Letter from the Editor

By Katrina Bell

With so much going on in the world, it is really an incredible time to be a human being, and I want to remind everyone of that, in case you had forgotten. It is an incredible privilege to be in a world where people can walk on water, be it frozen or not.

It is a majestic thing for people to be able to protest in the streets for those thousands of miles away and for people to create artwork and relationships and poetry, even in the most difficult of circumstances. It’s hard to remember sometimes, but I plead with you not to forget.

Congratulations to our spotlights, I wish everyone luck on their impending midterms, and enjoy the beautiful weather while it lasts because this is Minnesota, and it won’t last. This February issue shows exactly how talented The Sword staff is with their ideas, their individual viewpoints, writing styles, and everything else. I want to thank all of our readers continuing to support us by reading every month.

We all appreciate it, and we depend on it as a whole. If you would like to be more connected to The Sword, please ‘like’ our Facebook page @CSPTheSword, The Sword newspaper at Concordia University.

Very Sincerely,
Katrina Bell
Editor-In-Chief

Photo by Katrina Bell, Editor-In-Chief
Trump’s Travel Ban Denied
By Brooke Steigauf

On January 27th, a week into his role as president, Donald Trump issued a ban against anyone traveling from seven primarily Muslim nations into the United States: those being Iraq, Iran, Libya, Somalia, Sudan, Syria, and Yemen. The executive order was expected to last 90 days, 120 days for refugees, and indefinitely for Syria, as Trump worked to fulfill his promise to protect the U.S. from terrorist attacks at all costs. Trump called the executive action a “no brainer” despite the thousands of Americans standing up in opposition. Protests broke out across the country in disagreement with Trump’s actions, arguing that it fell short of fundamental ideas of the Constitution and neglected congressional laws.

Those not in favor saw the order as failing to uphold the rights of Due Process and Equal Protection, as well as discriminatory of the Muslim religion, and nonrepresentational of the principles the country aims to honor. Riots and protests continued to break out across the United States, concentrated mostly in airports, after the announcement of the order. James Robart, of Seattle, disapproved the order as U.S. District Judge, issuing a trial on its worthiness in response to the lawsuit filed by Washington and Minnesota. A suspension was put on the order and a temporary halt was placed on the deportation of travelers being detained in the airports, as the order fought its way through the branches of government. The 9th Circuit Court of Appeals rejected Trump’s action after weeks of debate. From this point, it is unclear what action will follow. Trump has discussed revising his original plan, creating a new executive order which hinders immigration from Muslim-based countries but walks around the controversial aspects that arose from the “unconstitutional” ideas of the previous plan. In this case, the revised version, if created and granted, could be in effect for a longer period than 90 days. Trump could also request reconsideration of the order from the same judges or an entirely new house of 11 judges as an attempt for a new answer to his previous order. While the nation awaits Trump’s upcoming course of action, the country stays divided through those in favor of increased national security and those looking to create a safe haven for anyone and all.

In the meantime, immigrants and refugees suppress their fear and anxiety in their time of uncertainty, as Immigration Control Enforcement has already began searching homes, workplaces, and cities for unlawful settlers.

Club Spotlight: Tetra Delta
By Renee Gortez

Tetra Delta is the all-inclusive science club on Concordia’s campus. Many students may remember them as the group that made ice cream in front of them using dry ice and milk. The main goal of the club according to the club adviser, Dr. Benjamin Harrison is “a way to foster community in and around the Science Department [by] bringing together students in a range of different activities (some science-focused) and, it allows students to find their place at Concordia.”

The group prides itself on bringing science, community, and togetherness to all science students and any other students who wish to join their endeavors. They have been around longer than any current science faculty member can remember (which means it is at least 10 years old). According to current President Jordan Bruss, the club engages and has done many different events for students. “We do a variety of different events which revolve around socializing, science, and grad school prep. We’ve done events like host a volunteering information session from an area hospital, resume workshops, a trip to the Science Museum of Minnesota, and our annual Chem on the Knoll, which is a big cookout for students.”

Laurel Carlson stated that their biggest repeated event that the club has is their weekly study nights. “We hold study nights every week on Tuesdays from 5:30-8:00 in the science building. This is a time for people who are in a science class to come in and get help with their homework or to just have any questions answered.” Science tutors and Tetra Delta board members are present during these study sessions.

The student organization of Tetra Delta has made an impact on those involved in it, and it has gained the respect and proud words of its advisor. Harrison stated, “I think the student leadership within the club has a genuine interest in the success of their fellow student. They dedicate considerable amounts of their time to discuss, plan, and execute events that they truly believe will help other students, science majors and non-majors alike.”

Bruss wanted to be more involved on campus, especially in the science area. “Being in a leadership position in Tetra Delta has allowed me to play an active role in organizing events and figuring out what students would like. I’ve been able to work with other clubs and become better acquainted with the Science Department faculty in the process.

I’ve met several good friends of mine through Tetra Delta, and I’ve gotten to know more people in the Science Department because of it.” The group is well organized and thought out. “I can’t say enough about the student leadership of this organization,” stated Harrison, “As adviser, I’ll offer opinions, but rarely put my foot down. The credit for the accomplishments of this group during my time lies in the succession of thoughtful and dedicated student leaders the group has enjoyed over the past few years.”
New Transit Projects: Light Rail Extensions & Rapid Bus Transits
By Farha Ibrahim

The American Public Transportation Association named Minnesota’s MetroTransit the System of the Year for 2016. To continue their legacy, MetroTransit plans to extend the Green and Blue Lines in the upcoming years. According to the Metropolitan Council’s website, the Green Line extension (Southwest Corridor extension) and the Blue Line extension plans have been in the works since 2010.

The Southwest Corridor is the fastest growing employment center in the Twin Cities, and its population is increasing and becoming more diverse. With the light rail extensions in place, employment is expected to increase. Green Line extension plans began in August 2010. With nearly 6 ½ years of planning, it is expected to start construction in 2017 and open to the public by 2021. With the addition of 15 new stations, the Southwest light rail transit (LRT) will be passing through the cities of Minneapolis, St. Louis Park, Hopkins, Minnetonka and Eden Prairie. The project’s budget is $1.858 billion, funded by the contributions from the State of Minnesota, Counties Transit Improvement Board (CTIB), Federal Transit Administration (FTA), and other state and local contributions.

Blue Line extension plans began in March 2010. With nearly 7 years of planning, it is expected to start construction from 2018 and open to the public by 2021. With the addition of 11 new stations, the Blue Line LRT will be passing through the cities of Minneapolis, Golden Valley, Robbinsdale, Crystal and Brooklyn Park. The project’s budget is $1.536 billion.

There is support from businesses, local elected officials, and communities of color for the Southwest LRT. According to the Metropolitan Council’s website, Metropolitan Chair, Adam Duininck, states, “We need to expand the Green Line to connect people in St. Paul and Minneapolis, as well as along the future Blue Line Extension, to the jobs-rich southwest communities. This line will connect people with jobs and provide another transit option for southwest commuters. It will also advance equity, providing transit options to the many people of color living along the corridor throughout Minneapolis, St. Louis Park, Minnetonka, Hopkins and Eden Prairie.” Many individuals have a hard time finding or sustaining a good job due to unreliable transportation. These extensions can give people the opportunity to find and keep those new jobs knowing that they have a transportation system they can rely on.

Along with the light rail extensions, MetroTransit is also working on producing many bus rapid transit (BRT) in the upcoming years. BRT were created to improve traffic flow in the busiest streets in the Twin Cities. The A Line was the first one to open on June 11, 2016. With the addition of 18 stations, the A Line is set to improve traffic from Rosedale Transit Center through Snelling Avenue, Ford Parkway, and 46th Street. $27 million was used to fund this project. C Line route will start from the Brooklyn Center Transit Center. Traffic on Penn Avenue is expected to improve. Construction is set to begin in 2018 and will become open to the public in 2019. Approximately $30-35 million is being spent to fund this project.

D Line route will start at the Brooklyn Center Transit Center and end at the Mall of America. Traffic on Chicago Avenue and Fremont Avenue is expected to improve. Construction is set to start between 2019 – 2020, although the funding for this project is still pending. Orange Line is highway BRT line that will run on the I-35W.

This route is expected to improve traffic on I-35W. Construction is set to start in 2017 and will become open to the public in 2019.

Minnesota Senate Health Insurance Bill Who Pays?
By Jerry Freels

The Minnesota Senate moved quickly to pass a $450 million bill responding to sharp spikes in premiums for people who buy health insurance on the individual market. “We are in a health care crisis in Minnesota,” said the bill’s chief author, Senator Michelle Benson, R-Ham Lake. About five percent of the state’s residents buy their health insurance individually and have been affected by this crisis.

People buy individual insurance because they don’t get it through an employer or a government program — they buy directly from insurers or through the state-run marketplace called MNsure. Health insurers have been pulling back from that individual market. This means that monthly rates have gone way up and choices have gone down. Some people have lost access to their regular doctors. The bill’s main feature is a 25 percent rebate on monthly premiums for more than 100,000 insurance buyers that adds up to about $300 million. Benson said that simply stopping there would be a big mistake.

The senate is leery of other changes. One option would allow for-profit insurers into a market that has long been the exclusive domain of nonprofit health plans. Another would establish what’s called a reinsurance program to set up a secondary coverage system to shield insurers from the full burden of very expensive claims. The reinsurance program would consume $150 million of Minnesota’s surplus. This would cost the taxpayers an estimated $310 million to reimburse insurers for the discounts. It also includes several other provisions affecting health insurance. Some are uncontroversial such as a $15 million provision to help people with serious medical conditions keep their doctors into 2017, even if they have lost their old plans network. In the senate, 19 Democratic-Farmer-Labor (DFL) senators voted against relief because of the for-profit HMO clause, while the remaining DFL senators voted for it.

According to the Pioneer Press and MPR, several senators said they also objected to allowing for-profit HMOs but considered passing relief was too important to vote against now. 2017 will determine where individuals are at health care wise because of the politics in many changes that are to come through this next year. The same day it passed in the Senate and House, Governor Mark Dayton signed it, propelling the bill into action.

Professor Spotlight: Dr. Amanda Brosnahan
By Brianna Holtmeier

Even from an early age, Dr. Amanda Brosnahan was inquisitive about how organisms cause diseases. As a child, Dr. Brosnahan grew up on a hog farm and encountered several examples of infectious diseases and the impact they have on living tissues. She wondered, “How do organisms cause diseases and what is the body’s reaction?” Originally, Dr. Brosnahan began to pursue her passion for solving the causes of disease by setting her sights on medical school. However, in her freshman year of undergraduate school at the University of Minnesota, her entire dormitory floor was entirely pre-med students and she “didn’t want to compete with all of them.” Dr. Brosnahan switched gears to focus on the microbiology aspect and continued studying in the scientific field.

After finishing up her Bachelor of Science in Microbiology, she felt, “I hadn’t learned enough and I wanted more.” Dr. Brosnahan then pursued and received her Ph.D. in Microbiology, Immunology, and Cancer Biology from the U of M. Dr. Brosnahan’s thirst for knowledge was still unquenched, so she continued at the U of M as a Post-Doctoral Research Fellow in the field of PharmacNeuroImmunology. Throughout her graduate studies, Dr. Brosnahan worked with the pathogens Staphylococcus aureus (staph) and Streptococcus pyogenes (strept) that inhibit the body’s immune ability and lead to toxic shock syndrome. She has continued her work in this area with a student research group here at Concordia.

Dr. Brosnahan also spent time in graduate school using a GML compound in a vaginal gel to prevent the spread of HIV once infected. The many years of research gave her valuable life experience with troubleshooting and having the mentality to continue, even “during grad school where nothing works for a year, but you get through it.” Dr. Brosnahan highly recommends experiencing research as it gives you skills that are “extremely helpful Continued on page 5
Continued from page 4

President Trump: Keeping His Campaign Promises...So Far

By Jordan Peiser

The first weeks of Trump’s presidency had people warily waiting to see what the flamboyant personality would do as the leader of the free world. The common stereotype of elected officials is that when a candidate makes their campaign promises, they are often selling fancy slogans to get themselves elected. It might be a surprise to some that he has, in fact, been maintaining his word and fulfilling many of his promises so far.

So far, it has been an interesting 2017 watching Trump keep many of his campaign promises as well as show that when it comes to policy, he means business.

Trump has also been gaining ground in his vows to be an anti-abortion candidate, a promise that many were skeptical of given his past. However, he has kept to this so far with his reinstatement of the “Mexico City Policy,” that bans American federal funding of foreign non-government organizations which, among other things, provide abortions.

Among the campaign promises mentioned above, which President Trump has been fulfilling, he has also been working on legislation to repeal and replace the Affordable Care Act—also known as ObamaCare—and President Trump says he desires to replace it with something better. Of course, as the ACA is a large piece of legislation and any goal to repeal it will take time; as of now, he can only work on the process of maintaining this promise he made.

He is also working on maintaining his promise to ban refugees from up to seven Muslim-majority countries. In fact, as noted in a USA Today article by Oren Costell, Trump “is expected to suspend the U.S. refugee program as one of his executive orders, closing the door on thousands of people seeking asylum from religious, political and ethnic persecution worldwide.”

Regardless of personal views of America’s new Commander-in-Chief, he deserves some attention for doing everything within his power to fulfill those promises which helped get him elected.

President Donald Trump, photo credit to CNN

"Make America Great Again" and contribute to making our economy strong by focusing on blue collar work and the American energy, Trump seems to be fulfilling these by re-instituting the Dakota Access Pipeline (DAPL), which was debated during the Obama administration. However, it has met sharp protest in North Dakota and in the Twin Cities.

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While there is already an amendment that prevented American money from funding abortions overseas, this policy means that we will, at least for the next four years, not support organizations that so much as offer abortions.

The aforementioned policy fits in with his promise to fight against the abortion industry as part of his promised anti-abortion advocacy. It is important to note that the Mexico City policy has been issued and repealed ever since the Reagan administration with each new Democrat repealing it and each new Republican reinstating it.

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Jenny Everett: CSP Graduate Gets Job in Sorrento, Italy

By Cole Schuessler

Jenny Everett, class of 2016, left Concordia and headed directly to Sorrento, Italy to study abroad and fulfill the last of her course requirements. Formerly the president of Concordia’s Sigma Tau Delta chapter, as well as the copy editor for The Sword for 2015-16, Everett had school experience, but wanted to gain worldly understanding. “I decided to study abroad because I wanted to get an internship that would put me apart from other applicants for when I entered the job market after graduating,” Everett stated. “I also knew that I didn’t have a lot of opportunities to truly experience another culture and live in it,” she said, adding that living with a host family in Italy would provide the perfect opportunity to be immersed in a new culture.

During her semester studying abroad, Everett visited Pompeii and traveled to Munich, Naples, and Florence to name a few cities. On her two-month celebration of living in Italy, Everett hiked to the top of Mount Vesuvius. “During my semester,” Everett explained, “I did my internship in English, where I wrote a lot of articles for the school that I was attending and also controlled their social media.”

After her classes ended for the semester, Everett took a solo backpacking trip around Europe. “[It] was an opportunity for me to really push my physical and mental limits as well as my social limits,” said Everett. The international adventures are not over for Everett even though her studying abroad has come to a close. At the end of her semester in Sorrento, Everett was offered a position at her study abroad alma mater, Sant’Anna. In a meeting that Everett thought was just routine, the school asked her to be a resident in their new dorms. Everett explained, “They figured with my camp experience and my performance during my internship, they would like me to do the job if possible. I said, ‘Yes!’” She quickly added, “Who doesn’t want to work abroad?”

Everett’s job in Sorrento will consist of her being an RA as well as running the social media for Sant’Anna. Everett will be able to help students who are living abroad in Sorrento and guide them in traveling around Europe, living in Italy, and processing homesickness.

While Everett’s family and friends will miss her, she mentioned that her family was more concerned about her contact with refugees while living in Italy. “Since I’ve been there, I’ve met a couple refugees, and they’re all lovely people who are just trying to survive. I’ve explained that to my family, and they now are fine with it,” Everett said. Although she says it will be hard to be away from home, she is glad that social media helps keep her connected to her friends at home.

Everett looks forward to returning to Italy this August after she works at a camp this summer. She has a lot of fond memories of her past semester in Italy and is looking forward to what the future holds. She ended by saying, “Hopefully some of my family and friends will come and visit, and I can play tour guide and show them around what has become a place that I call home.”

Making It Through the Winter: Driving Safety and Theft Protection

By Cole Schuessler

Although the season of winter officially only lasts three months, everybody who lives in Minnesota knows that the cold and snow can strike at any time for more than half the year. This can be especially frustrating for car owners as road conditions, troubles starting the car, and even theft can more easily occur. Even though accidents are more likely to happen in the winter, they can be avoided if proper steps are taken. When snow falls for the first time, even experienced Minnesota drivers can be thrown off by the new road conditions.

Whether it is just a dusting or a big snowstorm, one should always be wary of the road conditions. Even before driving on the wintry roads, drivers should practice awareness when turning on the car. When starting a vehicle to warm it up, make sure not to run it in an enclosed area, such as a garage. Try to make sure that there is half of a tank of gas or more in the car when driving in the cold, in case it stops working. As always, make sure to buckle up before going out on the often potentially dangerous Minnesota roads (Winter Driving Tips, AAA). Before setting out, it’s good to look at what the road conditions will be. If driving on snow or ice as all Minnesotans do, there is a few tips to be aware of for daily driving.

First off, accelerating and decelerating slowly is key. Tires cannot gain as much traction on the ice and snow, and slamming on the brakes or gas pedals could cause loss of control of the vehicle. Giving fellow commuters a little more space in front is important as well. The recommended following distance on pavement is three to four seconds, while on snow and ice it should be increased to 8 or 10 seconds (AAA Exchange).

It is also important to know what type of brakes the car has. Most new cars have ABS (Anti-lock braking system) and pressing on the pedal can cause some vibration (which is normal), as the hydraulics installed in the system help the wheels to unlock. Without ABS, releasing the brakes and then reapplying pressure to prevent the wheels from locking up is often the best way to go. With either system, it’s important that the car has good tires as well. Tires should be inspected after 5 years, and they shouldn’t go longer than ten years on the road (Michelin.com). Monitoring the tread on tires is also important; one easy way to test this is using a penny. Put the penny inside the tread upside down and if all of Abe Lincoln’s head is visible, it’s time to get new tires.

Theft of vehicles also occurs more in the winter. When starting the car to warm it up, make sure not to leave it alone. This sounds simple, but hundreds of theft cases begin with auto owners giving thieves this opportunity for an easy carjacking. It’s also important to keep valuables out of sight from the windows, especially in St. Paul, where crime rates are some of the highest in the nation.

Though winter isn’t most people’s favorite season and it can cause many auto owners problems, they can often be prevented. By taking proper precautions, one can have a much higher chance of making it through the coldest season of the year unscathed.
Super Bowl 51: Not-So-Super Commercials
By Mara Grau

Super Bowl 51 may have been a historical game, since it was the first Super Bowl game to go into overtime, but its commercials left viewers disappointed. Super surprisingly, this year there were no Doritos commercial and the Budweiser commercial did not feature their signature Clydesdale horses. However, there were some standout commercials including ones from Audi, Tide, Honda, Go Daddy, and Buick.

Audi’s commercial was an emotional one that featured a common social problem. They took this opportunity to let the world know that they are “committed to equal pay for equal work.” A father watching his daughter compete against boys in a go cart race contemplates having to tell her that she is not as valuable because of her gender. As she wins the race, he hopes that he will be able to tell her something different.

Honda’s commercial was just as heartwarming as Audi’s gender equality ad. Utilizing the old yearbook pictures of celebrities, Honda encourages people to keep chasing their dreams.

Commercials advertising GoDaddy.com typically utilize attractive women to grab people’s attention, but this year they took a comical approach. Their commercial features the Internet being portrayed by an average looking guy. The first comical moment comes when he says, “what did you think I’d look like? I’m wiry.” His house is littered with cats and other common internet fads; even his body is covered in internet related tattoos. Their intention was to encourage people to get involved in the internet by using their website creating services.

Kia also took a comical approach by replacing their life-sized hamsters with Melissa McCarthy to promote their new car. She took a shot at some heroic acts, but apparently, she’s only successful at driving the Kia. Both Skittles and Mr. Clean had commercials that were funny but had people wondering what exactly they just watched. This year Skittles has switched their tag line from “taste the rainbow”, to “romance the rainbow”, showing a boy throwing skittles at his crush’s bedroom window. Meanwhile, the girl, her family and a few other people are taking turns catching the airborne candy in their mouths. Mr. Clean took on a new saying as well: “You gotta love a man who cleans.” In this ad, a woman contently watches Mr. Clean strut his stuff around her house while doing what he does best. Turns out it was just her husband all along. The most popular commercial that came from Super Bowl 51 was for Bai juice. What could be more entertaining than Christopher Walken doing a dramatic reading of NSYNC’s “Bye Bye Bye.” He even gets accompanied by Justin Timberlake himself. All the commercials mentioned above from this year’s Super Bowl can be found on YouTube – Check them out!
CSP’s Track Team Continues Reaching New Heights
By Cole Schuessler

With records falling and standout performances from Concordia’s athletes at every event in this year’s indoor events, CSP’s track and field team is reaching new heights: both literally and figuratively. With school records for the women’s long jump, women’s 600m, men’s 5k, and men’s mile all being set this year (some multiple times) show the strides CSP’s ever improving track and field team has made.

With multiple athletes also qualifying for nationals, the Golden Bears also continue to make their mark at higher levels as the indoor track and field season draws to a close. January 20th was a big day for Concordia’s track and field team, as they competed in both the University of St. Thomas invite as well as the SDSU DII Invite.

At the UST invite, both Kalley Burney and Gretchen Feilen once again set the school’s new standard in high jump, clearing 5’2.5”. Feilen also took 1st in the pole vault, and her teammates Marianna Kramer and Teghan Norman finished 2nd and 4th respectively to give the Golden Bears three top finishers in the event. Erica Shady also pitched in a first place finish in the 60m, as the Concordia women had a strong showing at St. Thomas. In South Dakota at the SDSU invite, the men’s team shined, as long distance runner Caleb Troe set the school 5k record with a time of 15:28.46, and placed fifth in the event. Peyton Holmes also beat the record with a time of 15:32.21 as they both toppled a record that had been intact since 2002.

The record breaking didn’t end there, as Benjamin Allen finished the mile in 4:25.25, placing seventh in the event and taking down the school mark that had stood since 2006. Other top three finishers at the SDSU invite included Antony Odera (triple jump) and Gloria Williams (60 meter dash). The next meet on January 27th and 28th had Concordia traveling down to Mankato to take part in the MSU Open and Multi. The high jump record set a week before the meet fell again as Kalle Burney claimed the school mark with a leap that cleared 5’6.50”, taking first in the event.

While Burney was unable to complete the pentadeth, her teammates Wakpor Ighovojah and Erica Young finish 2nd and 3rd respectively in the event, and placed fifth in the event.

A week later on February 4th the Golden Bears made the trek back down to Mankato to compete in the Ted Nelson Classic. Another school record fell as Erica Young ran the 600m in 1:38.01 to also take first place in the event as well. Hannah Gustafson took home another win for the Golden Bears, tossing the shot put 40’5”. Anna Ripske finished 4th in the weight throw and Kramer placed 5th in the pole vault to round out the women’s top 5 finishers. Benjamin Allen (4th in the 100m) and Marcus Gustavesson (5th in the shot put) were the top finishers for the men. Overall, the Golden Bears had 18 top 10 finishes at the Ted Nelson Classic.

With school records falling, and the Golden Bears leaping and sprinting to new heights and distances, Concordia’s track and field team continues to make strides in becoming a solid all around competitor.

CSP Women’s Basketball heads to NSIC Conference Tournament
By Cole Schuessler

There is a difference between legitimately good teams and hot teams that are just on a recent streak of success. Hot teams can see a spike in production from certain players, have help from a favorable schedule, or have a few bounces go their way to win games.

Legit good teams improve throughout the season, have depth on their team, and can sustain their success even through injury or a tough game. Now on the 10-game win streak (at the time of the writing of this article) the Golden Bears know what success is like at Concordia, having guided the Golden Bears as a player to back-to-back NSIC championships and being a two-time NSIC player of the year. It seems they are on a streak but a legit good team.

The Golden Bears have been lead this season by second year coach Amanda Johnson, who took over as interim head coach part of the way through last year’s 2015-2016 season. Johnson some of her skills and will to win has been rubbed off on her players as the Golden Bears continue to get contributions from all over their depth chart. A post player in college, it’s not surprising that Johnson’s most improved player in the winning streak has been center Caitlyn Russell. After a slow start to the season, Russell has burst on to the scene, scoring in double figures in 10 of the last 12 and putting up 20 plus points in her last five games. This led to Russell being named NSIC South Player of the Week two of the games this year while leading the team in scoring at 18.0 points a game (which ranks second in the conference). Senior Shay Jones has also been pivotal to the team’s success as third leading scorer (11.3 pts/game) and leader in assists (4.5) while also putting up a triple double against St. Cloud St. on February 3rd (15 pts., 14 ast., 10 reb). With their next three highest scorers (Lauren Shifflett, Lindsay Dorr, Kyrah Fredenburg) out in games against St. Cloud State and Minnesota Duluth, the Golden Bears needed contributions from those farther down on the depth chart.

Freshman Brianna Miller, sophomore Hannah Vildlund, and sophomore Kayla Miller all stepped up into more minutes and filled their roles admirably. Brianna Miller received the biggest uptick in production, playing 36 minutes in a home win against St. Cloud State (58-75) on February 3rd and the whole game (40 minutes) in a win against Duluth (70-59) on February 4th, while scoring 19 points on the weekend.

With recent wins against Southwestern Minnesota St. (67-63), NSIC South division leader Sioux Falls (62-51), Bemidji St. (68-60), Minnesota Crookston (90-84), and the aforementioned St. Cloud St. and Minnesota Duluth, the Golden Bears have shown they can play with anyone in the conference. With their 10 game win streak and improved play across the board, CSP has shown that they are not just a hot team on a streak but a legit good team as well.
Mens Basketball Prepares for NSIC Conference Tournament
By Tanner Peterson

With the Golden Bears approaching the end of the regular season, they are hoping to make a run and get hot going into the end of their season and the NSIC conference tournament. They continued their season trying to snap the dreaded 7 game losing streak in Mankato. The Golden Bears came out slow and the Mavericks never let them back into the game as they finished off the Golden Bears with a final score of 56-76. The leading scorer for the Golden Bears was Bryndan Matthews with 13 and Sam Siganos also tallied 12 points. The freshman guard Siganos, has come into his own here lately as he also recorded four rebounds to go with two assists and forth affair, but the Beavers proved to be too much as they snuck away with the win with a final score of 74-70. Powell led the squad in points scored with 17 and Ted Brown followed him up with 13 points and six rebounds. Matthews led the team in rebounds with nine. Following the tough loss, Head Coach Joey James led his team to Marshall, Minnesota to go up against one of the best teams in the conference, the Southwest Minnesota State Mustangs.

This was a lopsided affair as the Golden Bears couldn't keep up with the high scoring Mustangs. The final score was 81-56, in favor of the Mustangs. Matthews kept up his impressive sophomore campaign as he scored 16 points while shooting 50% from the field. Freshman Max Keeve followed up Matthews and registered 10 points to go with four rebounds. From Marshall, Minnesota, the Golden Bears stayed west and headed to Sioux Falls, South Dakota for a showdown vs. the University of Sioux Falls Cougars.

This was another lopsided affair as the Cougars came out to a fast start and never looked back. It finished with a final score of 93-70. Freshman, Siganos led the team in points with 15 and added two assists. Matthews also added 13 points. The Golden Bears then traveled to Bemidji to attempt to end their losing streak.

The Golden Bears fought until the very end, but a strong second half by the Bemidji State Beavers was too much to handle as they took the game with a final score of 78-62. Siganos led the team in points with 19 and Keeve added 14 points. Matthews also registered 13 points to go with seven rebounds. From Bemidji, the Golden Bears looked to their next game in Crookston to face off with the Eagles. Once again, this one came down to the wire as the Golden Bear's 17 turnovers came back to haunt them as they lost with a final score of 73-70. Matthews led the team in points with 17 and nine rebounds.

He also swatted three shots in his 40 minutes of action. Keeve also turned in 13 points. From Crookston, the squad packed up and headed back home to the GC for a clash against the St. Cloud State Huskies. The Huskies have one of the best records in the NSIC and they showed why they're in talks as one of the best teams in the conference. The Huskies sprinted out of the gates and never looked back as they took the win with a final score of 88-56.

Powell led the way for the Golden Bears with 15 points, five rebounds, two steals, and a blocked shot. Matthews also showed up as he added 14 points, seven rebounds, and three assists. The Golden Bears cold shooting didn't help as they shot 34% from the field and 61% from the charity stripe. CSP looked to end their losing streak against the Duluth Bulldogs the following night.

The Golden Bears came out firing with something to prove as they shot 59% from the field and 43% from downtown and their hot stroke led the to the win with a final score of 95-85. Powell led the team in scoring as he dropped 27 points, which was a career high and a team high for the season. Matthews once again showed off his complete game as he tallied 21 points and nine rebounds.

With a young squad starting to figure things out, this could be a Cinderella type story come tournament time if this team plays the way they're capable of doing. Be sure to get on down to the GC to check out this exciting team.

Golden Bear for Life From the Refugee to Baylor Basketball: The Story of Nuni Omot
By Tanner Peterson

As the Concordia Golden Bears are in the midst of their conference schedule, there is another team that Golden Bear fans should be pulling for this winter, the University of Baylor Bears men's basketball team. Not only has Baylor been a great story for the NCAA this season, they roster former Concordia Golden Bear, Nuni Omot, who has one of the most unique stories in all collegiate basketball.

Omot's family was caught up in the war in Gambella, Ethiopia, his mom, dad, and brother walked to Kenya in hopes of finding a better life and access to the United States. While on the journey, they were put in prison on the Kenya and Ethiopian border. Eventually, they were released by the United Nations, but they were still left with nothing.

They continued to travel to the Kenyan refugee camp, and that is where Omot was born. While they stayed there, Omot's mother worked at the care center, while his father took care of him and his brother, Aba. Their father received word that there was an opportunity for the mother and two kids to travel to the US and they took advantage of this and arrived to the US in March of 1996.

That was the last time Omot saw his father (his father made it to the US in November of 2016 in hopes of reuniting with his two sons and wife). Omot, his mother, and his brother lived in Mahtomedi and that is where their journey began.

Omot lived and went to school in Mahtomedi, where he fell in love with basketball. Coming into his junior year of basketball at Mahtomedi High School, Omot was hoping to play major varsity minutes and have an impact on the varsity team. At the time he was 6'1, and played on the junior varsity squad. By seasons end of his junior year he had played every little varsity minutes and was still on JV. Going into his senior year, Omot knew that he had to change something. He said to himself that summer "I'm not the best student in the classroom, but I have to figure a way to change that and get an athletic scholarship for my family". Even Omot will admit that it wasn't realistic to think that he could get an athletic scholarship to play basketball only off of one year of playing varsity basketball, but he went after it anyway.

Omot's main motivation was his family and coming into his senior season he remembers his brother saying "take advantage of people understanding you and keep working hard because it will never go unnoticed" and he knew that he had to outwork his peers. He went from being unnoticed, to being one of the best athletes in the state of Minnesota. The time in-between his junior basketball season and senior basketball season, Omot grew an astounding 5 inches to put him at 6'6. To go with his brother's grueling workouts during the summer, he was ready to show off all of his hard work.

Omot was a completely different basketball player during his senior year compared to his junior year and he quickly became one of the hottest recruits in the metro area. After his impressive senior season was over, Omot averaged 18 points, 6 rebounds, and 2 assists a game for Mahtomedi. Following his senior season, he emailed all teams in the NSIC expressing his wish to play college basketball, and only received two emails back, and one of those emails was from Concordia St. Paul. After it was all said and

Continued on page 10
Continued from page 9

done, Omot fell in love with Baylor University and became a Golden Bear where he continued to show off his skills at the Division II level.

Omot was a key contributor for the Golden Bears team in 2013-14 squad as he averaged 12 points, 5 rebounds, and nearly an assist a game. One of his former teammates at CSP, She Mandli, said the following about Omot, “One day Nuni told me he was going to play for Baylor and I absolutely thought he was kidding. I had my doubts, but he had his dreams I’m so proud of that kid for proving so many people wrong. He made me a believer because he never left the gym. I was afraid he would over work his body, “Most importantly I want to help, give back, and have an impact on as many people as possible” - Omot

but he didn’t care at all. He was focused on getting to his end goal. It became a need to him and no longer a want. That’s when special things like this happen.”

After one season at CSP, Omot decided that after his high school coach, his dream of playing major college basketball, and he signed with Baylor University to play college basketball. After sitting out the 2015-16 season, Omot is now playing a major role on the Baylor Bears basketball team who is now one of the top teams in the country and should be competing for a national championship come March. Be sure to cheer on Omot as he pursues a National Championship with the Baylor Bears this season, and to make an impact in the world around him.

National Signing Day Highlighted by CSP Football Signing 39 New Players
By Tanner Peterson

On February 1st, the dream of playing collegiate sports was finally realized by thousands of high school athletes all across America. On the first Wednesday of February each year, National Signing Day is the day when high school athletes who have been offered to play for a collegiate football program can make it official by signing a letter stating their intent to attend said university. Although there are multiple signing days, the February date is the most widely covered because it heavily involves football.

The Concordia St. Paul football team and Head Coach Shannon Currier brought in quite the haul of recruits this year as the had an astounding 39 kids sign their letter of intent to play football for the navy and gold. Coach Currier he is very excited about the state breakdown goes by ten recruits from Minnesota, nine from Wisconsin, seven from Florida, four from Illinois, three from California, two from Iowa, one form Louisiana, one from Arizona, one from Ohio, and one from Nevada. Coach Currier said there isn’t really a main strength of this class, but he is happy that they addressed all position groups. He mentioned that they have great players in all spots.

He said that he is excited to see what the secondary can do because they were thin there, as well as linebacker and running back. Coach Currier said to watch out for defensive end Chris Garret of Milwaukee, Wisconsin. He previously had an offer to play at the University of Wisconsin. Overall, Coach Currier is ecstatic to see where this class is at right now, and whom he feels they can develop on and off of the field. It should be an exciting football season as the team is starting their spring workouts in preparation for the 2017 season.

Continued from page 9

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National Signing Day

Highlighted by CSP

Football Signing 39

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February, the female athlete of the month is senior track and field athlete, Erica Young.

Young is finishing up her secondary mathematics teaching licensure with an emphasis in Lutheran classroom teaching and a minor in interscholastic coaching. Young’s athletic career began when she was just seven years old, this is when she first began to have anything to do with sports. Her first experience with competitive sports would come in middle school, due to being home-schooled up until this point. Young began to get involved with cross-country, basketball, soccer, softball and volleyball while in middle school.

When it was time to move on to high school, Young would follow in her two older sister’s footsteps and attend Cambridge-Isanti. While there, she swam, played basketball, ran track and field, however did not swim her fourth year and instead ran cross country.

She led the Bluejackets to four consecutive section 7AAA finals on the basketball court, however each year they were met with a very tough opponent and were thwarted each time. She was captain her junior and senior year. She also broke the 4x200 school record, was all conference in the 200-meter dash and long jump, while also earning honorable mention in the 4x400.

While not busy with sports, Young was involved in NHS (National Honor society) Link Crew (peer advisors), and choir. Young decided to follow her sisters one more time to Concordia University.

As she continued on her career at Concordia, Young would go on to set career and seasonal records in just about every event in the track and field repertoire of events. In 2015, she took a redshirt season so she would be able to compete in her fifth year at Concordia, which would be the 2017 season. She has been NSIC All Academic every year she has competed.

At this point in her career, Young would describe the difference in level of play as, “Well it’s just a whole different training regimen. It’s an all year thing in college as opposed to a short spring season in high school. I’ve had to worry more about injuries and taking care of my body in college than ever before because the long seasons can wear on you after a while. Practices are much longer, partly due to my switching to multi events. I loved my coaches in high school, and I love my coaches in college. I think that’s made the biggest impact on me. The competition is much more fierce as well.” She went on to say, “In high school, I really just joined to have friends and have a good time. But I really developed a passion for trying to get better and improve on my performances.

It wasn’t until my senior year of high school that I even thought about running in college.” Besides her athletics, Young has been involved in the math club, Tri-Pi, tutoring, she has been an RA (Resident Advisor), and she tries to attend as many events on campus as she possibly can.
Look At the First Season’s Schedule Concordia Lacrosse
By Tony Kohanek

Concordia University unveiled its plan to add a Lacrosse program to the spring athletic season for Concordia back in April of 2015. Their plan was to use the 2015-2016 academic year to recruit and get the program ready for a 2017 spring start.

One thing that was out of Concordia’s control however was the fact that the NSIC (Northern Sun Intercollegiate Conference) does not have enough teams, to meet the required quota to have lacrosse be a conference sport. There would need to be eight lacrosse programs in order for it to be considered a conference sport. So without enough teams to compete as a conference, the teams we will be playing against will be from all different parts of the country as we are technically considered playing as an independent team.

The lacrosse team will play a 16 game schedule, with one exhibition game scheduled right away vs. University of Minnesota Club. Concordia will play seven games at home and nine on the road. The first official game was scheduled for Feb 10th against Robert Morris, a NAIA (National Association of Intercollegiate Athletics) school out of Chicago. Schools that are members of the NAIA are of the small to mid-size institutions.

Concordia will face off against Findlay at the end of February. Findlay, which is out of Ohio and competes in Division II, Concordia will face after Robert Morris. Marian, like Robert Morris is a member of the NAIA and Westminster is in transition to join NCAA Division II.

Concordia will finish off the home stand with a game against Findlay at the end of February. Findlay, which is out of Ohio and competes in Division II. Concordia will spend March on the road playing schools such as Rockhurst out of Missouri, McKendree, out of Illinois, Northern Michigan, Ave Maria, Keiser, Florida tech and Tampa all out of Florida before returning home to face Midland out of Nebraska and Northern Michigan again at home. McKendree, Tampa, Northern Michigan, Rockhurst, and Florida tech compete NCAA Division II.

These schools should provide ample competition for Coach Dunnigan and the Golden Bears as they compete in the first lacrosse season for Concordia University St. Paul.

Golden Bears Kicks Off 2017 Season With Trips to U.S. Bank Stadium and Arizona
By Cole Schuessler

As the snow melts away and green grass starts to sprout up, the smell of spring and the chirping of birds bring in a new season. Along with that season of spring comes the sights, sounds, and smells of baseball, a sport where Concordia and 18th year head coach Mark “Lunch” McKenzie have traditionally had success.

After being picked to finish 7th last year in the NSIC, CSP was pegged to finish 4th this year in the standings by the conference’s coaches. And well, they are primed for run this spring at the NSIC Championship, they won’t have to wait till then to get started. With trips to the new indoor Vikings U.S. Bank Stadium and to Tucson, Arizona, the Golden Bears will start their season while winter is still in full swing.

Concordia’s first contest comes on February 27th at U.S. Bank Stadium, where the Golden Bears will match up with a perennial top tier team in St. Cloud State for a double header. This early season battle will give the Golden Bears a chance to prove themselves right off the bat, as St. Cloud State was picked to finish 2nd in the conference, while also receiving some first place votes. After opening their season at U.S. Bank, the Golden Bears next contest will take place in the southwest region of the United States, as they travel to Tucson, AZ to take on Arizona Pacific on March 2nd.

Squeezing 6 games into four days on the road trip, Concordia will face off against Grand View (Iowa) on March 3rd, Northern State and Malone (Ohio) on March 4th, and play a doubleheader against Southwestern Minnesota State on March 5. After returning back to Minnesota, the Golden Bears will go back to the U.S. Bank to play Minot St. and Wayne St. on March 9th. After a day off, Concordia will return back to the new stadium to face off against Concordia College in a double header. The outdoor games in Minnesota will finally begin (weather permitting) on March 18th and 19th as CSP will play a pair of doubleheaders against familiar foes Southwest Minnesota St. at their home park, Barnes Field.

While Concordia returns many of the starters and was picked to be one of top teams in the conference this year, they will have to replace some key graduates from last season’s squad. On the mound, Kody Knauss and Zach Rengel pitched a combined 88.2 innings as starters, while Yuji Suzuki and Tyler Schnitz pumped out 45.2 innings and 8 saves out of the bullpen. At the plate and in the field, the middle infield combination of second baseman Alex Laporte and shortstop Eric Fasnacht hit .338 and .341 respectively.

Luckily for the Bears, they will be returning some talent both at the dish and on the bump. Leading the team last year in batting average (.368), home runs (15), and RBI’s (42), among other batting stats, was junior catcher Connor Olson.

Olson comes into the season being recognized by the National Collegiate Baseball Writers Association (NCBWA) as a preseason first team all region player and a 3rd team All-American. The Golden Bears will return five other major contributors who hit over .300 last season including junior outfielder Andrew Shortwell (.318), junior outfielder Tanner Holmquist (.300), sophomore first baseman Ben Suits (.300), sophomore outfielder Carter Schmidt (.308), and sophomore infielder/outfielder Isaac Hormann (.323). Returning to pitch this year will be last year’s innings leader sophomore Gus Varland (54.0) and the team leader in ERA, sophomore Keanu Mendez (4.08). Reliable senior starters Josh Lenz and Kevin Woebke should also get some significant innings.

Even though this season the Golden Bears will play quite a few games away from the outdoor Minnesota chill, with their returning talent they should be primed and ready to heat up once spring and the NSIC conference season kicks into play.
Should Minnesota Bring Back Legal Walls? The Fall of Legal Graffiti Walls

By Hannah Downs

Hiding under the Stone Arch bridge, the High Bridge, and almost every other underpass in the Twin Cities is graffiti. Whether it’s the large murals you see on Nicollet Avenue, or a tag scribbled on the side of a dumpster, graffiti of some sort is everywhere to be found in the cities. While some don’t mind the artful additions, others can’t stand to see their city littered with vandalism.

In fact, painting over vandalism in the cities can cause taxpayers up to 2.5 million each year, according to an article written by Jim Adams of the Minneapolis Star Tribune. What if there was a way to save taxpayers all that money and make the artists happy? Until April of 1999, there was.

Free walls, also known as legal walls, are walls dedicated to legal graffiti. Usually these walls can be found on the sides of abandoned buildings or on the side of warehouses with the owner’s permission. In the past, Minnesota’s most popular free wall was called the Bomb Shelter, located in South Minneapolis. The Bomb Shelter was located on the back of a warehouse that faced train tracks near 34th Avenue South. Artists would come from all over the Midwest to express themselves with a can of spray paint, gloves, and some friends. The two-block-long wall was the last free wall that the state of Minnesota would see after the mayor at the time, Sharon Sayles Belton, announced a huge crackdown on graffiti.

According to Adams, over 85 gallons of white paint were used to cover up the wall’s history after it was closed. To this day, there are a few graffiti tags here and there on the abandoned wall, waiting to be painted over. After the crackdown, vandalism in the cities began to rise, observed Peyton, a local muralist. While a disadvantage of the free walls was that graffiti would leak into the surrounding neighborhood, it is no match for the explosion of graffiti everywhere else, stated Peyton. Other concerns with free walls included promoting gang activity or inspiring younger kids to get into other, more heinous crimes. However, a local graffiti artist, Max 315, does not agree with these empty claims. “We need to bring free walls back to the Twin Cities,” states Max, “I think there should be more walls free walls. By decreasing the amount of time they spend on the streets committing other crimes. In fact, free walls were not just tolerated by local law enforcement, but condemned, said Peyton. The message is clear: we must bring back legal walls to have no voice, the refugee should not be a primary concern to us, we seek to love them regardless of who they are, what they have done, or where they are from.

Frankly, my problem resides in the point that it is not pro-life. Never mind the fact that, as stated in a Huffington post article by Amanda Terveit, “The Helms Amendment has prevented U.S. tax dollars from funding overseas abortions since 1973.”

Before the initiation of this policy, all the money we gave overseas to these organizations went to family planning for things such as contraceptives, helping people who are in crisis pregnancies and so forth.

Now we have opened the Pandora’s Box of poor abortion procedures, cutting assistance to those with STD’s and so on. What has this accomplished? Moreover, if we desire to be pro-life, shouldn’t the party which claims to be pro-life not be so adamant about cutting financial support to poor people?

Because, as noted by the Center for Budget and Policy Priorities, Republicans want to cut “… low-income programs like Medicaid, food stamps, job training and Pell grants for college.”

If we are going to be pro-life, this needs to go from the womb to the tomb. It is imperative that we improve reproductive care to help people with better education, contraceptives, and so on. It is also imperative that we work to fund resources for crisis pregnancies, offer more help for low-income families and improve our adoption and foster care systems. On top of those, another option would be having paid leave for both the father and mother where the time may be split as the couple deems necessary with a guaranteed minimum for the mother.

The answer, as hard as this may be for some to hear, is not “Make Abortion Illegal Now,” but providing better lives and options for women, children and families. Which would likely cut down on the abortion rates because fewer people would have unplanned pregnancies, there would be more economic support for families, and there would be better options for women in the workplace as hiring bias would be cut. Therefore, I argue that being holistically pro-life means, to quote Fr. James Martin S.J., a Jesuit Priest, “I am not only for the dignity of the human being from the moment of conception, but I am for the dignity of the human being until natural death.”

He goes on to go into detail that this means caring for the immigrants, refugees, aid for the poor, affordable health care and housing, etc. So, the next time you or someone else desires to wear the label of being pro-life consider whether that means from womb to tomb or just so long as that life is a fetus. I consider myself pro-life but what does holistically whole life mean in practice?

It means that with all the money and time one might spend condemning Planned Parenthood, or marching at rallies to “Make Abortion Illegal Now,” we can and should spend much of that time instead rallying for our government to hear the cries of the marginalized among us. This would include the poor in the cities who seem to have no voice, the refugee who is condemned based on their skin or religion, and so on. It means that we see the value of human life in every individual and as such, we seek to love them regardless of who they are, what they have done, or where they are from.

It means not thinking the solution to problems is through war and strong arming people. And it may well mean that we lose sleep and money in the process. But then, if we are pro-life in the fullest terms any risk to our lives, wallet or sleep should not be a primary concern, should it?
Thought Germs: The Contagiousness of Our Emotions
By Jordan Peiser

Bris suddenly turned to frustration by an outside event. We’ve all experienced it. You are minding our own business during the start of a pretty good day. Perhaps you’re sipping coffee at your favorite local coffee shop, or your favorite song came on the radio, and you’re singing along joyously when suddenly it happens. That jerk bumps into you and causes you to spill your hot cup of joe on your thigh and blames you for the resulting mess. Or some person with road rage cuts you off, and suddenly you’re ticked. This frustration, like a contagious illness, spreads from you to your friend as you snap at them because someone was a jerk to you.

You didn’t mean to and felt guilty right away, but the damage is done and the infection has spread. I’m talking about emotions like a contagion because the way we act and talk often carries over to others. It’s not all bad because thought germs can also be of the happy variety. It is a thing we people often just do not give much consideration. An example of a positive thought germ would be the sharing of jokes, or funny memes that then get shared with others. You’re probably wondering what my point is. The significance is that with this idea at the forefront of your minds, we can begin to consider what can be done, even if just in a small way, to better our world.

Because, if our thoughts and emotions are contagious, then perhaps we should consider what kinds of germs we expose ourselves to and what kind of germs we are sharing with our loved ones. It is something I think most of us do not take the time to consider—the implications of words or the things we post on social media, for example. Let us then continue this game of viewing emotions as germs. What kind of things do we want to give life? We are aware, for example, that the power of an argument seems much more noticeable when there is a polar opposite waging war against it and these arguments, as strange as it may seem, have a symbiotic relationship; they feed off each other.

Consider how polarizing something as simple as the debate on cats and dogs. I stake my claim on dogs but there are those who find themselves somewhere in the middle, and there are those who have firm opinions on this. Perhaps the solution will be to shut off technology and or turn off the news for a bit and share some laughs with friends, watch funny cat videos and—especially in this harsh political climate—work on sharing funny and happy thought germs.

Exploring Ourselves Through Others
Study Abroad Opens Horizons
By Cydi Yang

About seven billion people inhabit Earth; 362 million call the land of the free, their home; a little over five million stay cozy in the Land of 10,000 Lakes. The reality we see every day most definitely is not the ultimate reality everyone sees. The world is limitless, with the never ending skies to the deep depths of the ocean blues.

In this lifetime, can a person explore every mountaintop, every dark cave, every remote indigenous group dispersed throughout the world? Probably not, but God has made this world beautiful, vast, and mysterious for a purpose. God has made His creatures unique, colorful, and crucial. Humans are created to be curious, passionate, and driven to find their purpose. If we do not fulfill our purpose, we feel empty, somber, and lost. Humans, though made to be good are not perfect beings. Traits such as stubbornness, pride, and fear sting our souls, and sometimes, these traits overtake us.

The Great Wall of China, believed to be 13,000 miles long, has a saying: “He who has not climbed the Great Wall is not a true man,” or a true woman. What accomplishments do we wish to conquer, in order to be our true selves. Think, study abroad. Loc Luong, a senior at Concordia, states, “My study abroad in China gave me the opportunity to learn about myself and about many different cultures. It gave me the opportunity to make ever-lasting friends and an experience that I will never forget.”

Study abroad is part of the journey set out for us. People are selfish. We do not realize an emergency or a wrong until it is done onto us. In order to understand one another, we immerse ourselves in that culture to gain first-hand experience to live in their shoes and why they believe in the things they do.

“Being in London taught me to be independent and taught me what my limits are and that I am capable of more things than I had thought,” states Renee Cortez, a senior at Concordia.

To understand others, we must understand ourselves first. We must love ourselves and invest in our skills, health, and education. Studying abroad teaches life lessons, independence, courage, and it makes us realize the subtle joys we sometimes brush off when at home: a simple dinner with our families or a rich conversation with our grandparents. These little things become so crucial when taken away. The time to take risks is now. The time is now to explore ourselves through exploring others.
A Leading Actress: Allison Fries
By Jerry Freels

Allison Fries, a junior at Concordia University - St. Paul, is a theatre major with hopes of making it as an actress. From the beginning of my interview, I could tell that Fries was a star in the making. Fries has performed in three shows at Concordia and is almost done with all of her required classes. She speaks with a confidence and kind of swag that shows her self-confidence. Fries has taken and excelled at some of the harder theater classes at Concordia: tap, voice lessons, lighting and sound. Fries began as a psychologist major but soon discovered her love for theater. Changing her career, Fries transferred from North Central University to Concordia. The current challenge Fries is facing is taking on the role of an older woman in Concordia’s show Rhinoceros. It has been hard for her to portray the movements and speaking voice of an older woman. After seeing her in rehearsal live you could tell she had groomed herself right into the roll with each and every line or movement. While she has not ruled out films or stage, Considering both film and stage work, Fries is determined to make it somewhere. The dream she refers to is becoming a movie star and getting major roles in the big film producers and one day win an academy award for best actress in a stunning performance. We wish Fries the best and, one day, when she has received an Oscar for best leading actress, we hope she’ll remember Concordia where her dreams began.

Creative Writing Spotlight: A Foot in Both Worlds: Joe Muench
By Cole Schuessler

When Joe Muench first came to Concordia, he didn’t know what he would major in and didn’t have much experience in writing. Now in his 5th year at Concordia, Muench is this month’s Creative Writer spotlight, and he has not one, but two majors! When he graduates in May, Muench will have a major in English (literature emphasis) and a major in Theology.

Over the past couple of years at Concordia, the senior has immersed himself more into literature and writing, with his passion for Lutheran theology driving most of what he reads and writes. Also a member of the baseball team and a volunteer trumpeter at Concordia, Muench hopes to be accepted into the seminary in Fort Wayne, Indiana and become an LCMS (Lutheran Church Missouri Synod) pastor.

Coming into Concordia in the fall of 2012, Muench didn’t have much of his college career planned out, and his choice to come to Concordia was mostly based on playing his favorite sport, baseball. “Why I came here originally was for baseball,” Muench stated. “The academic side fell into place after I was here, to be honest.” A graduate of Hermantown High School, Muench had thought about going into theology and the seminary post high school, but didn’t decide on a major until his sophomore year at CSP. With baseball, playing trumpet, being an RA (for three of his years at Concordia) and keeping his grades to a consistent Dean’s List standard, Muench has found ways to productively fill his schedule at Concordia. As a writer, Muench’s abilities have started to grow recently within the last year or two. “When I was in high school I hated writing, but the one thing I could write about was theology,” Muench said. “It tended to be more academic writing than creative or personal stuff.” That changed when Muench started taking writing classes from CSP English professor Matt Ryan. “I took some creative writing with Matt Ryan the last couple of years and it kind of introduced me to some of the creative nonfiction genre,” Muench stated. Since then Muench has experimented with writing memoir, literary journalism, and a few short stories.

These mostly stem from Muench’s major and interest: theology, and his writing style reflects that. The works of Martin Luther and early Lutheran writings from the Age of Orthodoxy (16th - 18th century) are at the base of what inspires Muench. He listed the Bible as his favorite book, with Martin Luther’s Freedom of a Christian as being another one of his favorite pieces of literature. As for inspiration for creative writing, Muench mentioned Nathaniel Hawthorne as a favorite author in the creative writing genre and John Donne in the poetry genre. As a 5th year senior with high aspirations and lots to do, Muench doesn’t have a lot of time for hobbies, but he did list a few of his favorites. “I usually divide my life up into three segments,” he stated. “Theology, [including] talking about it, reading it, and writing it; sports, especially baseball; and I’m a pretty big music guy too.”

While he doesn’t have enough time to play in CSP’s band, Muench displays his trumpeting talents at the annual Christmas program and other events on campus. Similar to his literary tastes, Muench is old school in the music he likes, as he cited classical as his favorite genre. While Muench turns to a new chapter in his life and plans to move on to the seminary, CSP will certainly miss all he does around campus, including his writing abilities that have grown here at Concordia and will continue to do so after he ends the narrative of his time at CSP.
ARTS & VARIETY

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Fire and Ice: St Paul Winter Gallery
By Hannah Downs

In downtown St. Paul lies the humble AZ Gallery, just a two-minute walk from the Union Depot station. From January 12th until February 19th, the gallery held its first annual showing for St. Paul’s Winter Carnival Art Show. The St. Paul Winter Carnival has been a fun winter tradition in the capital city for over 130 years, but this gallery is the newest attraction to the excitement of the Art Show. The gallery, named Fire and Ice, held over 100 pieces of work from Minnesota based artists who stretched from all over the state. There seemed to be something for every artist or admirer in this showroom, whether it was sculpting or painting, photography, or even jewelry making.

Upon entering the unassuming studio, you are consumed by bright colors and capturing pieces of many skill levels and backgrounds. The studio is warm and welcoming and, though smaller, makes the atmosphere that more intimate. There is a small gift shop of artist’s work in the front of the space in the form of post cards, prints, etc. One of the most unique pieces of Fire and Ice was an “ice” themed mask, made of silver and blue wire, with the same color beads to match, making the mask look like it had icicles over the eyes and at the top, like a crown. While many took the idea of fire and ice abstractly, some took the concept very literally.

There were many photographs and paintings of snow-capped Minnesotan landscapes, or oil paintings bursting with red, orange, and yellow. One artist decided to paint “ice” as a woman lost in a winter wonderland, while another artist sketched a picture of a hat and gloves drying on top of a heater. The exhibit seemed to try and help us Minnesotans transition out of the seasonal depression we can get when the cold winter time rolls around, and into warm and lush spring. One piece that particularly spoke of spring was a watercolor painting of poppies, bursting with bright red color and long green stems. Leaving the exhibit, you get a sense of hope for spring and an appreciation for all that winter has brought—good and bad. Although Minnesota is engulfed in snow and the cold, the promise of spring hangs in the air. This gallery was truly unique and one can only hope that it continues on for years to come.

Music Spotlight: Kristyn Svoboda
By Renee Cortez

Kristyn Svoboda is a fifth year senior and music education major with a strong passion for music and teaching. Now in her last semester before graduation, she is currently student teaching at a high school and a middle school. She plays the flute, the bassoon and has touched on the clarinet, trumpet, trombone, violin, cello, and piano. This is an ambitious young woman.

Svoboda’s musical journey began in childhood like most musicians. “My mom really wanted one of her kids to be a drummer, and it was going to be me, so I started piano lessons at age 7 so I could try out for percussion in 5th grade band,” she stated. She also began learning the flute because her mom wanted her to teach her how to play it (that hasn’t happened yet). Svoboda now also plays the bassoon, which she picked up during her time at Concordia in the woodwind pedagogy class. “Dr. Schimming asked what other woodwind instrument I would like to give a try and I picked bassoon,” Svoboda said. She has been playing the bassoon for three years now and thinks of it as her secondary instrument to the flute.

When deciding which college to attend, Svoboda came to Concordia to visit. Getting accepted for the music scholarship was not her reason for picking CSP. “I would have come anyway,” she stated. “The day I came for a tour, I had lunch with Dr. Mennicke who described the music ensembles and programs CSP had to offer.” Then she added, “Anyone who knows his recruitment tactics can agree that the rest is history.”

In her five years of attending Concordia University Saint Paul, Svoboda has been involved in multiple music ensembles. Some might say she has been the most involved music student in a while. Currently she is a part of concert band, the percussion ensemble, pep band, handbell ensemble, Christus chorus, and in the past she has been involved in Jubilate choir, pit orchestra, jazz band, and the chamber orchestra. When asked what place music holds in her life, Svoboda answered, “Music is everything to me – I don’t know what I would do if I weren’t a musician. It’s my job, but it’s also my hobby. If I’m having a rough day and feeling stressed, a half hour in a practice room could completely turn everything around.” She feels music has shaped her personality and friendships as all of her best friends play music and they all bond over it.

“Never give up,” was her advice to all aspiring musicians. “When I was learning to play my instruments, I struggled and cried a lot. I was the only kid in the flute class in 5th grade who couldn’t get a sound out of it and it frustrated me to my limits, but I didn’t give up. When I tried to play the bells in band, I had a really tough time trying to read the music, and look at my notes at the same time; even though I switched over to play the flute instead, I continued trying the marimba and other mallet instruments in percussion ensembles after school and finally figured it out.

Music can be really trying at times, but there’s always something to learn from it. No matter how much you practice, you’ll never be the best, and there’s always something you can still learn or improve upon.” She believes students of music have to keep trying and persevere. Upon graduation Svoboda plans to teach music. “I’m teaching and playing music every single day and that’s never going to change.”
Latino Art Migrates to Concordia
By Brooke Steigauf

Upon entering Concordia’s art building on February 2nd, visitors were given a mock visa. Before entering the William H. Teaching Gallery, guests were looked at with a cold eye by an actress playing a police officer at a raised desk near the door. She then took a photo of the “immigrant” trying to view the art inside, before forcefully stamping their visa and granting admittance.

While in the gallery, visitors were subject to random interrogation from other acting police officers searching for valid visas, gaining a taste of what it is like to be an immigrant. The collection being displayed these past months couldn’t have been more relevant to the times, as President Donald Trump passed the new ban against travel and immigration from many foreign countries.

Latino, Art Migration consisted of a collaboration of pieces from fifteen different artists, portraying both personal experience and universal ideas. The artwork transformed the walls of the gallery into unknown territory for the guests, giving them a glimpse of the fear and anxiety that comes from leaving home.

William G. Franklin, the coordinator of the collection, described the body of work as an “emotional puzzle,” portraying adjustment to a new country as the artist intended it to be seen and felt. His goal was not only to make the viewers feel like outsiders, but also to shine light on a lifestyle that is often overlooked by those privileged enough to do so. It highlighted both the physical and emotional displacement that causes so many conflicting emotions to those brave enough to enter new land. CSP professor Alonso Sieralta showcased his interactive sculptural work that demonstrated immigrants’ feelings of safety; yet confusion in their place of settlement, while questioning the concept of “utopia.”

In his piece, Sieralta created a precise nest-like structure where viewers could sit and feel protected from the fire (previously) charred the outer edges of the sticks, while also isolating themselves from the exterior world. From the inside of the nest, one could see random letters burned into the branches, symbolizing the misunderstanding and alienation that is felt by those imbedded in a foreign language and culture. In this, viewers can feel the “nest” as also a barrier that restricts them from operating as average citizens in an unfamiliar country and separates them from their life left behind. Illustrating these opposing emotions, Sieralta shines light on the compromise that is made by immigrants who sacrifice one comfort to obtain another. Miguel Gonzalez confronted the same idea of confusion and uncertainty in an optical illusions. In a pencil and ink drawing titled, “The Chase,” Gonzalez also adorned the pursuit of finding a place of comfort in an unknown place, by depicting the resemblance of an eye without a socket. A striking piece from Gonzalez was a moving image displayed through a projector, causing the same discomfort to the viewer’s eye. While viewing the image the warp itself continuously, feelings of delusion and unsettlement arise, reflective of what immigrants face every day. Artist Luis Fitch transitioned his frustration with the Mexican Government into multiple large paintings created with his own blood.

He illustrates the story of 43 students from Ayotzinapa Rural Teachers’ College who were kidnapped in 2014 after being confronted by police while traveling (what happened next is unclear). Fitch created an astonishingly strong message through his own bloodshed, giving tribute to that which is unlawfully committed in frequent throughout his home country. Latino, Art Migration is an incredibly moving series which provokes not only thought, but also emotion and better understanding. It serves as a bridge for its viewers, enabling them to be momentarily transformed into a foreigner, through intimate storytelling and art form.

Modern Retelling of The Tempest
Hag-Seed – Margaret Atwood
By Mara Grau

For her latest novel, Margaret Atwood decided to retell William Shakespeare’s The Tempest. This play is one of the last things Shakespeare wrote, and is one of his most well-known. Like Shakespeare, Atwood is well versed in many genres of writing, which makes this ambitious retelling work. Atwood gave the plot a modern makeover, having it take place mainly in 2013 and several years before that in Canada. Atwood’s retelling is highly enjoyable, and will make you want to read Hag-Seed from beginning to end.

Hag-Seed’s protagonist, Felix Phillips, is a theatre director who is known to push the envelope when it comes to a play’s creative direction. The theatre company he works for is just about to start rehearsing The Tempest, a play that means a lot to Felix, when his world is turned upside down. Felix’s long-term business partner, has decided to remove him from his role as creative director, and from the company entirely. Felix had already tragically lost his wife and daughter, and now the only thing he had left, has been ripped away from him. Felix becomes a recluse for many years before he decides to look for work again. Under the pseudonym, Mr. Duke, Felix begins working at the Fletcher County Correctional Institution teaching literature to male inmates. Except he alters the program to focus on Shakespeare’s plays. Each year, he directs a group of inmates in their own version of a Shakespeare play, while they dissect the themes, plots, and characters.

The inmates have had an easy time connecting with many of the characters in the tragedies, but they have a harder time with the tragicomedy of The Tempest. The inmates identify most with the character Caliban, treated poorly throughout the whole play. Atwood gets the title Hag-Seed from one of the various names Calvin gets called. Felix finally gets to stage his take on The Tempest, and gets his shot at revenge on his former business partner. It is interesting that Atwood chose to include such a large amount of references to Shakespeare’s play, but it helps the reader notice the similarities of the two texts.

For readers who are familiar with The Tempest, it is enjoyable to match up the classic characters and events with Atwood’s versions. For those who aren’t familiar with the original, Hag-Seed is also just as enjoyable as its own novel. Perhaps it will even inspire you to read or reread one of Shakespeare’s greatest plays.
Hidden Hispanic Gem
Food Review: El Burrito Mercado
By Renee Cortez

If a Concordia student is wanting authentic Mexican food, the place to go is El Burrito Mercado. Located in West Saint Paul across the Robert Street Bridge from downtown, Mercado has been around since 1979 when it was converted from an old furniture store by the Silva family. It thrives off of the Mexican American neighborhood that surrounds it.

Once inside, visitors have many things to see. The two main entrances are into the storeroom where one can buy all kinds of Mexican treats and feast their eyes on the colorful piñatas hanging from the ceiling. There are also shelves of made in Mexico trinkets and cultural artifacts on display for patrons’ viewing pleasure and if they so wish, they can buy these as well. All the workers are required to be bilingual, so hearing the Spanish spoken along with all these sights can truly make one feel like they are in Mexico.

For food, the Mercado is not lacking as they have two dining options available to their customers. First there is the cafeteria (El Café Express). Customers look up at a menu and order what plate they would like to eat. It is prepared in front of them, and they pay at the end of the assembly line. At the main meal times of the day, this line can reach over 20 people long.

The other dining option is a full service restaurant (El Café y Bar), which is located just a few steps down and behind the cafeteria. Within the last few months, this restaurant has undergone an expansion in space and food availability. They now offer a buffet option, on Fridays and Saturdays, they provide live music along with the meal, and they now have double the seating space. The buffet provides the customers with the opportunity to have many different food options for one price.

Things such as tamales and enchiladas are available as well as the stable Mexican foods beans and orange Mexican rice. One man eating the buffet stated, “Wow, I like this; I will bring my wife here!” If a customer is not interested in the buffet option, they also have a large menu selection of Mexican dishes at reasonable prices. One patron said she goes there for their authentic Mexican tacos. It is very easy to leave there with a full stomach and money still in your wallet.
February Wordfind: Classroom Edition

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