in hopes to find out why it is so common and has had so little attention in the past.

These laws are likely the first steps of many that will be taken to reduce the number of occurrences in the future, as people are becoming more and more motivated to ensure that college campuses are safe and secure for their students.

A Day On, Not a Day Off: CSP Honors Martin Luther King, Jr.
By Brooke Steigauf

Hosted by the C.A.L.L. Center, CSP put action towards the vision of Martin Luther King, Jr. on his birthday, focusing on his idea that “Life’s most persistent and urgent question is, ‘What are you doing for others?’”

This idea inspired the “day on for Concordia students, instead of a day off.” Following pizza and soda in the BEC, the attendees were entranced by students performing a powerful reading of MLK’s “I Have a Dream” speech. President Reis gave a warm greeting to the crowd, discussing the importance he puts on celebrating racial integration in our university and in his own life.

CSP’s vice president, Cheryl Chatman, led a heartfelt conversation about how to breathe love, appreciate and share the goodness of our innate privilege, and take on the responsibility of making a more accepting society, starting with a smile. The participants then wrote down their personal pledges for how they intend to make positive changes to the way diversity is integrated on a small scale and what they resolved to do to improve the quality of living of others, intended to highlight how progression begins within our individual actions and attitudes.

For the focus of the event, the participants were assigned to service sites, including Dorothy Day center, an organization which provides shelter and feeds people of all ages, along with providing health services, job opportunities, and essential skill sets. Here, Concordia participants made cookies, talked with homeless people, and lifted spirits across the board.

Another group of CSP servers cleaned the kitchen and coolers for inspection, helping the organization remain safe and effective. Members of Concordia’s Gospel Choir also joined the service-doers to the Dorothy Day Center and went to the Episcopal Homes of Minnesota, where they spread love through joyful song. At the Episcopal Homes of Minnesota, a non-profit senior-living corporation, other students were assigned to converse and exchange knowledge and wisdom with elders.

Another site visited by CSP students was Bridging, an organization dedicated to furnishing homes of people with alarmingly low income rates and those recently freed from homelessness. This organization, operating through donations, provides all the essential household items that many of us do not even think about due to their abundance in our lives. CSP’s attendants at this site were divided into two teams, one which loaded moving trucks with dressers, tables, and china cabinets, ready for their new location. The other team busily wrapped towel sets, one of the many simple necessities that the organization supplies to needy families.

Lastly, select students took part in engaging with children at Arts-US, an organization committed to mentoring, entertaining, and teaching in many forms. Specializing the activities around African culture, the program uses culture and recreation to make education and collaboration fun and inventive.

Having only one consistent staff member, much maintenance and cleaning was needed to keep the place up and running for the many children relying on its compassion and energy. All participants returned from their service sites with a broadened heart and mind. Kelly Matthias of the C.A.L.L. Center has been a key coordinator of the event for nine years now.

Matthias said, “It is a day of inspiring experiences—watching CSP students make an impact, having our Gospel Choir sing and encourage deep faith reflections for both the community and our students, and hearing directly from our own students about what MLK’s legacy means to them—all of it brings hope and reflects MLK’s spirit of justice and reconciliation.”

It was agreed amongst the attendants that a greater sense of love and purpose was gained through this event, giving tribute to an influential man and sharing our “privilege,” as to ensure that the needs of others are being met to the best of our ability.
Professor Spotlight: Dr. Mary Ann Yang
By Brianna Holmier

A little second grade girl is walking along and sees a dead bird in the middle of the road. The bird was perfect: it still had two eyes, two wings, and everything was intact, so she was perplexed why it was dead.

The bird was alive just seconds ago, so what changed to make the bird die? In a scientific context, what is life? What are the physical parameters that determine if something is alive? Biology, the study of life, is what this little girl turned to for the answers and grew up to be Concordia University’s Dr. Ming-Lin (Mary Ann) Yang. Throughout Dr. Yang’s early education, she spoke about how her schooling was very test-centered. “I was a test taking machine, but scientists don’t just take tests.” Scientists are most often involved in research and making new discoveries.

Dr. Yang declared, “Research is what really made me feel like a scientist.” High school gave her the first taste of research where she studied rat brains with a college professor. Yang reminisced, “I remember feeling empowered but fearful with the hands-on aspect because my education up until then was book learning.”

Research continued to be a big part of Dr. Yang’s education during undergraduate school at Taiwan National Yang Ming University where she majored in Life Sciences. For her research project and thesis, she researched the genetic make-up of yeast.

During graduate school at the University of Illinois Urbana-Champaign, Yang worked with Nobel prize in Chemistry winner, Roger Tsien, tagging the protein that causes Parkinson’s disease with a Green Fluorescent Protein (GFP) in order to follow the protein and study its progression. At the end of her graduate research, Dr. Yang presented her research in front of Tsien, which she described as intimidating as “acting in front of a movie star.”

Now, the research projects are more in-depth and assigned by the advising professor so “work builds on work” and the projects continue to fruition. Throughout Dr. Yang’s life, education, and career, she has found that “the process is more important than the endpoint.” Research has been a way where Dr. Yang was able to “carve out a space for [her] professional hobby.” In 2016, she was recognized for “carving out her space” in the scientific world as one of the 2016 Inspiring Women in STEM.

Yang was “honored to be recognized as a role model for minorities, such as women and people of color.” Currently, Dr. Yang finds her greatest challenge is finding a work-life balance.

Inauguration Day 2017
By Katrina Bell

On January 20th, 2017, President-Elect Donald Trump was inaugurated as the 45th President of the United States of America.

President Trump began his day with his wife and family attending a church service. During this time, President Obama was leaving a letter on the desk of the oval office before leaving the oval office for the last time as President.

Following the service, President-Elect Trump and his wife Melania met the Obamas at the White House while family, members of Trump’s staff and a variety of other political figures, including former secretary of State Hillary Clinton and former president Jimmy Carter, former president George Bush and many more. Included on the guest list was a range of religious leaders who prayed and read from the Bible including Cardinal Timothy Dolan, the archbishop of New York, Pastor Paula White a televangelist and pastor, Rabbi Marvin Hier, Bishop Wayne T. Jackson, and Reverend Samuel Rodriguez.

At noon, President-Elect Donald Trump became the 45th President of the United States, being sworn in with the Lincoln Bible and his family Bible. Addressing the crowd in his 16 minute speech, President Trump stated, “We the citizens of America are now joined in a great national effort to rebuild our country and restore its promise for all of our people. […] We fill face challenges, we will confront hardships. But we will get the job done. This moment is your moment. It belongs to you. […] This is your day, this is your celebration, and this, the United States of America, is your country. What truly matters is not which party controls our government, but whether our government is controlled by the people. January 20, 2017, will be remembered as the day the people became the rulers of this nation again. The forgotten men and women of our country will be forgotten no longer. Everyone is listening to you now […] At the center of this movement is a crucial conviction that a nation exists to serve its citizens.”

Finishing his inauguration speech, President Trump promised “together we will make America strong again, we will make America wealthy again. We will make America proud again, we will make America safe again. And yes, together, we will make America great again. Thank you, God bless you, and God bless America.” Only after being sworn in, President Trump “signed an executive order to direct federal agencies to take steps to ease the burden of Obamacare,” (Time).

President Trump also signed the commissions for two of his Cabinet Secretaries, clearing the way for his defense secretary Gen. James “Mad Dog” Mattis and Secretary of Homeland Security Gen. John Kelly, to be confirmed.

After those housekeeping items, President Trump and First Lady Melania Trump attended the Liberty Ball, which featured supporters who had donated to the inauguration or purchased tickets, the first of three celebratory balls held that evening, for their first dance. They danced to the song, “My Way” by Frank Sinatra.

President Trump and First Lady Melania Trump were joined onstage by Vice President Mike Pence and his wife Karen Pence as well as the rest of the Trump family. The Trump and Pence families finished the evening by attending the Freedom Ball and the Armed Services Ball, which was held at the National Building Museum.
New Year, New Aims
College New Year Resolutions
By Jordan Peiser

It's that time of year again where people look forward to the new year, new aims, new goals, and new opportunities. We come to the celebration of another year A.D. People decide that this year will be different and make a new resolution—a promise and plan—to do things differently this year. Maybe it is to hold less anger, to reconcile with loved ones one may argued with after a nasty political season. Maybe these are goals to exercise more, to love more, to do more.

The most common resolutions, according to USA.gov, are as follows: “losing weight, volunteering time, quitting smoking, furthering one’s education, getting a better job, saving money, getting fitter, eating healthier food, managing stress, managing debt, taking a trip, recycling and becoming more environmentally friendly, and reducing alcohol intake.” Whatever the resolution may be this year, the question is where did this tradition begin? According to an article on Life Science by Stephanie Pappas, “Ancient people practiced the fine art of New Year’s resolutions, though their oaths were external, rather than internally focused. More than 4,000 years ago, the ancient Babylonians celebrated the New Year not in January, but in March, when the spring harvest came in.”

The tradition of New Year’s resolutions is an old one that has found its variations throughout history finally leading to the New Year’s resolutions now familiar to the Western world. A few Concordia students spoke about their New Year’s Resolutions. Five said that they made no resolutions, four of the students replied that they wanted to improve their grades this upcoming semester, and two people stated that they wanted to better manage their internet use so that they spend less time on it. Another college student, freshman Virginia Janes, said, “I want to love more and forgive more easily.” This is a resolution many can take on if no resolves have been made yet this year. Concordia Junior, Hannah Bjornstad said, “My New Year’s resolution is to have more control over how much I use my computer in a day.” Concordia Student, H.D. Downs, has decided that her resolution for 2017 is “to get all As.” With all of these New Year’s resolutions in mind, have a great 2017 and a successful second semester!

Strangers in a Foreign Land: CSP Students Witness Powerful Resilience in Syrian Refugees
By Renee Cortez

In the spring of 2016, a group of Concordia students had the opportunity to study abroad in Europe. One of the most memorable moments for the students was when they were invited to the home of Syrian refugees while in Germany.

First, the Syrians came to the students’ German/Intercultural Communication class. They hit it off and the Syrians invited the students and their teachers over for dinner. Junior Dylan Neils was there and recounted how it went, “This was an amazing show of hospitality. They are living off of money from the government and it isn’t a lot yet they would not let us give them any money to help pay for it. It was truly amazing what they did.” Not wanting the Syrians to do all the work, the students brought some of their culture with them in the form of macaroni and cheese, yams, and brownies.

The students and two instructors entered the small apartment, took off their shoes, and ate from a long sheet of paper that was laid on the floor, as is customary in Syria. Neils remembers, “They brought out truly a feast, enough to feed a family for weeks.” The Syrians then accommodated their American guests by passing out plastic silverware to eat with, although in Syria it is customary to use pita bread to scoop the food up and eat.

Neils found the best part was when they “all dug in and shared a meal together, it was no longer a group of college students and a group of Syrian refugees, it was a big group dinner just like any big family get together.” During the meal and after, the conversation was filled with topics that opened the eyes of the American students. CSP senior, Michael Prochno, said, “I vividly remember one of them telling the story about how they got to Germany. Some of them traveled on a little raft that they took off the floor, as is customary in Syria. Neils remembers, “They brought up silverware they didn’t expect anyone to use so that they spend less with their culture with them in the form of macaroni and cheese, yams, and brownies.

Since he was an atheist Curr, neither side would have taken him and both sides probably would have shot him. So, he knew that he had no choice but to leave.” Religious freedom is something that most Americans have never lived without. “This is the sad truth of their situation,” Neils continued, “and for most of them, they saw no other choice but to leave and they are just trying to make the best of a bad situation.

The other bad part is that all of them had to leave their families in other countries, where they still might be in danger. These are not people who couldn’t get jobs in their home country and left to live off the welfare system of Germany, these are highly educated and skilled people who were forced to leave their country for fear of their family’s safety.”

Prochno stated, “Some of them spoke on how they have been treated while in Germany. They were just frustrated that some people will automatically think they are a bad person because they are from Syria because that is the stereotype. They were very nice people and they wanted us to know that the majority of people from where they are from are very nice as well.”

Throughout the stories, the Syrians showed a demeanor of light laughter and resilience. This imprinted on the young students. “I learned so much from all of this and it gave me a new perspective on this issue,” stated Neils. “It was no longer some far off issue, but one that hit home.

It was no longer just numbers that were being talked about, but faces and real people.” Prochno agreed, “The biggest impact was learning how resilient and how strong the Syrian refugees were. It was one of the most incredible and moving experiences that I have ever had, and it is something that I will never, ever forget.”
Confirmed: Russia Targets US Election in Support of Trump
By Reeve Currie

On January 6, 2017 the Office of the Director of National Intelligence (ODNI) released a report detailing Russia’s interference in the United States presidential election. Using intelligence gathered by the FBI, CIA, and NSA, the report states that “Russian President Vladimir Putin ordered an influence campaign in 2016 aimed at the US presidential election.”

This “campaign” included hacking the email accounts of officials in the Democratic Party as well as other political figures. The ODNI report states with “high confidence” that Putin personally requested the email accounts to be hacked, with the broader goal to influence the election in Trump’s favor.

The report continues by explaining that Putin was upset about several scandals that have embarrassed his government. Vox Media reports that “Putin’s paranoia concerning perceived US attempts to undermine his government” caused him to “throw a similar kind of dirt” on the US government.

While Putin’s efforts were at first focused on embarrassing the US government, it eventually shifted to not only hurting Clinton’s campaign, but also to supporting Trump’s run. CNN and the Washington Post noted that in the classified version of the report, Russian officials celebrated on the night of the election by “congratulating themselves.” When the leaked emails from Clinton’s campaign were published by WikiLeaks, chief Julian Assange declared, “Our source is not the Russian government.”

However, the ODNI report suggests that yes, Russia did give the emails to WikiLeaks, but they used a fake persona—Guccifer 2.0—to release the “relayed material to WikiLeaks.” Whether that is what has happened or not, the US intelligence does believe that Russia was directly behind WikiLeaks’ source. Not only was Putin interested in working against Clinton during her campaign, but he also had a massive propaganda social media campaign ready to unleash if Clinton won the election. ODNI states, “Putin, Russian officials, and other pro-Kremlin pundits stopped publicly criticizing the US election process as unfair almost immediately after the election because Moscow probably assessed it would be counterproductive to building positive relations.”

This release of information from the ODNI report does not end on a hopeful note. In fact, a new round of hacking began the day after the election. ODNI states, “Putin, Russian officials, and other pro-Kremlin pundits stopped publicly criticizing the US election process as unfair almost immediately after the election because Moscow probably assessed it would be counterproductive to building positive relations.”

While studies are starting to report if and how the hacking process changed the outcome of the election, it is important to note that a country has and is tampering with the US government for its own outcome and profit. And, so far, they remain on comfortable terms with our new president.

Robert F. Kennedy, Jr. Known Vaccine Skeptic Appointed as Vaccine Safety Chair
By Jordan Peiser

Recently, Donald J. Trump was elected to the office of president and started choosing people for different positions in his advising committee and government.

One of these picks who has garnered a lot of debate and understandable concern is Robert F. Kennedy, Jr. Kennedy was chosen to oversee a commission on vaccine safety. The recent concern is based on the fact that RFK Jr. is a vaccine skeptic, meaning that his and the president’s doubts on vaccines may result in an even bigger uptick in the number of people who are “Anti-Vaxxers.” In fact, according to a Washington Post article by Mark Berman, “The announcement was met with alarm from health professionals who say that putting a proponent of a conspiracy theory in a position of authority on the issue is dangerous.”

The reason for the apprehension which health professionals have is explained in the article because Kennedy “has been a proponent of nonmedical exemptions for parents who seek to prevent their children from being vaccinated, which is mandatory in most states. He has argued that mercury-based additives in vaccines explain the link to autism.” He has also alleged that government scientists, journalists and pharmaceutical companies have conspired to hide the truth from the public. “They get the shot. That night they have a fever of 103. They go to sleep, and three months later their brain is gone,” Kennedy said at the première of an anti-vaccination film screening in California in 2015. Kennedy continued, “This is a holocaust, what this is doing to our country.”

RFK Jr. is among the few remaining people who still believe the debunked claims of Dr. Andrew Wakefield. This puts Kennedy at odds with the scientific community and makes him an unusual pick for this position. According to the Washington Post, President Trump chose RFK Jr. because he feels Kennedy will balance the committee. According to Kennedy, “President-elect Trump has some doubts about the current vaccine policies, and he has questions about it,” meaning the President has his concerns and has chosen someone who will come with a bias against the way we currentlyadminister vaccines in this country.

“Putin, Russian officials, and other pro-Kremlin pundits stopped publicly criticizing the US election”
Male Athlete of the Month: Diallo Powell
By Tanner Peterson

Although the Golden Bear men’s basketball team has hit a rough stretch winning only one of their last ten games, one bright spot has been the play of their lone senior, Diallo Powell and that is why he’s January’s Male Athlete of the Month.

Through 16 games played, Powell is averaging 11 points, nearly five rebounds, and just over an assist a game. The guard is also shooting an impressive 41% from downtown. The Woodbury High School alum is in his second year under men’s head basketball coach, Joey James. Last year, Powell finished his junior year averaging just under 10 points, which was fourth on their lone senior, Powell has brought leadership, guidance, and a sense of humor to keep the team “level headed”. When asked how he will remember his basketball career, the senior replied with “As my collegiate career comes to an end I will remember it as being something I loved to do and built me into the man I am today!”

Powell and that is why he’s January’s Male Athlete of the Month.

Photograph: Jordan Vredevoel

Lacrosse is Set To Begin Its inaugural Season
By Tony Kohnack

A little less than two years ago, Concordia University announced that it would be expanding its athletic presence by adding lacrosse as one of its spring season sports.

The lacrosse team will be Concordia’s 14th athletic program and eighth women’s sports program. During the summer of 2015, Concordia hired Coach Mo Dunnigan (Gaitain) to head up the formation and coaching of this new program. Coach Dunnigan comes to the program with experience in both coaching, and creating lacrosse programs from the ground up.

Lacrosse’s regular season will officially begin on February 10 when the Golden Bears take on the Eagles of Robert Morris (ILL.). It has taken the program two years to get ready to compete. A lot has happened over these past two years in preparation for this season. After hiring the head coach, to recruit and find players to fill the team.

Before coming to Concordia, Powell played basketball and attended Lake Region State College in Devils Lake, North Dakota. While playing basketball for the Royals at Lake Region State College, Powell was named All-Region First team.

He averaged 19 points, about six rebounds, and nearly three assists per game. He was also a consistent scoring threat as he tallied at least 11 points in all 23 games, and 20 or more points in 10 games as well. Powell, a sociology major, is looking forward to working with kids once he graduates this spring. When asked how he would describe his playing style, Powell replied with “I would describe my playing style as aggressive and always looking to put the ball in the basket.”

His most memorable basketball achievement is playing at the Target Center in Minneapolis, and scoring 40 points in a game while in junior college. Powell mentioned that the team has a goal of making it to the Pentagon (where the NSIC Conference Championship is played).

His individual goal is to “enjoy every second and appreciate what these last 4 years have brought to me”. Being the lone senior, Powell has brought enough to want to be the coach Dunnigan wanted the first season, the inaugural class, to be filled with the right students, Coach Dunnigan said, “Athletes who understand their purpose is far bigger than playing lacrosse. Athletes who embrace the roller coaster that comes with an inaugural program, while also being driven enough to want to be the best, even in the first year.”

That’s what they did. According to Coach Mo, the inaugural class, they did just that. While the search for players went on, two assistant coaches were hired to help Coach Dunnigan with coaching duties. They are Emily Roussel and Aimé Caines. Coach Roussel comes from an area in Texas that is considered a non-traditional lacrosse area and built with a program throughout her DII All American career.

She also has background in being an assistant coach, having coached with the Texas Outlaws, Texas Play Hard Lacrosse Club, West Ridge Lacrosse Camp, and Georgetown Lacrosse Camp. While coaching with Concordia she will be working towards a master’s degree in leadership and management at Concordia.

Coach Caines brings with him a wealth of experience at the pro, collegiate, and young ranks in lacrosse. He has playing experience playing minor league lacrosse in Windsor, Ontario. He then went on to play five years with the Sarnia Pacer in the Junior “A” league. Coach Caines also spent playing time in the Western Lacrosse Association (WLA) and the Major Series Lacrosse (MSL). His professional playing experience spans six seasons playing with the Columbus Landsharks, Montreal Express, and Buffalo Bandits. He spent five seasons with the Minnesota Storm as an assistant coach, he was an offensive coordinator for the University of Minnesota Lacrosse club since 2008, and head coach at East Ridge High School since 2009.

He is also the co-founder and owner of Play Like a Pro Lacrosse in Woodbury Minnesota. Concordia’s lacrosse will compete outside the North Atlantic Intercollegiate Conference due to Conference requirement for every conference sport to have at least 8 member schools with that sport to consider it conference eligible.

The team will play a 16 game schedule with one scrimmage January 29th against University of Minnesota’s club team. First official match will be on February 10th at Seafoam Stadium in the dome on Concordia’s campus. During pre-season the girls have been training hard with the help of Rich White, the team’s strength and conditioning coach. White said it best when he said “These girls need to mature faster than other freshmen on campus. They will be representing Concordia and defining CSP Lacrosse to the Mid-West, NCAA lacrosse community and more.”

“It won’t be a smooth road, but I know it will be one heck of a journey. I couldn’t think of 20 better young ladies to represent CSP throughout the ride.” said coach Dunnigan while speaking on the team as they prepare for the season going forward. Coach Dunnigan wants everybody to go out and support the girls on their first match Friday February 10th when they take on Robert Morris (ILL.) here at Concordia.

CSP Men’s Basketball Look To Stop Their Losing Streak
By Tanner Peterson

While Concordia’s students were on Christmas break binge watching Netflix, napping, and scarfing down delicious Christmas delectables with family, Concordia’s men’s basketball team was hard at work in the midst of their conference schedule.

The Golden Bears traveled to Aberdeen, South Dakota for a showdown against Northern State. After falling behind at halftime with Northern State leading 42-35, the Golden Bears came out strong in the second half and outscored the Wolves by six, but the comeback came up just short as the final score read, 76-75 in favor of Northern State. Sophomore guard Bryndan Matthews

Continued on page 9
led the way for the Golden Bears with 19 points and nine rebounds. Freshman forward Max Keefe chipped in 12 points, junior sharpshooter Matt Ambriz tallied up 14 points, and the big man in the middle, Ted Brown, scored 11 points as well as snagging six rebounds. From Aberdeen, the Golden Bears traveled back home to St. Paul where they took on the stout MSU Moorhead Dragons.

Once again, the scoreboard showed the Golden Bears favor as the Dragons were not in the Golden Bears’ way. From Aberdeen, the Golden Bears traveled back home to St. Paul where they took on the stout MSU Moorhead Dragons. It also didn’t close the score was 36-33. From there, the Beavers never looked back, and the Golden Bears couldn’t stop the Mavericks as they trampled all over them to a final score of 76-56.

The Concordia improved their shooting percentage from 50% to 85%, but their improved shooting did not help that the Golden Bears turned the ball over 18 times and shot 50% from the free throw line. The Golden Bears couldn’t overcome the hot shooting of the Mavericks as they shot an impressive 47% from the field, and 40% from downtown. It also didn’t help that the Golden Bears turned the ball over 18 times and shot 50% from the free throw line. The Golden Bears couldn’t overcome the hot shooting of the Mavericks as they shot an impressive 47% from the field, and 40% from downtown.

The Concordia improved their shooting percentage from 50% to 85%, but their improved shooting did not help the Golden Bears. From Aberdeen, the Golden Bears traveled back home to St. Paul where they took on the stout MSU Moorhead Dragons. Their turnovers by eight and improving their free throw percentage from 50% to 85%, but their improved play was not enough to overcome the Vikings. Matthews once again led the team in points with 17 points and Matt Ambriz added 15 points. Matthews also added 6 rebounds to go with his 17 points. Freshman Max Keefe led the team in rebounds with eight. From St. Paul, the Golden Bears headed down Interstate 169 to Minnesota State to face off against the Mavericks.

The Golden Bears couldn’t stop the Mavericks as they trampled all over them to a final score of 76-56. The Golden Bears shot a miserable 35% from the field compared to the Mavericks’ 51%. Concordia finished the game with 16 turnovers and shot 29% from beyond the arc. Matthews once again led the team in points with 13 points, and freshman point guard Sam Siganos had 12 points. Matthews and Ted Brown also led the team in rebounds with six boards each.

From Mankato, the Golden Bears returned home for a weekend showdown facing off against the University of Mary Marauders and the Minot State Beavers. CSP took on the Mary Mauraders who came in sitting in the middle of the pack in the NSIC standings. The Golden Bears hoped to snap the losing streak, but even though the Golden Bears shot an astounding 51% from the field, missed free throws and 18 turnovers came to back to haunt them. The final score read 87-75 with the Marauders on top. Bryndan Mathews had himself a day as he recorded 21 points and nine rebounds. Senior guard Diallo Powell also got out of a slump as he got back on track with 15 points on 6-8 shooting.

Trying to snap an 8-game losing streak, the Golden Bears came in looking to snap that nasty streak against the Minot State Beavers at the GC. Although the Golden Bears led for nearly all the entire first half, a deep three as the first half expired gave the Beavers the lead going into the second half with the score at 34-33. From there, the Beavers never looked back and finished off the Golden Bears with final score of 74-70.

The Golden Bears look to get back on track as conference play hits its midway point. With young talent, all over the court, the team is still trying to find its groove. Once the team does, this could be a group that could make some noise come late February. Be sure to get out there and check out this exciting squad.
Track and Field: Indoor Season Records and Top-5 Finishes Highlight Start of the Season

By Cole Schuessler

Starting the indoor season at the beginning of December with the MSU Preseason Open and Multi’s, the Golden Bears had over a month between their successful first meet and their next meet in January. Through finals week and Christmas Break the Golden Bears managed to carry their momentum into the new year, with positive results in both of the meets they have had at the time of this writing in January. With school records being set and new emerging athletes all over the track and field events, Concordia’s men’s and women’s track and field teams are continuing to reach new territories for the program. Starting the season on December 2nd and 3rd in Mankato, the Golden Bears had a strong first meet, including both Gretchen Feilen and Kalle Burney breaking the school record for high jump by both recording leaps of 5’3”.

Burney and Wakpor Ighovojah took 1st and 2nd respectively in the pentathlon as well, and junior sprinter Erica Shady finished 1st in the 300m while Tyler Naumowicz pitched a 3rd place finish on the men’s side in the heptathlon. Though the school records would not stand for the long, the Golden Bears would maintain their success through the next meets.

The next meet CSP competed in was January 7th, over a month later, but again in Mankato at the MSU Alumni Open. The second meet of the year featured more top finishes for Concordia, and some different athletes showing their potential. The biggest highlight of the day for the Bears was in the 3000m, as a pair of underclassmen, sophomore Caleb Troe and freshman Peyton Holmes, finished 1st and 2nd in the race respectively. Troe, with a time of 9:01.81, edged out Holmes by just a fraction of second, as the newcomer finished with a time of 9:02.14. Another top finisher for the Bears was senior Antony Odera, as his leap of 21’10.75” in the long jump was good enough for 3rd place. Overall, the Golden Bears finished with 11-top 5 finishes on the day. A week later CSP’s track team was back at it, going to the Minnesota Open at the University of Minnesota.

The school’s high jump record was again toppled, as both Feilen and Burney both again beat the top mark as they cleared 5’3.25”, a quarter of an inch above their last top performance. This gave them fourth and fifth place respectively, while Feilen also took home a 7th place finish in the pole vault. Once again, Troe and Holmes took home 1st and 2nd place among athletes attached to a school, besting their previous times by about 7 seconds a piece in the 3000m. Freshman Marcus Gustaveson posted an impressive performance in his first meet, as the thrower (who also plays wide receiver for the football team) launched the shot put 43’7.75, good enough to earn him second place.

Regular top finishers Tyler Naumowicz (4th in 60m), Erica Young (3rd in long jump), and Wakpor Ighovojah (5th in long jump) also helped the Golden Bears to 27 top-10 finishes on the day and 10 Top-5 finishes.

With more and more Golden Bears track and field athletes posting top finishes, Concordia’s track and field program is making great strides and showing their prowess as the indoor season kicks into gear.

Female Athlete of the Month: Caitlyn Russell

By Renee Cortez

Senior Caitlyn Russell loves the sport she chose to begin playing back when she was in middle school. Hailing from La Crosse, WI, she yearned for a school where she could pursue her dreams in a future career and in her basketball career. However, she also wanted a school close enough to home so that she could come see her in her games. This led her to Concordia University St. Paul, where she is set to graduate in May. Her quest tall and good at it.” She has played basketball ever since her pre-teen years, and it has played an important role in her life. Now in her last basketball, however, she is positive that it will always hold a special place in her heart.

"It has helped me become a better person [and] it helps me communicate with others easily.”

When asked why she chose basketball Russell stated, “I chose it because I was when she graduates in May and pursues a career with her degree of sports management, she is unsure if she will keep playing
Do Schools Provide Students Enough Opportunity to be Creative?
By Mara Grau

The simple answer is no. Schools do not give students enough opportunities to explore and use their creativity. From elementary schools to high schools, students’ creative abilities are unfortunately put on the back burner.

About a decade ago, when I was growing up, watching a lot of television or playing computer games was not a common thing to do. We didn’t have tablets or smartphones, and I had no idea that wireless internet was even something that existed.

My friends and I would go outside and pretend to go on adventures or even something that existed. That wireless internet was not even thought of.

That is why when kids are at school, their creativity is not encouraged to think outside of the box. For instance, when kids are at school, they are not encouraged to think outside of the box, which is something that happens when kids are at school.

As soon as a child is old enough to start going to school, they are already less creative than the kids from previous generations. The reason for this is that they are constantly surrounded by distractions. It is not like they are not encouraged to think outside of the box. For instance, when kids are at school, they are not encouraged to think outside of the box, which is something that happens when kids are at school.

School districts and their teachers are under a lot of pressure to make sure that students meet the academic standards set by the government. They are required to master certain math concepts, science theories, and know how to write papers. This pressure gets much more intense in high school when people have to start thinking about their future plans. They go to school for hours a day, and then they have hours of homework and studying to do. There is no time for them to use their imaginations and their creativity, and the school system does not seem to care. Creativity is an important quality for a person to have. Without creativity, we would not have all the great scientific advancements, the recipes for some of the best foods, the books and movies we love, and many other things.

I think that many people credit a person’s success to their intelligence rather than their creative minds. Being intelligent tends to be valued over being creative, even among children and teenagers. Everyone starts life with a limitless amount of creativity, and these days it is quickly taken away from them as they struggle to meet educational standards.

Fight For Control Over Chicago
By Brooke Steigau

Chicago neighborhoods have faced decades of heartbreak caused by shootings. However, there hasn’t been a year this bad since 1997. According to CNN, the city reaped 762 homicides, 3,550 shootings occurrences, and 4,331 wounded victims in the past year. The death count does not even include killings which took place in areas expressways, self-defense shootings, and police-involved shootings, which brings the total up to 781 (Chicago Tribune).

The motivation and reason behind the ridiculous number of shootings in Chicago is best found by comparing it to the situations of other major cities. In New York, where the population, diversity, and economics are akin to that of Chicago, the non-gun-related killings are very similar. However, gun-related violence is astonishingly higher in Chicago. Although the city is known for the strict gun-control enforcement in accordance with the laws in place, their ban against handguns was retracted in 2010.

Chicago is also less concerned about illegal handguns than New York, who expanded their police force throughout the 1990’s, in response to the increasing homicide rates across big cities. It’s no question that Chicago needs a bigger police force. With so much crime happening across the vast city, police officers are left with no choice but to respond to the most pressing or threatening offense at a time.

Recognizing this issue, Chicago intends on hiring 970 new police officers over the next two years, estimated 500 in 2017 alone, per the Chicago Tribune. Chicago police superintendent Eddie Johnson is optimistic that the upcoming year will be safer for Chicago residents also due to increased surveillance cameras specially designed to detect gun shots which will alarm a response team an average of five minutes sooner than a 911 call. Aside from gun control, Chicago also is seeing a change in gang violence over the last decade. Instead of gangs fighting each other over territory or profit, more personal disputes are being acted on, many of which are sparked from insults fueled by social media.

Social media has caused threatening messages to be made more easily and thoughtlessly, many gang members even posting their locations as a way of proving that their tough and unafraid. The city is also highly racially segregated, where black neighborhoods are experiencing the most concentrated and crippling poverty. Although New York sees its poorer communities experiencing increased crime, they are nowhere near as segregated as the communities in Chicago. These neighborhoods, hindered by joblessness, inadequate housing, and violence tend to adopt negative views towards the justice system and police forces, intensifying the discrepancy between law enforcement and civilians.

There is not one single solution to the Chicago homicide problem at hand. Increased research and trial and error are likely the best bets we have in ensuring that the issue is quenched and lives are saved. The city is proudly and actively searching to create a safer city for Chicago residents, applying changes to their systems at every angle they can.

Suck It Up Buttercup: Millennials Need to Stop Being Coddled
By Katrina Bell

I am a millennial. And I am not ashamed to admit that. A Time Magazine article placed millennials at being born between the years 1980 and 2000. Different sources place millennials at different years, but the one thing in common is that a lot of people say that millennials are sensitive. Although I am not ashamed to be a millennial, I agree completely. According to Fox News, Republican state Rep. Bobby Kaufmann says he will introduce a bill called “Suck It Up, Buttercup” this January. The bill will cut funding to schools spending money on “safe spaces.”

After the 2016 election results, college students apparently felt so distressed that some college campuses decided that a number of concessions needed to be made. According to Fox News, Yale students asked their professors to cancel their midterms because of their distress, and at least one of the professors conceded. In many other universities, classes were canceled in regards to the results. Students at Cornell University shared their grief with a mass “cry-in” complete with tissue boxes and hot beverages. University of California students, according to the Daily Bruin, tipped open a Trump piñata and burned the remains. The students also attempted to flip over a car, but stopped when they noticed that it was occupied.

The president of the University of Washington, Ana Mari Cauce sent out a letter informing students of a Trump-inspired gathering of healing in the “Unity Room.” These are all nice ideas, but are they really necessary? I’m not saying that you have to respect the President, everyone has the right not to— but just because I am upset about something— that doesn’t give me reason to not go about my life. These colleges are supposed to be training students to live and work in the real world. No job in the ‘real world’ is going to coddle people as much as these campuses are. And yes, people should be allowed to express themselves, but should the rise in tuition prices really go to these “safe spaces”? I say, “No way.” Build a Bridge, get over it, and cry in the comfort of your own time.
**SHINEDOWN**

**The Sound of Madness: a Self-Reflective Album**

By Farah Ibrahim

Sound of Madness is by far my favorite album created by Shinedown. Shinedown is an American rock band formed in 2001. Sound of Madness was released in 2008, and sold over two million albums in the US with five number one tracks.

If you like alternative rock, this is the album for you. However, it does cover many relatable subject that anyone can enjoy listening to. All of the tracks are amazing, but there are three that resonated with me: “Sound of Madness”, “The Crow & The Butterfly” and “What a Shame”.

“Sound of Madness” is an empowering track on this album. The lead singer tells the audience: “I made my mark in this world/The journey was not easy, but i am still standing/Life has to be worse before it gets better/Stop playing the victim of your first world problems/Take control of your life.”

Of course it is not easy, but your experiences are what push you and creates the individual you will become. There is one line that is the essence of this track: “When you gonna wake up and fight for yourself.” It is reiterating that your existence counts. There are too many people who try to live up to other people’s expectations.

Whether it be society, peers or your family’s expectations, you have to live for yourself. It is up to you to find your passion, run with it, and not to take it for granted. Your actions should be motivated by your wants and desires, not someone else’s, in order to play an effective role in society. Your future is in your hands. “The Crow and The Butterfly” is a great analogy, comparing the crow with relationships.

The first verse of the track paints a picture of someone who is at the disintegration stage of a relationship. S/he is having a difficult time accepting it. A reflection of the relationship is expressed through chorus. This person who lost someone realizes that s/he has taken the relationship for granted.

As time passes, little attention was given to the other person. Before s/he know it, that person is gone. In second verse of the track, this person continues to reflect on the relationship. S/he realizes the benefits of the relationship and the values brought into it by the other person.

What a Shame” is an enlightening track on this album. This track expresses the flaws in society. People are very quick to judge others before knowing them. Everyone has many faces; the face you see may or may not represent the person in front of you. The real question is do you even want to see their true face?

Do you take pleasure for calling out people’s differences? How society encourages one another to conform to the norm is disheartening. Who are we to say what is acceptable about how someone chooses to live their life? We are all different. We are all flawed. You may not see our flaws, but it does not mean we do not have them. If you do see our flaws, it is unfair to judge us because of them.

This album is filled with concepts that motivate you to take a second look at your life. The lead singer has such a strong voice that can be both soothing and inspiring. I thoroughly enjoyed listening to the entire album. This band does a wonderful job of making sure that anyone who listens to this album is not alone.

They understand you and whatever situation you are in. Their music expresses their understanding. If you are having a bad day or need your spirits lifted, Sound of Madness is there for you.

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**THE WINTER PEOPLE**

Book Review:

**A Cold January Read: The Winter People by Jennifer McMahon**

By Mara Grau

Winter break may be over, but the season sure isn’t. The cold weather is sure to make you want to curl up with a good book, so why not check out The Winter People by Jennifer McMahon.

Published in 2014, The Winter People is a thrilling novel told from different perspectives, and set during January in Vermont.

Within the first couple of paragraphs, you are sure to find yourself captivated by McMahon’s writing.

McMahon’s novel explores the dangers of bringing beloved family members back from the dead. The book opens with an entry from the secret diary of Sara Harrison Shea from 1908. Because her mother died during her birth, Sara was raised by her father with the help of another woman, whom she called Auntie.

Auntie was a native woman who lived out in the forest, past the rock formation known to the locals of West Hall, Vermont, as the Devil’s Hands. Some of the locals would go see Auntie for natural medicine in hopes of healing their loved ones, while others viewed her as a witch. Auntie claimed to know how to bring the dead back to life.

When Sara is an adult, Auntie is no longer a part of her life, and neither are her father and siblings. She is married to a man named Martin, and they have a daughter named Gertie.

After experiencing many heartbreaking miscarriages, Sara’s bond with her daughter was very deep. One day her life is turned upside down when Gertie goes missing and is later found dead at the bottom of a well in the forest. In an act of desperation, Sara follows Auntie’s directions for bringing back the dead.

When the setting switches to modern day, McMahon introduces us to nineteen-year-old Ruthie, who lives in the exact house Sara inhabited about a century earlier. Ruthie comes home late after a night of partying with her boyfriend and is relieved that her mother isn’t awake to yell at her for missing her curfew.

To her surprise and alarm, the next morning Ruthie cannot find her mother anywhere. The third important character we meet is Katherine. This poor woman lost both her son and her husband within a few years. Her husband dies in a tragic car accident that left Katherine with dozens of unanswered questions.

Without her knowledge, her husband was visiting the town of West Hall prior to his crash, a place he had never been before. Both Katherine and Ruthie find copies of the book, The Secret Diary of Sara Harrison Shea, while searching for the answers to their questions.

Sara’s diary brings them together and helps them understand the mysterious events they’ve experienced all because Sara tried to bring her daughter back from the dead.

As the plot thickens, you won’t be able to put the book down. You will find yourself out in the forest searching through the snow with the characters. Thanks to McMahon’s brilliant writing, you will be able to enjoy this story as if you were there with Sara or Ruthie.

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**The Unseen Classes of Concordia**

By Reeve Currie

Each semester there are hundreds of classes to choose from. Besides the main classes that you are required to take, there are so many other interesting classes on campus that can be hard to discover. It can be hard to get the feel of what a class will be like from the course catalog, and some classes are hard to find (how did I just find out about Pilates and yoga courses?). We’ve asked professors to help make it a little easier by telling us a few of their Continued on page 13.
Michele Fisher started creating stories when she was a child to entertain her siblings. Now, in her mid-thirties, she has written several short stories, seven books, and has been published four times.

However, there is so much more to her than her success as a writer. Michelle stressed in our interview that she doesn’t think she is special just because she writes. She views herself as just an everyday, regular person. Michele is a self-proclaimed super junior, studying ESL (English as a second language) Education at Concordia.

She already has an associate’s degree in English and creative writing, and is now setting out to obtain a degree that will allow her to broaden her horizons. Her goal is to be able to travel and teach in many different countries, while exploring their cultures first hand. Michelle believes that “you get the experience that you seek”, which is part of the reason why her future travels will help her continue to create great stories. She has already done quite a bit of traveling, and has lived in Denmark and England (which is her favorite place she has ever lived). When asked what influences her writing, Michelle replied that her Native Alaskan heritage and her disability have the greatest impact on her writing. Growing up with Muscular Dystrophy was very difficult, but it is what started Michele’s love of reading and storytelling.

She would create stories, often modified versions of common kids’ tales, to seek positive attention from her siblings Michele typically writes about 2,000 words a day, usually within the sci-fi and fantasy genre. If you are interested in reading one of her books, you might want to search for the names Stryder Dancewolfe or Willow Malutin. Stryder is the name Michelle prefers to go by as a writer, and it is what her family and closest friends call her. There tends to be a lot of push from the publishing industry for authors to publish under more generic names, but Michelle just wasn’t interested in that.

She enjoys the name Stryder because it allows her gender to be a non-issue in a genre that is generally male dominated. Michele was first published when she was twenty-six, and, like most writers, her first book is her least favorite. Hopefully someday she will edit it to her standards so that we will all be able to enjoy one of Michelle’s first successes. Until then, it would be just as nice to sit down and have a conversation with her. When I sat down to interview her, I expected it to take a half hour tops. Two captivating hours later, I left our meeting feeling more than ready to write her spotlight. Michelle is a woman and writer full of stories and experiences that are asking to be written.
For the Love of Music
Music Spotlight:
Noah Ostlund
By Cole Schuessler and Tanner Peterson

Noah Ostlund, photo submitted by Noah Ostlund

Noah Ostlund, a sophomore, has already made his mark on Concordia’s music department by being a part of four music groups as well as playing piano for the Wednesday night chapel service, 908. It’s because of Ostlund’s love for music and involvement here at Concordia that he’s January’s music spotlight.

Ostlund grew up in Hutchinson, Minnesota and attended Hutchinson High School. As a kid, Ostlund enjoyed playing sports, the piano, and video games, as well as playing with his pets. Ostlund began singing in second grade. At first he wasn’t a big fan of singing, but with a little force and encouragement from his father, who sang semi-professionally, Ostlund began to find his knack for singing. When asked who he would attribute his musical success to, Ostlund first mentioned his dad. He also mentioned a man named Mike Lauer, whom he met through his church’s youth group. “He is from Hutchinson, and I met him my sophomore year,” Ostlund stated. “He was a big inspiration on becoming a music major.”

Now in his second year at Concordia, Ostlund is taking on a full course load as well as being a part of many different musical groups, both on and off campus. His biggest time commitment is singing in the upper level choir, the Christmas Chorus, directed by the Music Department chair David Mennecke, who was named Director of the Year in 2016 by the American Choral Directors Association.

He also participates in the Vox 9 Vocal Jazz ensemble and Shades of Harmony Gospel Choir, both of which perform periodically throughout the year. Also taking piano lessons through the school and with Dr. Oleg Levin, Ostlund continues to increase his already high level of piano playing while being part of the aforementioned 908 chapel praise team. Off campus, Ostlund is a choral scholar at Peace Lutheran Church in Bloomington, where he sings every Sunday. As Ostlund continues to expand his musical horizons at Concordia, he has discovered what he enjoys the most about music. When asked about his favorite memories through his year and a half at Concordia, Ostlund stated, “The Christmas Concerts are the best part. There’s always some really good music.” While Noah enjoys singing, he prefers playing on the piano. “I enjoy playing the piano more than I do singing,” Ostlund stated. “I think there’s less room for human error when playing the piano.”

Outside of his busy schedule, Ostlund enjoys playing disc golf, basketball, and video games. He also enjoys watching his favorite TV show, The Office, as well as listening to music. Ostlund’s favorite selection of music to listen to is the band NEEDTOBREATHE. In his own musical endeavors, Ostlund listed the song “Lord I Need You”, by Matt Maher, as his favorite song to play on the piano. At CSP, Ostlund is pursuing a major in Music Education and a minor in Lutheran Theology, and is also a Dean’s List student. After his time at Concordia is finished, Ostlund plans on teaching or directing a college level choir.

He would also like to teach a music theory course at a secondary school. Be sure to stop by any music event here on campus, and you’ll see all that Ostlund (and the music on campus) has to offer.


14th Annual High School Art Honors Exhibit: High School Artwork in CSP’s Gallery
By Brooke Steigau

The annual High School Art Exhibition, hosted in Concordia’s H. Williams Teaching Gallery, never fails to drop jaws with the outstanding young talent being displayed.

This year, CSP welcomed the work from four different high schools in the area, those being our neighbor, St. Paul Central, Concordia Academy, School of Environmental Studies, and Robbinsdale Armstrong High School. The mediums used by these gifted adolescents were all over the map, from ceramic sculptures and wheel-thrown pieces to graphite drawings, acrylic paintings, and photography.

A personal favorite of mine that caught my eye as I walked into gallery, overwhelmed by the phenomenal work was a mixed media piece by Lindsey Noyed. Lindsey says she spent almost two months working on the intricately-done tree on canvas, mixing acrylic paint and wire to create a complex root system and branches emerging from a colorful background of reds and oranges.

The eleventh grader from Concordia Academy then took ripped, painted paper to create a ground for the tree to grow from, completing the piece with a single green leaf, contrasting to the vibrant backdrop. This piece was one of two first place winners along with Alice O’Brien’s “Human Orbit,” from Central High School.

Shirley Huang, an immigrant from China and current student at Concordia Academy, says she practice sketching in her homeland for two years before continuing her work in the United States. Her assignment was to create a self-portrait that reflected the artist, which she executed beautifully.

Nael Kaligis of Robbinsdale Armstrong High School used his creativity to transfer a mentally constructed figure made of blocks, in graphite on paper.

From Concordia Academy, Rebecca Heli’s piece left viewers in awe, as she showcased an impressive 3D portrait made entirely out of duct tape! She took second place, tied with Sarah Arend’s pieces, Song of Solomon and her watercolor painting, “The Empty House.” Maggie Wang, also of Concordia Academy, worked digitally with a photo of her own hands, increasing the exposure before transferring it to canvas with acrylic paint.

Her assignment was to create an image that corresponded with the words, “Evermore and Evermore,” which became the title of her piece. In this painting, Maggie beautifully signified grace and light in the midst of darkness and uncertainty, with a impactful and symbolic dove flying from hands emerging from a black background.

There were three young artists that tied for third place this year, those being Chat Mattson (School of Environmental Studies) with his piece, “Streetlight and Steps,” an untitled piece from Lana Park-Reimer (Central), and Kaleigh Slocum with “Book” (Robbinsdale High).

Across the board, Concordia students, faculty, and guests who attended the gallery were blown away by the remarkable technique, creativity, and execution of the many art pieces that the H. Williams Teaching Gallery was proud to hold on display.

A Bouquet of Fries
Restaurant Max
By Farha Ibrahim

What do you expect when you go to a restaurant? Good food, services and experience? Well, I have experienced all of the above when I went to Restaurant Max for the first time at lunch. It is located in downtown Minneapolis at 215 4th Street South and connected to The Hotel Minneapolis and the Minneapolis Skyway. I walked into the restaurant through the skyway entrance. I noticed the bar with plenty of seating off the left, along with a flat screen TV for entertainment. Directly in the front of the bar is the dining room, Continued on page 15
Continued from page 14

Beautifully designed with dark oak tables and chairs, the carpeting was burgundy, which matched the color of the booth’s padding and the ceiling lights.

I was greeted immediately by the host as I walked through the door. Even though I did not have a reservation, I was still able to be seated. I had a seat at the back of the restaurant by the window. The table was very clean from the silverware to the table cloth; there was not a spot, stain or crumb in sight. I was very clean from the first few years. By the window. The table were both theatre majors.

The carpeting was burgundy, dark oak tables and chairs. Beautifully designed with lights.

The chicken was juicy and tender; the soup was a good blend of garlic, onion and pepper seasoning. The fries were hot, crispy and not too salty or soggy. The fries were presented in a stainless steel cylinder cup with wax tissue paper inside as though I was receiving a bouquet of flowers with my soup.

I ordered a chocolate molten cake for desert, which involved chocolate cake and peanut butter rice krispies along with two scoops of vanilla ice cream topped off with chocolate fudge and whipped cream. The cake was moist and the rice krispies provided a nice crunch. Needless to say, it melted in my mouth.

I would give this restaurant a 4.5/5.0. I would recommend this place to a friend if they wanted a calming and relaxing place to go have a meal. The only issue that I had was that it did take some time for the waiter to take my order and for the actual order to come to my table.

You will enjoy the food and dining experience, just don’t be in a hurry. The entire meal cost under $20.00, which seemed reasonable. For a reasonably-priced meal that provides a lot of flavor, Restaurant Max did not disappoint.

**Theatre Spotlight**

**Madeline Swain: A Child-Born Actress**

*By Jerry Freels*

It is easy to mistake Madeline Swain as a theater major because of all the plays and musicals she has been in at Concordia. Since she began attending CSP, she has starred in a total of seventeen plays and dance shows at Concordia. She most recently acted in CSP’s lively musical Crazy for You where she starred alongside her boyfriend Nick Shroepfer. She also acted in Kate Sandwick’s production of Spoon River. Swain is the daughter of parents who were both theatre majors. At a young age, her parents encouraged her to dance, sing, and act in various activities. She began acting in sixth grade at Blackhawk Middle School’s performance of Wendy’s Tail. Graduating with a B.A. in biology in May of 2017, Swaine wants to become a physical therapist, and she plans to continue working with actors and actresses. Passionate about the acting world, she keeps the idea of working in film and commercials in the back of her mind. She eventually plans on opening up her own practice to treat actors and actresses when they are injured. A very down-to-earth woman, Swain is soft-spoken and yet determined to work hard. Swain plans to attend graduate school where she would love to tour with a theater company as a paid physical therapist.

She has not yet picked a graduate school, but Concordia is one of her options. In her spare time she has been auditioning for commercials and acting companies. As Swain continues to grow as an actress and physical therapist, Concordia is excited and proud to wish her success in her future endeavors.
Before The Flood
DiCaprio Produces Climate Change Documentary
By Aaron Ronayne

It is always strange to see our favorite actors and actresses do anything else but act. Oscar-winning actor Leonardo DiCaprio starred and recently produced a documentary on climate change called “Before The Flood.” DiCaprio’s performance in the documentary was surprisingly powerful. He wasn’t playing any character but himself and was very candid about the serious climate issues that our planet is faced with.

DiCaprio traveled the world and talked to many activists and world leaders about global warming and the effect it has had on the environment. The images and conversations held nothing back and the documentary was quite blunt about the effect humans have had on the earth. A few times throughout the documentary, DiCaprio appeared to be stunned at what he heard from various climate change professionals. The cinematography was incredible. DiCaprio and his camera crew took us on a journey from land to sea. The images are breathtaking and quite sobering.

At one point, DiCaprio travels down to The Great Barrier Reef, and shows how damaged it has become because of the increasingly warmer ocean temperatures. DiCaprio and the camera crew also take us up in the air on a helicopter ride in Indonesia. They show us the copious amounts of forest fires that Indonesians have started because they want to extract the palm oil from trees. They then sell the palm oil to the United States to be used in everything from fast food burgers to hand lotions. The forest fires burn for a long time and release large amounts of carbon into the atmosphere. However, the poorest people in Indonesia live off of this business and would die without the income from the oil. DiCaprio and his film crew do a great job at explaining this vicious circle to the uninformed viewer.

I applaud the message DiCaprio is trying to convey to the viewers. Rather than shaming humans for the role they have played in climate change, he is sharing possible alternatives that climate change experts have proposed. DiCaprio talks in depth about different types of renewable energy, as well as electric cars.

Leonardo DiCaprio is one of the biggest Hollywood movie stars in the world. Whenever he is in a new movie, people watch it. I applaud him for using his worldwide platform for the good of the earth. He doesn’t play a hero in this film. He asks the viewer to take on that role.

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