9 Parts of Desire at the St. Scholastica Theatre

Top-notch performances and a powerful story

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**FROM THE EDITOR’S DESK**

Hello and good morning students, staff, and faculty of CSS,

It appears that spring has finally sprung at CSS. I have officially put away my winter coat, hats, and snow shovel, so we better be done with that stuff for at least a few months.

It appears I created a bit of controversy with my take on Stockfest last week. I feel the need to point out one thing though, and that is how I in no way intended to discredit all of the work that Anne, Matt, Luke, and all of the fine folks on the Stockfest committee did to make the show a success. While I did not attend, it sounds like everyone had a fantastic time. If you haven’t yet, find Trevor Hall’s pranks he pulled on Anne and Luke on YouTube. The footage is golden.

Going through the senior send-off this past week really put things in perspective for me: I’m just a few weeks out from graduating. Scary thought! The Cable will be without its reigning editor-in-chief next year, so you’re interested in taking up that job or any job -- editorial, writing, photography, marketing -- then send an email to cable@css.edu and let us know. There will be an informational meeting at some point before semester’s close.

Our first Fable meeting took place Thursday, and it seems like it will be a fun issue. If you have any ideas, feel free to email cable@css.edu or come to our next Fable meeting -- Tuesday, Apr. 26 at 4 p.m.

No school next Friday means no Cable, so we will see you in two weeks!

Until next time,

Joe Hansen

*The Cable Editor-in-Chief*

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**EDITORIAL RESPONSE**

I couldn’t pass up the opportunity to reply to someone requesting hate mail.

But this isn’t hate mail at all, rather it’s information.

I think the biggest cause of annual backlash towards the Stockfest group is due to the popular music scene being more diverse than ever. It doesn’t matter who Stockfest books, someone will be upset. And I do mean “upset.” I’m not a country fan, but when I saw that Blake Shelton was playing the DECC this past February, I was just uninterested. And I do mean “uninterested.” And that’s what makes Stockfest special and challenging. When students are dissatisfied with the style of music, they don’t just shrug their shoulders and move on; they sound off.

And that’s fine. Heck, that’s American!

You can’t please everyone, but each year, the brave leaders of Stockfest embark on a vain journey to accomplish just that. Inevitably they fail in this, but that is not their measure of success. I’m getting off track.

After the second Stockfest in 2005, the public perception was that the group was in a nu-metal rut. I disagreed, but all the same, something needed to change to show that Stockfest could present itself to be as diverse as the aforementioned music scene. Flogging Molly (Stockfest 3) was a far cry from Seether and Chevelle, and Motion City Soundtrack (Stockfest 4) continued to morph the image of Stockfest.

This brings me to the second biggest cause of annual lash back towards Stockfest: ignorance regarding the process.

Based on responses like “you should get Ke$ha” and “Lil Wayne would be awesome” it’s become clear that, generally speaking, people don’t understand how booking a band works.

Availability is, of course, the first hurdle. This goes for both the band and the venue. If the Reif is booked because the aforementioned music scene, we booked her and we wound up selling out the Reif for about 24 hours to decide if we were going to move on this loop regarding Sara Bareilles and her new tour. We had all the same, we were fortunate enough to be in the room regarding Sara Bareilles and her new tour. We had available tickets to sell out the Reif for the first time since 2007.

As a final thought, go to all of the Stockfest shows. This is college and you’ll rarely ever get a chance to see a concert for such a bargain price. In fact, go to everything. Believe me when I say that you’ll miss these opportunities after graduation.

Thanks,

Luke Moravec

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**FABLE 2011**

PREPARATIONS BEGIN NEXT WEEK.

EMAIL CABLE@CSS.EDU FOR DETAILS.

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Relay for Life: We’re Walking to Save Lives

Today, the College of St. Scholastica will be hosting a Relay For Life!

What is Relay For Life? Relay is the American Cancer Society’s signature activity. It is a life changing event that brings together more than 3.5 million people.

Why do people Relay? To celebrate the lives of those who have battled cancer, remember loved ones lost to the disease, and fight back. Relay For Life offers everyone in a community an opportunity to participate in the fight against cancer. Teams of people camp out and take turns walking or running around a track or path. Each team is asked to set a fundraising goal and have at least one member of their team on the track at all times during the event.

The CSS Relay is taking place today. It is a twelve hour event, running from 6 p.m. on Friday to 6 a.m. on Saturday.

The Opening Ceremony starts at 6 p.m. so come join us as we send off the teams as they begin their twelve hour walk to fight cancer. There will be a DJ and fun activities all throughout the night so come and join our fight against cancer!

Look for a follow up in the next issue of The Cable to see how much money we raised and which teams raised the most!

CSS in History

Barbara Patten
Contributing Writer

Publication: Villa Sancta Scholastica
Quarterly
Date: June 1910
We leave our Alma Mater in the full confidence that we have a friend in each and every one of you and assure you that you have a warm admirer in each and every one of us. We bid you as teachers farewell and greet you as esteemed friends.

Publication: The Scriptorium
Date: May 14, 1944
A few more fleeting hours, and you, our Friends
Of happy college days will be going away;
But we know that you will be strong and keep
Your ideals always in the sunlight, no matter
What awaits you on the stage of life.

Publication: The Cable
Date: May 15, 1981
Dear Guru,
As a graduating senior, I’m having a difficult time saying farewell to all the friends I’ve made at good ole’ CSS. How can I keep the “college connection” open?
~ Sad to go

My Child:
The presidential search is on. Also, the priority is always looking for a few good women.

Dear Guru,
Do the instructors here have no compassion? They have some nerve, loading on the work this late in the quarter. The sun is finally out and I can’t even go out. How am I supposed to get a decent tan if I can only lay out two hours a day?
~Snow White

My Child:
You will thank your instructors for their concern when you have that dark gradual tan and your friends are as red as lobsters and in a comparable mood.
Interview

**Ximena Sariñana**  
Haley Hasleiet  
Contributing Writer

Stockfest this year started off with a Mexican singer-songwriter who has been nominated for a Grammy Award and Latin Grammy Awards.

Ximena Sariñana is very passionate and motivated about her career which showed both during her performance and her interview. Her musical career was launched in 2008 when her first album, Mediocre, debuted at number one in Mexico and then went Platinum. Her new album, which is an English language album, will come out on August 2nd, 2011.

Q: How has the experience of this tour been for you so far?
A: It’s been really fun because we are a group of five people traveling in a van, and I’ve been getting to know a lot of places that we have been playing. It’s my first time playing at colleges here. It’s been really great, everybody in the tour is really nice and it’s good to have more girls in the tour for once!

Q: In your biography it says that it was a hard decision for you to come from Mexico and start your career here in the United States. Can you talk about that a little bit and what your deciding factors were?
A: It was a difficult choice because people don’t realize that the US is such a competitive place to be and the entertainment industry is the center; it is the most developed. It’s hard for someone to come from nothing basically, I never grew up here. Though it’s really close and I know the language very well and I’ve been here before as a tourist, working here is very very different and having to get used to all that is hard. My main decision is that I feel the opportunities for expanding and playing in other places, in different countries is a straighter path to make a record in English and be able to tour other parts. That and, of course, for me it was all about learning. I had already written a record in Spanish, and it would have been really easy for me to make another record in Spanish but I had already done that before. I wanted to maybe try and do something different and the opportunity sort of opened up and I just decided to take it.

Q: Do you have a preference between singing in English or Spanish?
A: No, it doesn’t really matter to me. Before I started singing my songs I would sing a lot of Jazz standards so there’s a lot of English singing. Of the music you listen to on the radio in the rest of the world, outside of the US, a big bulk of it is in the English language. So, you’re sort of used to hearing it and singing it and the hard part was writing it. That was hard for me. It was sort of like developing an entire language style, what words you want to use and how that reflects on your personality. So yeah, I don’t really have a preference. I like both languages and I like languages in general, so whichever works.

Q: What was it like to work with Jason Mraz on the Spanish version of the song “Lucky”?
A: Well, Jason Mraz! He is a really nice guy, and we met and it was totally not romantic or anything. We just met at a party, a Grammy party or something and he wanted to do a Spanish version of this “Lucky” song and I said yes. He was really nice, he was super open in terms of he let me change the melody, and he let me write the lyrics for the Spanish version. I recorded it separately, I did it in my house and sent it to him and then he sent me his track in Spanish. He asked me to correct his pronunciation but he speaks Spanish very well. I was very impressed. We performed the song a couple of times together in Spain and Mexico.

Q: In the future, is there anyone else you would like to collaborate with?
A: I never really think of collaborations ahead of time. Sometimes it just depends on the song, like this voice would be incredible or that voice would be incredible. I’m really open to collaborating and I’m not closed to this type of person of this type of genre. I’ve done everything from reggae artists to really pop, to alternative, and I like that.

Q: Who has been your biggest influence in your music career?
A: I think there’s a combination of life moments. Definitely my parents though, especially my father. They were always supportive and were a very musical family, not so much in playing although my dad did play the guitar a little bit. They always let me go to the concerts they wanted to go to. There was always music in the house and they always encouraged playing instruments or taking instrument lessons like piano or voice. Definitely what my dad listened to was a big influence in what I was listening to. Then, when I went in to music school when I was about 15 and that opened my mind completely. I went to a very small school growing up. We were like 28 people per class, which is nothing; it was a tiny school. People that wanted to do music as something other than listen to it was a very small group so I never had that bonding experience with other musicians until I was about 15. It was like wow. Meeting all these people who’s number one priority was their music. There was one girl that I met who I actually asked to produce one of the songs on my new record: an artist called Natalia Lafourcade. She was a big influence and inspiration for me. When I was 15 she completely took me under her wing. She was the first one who was like, “You can do it. You can improvise and write music.” I was her background vocalist. She pushed me to new and different limits. After that it has just been different eras, everybody you meet gives you something musical.

Q: When did you start playing piano?
A: Piano, I mean...I was never a good student, I was very inconsistent. I started taking piano when I was 8 and it would be an on and off thing.

Q: In your biography it says that while working on your English album it was all about “forcing yourself out of your comfort zone.” Can you talk about that a little bit?
A: Everything was a challenge and it felt like that. I had to co-write a lot for this record. The record labels like to do that; put you with other people to write with and I liked it. I thought it was a very fun process. Imagine, you don’t know this person and then you go to their house and you have to write a song together, after you had just met literally five seconds ago. You open the door to his house and he’s like “Hi, nice to meet you. This is my name. Let’s write a song together!” I did that everyday for an entire month, with different people all the time. It was in a city that I wasn’t really familiar with, which is LA, and a culture that I wasn’t really that familiar with either. Everything was about being there and putting myself out there and seeing if I was capable of going with it or if I was going to sink in it. I definitely think I learned a lot and I grew up so much. I feel stronger as a person and as a musician. You really learn to appreciate who you are, because if you don’t appreciate it nobody will. So you have to give that to yourself.

Q: What is your favorite song on your English album?
A: Well, it depends on the time! Sometimes I’ll have a lot of fun playing some songs or others. I like this one song that is called “Common Ground.” I like it a lot because it was so fun to record. The process of writing it and producing it took us such a long time, and we spent so much energy in it to making it perfect. I really like that one but it depends on the mood I’m in. Each song has a memory or an experience of where I was or who I wrote it with and that definitely influences which songs are your favorites.

Q: Will your next album be in English, Spanish, or a mixture of both languages?
A: I do not know for the life of me after this album comes out. I’m planning my life and I don’t know after August 18th what is going to happen to me. My album comes out on August 2nd, but that is what I have planned so far. I don’t know if I want to make an English, or an English-Spanish or Spanglish or French album.

Q: What are your thoughts on Stockfest?
A: I’m really excited to play here; playing at colleges has been a great experience. People are really receptive, supportive and they really want to listen.
GRANT-NETTLETON ELEMENTARY CELEBRATES VOLUNTEERS

Alex Mornson
Contributing Writer

In honor of the National Volunteer Week (April 10th-16th), Grant-Nettleton Elementary School held a ceremony on Monday, April 11th, to show their appreciation for The College of St. Scholastica and the University of Minnesota-Duluth's staff and students, who are involved with the academic and cultural enrichment programs. The ceremony consisted of speeches from the Grant-Nettleton Staff who acknowledged the staff and students from the colleges and an award ceremony for some staff members from the colleges; our very own Jay Newcomb received an award for the work he has done with the program since the beginning in 1997. The staff and the kids at Grant-Nettleton put together a video of pictures and interviews of the staff and kids to show their gratitude for all that the volunteers do.

Every day students from both schools are helping out the staff at Grant-Nettleton with the academic and cultural enrichment programs, which range from a basketball program to a dance lessons program. In these programs the students from the elementary school learn lifelong skills and get the chance to be around adult mentors. The students from the colleges also learn how to be responsible citizens and get the satisfaction of being a child's role model. The programs goals are to provide the youth of the Hillside community with a welcoming atmosphere where they can learn and grow safely. The volunteers play a key role in the success of the programs, they give the children a chance to receive one-on-one attention, and show the children examples of respectable role models.

APRIL IS NATIONAL SEXUAL ASSAULT AWARENESS MONTH

Gabi Herrera
Contributing Writer

Since 2001, April has been nationally known as Sexual Assault Awareness month. People across the country celebrated a “Day of Action” which is a day in April solely dedicated to ending sexual violence.

This year the “SAAM Day of Action” was on Tuesday, April 5th, and many people held events across the country to create awareness in their community. Locally, the Duluth community celebrates sexual assault awareness month with the annual “Take Back the Night” march that takes place on Thursday, April 21st at 5 pm at Washington Center, 310 N 1st Avenue East, in downtown.

On Thursday, April 28th, at 12:00 pm in the Intercultural Center, come join Storm's Advocates for Sexual Assault Awareness Power Hour. The event includes a presentation by Jaime Varchak who is a survivor of relationship violence and also an alum of the college. Jamie will share her story, along with a presentation of poetry and art by Lezlie Oachs (CSS faculty) and Merideth Shiftsky.

Finally, the event will conclude with groups on campus talking about their social justice and advocacy on campus. They will be talking about their clubs and advocacy on campus. There will be beverages and appetizers as well! Everyone is encouraged to come.

The clubs that will be talking about their social justice and advocacy on campus will be Speakup!, a club on campus that promotes healthy relationships and a safer campus.

The Dude Group is a new group of men, for men, that gets together to talk about what it means to be a man and issues related to stereotypes and breaking social norms.

If you are interested in being an advocate beyond the events going on in April, feel free to contact Rachelle Jenson at Rjenson@css.edu or Gabi Herrera at GHerrera@css.edu about joining Speakup! If you are interested in The Dude Group contact Andrew Zyla at AZyla@css.edu or Chris Godsey at CGodsey@css.edu. Also, Storm's Advocates is always looking for volunteers that believe in helping create a better campus. If you are interested you can contact Sierra Gatlin at SGatlin@css.edu or Teresa Aldach at TAldoch@css.edu.

Sexual assault is always an ongoing problem world wide so if you're looking for even more information as to things you can do to promote Sexual Assault Awareness beyond the month of April visit http://www.nsvrc.org. A quick way you can promote SAAM is by wearing teal or a teal ribbon which has been recognized as the official color representing sexual violence awareness and prevention. Advocate for a safer world!
GLOBAL SPOTLIGHT

JAPAN FACES NUCLEAR ISSUES

Fatima Alwan
The Cable Culture Editor

Due to the recent catastrophes in Japan, the country now is facing rising nuclear alert. A Japanese nuclear watchdog raised the security level of the crisis area (a nuclear power plant struck by the earthquake) to 7, the highest possible level, and also the level claimed after the Chernobyl nuclear accident.

The incident at the Fukushima Daiichi plant had previously been rated a 5 on an international scale used to gauge the severity of incidents at nuclear facilities, but Japan’s Nuclear and Industrial Safety Agency said the amount of discharged radioactive materials is approximately 10 percent of the amount released when a nuclear reactor exploded at the Chernobyl plant in 1986.

Since the tsunami hit Japan nearly a month ago, subsequent earthquakes have inflicted additional damage to the nuclear reactors at the plant. The Japanese government has expanded the evacuation zone around the Fukushima plant because of the high levels of accumulated radiation since the tsunami (on Tuesday, the total number of earthquakes above magnitude 6 in the region reached four in roughly 24 hours).

Despite the well handling of the crisis, there is a lot of concern among Japanese people about the long-term impact of the radiation in the areas surrounding the site. Local news agency Kyodo said the government’s Nuclear Safety Commission had estimated that at one stage the amount of radioactive material released from the reactors in northern Japan had reached 10,000 terabeyquelers per hour for several hours, which would classify the incident as a major accident according to international scales.

While the Japanese plant is located in a coastal, not highly populated region, concern continues to spread as subsequent catastrophes plague the nation. Our support and aid should be with them in their dire time of need.

FREEDOM BEING RESTRICTED IN FRANCE: BAN AGAINST THE BURQA

Zaynab Alwan
The Cable Photo Editor

A controversial ban on face veils has been implemented in France, stating anyone wearing the Muslim niqab or burqa in public will face a fine of up to $216 and a citizenship course.

Muslim leaders have said they do not support the veil or the ban of it, and that it is not a religious practice, but a cultural practice. The French government claims that it is a sign of oppression; however, the veiled women say that they choose to wear it.

Controversies surrounding the reason of why the ban has been implemented are becoming more popular. Some rights groups have accused the government of Nicolas Sarkozy, the president, of attempting to stir up racial tensions and of targeting one of France’s most vulnerable minorities.

"There’s an accusation against Sarkozy that he’s trying to win back votes by introducing in this law in the face of increased support for anti-immigration parties in France," says Tim Friend, a Paris-based reporter. "Many feel that this is not necessarily strictly about emphasizing France’s secular traditions but more a vote-winning exercise by Sarkozy, in other words, pandering to people’s prejudices."

Police will be able to take any woman refusing to lift the veil to a police station, where they would be threatened with fines. "This law infringes on my European rights. I cannot but defend them, that is to say my freedom to come and go and my religious freedom," Kenza Drider, a 32-year-old woman who wears a veil that covers her face by her own choice.

This infringement on freedom and rights are outrageous, and people around the world need to educate themselves concerning the ban. This law prevents women in France from expressing their values, beliefs and identity, which is a right we exercise and value as US citizens.

FLOODS IN THAILAND CLAIM LIVES

Zaynab Alwan
The Cable Photo Editor

Destructive weather that has swept down on Southern Thailand has now claimed over 40 lives. The floods continue to deluge an area where over two million people live in a time that is supposed to be one of the hottest months of the year. On Saturday, military aid evacuated thousands of people from their homes into temporary shelters.

The water reaches up to two meters in some areas, and the rain keeps pouring down onto the already saturated ground making mud slides all too common. According to Thailand’s Department of Natural Disaster Prevention and Mitigation, 10 provinces are now affected by the flooding after the waters approached the Malaysian border over the weekend. More than 100 districts in the 10 provinces have been declared disaster zones following 11 days of flooding rains.

Highway 41 is one of the most affected roads where more than 2,000 vehicles were obstructed by the floods. Because of this, many drivers refused to leave their expensive cargo, opting to camp out beside their trucks for two nights or more for fear of thievery.

Although the rain is not as frequent and heavy as before, forecasters still estimate that it could take as long as 10 days for the flood waters to recede significantly.
Congratulations to St. Scholastica student Matthew Swanoski. Matthew has been chosen as the second "CSS Student Employee of the Year." He received news of his award at yesterday’s award ceremony, the highlight of CSS annual Student Employee Appreciation Week.

Student Employee Appreciation Week at CSS was instituted by the STEPS committee (Student Employment for Professional Success). The STEPS committee is made up of staff and students who have been working for the past year to make the College community more aware of the value of student employment to all involved. There are currently more than 800 student employees working in over 60 departments here on campus. This large number illustrates how much the College relies on student employees to keep our offices and services running efficiently.

Matthew Swanoski was nominated by his supervisors, Chris Jugasek and John Eastvold, who had plenty of good things to say about his work as Web Developer:

“In our combined 17 years experience in working with student employees, we are challenged to find a student who has the all of the desired attributes: attention to detail, self-direction, innovative approach, technical aptitude, reliability and professional communication skills. Matt Swanoski meets and exceeds our expectations on all levels. He is very meticulous in the development process and has an eye for detail both in the code and the aesthetics of the projects he works on”.

“It can be a challenge to communicate technical detail that non-technical people aren’t necessarily interested in. Matt can verbalize and demonstrate technical ideas and concepts in very simple and easy-to-understand way for the most non-tech savvy clients. This speaks greatly to his level of professionalism”

“He is confident and capable beyond our normal expectations for a student. He has the ability to graciously receive and professionally provide constructive feedback. He can make decisions which are practical, workable, sustainable, and effective involving the necessary people in the decision-making process. We have also found that Matt has the ability to look at situations from a new angle and point out areas that could use improvement”.

Lynne Hamre, Chief Information Officer, also states “Matt, as a student, works at a professional staff level, developing aesthetically pleasing, technically complicated, highly functional web applications. Matt not only has outstanding technical skills, but also great communication and customer service skills. This combination of hard and soft skills is exactly the type of well-rounded individual that The College of St. Scholastica is proud to graduate.”

Congratulations go out to all students who were nominated for the CSS Student Employee of the Year award. Six of the nominees received Honorable Mention recognition; in alphabetical order they are: Baral Bipin, James Matekgo, Joe Hansen, Joey Moore, Kelsey Lempola, and Rebekah Galazen. Other nominees included: Ashley Clark, Courtney Cochran, Anna Dontje, Rachel Hagel, Heather Hodgson, Ryan Johns, Lloyd Munjanja, Jamie Parpala and Heather Vogel.

The STEPS committee thanks ALL student employees for their hard work, dedication, ideas, positive attitude and their contributions to the success of our offices and departments. We also thank the student employment supervisors who train, monitor, mentor and guide our students. It’s a job in itself to keep these awesome students busy and challenged!
THE TOP 10
Top Ten Signs an NBA Game is Fixed
Andrew Schreyer - Contributing Writer

10. Game starts 20 minutes before visiting team arrives.

9. Tip-off always goes to the player with the largest salary.

8. At the end of the first quarter, the score is 179 to 2.

7. Missed three-pointers count for two points if they’re “pretty close.”

6. Whenever he’s open, the referee takes a shot.

5. Scoreboard has disclaimer: “All Scores Approximate.”

4. The team loses even though it led in points, delegates, and the popular vote.

3. Fan scores 25 points from his seat -- in the back row.

2. They announce the final score at halftime.

1. The Timberwolves are winning.
Recipe: **Lemon-Lime Cake**

From the Kitchen of: **Emily Peterson**

**Ingredients**

- 18 ¼ oz. package lemon cake mix
- 3 ½ oz. package instant lemon pudding mix
- ¾ cup oil
- 10 oz. can lemon lime soda
- 16 oz container of favorite frosting

**Directions**

Mix first 4 ingredients together; pour into a lightly greased 13x9” baking pan. Bake at 350° for 40 minutes. Cool; frost. Refrigerate until ready to serve. Makes 15 to 18 servings.

For chocolate lovers, substitute a chocolate cake mix, chocolate pudding mix, and a can of cola.

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**All-Ability Awareness Ball**

**Come and Let Your Colors BURST!**

Tianna Seeley
Contributing Writer

The Dignitas course Effective Communication taught by Monica Marciniak has been working hard to put on the 2nd Annual All-Ability Awareness Ball. The event is designed to help St. Scholastica students and members of the community become more educated about those with different levels of ability. The ball is open to the public and will be held at Spirit Mountain on Thursday April 28 from 5:00pm-9:00pm.

“I'm not really sure what to expect,” commented Dignitas student Lauren Scharp. “We've been working hard. Hopefully we'll have a good outcome with a lot of Scholastica students in attendance.”

Admission is free, appetizers will be served, and formal attire is requested. So make yourself glamorous and go dance the night away. If you are interested in attending, please RSVP to Katelyn at kgeib@css.edu with the number of people attending.

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**WHAT’S PIQUED MY INTEREST**

Paul Quiram
Campus Philosopher

- Guitar face… what is it, and can I get it in bulk?
- Why can people talk about themselves for hours on end, but when asked about themselves they respond, “I don’t know, I like to go to the movies I guess.”
- How exactly do the beach scenes in SpongeBob work? Wouldn’t it be more logical to go onto dry land, than into water and waves that are underwater?
  - Flip flops… why?
- What is the line between casual and dressed up? Is it nice pants, nice shoes, or what?
**SUPERSIZE YOUR LUNCH, SUPERSIZE YOUR PAUNCH**

I’ve heard this before working in restaurants, “Yeah I’ll get the quarter pounder with cheese, a large fry and a diet coke. What’s that? Yeah I’ll supersize it.” How is this justified? Well clearly the diet coke makes it all healthier and more likely for you to lose that weight.

Let’s think about this in a broader way that I covered last semester that I feel is important, balance. Yes, the all important idea of balance. Last semester, I related it between cake and exercise (or death for you Eddie Izzard fans out there). Many people want to lose weight either for vanity or for legitimate health reasons, but unfortunately many of them also adopt the ordering strategy in the first paragraph. I actually had someone ask me to help them lose the last ten pounds of baby weight they had (whilst me thinks it is a reasonable request the other shoe drops quickly), but she continues, I don’t like to eat healthy or exercise really at all. Needless to say, this does not represent balance.

What do I mean when I say balance? As far as health goes, let’s break it down like WellU does: mental, spiritual, fitness, and nutrition.

Mentally, you need to fill up your brain with information in class, but you also need to give yourself some time to process that information. An example of this is to go to lecture all week, then let all that information marinate in your head, and on Sunday, do a quick read through of your notes.

Spiritually, at the risk of taking ideas from Seth’s “Five Minute Ministry”, while God tells us not to forsake coming together as believers, it is important to take some time to be alone with God in prayer.

In regards to fitness, while the human body does operate on the principal of “use it or lose it,” that doesn’t mean you can go and give 110% in the gym twice a day everyday. It means you have to stress your body with exercise and then give it some rest to recover and make itself stronger. The biggest part of balance here comes from having the right amount of rest for the exercise you did, but not so much that you start losing what you’ve gained.

The most basic part of nutrition is defining the amounts of carbohydrates, proteins, and lipids (fats and oils). Not even diving into the sub-categories of those, you can’t cut out all of your carbohydrates because the Atkins diet says so as it is dangerous to do so and leads to malnutrition. In fact, cutting out large amounts of any one of those three can be unhealthy or even deadly for you.

The take home message here is: A little bit of this and a little bit of that, don’t go overboard on anything and don’t completely cut out anything.

Stay fit my friends – PQ out
My first thought walking into a monologue play, regardless of the content is, "Why? What's the point? Where's the dramatic significance to this piece of 'pay attention to me?'" In my opinion, if you want to make a point, you should do it on Capitol Hill, or CNN. What exactly do you hope to achieve on the campus of CSS where the biggest problem seems to be whether I'm wearing the right shoes or not? My first thoughts were tossed aside within the first few minutes Thursday night when I saw the CSS production of Heather Raffo's 9 Parts of Desire.

9 Parts of Desire wakes you up, or at least it ought to. It certainly woke me up. The narcissistic, somewhat nihilistic voices in my head were quickly shamed to silence as my mind sat up, forced to pay attention.

The play is a portrait of nine ordinary, extraordinary Iraqi women. The audience is introduced to a sexy painter, a radical communist, doctors, exiles, wives and lovers. The play speaks to the audience and shows us many conflicting aspects of what it means to be a woman in the age-old war zone of Iraq. It takes us on ride from tragedy to sex to atrocity to death. It's an awful experience portrayed in a most powerful way.

Our production here at CSS, under the direction of Minden Hulstrom is tragically beautiful. The blocking is choreographed skillfully and artfully and the scene changes are played out like a silent ballet.

The acting in this show is top notch. Alicia Roles brings us from jaded doctor delivering headless babies to a youthful adolescent who likes N'SYNC. Her performance is both gut-wrenching and amusing. Sarah Eliason's performance listening to the haunting phone messages from her uncle calling from Iraq while she suffers helplessly in her New York apartment could bring a groan to the hardest of hearts. Kealey Baron needs to be acknowledged for her performance as a grandmother remembering the agony of her past life through a glass of whiskey and then selling the remains of a culture blown to pieces. Rachael Juba quite effectively carries us from eroticism to atrocity to obliteration, a shocking journey that leaves the audience feeling a bit uneasy. Katie Mahocker highlights the show with anger and strength when she washes herself in a pool of water in the overgrown rubble surrounding bomb fallout; it's incredibly moving and hard to look away.

All this is presented on a visually arresting set designed by Kevin Seime. This set takes you places from London to New York to an artist's studio of scaffolding to a bomb pit.

Minden Hulstrom should be proud of this production. The cast and crew should be proud of this production. CSS should be proud of this production.

The long and short is SEE THIS PLAY! You owe it to your class mates. You owe it to the world around you. You owe it to yourselves.

Tickets may still be available for performances Friday and Saturday at 7:30 pm and Sunday at 2:00 pm. Please call 723-5900 to find out, or stop by the Theatre Box Office before the show.
**Women's Tennis Keeps on Rolling**

**Jesse Robinson**

**CSS Sports Information**

FRIDLEY, Minn. – The St. Scholastica women's tennis team rolled to its seven straight win with a 9-0 shutout of Northwestern College on Saturday.

The Saints have now won 85 straight Upper Midwest Athletic Conference (UMAC) dual matches. CSS improved to 14-4 overall and 4-0 in the conference, while the Eagles fall to 2-10 overall and 2-2 in the league.

The Saints lost just one game in a doubles sweep. The No. 1 team of Callee Conda (Hibbing, Minn./Hibbing HS (UW-Green Bay)) and Danni Sonnenfeld (Harris, Minn./North Branch HS) won their fifth straight match 8-0. The No. 2 duo of Hillary Bungarden (Hibbing, Minn./Hibbing HS) and Amanda Hiatt (St. Paul, Minn./Henry Sibley HS) won 8-1 and the No. 3 team of Ali Bernst (Thunder Bay, Ontario/Hammarskjold HS) and Liz Coyne (St. Paul, Minn./Highland Park HS) won 8-0.

Only one of the six singles matches would be decided by a third-set super-breaker and that took place at the No. 2 spot as Milly Che Leon (Lima, Peru/Enrique Meiggs) rallied to win 6-7 (4-7), 6-0, (10-3).

Callee Conda won 6-1, 6-1 at No. 1. At No. 3, Danni Sonnenfeld won 6-1, 6-0. For the eighth straight time, Amanda Hiatt was victorious at the No. 4 spot 6-0, 6-1 and Hillary Bungarden won her 16th straight match at the No. 5 position 6-1, 6-1. At No. 6, Ali Bernst was the final winner on the day by scores of 6-3, 6-0.

The Saints finally return home next weekend with five dual matches scheduled in three days. It all begins with a matchup against North Central University on Friday. The matches will most likely take place at Duluth Central High School. If there is inclement weather, they will take place in the Burns Wellness Fieldhouse.

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**Men's Tennis Wins Sixth Straight Dual Match**

**Jesse Robinson**

**CSS Sports Information**

FRIDLEY, Minn. – The St. Scholastica men's tennis team had its shutout streak snapped, but still prevailed over Northwestern College on Saturday 7-2.

The Saints improve to 7-9 overall and 4-0 in the conference, while the Eagles fall to 2-10 overall and 2-2 in the UMAC. The Saints have now won 89 straight UMAC dual matches.

The CSS doubles teams swept through the Eagles to start the match. The No. 1 team of Jacob Engelstad (Thief River Falls, Minn./Lincoln HS) and Brendan Anderson (Plymouth, Minn./Wayzata HS) won 8-4. The Combs Brothers, Tucker Combs (White Bear Lake, Minn./White Bear Lake HS) and Cullen Combs (White Bear Lake, Minn./White Bear Lake HS), squeaked by to win for the fourth straight time at the No. 2 spot 9-7. The No. 3 team of Dylan Kelly (Minneapolis, Minn./Minneapolis South HS) and Kevin Hilpert (Stillwater, Minn./Stillwater HS) won 8-4.

In singles, Jacob Engelstad won again for the sixth straight time at the No. 1 position 6-0, 6-2. After suffering a pair of losses at the No. 2 and 3 spots, Dylan Kelly came out on top at No. 4 by scores of 7-6 (7-2), 6-4. At No. 5, Brendan Anderson cruised 6-1, 6-3 and at No. 6, Kevin Hilpert won his sixth straight 6-2, 6-3.

The Saints finally return home next weekend with five dual matches scheduled in three days. It all begins with a matchup against North Central University on Friday. The matches will most likely take place at Duluth Central High School. If there is inclement weather, they will take place in the Burns Wellness Fieldhouse.

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For more information, visit us online at [go.css.edu/cablegtl](http://go.css.edu/cablegtl).
**Miller Leads Women’s Track & Field at Falcon Invite**

**Jesse Robinson**
CSS Sports Information

RIVER FALLS, Wis. – The St. Scholastica women’s track & field team broke two records and tied another at the Falcon Invitational, hosted by the University of Wisconsin-River Falls on Friday and Saturday.

On Friday, Rachel Miller (Hinckley, Minn./Hinckley-Finlayson HS) led the Saints by winning the javelin throw in her first toss of the outdoor season with a distance of 122’-10” (37.44m). The throw is less than two meters off a NCAA provisional qualifying mark. Also Friday, Alec Seeley (Cadott, Wis./Cadott HS) was fourth in the hammer throw at 154’-11” (47.21m).

On Saturday, Miller broke the triple jump record with a winning leap of 37’-0.5” (11.29m). That distance was just .07 meters off a NCAA provisional.

The 4x100-meter relay team of Katlin Krause (Motley, Minn./Pillager HS), Maggie Bair (Ham Lake, Minn./Blaine HS), Rachel Thelen (Park Rapids, Minn./Park Rapids HS), and Maria Valesano (Crystal Falls, Mich./Forest Park HS) tied the program record with a time of 50.58 seconds to finish ninth.

Bair, a NCAA Indoor qualifier in the hurdles, also placed seventh in the 100-meter hurdles with a time of 15.83 seconds in her first collegiate outdoor event.

The 4x400-meter relay team of Katherine Mueller (Brainerd, Minn./Brainerd HS), Hallie Miller (Waconia, Minn./Waconia HS), Nikki Hughes (Lake Nebagamon, Wis./Northwestern HS), and Shelbie Johnson (New Prague, Minn./New Prague HS (Minn.-Duluth)) was fourth and the second fastest Division III team with a time of 4:13.1 seconds.

Tina Ewing (Maple Grove, Minn./Osseo HS) was eighth in the 5,000-meter run with a time of 15:83 seconds in her first collegiate outdoor event.

RIVER FALLS, Wis. – The St. Scholastica men’s track & field team had one record fall at the Falcon Invitational, hosted by the University of Wisconsin-River Falls on Friday and Saturday.

On Saturday, Zach Visina (Duluth, Minn./Duluth East HS) broke the program record in the high jump, clearing a height of 6’-2.75” (1.90m) to finish in seventh.

On Friday, Tom Lyscio (Brainerd, Minn./Brainerd HS) was fifth overall in the hammer throw with a distance of 172’-6” (52.57m).

Back to Saturday, Justin Hanson (Atwater, Minn./Atwater-Cosmos-Grove City HS) placed fifth in the 110-meter hurdles with a time of 15.79 seconds. Peter Drinkwine (Superior, Wis./Superior HS) also placed in the top 10, finishing sixth in the triple jump with a distance of 40’-9.75” (12.44m). Justin Mann (Bigfork, Minn./Bigfork HS (Itasca Community College)) led the Saints in shot put with a 12th place finish with a toss of 43’-5” (13.23m).

The Saints will be in St. Paul next Saturday, competing in the Holst Invitational, hosted Concordia University-St. Paul. Events begin at 10 a.m.

**Lewis and Miller Earn UMAC Honors**

ST. PAUL – St. Scholastica baseball pitcher Matt Lewis (Erie, Pa./Cathedral Prep) and women’s track & field’s Rachel Miller (Hinckley, Minn./Hinckley-Finlayson HS) were named Upper Midwest Athletic Conference (UMAC) Athletes of the Week in their respective sports; it was announced on Tuesday.

Lewis was named the conference’s pitcher of the week after dominating performance against conference rival Bethany Lutheran College on Saturday. Against the Vikings, Lewis struck out seven and allowed just one run in seven innings to earn the complete game victory.

Miller was named the UMAC’s Women’s Track & Field Athlete of the Week after breaking two program records and winning a pair of events at the Falcon Invitational, hosted by the University of Wisconsin-River Falls on Friday and Saturday. On Friday night, Miller won the javelin throw in her first toss of the outdoor season with a distance of 122’-10” (37.44m). The throw was less than two meters off a NCAA provisional qualifying mark. On Saturday, Miller broke the triple jump record with a winning leap of 37’-0.5” (11.29m). That distance was just .07 meters off a NCAA provisional.
SOFTBALL OPENS HOME SEASON WITH A PAIR OF WINS

Joe Hansen
Editor-in-Chief

DULUTH, Minn. – The St. Scholastica softball team earned a pair of four-run victories on Tuesday afternoon, downing Upper Midwest Athletic Conference (UMAC) rival Northwestern College by scores of 4-0 and 7-3 in a doubleheader at Kenwood Ave. Field.

CSS resurfaces above the .500 mark, now at 10-9 on the season, and remains undefeated with a 5-0 UMAC record. Northwestern falls to 7-13 on the year (2-3 UMAC).

Game one saw Jen Falk (Altona, Manitoba/W.C. Miller Collegiate (Rainy River CC)) work her second shutout of the year to start the home season off with a victory, now improving her own record to 3-6 in 2011. She walked one batter, allowed five hits, and struck out seven in her seven innings of work.

Offensively, the Saints scratched across four runs in game one, each in a different inning.

Merrissa Tiedeman (Zumbrota, Minn./Zumbrota- Mazeppa HS) got the Saints on the board early in the first, ripping a triple to right field before coming around to score on a Northwestern error.

The Saints again tallied a run in the second with Kayla Jenkins (Esko, Minn/Esko HS) sending a double down the right field line before coming in to score on a Jordan Spiering (Mounds View, Minn./Irondale HS) single.

Bonnie Kowalczyk (Menomonee Falls, Wis./Menomonee Falls HS) hit her first of two triples on the afternoon in the fifth and scored on a Northwestern error.

In the sixth, Jordan Spiering earned her second RBI of the afternoon, driving in Brittni Johnson (Thief River Falls, Minn./Lincoln HS (Northland CC)) with a single up the middle after Johnson had reached with a double.

In the second game, Johnson took to the pitching rubber for CSS and was effective, allowing just the one run in a complete game victory. He struck out seven and allowed seven hits on the afternoon.

A pair of extra-base hits and a Northwestern error allowed the first two Saints runs to score in the bottom of the first inning. Kowalczyk scored the first run when Tiffany Hudack (Ashland, Wis./Ashland HS) drilled a triple to right center. Hudack again scored on an RBI groundout by Jenkins.

The Saints offense came alive again in the seventh as they notched a late insurance run. Pinch runner Kali Carlson (Duluth, Minn/Duluth Central HS) stole home after a single by Allsion Spiering (Mounds View, Minn./Irondale HS) moved her to third base.

Northwestern’s Anna Schurch allowed 11 hits and walked one batter, but saw two Eagle errors and five extra base hits result in five earned runs. She struck out three on the afternoon.

The Saints will look to continue a winning pace tomorrow afternoon when they play host to the University of Wis.-Eau Claire Blugolds. First pitch is scheduled for 3 p.m.

SAINTS AND VIKINGS SPLIT SATURDAY DOUBLE DIP

Joe Hansen
Editor-in-Chief

MANKATO, Minn. – After rallying for a comeback victory Friday afternoon, the 11th-ranked St. Scholastica baseball team split a two-game set with Upper Midwest Athletic Conference (UMAC) rival Bethany Lutheran College on Saturday afternoon.

Game one saw the Saints take an early lead against the Vikings top starter Cody Hallahan with Joe Link (Woodbury, Minn./Woodbury HS) driving in Brian Marshik (Arden Hills, Minn./Mounds View HS ) driving in the first inning to put the Saints up 1-0 after one.

After Bethany Lutheran came back to tie the score in the third inning, CSS scored three runs in the third with Link again driving in Marshik for the first and Kyle Moody (Maple Grove, Minn./Osseo HS ) driving a two-run double to right center to put the Saints up 4-1.

Marshik finally drove in a run of his own in the fourth with a double to right center that brought Chad Peterson (New Brighton, Minn./St. Anthony Village HS) in to score. The Saints rallied for seven runs in the inning, chasing Hallahan after 3.1 innings.

Meanwhile, Matt Lewis (Erie, Pa./Cathedral Prep) worked a gem for the Saints, allowing just the one run in a complete game victory. He struck out seven and allowed seven hits on the afternoon.

Game two went the way of the Vikings as both the Saints’ Kyle Jensen (Wyoming, Minn./Forest Lake HS) and Bethany’s Aaron Siefken going the distance.

Much like game one, Brian Marshik walked to lead off the game and eventually came around to score on a passed ball. Link came around to score when Brandon Peterson (Burnsville, Minn./Apple Valley HS) hit a two-out single.

In the top of the second, Travis Fisher scored an unearned run for the Vikings in the top of the second after a two-out double. After a pair of scoreless innings, BLC got a lead-off double from Brad Lawson who eventually came in to score the tying run on a Dylan Gass RBI single.

The score held at two apiece until the top of the first when a pair of errors allowed Trent Sonnicken to score and put the Vikings up 3-2.

The Saints threatened with singles by David Vogelgesang (Hastings, Minn./Hastings HS) and Moody in the seventh, but a double play turned by the BLC defense closed out the game.

Jensen allowed just six hits for the Saints and one earned run. He struck out three in seven innings of work, while his mound opponent Siefken allowed seven hits but struck out five for Bethany Lutheran.

The Saints will continue on the road again Tuesday, taking on UMAC rival Northland College in a double header scheduled for 2 p.m.
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