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*Photo Credit: Victoria Turcios*





## CONCORDIA ST. PAUL'S OFFICIAL STUDENT NEWSPAPER SINCE 1966

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## A Non-Political Twitter

BY ALEXANDRIA GOSEN

Twitter is officially banning political ads from its site. The Internet holds a lot of power, and Jack Dorsey, chief executive of Twitter, is actively recognizing this power, and attempting to do some good with it. Dorsey has expressed concern over the power, manipulation, and influence ads can produce, some of which can be false or misleading. The New York Times writes quoting Dorsey, “he said he is worried the ads had ‘significant ramifications that today’s democratic infrastructure may not be prepared to handle.’” Dorsey recently tweeted that “political message reach should be earned not bought.” However, he did not go into detail as to why this is Twitter’s approach.

“[...] it’s not credible for us to say: ‘We’re working hard to stop people from gaming our systems to spread misleading info, buuut if someone pays us to target and force people to see their political ad... well... they can say whatever they want!’;)”

Twitter Chief Executive Officer, Jack Dorsey

Dorsey’s actions are in direct opposition to Facebook founder and CEO Mark Zuckerberg’s plan for advertisement on Facebook. Zuckerberg is allowing all forms of political advertisements, even if the claims are false. Zuckerberg’s explanation is that the original use of Facebook was to give users a voice and a greater reach for connecting with people.

Democrats have been going after Facebook for its decision. This includes the campaign for former Vice President Joe Biden. According to The New York Times, hundreds of Facebook employees have signed a letter of protest, requesting Zuckerberg to reconsider. Though Twitter may appear heroic in this instance, they have been receiving much backlash from Republicans. President Trump’s campaign manager, Brad Pascal, said that Twitter’s decision was a partisan act intended to silence conservatives. Pascal is quoted in calling this “a very dumb decision.”

Several Democratic representatives jumped to Twitter’s defense. New York Representative, Alexandria Ocasio-Cortez, stated, “if a company cannot or does not wish to run fact basic fact-checking on paid political advertising, then they should not run political ads.” Montana Governor, Steve Bollock, also defended Twitter when he tweeted, “Good. Your turn, Facebook.”

There has been a lot of back and forth between political representatives, Twitter, and Facebook. Dorsey fought back against Facebook by tweeting, “[...] it’s not credible for us to say: ‘We’re working hard to stop people from gaming our systems to spread misleading info, buuut if someone pays us to target and force people to see their political ad... well... they can say whatever they want!’;)”

With all the backlash and controversy over this, it really begs the question, what are our values online and what should be represented? This small debate has erupted into a volcano of bickering, name-calling, and accusing online; it is seemingly the tip of the iceberg with what’s to come in the upcoming election year.

## Airbnb to Start Verifying Listings

BY ALEXANDRIA GOSEN

Airbnb is proving how they value the comfort and safety of its renters by now verifying all its listings. The CEO, Brian Chesky, has made comments on his goal to make Airbnb one-hundred percent verified by the end of 2020. This does not mean that there will be Airbnb officials going to every single AirBnB listing; in fact, this will primarily be a community-based system. Through a combination of corporate and consumer examinations, customers will be asked to rate, take pictures, and review their individual experiences at different locations.

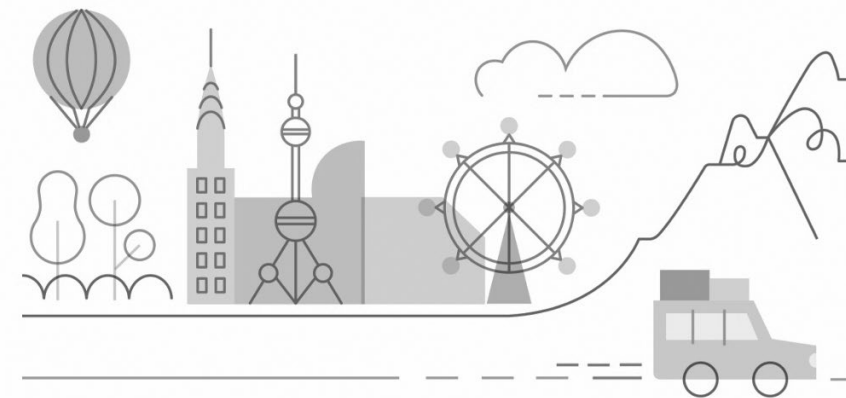
Seeing as this will take approximately a year to accomplish completely, AirBnB will be very clear when identifying verified and not verified locations. While people finish verifying listings currently on Airbnb, Chesky has openly asserted that another goal of theirs is to verify new listings almost immediately.

Airbnb is putting a great amount of effort into improving the safety of its customers. This all started after several incidents, including but not limited to a recent shooting in Orinda, CA. This has also led to a ban on Airbnb party houses. Chesky tweeted, “Starting today, we are banning ‘party houses,’ and we are redoubling our efforts to combat unauthorized parties and get rid of abusive host and guest conduct, including conduct that leads to the terrible event in Orinda. Here’s what we are doing: First, we are expanding manual screening on high-risk reservations flagged by our risk detection

technology. Second, we are creating a dedicated ‘party house’ rapid response team. Third, we are taking immediate action against users who violate these enhanced guest policies, including removal.”

With the rigorous upgrades to the system and rules, Airbnb is doing its best to keep its customers and renters safe from any form of harm.

Explore Airbnb



AIRBNB App, Exploring Listings - Photo Credit: Victoria Turcios

## Amazon Unveils Alexa-Enabled Christmas Tree

BY HALLE MARTIN

“Alexa, turn on the Christmas tree!”

“Alexa, turn on the Christmas tree!” That’s right - Amazon is now offering an Alexa-enabled Christmas tree, dubbed Mr. Christmas. No longer are the days of trucking out to the countryside to pick out a Christmas tree and coming home to the gruesome process of unraveling tangled Christmas lights, hoping each string still works. Instead, with the tap of a finger, you can have a tree delivered to your house within a matter of days that will light itself up by the sound of your voice.

In November, the leader in e-commerce introduced the “smart tree” on their website, retailing at \$299.99. The artificial Christmas tree is modeled after the famous Douglas fir and stands seven feet high. It comes pre-lit with LED lights, capable of changing their appearance upon your verbal command. To change the appearance of your tree, simply call out Alexa and select your light display preference. With this feature, you can additionally turn the Christmas tree on or off and schedule its performance.

The tree features thirteen lighting options, ranging in different colors and displays, such as twinkling or fading and comes with flame retardant branches. Assembly is easy and involves little more than sliding together the pre-wired poles, eliminating cumbersome wires and cords. Within minutes, your home has become more festive, and your life a little less stressful.

Amazon’s initiative in creating an easier Christmas decorating experience is not the first of its kind. Most notably, the As Seen On TV motion light projector known as Star Shower has shaken up festive decor, changing the way we decorate for the Holidays. These new technologies are proving to be wildly successful. Currently, Mr. Christmas is temporarily out of stock after quickly selling out during pre-orders, but is still available for ordering upon restock.

## Minnesota Raises Fine for Drivers Not Stopping for School Buses

BY LUCY VANG

With the start of the 2019 school year, the violation of drivers failing to stop for school buses continues to affect the safety of Minnesota’s children. The fine for this violation has increased from \$300 to \$500 within the month of August.

Records in 2018 showed that 2,800 people reported seeing almost 600 illegal passes of drivers in a day... violations to drivers not stopping for school bus stop-arms continue to be a threat raising the concern for parents and bus-drivers who continue to pick up and drop off the students.

For the state of Minnesota, drivers are expected to stop at least 20 to 30 feet from a school bus, and school buses are expected to turn on their amber flashing lights 100 yards before the destination. As soon as the lights come on and the stop sign pans out, drivers behind the bus and from other directions are expected to stop at least 20 feet from the bus. Drivers are also expected to wait until the stop sign has hidden, and the red lights have stopped flashing. These are the rules and regulations that are to be followed by Minnesota State Law.

In 2017, Minnesota had 1,099 school bus stop-arm violations, and in 2018, a total of 1,052. Records in 2018 showed that 2,800 people reported seeing almost 600 illegal passes of drivers in a day. Although the numbers did decrease, violations to drivers not stopping for school bus stop-arms continue to be a threat raising the concern for parents and bus-drivers who continue to pick up and drop off the students.

Aabaan Moua, a father of one who resides in the north side of St. Paul, expresses his thoughts in an incident where he witnessed a car come close to not stopping for his child, “It pisses me off. It really makes me angry because my child is in danger.” Moua’s child is starting second grade and is presumed to be safe with no injuries.

In another interview, Amy Vang, a thirteen-year-old in the eighth grade who walks beside her nieces and nephews when getting off the bus, states, “When cars don’t stop when they’re supposed to, I don’t really like it. I expect them to stop, and when they don’t, it can become an accident in a blink of an eye. I also have nieces and nephews I have to take care of, too, and I really don’t want them to get hurt.” Her two nieces and three nephews are in elementary from kindergarten to 4th grade and enjoy going to school.

These types of violations can and will continue to be a threat. Drivers have to simply abide by the rules and regulations regarding school buses as soon as they see the stop-arm and red flashing lights for accidents to be avoided at all costs. That means having to pay better attention, stop texting, and abiding by the rules and regulations concerning school buses.

With Minnesota’s community working together and simply doing what they’re supposed to, the children can better avoid accidents and injuries that can happen from someone else’s mistake.



# NEWS

## Amidst Bolivia’s Chaos

BY VICTORIA TURCIOS

As Evo Morales, the first indigenous president of Bolivia, takes up refuge in Mexico after what many are calling a military coup, the new interim government has already assumed power in Bolivia. Protests and violence took over the country after disputes of October’s elections, which led up to Morales’s resignation, and ultimately caused him to flee the country. While some support the situation in Bolivia, others see it as a crime against Democracy, and the country’s constitution. What’s happening in Bolivia raises the question of how to accurately label the turmoil the country is going through. Is their government facing a legitimate coup, or is it an uprising? More importantly, how is this affecting the rest of Latin America?

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**Protests and violence took over the country after disputes of October’s elections, which led up to Morales’s resignation, and ultimately caused him to flee the country.**

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To further understand the chaos in Bolivia, it’s important to know some details about Evo Morales’s presidency, as well as what triggered this. According to the BBC Monitoring statistics, Evo Morales was president of Bolivia for 13 years and nine months. He was also the leader of the Coca growers’ union, and throughout elections maintained above 50% of the votes in 2005, 2009, and 2014. His support of cocaine legalization in Bolivia led to strained US relations, along with the suspension of the US Drug Enforcement Administration in Bolivia, and the ousting of the US Agency for International Development due to accusations of the agency supporting the opposition against Morales.

Morales focused the majority of his presidency on wealth distribution, but the biggest win for Morales was the drop of poverty from 38% in 2006 to 17% in 2018, as reported by BBC. The tipping point for many came as results of a 2016 referendum were ignored. Morales asked his country whether or not they would want the limit of presidential terms in Bolivia to be kept or dropped. The people made it clear they wanted the limits to remain, but Morales took matters to the constitutional court, winning and abolishing the limits. After winning a fourth term in October, there were irregularities in vote counting and apparently “clear manipulations” of the results. Protests broke out for weeks, leaving three people dead according to Global News Canada, and resulted in further violence, and ultimately Morales was asked to step down by his military chief.

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**With videos of the police cutting the indigenous Bolivian flag through days of protest, some are worried that the power vacuum left by Evo Morales could open doors to a much more dangerous political environment for Bolivia.**

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Mexico has granted Evo Morales asylum as he fled Bolivia amidst the violence and continued protests. NPR shared details of who the current interim president is — Christian Jeanine Áñez, a rightwing, religious, conservative Senate Vice President. Bolivia is calling for fresh elections, as the interim president herself is on questionable standing with the people of Bolivia. As reported by The Guardian, there are tweets from 2013 by Áñez that are racist against indigenous people. With videos of the police cutting the indigenous

Bolivian flag through days of protest, some are worried that the power vacuum left by Evo Morales could open doors to a much more dangerous political environment for Bolivia.

Despite the United States backing the new interim government, the issue is having a ripple effect on the rest of Latin America. Brazil is not rejecting the possibility of a coup, others like Chile and Peru are not necessarily taking sides as they hope Bolivia figures out the situation swiftly. Countries like Argentina, Mexico, Cuba, Nicaragua, and Venezuela are condemning the situation as a coup. Morales had argued prior to the election that he needed more time to carry out all the reforms he wanted to achieve to help his country, but it seems like that time has run out in a way that nobody expected.

## ISIS Leader Dead but the Fight is Not Over

BY ETHAN LANGEMO

Since the Islamic State of Iraq and Syria’s (ISIS) conception in 2014, leader and founder Abu Bakr al-Baghdadi was one of the most wanted men in the world, with a \$25 million bounty on his head. The organization developed after the death of Osama bin-Laden and the subsequent dismantling of al-Qaeda. In the five years since, several ongoing attempts to find him have failed, until Saturday, October 26th, 2019, when a raid on his hideout finally left him dead.

During the attack, US airstrikes killed around 15 fighters, though it is unknown if they were associated with ISIS as the area in which the raid was conducted is also inhabited by other militaristic groups. US soldiers infiltrated the structure and pinned al-Baghdadi in a dead-end tunnel. He had taken two children around the age of 12 with him into the tunnel, then proceeded to kill himself along with the children by detonating his explosive suicide vest. Several children, in addition to a few wives of al-Baghdadi, were captured in the process.

Part of the victory can be attributed to Conan, the hero dog. Conan chased the ISIS leader into the underground tunnel, allowing troops to track his location and trap him. Unfortunately, Conan was injured by exposed livewires and had to be rescued. He was flown back to the United States and received a personal invitation to visit the White House from President Donald Trump.

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**They revealed the name of the man who would be taking al-Baghdadi’s place and mocked world governments, particularly President Trump, while also hinting at supposed invasions in Europe and parts of central Africa.**

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Despite the momentary victory, the war is not yet won. Though al-Baghda-di’s successor, Abu Hassan al-Muhajir, was also killed in an event that occurred after the raid, the terror organization has already announced a new leader: Abu Ibrahim al-Hashemi al-Qurayshi, who has been dubbed the “caliph of ISIS and emir of believers.” Likely, this is not his real name, especially considering his name “al-Qurayshi” refers to the tribe of people the Islamic prophet Muhammad came from and is probably symbolic of him being the leader of the ISIS “caliphate.” US intelligence is working diligently to figure out who this al-Qurayshi could be, but perhaps nobody, besides the very top leaders of ISIS, knows for sure who this man is. We might not find out for a long time until they can be confident they can keep him safe, knowing he will instantly be a top priority target for world governments.

The announcement of a new leader came in the form of an audio recording on Telegram, which lasted about half a minute. In it, they revealed the name of the man who would be taking al-Baghdadi’s place and mocked world governments, particularly President Trump, while also hinting at supposed invasions in Europe and parts of central Africa. The leaders of ISIS still congregate, and

while they live, the organization will continue to cause terror. The placement of the new leader shows that while they acknowledge they certainly took a heavy blow, they are far from finished fighting. Fortunately, neither are the forces that oppose their evil.

## Jeffrey Epstein Didn’t Kill Himself

BY ETHAN LANGEMO

Many of us have seen our social media feeds flooded with memes that often end with the phrase, “and Jeffrey Epstein didn’t kill himself.” Who was this Jeffrey Epstein, and why did he (not) kill himself? It is a mess of years of behind-the-scenes sex scandals and shady ties with big celebrities. Much of the outburst on social media stems from the news not willing to cover the story because many people with a lot of power are involved and would rather not get caught up in their pasts with Epstein.

Epstein started as a teacher in the ’70s, but later became a financier for the filthy rich. He purchased Little St. James Island in the Virgin Islands from where he operated his business, in addition to his two mansions, each worth several millions of dollars. In 2008, he was found guilty on two counts of soliciting the prostitution of a minor and was sentenced to only 18 months in jail but served only 13 of them. Epstein was then put on work release, where he commuted between prison and an office. He was also registered as a sex offender.

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**Word of Epstein’s death began a conspiracy theory that he was killed by someone hired by the powerful people in his close social circle to keep him from saying their names in his next trial.**

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Earlier this summer, he was arrested again after it was found that he took part in a top-secret plea deal that covered many of his crimes, in which he sexually abused dozens of underage girls, supposedly alongside other people of power. Some people who have had connections with him and flown in his private jet include former President Bill Clinton, President Donald Trump, and Prince Andrew, son of the Queen of England, though they and many others who have ties to him have denounced his actions and said they were not aware of them.

Epstein ended up on suicide watch in a special unit with extra security, including two guards instructed to watch over him and a new court date in September. He died shortly after he was taken off watch. An initial evaluation by NYC Chief Medical Examiner Dr. Barbara Sampson concluded in his death being a suicide. However, an evaluation by another examiner hired by Epstein’s brother stated that the results are more coherent with murder.

A big hint leading to this was certain bones in his neck (particularly the hyoid bone, located above the Adam’s apple) were broken, and these require a great deal of strength to break. Importantly, the hyoid rarely breaks in hanging suicides and is much more common in stranglings. However, it is not impossible to break and more often appears in suicide hangings of older people, even at Epstein’s age of 66. A source from CBS News states that there were “screaming and shrieking” heard from his cell the morning of his death, which would point towards a homicide. It was also revealed that one of the guards who was watching him that morning was not a regular officer, which means an intruder who was sent to kill Epstein could have gotten through, especially if he was working alongside the irregular guard.

Word of Epstein’s death began a conspiracy theory that he was killed by someone hired by the powerful people in his close social circle to keep him from saying their names in his next trial. Frustrated, people of the internet began circulating the Epstein memes to spread the word of his death and push for more media coverage on the event, hopefully leading to more in-depth investigations of his suspicious death. Justice must be brought to the co-conspirator’s hiding in the shadows.

# NEWS

## Take a Number: Long Wait Times at Local DMVs

BY HARRY LIEN

The Department of Motor Vehicles (DMV) conjures up painful memories marred by insatiable lines and endless wait. Although the DMV has always been known for its inconveniences, recently Twin Cities’ locations have seen a dramatic rise in wait times and filled appointments rendering it near impossible for hopeful Minnesotans to take the road test. Some attempt to set appointments while others brave the lines as walk-ins Either way, there appears to be no end in sight.

Looking to schedule and reserve online? Appointments are backed up all the way into January for most metro locations. This leaves test-goers with the bleak alternative of walking-in for the exam. According to the DMV, walk-in appointments are only available when someone cancels an appointment that day or doesn’t show up. These are available on a first-come, first-served basis, and there is no guarantee that a test will be available.

In an interview with WCCO, Ganda Yang expressed her frustration. “I have been waiting here since midnight. Six hours, almost seven,” she said. At the time of this interview, it was 6 am, and the line was already long outside the Arden Hills DMV, which does not open until 8 am. “This is my fifth attempt trying to do a walk-in. Other times I’ve come at 5 in the morning, and they don’t take walk-ins because there are others who have taken the spots,” she continued. Ganda Yang, like many others, came hours before the DMV opens its doors for a slim chance of admission.

In another instance at the Arden Hills DMV, Kare 11 reported them letting at a handful of cars through the gates at around 7 am. Moments later, a supervisor emerged from the building and told the following cars still waiting to turn back. “We’re not taking any more walk-ins at this time,” the supervisor said. Frustration ensued as drivers who waited outside the building for several hours had to try again some other day. With peoples’ schedules, jobs, and other commitments, it is easy to see the inconvenience it poses for the community.

Local Minnesotan Representative Lina Runbeck is not only irritated by the long wait times but also believes they are illegal. According to state law (Sec. 171.13), a person looking to take a road examination must be able to take one within two weeks. Runbeck wants the leaders from the Department of Public Safety to meet with the Committee of Transportation and address the issue at hand.

According to the DPS, the summer and the beginning of the school year are traditionally the busiest times for road tests. The high demand surpasses the number of examiners and appointments available. They suggest scheduling six months ahead over the phone and two months if online.

In the last few weeks, the state has decided that starting next year there will no longer be standing appointments available for students taking the road test through driving schools. This change looks to clear up scheduling and make it more convenient for test seekers. Planned upgrades to the online scheduling system will now let people change appointments, receive confirmations, and verify their eligibility, according to WCCO. State officials recommend booking appointments online. Even with these proposed changes, prospective Minnesotan drivers may have to buckle in and endure the wait.



*Local teen finally gets license after months of waiting for a road test - Photo Credit: Mara Grau*



# NEWS

## Not Enough Space for a White Picket Fence: The Minneapolis 2040 Housing Plan

BY VICTORIA TURCIOS

Once upon a time, the dream of owning a white picket fenced home in the city, settling down, having a family, and a garage big enough for one or two cars was a core part of the American Dream. Could it be that this part of the dream is now failing Americans as a whole? Zoning regulations may be unknown territory for the average individual, but with the Minneapolis 2040 plan to stop single-family zoning, it's crucial to understand what the conversation is all about. The plan that passed 10-1 puts in question what the future looks like for Minneapolis and the surrounding Twin Cities suburbs. Single-family zoning is when a residence doesn't share walls, roofs, or any part with other buildings. The thing about the zoning of where these homes are meant to be built is that many are mandated to be larger. This is what gives you the fencing space, garages, etc.

With the 2040 plan, Minneapolis plans on ... adding higher-story buildings (like apartment complexes), as well as duplexes and triplexes, to areas historically zoned for the single-family home. This will allow more affordable housing opportunities for lower-income families in prosperous neighborhoods.

Traditionally this type of zoning also brings in rules about how tall the homes can be, three stories are the limit, and it helps reduce density in the number of people who can live within the city. This is where the key problem lies, as Minneapolis has tried to grapple over the last decade with the shortage of affordable housing, and homelessness that has increased alongside the number of industries that require a larger workforce. This kind of workforce ends up concentrated in cities like Minneapolis and many others across the country, but with single-family zoning at play it is harder for blue-collar workers to find a home with sky-rocketing student debts and high housing market pricing. With the 2040 plan, Minneapolis plans on combating this issue by adding higher-story buildings (like apartment complexes), as well as duplexes and triplexes, to areas historically zoned for the single-family home. This will allow more affordable housing opportunities for lower-income families in prosperous neighborhoods.



Bye Bye Single Family Zoning - Photo Credit: Victoria Turcios

Back in December of 2018, Bloomberg magazine praised Minneapolis for possibly becoming the first city to make such a necessary change in banning single-family zoning. The publication shared that due to how bad the current impact of housing zoning is to our environment, the vanishing middle class, and for communities of color, this is a necessary move if cities want to flourish rather than watch their economies start to fail. Single-family zoning may no longer be supportive of our evolving economy; in the opinion of Bloomberg magazine, this type of zoning which has historically been the status quo has now “made it a lot harder for people of modest means to live in a thriving area.” The Mpls Downtown Council also has a plan for 2025. In a video sharing what they hope to accomplish by then, they include two additional light rail lines, 3 million square feet of downtown office space for companies to create jobs, entertainment for residents, green projects throughout downtown, and small business-friendly environments not only for its current residents but also the doubling digits of incoming resident population they expect to house by 2025.

## Returned at Last: How The Wiyot Tribe Took Back Duluwat Island

BY MARA AKWAY

Lost but now found, the Wiyot Tribe has recently reclaimed their land in Eureka, California. This story could be considered extremely foreign to other Native American tribes due to the fact that the Wiyot tribe did not have to purchase, sell, or trade anything to get the land back. The government had voluntarily returned it to them. This case is called “the first voluntary municipal.” The federal government took the Wiyot's land among the millions of other acres that were also seized in the inception of the United States. Similarly, parts of Western Oregon were returned to the indigenous people earlier this year through the Tribal Fairness Act approved by President Donald Trump.

On October 21st, 2019 the city of Eureka voted to return the land to the Wiyot tribe in what has become the first time a local municipality has voluntarily returned the land to a native tribe.

The process of Duluwat's return was not easy. It started in 1990 when 1.5 acres of the Duluwat land went up for sale. The Wiyot people fundraised by selling t-shirts, sweatshirts, pins, posters, etc. They did this consistently to raise enough money to buy the 1.5 acres. By 2000, they succeeded. They raised 100,000 dollars, but had missed the first deadline by only a few days. The price had been raised, so they continued to fundraise until this 1.5 acres were theirs. In 2004, the city of Eureka decided to donate another 45 acres to the tribe. The tribe was beyond grateful for this, but there were another 202 acres of land that they still did not own. The journey of gaining these 202 acres would take another 15 years to achieve.

The reason the island was taken over so quickly was that a massacre had occurred before one of their sacred ceremonies, which is where they were at their most vulnerable point. They were not prepared to protect themselves in any way because of their preparations for their “world renewal” ceremony, which could be considered their new years celebration. Up to 250 tribal members were killed, the majority being women, children, and elders. After this massacre, the world renewal day celebration went uncelebrated. This had marked the start of a long and systematic attempt at the erasure of Wiyot culture. Not only were the Wiyot people suffering, but their land was, too. This was all caused by a white settler named Robert Gunther, who had bought some of the land and turned it into a cattle ranch. He took the area where the renewal ceremony was once held and



Embarcadero Marina Park, California - Photo Credit: Victoria Turcios

turned it into a shipyard that was later abandoned, and the machinery was left to rot.

By hosting vigils for the lives that were taken, by working closely with Eureka city council members, and by educating others about their history, the Wiyot Tribe eventually restored the land that was rightfully theirs. On October 21st, 2019 the city of Eureka voted to return the land to the Wiyot tribe in what has become the first time a local municipality has voluntarily returned the land to a native tribe.

# NEWS

## Studies Show Sleep Leads to Reduced Stress

BY ANNA FRITZE

As everyone knows, college is stressful. It seems like time is pretty much there for you to do homework, and when it's time to sleep, that time is still used for homework. For many, sleep has become something that seems optional. However, we often forget that sleep is our time as humans to recharge from all of the stressful situations from our day.

According to the American Psychological Association, many people report that stress increases when the length and quality of their sleep decreases, but then survey findings show that stress may be getting in the way of falling asleep in the first place. So, no sleep equals stress, and the stress equals no sleep; it can become a never-ending cycle.

Science Daily has gone deep into investigating the correlation between sleep and stress. They took MRI scans of eighteen young adults after a night of full sleep, and after a night of emotionally stirring in their sleep. The night of no sleep's scans showed a shutdown of the medial frontal cortex, which is where our anxiety is normally kept in check, while the deeper emotional centers of the brain were overactive. After the night with sleep, however, anxiety levels were shown to have declined significantly, especially for those who experienced deeper sleep. The researchers did the same experiment on thirty more young adults, and they continued to get the results that the participants who got the most sleep experienced the least stress and anxiety the next day. They concluded that the amount of sleep a person got would predict their stress levels for the next day.

Many people see these results but continue not to get enough sleep. The National Sleep Foundation gives some great tips on sleeping better at night, after first acknowledging that it can be difficult to fall or stay asleep when you're stressed out and that stress can even lead to insomnia. Some tactics include exercising in the morning or afternoon, taking half an hour to an hour before bedtime to wind down and do something not stressful, and spending ten minutes doing a calming routine, like breathing or muscle relaxation. It is essential to acknowledge the fact that stress levels are being increased from a lack of sleep now to nip the problem in the bud. A continuation of missing sleep builds up throughout the years, which results in a buildup of stress, and could even lead to an earlier death. Make healthy choices in college now, and your body will thank you later.



# OPINIONS

## Why Snow is the Worst

BY ANNA FRITZE

Hello humans, and thank you for tuning into why snow is the worst. It seems like everyone has an opinion on snow, and most of these opinions fall on the side of love or hate. Obviously, I lean toward hate. Now, I do my best not to say that I “hate” things, but snow is pretty bad. Don’t get me wrong, I love a white Christmas for like, a week, but then it’s time for that stuff to go. Long gone are the days when I longed to go outside in the beautiful fluff and come back inside soggy. Now, snow = the worst. Let’s start with the obvious reasons. One: it’s cold and wet. What person likes being cold and wet? One answer for you: sociopaths; people who know the difference between good and evil and do evil anyway (SO to Dr. Watts). Are you a sociopath? Yes? Well, you must love the snow. Two: snow melts. The fun part about the long, cold winter is that it doesn’t stay melted. No, no, no, it refreezes and turns to ice. What happens on ice? You slip and break your elbow (because unlike that kid on Vine, I WOULD care if you broke your elbow). Not only can you slip on ice, but your car can slide on the ice. I have seen police cars and fire trucks race past Concordia three times today alone. They are most likely going to use the jaws of life because of an ice-induced accident.

Even if you don’t slide your car into a pole, snow and ice still ruin your car. Rust builds up from the moisture, and salt that is used to melt the ice does no good for your car either. Snow and ice make you late for things when you have to rush outside to leave and take 10 minutes to clear off your windshield. When you open your door to grab your scraper, snow falls into your car, and now you’re going to have a wet butt - congrats. Then you get into your car, but your car doesn’t start because your car, like me, hates the cold. When you finally get your car to start and you’re trucking along, you either get stuck behind someone going ten miles under the speed limit or tailed by someone who wants to go twenty over. The snow isn’t that bad to feel the need to go that slow, but it’s still scary enough not to go that fast, duh! C’mon people. Either way, driving with snow and ice on the roads is terrifying. How many holiday family road trips have you had to cancel or postpone because of the snow? I’ve had plenty.

Finally, and probably the most prominent reason why I don’t like snow: snow emergencies. My car has been buried deep in snow and ice so many times; I have to go out there with kitty litter, cardboard, and a shovel just to rock my car out and park it in a lot a block away. Then I have to walk back while the tears are streaming down my face, which turns to ice and freezes my eyes shut -- not my cup of tea.

## “Ok Boomer” Innocent joke or insult?

BY MARA AKWAY

Ok boomer. Some may view this as an insult, while others see this as an innocent joke. In 2019, many trends have surfaced in the media, but this trend has left a mark, especially in two different age groups. It is often recognized that the Baby Boomer generation criticizes the Millennials and Gen Z for various behaviors, and for policies that they have helped to implement. This works the other way around as well. Now the Millennials are firing back with the phrase “ok boomer” as a way to refute the many W“Millennial” insults that have surfaced from the older generation.

The new trend recently surfaced on the social media platform, TikTok, this year. TikTok is famous for creating comical videos, dances, and lip-syncing by individuals from many generations. Soon enough the trend moved on to other platforms like Instagram and Twitter. This trend all started with an older man criticizing Millennials and Gen Z saying that the younger generation has Peter Pan Syndrome or the fear of growing up. There was then a response from a member of one of the younger generations who made a reaction video on Tik Tok saying “Ok Boomer.” Saying “Ok Boomer” is meant to mock the Baby Boomer generation.

Throughout the years, you can see that Millennials and Generation Z are in this non-stop battle with their elders. Baby Boomers claim that the younger generations are too spoiled and babied with all the new technology. Since Baby Boomers grew up in an era where they had to work harder to find information, they feel that the younger generations are lazy considering that everything is just a click away. On the opposite end, younger generations feel like the baby boomers are judgmental, ignorant, and leaving them in an undesired world. Gen Z and Millennials think they are under the wrath of the Baby Boomers for something they cannot control, like the internet and other advancements. Climate change and social security also play a part in this feud.

All in all, “ok boomer” is a witty remark to fire back at the baby boomers when they try to call out Gen Z or the Millennials. Some may argue it is harsh, considering that we live in 2019, while others say it is simply a clap back to the Baby Boomer generation when they try to blame Gen Z and Millennials for something they cannot control.

## 2020: The Year to Turn Blue?

BY RICHARD MAHLE

In our crazy political atmosphere, two questions are buzzing around everyone’s minds. Who supports Trump, and how will people vote in 2020? In regards to President Trump, the Democrats want his head. They will receive it in the event that he is impeached, but if he is not, the fate of the leftists lies in the shifting political atmosphere in key states. With the way states are flipping, there could be hope for those wishing this.

Virginia has turned blue yet again this year, and it seems to be following a trend, seeing as this is a consecutive blue year. A surprise within the political world is Kentucky. Kentucky was fighting for a Democrat governor. They succeeded with the vote ending 49.2 percent of votes being in the blue battalion’s favor. This is a fascinating voting perspective for 2020 because this state could go either way. With the Republicans losing by only .8 percent, this could cause a shift in the state for the 2020 elections. This is not the only state with such an alarming near 50/50 split. Other states, including Mississippi, Virginia, and Maine, showed the same trends. Although these states are not swing states like California, they are important to account for because they could be the cause of a recount, or could result in the win. Only five presidents have won despite not having this popular vote.

An interesting view on voters comes with examining who voted what way within their parties. For example, Pennsylvania had a near four-way tie between two separate Democratic and Republican candidates. This begs the question, does any of this change the results of what will happen in next year’s election? Although it is interesting to observe how states are shifting more Democratic as the years progress, a major thing to look at is the rise of the third party. Is it possible that people are turning more moderate in our society than strictly Democratic?

Libertarians and Green party members are on the rise. Third parties have been growing and growing. I think that the results of the critical 2020 elections are going to be decided by who votes third party. It can cause a fracture in the Republican vote because the number of Libertarian Conservatives has been rising since 2000. If enough people vote third party, the Presidency will go to the Democratic party with ease. Even in the 2016 election, there was a small presence for third parties. The question still stands: Will 2020 be blue? The only way to tell is to vote and wait anxiously for the results. See you then!

## I Survived my Student Teaching Clinical (and yes, I still want to be a teacher)

BY COURTNI HOLLOWAY



*I survived student teaching - Photo Credit: Courtni Holloway*

By the time you are reading this, I will have completed my 15-week student teaching clinical and will be on the verge of graduating with my degree in Secondary Education. When I was first accepted to the Program of Education here at Concordia, I promised myself that I would use my two years as an Education undergrad to learn as much as possible about the world of teaching. I worked my butt off in my methods courses, made a point to be extra reflective (even when writing dinky little reading-responses), and followed teacher blogs and YouTube channels to get fun, engaging lesson ideas. I was, as the kids say, “doin’ the most.” I finished the last of my methods courses last spring, and I remember boasting in the feeling of accomplishment after writing all of my final ED papers. “I am so ready for student teaching” (said a very naïve Courtni as she drove away from campus for the summer).

Flash-forward: It’s the first day of my high school placement. I walk into the school with a big smile and pep in my step. I then walked into a raging fight between two 10th grade boys. Flash forward some more: My cooperating teacher is unexpectedly absent one day, and I am forced to teach all five classes by myself with no preparation (I spent that evening crying in a Taco Bell parking lot). I did not take a “How to deal with a physical fight in school 101” course or own a textbook on impromptu lesson planning, so these situations (and many more) were incredibly challenging for me. It was in these moments that I learned that teaching is so much more than the decorative PowerPoints and color-coated lesson plans that I had come in with.

Though I have painted all the unexpected situations that come with a job in teaching as a negative, I promise that my horror stories are just a small portion of the insight that student teaching has brought me. In fact, it has been the unexpected moments of my student teaching that have compiled to reaffirm my decision to become a teacher. When I first started my Education-major adventure in my Intro to Education course, I was asked, “Why do you want to become a teacher?” I answered by explaining how passionate I am about my content area (English Language Arts), and that I was excited to share this with students. This statement is still true, but after working with real-life students, I would have to change my answer. Shakespeare and Poe can take the backseat, because I have learned that the best part about teaching is the relationships you build with your students and the new and exciting things you experience each day.

I formed some of the greatest bonds with my students as the days went on, and it wasn’t until I had to leave them that I realized how close we had become. I had learned so much about these teens both as students and as humans. This is one of the greatest things about teaching; you are exposed to a hundred different

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brains and personalities, and you learn something new every single day. Along these same lines, I can say with confidence that in the ten weeks I spent in this one classroom, no two days were the same. Teaching forces you to branch out into the creative depths of your mind that you didn’t even know existed, to create fresh, engaging content for your students. My students and I were always talking about something new, analyzing from a different angle, or arranging ourselves in the classroom in an exciting way. This kind of freedom and variety helped me to be truly excited for school each day, and this is exactly the kind of thrill I want to feel going into my future job.

Student teaching was certainly a chaotic mix of stress and emotions, but above all, this experience has been one of total enlightenment. So here’s a message to all of the teacher candidates out there getting ready to student teach: You will not learn everything you need to know in your ED courses. You are not going to perfect every lesson. You are not going to be on your A-game every day. But you will have moments with your students that will teach you more than you could have ever imagined, and make you remember why you chose this path in the first place.

## Trends Only Last So Long

BY MATTHEW IUNG

Started by someone who may be another self-help grifter, Ruby Warrington, is the ticket-selling event series around being “sober-curious.” Sober curiosity (as a trend/movement) seems to be perpetrated by young and well-to-do individuals that have the time to post about it.

So, on the whole, this is not a terrible movement or a bad idea. At its core, it’s about stepping back and assessing one’s relationship with alcohol specifically. It’s something we could all take a minute to do if so inclined. There is also a fascinating aspect of the peer respect exercised within the movement. There is public and trendy support for this idea making it easier for young people to get into, and it’s probably less intimidating than Alcoholics Anonymous.

Quick aside - it’s worth noting that there are organizations built for this already: SMART Recovery, LifeRing, Women for Sobriety, Secular Organizations for Sobriety, and Moderation Management, to name a few. All of these have different mission statements, methods, and do not rely on a traditional twelve-step method or trendiness to help a person get and stay sober.

The way that the trendy Instagram culture has made it quasi-socially normative to talk about sobriety with a degree of flippancy and casual ease is concerning. Specifically, around the way that the author of the book talks about the reasons and origins of the movement. In a New York Times piece by Alex Williams, they recount Warrington’s story in this way.

“After moving to New York in 2012, Ms. Warrington tried 12-step programs briefly but decided that ‘Ruby, alcoholic’ was not the person she saw in the mirror. Three years ago she started Club Soda NYC, an event series for other ‘sober curious,’ as she termed them: young professionals who were ‘kind-of-just-a-little-bit-addicted-to-booze.’”

Warrington’s conception of addiction pushes towards insensitive, and gets me wondering about the people that this is for. Looking at the sober influencers posting before and after pictures and chasing them with cute hashtags seem to disregard the mental health and addiction aspects of alcoholism. This may be perpetuating other harmful trends. Places like L.A., New York, and Austin all have the youth and trend market to sustain invite-only sobriety clubs. Also, pitching this as a spiritual/self-help and wellness moment makes it feel temporary or casual. One of the hardest parts of addiction recovery is staying with or keeping up on a long term treatment.

It’s too early to tell if this trend is doing any good for anyone but the influencers using it to build their brand and add one more “don’t do” to their long lists. However, the hope is that it makes sobriety less of a taboo in the public discourse, at the very least that would help, and possibly provide a place for people looking for a more exciting community to go.



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## Do Ghosts Co-Exist In a World With Us?

BY LUCY VANG

Boo! Ghosts are real and only some people can actually see them. Hence, why only some people believe. This has been a very controversial topic among generations and it continues to be, but because there are so many believers and skeptics alike, it is worth discussing.

Ghosts are the soul of a dead person or animal that can appear to be living. They are widely described and seen in movies, as well as in real-life experiences as an invisible presence.

Ghosts can appear to be translucent or barely visible wispy shapes, or realistic, lifelike forms. It can be chilling for some people, and still remain a conspiracy to others. So are ghosts real? You can decide for yourself, but here's my take.

We are all ghost magnets. This means that ghosts can be seen by anyone and everyone. We as humans are only limited to our five senses: smell, touch, hearing, sight, and taste. These senses can only go so far within the real-world, and the only real way to sense a ghost is from within. This is why we can often sense when we have a sudden chill up our spine or when we sense someone is there but they really aren't. This is called the sixth sense – an extrasensory perception that humans have to perceive the unseeable dimensions of angels, ghosts, and heaven. This can explain why some people actually say that they experience heaven-like occurrences in near-death situations and how some people see spirits and others don't.

Today, scientists also have technology such as an EMF meter, motion and vibration detector, a ghost box, and a digital camera with night vision. When ghost hunters are looking for spirits, they rely on an EMF meter to identify a presence. This device is a thermometer that can identify cold spots and wireless microphones that eliminate background noise.

The motion and vibration device is used to pick up any movement in empty rooms. It can be placed anywhere in an empty room as long as you carry a receiver with you for evidence. When the device has detected something, the alarm on the device will go off (spooky!). A ghost box is used to verbally communicate with spirits. It scans radio frequencies, creating a din of white noise that spirits can use to communicate. The Pew Research Center found that only 18% of humans have seen ghosts or have been in the presence of a ghost. 65% of Americans believe in the supernatural and 29% believe they have felt in touch with a dead person.

Personal story: I remember when I was a kid around the age of eight or nine and my family lived near Phalen Lake. One day, my family and I went out for a drive. When we came around Phalen Lake, I looked across the big lake and saw an old white lady in the middle of the lake on a tiny boat. I remember seeing a white translucent glow around her. I wasn't sure what I was seeing. I remember telling my parents that an old white lady was looking at me from across the lake and they said that they didn't see anything.

I repeated myself over and over and eventually, my parents told me to stop looking at her. When I did so, she suddenly disappeared. In the end, how do we explain all of this? Until you have actual experience with the supernatural like I did, it can be hard to even fathom the idea of ghosts. For me though, it is very clear that the living are not alone in this world.



Ghosts Are Real - Photo Credit: Victoria Turcios

## The Five-Hour Work Day

BY KENNEDY WILLIAMS

Whether a college student or a full-time worker, we all know how our work is constantly interrupted by social media and cell phone use. Lasse Rheingans, a business owner from Germany noticed this difficulty of balance in his own work-life, and decided to develop a plan that could alter the traditional outline of a nine to five office job. As chief officer of Rheingans Digital Enabler, Rheingans proposes that rather than an eight-hour workday, employees work for only five hours. To ensure that the company is able to run just as efficiently as before, Rheingans imposes a no cell phone rule, expects employees to keep small talk at a minimum, and limits email-checking to twice a day. Without the presence of these distractions, workers are able to get just as much done in less time. Makes sense, right? Workers get the same benefits and get to spend less time at work and more time with their families. So, why is Rheingans receiving so much criticism for this innovative plan?

The five-hour workday is primarily criticized due to its lack of flexibility to breaks and changes in the schedule. Rheingans' blueprint allows 15 minutes or less for company meetings and no time for breaks as it is only a five-hour shift. Psychologists argue that in order for an individual to put their best quality work forward, they must give their minds a chance to cool off and take a quick break from constant work. This concept is commonly carried out through the study style of college and high school students, but can also be applied in the workplace. Artist and journalist Krishna Reddy says, "Taking breaks is the only secret serum for excelling in the work you do." In order to do the job right, we must refuel our bodies and minds.

Despite the argument of breaks, the five-hour workday seems like a pretty good deal to most of us. No one really enjoys long days of work, and five hours compared to eight is nothing. As long as the labor is not too intense, most could go without a break and work with just the same amount of energy as they would during the eight-hour workday. The only way for anyone to truly know if the five-hour workday is the right fit for companies around the world is to put it to the test. Rheingans Digital Enabler seems to be that very test that the entire world of business is keeping an eye on.

## Why You Shouldn't Set a New Year's Resolution

BY KENNEDY WILLIAMS

Every gym rat knows that the best month to join or continue to exercise at your local gym is in February, because by then, what is commonly known as the New Year rush has ceased to exist. Companies like Weight Watchers, grocery stores that sell organic materials, and health plan experts experience a rise in business during the first month of the year. The common practice of making a New Year's resolution throws America into a phase of motivation and personal change, but usually, that phase only lasts for a couple of weeks. 80% of gym memberships purchased in January are terminated within 5 months. Why have we made January 1st the day that we turn our lives around? Experts actually believe that January 1st is the very worst day to make a resolution of any kind.

With holiday celebrations leading up to the New Year, resolutions oftentimes are very forced and made in order for the individual to "make up" for the eating habits and stress that the last two months brought upon their lives. Pauline W. Wallin, Ph.D. explains, "Because we place so few demands on ourselves to be disciplined during December, there is no immediate threat of deprivation. When New Year's Day arrives, we tend to expect that self-discipline will magically take over." It takes a while to get back into a routine after the festivities of December, so adding another goal on top of the task of getting back into the flow is quite detrimental. Apart from the terrible timing to turn one's life around, there is a more holistic approach.

If you want to make a change in your life, do not wait until the New Year to do so. Every day is an opportunity for improvement and bettering oneself. Anthony J. D'Angelo once said, "Become addicted to constant and never-ending self-improvement." Oftentimes, New Year's Resolutions are flaunted online or made out of guilt, but true self-improvement comes from a place of love and commitment for yourself and your goals. It does not take an irrelevant day on a manmade calendar to launch an individual into change; the motivation has to already be there. So, after the festivities of this holiday season, give yourself some time to relax and get back into the routine of school or work. When you're ready to make a change, make it on your own terms and in your own time. It is not "New year, New me," because we are our same old selves whether we chose to make changes in our lives or not.

## It's the Most Wonderful Time of the Year, So Why Is Everyone So Angry?

BY HALLE MARTIN

I was recently talking to some friends about how excited I was for Christmas music to begin playing at work, which drew up the response, "Halle, you're probably the only person I know who works in retail that doesn't hate Christmas music." For me, as soon as November 1st hits, so does the Christmas spirit. Once all of the leaves have fallen, I'm ready to go ice skating and sing Christmas carols, knowing full well that I'm terrible at both. I want to curl up with a cup of cocoa and read Charles Dickens' *A Christmas Carol*; I want to bake cookies while the sounds of Bing Crosby and Nat King Cole flood the kitchen, and watch Frosty the Snowman and National Lampoon's Christmas Vacation afterward while eating said cookies.

It's the most wonderful time of the year; the city glistens under a blanket of sparkly snow while twinkling lights beam from house to house, but as I further into my adult life, I find more and more of my peers snarling at the thought. It seems like everyone hates Christmas and I'm surrounded by a bunch of Scrooge's while I'm dancing in my snowglobe by myself.

There are a lot of reasons for people to feel grumpy around the holidays. It overlaps with the winter solstice when the days get shorter, darker, and colder. By the time Christmas rolls around, we're far into our seasonal depression. We're cold. We have to get up early to warm and scrape our cars. We leave for work before the sun has even come up and when it's time to go home, the sun has disappeared again, as if it was never there to begin with. The roads are slippery, making the drive home slower and our days even shorter. The electric bill goes up and as if we weren't strapped for cash enough as it is, we're expected to throw our paychecks into boxes wrapped in ribbons and snowflake paper to make our friends and family happy.

Materialism is at an all-time high as we feel the pressure to wow our peers with lavish gifts, which means making a trip to the mall and standing in line for forty-five minutes to buy a gift that the receiver will have forgotten by New Years anyway. In return, we expect to get something great too, but most of our gifts end up in the donation bin or collecting dust at the back of our closets. This comes at a time where we're all trying to minimize our carbon footprint and produce less waste, no less. We just want to go home and hide under the covers, but we're expected to be merry and bright during all of this?

I get why people hate Christmas and the culture surrounding it. Why should we want to hold hands and sing around a pine tree? We're cold and we're tired and winter has barely even begun, but perhaps this anger and negativity should drive us to rejoice in the holiday spirit and scream "fa la la la" from the top of our lungs. We need to let off some steam, after all.

We've got a long winter ahead of us, and festivities around the holidays serve as a small break. It gives us an excuse to see our friends and family, to take time off school and work, to act like a kid again. These small breaks from the harsh reality of winter are something we should celebrate and seek to make time throughout the long season.

One way of doing this is replacing traditional gifts with experiences. Last year, my mom got the family passes to Badlands Sno Park for Christmas. This gave us the opportunity to get together again, get out of the house, and find some fun in the snow. If you're feeling overwhelmed by the pressure to buy gifts, put your wallet away, and instead of exchanging gifts with friends, get together to volunteer and give back to the community. No matter how you spend this holiday season, put aside your bah humbug and have a cup of cheer.



Most Wonderful Time of The Year - Photo Credit: Halle Martin



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## Where to Hit the Books

BY ALEXANDRIA GOSEN

Though CSP is not doing a formal finals week this year, 'tis the season to be hitting the books! With boatloads of tours and campus activities, it can be a little tricky to find the best places to study and remain focused.

Fret not my dears! I have a helpful list of locations to get your best studying done, and a few ideas to help stay focused.

### On-Campus

#### 1. Dorm Room

The first and most obvious location is your own bedroom. It's familiar, fairly quiet, and if your roommates are gone, completely solitary. However, this can be a risky choice if you're anything like me. I constantly get distracted by roommates, food, and random items on my floor. If it can distract me from working, I will find it.

When studying in my home-like areas, I like to put on a movie I have seen far too many times. The background noise is familiar and calming. When I listen to music, I get too caught up in the melodies and get distracted when a song I've never heard before plays. For example, as I write this, I am "watching" *Pirates of the Caribbean: The Curse of the Black Pearl*, which is a film I've been able to recite since I was about ten years old. There is nothing distractingly unfamiliar about the sounds I am hearing, and the noise in the background makes me feel less by myself.

#### 2. Common Areas/24-hour lounges

Depending on your hall of residence, you have access to some form of a 24-hour lounge. These locations are great for a small change of scenery. The biggest challenge of these rooms is that people will come and go. Or come in, see you, panic, and leave. The other challenge is staying focused on your homework and not getting distracted by other websites or friends.

#### 3. Comet's Cafe

Comet's Cafe is a great location if you thrive in a busy environment. Depending on the time of day, you might struggle to get a seat, and if you do, I sincerely hope your laptop is charged. I can never keep my charger in those sockets. Comet's Cafe is a great space to get coffee and snacks, sit down and get to work. The biggest drag about Comet's is the distracting surroundings, and the cold breeze when people come in and out. Winter is coming, and you will not be able to take off your coat if you study there.

#### 4. Library

A classic study location is of course, the library. Complete with all the resources you need, computers, printers, and a quiet ambiance, the library is a great place to get some work done. It's cozy and relaxing. Whether it's a study session with friends or you're flying solo, the library has everything.

#### 5. Holst Laundry Room

I am not certain how some other dorms have their laundry set up, but Holst's is prime for homework. There's a table and some couches, the white noise of machines running, and if you like the smell of laundry detergent, it is like heaven. A big downside with this is studying on the weekends. It's like the Oklahoma land rush down there. People trying to get their laundry done for the next week, praying to get one of the dryers that actually works, and getting a little angry when people remove clothes from machines. Also, some people will let their clothes sit, meaning it will smell less like laundry detergent and more like wet, musty rags. On the bright side: if it's a Monday night and you feel like multitasking, this is the place for you!

If you're a commuter, or just in the mood to take a little road trip off-campus, here are some great off-campus locations:

#### 1. Coffee Shops

Another classic place to study is at a coffee shop, and lucky for us, the Twin Cities is jam-packed full of coffee shops. A few spots closer to our campus would be Yellow Bird Cafe, Cahoots, and Spy House. Yellow Bird offers a

student discount! All these locations are fairly decent for studying, but you'd better hope you're not there during a rush, otherwise there will be virtually no seating. The downside of small, artsy cafes, is that they are small. Though Spyhouse is a larger venue, it's so popular that it can get packed quickly. Regardless of size, coffee shops are my favorite place to study. I find the aroma and sounds of coffee being made to be calming, and they remind me of home. I am never bored to tears while there, even when working on homework. Plus, I get to drink more coffee! That's always a plus.

#### 2. Minneapolis Central Library

Again, libraries have everything you need to study, and the Minneapolis Library has a multitude of floors full of books, and they run the gamut of topics. On the first floor, they do have a coffee shop where you can get something to help you focus. The biggest disadvantage of this space is they close fairly early, so if you wanted to study late at night, this is not the venue for you.

#### 3. Keg and Case

Keg and Case is a marketplace my roommate likes to visit frequently. It has a lively, bustling environment, as well as cafes and various places to eat. If you need a break from studying, there's plenty to do. Keg and Case is an awesome change of pace, environment, and will hopefully inspire you to be a busy bee and get your work done.

#### 4. Uncommon Ground

Though this is a coffee shop, if you're homesick, this is where you go. Uncommon Ground is a coffee shop set up in an old victorian home and decorated like a house. With its naturally homey environment, one can study with ease and munch on a snack and sip a chai tea.

#### 5. Barnes and Noble

Barnes and Noble: it's quiet and essentially a library! Typically, they also come fully equipped with a Starbucks for you to drink and dine while you study away. I have always loved the environment and vibe of a Barnes and Noble, but this venue is not recommended for the book worm with a shopping problem.

If there's a place on this list you've never been, I recommend you get some friends and try a new place. Best of luck on all of your final exams, readers!

## 2019 Gift Guide

BY ALEXANDRIA GOSEN

'Tis the season to be stressing over what to get someone. Should you buy something? Make something? Or will you inevitably panic, buy a gift card, and just let said someone decide for themselves? Panic no more! Giving gifts just happens to be one of my top love languages, and I am here to save the day with these five simple tips and tricks.

When giving to someone you care about, it can be really hard to get something that reflects just how important and loved they are. My key piece of advice to any gift-giver, is to pay attention to the little details, and go from there. To quote Sir Arthur Conan Doyle, "The little things are infinitely the most important."

#### 1. Nostalgia

One of the most fun, meaningful ways to show someone that you pay attention and listen to them is to get them something they loved as a child. For example, one day a friend of mine merely mentioned that his favorite series growing up was the Calvin and Hobbs comic strip. So, for his birthday, I bought him the complete box collection. Not only does he now have a complete collection, but he got to have a blast from the past, and most importantly, he knows I pay attention to the little details.

#### 2. Hobbies

Another good gift-giving tactic is to encourage their hobbies. Do you have a friend who is an artist? Get him or her some new quality supplies to support their craft. Maybe you have a friend who is a dancer or a theatre kid and there's a ballet or show in town: get them tickets! They do not have to be front row.

A night on the town with a loved one is a great gift, especially if you showed a clear interest in their passion or hobbies in the process of gifting.

#### 3. Personal Mantras

This is more craft based, so get your paint brushes and canvas ready. If you have a special someone in your life who has a life verse or a motto that means the world to them, take those words and make them into a beautiful decorative piece. You're showing dedication, attentiveness, and love by choosing this craft. A personal mantra is just that personal. To be able to touch someone's soul with their own words is a magic beyond explanation.

#### 4. Favorites

When in doubt ask yourself "What is so and so's favorite \_\_\_\_\_" and fill in the blank with anything! It could be an animal, color, musician, book, activity, etc. Pick one, and base your gifts around that! My roommate's favorite Barbie Movie is Barbie and the Magic Pegasus, and I was going to get her a plush of the cute animal sidekick from that film. Sadly, they are no longer being made, and it's back to the drawing board for me. However, I told her about my original plan, and she was thrilled that I even tried to get her that.

#### 5. Do it together

Last but not least, if you are truly out of ideas, ask yourself, "What do we both like?" Maybe you both bonded over a mutual love of horses, or perhaps a mutual disdain for Trump! If it's the latter, maybe go to a protest, but whatever your bond may be, find something to strengthen that particular bond, and do it together.

I realize gift giving can be intimidating, and at times it seems truly superficial, but it's a practice that is more than silver, gold, and all the shiny things in between. It's a chance to show how much you love someone, and prove that you do listen to them. It can be an opportunity to transport someone to a time when they were young, innocent, and carefree, feelings we all long for. It's more than a Hallmark Card and a box of candy; it's your moment to truly say, "Thank you, I love you, and I hear you."



Alexa Enabled Christmas Tree's - Photo Credit: Halle Martin

# OPINIONS

## Flu Season: Why You Should Take It Seriously and Get Vaccinated

BY ETHAN LANGEMO

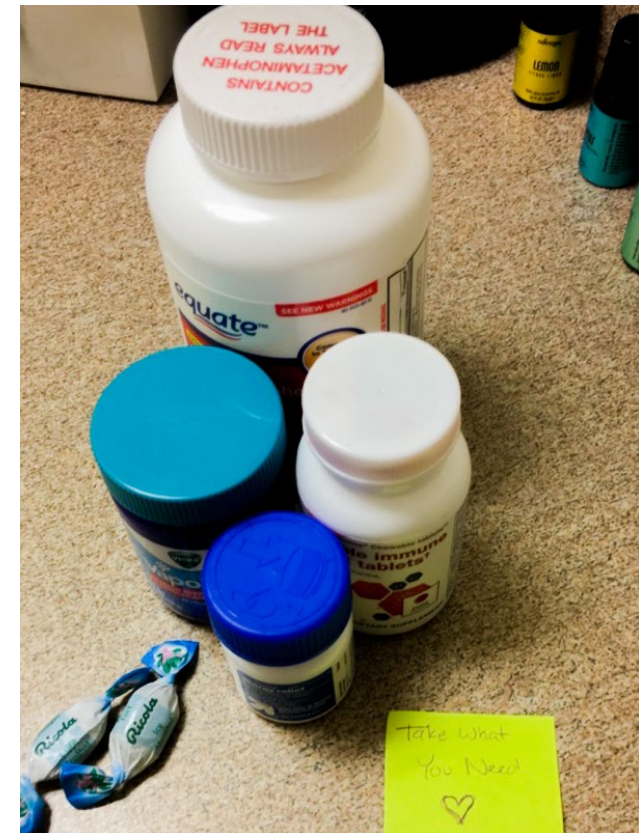
The time of the year is upon us when Flu viruses spread amongst us like a forest fire. Many people like to take a gamble when it comes to the Flu vaccine. Some people haven't gotten it for years and manage to evade the disease. Others believe it's best to get it just in case. The Flu is not a disease to be taken lightly though, whether you end up getting it or not.

People tend to not take viruses like the Flu or Chickenpox seriously, because vaccines are widely available. Injection flu vaccines are usually produced either by killing a flu virus or by implementing a single gene from the virus. Either way, they produce the means for the body's immune system to recognize the virus that the body needs protecting from. They often use three or four different variations of a virus to provide a wide spectrum of protection. Vaccines work by introducing something into the bloodstream that white blood cells can adapt their defense mechanisms to, so when a real virus enters, the cells will be able to eliminate the danger before it causes harm.

Sometimes when people get flu shots, they complain about suffering from flu-like symptoms, believing they are down with the sickness itself. The flu vaccine can sometimes cause these symptoms, but they last a couple of days and are not as severe as the flu virus itself. This is part of what has caused the negative stigma around flu shots; though the vaccine greatly reduces the chances of one getting infected, there is still a slim chance, and rare individual doses aren't always effective. Those who were exposed to the virus before or a couple weeks after receiving the vaccine may test positive for the virus because it has not yet attained a functional status.

So, who should be getting flu vaccines? According to the Centers for Disease Control and Prevention (CDC), everyone above the age of six months should get revaccinated every year, due to the natural decline in the body's immunity over time and the adaptive nature of the flu virus. The only people who should not receive it are infants below six months, people who suffer from a life-threatening allergic reaction to any of the vaccine's ingredients, and in some cases, individuals with Guillain-Barré Syndrome (GBS). Most individuals may even be able to receive the nasal spray vaccine, though it should be discussed beforehand with a doctor.

Unfortunately, the prime time for receiving flu vaccines passed us when October ended, but it is always better to get the vaccine late than never before the unrelenting weather of the winter season arrives and our bodies become more susceptible to infection. It is also important to wash your hands, drink plenty of liquids, eat well, and sleep, which for us college students (and some professors), is only but a dream. However, any measures we can take are worth practicing if possible. So as winter is coming, stay safe, stay warm, and of course, get vaccinated.



Flu Season - Photo Credit: Ethan Langemo



## SPORTS

## CSP Football Clinches First Winning Season Since 2011

BY ISABELLA D'BURKE

The CSP Golden Bear Football team has officially clinched their first winning season since 2011 with their current 6-4 record. On Saturday, November 9th, the team secured their winning season with a 24-14 win against Southwest Minnesota State. This game was monumental for multiple reasons. Not only did they secure a winning season, but the win also came in Concordia's 500th game of college football. During the 500th game, junior Chris Garrett set a new NCAA Division II career record with his 15th forced fumble. This game also solidified the Bears' first 4-win season at Sea Foam Stadium and 19th overall winning season. The team has won against Sioux Falls, Upper Iowa, Wayne State, MSU Moorhead, Bemidji State, and Southwest Minnesota State. They've only lost to Minnesota State, St. Cloud State, Minot State, and Augustana.

With the recent games, the football team has set some impressive stats. At the end of the 2018 season, the team's point differential was -31, and with one game to go, the team has a current point differential of +17. This highlights the team's major improvement from last year. The team's total offensive yards last year were 3,827 yards, averaging 348 yards per game. This year, they are averaging a little less at 309.9 yards per game and a total of 3099 yards. The team also averaged fewer yards compared to the 2011 winning season, which had 413.8 yards per game. The Bears are averaging more points this season with 23.9 points per game and only 20 last year. However, that mark still falls short of the 2011 squad, which averaged 27.8 points per game. Overall, the Bears are having a great season.

Watch the Bears play their last game against Winona State on November 16th at Sea Foam Stadium. Make sure you come out and support, especially as it's senior day for the team. The team will be thanking seniors MJ Williams, Maxon Hutton, TJ Diallo, Jared Olsgaard, Marcus Gustavson, Gabe Steed, Jake Tanner, Jabril Clewis, Jackson Dobbs, Dapree Wells, Cole Kirchoff, Kelly Pierce, Rich Kelly, Ethan Aune, Cris Wasylciw, Robel Ezana, John Damrow Tristan Wehmas, Danny Laudet, Dylan Wood, and Cole Marmor. So, bundle up and show your appreciation for these seniors as they have given numerous hours of hard work, dedication, and pride to this team and school. Let's go Golden Bears!



CSP Football - Photo Credit: Hannah Schwartz

## CSP's Volleyball Team Closes Out Regular Season

BY JAID PERRY

The Golden Bears volleyball team closed their regular-season games on November 16th with a sweep of Bemidji State. They closed out the season with an impressive record of 22-7! The team had an impressive finish in the Northern Sun Intercollegiate Conference taking the second-place spot. The University of Minnesota - Duluth also finished in second place, ending with the same record as the Bears. In first, Northern State University beat out Concordia by a mere one game. With such a high finish in the NSIC, the Lady Bears have already secured their spot in the region tournament. That tournament will take place in Sioux Falls, South Dakota, at the Sanford Pentagon on November 22nd-24th.

Leading the team to such a successful regular season were Jasmine Mulvihill, Payton Nutter, Kennedy Brady, Sara Macek, Tori Hanson, and Erin Fallert. Mulvihill and Nutter were both chosen again as NSIC Players of the Week in the first week of November. Both of these athletes have received this recognition before, Mulvihill three times and Nutter twice. With an impressive 463 kills on the season, Mulvihill leads the Bears by a margin of over 100 kills. She also has contributed a total of 195 digs and 77 blocks. Nutter has been a key piece in the Lady Bears' success as the setter. She has 1087 assists on the season. Brady leads in blocks with 99, and Macek follows not far behind with 89. Macek has also contributed 236 kills. Hanson has led the team in digs with 503. Fallert has had 312 kills and 386 digs on the season.

The four-set win over Winona State was a monumental game for Fallert. As just a junior, she recorded the 1000th dig of her career at Concordia. Her final dig of the night made her the 19th Lady Bear in program history to reach that achievement. Fallert also played well on the offensive end with ten kills to earn her the double-double. Mulvihill contributed a career-high 25 kills against the Warriors. Rounding out a great game for the Bears was Nutter, who also had a double-double with 51 assists and 12 digs.

In the first region rankings, the volleyball team was ranked in the third spot. Since 2003, the Bears have been regional champions ten times. The Bears hope to claim the title again, but the road this year will be tough with Nebraska-Kearney and UMD ranking in the first and second positions.



CSP Volleyball - Photo Credit: Jaid Perry

## SPORTS

## More Needs to be Done to Increase Positive Perception of Esports

BY AIDAN FARLEY

One day, video games will be played in the Olympics. This has been made apparent by the inclusion of another event that originally began as a recreational sport: table tennis. The key difference between table tennis and video games is that video games are far more popular than table tennis has ever been or ever will be. In 2019, the Esports industry is projected to break one billion dollars in revenue. Evidently, a large number of people have caught onto the phenomenon that is competitive gaming. Many celebrities and prominent figures in the mainstream sports industry have invested and pledged to aid the Esports industry. Esports will only grow as more game companies create viable competitive games.

The next step is informing the general public about the realities of video game competitions. Video games are often misconstrued as being nothing more than time-wasters for children. Video clips on the internet showcase news hosts laughing and joking as they discuss recent Esports news. They are mistaken in the idea that anyone can become a professional gamer when the reality is that being an Esports athlete takes just as much effort and practice as any other traditional sport.

In an October interview on *The Tonight Show*, host Jimmy Fallon interviewed Overwatch League

Champions Jay "Sinatraa" Won and Matthew "Super" DeLisi. When asked what it takes to become a professional gamer, the two players stated that one needs to practice at least eight hours a day. Their schedule, in particular, usually consists of eight hours of team practice (working on concepts like communication and teamwork) and then four hours of practice on their own time (focusing on fundamentals of the game like mouse accuracy and positioning). This interview is an example of what needs to be done to help the Esports industry grow further and become widely understood.

Recently, the video game industry as a whole received a major blow with the official classification of gaming disorder as a mental health condition. This classification is a travesty as it regulates professional players like Sinatraa and Super into this category. Professional players in traditional sports often fit the definition of this disorder as well, but there is no talk of sports disorder. The problem is not video games; if someone is playing video games too much, that is the consequence of an addictive personality or another issue. Labeling gaming disorder is a step back for the industry and only stigmatizes professional gamers further.

The main problem with this classification is that there are many benefits to playing video games.

When played in moderation, video games can foster creative expression, create tightly knit communities, and aid in forming life-long friendships. There is also the benefit of playing in organizations, such as the Overwatch League, where players can learn valuable communication and teamwork skills. Comparatively, there are no benefits whatsoever for chronic smokers or gamblers. Video games aren't the problem; the problem is whatever is causing the player to sequester themselves in games for unhealthy amounts of time.

To move forward in the development of Esports, the media needs to become further involved, unlike traditional media where Esports is discussed without knowledgeable speakers present, but with more open-minded interviews like the Overwatch interview on *The Tonight Show*. Those investing in Esports organizations need to speak up and promote their investments. The numerous positive qualities of video games need to be shared with the general public before Esports will become as respected as traditional sports. Video games are not time-wasters; they are the future.

## Golden Bear Men's Basketball Aims for Bounce-Back Year

BY ISABELLA D'BURKE

With the beginning of the season here, the Golden Bears men's basketball team is hard at work. The Golden Bears started their season with a preview of their skills at Hoops Madness. Sponsored by Chick-Fil-A, this promotional event gave students the opportunity to see the team before any games. The night started with a chicken-nugget eating contest then proceeded with a 5v5 intrasquad scrimmage. The night continued with a shooting contest involving the crowd, a women's skill challenge, and a slam dunk contest. Hoops Madness was an entertaining night for spectators and a great way to get the men's and women's team excited for the upcoming season.

After Hoops Madness, the men's team started to play in their exhibition games. The men fell short in their first exhibition game against South Dakota, 61-72. Even with the loss, the team managed to knock down 11 three-pointers. Freshman George Scharlau led the team that night with 10 points. Following that game, the men had another close 85-89 loss against Augsburg. In their final exhibition game, the men had a strong lead until Augsburg took the lead 12 minutes in. After a back and forth battle, the men fell short again. Even with the loss, CSP finished with a better percentage as they hit 10-25 (40.0%), whereas Augsburg only hit 13-37 (37.8%). Leading the game was Jordan Coblin with 31 points.

Concordia has added ten newcomers to their team this year. The team now features one senior, three juniors, two sophomores, six transfers, and four incoming freshmen. With only five returners, the team has a fresh start, which can either be good or bad. So far, the top four scorers during both games have all been new to the team, with the exception of Noah Kannegiesser. The team will look to adjust to the new chemistry and finish with a better season record than their 9-20 record last year. The last year the team had a winning season was 2014.

The team will be starting their regular-season games on November 15th, playing Minnesota Crookston in Kenosha, Wisconsin. Following the Parkside Tournament, they will have four home games in a row, giving students many chances to support the men. They'll play North Central November 21st, Northland November 26th, Sioux Falls December 6th, and Southwest Minnesota State December 7th. Be sure to make your way over to the Gangelhoff Center to help support and cheer on our men!



CSP Men's Basketball - Photo Credit: Josh Deere



## SPORTS

## Lady Bears Basketball Off to a Strong Start

BY JAID PERRY

The Lady Bear Basketball Team has kicked off their season! In the Northern Sun Intercollegiate Conference, the preseason poll ranks the Bears in the tenth spot out of the sixteen conference teams. With such a high finish last year, taking first in the South Division regular season, the Bears are hoping to finish higher than their seeded place.

Junior Sidney Wentland will be a key contributor to this goal. She is coming back for a second season with the Bears after transferring from the University of Denver. She contributed in many aspects for the Concordia racking up 7.4 points per game, 72 assists, 20 three-point makes, and adding 124 rebounds on her sophomore season. In addition to Wentland's efforts, sophomore Megan Dubois will equally contribute her offensive and defensive skill set. As a freshman, she scored 75 points, had 23 assists, pulled down 29 rebounds, and added a solid 17 steals. Dubois will step up into a larger role this year for the Bears as they get farther into their season.

## New-Look Timberwolves Already Seeing Signs of Improvement

BY ANDREW WYLIE

After reaching their first playoff series in over a decade in 2018, everything came crashing down last season for the Timberwolves as Jimmy Butler forced his way out of town. In the 2018-2019 season, the Timberwolves dealt with injuries and the firing of Thibodeau on their way to a 36- win season, good for 11th place in the Western Conference.

The 2019-2020 season has the Timberwolves roster seeing another major change. All the ex-Bulls players have moved on to other teams, and the Timberwolves are deep into a development phase where they hope their young core stars can find success by learning to play together for a few seasons.

The Timberwolves added a few low splash free agents in C Noah Vonleh, P.F. Jake Layman, and PG Shabazz Napier. They let Derrick Rose, Tyus Jones, Taj Gibson, and Dario Saric walk.

Perhaps their biggest acquisition was their new president of basketball operations, Gerson Rosas, who was brought over from Houston. Rosas is predicted to bring a steadier hand than the Timberwolves have had previously. Rosas decided to keep both General Manager Scott Layden as well as last season's interim coach Ryan Saunders.

Up to this point, the Bears have gotten a few games under their belts. The team started with two exhibition games and fared well, beating both Augsburg and St. Kates. In a close seven-point game against the Auggies, the Bears had a great team effort spreading out the stats among many of the players. Leading in points was junior Riley Wheatcraft with an impressive 17 points. Not far behind was Dubois with 16. The success of the Bears came from the boards. They out-rebounded Augsburg 55-29 throughout the whole game. Snagging the ball down was Danielle Schaub with ten rebounds and Wheatcraft with nine rebounds. Against St. Kates, the Lady Bears played aggressive defense, forcing a total of 20 turnovers for the Wildcats. Jadyne Hanson, a freshman, made an impressive debut for her career as a Golden Bear. She led the team in points with 10 points and not a single turnover.

As the Bears finished up their exhibition games, they rolled into a few non-conference matchups. First, they took on Missouri Western and came

So far this season, it is obvious that Rosas and Saunders have completely revamped the Timberwolves game plan into something that resembles the new NBA style. This new style largely consists of shooting more threes and limiting the amount of mid-range jumpers players are taking.

This approach has proven to be very beneficial so far to Andrew Wiggins, the talented but under-performing max contract starting small forward. Wiggins has shot a high percentage of threes so far and has also shown a willingness to drive to the basket where he has been very successful. Wiggins has previously relied far too much on his mid-range jumper, which has frustrated fans and coaches alike for years. If Rosas can turn Wiggins into the star that everyone knows he has the talent to become, this could make him one of the best hires in Timberwolves history.

A player with few issues to fix is star center Karl-Anthony Towns. Towns continues to improve every season and looks like he is now a top ten player and a perennial All-Star selection. Towns is elite on the drive, plays great defense, has an incredible low post game, and is the Wolves' best 3-point shooter by far. He is already the Wolves' second-best player in franchise history behind

out on top with a 66-59 win. At the half, the Bears were down 41-25; however, they answered with a spectacular second half. Dubois had a career-high of 19 points, Wentland put up 15 points, and Wheatcraft added 14 points for the Bears. For the first loss of the season, Concordia took on Fort Hays State in Missouri at the Civic Arena, coming up short with a score of 67-54. Even with a stellar performance from Schaub with 17 points, the Bears could not come out on top with the win.

As the season goes on, the Bears hope to play against their NSIC foes with the same high intensity that they have started the season with. Their first conference game will take place on December 6th at home against Sioux Falls. From there on out, the Bears will take on every conference team two times to battle for conference placement. Be sure to get out and support the Lady Bears Basketball Team as they work hard this season!

Kevin Garnett, and the 24-year-old is just getting started.

Joining the Wolves via the draft is S.G. Jarrett Culver, who the Wolves selected during the 6th pick. Culver has shown some skill early in the season but looks like he needs some time before he gets comfortable and learns his role with this team. Culver's development will need to advance quickly during the season if the Wolves will compete for a playoff spot this season. So far, he is averaging just over 7 points a game.

The Wolves are healthy and are playing well so far in 2019 and should improve on last year's let down. They will have a hard time fighting for the playoffs, but they have a shot at competing for the 8th playoff seed if they are not hampered again by the injury bug or distractions like they were last season. Saunders and Rosas seem to have put together a good plan of attack for this roster, and they should only get better as the young players get better playing together.

## Golden Bear Cross Country Season Comes to a Close

BY BEN DIERS

With autumn temperatures fading and wintery weather fast approaching, the Golden Bears cross country season has come to a close. In the final two meets of the season, the Golden Bear men finished 5th of 14 and 11th of 27. On the women's side, the Bears finished 9th of 16 at the NSIC Championships and 17th of 32 at the NCAA Central Region Championships.

With their 5th place finish at the NSIC Championships, the Golden Bear men secured their highest placement in the NSIC Championships since 2005 when they finished 4th. In the same meet, the women finished 9th, which was their best team finish since their 5th place finish in 2007. Junior Kara Lindberg finished 27th overall, running a season-best 6k time of 23:29.9 and leading the Golden Bear women. On the men's side, senior Benjamin Allen led the men with an 8k time of 26:19.0 and a 10th place finish, earning All-NSIC First Team honors for the first time in his career. Allen wasn't the only standout for the Bears in that meet as senior Cole Oslin finished 17th with an 8k time of 26:29.8, earning All-NSIC Second Team honors for the first time in his career.

At the Central Region Championships in Joplin, Missouri, the men were led once again by Benjamin Allen. Allen finished with a 10k time of 32:04.2, landing him 44th overall in the meet. As a team, the men finished 11th of 28, tying the program record for best finish at the Central Region Championships, which was set in the 2018 season.

For the women at the region championships, it was junior Lucia Mesfin leading the charge for the Golden Bears with her 6k time of 22:59.1, landing her in 60th place overall in the meet. As a team, the Bears placed 17th out of 32 and set a new program record for the highest team finish at the Central Region Championships. The 17th place finish was four places higher than their placement from the previous season.

As the cross country season draws to a close, the Golden Bears can look back with pride at their accomplishments. The 2019 season was filled with exceptional performances and many new records, both individual and team. With plenty of young and talented runners returning next season, the Golden Bears cross country team is poised for success in the years to come.

## Midseason Hot Streak Keeps Playoff Hopes Alive for the Vikings

BY ANDREW WYLIE

The Minnesota Vikings have had a very interesting season so far. The team has a 7-3 record and is well-primed to earn a trip to the playoffs after missing out during the previous season. A major turning point came after a humiliating 16-6 loss to the Chicago Bears that dropped the team to 2-2 and left fans and players alike wondering if this would be another lost season. Kirk Cousins was clearly rattled and played horribly early on. The all-pro wide receiver duo of Adam Theilen and Steffon Diggs took notice. Theilen criticized the game plan afterward, and Diggs ditched practice for a day before giving a cryptic and confusing press-conference.

The point of these grievances was a boiling point for the receivers who are in their prime and were not targeted nearly enough, even though they were wide open on multiple occasions. The message was received, and Kirk Cousins had his finest month of football yet for the Vikings, winning all four games in October and receiving the NFL player of the month award for his efforts.

The Vikings have caught steam again as Offensive Coordinator Kevin Stefanski and assistant coach Gary Kubiak are creating excellent game plans that fit the team's strengths with Mike Zimmer's defense excelling again as expected. The Vikings lone loss since the Bears game came against a very good Kansas City Chiefs team on the road.

One key to both Cousins' and the Vikings' success is the emergence of Dalvin Cook. The running back is fully healthy for the first time in his three seasons and is playing as well as anyone in the league right now. He already has ten touchdowns and has close to 1,000 all-purpose yards. He makes defenders miss regularly and is an adequate blocker and an excellent receiver. Opposing teams must worry about Cook burning them in the run and screen game, which means they cannot pin their ears back and come after Cousins, which is a big reason why he struggled last year and against the Bears this year.

The Vikings have some tough tests coming in their remaining six games, with road games ahead against the Seahawks and Chargers, as well as the always tough divisional games against the Bears, Lions, and Packers.

The Vikings should be able to go at least 4-2 the rest of the way, which would give them an 11-5 record that should easily get them in the playoffs. The Vikings are one of the nine teams in the NFL right now that are realistically contending to make the Super Bowl. The others would be the Patriots, Saints, Packers, Ravens, Seahawks, Texans, Chiefs, and the 49ers.

## SPORTS

There is no reason the Vikings, with playmakers on both offense and defense, shouldn't have just as good a chance as any other team. They have been somewhat lucky when it comes to injuries this season, a trend that likely needs to continue to achieve sustained success. The only significant injuries have been to Theilen and star defensive lineman Linval Joseph, both of whom should only miss a few games.

If the team can keep up their momentum and continue to improve, they will have as good a chance as any team to be playing at Super Bowl LIV in Miami on February 2nd.

## Gophers Football Remains Undefeated and in Uncharted Territory

BY VICTORIA TURCIOS

The Gopher's Football team is upsetting many, and not just on their home turf. While new seasons always offer promising potential, Minnesota sports fans have been through enough to be nervously optimistic at the start of each new year. Despite the fan sentiment, the Gophers just keep on winning. Ten weeks in, the team's record sits at 9-0 for the first time since 1904. From being the popular pick for the Rose Bowl to making the Associated Press Poll's top 10, the Gophers have exceeded all expectations this season. Fox 9 News reported that TCF Bank Stadium was buzzing with an "electric" atmosphere as the Gophers upset #4 Penn State.

The team has scored 28+ points per game this season, which, according to the Star Tribune, also happens to be a program record. Coach P.J. Fleck also shared with the Star Tribune that a part of the success the team is having is predominantly a result of the trust that he places in the coordinating coaches under his wing. While it is reported that Fleck gives them almost full autonomy on how to run the offense, for example, he is there to offer assistance where it is necessary. "They've earned that," shared Fleck with the Star Tribune. The coaches are not taking all the credit, though, sharing that it truly comes down to the individual players being able to master and execute the plays they are given.

Although pessimism still looms, Minnesotan sports fans are rooting for the Gophers to continue this winning run. The truth is, this is uncharted territory for the team, as the last time the Gophers played in Pasadena was back in 1961. The real question now is, how long can the Gophers keep the streak going? Kare 11 reported that Andy Greder from the Pioneer Press expects the team to continue moving up in the college playoff football rankings, and that if the Gophers keep it up, a playoff win and the Rose Bowl are certainly within reach. The Golden Gophers have gone from underestimated to undefeated and it's all happened very fast.



# ARTS & VARIETY

## Food Review: Hi-Lo Diner A Minneapolis Gem

BY BROOKE STEIGAUF

The Hi-Lo Diner is a unique spot, providing an authentically retro appearance, a vibrant ambiance, and really good food. Not sold yet? Let me expand.

The restaurant is a 1957 Fodero Dining Car, you know, like Mickey's in downtown St. Paul or those you see in old movies. The structure alone is reminiscent of simpler, seemingly more enjoyable times. It's located just 10 minutes from CSP's campus, across the Mississippi River, on Lake Street. The inside is lit with colorful lighting that is reflected and dispersed by shiny metal and mirrors that decorate the interior. (They also have a seasonal patio; not only that, but dogs are welcome on it!)

The menu has lots to offer, cooking up many traditional American favorites that accommodate a range of dietary restrictions such as vegetarian, vegan, and gluten-free. Their breakfast menu, served all day, features classic dishes known for filling even the most ravenous customers. The Tex Mex and Hash Stuffed Hash are guaranteed to satisfy large stomachs, while those that are looking for something special to start their morning might be interested in the lavender creme brulee french toast.

If you're there for lunch, dinner, or dinner, consider their sandwiches, burgers, or entrees. These are also diverse, ranging from veggie burgers to crispy chicken or pulled pork. If you are seeking something wholesome and healthy, the Tempeh Bowl or Mediterranean Grain Bowl has lots of protein and flavor. My last suggestion is one of my personal favorites, the taco salad. This is a heap of good ingredients (including pineapple black bean salsa) with a moderate amount of spice and a whole lot of yum.

Still lookin' for more? Top your meal off with a pancake or glazed donut! How about a beer or signature cocktail? How about an ice cream cocktail? As I mentioned, Hi-Lo Diner is not short on options. The hardest part is deciding what to order!



Time to dig in at the Hi-Lo Diner - Photo Credit: Victoria Turcios

## Book Review: *Snow Crash*

BY AIDAN FARLEY

*Snow Crash*, by Neal Stephenson, takes place in a world where the Mafia delivers pizza, the United States Government is effectively dead, and every aspect of modern society is privatized. As an alternative to being citizens of the dwindling United States, most people living in America choose to join gated and militarized communities called burbclaves. These burbclaves are new countries split into chunks the size of an average suburb and divided across the continent. They function like fast-food restaurants in our universe. If you're a member of Mr. Lee's Greater Hong Kong, for instance, you have citizenship at any of the franchise locations and can travel and stay in each one freely. This franchising practice extends to every facet of society, including hospitals, police departments, jails, roads, and even religious institutions. As a result, the planet is a mess of confusing laws and franchises, where the populace isn't always sure what's going on.

The main character of *Snow Crash* is a freelance hacker and pizza delivery man for the Mafia named Hiro Protagonist. His electric delivery car travels over 200 miles per hour, he wears a bulletproof jumpsuit, and he carries twin katanas for protection. The plot follows him across the world as he investigates a digital virus created in the metaverse, a computerized landscape that is so large it's practically another dimension that can affect humans in the real world and leave them susceptible to mind control. The entire story is completely absurd. However, Stephenson tells it with such wry humor and unique tone of voice that the verisimilitude stays.

*Snow Crash* is filled with car chases, gunfights, and sword fights, both in the real world and in virtual reality. It has crazy technology like cybernetic, liquid-cooled attack dogs that can break the sound barrier and Gatling guns that can saw cargo ships in half with depleted uranium darts. The novel also has light romance and dense sections of text about archaeology and linguistics. While the latter can bog down the story somewhat, it's still a fascinating read and contrasts nicely with the action scenes. I'd recommend *Snow Crash* to anyone who found what's written above to be even mildly intriguing. From the start, the reader is immediately thrust headfirst into the world and bombarded with information; you'll know within seconds whether it's your kind of book or not.



Hitting up the bookshelf - Photo Credit: Victoria Turcios

# ARTS & VARIETY

## Tasty Pot Review Hot Pot Soup That Delivers Warmth in the Cold!

BY LUCY VANG

It is only the beginning of November, and we are off to a cold start! Who loves a nice and warm broth for the Fall season? Tasty Pot delivers that special and different taste of Taiwanese hot pot that comes with delicious meats, seafood, and veggies.

Tasty Pot recently opened up in Minneapolis in Dinkytown, near the U of M campus in 2017 and has gained a significant amount of excellent reviews online, rating at a 4.3 out of 5.

Inside, you will see a modern interior with gray walls. You will see a big, pretty black and white canvas shot of the skyline of Taipei on the left side. As for art, you will also see other small canvas shots of foods, drinks, and sorts. Sort of similar to any sushi place you enter with the same colors and designs -- products such as wood and leather. The inside is a little dark and a bit tiny, but spacious enough to walk through. On the tables, you have two small bowls; one to put your noodles and meats in to cool while you eat and the other one for your sauce(s) along with your utensils (chopsticks and spoon) wrapped nicely in a white napkin.

The hot pot comes in a bowl nestled into an inverted pagoda that has beautiful designs influenced by the Chinese culture. You will soon catch a whiff of the meaty, seafood chicken soup stock that it contains. The bowl contains a steady fire that hides beneath the pagoda-like bowl to keep the heat and bowl bubbling with tasty hotness. When it becomes too hot, there is a lever on the side to extinguish the fire to keep from burning your tongue and over-cooking the meats. As you are slurping away, you will also see that staff will come around and ask if you would like to refill your broth!

The restaurant is known for its fast and ready hot pot that comes served instantly, so there is no time needed to cook. This frays from traditional hot pot culture, where customers would have to cook on their own. You also don't have to wait long, as your order shall arrive within 10 to 15 minutes.

I recommend googling the hours before going in. They have a break time from four to five and open the restaurant again at five. Prices range from \$13 to \$20 per person. Depending on the bowl(s) you choose, and whether it is lunch or dinner, that makes for the amount you will have to pay. Dinner is going to be at least a dollar more expensive than lunch.

The restaurant serves 12 bowls that you can choose from, along with a spice level that goes from nothing to flaming spicy, which is a four. So, if you can't handle any spice, you have no worries! For me, a very spicy was just spicy. There are eight original bowls and in addition to that, four "larger" bowls. These "larger" bowls come just a tad bit bigger than the original bowls. Me and my boyfriend both ordered a large bowl and just about finished it with bits left. In addition to your choice of bowl, you also get to make the decision for a bowl of rice or vermicelli noodles as a side.

When digging in to eat, you will find a variety of interesting pieces you have not eaten before. It will be fun digging in to find something new every time you go in for a bite. One example would be the number nine, or the "Taiwanese Supreme Spicy Hot Soup." In this bowl, you will find Taiwanese cabbage, beef slices that are piled on top, instant noodles, beef tendon, enoki mushroom, tempura, clam, Fuzhou fishball, cuttlefish ring, pork blood rice cake, Pork intestine, fried tofu skin, brown beech mushrooms, tofu, imitation crab meat, meatball, sour mustard, fried tofu puff, cilantro, and scallion. (If you want more of one kind, be sure to turn to the "add ons" page when ordering!)

When you are all done eating and burning your tongue from the hot broth, you can eat cold macaroon ice cream! The ice cream comes in a cute little

cardboard holder with a piece of wrapper or tissue to hold the ice cream in place and prevent it from melting into the cardboard.

When finding a place to park, you will find that there isn't much parking, as well as no free parking. So, you might have to park a little far unless you're lucky!

Tasty Pot can be a tasty, fun, and modern experience for families, friends, dates, and singles. It's a place for everyone and anyone. The environment can fit perfectly for a casual date or hang out with friends and family. The restaurant also uses Doordash, so if you're starving one day and craving some hot tasty broth, Tasty Pot's got you!

To give this place a try, you would have to venture out of your comfort zone a bit. If you've tried Asian noodles and broth, it could be a bit similar. Depending on your taste buds, this could be a dish that suits your taste or doesn't at all; maybe in between. Either way, this is definitely a choice for you if you like to venture out and try new foods!



Tasty Pot! - Photo Credit: Lucy Vang



## ARTS & VARIETY

### Movie Review: *Arctic Dogs*

BY DAVINA BELLINGER

*Arctic Dogs* came out on November 1st, 2019, and was directed by Aaron Woodley, who has made a humorous movie that the whole family can watch together. This film demonstrates the importance of honesty and friendship, no matter the size, shape, and species. While the voice cast of the movie fit, the film was also easier for children to understand the storyline that these characters are going through.

The setting of this film takes place in the arctic, where speaking animated animals live in a small town. The citizens are separated from the rest of the world and rely on mail delivery to give them a piece of the world that is missed so much. Three huskies run the mailroom where their job is to pull sleds full of packages and give them to the townspeople.

An arctic fox named Swiftly, voiced by Jeremy Renner, is hired by his dream career in the company that delivers packages. His dream job is to be a top dog and pull a sled like the rest of the arctic dogs. The conflict that this character went through was the challenges of being small and not being able to lift heavier weights like the rest of the top dogs.

There was finally one chance that Swiftly could do this dream job. He did a favor for his childhood best friend Jade, voiced by Heidi Klum, by delivering a single package to a long distance place in the middle of nowhere. Little did Swiftly know that what he was carrying was parts to a huge destructive device to end their town. The mastermind behind this plot was a walrus named Otto Von Walrus, voiced by John Cleese, who claimed revenge on the mailroom.

Swiftly and his friends PB, voiced by Alec Baldwin, and Lemmy, voiced by James Franco, go on a mission to save the town and its people while learning the importance of friendship and honesty along this journey. The movie is also about discovering that it's okay to be yourself no matter how small or less mighty you seem, because inside everyone the impossible becomes possible. Overall I would give *Arctic Dogs* a four-star rating for excellent voice casting and its messages.

### New on Netflix: *The King*

BY THOMAS BENNETT

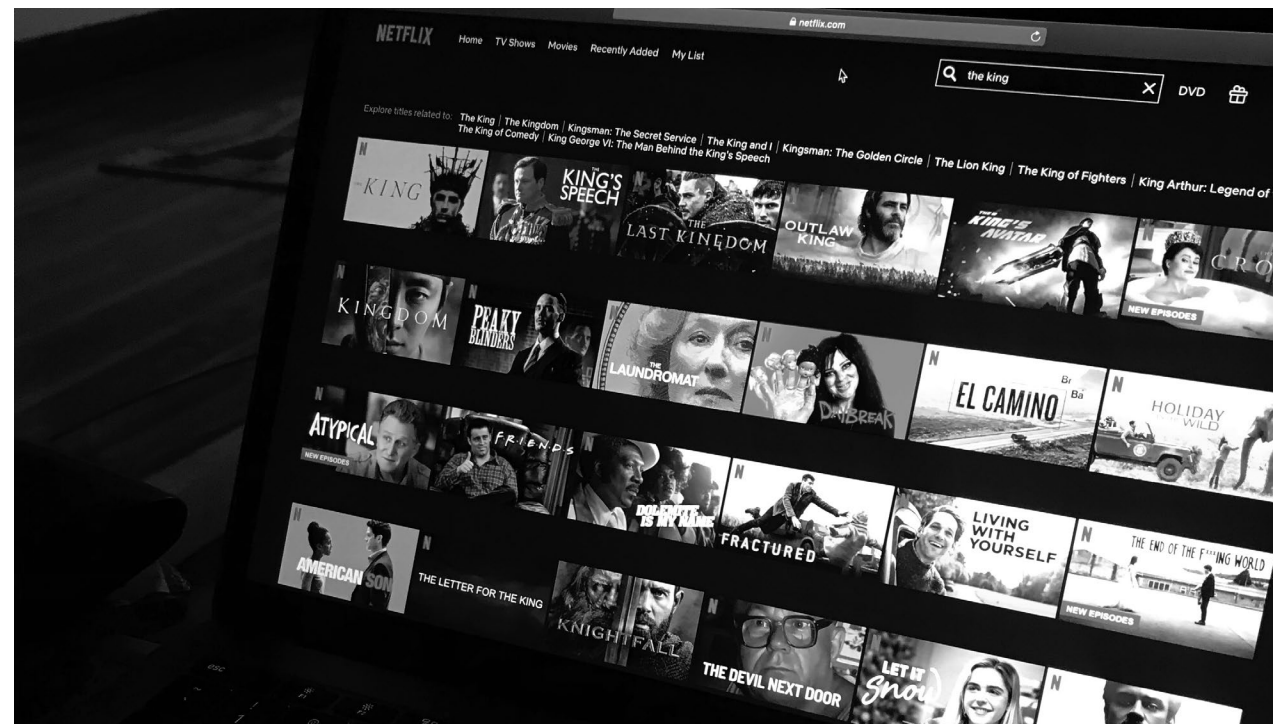
The great warrior king of England, Henry V, has been made famous by Shakespeare, and now his legacy is reimagined by director David Michod in the Netflix film, *The King*. There are many similarities and differences to Shakespeare's famous play, however, the best comparison would be to Kenneth Branagh's adaption of Henry V. Both directors take liberties in the life of a historically accurate Henry, but these imagined scenarios are part of a modern Henry's personality thanks to Shakespeare, Branagh, and now Michod.

My favorite parts of the movie were the battle scenes and the one-on-one fight between Henry and some rebellious lord. The film plays into the fact that fighting is tiring; the soldiers and Henry all fight with ferocity and tenacity until they simply get tired. Which, in reality, this is what fighting someone really looks like, especially if the combatants are wearing a full set of armor. There are brutal scenes that depict the French countryside, in Agincourt, as a hellish landscape where men die in the cruelest of ways. Michod pulls some punches during the siege of Harfleur, Henry's first conquest after landing in France, but makes up for it with the final scene. Instead of a siege and invasion of Harfleur like in Branagh's and Shakespeare's Henry V, the castle is surrendered after countless trebuchet bombardments bring the French to their knees. Alas, there is no "once more into the breach" speech.

Another thing I enjoyed about the movie was the constant nods to and inspiration from Shakespeare and Branagh. Sir John Falstaff is a prominent character in Henry IV, parts one and two, and subsequently dies sometime between Henry IV and Henry V. In *The King*, sir John acts as a companion to Henry, or Hal. This is what Shakespeare imagined for young Hal in his previous play, Henry IV. Michod uses this character, Sir John, to act as Hal's Uncle Exeter, who was Henry's military advisor as imagined by Shakespeare's Henry V. Instead, Sir John acts as Hal's military advisor and friend throughout his military campaign in France. Because Michod chooses to use Sir John in place of Uncle Exeter, the audience gets a glimpse into young Hal's life, which builds upon the intrigue of Hal; he is a destitute prince who had disputes with his father in real life and was shunned from the throne.

The acting in this movie is superb, as represented by Timothee Chalamet, who plays Henry, and Joel Edgerton, who plays Sir John. Another highlight is Robert Pattinson, who is famous (perhaps, unfortunately) for starring in *Twilight*. Pattinson plays the Dauphin or the French prince. He is basically Hal's French counterpart and antithesis. Pattinson does a fantastic job of representing this affluent and crazy character, and he does an outstanding job of making the audience hate his guts.

There are many more similarities and differences between all of the different representations of Henry V, and hopefully there will be more directors who want to tackle this timeless tale. Shakespeare's histories may not be the most popular genre in his repertoire, but he was definitely onto something when he decided to base a play on this English reign of terror in the French countryside. This movie adds to the legacy that is Henry V and does a great job of entertaining its audience at the same time.



Searching Netflix for *The King* - Photo Credit: Victoria Turcios

## ARTS & VARIETY

### "A Satirical Expose of Concordia's Writing Center"

BY THOMAS BENNETT

Throughout an average college students' semester, there comes a time of sheer panic where the lines between academic writing and normal conversation are blurred; where drinking black coffee and smoking a pack of cigarettes becomes breakfast; where jaywalking across Marshall Avenue on the way to class without looking both ways becomes a necessity instead of a passing thought. Well, Martin Luther created Concordia University's writing center for no reason other than helping students.

Throughout history, language has been used to pass stories and knowledge down from parent to kin and maybe even from kin to parent, in the case of gifted Homo Sapiens. With the invention of written language, humanity has been able to evolve at an exponential rate that would rival the growth of a deer's antler, which is the fastest growing tissue known to mankind. Soon after written language was invented, the fabled mythos of Athena, the Greek Goddess of Wisdom, was first recorded. After Athena, came the late Martin Luther, who may have been against Catholic indulgence but was not against indulging students in furthering their writing skills.

At the helm of the writing center rests a bust, white as snow, of Martin Luther. It is within his fiery longing gaze that writing center employees are lulled into a trance of impassioned fervor that sparks ingenuity and punctuality. Mara Grau, a writing center equal opportunity hire, has been on time seven days this semester. If she keeps this up, she will surpass last semester's total of twelve days on time. Moreover, this fervor relates to more than just punctuality.

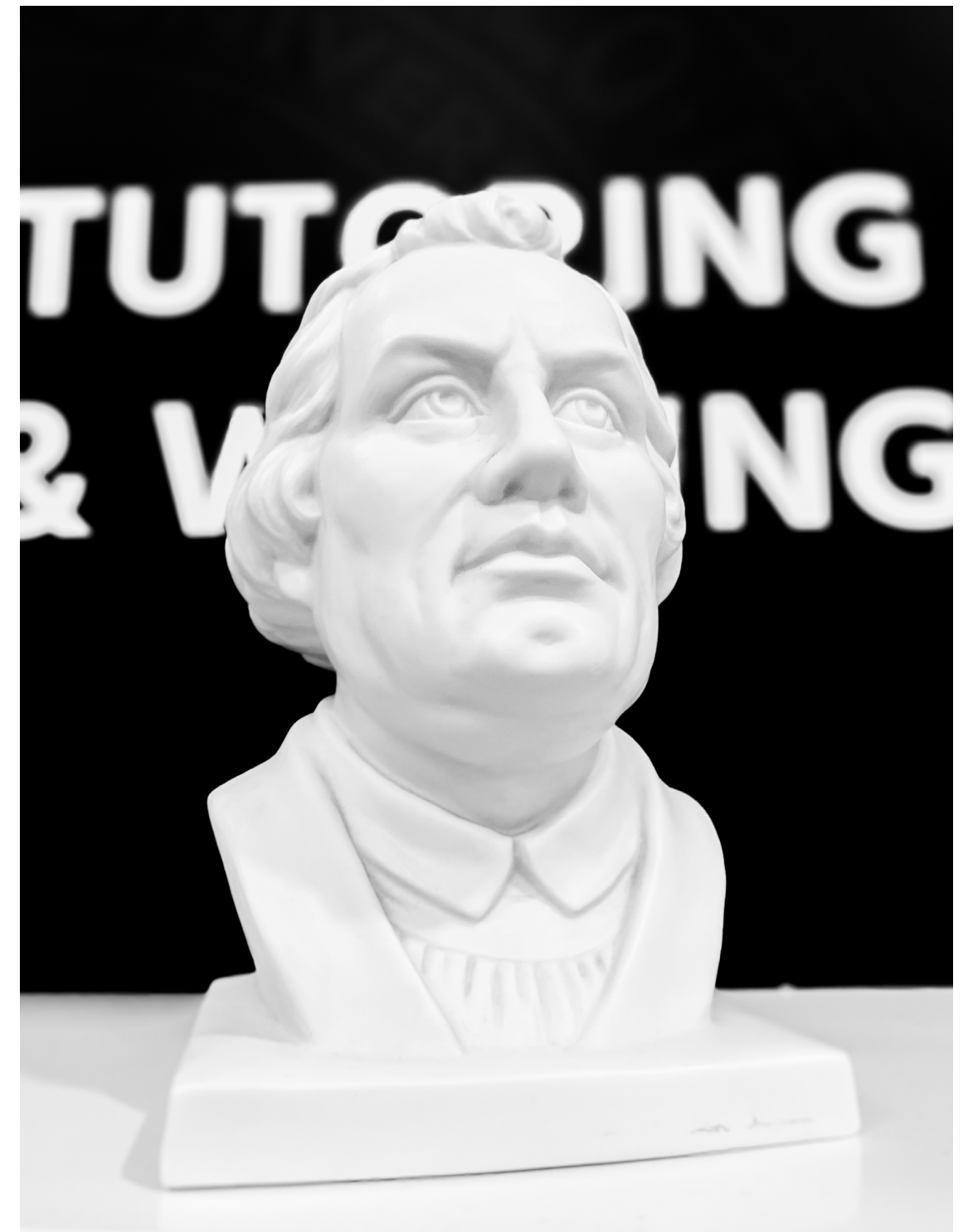
Joel Bisser, the overlord of the writing center, when searching feverishly for a student who had an appointment, inquired to the students' whereabouts. An innocent party, who shall remain anonymous, asked, "What does she look like?" To which Joel exclaimed, "She looks like a student!" This concise statement was enough to draw a smile on Martin Luther's bust, proud of his chosen layman's enthusiasm.

Enthusiastic help is at an all-time high with writing center minion Kao Lai Lee, who helps students with more than just writing. After observing Kao Lai's work, she assists students with nursing, math, and even history homework. Although it is not in her job description, and she knows next to nothing about the aforementioned subjects, Kao Lai's enthusiasm is enough to motivate students and accomplish the impossible.

Basim Alahdal, a retired butler and outspoken reformation denier, was somehow able to resist Luther's professional yet tantalizing gaze, criticizing the appropriateness of the bust. Basim allegedly tried to dispose of Martin Luther by throwing the bust into the dumpster behind Holst Hall. The next day Basim came into work only to find Luther back in his rightful place watching over the writing center poised for the day's agenda.

The Martin Luther bust has manufacturer identification number 404 printed on its underbelly, which is an unassuming number at first glance. Further research into this number made Joel realize this is the webpage error for page not found. Leah Odegard, a writing center zealot and possible martyr, has been searching for clues as to the significance of number 404. After multiple writing center ceremonies (which employees call "meetings") and countless explanations that Leah should focus her attention on the "page not found" clue, her fervor and dedication to her self-afflicted intrigue led her to Georgia, specifically, area code 404. She has been missing for two months with no updates on her search.

Many would balk at such an influential bust; however, Concordia's writing center is always open to new challenges. Whether it is helping a student with a paper or explaining that students should go to the IT help desk for help with printing, the writing center stands ready in solidarity with the congregation that is the student body. So, put pen to paper and make something unique that would make Martin Luther smile.



Writing Center - Photo Credit: Mara Grau



# ARTS & VARIETY

## Theatre/Dance Spotlight: Kalynn Fuller

BY HALLE MARTIN

Kalynn Fuller turns to many outlets in expressing her creativity. Dance is just one of them, but it is something that has been influencing her for much of her life. Kalynn has been dancing since she was a toddler, and has taken breaks to pursue other creative interests like writing and violin, but her dancing roots have always grown back.

As Kalynn started her college career at Concordia, dancing reentered her life upon hearing about the university's annual dance recital, Spring Into Dance. Suddenly, Kalynn was back at it, performing in five different dances for the show. Kalynn tells me what she loves about dancing, "Dance allows for a way to just be my full authentic self. It's such a community where you can be a big goof, or you can process things that are really difficult happening in life. It's a space to really feel through movement rather than sitting still and trying to do it through a pen or pencil through writing. It's a new way of processing and feeling emotions, but also it's just super fun, and it's a good way to work out!"

Most recently, Kalynn's love of dance has brought her into a new creative field, theater. At the beginning of the Fall 2019 semester, Kalynn was approached by her friend Riley Peltz, the lead in Concordia's opera, *Die Fledermaus*. Riley told Kalynn the show needed dancers and encouraged her to audition. This was Kalynn's first theater production. She performed two full dances and an ensemble of scattered mini-dances throughout the show.

I asked Kalynn if the experience dancing with the theater versus at the studio differed. "A hundred percent," she tells me, "It was something that I'd ever done before. I wasn't being myself; I was acting a different character." She tells me more about the process of channeling this character while she danced, "We all had to come up with background characters. We made up our own names and our own background stories. When we were on stage for the parts that we weren't dancing, we had to play up these characters." Kalynn laughs as she tells me about her character, who she named Delia, "She was kind of a ditzzy dancer because this whole show we're drinking champagne, and so it's kind of this big party scene."

Performing in *Die Fledermaus* provided the opportunity for Kalynn to combine two of her great loves: dancing and theater. "I had a really fun time just with the entire process of theater because I'm a huge fan of Broadway and theater productions." Currently, her favorite Broadway production is *Waitress*. She tells me more about her experience in the opera and her admiration for the actors, "It was fun to be at a table reading, and it was fun to be with actors where this is their whole life, where they're majoring in theater, where this is what they do—to see them in their element and just loving it."

For weeks, Kalynn and the other cast members kept their schedules open from 6-10 pm Tuesday through Saturday. This time was dedicated to practicing for the show, and you could be called into a rehearsal at any moment. As they got closer to opening weekend, practice intensified, and they devoted themselves to ten-hour workdays over fall break. The hard work paid off and proved itself to be a rewarding experience for Kalynn. "It was all worth it; you get really close with the cast, and you become like a family, and you get to eat really good snacks and go out to dinner together, and it's a lot of fun."

Kalynn is majoring in Christian Ministries with a minor in writing and communications. When Kalynn isn't performing on stage, she has made an impact on Concordia in other ways, one of which was starting the university's first-ever women's ministry. She tells me that someone had come to her one day complaining that if there was a men's ministry on campus, why wasn't there a women's ministry? Kalynn saw this gap and decided she would fill it.

This May, she will be graduating, and her world of creativity is bound to expand. She says she would like to continue dancing, but will have to seek out those opportunities. However, her creativity and driven personality seem to follow Kalynn wherever she goes, and she is destined to incorporate this into her career. "I would love to be a storyteller. I'm really open to what that looks like. I would love to do outreach and missions at some point. I would love to travel," she says, "I would love to continue writing and being creative in any way I can and just admiring humanity."



Kalynn's love of dance brought her into a new creative field - Photo Credit: Kalynn Fuller



Theatre Spotlight, Kalynn Fuller, pictured in the middle - Photo Credit: Kalynn Fuller

# ARTS & VARIETY

## Artist Spotlight: Shannon Kourajian

BY BROOKE STEIGAUFG

Shannon Kourajian gets inspired by the images within her head, and by that, I mean she pushes on her eyes until she sees patterns. No joke. Kourajian is a senior art education student whose artwork has progressed over the years from being highly-structured and minimalistic to abstract and intuitive. Her creations are a way of organizing her thoughts. "It's like when you have a really full drawer and you can't fit even one more thing in it, so you're forced to take stuff out and condense it."

Kourajian describes her art-making process as "dumping, pulling, and rotating," words that describe her creative movements and mental activity. Art allows her mind to turn into something tangible and visible. Although her work is abstruse, it is in the process of making it that she makes sense of herself. She is aware that not everyone can understand abstract art but hopes viewers can refrain from viewing her work as a product rather consider the motion and emotion that went into its creation. That is where meaning lies.

The artist spends a lot of time thinking. In fact, she schedules time just to do so. Particularly, Kourajian pays a lot of attention to the discrepancy between perception and reality, whether it is suppressed within one's insecurities or found while transferring thoughts into a physical creation. She draws inspiration from her own experiences with anxiety and self-doubt, relieving herself of the confinements that she and society have placed on her. She hopes her artwork sparks others to consider what their own "junk-filled drawers" would look like if they were to put them into a physical representation. She says regarding her artistic process, "I have let go of the idea of making things look perfect or as I planned. Life doesn't go that way."

Much of human thought and action is dictated by a yearning for control. This was something from which Kourajian struggled to escape. Although this mentality created pristine and orderly artwork, it lacked unpredictability and inventiveness. "I learned that it's good to be spontaneous and just say yes to things."

Her motivation for teaching art relies on many of the same themes: unrestrained experimentation and the intuitive impulse to create. "I love how vast and flexible the brains of children are. I want to help them process all those weird thoughts and imaginative scenarios and then put those into reality." Through teaching art, Kourajian will pass on lessons that have taken her countless artworks to learn: accept mistakes, let loose, and be weird.



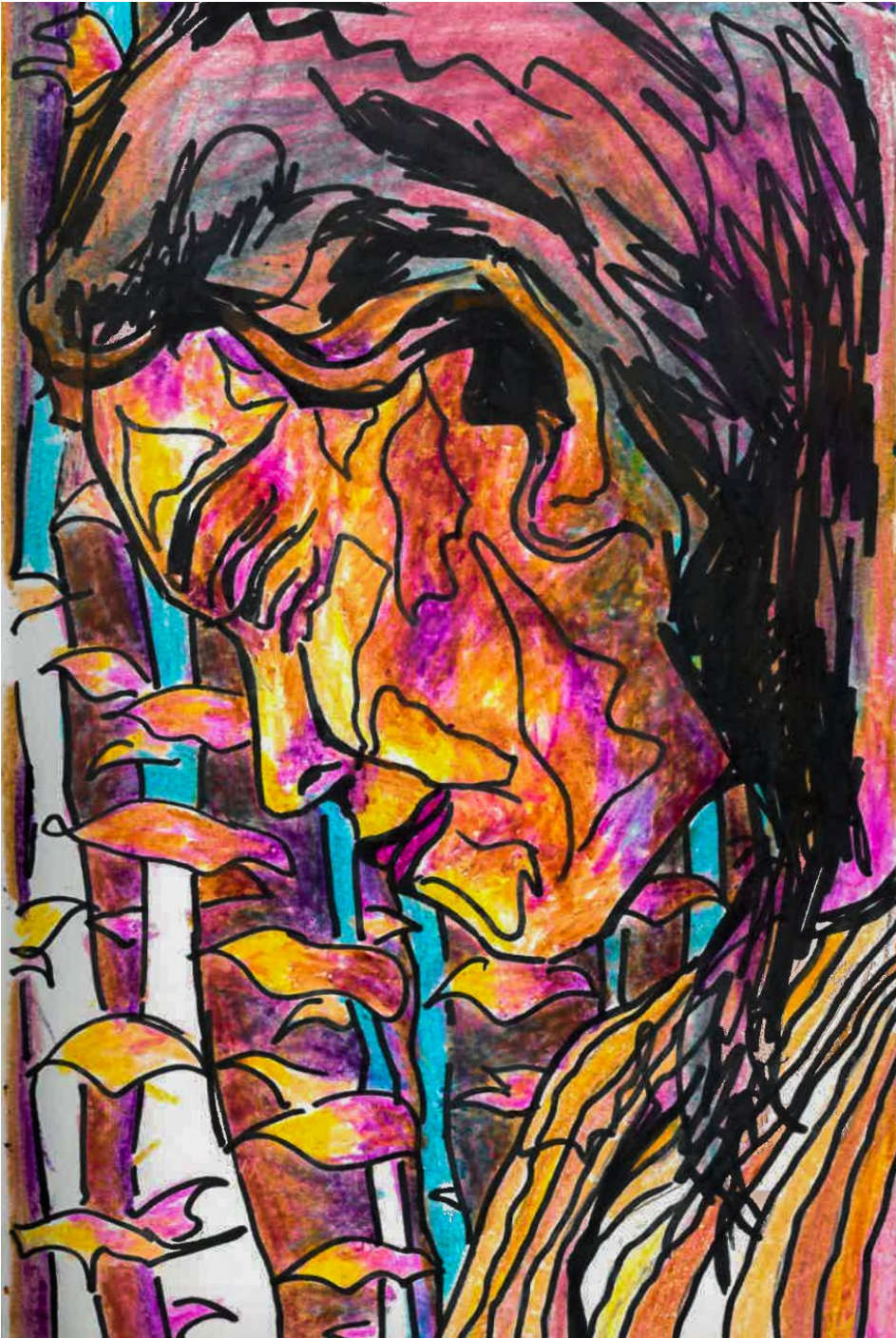
Artwork Photo Provided by Artist Shannon Kourajian



CSP Artist Shannon Kourajian - Photo Credit: Shannon Kourajian

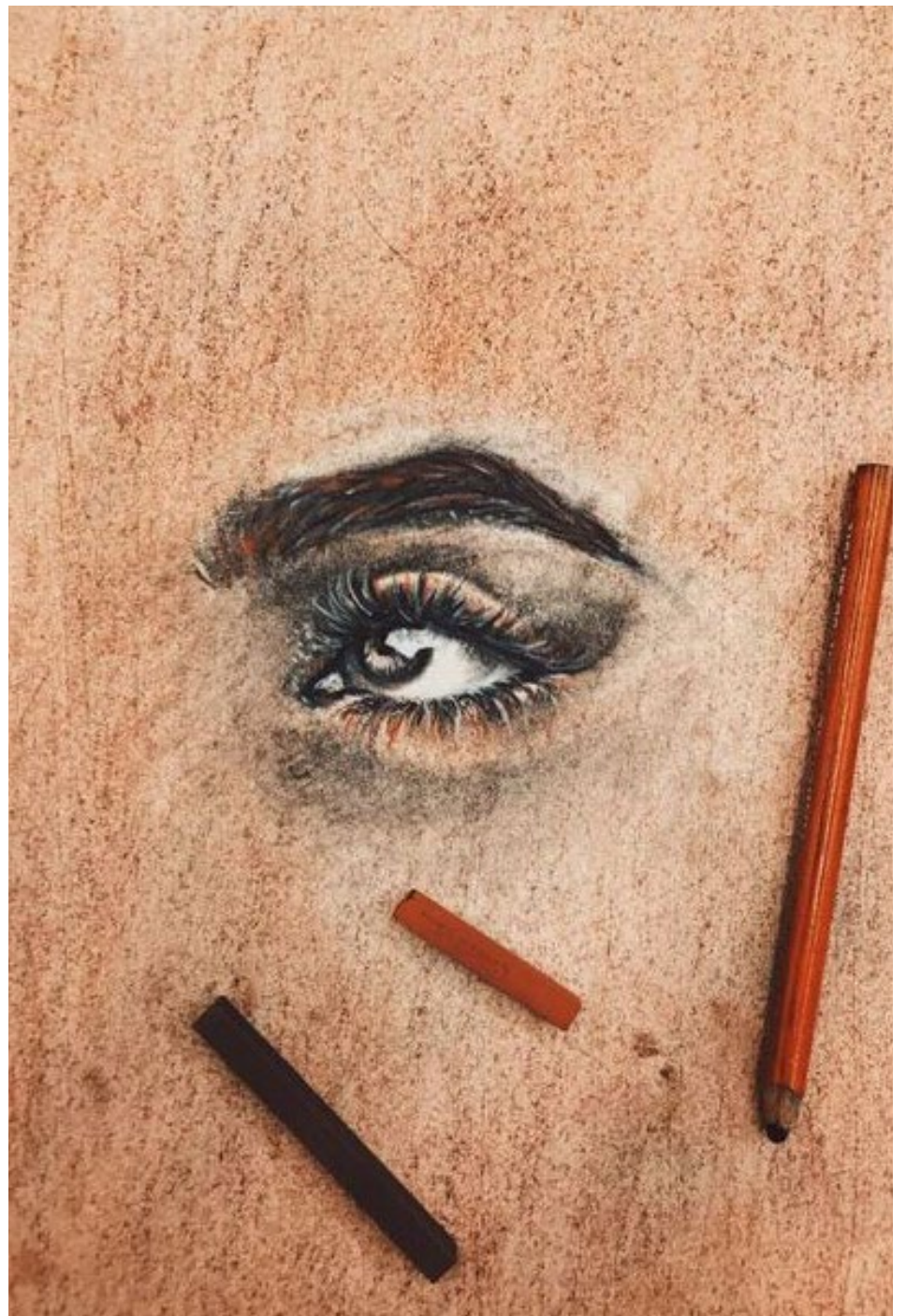


# ARTS & VARIETY



*Untitled*  
*Mixed Media*  
*Artwork By Brooke Steigauf*

EMAIL ARTWORK TO [TURCIOSV@CSP.EDU](mailto:TURCIOSV@CSP.EDU) OR  
[GRAUM@CSP.EDU](mailto:GRAUM@CSP.EDU) TO BE FEATURED IN OUR  
NEXT ISSUE!



*Untitled*  
*Charcoal*  
*Artwork By Sierra Ross*