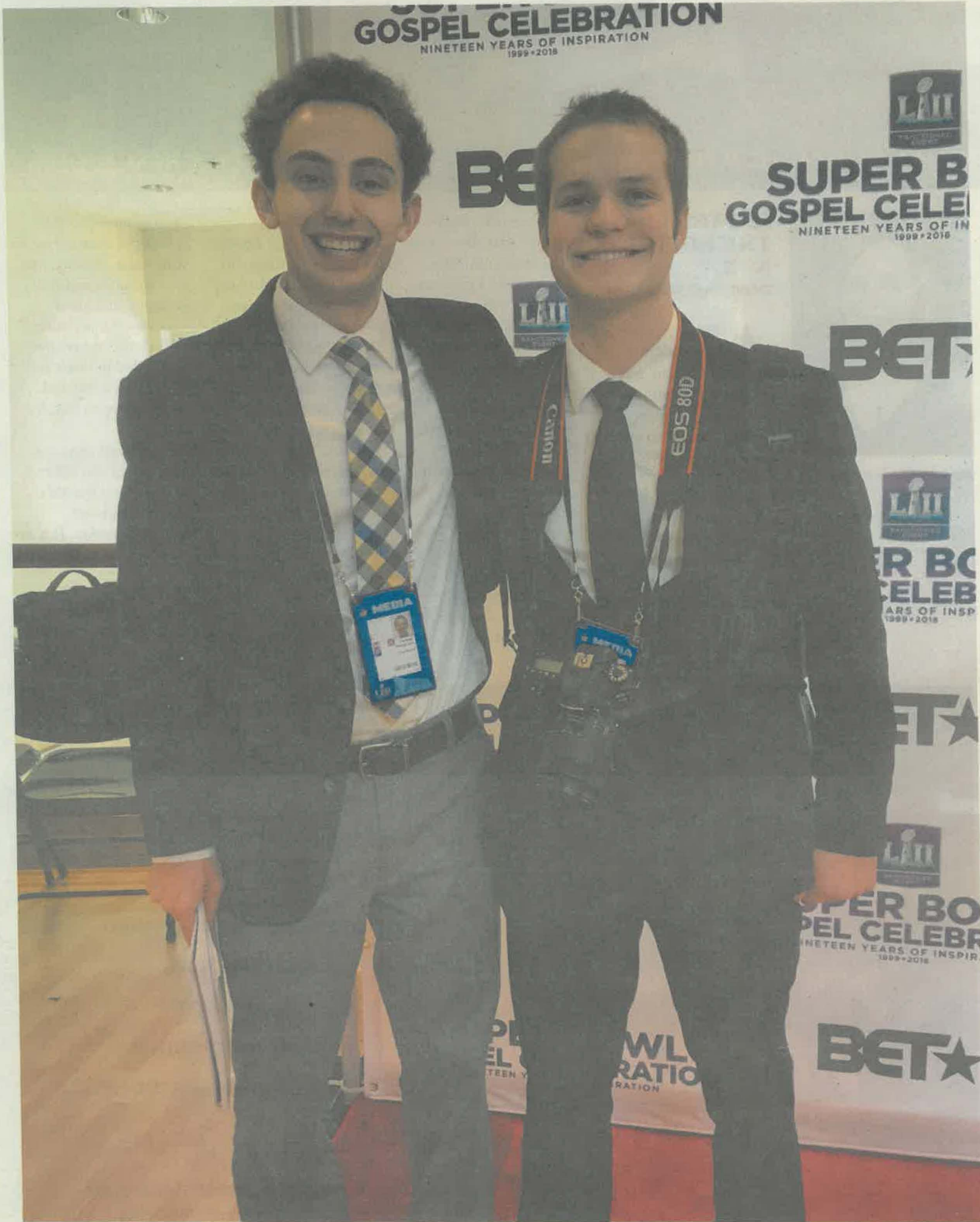


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CONCORDIA ST. PAUL'S OFFICIAL STUDENT NEWSPAPER SINCE 1966

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LETTER FROM THE EDITOR
№ 5
BY BROOKE STEIGAUF

A good newspaper reflects the world we live in: full of contrasting events and beliefs. Newspapers have the ability to affect readers' perspectives on past and current happenings, as well as the emotions that arise from them. In this paper, our goal is to present reality, however harsh it may be, and to give readers an opportunity to expand

their perspectives on matters that affect them, directly or indirectly. Current news gives us a snapshot of our world and a chance to examine it with a critical eye.

Frankly, sometimes that critical eye can appear to highlight "nothing but bad news." But we believe that you, our readers, can retain a sense of hope and empowerment in the face of our reality. We hope that when the need arises, you will turn disappointment into productive action.

With this in

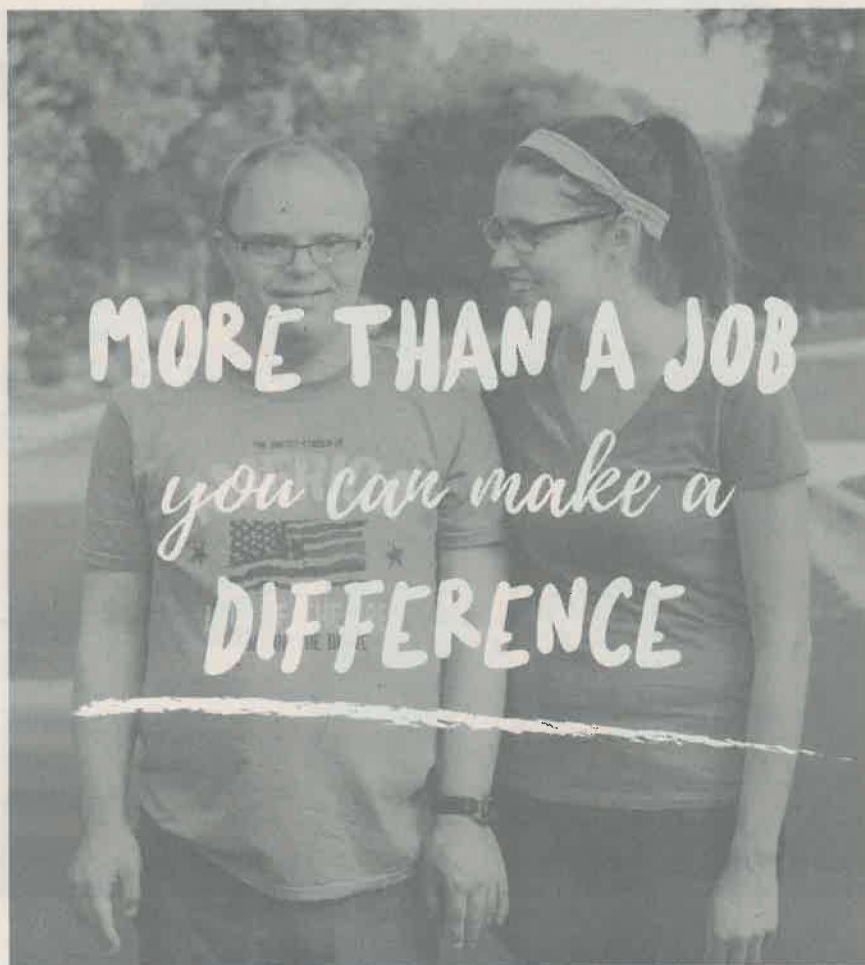
mind, we will put conscious effort towards highlighting the many positive events that are happening within and beyond our campus. And when reported events seem negative, we hope they spur all of us into a place of empowerment, stubborn idealism, and underneath it all, a place to put the love we have for our world.

The most accurate representation of our reality reveals multiple sides of any issue. So take the stage, join the debate, give us your ideas

and opinions so that amid the controversy, we can learn together. CSP is a complex and lively campus, and all of our voices have value. While this newspaper is printed in black and white, our ideas and events happen in full color!

The best service a newspaper can offer is to expand people's awareness, hope, and compassion. It is up to us to spread the word.

Brooke Steigauf
Editor-in-Chief



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AI Writers and the Future of Journalism

BY KELLY PIERCE

Advancement in Artificial Intelligence (AI) technology is in the process of revolutionizing journalism and newsrooms across the globe. Companies such as Amazon and Google are funding robot writing software that is being utilized by media outlets like *The Washington Post*. Although AI is far more cost-effective and efficient than human writers, journalists need not fear for their livelihood just yet.

AI is far from dominating creative industries as a whole, but programs like Heliograf provide augmented intelligence to work alongside human creatives to create content that is more palatable to the masses.

As journalism is increasingly connected with the digital landscape, outlets like the *Washington Post* are utilizing Heliograf to grow their web audience. Editors can put keywords and templates into Heliograf pertaining to various events. The software then trawls the Internet for data matching keywords from which it generates reports to help human staff double-check for potential scoops, according to *TNW*.

Programs similar to Heliograf are good for creating summaries of major events like elections or sporting contests. However, they are not effective when it comes to in-depth analysis. Rather than

creating deep material about specific items catered to a niche audience, these programs are best used to create immense amounts of small, simple stories to attract web traffic.

The Reuters Institute's *Report on Journalism, Media, and Technology Trends and Predictions for 2018* highlights several ways newsrooms are adopting AI. One of the most common applications is for improving content recommendations and search engine optimization. AI can also help specify individual preferences, identify likely subscribers, and create individually tailored ads to persuade consumers to subscribe.

For this reason, journalists and editors across the globe may not need to worry about their job security for the moment. However, lower-level writers specializing in short summaries may become obsolete. These journalists may need to shift from straightforward reporting to higher-level analysis and investigation.

In the manufacturing industry, AI robots have been taking over repetitive, low-skill jobs for the last decade. Though the industry is booming, it is providing less human jobs than it did in the past. Jobs with repetitive routines and high predictability, like assembly-line and warehouse jobs, are much better done by AI. However, less predictable jobs that require complex integration of distinctly

human traits, such as critical thinking and problem solving, are far less likely to become obsolete to AI.

In the news industry, this means that jobs requiring low-level degrees will likely become obsolete, meaning human jobs will be reserved for more specialized degrees. As seen in the manufacturing industry, this will lessen the value of a college degree.

Although AI writers provide new ways to gather data, identify trends, and create immense amounts of simple articles, they are not currently a threat to the integrity of human journalism. In-depth interviews, quaint descriptions of societal issues, and the full profundity of human emotion are things AI will likely never be able to perfectly reciprocate.

So, when that one friend who is infatuated with conspiracy theories and sci-fi machinations tells you robots are going to take over writing and journalism, you can rest easy knowing that our current AI technology can accentuate human creativity, but cannot match human ingenuity. †

Faculty Spotlight: Dr. Michele Pickel Stable-izing Literacy Skills with the Help of Horses

BY BROOKE STEIGAUF

Using creativity and innovation, Dr. Michele Pickel of CSP's Teacher-Education Department has combined her love of horses with her passion for teaching literacy. Dr. Pickel created a teaching program called Horse Powered Reading (HPR), which offers holistic, experience-based learning that engages students' mind, body, and spirit. Through the use of metaphors, Pickel has constructed an interactive curriculum that differentiates itself to fit the unique needs of each child.

Throughout her years of developing HPR, Pickel has seen many analogies for the horses emerge in order to be related to the student's task of learning. Depending on the circumstances, the horses can identify as a reading buddy (support and motivation), a "book" (ranging in difficulty based on the horse), or a distraction from the reading (a metaphor for the class clown, rumble of an empty stomach, or even ADHD).

With any given student in the HPR program, the specific barrier hindering the reading progress is identified and made physical with the use of objects representing the problem. For example, the task of the student may be to create an obstacle course using objects with words on them. As the child walks the horse through the course and reads, the horse may stray off the path, much like our minds often do while reading.

Once the roadblock is identified, Pickel suggests they use a "fix-up strategy" to resolve it. "Find a need and fill it," is one of her many mottos of teaching and learning. In addition, each HPR lesson plan has a parallel activity for use inside a classroom or at home so that the student can continue creatively learning beyond the stables.

Each Equine Approach to Growth and Learning Association (EAGALA) model HPR session requires an equine specialist and mental health professional to assist the student's learning. Pickel's program teaches children not only how to read, but how to believe in themselves, a key component of learning. She explains, "Reading skills are only a small part of what has to happen on their journey toward literacy."

Pickel has combined her knowledge of literacy with HPR co-facilitator and CSP professor Dr. Sally Baas' multicultural sensitivity and social-emotional skills. Together, with the horses, many students have learned to build self-efficacy, confidence, and persistence in students. The professors have transferred this knowledge to the minds of CSP students as well.

As a college professor, Pickel views her job as an opportunity to improve the lives of thousands of students through teaching teachers how to celebrate and build upon the strengths of students, while also searching for innovative approaches to do so. Pickel wants these future teachers to know that they can be the difference in a child's life by inspiring the belief that they can learn and supporting them until it is proven.

Dr. Pickel is inspirational because of her passion, energy, and ingenuity. These same traits are what she strives to extract from her college-level students, as she shows them how to use their own strengths and interests to empower their future students. †



Photo provided by Dr. Michele Pickel

NEWS

Club Spotlight: Solus Christus

BY JORDAN PEISER

Concordia has a brand new club on campus, led by Dr. Mark Koschmann, called Solus Christus (Latin for "Christ Alone"). The origins of this organization sprung from the desire "to make sure that non-church work students would be able to make a connection between their major and future vocation with their Christian faith," according to Dr. Koschmann.

He further explained that it has started because "students had asked for a club that would help them combine faith and learning." Previously, there was a Hoffman Institute which endowed money in honor of Oswald Hoffman, who was the speaker for the Lutheran Hour Ministries. However, the university has replaced it with this program to mentor students and give a small stipend to participants in the Solus Christus Club.

Koschmann went on to say that the club debut this year because they had, "tried other approaches, but they haven't stuck. This time we wanted to make a club which would be more focused on what students were looking for in this type of program."

The club is particularly useful for non-church work students: "This club offers a unique perspective and opportunity for students to connect their education, faith, and future vocations, and this is done with student input. It isn't an academic course or a bible study, but it combines the best of the Augustinian tradition in its combination of faith and its application for their practical life."

From an academic standpoint, membership in Solus Christus provides members of two semesters or more recognition of their dedication on their transcripts. This club also has original material for each semester so that long-time club members will not have any repeats. Koschmann added, "The material will also be catered to the needs of each student. For example, I am building in some readings for students who are in the health and science fields and some for public education so that they can get a feel of how it applies to people in these fields. The idea is to adapt the program as much as is possible for the needs of different students and the programs they are in."

Koschmann also provided the club's charter which explains that the club will also include "special lectures at Concordia University including the annual Hoffmann Lecture and occasional events at area universities, churches, and Christian organizations." Students in this club combine club meetings, discussions, and lecture events to "explore the intersection of Christian theology with the humanities, arts, sciences, and health professions" to be used in their daily life. †

Overcoming the Winter Blues

BY ANTONE WILSON

Winter Blues, winter blues, so little to do, too much on my mind, and so much to lose. Are you falling victim to the brutal inclement conditions of a Minnesota winter? Seasonal affective disorder (SAD), the term coined to defined winter depression, is far more than just a myth as scientific evidence supports the idea that temperatures below zero, heavy snowfall, and the lack of daylight during the winter months can have a lasting impact on our moods.

The root of this issue is the body's response to sunlight or the lack thereof. Symptoms of SAD begins with light that enters our eyes; our body's response leads to changes in our hormone levels throughout our bodies. Our bodies generally respond to light by impeding the production of melatonin, which is the hormone that wakes us up. The inevitable byproduct of the winter season is shorter daylight hours, and the implication is that humans produce greater amounts of melatonin, which causes lethargy. Disruptions in circadian rhythms, which are your body's internal clock that controls sleep-wake cycles, are prominent as well.

The lack of daylight is frequently the primary factor that drives this form of depression and the first solution is simply seeking opportunities to simply get more sunlight. Taking the time to go on daily walks, or hanging by the window with the blinds open to avoid the cold are the immediate alternatives. Perhaps using a sun lamp is feasible as well. Bright-light therapy

has proven to be an effective treatment for SAD because of the full spectrum of fluorescent light that it can produce. Many health clubs offer light-box rooms where you can sit in front these boxes. While the more viable solution would be to go on vacation to a warm climate destination as the bright sun and rising temperatures can revitalize one's state of mind entirely, that is rather costly and out of reason for many college students. Exercise may be the best antidepressant antidote based on the belief that physical activity changes levels of the mood-regulating chemical serotonin in the brain. Taking the time to make physical activity a vital part of your day can also lead to a new environment like fitness clubs where there is positive energy and an opportunity to meet new people.

The sun is where we get most of our vitamin D; therefore, the lack of sunlight could correspond to one becoming vitamin D deficient. Taking vitamin D supplements during winter months can minimize the diseases that are correlated to the low levels. Certain foods that are good sources of Vitamin D include swordfish, salmon, milk, yogurt, and eggs. These are all great options to increase your intake of the vitamin while conquering the shorter days during the winter season with relentless joy.

If you are experiencing any depressive symptoms, it is best to talk to your primary care doctor or a psychologist immediately to discuss your options. There is a multitude of solutions, but how one will respond is contingent upon their symptoms. Seeking a treatment that is best for you is the likely the direction because no solution is superior to another. Winter blues are prevalent near the Canadian borders, and as Minnesotans, we fall victim to being relatively close in proximity. Whether you are dealing with winter blues or strictly trying to avoid them, adopting these practices are the appropriate steps towards a healthier lifestyle both mentally and physically. †

The Effects of Allianz Field on St. Paul's Midway

BY COLE SCHUESSLER

The region of St. Paul known as Midway is undergoing a significant change. Only blocks away from Concordia's campus, evidence of the area's transformation can be seen through sky scraping cranes, a giant progressing metal structure, and orange construction signs galore. While traffic in the area will soon flow again and the metal scaffolding will turn into an eye-popping shiny new soccer stadium, how is the stadium being built and what effect will it have on the area?

The Minnesota United were granted admission into Major League Soccer on March 25, 2015. The United, owned by Bill McGuire and associates, was previously a North American Soccer League (NASL) team before officially starting to play in 2017. Allianz Field, the Minnesota United's new stadium that will open up in 2019, is being privately funded by the owner's group led by McGuire. The group also includes Minnesota Twins owner, Jim Pohlad, Minnesota Timberwolves owner, Glen Taylor, and key investors for the Minnesota Wild. The stadium will be the first privately funded professional sports facility in Minnesota and is estimated to cost around \$150-200 million to build.

The City of St. Paul is also providing \$18 million in infrastructure improvements to support the area surrounding the stadium. After some uncertainty on what parts of the Midway (specifically the Midway Mall) would have to go under construction for the stadium, an agreement was reached. According to the Star Tribune, McGuire and strip mall owner, Rick Birdoff, reached a deal in August that has resulted in some the tenants having to vacate their spaces. Business that were asked to leave included Rainbow Foods, Midway Pro Bowl, Pearle Vision, and Walgreens.

The City of St. Paul has big ideas for the space surrounding the soccer stadium. The area, including the strip mall, is part of more long term plans to eventually have office buildings, new businesses, and possibly even housing close to the stadium. Some additions that have already been approved include a 2/3 acre "Great Lawn" park, three new city blocks, and a shared storm water system that will be one of the largest in the country. Approval of these new renovations also comes with \$4 million in infrastructure costs, according to the Pioneer Press.

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...continued from page 4

Traffic and noise concerns come along with the addition of the new stadium in the well-populated Midway area. The soccer season will feature 17 home games starting in 2019, with most of the games starting on Saturday nights at 7:00 pm. Studies are currently underway to see how the city can effectively produce a transportation plan that will see nearly 20,000 fans coming into the area for United's home games. Big concerns include pedestrian safety in the area as well as fans potentially parking in neighborhoods around the stadium, which city officials hope the plan helps avoid. A city council proposal to make the stadium exempt from noise limits is also in the works, according to the Pioneer Press. This would allow the games to rise above the limit of 65 decibels but would not permit fireworks or concerts.

Whatever happens, the privately funded stadium is shaping up to have a big impact on the Midway area. Whether those effects are positive or negative remains to be seen. †

Emotional Support Animals Fight for Their Rights

BY RILEY EDLING



Photo from, Google Images

From dogs to cats, lizards to peacocks, emotional support animals come in all shapes and sizes (and color!). These animals come from

all over the world, accompanying their owners throughout their everyday lives. Many may see these service animals as normal pets, but the reality is far greater than that. Millions of people become dependent on these animals to get them through their daily activities. Whether it be guiding the blind or simply being there for emotional support, these animals serve a great purpose in today's world.

There are multiple different types of service animals to this day, one of the most common being emotional support animals (ESA). These animals service those who suffer from emotional/psychological disabilities such as mood disorders, post-traumatic stress syndrome, depression, and anxiety. They act as a companion that takes the stress and negative feelings away, increasing one's quality of life. Although the most common ESAs are smaller and more popular animals such as dogs and cats, exotic animals can still be registered.

However, where is the line drawn for exotic animals and their ability to perform their job without causing a public stir? That question is tested daily with larger, more exotic animals. Recently that question was asked, with the answer being the line has been drawn. Dexter, the emotional support peacock, was denied access to a United Airlines flight scheduled to fly from Newark to L.A. United Airlines confirmed that the exotic animal was barred from the plane because it "did not meet guidelines for a number of reasons,

including its weight and size."

Although it is interesting that of all animals one would choose a peacock, that peacock has the right and duty to provide support for someone in need, nonetheless. There are laws that protect these animals, yet a business or agency also has the right of policy to deny such animals if they fail to qualify for safety or other legal reasons.

As usual, controversy comes down to laws and policies. United spokesman Charlie Hobart told *USA Today* that 76,000 ESA's flew United Airlines in 2017, nearly double the 43,000 in 2016. Was Dexter really too heavy to board that plane? Peacocks weigh significantly less than the average human, and the average dog grows to no more than fourteen pounds. Peacocks also only grow to about four feet in body length with an additional three feet in tail length. Is Dexter really a safety hazard or just an inconvenience? Incidents such as this grab media attention and prompt a review of company policies to avoid another mess of a situation.

Dexter is not the only exotic animal to be denied its right. Many people and animals (even larger dogs) come across this problem very often, the end result making the public question why someone would choose an animal that could cause a public fiasco. Those who need an ESA do not simply register the first convenient animal they find; the process is much more complex and personalized. Everyone has different taste and beliefs of what comforts them. Many may have a dog as a perfect fit for themselves, others may rely on a peacock.

To get down to the heart of the matter, everyone is different. Does one really deserve the right to be denied only because of how their best friend and dependent is looked upon? Is it morally right to deny someone with a disability due to inconvenience? As ESAs are becoming more common in today's society, hopefully these questions may be answered with better taste. As for Dexter, he is still battling to board that flight to L.A. †

Minnesota: Sex Trafficking Hub

BY BROOKE STEIGAUF

With the excitement of the sports and entertainment offered in accompaniment with the 2018 Super Bowl, many also became aware and fearful of Minnesota's sex trafficking problem. Now, let's get something straight: Sex trafficking is definitely prominent... and scary. But research released by both the University of Minnesota and the Department of Law enforcement say that there is actually no increase in sex trafficking victims during the Super Bowl, just a spike in demand and awareness.

Breaking Free is a Minnesota non-profit that is dedicated to supplying resources to victims and recovery measures for survivors of sex trafficking. This team is explicit in clarifying that this is a year round problem.

Minnesota Public Radio (MPR) News interviewed Terry Forliti, a former prostitute who is now the executive director of Breaking Free. She says that of the 350 victims or so that Breaking Free assists, eighty percent of them were sexually abused before age 12.

Many victims of sex trafficking are also removed from their home country and shipped other places for the sole purpose of being sex trafficked. National Public Radio interviewed Minnesota criminal investigator Marc Chadderdon, who said the youngest victim of this offense was a nine-year-old girl from Guatemala who was brought to rural Minnesota for the purpose of sexual exploitation. Chadderdon said, "The sad part is that in Guatemala the message there is that there's a market and that we (Americans) want to buy kids for sex in the United States."

Upon hearing this, my first question was, "Who?!" MPR's interview with Breaking Free tells us that based on the 777 men that have been sent through the Breaking Free program, the average sex-buyer is:

- 47 years old.
- Married with children, one of whom is a girl.
- Has a bachelor's degree.
- Travels 15 to 30 minutes to purchase sex.
- Has no criminal record.
- Does not live in the city.

Are you surprised? Me too. So what can be done? Awareness of the expanse of this issue is the first step. MPR says that the FBI has identified the Twin Cities as one of the nation's 13 largest centers for child prostitution. The Mall of America plays a huge role in this. The prominence of sex-trafficking is not limited to the extreme cases of kidnapping, abduction, or manipulation either. According to the Minnesota Human Trafficking Task Force, "Minnesota studies have found that 14-20 percent of homeless youth have engaged in survival sex (providing sex in exchange for food, shelter, money, etc.), i.e. have been sexually exploited."

It is important to be alert, be prepared with knowledge, resources, and self-defense skills/tools, and certainly to spread the word, especially to the unknowing youth. If you want to know more statistics on Minnesota's human trafficking problem, visit <http://mnhttp.org/site/wp-content/uploads/2015/12/Statistics-about-Sex-Trafficking-in-Minnesota-and-the-United-States1.pdf>

Or, if you want to learn more about Breaking Free and their work with victims, visit <http://www.breakingfree.net/> or reach them at 651-645-6557. †

NEWS/OPINION

American Bridges Are Falling Down Why Over 50,000 American Bridges Are Falling Apart

BY BAILEY PARENTEAU

According to a recent NBC news report on January 29, 2018, more than 50,000 American bridges are crumbling and endangering drivers on the road. Yes, you read that right: 50,000 bridges. *American Road & Transportation Builders Association* reported that bridges all over the country are deemed “structurally deficient.” So many bridges need repair, says the report, that if placed end-to-end they would stretch nearly from New York City to Miami. Experts say that at the current rate of repair or replacement it would take thirty-seven years to fix all the bridges. To put it into perspective, 174 million Americans drive over bridges that are unsafe every single day. With such an alarming amount of bridges in need of repair, what can and should be done to prevent potentially disastrous situations? The answer, unfortunately, is easier said than done.

The first option that comes to mind is to repair the bridges using government-funded money. Again, easier said than done. President Trump in his State of the Union address made room for one show of bipartisanship. “I am asking both parties to come together to give us the safe, fast, reliable and modern infrastructure our economy needs, and our people deserve,” he said. However, the problem is that Trump has not put forward a dependable plan. Despite calling for a \$1.5 trillion boost in infrastructure spending, Trump is proposing just \$200 billion in federal funding. The proposed 2018 budget includes \$54 billion in cuts to federal departments and a corresponding increase in defense and military spending. Additionally, in Trump’s budget plan, \$2.4 billion dollars was cut from the

Department of Transportation budget. The remaining \$1.3 trillion is expected to come from a combination of state and local governments and the private sector. Yet in most places with the greatest need for new infrastructure, cash-strapped governments won’t be able to pay for it without raising taxes. This would, no doubt, cause an uproar for all other local governments and residents.

Revamping the infrastructure budget has consistently been a hot button topic of debate. Fixing America’s infrastructure will cost trillions, which is one reason Washington D.C. has been kicking this can down the unpaved road for years. And while writing a new infrastructure deal is tricky under the best of circumstances, now is a particularly inconvenient time because the economy is just too strong. Even a massive infrastructure bill would likely generate only a trivial number of new jobs. With all these economic risks, America still needs repair. One assessment, from a nonprofit launched by the G-20 group of major economies, found that the U.S. would have to increase spending by \$1.2 trillion over 10 years to address the backlog of infrastructure needs. The American Society of Civil Engineers has put that number at \$2 trillion.

Infrastructure spending comes with well-established, long-term benefits: improved roadways and bridges make it easier for businesses to transport goods, well-designed school buildings may enhance educational opportunities, and transit systems help workers travel more efficiently to find the jobs best-suited to their skills. However, if we keep putting America’s infrastructure on the back burner, our bridges will continue to keep falling down. †

A Need for Required World Religions & Cultures Courses

BY JORDAN PEISER

In a day and age where most people could tell you very little about the surrounding cultures, their respective religions, and where “nones”, according to the *Pew Research Center*, “now make up roughly 23 percent of the U.S. adult population.” Is global competence important? In a country that has an increasingly secularized youth, how much should we care?

Here is a factor that it seems few consider: With the increasing refugee crisis in the Middle East, parts of Africa and Asia, the U.S. and other western countries are seeing influxes of other cultures. Muslims, according to a Pew Research poll, now make about ten percent of the U.S. population and are among the largest groups coming into the U.S. and Baha’is who are a minority group from Iran.

Other groups that are coming in as refugees are of minority religions, such as the Baha’is above (from Iran), other local minority religions from the Middle East, and people with native African cultures and religions. And finally, segments of traditional Christianity (such as Oriental Orthodoxy and Assyrian Orthodoxy) are currently a growing religious group in the U.S.

On top of the refugees, the U.S. has been receiving an influx of immigrants from India. Also according to the Pew, in 2012 alone the U.S., “admitted an estimated 70,000 Hindu immigrants,” which has been following a steady increase since then. Previously, the U.S. had received an average of 30,000 Hindu immigrants per year.

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From the Classroom to the Grocery Store

BY SCARLETT DEWILD & KAYLA MELIUS

On February 1, 2018, Professor Mike Heggernes and his small Advertising and Promotions class arrived at the Midway Cub Foods. The goal for the students was not to gear up for their upcoming Super Bowl parties but instead to analyze and observe the real world marketing surrounding this massive annual event. To do this, the students broke up into two separate groups and were tasked to write down as many pieces of Super Bowl 52 marketing that they could find.

The marketing was broken down into different categories such as point of sale; an example would be the large Pepsi displays that they’ve become known for. Another category was packaging, which included items that were packed in special Super Bowl 52 advertising. An example of this type of marketing that the class found was cherry tomatoes packaged in a football shaped plastic container, perfect for Super Bowl snacking. From displays to specific sale promos, and even MN-inspired products,

there was an array of finds the students discovered. Cub also seemed to have their own deals and even featured specific New England Patriots and Philadelphia Eagles bakery items like cupcakes and cookies.

That following Tuesday, after watching all the advertisements that the Super Bowl had to offer, the class met to discuss the similarities, differences and ties between the physical marketing found in the store and the television commercials that we have all grown to love. Using what the students have learned thus far about advertising and promotions, they were able to discuss the strengths and weaknesses of each advertisement on a deeper level. Correlation between some of the big names that sponsored the game and their presence in the store with their products was a helpful and relevant tool having been able to see firsthand.

When asked about the experience, student Kayla Melius said, “It was a fun and interesting exercise to take part of. Being hyper-aware of the marketing



Spencer Bergen, Scarlett DeWild, Sophie Hill, Thomas Hutchinson, Nick Johansen, Elliot Kane, Aleva Lee, Kayla Melius, Coda Skinner, Cale Troy, Cub Foods Manager on duty John and employee Shayla. (Not pictured, Hipe Schiller, Daniel Wood) Photo by Mike Heggernes

surrounding the Super Bowl had me looking everywhere I went. I’ll be able to apply what I’ve learned not only to future assignments in the class, but also in the real world when creating advertisements linked to pop culture events.”

Looking forward into the immediate future, these students will be using this knowledge to complete an assignment. Looking beyond, they will use this experience to help facilitate the creation of their own advertisements. Who knows, maybe we will see them in the next Super Bowl, too! †

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With all of this in mind, America needs to recognize that we are a diversifying country and, as such, if we want to welcome and understand our new neighbors, we need to understand their customs and religions. Otherwise, as it has been the case in the past, America may well fumble and cause greater division in the country with these new immigrant populations, as had been done to immigrants in the early 1900s.

So, what can be done? I think one significant route that we could take would be to have required world religions and cultures courses for politicians and the average American in junior high, high school, and even college. A small segment on other cultures during a world history course is insufficient; this calls for a stand-alone course. With the increase of information by social media, books, and everyday conversations, the religious and social atmosphere of the United States is becoming increasingly complex and diversified. We need to step up and be prepared to embrace it. †

Mindfulness in the Workplace

BY ANTONE WILSON

What is the power of living your life one breath at a time? Mindfulness, which is a foundational component of the Buddhist philosophy, has now navigated into corporate settings with practices such as meditation and yoga. Mindfulness is defined as a full state of consciousness and awareness of the present moment and has tremendous impacts on one's ability to pay attention, as well as cognitive abilities, emotional and behavioral awareness, and physiology.

A great deal of research has been gathered to justify its value in practice and the results are so enticing that corporate conglomerates, as well as many small businesses and even sports teams, have found a place for the practice within their schedules.

An abundance of Fortune 500 companies have begun offering employees an array of mindfulness options in the workplace. The intention is that with an increase of mental focus, emotional intelligence, creativity and empathy, employees will not only be more in tune with themselves, but it will have better interpersonal agility in and beyond their work group relationships. With greater empathy and compassion comes selflessness and unity that can vastly enhance workplace tasks that rely on teamwork and leadership.

In today's hyperactive, results-driven corporate culture, encouraging employees to slow down and focus on the present moment can recharge their state of mind, while improving production and efficiency. Companies that take the time to invest in their employee's well being will see an increase in performance that has a direct impact on the augmentation of the bottom line.

Google has also taken the initiative to invest in mindfulness programs, offering courses to employees, with the most popular being called "Search Inside Yourself." These programs emphasize

emotional intelligence, which helps people better understand their peer's motivation.

Target has implemented their mindfulness meditation training at their retail chain's headquarters, which is open to all employees at several locations. Companies such as Nike, General Mills, and Apple have their versions of mindfulness training for employees, and they all believe meditation is a staple in employee development.

The mindfulness movement has also spread to pro sports realm. Russ Rauch, co-founder of the mindfulness company Vision Pursue created an app to facilitate meditation and mindfulness exercises. This app was embraced by a multitude of NFL organizations that want to place a greater emphasis on the psychological component of the game. Many coaches feel their athletes will perform best when they quiet their mind, find their flow state, and seize each play one at a time.

Does mindfulness guarantee organizational success? One could only speculate, but as various modes of practices are adopted by some of the most successful organizations in the world, one could very well hypothesize that its rise to prominence in the workforce appears to correlate results. Companies that chose to invest in the health of their employee can not only cut the cost of extra health care expenses per year, but incorporating the practice could be the trigger of effective management styles, a positive work environment, and the ability to respond to adversity rationally and pragmatically.

As these fundamental elements are imperative to an organization's success, it is evident that what was once viewed as a trend in the corporate world may soon become a staple in organizations, sports teams, and even education systems, and the results could be transcending. †

I'm This and You're That Identity: Why You Should Be Proud of Yours and Respectful of Others'

BY BROOKE STEIGAUF

I am white, female, sexually confused, artistic, and human. I am striving to become fearless of judgment, exist as authentically as possible, and most of all, learn. Over the weekend of January 27th, I and my labels attended the Power in Diversity (PID) leadership conference at St. Cloud State University with some of my CSP colleagues. I had no idea what to expect, but I prepared an open mind. I am anxious and excited to share what I learned.

"Diversity is about who's on the team. Inclusion is about who's in the game," said PID keynote speaker, Curtis Hill. He was once a drug dealer and well-known gang member who turned his life of crime into one of inspirational teaching, particularly on the difference between what he calls "intent versus impact." All too often, statements like, "I didn't mean to..." are made instead of acknowledging and apologizing for one's lack

of forethought.

When the attendees broke out into small-group sessions, I attended a conversation inspired by the documentary film *The Mask We Live In* (2015) that sought to expose gender stereotypes that males face in American society. A class of middle school boys joined the group discussion, their faces drained of blood by the sudden awareness of the weight of manhood's expectations. The conversation took place, centered around our observations and experiences in relation to three words that have ruined too many lives: Be a man.

Through this dialogue, some were taught, while others were reminded, of the difference between sex and gender. "Sex" refers to chromosome make-up and anatomy, whereas gender refers to social roles and preferred identification. The discussion confronted the pressures that come with this gender construction, and how it has continued to define and confine people into strict roles of conformity.

One woman commented that she, as a feminist, had been so focused on empowering females that she had forgotten that "feminism" is also a celebration of femininity, a term which describes traits found in both males and females (although typically only celebrated in one). Celebrating femininity involves teaching men that being sensitive, emotional and nurturing are positive attributes for males, despite these characteristics generally being associated with only female gender roles.

Greg E. Hill, another notable speaker, shared his insight as an entrepreneur, professional speaker, and author. He stressed the importance of interpersonal communication, asking the audience to "own our stories," and to share them as part of our pursuit to embrace diversity. Hill emphasized the process of learning, both on an individual scale and through collective experiences. "Growth doesn't always look like success," he assured us.

The most influential comment that I heard though, came not from someone who was hired to speak, but from someone who chose to share her wisdom. At the last required event of the conference, the large-group discussion became tense, aggressive, and competitive as each comment sought to trump the last. One brave attendee, quite ironically, took this as an opportunity to share a perspective that I will never forget:

"I am an African American, bisexual, woman, who is also atheist. And yesterday, every speaker made a reference to God at some point, making me feel excluded, marginalized, and unrecognized. I am at a diversity conference, hosted by people who get paid thousands of dollars to facilitate, organize, and speak on this subject! That just goes to show that we all have room for improvement; we are always going to have more to learn, and we need to speak and act with that understanding at the forefront."

Although that statement concluded the discussion, I am sure it sparked many others to feel their identity scrutinized as well. And although no one intended for her to be offended by their mentioning of God, her feelings are valid nevertheless, an example of "intent versus impact." *continued on page 8...*

OPINION

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So I am white, female, sexually confused, artistic, and human, whereas she is African American, bisexual, atheist, female, and human, and you are your own list of words—as well as far more than that. So, where do these labels take us? What influence do they have? What is gained or lost through them? I do not have the answer... But, I find comfort in remembering that the only constant that nullifies our differences is that we are each and all learning to be our best selves. †

The Anti of the Anti-Vaxx Movement

BY JORDAN PEISER

In recent years, there has been a rise in all kind of claims about vaccines, including (but not limited to) the old tired claim that “vaccines cause autism,” largely based on an article by a Dr. Wakefield. Aside from this area of study not being his realm of expertise (he was a gastroenteritis by training), but his studies have never been verified. In fact, according to the *Huffington Post*, “the American Academy of Pediatrics has released a list of more than forty studies showing no link whatsoever between vaccines and autism.”

Despite this debunked information, many parents still believe all sorts of “vaccine harm” caused by vaccines, for example, citing that their child developed a rash 24–48 hours (the story varies) after being vaccinated. Not to mention that allergic reactions tend to be much more rapid to show symptoms than that. According to Healthline, “Once an allergen is in your body, an allergic reaction may begin within seconds or minutes. Milder allergies may not cause noticeable symptoms for several hours.” In other words, a common basis for not getting a child vaccinated is that a parent thinks that the vaccine causes an allergic reaction, and therefore shouldn’t be vaccinated. It should be mentioned even if there was an allergic reaction, doctors can run tests to see what caused it.

Upon initial consideration of what might lead these parents to think such things, they have good intentions, but after all, they should be allowed to decide what they want to do with their children’s health care. But there is where the problem lies; it does not only pertain to their children’s health and that of their own. In fact, there is a certain segment of the population that simply cannot be vaccinated, for example, those who are doing chemotherapy, immunocompromised, children and infants of certain ages (in regards to specific vaccines), and those who are sincerely allergic to the ingredients of certain vaccinations. In these cases, they rely on herd immunity from those who have been vaccinated.

Another common rebuttal that the “Anti-Vaxxers” espouse is, “If your child is vaccinated, how could my vaccinated child get your child sick?” The response here should be obvious. Namely, not all children can be vaccinated. But, aside from that,

it demonstrates a fundamental lack of understanding of how vaccines work. Since vaccines are either a dead or weakened strain of a virus, our immune systems learn to fight them off.

As an interesting side note, people used to bring their children to the house of someone who had measles so they could gain “natural immunity.” Now we vaccinate since it is safer, but the reasoning was that the body would learn how to fight the virus. However, it doesn’t work 100 percent of the time—Why? There are people who are vaccinated, and for whatever reason, their immune system doesn’t build up the antibodies.

According to CBS News, “The measles vaccine is a live, but weakened, virus that provokes the immune system to produce antibodies against it. But in some of the cases, people’s immune systems don’t respond how they should, and experts don’t exactly understand why.” In other words, while the first Measles vaccine is 95 percent effective (99 percent if you get a second dose later in life), there is still that five percent of the vaccinated population that never develops the antibodies.

So, when growing segments of the population say, “I won’t vaccinate my child,” they are chipping away at the herd immunity to many people rely on and exposing people who might have been vaccinated but whose bodies just didn’t build up the antibodies against, in this case, measles.

A final exciting tangent occurred when George Washington was preparing to cross the Delaware, and a case of Smallpox was ravaging his troops. George Washington realized that the more troops who got sick, the less likely they’d be to win the war.

So, according to *mountvernon.org*, he decided on, “a system where recruits would be inoculated with smallpox immediately upon enlistment.” It wasn’t a common tactic at the time, but he had decided that was his best bet for keeping his army strong to continue the battle. All of that is to say that vaccines have been used for hundreds of years, yielding results before anyone started condemning them. †



Jeff Sessions and Living the Nixon-Era Relic: Revamping the War on Drugs

BY KELLY PIERCE

Attorney General Jeff Sessions has doubled down on his claims regarding the perilous dangers of marijuana use. On January 4th, Sessions rescinded the Cole Memo, an Obama-era policy that instructed federal prosecutors to adopt a non-interference policy in states that have legalized marijuana.

Sessions claims the decision to officially start a new war on drugs was made in part to combat the opioid epidemic. He reasons that after using marijuana, people will inevitably move on to harder drugs like heroin, despite the fact that “marijuana is a gateway drug” has been proven time and time again to be a myth.

So, why are we still having this conversation? Nixon-era relic Jeff Sessions is far more concerned with evangelizing his decrepit moral values than saving lives. Sessions is far behind the times and doesn’t seem to understand the cultural implications of life in 2018. He clings dearly to his belief that marijuana is a deadly drug while ignoring valid scientific research that says otherwise.

Let’s put the whole “gateway drug” discussion aside for a minute—Sessions also claimed that marijuana is, “only slightly less dangerous than heroin.” According to the Center for Disease Control, 42,249 Americans died from a prescription opioid overdose, 15,469 died from a heroin overdose, and 0 died from marijuana. That’s right, zero. Nada. Zilch.

Even heroin isn’t the scariest drug out there anymore. Not only did prescription opioids kill almost three times as many citizens as heroin, but the CDC also estimates that up to seventy-five percent of heroin sold on the street is laced with fentanyl, a drug that’s 10,000 times more potent than heroin, cheaper to produce, and invented by our very own pharmaceutical companies. But here’s the real kicker: the vast majority of fentanyl in the US is smuggled in from China and Russia... It looks like we might need to consider building a wall up the Eastern and Western coastlines, too.

To be fair, Sessions has no power in the realm of border security—Thank God; otherwise he might suggest just throwing all the addicts on the other side and boom, “problem solved.” Instead, Sessions takes a much more rational approach: lock them up inside four walls and throw away the key.

Sessions’ philosophy is, “to prosecute to the fullest extent of the law and sentencing, not just those who smuggle and distribute, but those who possess.” Great idea, Jeff. So instead of prosecuting the big pharmaceutical companies, the industry that has been steadily increasing opioid prescriptions, innovation, and marketing since the 90s, let’s ruin more American lives with a plan that has been already proven ineffective on more than

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one occasion.

Consider the prohibition of alcohol of 1920. No one stopped using alcohol at all—in fact, alcohol use increased! And rather than supplementing the economy, alcohol sales went to the black market since production was taken over by bootleggers and cartels.

We could also look at the more recent War on Drugs, which led to exponential increases in arrests for non-violent drug crimes, cost the federal government trillions of dollars over the years, and failed to reduce substance abuse and overdose rates. In fact, overdose rates increased dramatically.

The thing is, I don't think Sessions wants to prosecute every drug user in America. In a post-truth political climate, I think he just wants you to feel like he's going to. He seeks to inspire Americans to "just say no" all over again. After all, if at first you don't succeed, furiously bang your head against the wall until it works. †

Men's Basketball Team Shows Flashes at the End of the Season

BY TANNER PETERSON

Although this year may not have been the best regarding wins and losses, head coach Joey James and his team have shown that they aren't willing to throw in the towel. The fight that this team has shown in the second half of the season has been something to note. The team had second-half wins against conference opponents MSU Moorhead, University of Mary, and Minnesota Crookston. Maybe the most impressive win during the second-half of the season was a grind-it-out win in overtime against the Duluth Bulldogs.

Leading the charge as the season winds down is junior Bryndan Matthews and sophomore Avan Ward. The two have done the majority of the scoring, including a game in

which Ward scored thirty-three points and Matthews added



Men's Basketball, photo credit, Mary-Clare Couillard

twenty-eight points. Ward has recently taken a step forward as his scoring has been bumped up during

the second half of the season. Although the record

may not show it, this team should be exciting to watch in the future. The team will only lose one senior after this

year, senior guard Ahmad Newsome. The team will return

four out of five starters as well as the entire bench unit.

This Golden Bears team is different

compared to most NSIC opponents because they are incredibly young. Six

of the eleven members on the roster are either a freshman or sophomore. Although everyone would like to

see wins, this year should provide a lot of learning opportunities that next year's squad, and years after, will look back and see this as valuable time in the development of the team.

Whether Matthews is awarded for efforts this season or not, he has been nothing but sensational. He has been the do-it-all player for Coach James. He is near the top of the team regarding points per game, rebounds per game, assists, steals, and minutes played. Although he may not get the proper recognition he deserves, Matthews has had one heck of a season. Having the junior, all-in-one player, back next year will be essential for this program to take the next step in their development. †

A Family Affair

BY ZACK MOELLER

Unfortunately, when the Minnesota Vikings' seemingly unstoppable run through the playoffs came to a screeching halt, so did the run for Eric Kendricks, a middle linebacker for the Vikings. He had been a critical factor in the success of the number one overall defense in the National Football League. However, as the chance of to get a Super Bowl ring diminished for our beloved Kendricks, the odds for another Kendricks to win it all grew ever so slightly. Eric Kendricks' brother, Mychal Kendricks, is a linebacker for the newly crowned Super Bowl champion Philadelphia Eagles.

According to Mychal Kendricks, sibling rivalry was definitely a factor in improving their game growing up. "There is a lot of competition [between us], we both want to be the best you know? I learn from him, and he learns for me. We use each other to get better. I watch his game, he watches my game and [the competition] is definitely more beneficial than not," said Kendricks. As one could guess, things used to get heated between each other growing up. "We got into a fight once while we're playing, that was crazy. He hit me, and I was about to hit him back, but before I could, my mom came and tackled me," he joked.

"He went to school the next day and told all his friends he beat me up because he got to hit me, and I never got him back. So, the whole school was like, 'You got beat up by your little brother?!' I just wanted to get him back, but he won. Just know that I got the last laugh," said Kendrick about the Eagles victory over the Vikings in the NFC Championship game, a game in which Mychal Kendricks tallied eight tackles. The elder Kendricks brother did indeed get the ultimate last laugh as well when the Eagles beat the Patriots in Super Bowl LII, which was held in Minneapolis, on his younger brother's home field.

It was left unclear whether it was the Kendrick brothers that showed their mother to tackle so well, or if it was their mother that taught these two successful star football linebackers everything they know. Either way, both Kendricks' brothers will make whatever defense they anchor one of the best in the league. This sibling rivalry is far from over as both teams look to be powerhouses in the NFC for years to come. †

SPORTS

A Team Led by Faith

BY ZACK MOELLER

It has been proven throughout time, in every sport, that a team finds more success if its players are on the same page and support one another. If there is dysfunction between the players in the locker room, it is often usually followed by dysfunction during competition. One of the things a team can find unity in is faith. If you have ever seen the movie *Facing the Giants*, you know exactly what I am talking about. If you haven't, here is what you need to know: A struggling high school football coach and his team seem to have everything working against them. Instead of giving up, they join together in faith. In doing so, they turn around their season and end up winning the state championship by beating the "unbeatable team."

I cannot remember a time in my life where the Patriots were struggling or bad. But according to Duron Harmon, a defensive safety for the Patriots, there is a similar mentality as in the movie on their team. "We have a lot of guys on this team who are men of faith. We believe in the Lord and that Jesus came to save us from our sins," said Harmon. "When you have those kinds of guys, they are usually the glue for the team; they hold the team together. In times of chaos, they know how to calm everybody down. Just by their faith, they know that in life there is going to be struggle, but when you have Jesus as your foundation, there is nothing too big to take on."

Unfortunately, the Patriots came up just short in their quest for back to back Super Bowl victories, but they have been and will continue to be a dominant team. In the game, Harmon had five tackles and an interception. "It starts with coach Belichick. He reminds us at the beginning of every season that nothing we did last season matters. This is a new season and the only thing that we can do to get us where we want to be is put in hard work," said Harmon. "This team just continues to look for ways to continue to get better, and I'm just so excited to be part of something so special." †



New England Patriots Safety, Duron Harmon, express how his faith, along with his teammates' faith in God, has shaped their playoff run to Super Bowl 52. Photo by, Tanner Peterson



Women's Basketball, photo provided by Mary-Clare Couillard

Women's Basketball Update

BY COLE SCHUESSLER

A lot has changed in the last three years in Golden Bear women's basketball. New coaches, new uniforms, new logos, and a host of new players have entered the program. Throughout the seasons, however, one thing has remained the same: junior Anna Schmitt has continued to carry a major portion of the scoring load for the Golden Bears, as she has done since her freshman year. This year she has taken her game to new heights this year, ranking near the top of the conference in both points per game and free throw percentage. Schmitt has also turned in some great individual performances, including a program record thirty-seven points in a January 19th game against Southwest Minnesota State where she hit an overtime buzzer beater to give the Golden Bears a 97-94 win.

Unfortunately, despite Schmitt's top-notch play, the Golden Bears have struggled to pick up wins consistently. Before the dramatic win against the Mustangs, csp had lost six straight conference games, four of which came by fifteen points or more. After the victory over Southwest Minnesota State, the Golden Bears dropped a Jan. 20th game against Sioux Falls at home by a score of 84-56. However, they bounced back with two wins January 23rd against Minnesota State and January 26th against Bemidji State.

In the first victory, Schmitt led the Golden Bears with twenty-three points as her last-second layup gave the Golden Bears a 74-72 win against the Mavericks. In the next contest against the Beavers, Schmitt again led the Golden Bears with sixteen points, with csp picking up a 63-53 home victory. The next three games saw double-digit losses for the Golden Bears, as the team's offense struggled. First was a 75-60 loss to Minnesota-Crookston on January 27th, where the Golden Bears shot 32.3 percent from the field. A road trip on February 2nd and 3rd then resulted in a 62-49 loss to St. Cloud State followed by a 61-44 loss to Minnesota Duluth. The Golden Bears struggled to find a consistent stroke in those games as well, shooting 15.3 percent from three point line against the Huskies while shooting just over thirty percent on free throws against the Bulldogs.

While the lineup for the Concordia has varied throughout the season, there have been a few Golden Bears who have had stretches of solid play. Senior center, Lindsay Dorr has consistently scored double digits, as well as four blocks against both Southwest Minnesota State and St. Cloud State. Junior, Hanna Vidlund, has also contributed with a boost in scoring, as well as a seven assist outing in a game against Southwest Minnesota State and Minnesota State.

As the Golden Bears come down the stretch, the team will look for their players to have more performances like those previously mentioned to complement Schmitt's consistent scoring. If they get their groove down the stretch, the Bears have the potential to make a run in the NSIC tournament starting February 21st. †

CSP Track and Field: Broken Records and High Hopes Leading into Conference Championships

BY KELLY PEIRCE

The CSP Men's and Women's Track and Field teams are in the midst of an exciting year punctuated by broken records and individual standouts. The squads are poised for success as they head into the tail end of the indoor season.

Kalle Burney is having an outstanding senior season. Burney broke a school record in the pentathlon with a 3,658 point performance, good enough to put her at third in all of Division II. In a field of primarily Division I competitors, Burney took third in the event behind two athletes from UCLA.

Burney also set a new PR for her 800 meter run as part of the pentathlon. She finished eighth or better in all five of her events. Burney will draw from her phenomenal performance at the Dr. Sanders Invitational the rest of the season as she looks to become the first CSP track and field athlete to qualify for NCAA nationals three consecutive times.

Wakpor Ighovojah

is having a phenomenal season as well. Ighovojah put up a pair of third-place performances at the Ted Nelson Classic. She set a new PR with her third-place finish in the 60-meter hurdles.

She also grabbed third in the long jump as she cleared 17'9.00". Ighovojah sits in the NSIC top-ten in four different events: third in the pentathlon, seventh in long jump, seventh in the high jump and eighth in the 60-meter hurdles. Ighovojah looks to carry her momentum through the remainder of the indoor season in an attempt to qualify for Nationals for the second time in two years.

Freshman distance runner Karah Lindberg is also turning heads. Lindberg first started grabbing fans' attention in the cross-country season when she set a new program course record at the Wapicada course in Sauk Rapids. Lindberg claims the fastest time ever run by a CSP freshman. At the Ted Nelson Classic, Lindberg placed seventh in the 3000 meter run with a time of 10:41.67,

a mere four seconds away from a school record.

Benjamin Allen leads the way on the men's side, posting a remarkable four school records in a span of three weeks. At the MSU Open and Multi, Allen crushed the old school record in the mile by six seconds, posting an impressive time of 4:14:41. His adjusted time put him at 21 in the nation as he hit an NCAA provisional qualifying mark. Allen also ranks third in the NSIC in the 800m and 1000m.

Allen's big day at the MSU Open wasn't limited to just the mile.

Allen joined forces with Peyton Holmes, Andrew Leck and Cory Warner on the Distance Medley Relay team that shattered a 16-year-old school record with a time of 10:20:35.

The team heads to the NSIC Conference Championships the weekend of Feb. 23rd and 24th where they'll have an opportunity to break more records and move up in the conference standings. †

Male Athlete of the Month: Bryndan Matthews

BY KELLY PEIRCE

Bryndan Matthews, the 6'4" guard for the Golden Bears men's basketball team, has once again been selected for Male Athlete of the Month. Matthews had an outstanding 2016-2017 season last year and has carried his momentum well into his junior year.

Last season, Matthews dominated the court, leading the team in total minutes, minutes per game, field goals, points per game, total points, rebounds per game, total rebounds, steals per game, and more. He was awarded fifth place in the NSIC in steals per game and eleventh place in points per game.

More recently, Bryndan put up tremendous numbers against Duluth, Crookston, and Bemidji. Against UMD, he put up twenty-eight points, two steals, and two blocks. At home vs. Bemidji, he played forty minutes, contributing another twenty-eight points. And at home vs. Crookston, Brandon scored twenty-nine points with three assists, three steals, and two blocks. "[One of my favorite games this year] was against Minnesota-Crookston. We won a close, entertaining game," says Matthews. "I'd say I have a good level of natural talent... both of my parents were college athletes. But I also put in a lot of work to get where I am. I credit my family, coaches, and trainers for pushing me to get here."

Bryndan's gratuitous attitude also shows in the way he thinks of his athletic upbringing. Not only is he sure to give credit to the team's staff for his success, he recognizes the role his family played in his development, an admirable statement in an era of so-called "self-made" people.

"My mom played college basketball, which started my love for the game. When I was six, I first started playing in local leagues. Watching how much fun my brothers had while they played made me want to play and be better than them," said Matthews.

A healthy dose of sibling rivalry is a common trait among student athletes. Think of the Watt Brothers: JJ, TJ, and Derek. The three developed a strong competitive nature in their youth that persists through their professional careers, which is exactly what Matthews hopes for in the future.

"My goal is to play overseas when I'm done with college," says Matthews, "But other than that, I hope to move to Chicago and start my own business." Bryndan is building quite the entrepreneurial resume for himself as well. His leadership role on the basketball will undoubtedly be a huge sell to potential employers and investors in addition to his role on the Student Athlete Advisory Committee.

Regardless of where he goes in life, Bryndan will always have a soft spot for basketball, the sport that has given him everything - including a lifetime of memories as Matthews states, "The best memory of the season was going to Milwaukee and beating Wisconsin-Milwaukee, a Division I team, on their home floor. It was one of the best games my team has played since I've been at Concordia-St Paul." Bryndan currently sits near the top in the NSIC in rebounding, scoring, and in minutes per game. As the season comes to a close, look for the junior guard to make another leap into next year. †



Bryndan Matthews, photo provided by Melissa Wolf



CSP Track and Field, photo provided by Justin Oakman



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Super Bowl Media Night. Taken by Tanner Peterson w/ Zack Moeller



Adrian Perryman on the field for the Pepsi Halftime Show. Photo provided by Adrian Perryman



Tyler Anderson at Crew 52, volunteer headquarters. Photo by Tanner Peterson

CSP Takes on the Super Bowl

BY COLE SCHUESSLER

"It really is a once in a lifetime experience," said Andrew Drummond, senior Sport Management major at CSP. Drummond, who worked in an administrative capacity for the security company S.A.F.E. Management and as an area manager for the Super Bowl Experience, was one of many CSP students, faculty, and staff to make their mark on this year's Super Bowl. With the Super Bowl in Minnesota for the first time since 1992, a variety of individuals from our very own campus jumped on the chance to work or volunteer at the big game, taking a wide array of positions. "There was long hours, lots of work, and a lot of reward," Drummond stated.

The roles in which Concordia's students, faculty, and staff worked included Super Bowl Live and Crew 52, the Super Bowl Experience, set-up for the Pepsi halftime show, field and locker room management, security at and before the game, or members of the media crowd, among others. With this came a wide range of responsibility for CSP's crew, including volunteer and paid positions.

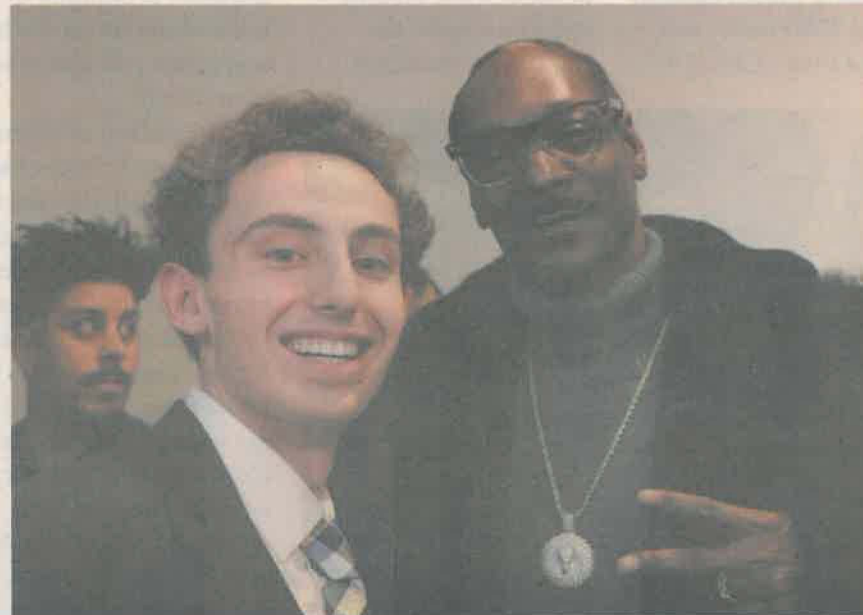
With the bevy of different jobs held by those with affiliation to CSP, the reasons for wanting to work at events surrounding the Super Bowl varied as well. "Being a Sport Management student, I knew that the Super Bowl being in my home state would be a great opportunity to gain some experience in the sport industry," said junior Hannah Schwartz, who worked as an area manager at the Super Bowl Experience, described as the NFL's interactive theme park. "So when one of the hiring managers was a guest speaker for one of my classes, I couldn't pass it up!" Schwartz stated. Many students had similar sentiments and talked about gaining experience that would look great on a resume and be a once in a lifetime opportunity. "I wanted to take advantage of the rare opportunity to gain experience working with one of the world's largest sporting events," stated junior Tyler Anderson, who worked for S.A.F.E. Management security, as well as greeting and directing fans as a volunteer for Super Bowl Live.

While many students had similar motives to Schwartz and Anderson, CSP faculty and staff had different reasons for sacrificing some of their January and February free time. Assistant residence life director Jake Wakem volunteered as part of Crew 52 in the Hospitality House, assisting team execs, players and VIP's (including JJ Watt, Chad Greenway, and Roger Goodell) in a variety of capacities.

"As a lifelong Vikings fan and loyal Minnesotan, I wanted to serve my state and the community I call home. I wanted a chance to showcase how friendly, hospitable, and profitable we can be as [the] Twin Cities," Wakem stated. Assistant Director of Advising Adrian Perryman also got in on the action, working on the set-up crew for the Justin Timberlake halftime show. "I wanted to be inside the stadium, but I knew I wasn't going to be able to buy a ticket," Perryman stated, "I saw a post on Facebook about being a part of the show, so I signed up. I was fortunate enough to be selected and had a great time."

Also among faculty and staff, KHS Department Chair Dr. Lana Huberty and Athletic Director Mark "Lunch" McKenzie were involved. "I believe this was chance of a lifetime to be a part of this amazing mega-event," said Huberty, who greeted and gave directions as a volunteer for Super Bowl Live. "I could not wait to see how years of planning would come together and I was not disappointed!" stated the professor, who teaches a variety of sport management classes at CSP. When asked why he worked at this year's Super Bowl, McKenzie simply stated, "Because it is my job." The athletic director has worked as the visiting locker room attendant for the Vikings the past 50 years and brought a group of CSP alums with him to help with pregame field management as well as equipment set up for the AFC team.

One of the more unpredictable settings where CSP was represented was in the media. After applying for media credentials in October, The Sword Sports Editor Tanner Peterson and writers Cole Schuessler and Zack Moeller were granted credentials that



Tanner Peterson with Snoop Dogg, photo by Cole Schuessler



Tanner Peterson asking Eagles TE Zach Ertz a question. Photo by Taken by Cole Schuessler

THE SWORD

allowed them into Super Bowl Media Night and as well as press conferences that included players, the NFL Commissioner, Roger Goodell, and halftime performer Justin Timberlake.

"The people we were able to meet were some of the most successful people in sports, and it was a great networking opportunity," Peterson stated. "The whole experience as a media member was so eye-opening and so incredible," the junior Sport Psychology major concluded. Peterson even made a splash on the national scene, as a question he asked Patriots head coach, Bill Belichick on Super Bowl media night was tweeted out by many news outlets, including ESPN.

Though the experience a quick one and ranged from a month to less than a week for some members of Concordia-St. Paul's crew, it will leave an imprint for a lifetime. "I enjoyed every minute of it! I learned a lot about how to interact with different people and adapt to certain situations," said Schwartz.

"[It] was a bit stressful, but overall a phenomenal experience," articulated senior Blair Griffith, who was an area manager as well at this Super Bowl Experience. "I met some great people and made memories, and selfies, that I will always remember. I'll be telling the story for the rest of my life," stated Perryman when reflecting on his experience setting up for the halftime show. "I loved it! Every part of the experience was well organized and tastefully presented Minnesota, Minnesotans, and our culture," exclaimed Huberty.

And while the stories that Concordia-St. Paul's students, faculty, and staff accumulated while working events surrounding the Super Bowl could fill pages, they will remain most importantly as incredible memories for years to come. As Peterson reflected on the week, he echoed a sentiment that many of the individuals mentioned above would certainly agree with: "Words can't describe how incredible the whole experience was." †



Jake Wakem with NFL Man of the Year Trophy. Photo provided by Tanner Peterson



From L-R: Jake Waldman, Andrew Shotwell, Macus McKenzie, CSP athletic director Mark "Lunch" McKenzie as visiting locker room attendants



Cole Schuessler, Zack Moeller and Tanner Peterson at Super Bowl Media night. Photo provided by Tanner Peterson



Tanner Peterson asking Eagles player Steven Means a question. Photo by Cole Schuessler



Jake Wakem with Vikings kicker Kai Forbath. Photo by Tanner Peterson



Tanner Peterson with Jimmy Kimmel's Guillermo photo by Cole Schuessler

SPORTS

Female Athlete of the Month: Kalle Burney

BY ANTONE WILSON

As specialization has become a prominent component of the workforce and sports world alike, imagine taking on the task of balancing five to seven entirely different tasks and expecting to be excellent in each one. Kalle Burney of the women's track & field team at CSP takes on the daunting task of competing in pentathlons.

A pentathlon is an indoor track & field event which involves competing in five events in one meet. A heptathlon is a grueling seven-event competition during the outdoor season over the course of two days.

Balance is crucial; however, being dedicated to the process of year-round preparation is imperative, and Burney has chosen to embody this lifestyle in the pursuit of her goals.

Burney was born and raised in the Twin Cities and is the youngest of four sisters, which she believes played a role in the development of her competitive drive. At St. Croix Lutheran

High School, a small Christian based private school, basketball was her first sport. Burney did not begin running track until her junior year and joined the team as a supplement to track.

When the time came to choose where she would be attending college, Burney turned down the opportunities to play basketball to attend CSP because of the similarities to her high school, emphasizing religion and smaller population. Those elements complimented the fact she wanted to be close to home, making the decision a no-brainer.

Running track was never in Burney's plans. With some recruiting from head track & field coach Sam Johnson, he pitched the immense potential he saw in her in conjunction with her relationships with current members of the team. Burney decided to give the sport another go. Upon being named NSIC All-Academic in 2016, she has competed in a plethora of events and consistently topped her personal best performances.

She recently broke the school record in the pentathlon with 3658 points at the Dr. Sander Invitational Armory Challenge. She was able to take third at the event of a field that consisted of predominantly Division I athletes, as the two she trailed were from UCLA. These accomplishments led to Kalle being named NSIC Field Athlete of the Week, which was the first time in her career she received the honor, and she is the first CSP females track & field athlete to receive the honor as well.

The feats Burney has attained are exceptional, and she is humbled by them to say the least. Nevertheless, she set a goal for herself to be an All-American athlete and does not believe she has reached her full potential yet. In the classroom, Burney is a marketing major with a minor in finance. She has already accepted a job upon graduating this spring as an account manager at Insight Global, a staffing firm in Minneapolis. The hobbies she submerges herself in include

reading, spending time with friends, and going to church, as practicing her religion holds tremendous to value to her.

The commitment to track has taken a large portion of Burney's time over the last four years. She trained on campus all throughout the summer with a routine that consists of three to four days of strength training and injury prevention work, one day of running, and specific event work sprinkled in throughout the week. She made it clear there is no offseason, and her diet coincides with how she trains. She eats a lot of fiber and protein, while avoiding sweets except an occasional doughnut to keep herself sane.

There is no way around the fact that Kalle Burney is committed to the process of pursuing her goals. The inspiration from her best friend, teammate, and training partner Wakpor Ighovojah as well as her multi-event coach Ryan Koch have inspired her relentless pursue her goals. †

2018 Winter Olympics Preview

BY ZACK MOELLER

The Winter Olympics, which happens every four years, are here once again. The games this Olympiad are being held in



Photo provided by, Pixaby

Pyeongchang, South Korea. With every Olympic Games, there is the promise of triumph and failure as athletes come from around the world to compete at the peak of competition of their respective sports. For the athletes, it is the moment they have been waiting for their entire lives. All the training, sacrifice, and love for their sport comes down to this. The 2018 Games, however, have brought some unique storylines along for the ride. Here is an overview of some of the most prominent storylines coming into the games.

Lindsey Vonn, a United States alpine skier, and Minnesota native, will be making her comeback to the sport after a long list of injuries has sidelined her a period of time. Vonn made her Olympic debut as a 17-year-old back in the 2002 Winter Games. Since those games, she has suffered a long list of injuries including concussions and broken bones, which sidelined her in the 2014 games. Vonn is now 33 and nearing the end of her career. However, she is still the favorite to win gold in women's downhill.

The 2018 Games will debut the first of mixed-doubles curling. Curling, which is often joked and mocked about as being the most boring sport to watch, is a game that requires incredible skill, precision, and teamwork. Becca and Matt Hamilton are a brother-sister duo from McFarland, Wisconsin that has been competing together in curling competitions since grade school. The siblings hope that their sibling bond will give them an extra advantage over the competition.

Three Nigerian women will be making history in these Olympic games not once, but twice. Not only are they the first Winter Olympians to ever represent Nigeria, but they are also the first bobsled team to represent any country from Africa: Seun Adigun, Ngozi Onwumere, and Akuoma Omeoga. Similar to the Jamaican bobsled team in the movie *Cool Runnings*, these ladies are all former track stars that made the conversion. The trio lives and trains in Houston, Texas but choose to represent their home nation in the Games.

The opening ceremonies were on Friday, February 9th, and the games go through the 25th of February. Two hundred and forty-two United States Athletes qualified for the games in 15 different events. Erin Hamline, a four time Olympic female luger, will be bearing the flag for the US in the Parade of Nations. †



Kalle Burney, photo provided by CSP Athletics



Baseball Preview. Photo provided by Jordan Vredevelde

Golden Bears Baseball to Start Season at U.S. Bank Stadium and Tucson Invite

BY RILEY EDLING

As the tundra of the Twin Cities begins to melt away, we begin to experience the joys of spring and its warmer weather. The sight of green leaves, the smell of spring, and all the sounds that warm weather bring us that we missed begin to come back. As spring comes, it also brings us a new season for CSP baseball, led by 19th-year head coach Mark "Lunch" McKenzie. His success with the program will look to continue in this upcoming season.

The Golden Bears were picked to finish 5th in the NSIC preseason coaches poll after last year's 7th place finish. The 2017 season was the lowest Concordia has placed since 2012, and they look to bounce back strong in aims of making it a 6th consecutive year they make the NSIC tournament.

Concordia kicks off the season during late in winter in U.S. Bank stadium as they challenge Minot State in a doubleheader on March 5th. Minot will be a balanced contestant to kick off the season against, with the Beavers

picked to place 8th in the preseason poll. After their opening indoor start at U.S. Bank stadium, the Golden Bears will travel near the Grand Canyon in the state of Arizona for the Tucson Invitational. Concordia kicks off their outdoor play on March 7th against the conference teams Southwest Minnesota State and St. Cloud State where they look to challenge themselves against the Huskies. Squeezing eight games into the 5-day trip, Concordia will also go head to head against Dakota Wesleyan University/Valley City on the 8th, Mount Marty College and a doubleheader against Northern State on the 9th, and finish off against Dickinson State University on the 11th.

As the Golden Bears return back to the frozen tundra of Minnesota, they will continue their outdoor play (weather permitting) against Minnesota Crookston where they face off in two doubleheaders, one on the 17th and the next on the following day, the 18th.

The team remains optimistic on the

upcoming season as they return all starters from last year. Led by big sluggers juniors Isaac Hormann and Carter Schmidt, they look to continue building great team chemistry on and off the field. Hormann batted .364 last season and was named All-Region Second Team honors as a utility man while also being named All-NSIC First Team and Gold Glove at second base. Schmidt was not far behind batting a very respectable .343, while catching all but one game last season.

On the mound, junior Gus Varland leads a talented pitching staff as he went 7-3 in 63.1 innings and was 5th in total strikeouts in the NSIC. Keanu Mendez and Connor Hurley also return to the mound after each making seven starts or more last year. The Golden Bears baseball squad looks to have a promising season, as they bring back young talent and great experience. Getting their indoor play in will be a promising start to the outdoor season, hoping to surpass their preseason poll of 5th place. †

Media Row: *The Sword* Takes on the Super Bowl

BY TANNER PETERSON

With the Super Bowl in the Twin Cities, it wasn't difficult for Minnesotans to take part in the festivities being held before the big game. Super Bowl Live in Nicollet Mall and the NFL Experience at the Minneapolis Convention Center were some of the most popular spots to be during Super Bowl week. I, along with two other Concordia University - St. Paul students, Cole Schuessler and Zack Moeller, were blessed to have a unique opportunity during Super Bowl week; one we'll never forget.

With a major event like the Super Bowl comes masses of media from all over the world. As the Sports Editor for *The Sword*, I had joked with Zack and Cole that maybe we should try and apply for Super Bowl media credentials; we all had a good laugh about that. A few days went by, and I looked into how to at least try applying for the credentials.

I found out that we had to apply for a NFL Communications account and that had to be approved; so I thought, "What the heck, what could it hurt to try?" I filled out the application, sent it off and was convinced I'd never hear about it again. Well, it didn't take long before I found out that our account had been approved, and we were all set to apply for Super Bowl media credentials. Astonished, I flung my laptop open and began applying for media credentials for Zack, Cole, and myself. I submitted the applications and just laughed again, not thinking for a beat that maybe, just maybe, they'd let three fairly unqualified and inexperienced college students to take part in one of the biggest weeks, in sports that 2018 will have to offer.

After what seemed like forever, I received an email that we had been granted three credentials. I was in absolute shock. I read the email over about three separate times to check if I had misread it, but lone behold, we were in. The first event we attended for Super Bowl week was Media Night at the Excel Energy Center. Here, we were met by and worked alongside some of the most prominent media stars in sports, like Sports Illustrated's Peter King, BBC Sport's and former New York Giant, Osi Umenyiora. We also interacted with some of the NFL's top players such as Philadelphia Eagles Alshon Jeffrey and Mychal Kendricks as well as New England Patriots Brandin Cooks. My favorite moment of the night was asking Bill Belichick, "How is this year's Super Bowl different from past years?" and getting one of his classic, snarky remarks, "It's in Minnesota." That question ended up getting some attention across local media outlets such as the Star Tribune and Fox 9 News, as well as National outlets. ESPN's SportsCenter even posted on Twitter and Instagram about it.

We continued to attend media events throughout the week such as press conferences for the Philadelphia Eagles and New England Patriots, as well as press conferences for NFL Commissioner Roger Goodell and halftime show performer, Justin Timberlake.

The entire experience of being a media member for the Super Bowl was something I never thought could've ever, and I mean ever, happened to Zack, Cole, and I. It was a week that was full of memories that we will cherish forever. The opportunity to not only be around the Super Bowl festivities, but to take part in them was something truly incredible. †



The Sword at the Super Bowl, photo by Tanner Peterson

ARTS & VARIETY

Dance Spotlight: Jennifer Thao

BY ELIZABETH REYNOLDS

Jennifer Thao has gifted Concordia-St. Paul with her talents and introduced traditional Hmong Dance to the Concordia community. As a Senior here at CSP, she has grown as a dancer and has expanded her dance repertoire to different forms of dance outside of her preferred traditional Hmong and tap.

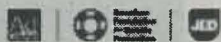
Dancing from the young age of six years old, Thao continued to grow in her art with various Hmong dance teams throughout the Twin Cities. Her first being the Hmong Peace Dancers, which is apart of the non-profit, Keystone Community Services. This organization reached out to her as an adult and invited her to serve as a coach. Her knowledge and exposure to tap came during elementary school at Mississippi Creative Arts Magnet School.

This upcoming *Spring Into Dance* show will be the second one that Thao has participated in and choreographed for. Jennifer's original involvement in *Spring Into Dance* began when Professor Jan Puffer saw her performing a traditional Hmong dance with the CHUSA club that she was choreographer. After encouragement from Puffer, she auditioned for the dance show. While apprehensive about performing a Hmong dance to a Hmong song in the performance, the positive feedback from the audience was reassuring to her. This was especially meaningful as the dance was so personal in many ways.

After graduation, Jennifer plans to continue her dance journey. Her dream is to create her own non-profit organization for dancers to learn traditional Hmong dance and provide other services to youth in the community. Jennifer states, "One of the greatest rewards with dancing is knowing that someone connected with the dance I choreographed. Dance is another language of its own." Jennifer's time at Concordia has helped her grow and explore her abilities as a dancer and choreographer. With many great influences to help shape her dance exposure and abilities, Jennifer continues to share her talents with others by choreography, coaching, and perhaps one day running a non-profit. †

TALKING ABOUT
MENTAL HEALTH CAN
BE AWKWARD BUT
IT CAN REALLY HELP.

SEIZE THE AWKWARD



Food Review: Hai-Hai, A Tropical Vietnamese Food Getaway

BY BAILEY PARENTEAU



Picture from Hai Hai's official site.

Currently Minnesota is a freezing icebox that doesn't offer any warm comforts – except when it comes to its food. Hai Hai is the adventurous new brainchild of Hola Arepa's Christina Nguyen and Birk Stefan Grudem. Hai Hai is a Southeast Asian street food restaurant & bar located in Northeast Minneapolis. Hai Hai means two in Vietnamese – a nod to the building's past life as the infamous 22nd Avenue Station (aka Deuce Deuce), a dive bar & strip club. Inspired by dishes that Chef Christina Nguyen grew up eating at home, at family celebrations, in Vietnamese Sunday school basements and during several trips to Southeast Asia. You can expect to find more than just the standards like pho and Pad Thai. Hai Hai will shine the spotlight on some lesser known delicious regional dishes, along with new and original dishes using the Southeast Asian palette of flavors.

The restaurant is small, and you are elbow to elbow with your fellow dining neighbors. However, this only strengthens Hai Hai's charm as a restaurant. The walls are covered by brightly colored wallpaper and a huge patio will extend the bar seats outside. The bar features bar stool seating with the second half of the restaurant showcasing more traditional seating. The entire restaurant is covered in various and quite large-leaved plants and adorable wooden bird cages. Worn-down wood and simple furniture add to the appeal and whisk you away to a secret tropical paradise.

Bright & fresh dishes full of herbs, bold flavors & textures are only a few of the adjectives I can use to describe the wonderful dining experience I had at Hai Hai. The dinner menu is broken up by various categories like snacks,

vegetables, plates and assembly required. After asking our incredibly friendly and patient server what some of the current favorites are, we tried a variety of foods. We opted for the Chips & Dips, which showcased unique shrimp and sesame puffed chips with two dips. One was a roasted green chili dip and the other a spicy ground pork and shrimp dip. This was an incredibly unique take on the standard chips and salsa. The roasted green chili dip was delightfully spicy when paired with the chips. The ground pork and shrimp dip was served warm and was good but, particularly, was not my favorite. The green chili dip was a winner.

Fried Brussels Sprouts, a side dish that has become abundant in recent years. Hai Hai revitalized theirs by frying the sprouts with tender chunks of pork belly, tossing them with little pillows of puffed rice and sizable pieces of fresh herbs, and serving them with a tangy nam jim vinaigrette and a mild but tasty roasted green chili paste. The Beef Grilled in Betel Leaf is a DIY affair involving lettuce leaves, rice noodles, and roasted peanuts. The beef filling was flavorful with hints of lemongrass and mint, and the charred betel leaf gave it an earthy, strong aftertaste that blended beautifully with the delicious pineapple shrimp sauce.

This is the perfect place to try a culture of food that is unique and true to Vietnamese culture. There's no room for winter gloom here. The atmosphere is so tropical, and the food is warm and filling that you will wish that you were on vacation all year around. †

Hai Hai
2121 University Ave NE
Minneapolis, MN 55418

ARTS & VARIETY

Mary Shelley's *Frankenstein*: A 200th Anniversary Review

BY MATTHEW IUNG

Frankenstein, or *The Modern Prometheus*, written by Mary Shelley was first published in 1818 and tells the story of Victor Frankenstein, his attempt to create life, and how it goes horribly wrong. This tragedy opens simply with a man writing letters home to his sister when he and his shipmates come across a man floating on a block of ice. This is just the beginning of the tragic tale that is told and retold from its inception forward.

Even if you haven't read *Frankenstein*, you have definitely heard the story in one form or another. Over the past 200 years, there have been many films and play adaptations, and its characters are featured in numerous forms of media. The ideas and themes presented throughout the classic novel resonate with modern audiences surprisingly well at times.

There is a fear of the dark side of science that we often find ourselves drawn to, whether it be the rumors and myths of terrible experiments done overseas or the potential horror of things like gene splicing or artificial intelligence. These things are unfamiliar to us, and we really only learn of the extent of their progress when someone decides to alert us. The story's initial concept stems from anxieties about the experiments that doctors had done with electricity on corpses as an early attempt to reanimate the dead.

Frankenstein itself can be read and interpreted in any number of ways. More extreme approaches have looked at it autobiographically such as Shelly's very unpleasant experiences with birth, or as the detrimental ambition of man to create life while subverting nature and the need for females. A less extreme reading is the feminist approach of looking at how men with single-minded goals can harm

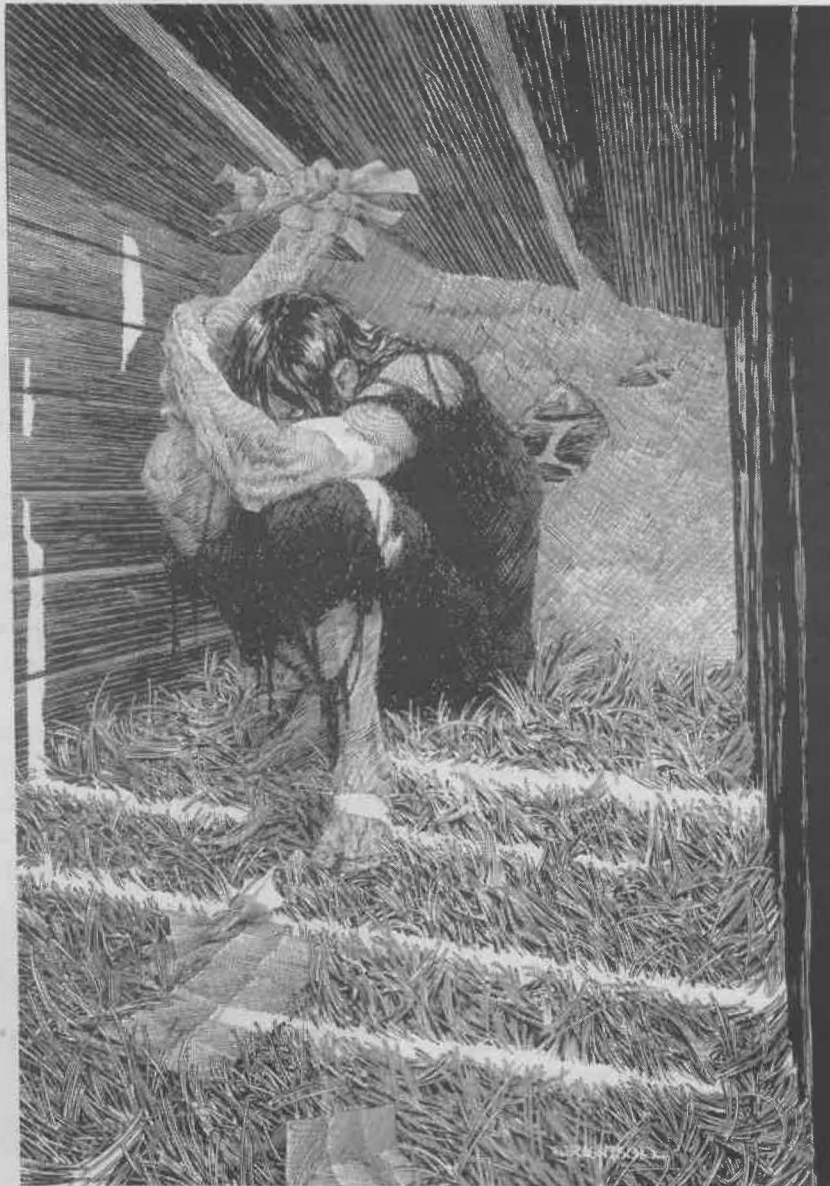
those around them without truly understand what they have done.

With all of that and more extracted from the text, it can be easy to sweep past the fact that *Frankenstein* is, also a book about loneliness and misunderstanding. Victor is a horrible father, and after he brings his child to life, he is absolutely terrified of the thing he has created. Victor comes to hate it with all that he is, and the monster only becomes so in the face of that rejection. When left

to his own devices, the monster is conflicted and attempts to find peace.

Frankenstein is a novel about pushing and being pushed. The Novel opens on a young man named Waldon who is pushing his way through the Arctic and almost gives his life for his work. Victor pushes the boundaries of nature and then pushes that creation away. The monster is just that after being pushed to commit violence. There is a thrill that we get as people from pushing

our boundaries. There are opportunities to be had from going just a little bit further. So the novel asks if we should be pushing at all, and what the cost will be to go just a little further? †



Frankenstein by Bernie Wrightson

Art in the Cities:
From Frame to Film

BY MATTHEW IUNG

This month the Minneapolis College of Art and Design is exhibiting *From Frame To Film, Contemporary International Animation*.

This is a collection of short animated projects done by artists from around the world. Some are exhibitionist statements. Others are more typical short films, while some are just downright hilarious. The exhibition features the work of Spela Cadez (Slovenia), Emma De Swaef and Marc James Roels (Belgium), Julian Frost (Australia), Michele Kanot and Uri Kranot (Denmark), Daniel Sousa (United States), and Steven Woloshen (Canada).

One in particular that caught my eye was Daniel Sousa's *Fable*. This is a strange and very beautiful short film. It couldn't have been more than eight minutes long, but in that time, it told an entire story told without any dialogue. The story's timeline is a little confusing and can leave a viewer asking questions. Its visuals are full of mysticism, and there would seem to be an ongoing conflict that the viewer has stumbled upon. Humans are changing into animals, and it seems as though they are hunting one another. The film is set in the deep woods of some far off land giving it that old country kind of mystic that so many fables still have.

Another favorite that goes in a completely different direction from the previous is Julian Frost's *Dumb Ways to Die*. You may have seen this one on YouTube or played the mobile game. This is a hilarious little cartoon that features colorful little creatures being killed in pretty gruesome yet funny ways, all while singing an adorable little song and doing a little dance. Frost's *Bananas* also made an appearance; this is simply an assortment of animated drawings that feature bananas in strange places: bike tires, sharks, skateboard, guitar and many more. This is a super funny short; it's so random, and it is just ridiculous enough to watch over and over again, catching little things you missed the first time or trying to figure out what the banana is supposed to be in this particular scene.

Growing up with Pixar and Disney, it's easy to forget or just not know how many ways there are to animate something. It was cool to see these artists take on not only animation and its process, but the stories they are telling as well. Whether they are whimsical about really dumb ways to die or about a strange rodent driving a car through the night, I would definitely recommend this to anyone who has the time between now and March fourth to drive over and take an hour to watch all of the little short films on display. Some of them are going to puzzle you, and others are just going to make you laugh and smile. †

ARTS & VARIETY

Music Review: Justin Timberlake's *Man of the Woods*

BY ELIZABETH REYNOLDS

We all knew having the Super Bowl 52 in Minneapolis would bring people from near and far, but it is safe to say having superstar Justin Timberlake at Midway Target was a shock to most people, especially to Concordia staff and students who frequent the store. After five long years, Timberlake has finally released a new album, *Man of the Wood*, which came out just two days before his appearance during the halftime show. As a dancer, singer, and actor, Timberlake knows how to put on a performance, and it is safe to say he lived up to the expectations. The halftime show introduced a handful of his new songs while featuring many favorites as well.

Man of the Woods brings out a new Southern R&B sound from Timberlake. He credits this to his childhood growing up in Tennessee. While the more soulful album is a shock to some, he does not disappoint his pop audience. It still consists of a pop-based dance feel that most are used to from Timberlake. As a listener, I was shocked but pleasantly surprised by the wide range of

songs and the different sounds that each possessed. The sounds he creates by mixing traditional music styles with a modern feel make it an easy album to listen to. While it is a sharp contrast musically with his other albums, I finished



Justin Timberlake at the Superbowl Halftime Show, photo by Christopher Polk from *The Wall Street Journal*

listening feeling slightly confused but overall had a positive experience listening.

Some of the tracks convince the listener of Timberlake's classic pop sounds while others are borderline country, funk, and disco. *Man of the Woods* has a wide range of influences, which kept me on my toes and unsure of what musical inspiration Timberlake would feature next. I also found it endearing as the album is Timberlake's most revealing with recordings of his wife and son featured.

While I continue to be impressed by Timberlake's musicality, versatility, and range, this album was not my favorite in comparison to his other works. There were individual tracks I found enjoyable, but some of the better tracks were collaborations with other artists and not solely Timberlake. Overall, *Man of the Woods* was an enjoyable and diverse album to listen to, but I would not listen to it in its entirety again. †

Movie Review: *The Post*

BY FARHA IBRAHIM

The First Amendment states the people have freedom of speech and press without government interference or regulation. Although this Amendment may bring some comfort to most people, its limits are challenged in *The Post*. The movie imposes the question: how far the government is willing to go to protect and enforce the First Amendment?

The movie is set during the Vietnam War. The President along with the Secretary of Defense were aware that there had not been any progress in the war, yet they continued to send troops overseas to die. Military analyst Daniel Ellsberg overheard the Secretary of Defense being less than truthful to the press about his confidence about the war ending, which he then became influenced him to expose the justification of the war to the public. He 'acquired' classified documents and sent them to *The New York Times* to be published.

When *The New York Times* published the article, they were cited with an injunction by the courts, with the hope to prevent *The New York Times* from further disclosure of classified documents. Ellsberg was reluctant for the story to end there and went to *The Washington Post*. *The Washington Post* staff struggled with whether they should publish the article: were they willing to save themselves from being cited with treason by not publishing it, or were they willing to take that risk because the public has the right to know?

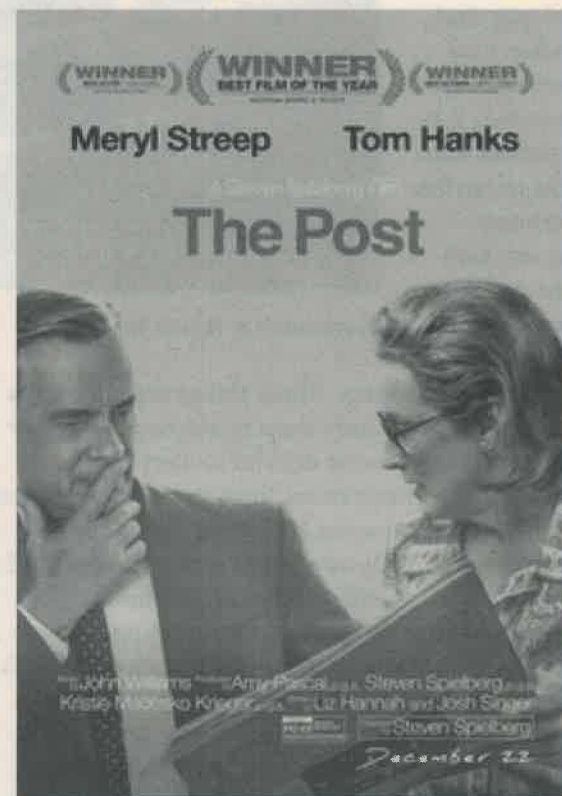
"The only way to preserve the right to publish is to publish"

- Ben Bradlee played by Tom Hanks

It was more of the matter of choosing to either be a part of the problem or be a part of the solution. Although it could have endangered national security as the movie suggested, I would like to think other countries would not want to make any deals with the US if its own people cannot place faith their government. Bravely, owner and publisher of *The Washington Post*, Kat Graham (played by Meryl Streep), made the tough call, risking possible imprisonment to inform the public of the government's abuse of power.

A concerning issue that the film brought up was the relationship between reporters and politicians. Reporters and politicians, can be friends, which could blur the lines of what each one's role was. Reporters could be friends with the politicians but there needed to be a distinction between being a reporter and being a friend. Reporters have a duty to inform the public of the truth, to honor the art of journalism and its code of ethics. However, a reporter's duty to the public can lead to a lack of transparency between the public and politician, as politicians would be less eager to talk to a reporter if they knew what say can jeopardize their position of power.

The Post is yet another reminder of the importance of preserving print journalism. The movie did a fine job of influencing the audience to think about controversial issues between the public and government. The film reassures the audience of the idea that the government works for the people and not the other way around. †



The Post, photo provided from Google Images

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The Subjectivity of Art as Exposed by the Work of John Martin Bell

BY MATTHEW IUNG

On display this month in the Gnarled Heritage exhibition space is the work of John Martin Bell. Upon entering the space, you will see some small sculpture work and a sort of homemade lamp. What drew my attention though were the paintings. Bell describes his work as “a vehicle for exploring the realm of potential, imagining the near-limitless variety of form that life can take on to particularize itself and still survive.”

Below are the three that drew my eye specifically. They all have this lovely earthy quality to them as if Bell just dug them out of the ground with a shovel or came across what had been washed downhill after a rainstorm. The colors are warm and give the viewer a sense of comfort and nature.

However in *Thimble Theater* there would appear to be a small animal, perhaps a rabbit, mixed in with all of these earthy tones. The rabbit is no doubt dead and would appear to have been for some time from what we can see of its body. This

would appear to be a comment on the fact that death is apart of life and most of us will go in the ground to mingle with all of these accents and colors that we found so comforting in life.

The two on the left and right almost look like samples that one would find in a lab. They are contained just within the space given, giving the impression of being held there or just set down to examine more closely and carefully. The one at the bottom seems to be washing onto the canvas just now the water trails behind it or washes out, perhaps off the beach or back into its stream.

All of that being said, I had very little context for the art and absolutely no contact with the artist. So my brain, almost immediately, went to ask how this was relevant, or

what could a viewer could gain from taking it in? It wasn't until I reached out to my editor for some help that I was reminded how to view abstract art. As you will read in the next article, there is so much more to the idea of something being abstract than just looking strange, and it varies from artist to artist and viewer to viewer. In the case of John Martin Bell, there is a simple beauty in not having to be taken so serious or studied to a fault. †



Thimble Theater, by John Martin Bell, photographed by Matthew Iung

John Martin Bell's Take on His Artwork and Creative Process

BY BROOKE STEIGAUF

Although upon viewing John Martin Bell's work, any audience would deem it abstract, he explains that he “doesn't really know what abstract artwork is.” Bell elaborates, “I don't think abstract painters think of their paintings as abstract because they are thinking of very real things. For me, these aren't abstract; they're textures and animals... with little souls.”

Bell was initially inspired by Audubon's nature drawings and natural elements. Now he often uses his dogs and cat as his stimuli. However, this makes him sound much more formal than he is in reality. The way he describes his process is, “I scribble, sploosh, and throw things around until something looks like a little pink nose or whiskers or something, and then I let them map out their territory.” He adds, “The cool thing about a paintbrush is that it already has fur, so if I can just transfer that, that's great!”

When approaching a painting, Bell is looking and hoping for the previously-mentioned “soul” to emerge from it; “it seldomly does,” he says. Like most artists, Bell gets frustrated when their art doesn't “come alive” the way he wants it to. Bell's outlet for the frustration and anger that follows failure is to make a sculpture. These sculptures, also on display in his gallery, feel like 3D versions of his paintings, both in form and color. They are plaster models, sometimes built upon found shells and lamps. He calls these “jokes,” parodies of the “Precious Moments” collectible figurines.

“These mock the paintings, which feels like revenge,” Bell says with a laugh. Bell explains that someone once suggested he attach googly-eyes to his paintings, an idea that amused him. However, the artist decided against it, explaining that he wouldn't want to define and, therefore, confine his expressive creatures in any way. “Eyes pin a critter down,” Bell states.

My Bent-Over Blood, by John Martin Bell, photographed by Matthew Iung

Bell's demeanor is lighthearted and goofy. His hands pull at his red hair while thinking of the answer to any given question from his audience, leaving it in disarray as he speaks. His words have the crowd laughing and nodding their heads with every playful statement. His unique approach to life and art, combined with his animated nature, make him someone to be taken seriously. †

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After the Rain Came, by John Martin Bell, photographed by Matthew Iung

ARTS & VARIETY

10TH Annual Invitational Choral Concert Recap

BY MATTHEW IUNG

On Friday, February 2nd, I had the pleasure of attending the 10th Annual Invitational Choral Concert in our Graebner Memorial Chapel. Performing were Concordia's own Christus Chorus, the Hmong College Prep Academy Concert Choir, Como Park Senior High Chamber Singers, St. Anthony Village Chamber Choir, and the St. Paul Central High Chamber Singers. The Concert ran for around an hour and featured a variety of the music sung by a diverse group of high schoolers.

All of the groups put on an excellent showing and sounded lovely. However, there were definitely highlights for me. From our own Christus Chorus, it was "I Believe This Is Jesus" is an African Spiritual that has excellent energy and a beautiful sound. The Hmong Academy's closing piece was "Kwa Heri," a celebration song the originated in Kenya. It had the large choir spread out and keeping the beat through stepping and swaying, giving the piece a sense of celebration. The energy was high, and the students looked to be enjoying themselves.

Unlike the previous two choirs, Como Park High did not stop in between the two songs they performed. Instead, they used "Dona Nobis Pacem (Grant Us Peace)" as a sort of prelude to "Prayer for the Children." Both were very soft and well executed in tone and timing. Next in the concert order came the St. Anthony Village Chamber Choir; this was the standout group of the evening for me. They sang "The Sweetheart Of the Sun," which had a sweetly somber quality to it that sounded wonderful in the chapel. I also enjoyed hearing them up the tempo and change the vocal pallet with "Way Over in Beulah Lan." This was a piece about getting out from under what weighs you down and getting to a better place where everyone can be free and happy.

The penultimate performance came from St. Paul Central High. Their standout piece was "Ain't That a Rock'in." This was an upbeat spiritual that paved the way for them to show their softer side with their second piece. Finally, the concert ended with a combination choir that includes all of the groups of the evening. They sang, "The Gift to Be Simple" and "My Spirit Looks to God Alone." Both are a little more upbeat, and they were the perfect way to send the audience off for the evening.

Even after all of the wonderful performances that had been heard and seen throughout the evening, the unexpected hero of the night turned out to be Christian Stromley. Stromley played piano for the combination choir and had only been asked to fill in for Dr. Kennedy around three o'clock that afternoon. It was rather impressive to see so many people on stage at once. Even more impressive was to know that they had only had a little more than an hour to rehearse. †

Top 3 Coffee Shops for Studying: Where Coffee and Studying Always Go Hand in Hand.

BY BAILEY PARENTEAU

Wherever there is coffee, there are normally students who will set up shop and study for hours. St. Paul has a lot of coffee shops with all kinds of coffee, from filtered, pour-over coffee too strong Turkish cups to smooth cappuccinos. However, when conducting and researching what coffee shops were best for studying, I found it best to search for coffee shops that were close to campus. That way, many of us who are limited to driving could either walk or hitch a ride with our fellow coffee addicts. Additionally, I chose to take out Starbucks or Caribou out of the running. While I do fancy myself a grande Tall White, I looked for coffee shops that provided both unique atmosphere and coffee.

If you're looking for a close, or in my opinion, equivalent coffee shop to Starbucks or Caribou, look no further than **Dunn Brothers** on Grand Avenue. Dunn Bros. offers a large number of seating options and

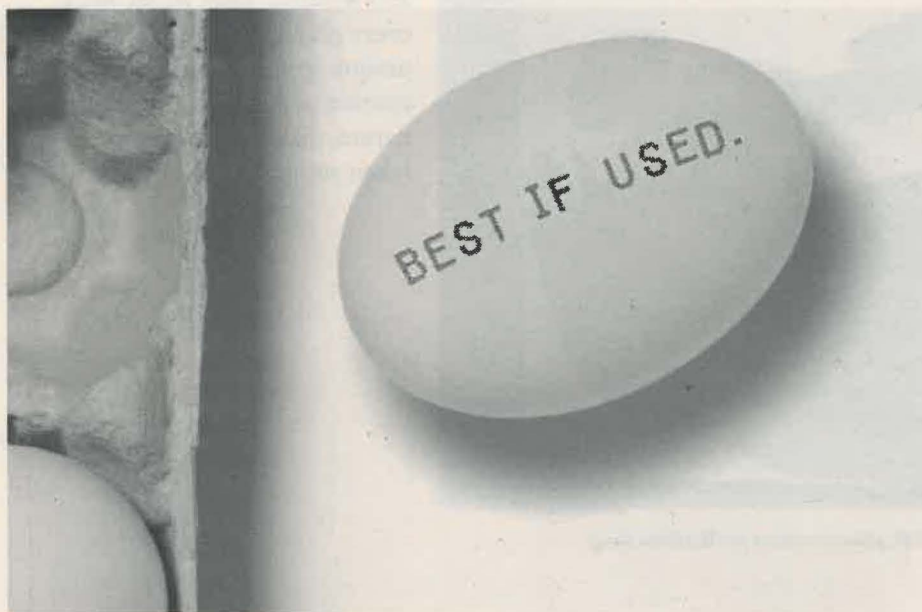
plenty of tasty coffee options. If you've got some spare cash, I highly recommend their honey nut bars. When paired with your cup of coffee, you're already on your way to one wonderful day of studying. Dunn Bros. is at a prime location and is ideal for college students. However, a word of caution, Dunn Bros. does have music most nights of the week. If that isn't your scene, don't worry; there are plenty of other equally great coffee shops to study at.

If Dunn Bros. is a bit too mainstream for you, I highly recommend **Groundswell** on Thomas Avenue. Located straight down Hamline, Groundswell is a rustic-chic hangout that provides specialty coffees, delectable baked goods, plus an extensive food menu. The atmosphere is quiet and calm, perfect for some ample study time. After taking your note-worthy Insta, grab yourself a baked good. The bacon gruyere scone is buttery, bacony, and oh so cheesy. With

warm food, great service, and a cozy atmosphere, Groundswell offers studying and much more.

But what about tea? Ah, tea: coffee's caffeine partner in crime. If you're looking for a place that serves great coffee, tea, and atmosphere, look no further than **Sencha Tea Bar** on Grand Avenue. This simple counter-serve shop features a variety of cold & hot tea drinks in a mellow, sunlit interior. Sencha offers an incredibly calming atmosphere, so studying will be an absolute breeze. While you're studying hard, grab a bubble tea or a traditional chai tea latte. Sencha is in a prime location of several colleges, so grab a table and some study buddies and get your study on!

Let's face it: studying is nobody's favorite activity to do. However, when you find the right coffee shop and study buddies, there's no way you can not succeed. So, study hard, study often, and always drink coffee. †



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Artist Spotlight: Cornel Beard On the Value of Collective Knowledge

BY: BROOKE STEIGAUF



Photo by Cornel Beard

It is safe to say that Cornel Beard has a unique mind. He has certainly earned it though, through dedication, as he constantly seeks out new connections, experiences, and perspectives to provoke innovation. He hopes that through the broadening of his creativity, he will leave a legacy not based on his products but rather by his persona.

Beard walks a narrow line as a graphic designer. He says that graphic design has rules, and often if you go against them, the result is “just bad design.” “Graphic design knowledge sets everyone up with the same skill set and then expects you to add your own creativity,” he states. This being said,

Beard works to execute designs creatively while staying within the boundaries. He admires Hip Hop music (particularly that from the 80’s, 90’s and 2000’s) as well as anime and cartoons for their bold approaches to artistic movements. In the case of animation, Beard has been inspired by the limitless nature of creation since a child from facial expressions to clothes, to music and dialogue. “It reminds people that they can be greater than what they are,” he adds.

Beard emphasizes the role networking has played in his journey to becoming a designer. While in the army, he found that he ranked up faster than most. After two combat deployments in Afghanistan,

he began going to school for exercise science and practiced as a personal trainer. Prior to this, he claims that he was uneducated on the vast options of occupation but was enlightened by many of his clients who were successful in non-conventional fields, self-employment, and entrepreneurship. With this new insight, he came to learn the value of venturing beyond your niche and experiencing people with other interests.

Beard is currently expanding his network further, while also taking

advantage of his education at CSP and engaging in other seemingly unrelated activities such as reading financial books, studying the stock market, and attending fashion and design-based events. Beard understands that all knowledge becomes interconnected once obtained and hopes this will enable him to create better natural connections with others. He is patient, focusing on developing as an artist and person overall. “Even if my portfolio isn’t so grand, I hope clients see that my work output, creativity, and people skills show that I have a lot to offer,” he comments.

Beard has a very healthy attitude towards learning, as he uses trial and error, intuition, and courage to create work that is honest, condensed, and unique. This, combined with his hunger for new perspectives and lenses to view the world through, has created him into a strong contender in the graphic design world and beyond.

As Cornel Beard continues to expand his connections, he offers himself as an option for others to do the same. He encourages people to contact him on LinkedIn, email (beardc2@csp.edu), or Instagram (cornelbeard) to share ideas, compare viewpoints, and create communities. †



Cornel Beard's personal logo



Mounting the Bug & Plant Project,
Photo by Cornel Beard

Writer Spotlight: Josiah Osiemi

BY MATTHEW IUNG

This is Josiah Osiemi's first year here at Concordia; he is a junior transfer from Normandale who is majoring in English and minoring in communications. I've had the opportunity to both read Josiah's work and experience his skilled storytelling as well as his well-timed humor.

Josiah tells me that since he was five or six, he has always had a wild imagination. He found

that his love of writing followed his daydreams; it was satisfying to see his ideas fleshed out and soon it wasn't just something he did to escape. His writing was a way for him to see his ideas come to life on paper, and he soon decided that he wanted to pursue a career in writing. Like all of us, Josiah has doubts about his chosen career path. He told me, “I have a great passion for it, and I can't see myself doing

anything else and loving it as much as writing professionally.”

Having had the chance in the past to read some of Josiah's work, I wondered what his favorite genre was to write. While Josiah finds himself trying out different genres, he told me that he has the most fun writing satire and comedy. The appeal of this genre is the opportunity it presents for him to become a character and really learn their motivations,

dialogue, and mannerisms. This not only helps his process but is fun as well.

When I asked what inspires him, Josiah told me, “[It] can be as simple as a single line of dialogue, an idea of a single moment in a story, or just one character.” All of this comes together when he writes down all of the little things before really sinking into a story. This gives him the opportunity to contextualize his idea

as well as maneuvering him around the often large optical of having to start a story.

When I asked Josiah how he deals with writer's block, he told me that he gets frustrated. The way he confronts this is by walking around his home and putting on upbeat, groovy, and catchy music that will get his creative juices flowing, all while coming up with a way to respond to the blank page that is currently

taunting him. This struck me as totally in line with the Josiah that I had gotten to know late last year. It made me laugh picturing Josiah pacing around his house jamming out. I am hoping to read more of Josiah's work in the future whether I'm in another class with him or picking it up off a bookstore shelf. †

ARTS & VARIETY

February 2018, Horror-scopes

BY HD DOWNS

Aquarius

This month you won't need any more drama in your life than what's coming. Seriously, stop TiVoing the Bachelor and Catfish, and be careful what you wish for.

Pisces

You'll want to consider slowing down this month. Though you're used to speeding through life, there's a lot of hallway spills and banana peels in your future.

Aries

Watch for outside sources trying to throw you off your game this month. You may have lost your favorite mittens in the parking lot, or maybe your bananas got brown before you could eat them. Trust the process.

Taurus

This month you might feel paranoid about your loved ones. However, there is no need to worry. Cancel that Amazon Prime order for a spy cam to put in the fridge to see if your roommate is stealing your milk like you suspect.

Gemini

This month an old friend or lover may be trying to get your attention. This will be an important month to practice your self-control. Hint: there's a reason Instagram has a "block" button, and there's a reason they're in your past.

Cancer

Your procrastination powers this month will transcend to an entirely new level. Start working on your professional email writing skills now because most professors are not as lenient on late submissions as you might think.

Leo

Remember that one time that you swept the bathroom but couldn't find a dustpan, so you just swept it under the rug and hoped your roommate wouldn't notice? Well, watch out for karma this month. Your roommates thought you wouldn't notice that they forgot to feed your fish when you went out of town.

Virgo

Be mindful to keep extra writing utensils with you this month. Last month you were accused of cheating on your Chemistry test because you asked your neighbor for a pen. Don't be that guy again.

Libra

People might mistake your strong leadership for being "bossy" this month. But hey— if you don't write the entire group paper by yourself without asking for input or help from your group members, then go on to complain that if they didn't contribute, who else will? Keep doing you!

Scorpio

This month, you may want to reevaluate your relationships. You'll go through two classes and a trip to the grocery before someone points out that you have a huge piece of spinach in your teeth.

Sagittarius

Avoid wearing white this month. Not only is it after Labor Day, but there are many cups of spilled coffee in your future.

Capricorn

You may be feeling extra cautious this month. Be sure to check all of the eggs in the carton *before* you leave the store, and remember to turn off your curling iron before you leave the house to avoid burning the shower curtain like last month. Yes, we still remember.

February 2018, Horoscope

BY CATIE NELSON

Aquarius

This month is simply bright for you in intelligence, creativity, even charisma. You deserve happiness.

Pisces

This month you will be in tune with the world around you. Be attentive to the difference between your world and the world happening around you.

Aries

Seasons change, and so do you. Understand that it is natural, and you are still who you are, even if it doesn't feel like it at times.

Taurus

You've been feeling a lack of confidence recently in things you actually do well. Don't be hard on yourselves this month; people know and recognize your hard work.

Gemini

Brushing your hair is like a natural massage. Try brushing up on some skills too! Give your talent a day at the spa... A bit of encouragement goes a long way.

Cancer

Know your limits, and don't be afraid of setting boundaries. Sometimes success comes slowly but turns out just as great.

Leo

Face your fears, give challenges a go, shine bright, and feel bold. Let your golden lion out this month.

Virgo

Haste makes waste this month. Choices and opportunities will be all around you, but don't rush to a decision. Take time to explore your options and what will benefit you going forward.

Libra

A star is watching over you this month. Times may seem hard now, but good things will come. You won't have to wait for them long.

Scorpio

Dare to dream this month! Consider keeping a log book of your daydreams and night dreams. You may find a big difference between the two.

Sagittarius

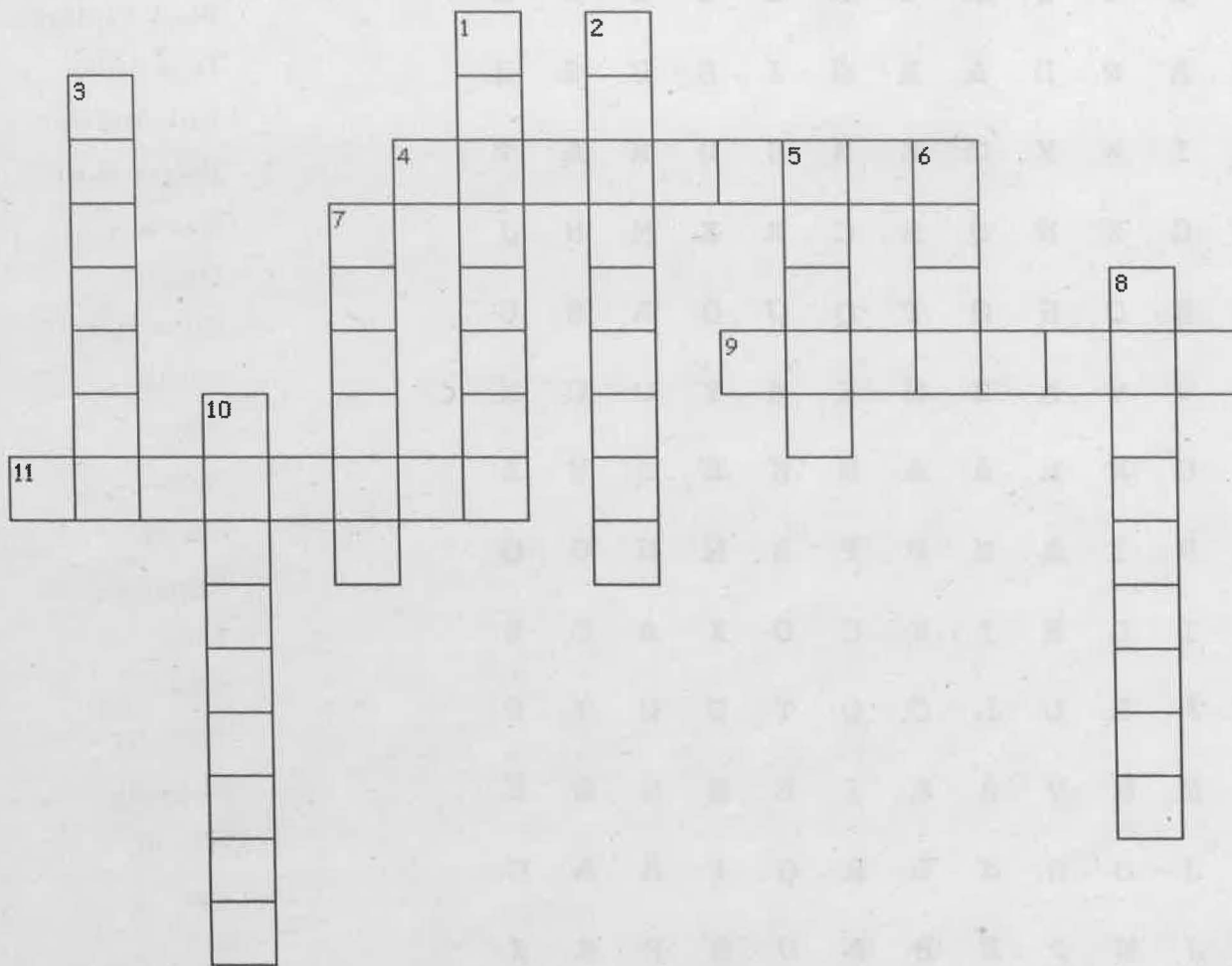
Don't pretend to be someone you are not this month. There's only one you, and you are the genuine article.

Capricorn

This month don't try to take on too much at once. Balance your emotional and social life, and know that you are only a small spark on the earth. No one is expecting you to be a superhero. Do what you can, and others will help with the rest.

Black Lightning

BY FARHA IBRAHIM

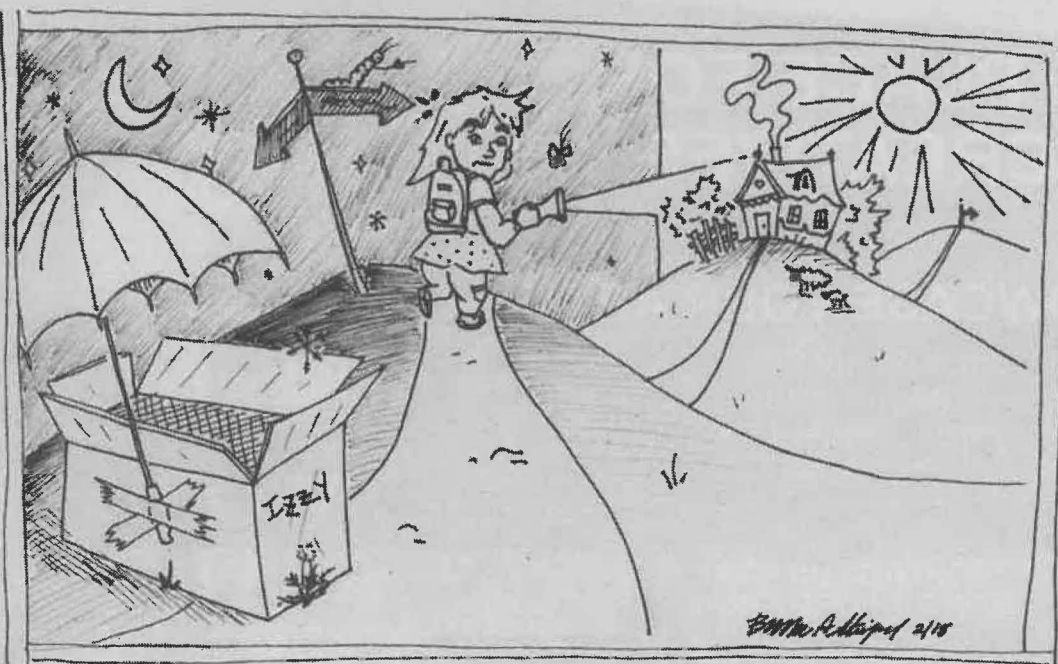


Across

- 04. Day Job of Lead Character
- 09. A Scholar-Athlete
- 11. Name of the Community on the Show

Down

- 01. Name of the shows High School
- 02. Lead Detective on the Show
- 03. Anissa's Superhero Name
- 05. Lead Character's Mentor
- 06. Mother of Lead Character's Children
- 07. Leader of the Local Gang
- 08. Species of the Lead Character
- 10. Can Manipulate Electricity



The Allegory of the Cave, illustration by Brooke Steigauf



Dill the Bill, illustration by Madison Buchanan

ARTS & VARIETY

Black Panther

BY FARHA IBRAHIM

N S N E V E T S K I R E I S Z E
 A G W A K A N D A R G I S U S B
 C J N C S I W X C E N S O R A T
 C L A Y S G X N D H C R K M H J
 A L K T O H D H O T Q U O A H U
 M V I C R V V A R N E M Y C C X
 B B A H T O K L A A M K E S Y Z
 A A F A T R I A M P P B N H O Q
 K D Z L E I L R I K C D Z A O S
 U N M L R A L L L C Q T U U I E
 D O G A E M M V A A I B R S B K
 K M T R V J O N J L R Q I A A C
 G A W P E J N P E B A U R P K X
 G R A A C I G V B U B V U F W X
 B H H V Y R E T V E A D H O P E
 L V M U E I R Y Q S J R S H S R

- Black Panther
- Dora Milaje
- Erik Stevens
- Everett Ross
- Hausa
- Jabari
- Killmonger
- M'baku
- Mursi
- Nakia
- Okoye
- Ramonda
- Shuri
- Surma
- T'Challa
- Wakanda
- W'kabi
- Zuri



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