

Phreno ^{“Mind of the World”} Cosmian



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Tiger wrestlers take victory against GPAC rival USF

By Jerry Stravia

The Tigers wrestling team ended their regular season with a dual against the University of Sioux Falls, Wednesday at the Dakota Wesleyan Family Wellness Center. The Tigers came into the dual with a 2-6 record on the year and were expected to win. They did not disappoint, posting a 33-21 win over their GPAC rival USF.

Zach Nelson (6-17) and Alan Stuber (2-10) won by forfeit to start off the night, boosting the Tigers to an early 12-0 lead. Freshman Richard Rios (17-14) and Ryan Roach (6-12) both lost to narrow the score to 12-9.

Nick Hutcheson (22-18) won by pin, and Tyler Sarringar (21-18) posted a victory by decision. Sarringar commented on the match, and the season as a whole, by saying, “I came in here not expecting to do as well as I have, Coach has really unlocked my potential, and I am twice the wrestler I was.”

DWU honored the three seniors Alan Stuber, Danny Hutcheson and Tanner LaValliere, in between the 157 and 165 pound weight classes. All three wrestlers are returning National Qualifiers.

LaValliere (23-19) pinned his opponent in the third period at 174 pounds. “I wanted to go out on top. It was my last dual and I knew I had to bring the thunder,” said LaValliere. “Coach wanted a pin, so I got a pin.” The Tigers then forfeited the next two weight classes making the heavy weight match-up an important bout with the team score 27-21 in the Tiger’s favor.

Freshman Eric Gruis (14-8) pinned his opponent in the third period to cap the Tigers season with a 33-21 victory over the Panthers, improving their dual record to 3-6 on the year.

“The vast majority of our guys wres-



Photo submitted by Christopher Pritchard
DWU National qualifier Tyler Sarringar pins his opponent at the Dakota Wesleyan Open Tournament.

ted fairly well.” Coach Matt Sedivy had to say about the dual. “However, we didn’t wrestle to our full potential at a few weights.”

Sedivy is in his second year as the Tigers head coach. Sedivy is also an alumnus of DWU, and came to the Tigers after being an assistant coach for Grand Island High School, as well as at South Dakota State University.

Sedivy has really focused on recruiting this year, bringing in eleven freshmen with five of them in the starting line-up. “Our young kids came in not knowing how to win yet. They have done a good job of developing the mentality to go out and find a way to win,” Sedivy said about his young team.

Sedivy implemented a grueling pre-season to prepare the team for the

season. It included many drills and mentally challenging methods of training. They finished by pushing a charter bus, doing buddy carries and tractor tire pushes, that eventually lead them to a slip and slide to finish off. “Although it was intense I have never had so much fun in all my years of wrestling,” said freshman Richard Rios, when asked about the pre-season.

The Tigers are still in the building stage, but success is something they are becoming more familiar with.

Eight DWU wrestlers have qualified for the National Tournament in Cedar Rapids, IA in the first week of March: Richard Rios, Ryan Roach, Ray Rich-

- Wrestling
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Student snow day activities

By Amanda Dixon

Snow days can seem like Godsend until the boredom sets in. You’ve been sitting around for four hours playing the same level on your video game and all of a sudden that’s not enough for you.

There’s always the build-a-snow-creation suggestion. Members of the Koka House, Psi Cottage, and Dayton Hall all had a hand in building this last January.

Sarah Owens, Raeanne Klein, and yours truly of Koka House were responsible for the snow tiger by the nursing building.

“It’s a good way to procrastinate,” Raeanne Klein of Koka House said.

If you’re putting off doing your dishes or making your bed, a two-hour snow project may be just what you need.

Joseph Matt, Quentin Knoell, Austin Brynjulson, and Jose Lopez built the Psi Cottage dinosaur.

“We decided to build it, because Austin built one at his house awhile ago and we wanted one here,” Matt said.

The Psi Cave boys have affectionately named their dinosaur Rufus, as said on Knoell’s Facebook page.

Catherine Hayen, Mara Herman, and Maggie Frank built a snowman outside of Dayton Hall.

“Maggie, Mara, and I were missing home and our childhoods,” Hayen said, “and we decided that the snow was perfect for building a snowman.”

All three creations are now crumbling in the blazing thirty-degree weather, but, for a time, they promoted fond childhoods and imaginations.

In case it’s negative forty, much like

- Snow Day Activities
Continued on page 3



Editorial: Spring Break Work or Play?

By Editor Emily Nicolaisen
Input, Achiever, Individualization Learner, Futuristic

There are sixteen days until spring break. It is time to decide how you are going to spend your week off school and then make the plans.

Spring break is a time to relax and make up for missed time with family and friends. However, it is also a time to be productive and accomplish tasks that seemed to find their way at the bottom of your to-do list each week.

Students are told to spend at least 2-3 hours beyond the classroom studying for each credit. Most students take about 15 credits—I take an extra class or two. Inside and outside the classroom, students are expected to dedicate about 30-45 hours each week to college.

However, I do not find that these

hours are quite as accurate as the studies may say. Perhaps it is because I have never taken less than 17 credits, but I have done my own math and I spend up to 60-65 hours each week on my studies. Reading texts, writing essays, and studying for exams takes more than 2-3 hours each week, I'm here to tell you! It is time for a break, if I want to keep my sanity that is.

My point: Time is the most valuable resource you have because you cannot get it back. You have from Saturday, March 5 to Sunday, March 13 to relax (every person with a hectic schedule deserves to relax), to advance in your education by completing that 12-page paper due or doing an internship to put

you ahead after you graduate, or to work at your part-time job and save up some money.

I have had two spring breaks so far—I spent both “breaks” working in a casual-dining restaurant to save up some money to pay some of the bills that overwhelm me

throughout the rest of the semester. When I returned to school, I had to listen to how amazing the break turned out for everyone else, and wished I could get my spring break back to try again. But once those empty days are gone, you cannot get them back.

Some students are planning to head to some tropical island, Florida, Las Vegas, or any other place that guarantees a good time. Other students think of spring break and say, “I can’t wait to sleep in until noon and play videogames until four in the morning.”

As a senior, I only have one spring break left. I have one more chance to celebrate a “national holiday” meant only for college students. I mean, think about it—after college, there is no such thing as a spring break. On average, Americans work at least five days a week all year round, with the exception of about eleven federal holidays.

I plan to spend this spring break in Denver to visit my sister and my friends there. I think of spring break as a time to balance out the way I spend my time the rest of the year. Most of the year, I am either working on schoolwork or I am occupied by one of my five jobs—this doesn’t leave much time for a social life, which I heard through the grapevine is quite essential.

This spring break I am going to socialize like never before and have the time of my life with my sister, and then I will feel refreshed and ready to dive into my chaotic schedule headfirst when I return...maybe.

Not just during spring break, but all year round spend your time wisely. I shouldn’t have to cram a social life into 11 days each year to make up for neglecting a social life throughout the year.

Perhaps some of you have spent too much time socializing and not enough time expanding your knowledge or working on tedious assignments for your classes. If you feel like this is describing you, you should make up for all the time you lost and get a jumpstart on your final papers or make up for the assignments you missed.

Whether you decide to go home, you hit the airport to head to Honolulu (or some place like it), or you work everyday, remember two things. One: Don’t forget to come back to class on Monday, March 14. And two: Spend your time wisely—you will never get it back.

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Office Located in 007 Rollins

Editor - Emily Nicolaisen
Asst. Editor - Teagan Aguinaga
Faculty Advisor - Dr. Derek Driedger
(dedriedg@dwu.edu)
Layout/Design - Jesse Stroud, The Daily Republic
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The Phreno Cosmian
www.dwu.edu/phreno/
Dakota Wesleyan University
1200 W. University Ave. Box 318
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Letter to the editor policy

The Phreno Cosmian appreciates comments, questions, or story ideas. Please contact the editor at emnicola@students.dwu.edu or turn in a letter to mailbox # 318.

FCA (Fellowship of Christian Athletes) takes place Tuesdays at 9 p.m. in the LB Williams Gym.

Anyone can attend!

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Coach Steve Gust stuck on I-29

By Tara Van Hofwegen

Traveling to Grand Forks, Head Baseball Coach Steve Gust thought he could travel through the night without any weather issues, but Mother Nature had other plans.

Gust finished his baseball practice at about 8 p.m. Afterwards, he packed up his things, filled up his gas tank, and departed from his home in Mitchell, South Dakota. His intentions were to travel to Grand Forks for his son Tommy John's career day at his elementary school.

He traveled on Interstate-29 with no complications until he reached Watertown. The snow started blowing and the wind picked up. He continued to drive until Sisseton Valley. Within a couple miles, the snow went from ground drifting to total white-out.

He saw a couple semis stopped on the road, and he was forced to a stop at about midnight. Due to the low visibility, he was lucky he didn't rear-end the semis. As he tried to look forward, he saw a couple vehicles in front of the semis. He assumed that an accident had occurred, but he had no idea how many vehicles were in front of him. At this point, Gust's biggest fear was having his vehicle rear-ended by another vehicle.

While at a standstill on Interstate-29, Gust was on the phone with a couple people including Don Simmons, dean of the Leadership and Public Service program at DWU, his wife, who was still back in Mitchell, and 511. Gust was very upset with 511 because it was not updated. He checked every twenty minutes, and it still had no changes.

Time went on as he sat in his cold 1999 Chevrolet Venture van, continuously calling 511. Thankfully, Gust had a phone charger so his phone dying was not an issue. Gust stated, "I would have gone crazy without my phone!"

For ten hours, Gust was shut in his van with half a tank of gas, a bag of chips, socks, and his baseball uniform that he was going to wear for his son's Tommy John's career day. "My baseball uniform saved me because it gave me

an extra layer to keep me warm," Gust declared. During these long, cold hours, Gust said, "I saw drifts go from nothing to five feet." He tried to save as much gas as he could by shutting off his van for a while, but Gust said, "I could only shut it off for twenty minutes at a time because the wind was so intense that the van would not get warm."

At 4a.m., Gust tried to get out of his vehicle. He opened the door, and it was blowing and snowing so hard that he immediately closed it.

Not long after, crews started to show up, but because of the harsh conditions, they couldn't do much. Gust stated, "The troopers rescued the elderly and children at first, but they would check in with me and other vehicles continuously. They checked to see how I was doing and how much gas I had left." He also added, "They were driving Snow Cats, which looked like an army tank. They also had four-wheel-drives, but they couldn't get to everybody."

Gust described the last hour as the coldest. When the trooper noticed he was running low on gas, they contacted the wrecker. When Gust saw it, he had shut off his van to save his gas so he had enough to get to the nearest gas station.

At 10:36 a.m., Gust was finally out. It was nearly 11a.m. before his van sputtered to a stop at the Sisseton Truck Stop. While he was warming up his bitter cold body, Gust enjoyed his Snickers and Mountain Dew.

Gust filled up his gas tank, and started his journey back to Mitchell at 2:30 p.m. by being escorted by a state trooper his first ten miles on the interstate because it was closed. During this drive, Gust noticed for the first time how big of a mess the interstate actually was. "There were dozens of cars still in the ditch," Gust stated.

He says, "This experience is an eye-opener. I took survival kits for granted before. Now I understand that they are a necessity."

Gust's advice for everyone is to always have at least half tank of gas in vehicle during winter. He also strongly suggests that each vehicle should have a survival kit in it.



Photo above submitted by Raeanne Klein
L to R: Sarah Owens, Raeanne Klein, and Amanda Dixon



Photo above submitted by Mara Herman
L to R: Maggie Frank, Catherine Hayen, and Mara Herman



Photo above submitted by Quentin Knoell
L to R: Quentin Knoell, Jose Lopez, Austin Brynjulson, and Joseph Matt

our last snow day, you may want to contain your snow day fun to the indoors.

The best option is to sleep away the day. As college students, we're racking up a lot of stress. One thing we're always losing is some needed shut-eye.

Other ways to spend your day are having a movie marathon, a dance-off, or by dragging out board or card games. Phase 10, if you happen to have it, can take hours off your boring day.

If you live in Dayton or Allen Halls, you have the advantage of living with a lot of people. With so many

others around, ideas to fill the boring day are aplenty.

If you have a long enough tarp, some beach decorations, and RA approval, you could even throw a beach party in the hallway complete with slip-n-slide.

So instead of being cooped up in your dorm room or pod, invite some friends and get thinking. The possibilities are endless.

- Snow Day Activities Continued from front page

Students making the most of their college experience: Senior Ben Zimmer - Business Administration major

By Amanda Dixon

Photos submitted by Ben Zimmer



Ben Zimmer and his girlfriend Karissa Miller.

If you mention the name Ben Zimmer to people around campus, a few of the responses you would get would be “hard working, responsible, and kind.”

The Montrose, SD native is the president of Students In Free Enterprise, an entrepreneurship group on campus. He has been thoroughly committed to the group for his four years at Dakota Wesleyan and has been president for two years.

“I saw an opportunity to be in a group that helped others and promoted entrepreneurial thinking at the same time,” he said of his involvement with SIFE.

He is also a two-year Senate member and two-year Varsity football player.

It shouldn't be a surprise to you that Zimmer is a business administration major with an emphasis in finance. Nor should it come as a shock that his minor is entrepreneurship.

Given the question “What would you do with a million dollars,” Zimmer answered, “Invest,” quite quickly.

Graduation this spring will bring about many anxieties for the seniors this year. They will be wondering about their

futures and careers, but not this senior.

Zimmer already has a job offer from Farm Credit Services of America as a financial officer.

“I wish I would've slowed down and been more organized,” he said, looking back over his time at DWU. “I wish I would've not taken so much on and enjoyed it—not that I didn't enjoy it, but enjoyed it more.”

I asked Zimmer what his favorite memory from his years at Dakota Wesleyan was. He sat for a few moments and shook his head. “Just being able to relax and hang out with friends.”

“I'm so boring and general,” Zimmer kept repeating throughout the meeting I had with him.

Maybe he believes that and maybe he wants everyone else to believe it as well, but his friends have a different viewpoint.

Derik Fossum roomed with Zimmer during the spring semester of their freshman year. The two had met the previous semester during fall camp for football.

“We would sit up for hours playing

catch with a football in our room trying to have conversations using only titles or lyrics of songs before our nightly ritual of falling asleep to Family Guy,” Fossum said. “Ben was a great roommate and we had a lot of good times.”

Fossum also commented on Ben's reliability saying, “He is always there when I need him, whether it is to talk about life, work on homework, or if I just need someone to laugh with. We have also spent time together working on projects for SIFE. He is fun to work with and he gets things done.”

Jim Williams agreed on this front. “I have had classes with him and whenever I have had trouble or don't understand something, Ben takes the time to help me.”

Williams had met Zimmer through sports during high school. Back in those days, Zimmer had been a multi-sport athlete involved in football, basketball, and track.

Sports continued to be a connector for Williams and Zimmer. “Some of my favorite memories with Ben are playing sports with him, especially golf,” Williams said.

It seems as though Zimmer can do it all—be president of SIFE, be in football, be in Senate, and have time left over to help out his friends.

I asked Zimmer if there was a talent out there that he wished he possessed. Proving that he wasn't as general or as boring as he thought, he said, “Talent... or superpower?” He smiled. “Probably ambidexterity.”

Being ambidextrous is being equally



Zimmer and his niece Grace.

skillful with each hand. In the business and sports worlds this talent would probably come in handy.

Zimmer's mind seems constantly stuck on business, but when asked if he'd always wanted to major in business he was hesitant.

“Kind of,” he said. “I wish I had the stomach to do something in healthcare, but I don't. I'm good with business and I like it—I like numbers.”

“Ben is a smart, hard-working, responsible, and driven person who cares about others. He will do very well after he graduates in May and he will be successful in whatever he does,” Fossum said.

Interviewing Zimmer and his friends, I found out two things: one, Ben is one of the most helpful and hardworking people on campus and two, he's not so boring or general.

Recipe: Super-Filling Protein Shake

Submitted by *Abigail Isaac*

Last semester I ran from one job, to another, to another, directly over the dinner hour. Instead of trying to squeeze in dinner at the cafeteria, however, I just drank this shake and it kept me full until morning. It is truly a great on-the-go meal.

This recipe contains raw egg, which is partly what makes it so healthy and filling. If you are concerned about salmonella, the U.S. Department of Agriculture in 2002 says that salmonella is only found in about 0.003% of eggs. Some sources even say that a healthy individual will not get a severe reaction from it.

If you are concerned about getting salmonella, you can omit the egg, but I doubt it is as filling and it cuts down on protein. I'm presenting this to you as I learned it, with alternatives on the bottom.

- 1/2 cup* half and half
- 2 tbsp cottage cheese
- 1 raw egg
- 1 sweetener packet
- 1 - 1 1/2 tsp sugar free dry pudding mix (Try to play around with the flavors as well.)
- Ice (optional)

Combine all ingredients and beat until smooth. Enjoy.

*All measurements, except the liquid, are approximate and generally measured with regular spoons.

Alternatives recipes:

For low-carb dieters - Replace half and half with 1/4 cup heavy cream and 1/4 cup water.

Regular diet - Replace half and half with milk and replace sugar with 3/4 - 1 tsp sugar.

Alternative Flavors:

Changing the pudding flavor between chocolate, vanilla, pistachio, ect. changes the whole flavor. Here's some other fun alternatives.

Coffee shake - Use either chocolate or vanilla pudding and add 1 tsp of instant coffee.

Fruit drink - Add a defrosted fruit serving to the shake.

Blueberry pie - Put lemon pudding and 1/4 cup frozen blueberries as an ice replacement.

Strawberry pie - Put vanilla pudding and serving of strawberries.

Peanut butter - Add a tablespoon of peanut butter. Good for all recipes. Great with chocolate pudding mix.

Wesleyan Words

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

AROUND THE WORLD

BLIZZARD

CULTURES

IDOL

KIDS

LEADERSHIP

MOTHERHOOD

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PROTEIN

SNOW DAY

SPAGHETTI

SPORTS ADMINISTRATION

STORM

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WEATHER

WESLEYAN TODAY

WRESTLING

Phreno Staff:

Staff Writers - Abigail Isaac, Christopher Wick, Amanda Dixon, Tara Van Hofwegen, Jerry Stravia

Columnists - Amber Hiles, Ada Guevara

Cartoonist - Jane Nemeth

Creative Writer - Ariel Ptak

Wesleyan Idol contestants chosen



Photo submitted by Jen Jungwirth

Student David Elliot sings an acoustic version of "Let's Get It On."

By Jerry Stravia

Wesleyan Idol, the campus favorite, held the preliminary round Monday in the Sherman Center at 10 p.m. The annual event is a student favorite that is gaining in popularity each year.

Crowd favorites Tanner LaValliere and Derrik Fossum are this year's host. Thirteen contestants, including a few groups, showcased their vocal abilities in front of a panel of three judges (Brandon Vetter, Jacki Miskimins, and Mari Olson) and their peers.

The night was filled with a variety of acts ranging from a gut-busting acoustic version of "Let's Get It On," to a jaw-dropping piano accompanied duet, to a heart-warming a cappella rendition of "Eye on the Sparrow." All of the performances received fantastic reviews from the judges.

Only eight contestants were selected to move on. The judges appointed Emily Nicolaisen, Jenna Callies and Mike Lynch, Sarah Owens, Jordan Miller, Mark Mingo, Lynn Geuke, Brooke Warne, and Justin Mitchell to advance in order to the compete in the first round.

The SAB team implemented a new text message polling system this year. The audience will submit their votes via text message (standard rates apply). There will be paper ballots available for students who do not have a text message plan or have a non-compatible mobile device.

Admittance to sit in the balcony will be available with a non-perishable food item or \$1 for the remaining three weeks of the competition. All proceeds will be donated to the Mitchell Food Pantry.

Next week's theme is love songs; what better way to spend Valentine's Day with your special someone than listening to the romantic vocals of your fellow students.

Wesleyan Idol will continue with the soundtrack theme on February 21. The final round will take place on February 28; the contestants will be required to sing one song from the 1990s and one song of their choice. So bring your buddies and be sure not to miss these upcoming events.

**More Idol photos on page 12*

- Wrestling Continued from front page

L to R: Alan Stuber, Danny Hutcheson, Tanner LaValliere, Coach Sedivy on Senior Night.



Photos by Teagan Aguiñaga

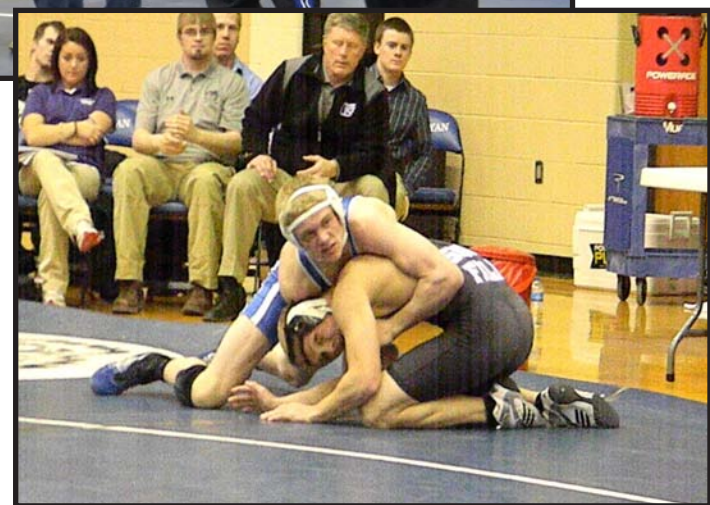
ard, Nick Hutcheson, Tanner LaValliere, Tyler Sarringar, Eric Gruis, and Josh Gepfert. Sarringar said, "We are young, but I feel we are turning a lot of heads this year."

"Any time you qualify eight guys (five freshmen and only one senior), you definitely got a lot of things going for you," Sedivy said.

The Tigers travel to Orange City, IA for the North Regional Tournament next Saturday. This will be the last opportunity for the wrestlers to qualify for the National Tournament.

Senior Danny Hutcheson missed the first half of the season fulfilling his National Guard responsibilities. When he rejoined the Tiger wrestling team he was invited to be a part of the NAIA All-Star Dual Team. The team competed against other divisions in Orlando, Fl. this January.

D. Hutcheson injured his ribs while competing for the All-Stars, and has not returned to the line up since. He applied for a Medical Redshirt this year in hopes of competing in one more national tournament before completing his



Tyler Sarringar wrestles against USAF opponent.

collegiate career.

"Next year, we should have the best team that DWU has ever had," D. Hutcheson said, "We have the ability to be a top three GPAC, and top ten team in the nation; I would love to be a part of that." With the program being so young and talented the sky is the limit for the squad.

"There have been a lot of challenges and individual battles through the season, an inexperience," Coach Sedivy said, "Everyone has stayed tough and we have a real good thing going."

The Tigers are determined to turn around the wrestling program and they are off to a great start. They know it will not be an easy task to accomplish, but one that can and will be done. Fans can follow the team on Facebook under Dakota Wesleyan Wrestling.

Around the World: February 17

By Abigail Isaac

The ninth Around the World Cultural Festival will be held on February 24th at noon in the East Main Dining hall. This event is hosted by DWU's Multicultural Club (MCC).

Students and faculty from campus set up tables representing a country. These representatives then provide some visual and verbal information about a country or culture.

Other methods of illustrating culture may include pictures, food, music and even traditional clothing. There is no limitations on what a person can do except their creativity.

At least fourteen countries will be presented this year. These countries range across the world from Europe, in countries like Ireland and Switzerland, to Africa, as in countries like Tanzania and Kenya, to Asia, in China and India, and even to the Americas, with Venezuela and Native American tribes.

There will actually be two Germanys, but that's fine, Kate Miller, MCC director, said. "There is so much from each culture, between the art, the language, the food, the music, that the two tables are probably going to be different."

Some of the new features of this event include a "Deserts Around the World" booth. People will have the opportunity to spin a spinner and get a dessert from one of the countries represented.

Another change is putting up countries' strengths as part of the decorations. An example of a country's strengths is America, who has strategic, responsibility, and learner. The strengths have been put together by Gallup, the official organization behind Strengths.

"It's really a great way to tie in the strengths program at DWU with this event," Kate Miller said.

Cultural representatives are generally students from DWU who have an interest in a particular country or are from a particular country, students who do it as part of a class or faculty or staff with an interest in a culture.

Several teachers around DWU make

this part of a class assignment. These are mainly language classes or minority studies class. Oyate Ho Waste also hosts a table every year.

"I know there is some faculty that I can always count on to help out," Kate Miller said.

While getting return faculty to represent is easy, returning students is not so much. Much of that has to do with the schedule of a college student. One of the few returning student representatives is Reuben Isaac as China's representative both last year and this year.

Last summer, Reuben Isaac traveled to China. So far as how this will effect his presentation, he said, "Last year, all I could tell people was what I read about China.... This year, I have first hand experience."

Last year, Isaac said people appreciated how in-depth he went. He especially likes speaking to the children. "They are so receptive," he said. He hopes his trip will make it more interesting and relevant, not just the textbook picture but the day-to-day life that he has experienced.

This year, he will have pictures and props, like money. He also wants to attempt a hands-on activity, so he may try to do a bargaining scenario. However, that depends on how it works out, since it does get very crowded.

This event is not just open to DWU students. People from the community come and experience the cultures as well. This includes students from elementary school, the middle school and even high school language and resource classes, as well as adults. Last year over a hundred people came, not including people who did not sign in.

Kate Miller estimated that it takes about thirty to forty-five minutes to walk the whole circle of booths. When people first arrive, they are given a "passport," which is to be "stamped" by the representatives. If a passport is filled out, it can be submitted as part of

- Around the World

Continued on page 11

It is Never Too Late

By Ada Guevara

February has long been a month of romance and for this, each year on February 14 we celebrate St. Valentine's Day or Valentine's Day, on which greetings and gifts are exchanged. This is a day to express our love and appreciation towards others. In the United States, this is a popular annual celebration in which we all partake, making this day a great success for love, romance, passion, and even friendship.

In the United States, for Valentine's Day it is customary to give flower bouquets, greeting cards, jewelry, stuffed animals, and sweets such as: chocolates and heart candies. Actually, greeting cards are the most common Valentine's Day gift. According to The Greeting Card Association, one billion Valentine's Day cards are given each year and this is not including the millions of cards schoolchildren exchange. This makes Valentine's Day the second largest card-giving holiday of the year—about 2.6 billion cards are given for Christmas. On this day, men spend twice as much as women on gifts.

We have all contributed to this day's wide popularity, which has spread to other parts of the world—Canada, Japan, Taiwan, Australia, Italy, Germany, France, Britain, India, Mexico, and other Central and South American countries. But do we know where and when this popular celebration commenced? St. Valentine's Day originates from both Christian and ancient Roman traditions. There are two legends or stories to how this day came about.

The first legend states that Valentine was a priest during the third century in Rome. Emperor Claudius II outlawed marriages for young men when he decided that single men made better soldiers than those with wives and families. Valentine acted against Claudius's orders and continued to perform secret marriages. Upon his discovery, Claudius ordered that Valentine be put to death.

It is believed that Valentine sent the first "valentine" greeting during his impris-

onment; allegedly Valentine fell in love with a young girl, his jailor's daughter, who visited him during his confinement. Supposedly before his death he wrote her a letter, which he signed "From your Valentine." (This expression is still widely used today).

The second legend claims that the Christian church decided to celebrate Valentine's feast day in the middle of February, thus trying to "Christianize" the celebration of the Lupercalia festival. February was the official beginning of spring in ancient Rome. This was a time for purification and houses were ritually cleansed. This was a fertility festival dedicated to the Roman god of agriculture, Faunus, and also to the Roman founders, Romulus and Remus. The Lupercalia festival began at the ides (15) of February. This festival would be initiated by members of the Luperci, Roman priests, who would gather at the cave where the infants Romulus and Remus were believed to have been cared for by a she-wolf. The priests would then sacrifice a goat for fertility and a dog for purification. Young men would slice the goat's hide (skin) into strips and dip them in blood. They would run through the streets naked slapping women with the bloody-hide strips. Roman women welcomed being slapped with the hides because it was believed the strips would make them more fertile. According to this legend, all the young women in the city would place their names in a big urn later that same day. Each of the city's bachelors would choose a name out of the urn and become paired for the year with the chosen woman. These matches almost always ended in marriage.

Around 498 A.D. Pope Gelasius declared February 14 as St. Valentine's Day. The Roman way of finding a romantic partner was declared as un-Christian and banned.

The oldest known valentine still in existence today is a poem written by

- It is Never Too Late

Continued on page 11

To Defeat a Dark Lord: Part VIII

By Ariel Ptak

There was no sound.

The air, still, cool, and silent, enveloped the small party in a way that suggested emptiness, as though they were drifting in a void. Jerrad's mouth was dry and his mind blank of all but two things: an acute awareness of the gazes surrounding and boring into him, and the scene before his own two eyes. His heart pounded against his ribs, throbbing in his ears.

This...this was wrong.

Their journey from the site of the troll attack to the seat of Kagian rule had been a hard, week-long trip. Zofie, being unaccustomed to ground travel, had difficulty choosing the best route for them. This often resulted in frequent periods of rest as the griffon scouted ahead, followed by an arduous trek or climb through difficult mountain terrain which, it seemed, looked far more navigable from the air than it actually was.

The only things which made it all somewhat bearable were the clear signs that the griffon was, indeed, leading them on the right track. Most of these signs were in the forms of patrols or sentries wearing the Kagian mark. Zofie served them well by forewarning them whenever the enemy approached. By the time the companies were within earshot, the group was well hidden in trees and rocky crags. The only close calls occurred when a troll or two was part of the motley patrols—the creatures possessed an advanced sense of smell—and each time Zofie took it upon herself to provide a noisy and tantalizing distraction, faking an injury to lead them away.

After only a few days of this, Jerrad had decided that he might actually manage to forgive the griffon for everything...depending on how it all ended up. The griffon wasn't necessarily beholden to keeping them so safe. At most, it might be implied that in order to get them to Kage, they had to be alive and in one piece. However, this implication had never been spoken outright, and so for the griffon to realize it and decide to follow it of her own volition either spoke volumes of the strength of her honor or it spoke of a need to be suspicious. Based on Jerrad's previous encounter with Zofie, he favored suspicion. Based on the fact that this was mostly a favor for Burari and the fact that she had given Zofie no significant insult, he wished to believe in the griffon's honor.

It was because of this confusion and because the griffon had done them no bad turn so far that Jerrad largely kept his thoughts concerning her to himself. He also kept other thoughts private, such as the ones of nagging familiarity with the surrounding land. There was something about the air, the trees, and the rock which reminded him irrevocably of his home. He tried to put it off with the assumption that all areas of the mountains were much the same, but still worry nudged faintly at his mind each day. He reluctantly began to wonder just how close they were to Seola even as they approached Kage; could an enemy nation have sprung up directly next to his own kingdom without his notice?

Given the shameful lack of attention he had paid to the fighting those past years, it was entirely, depressingly possible.

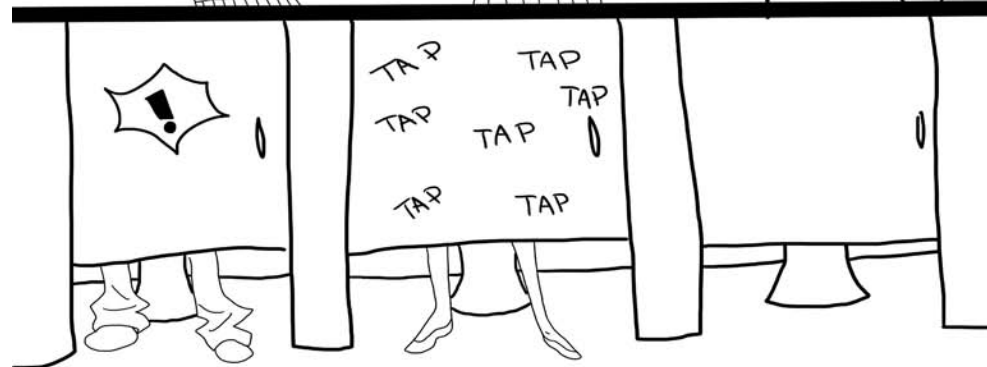
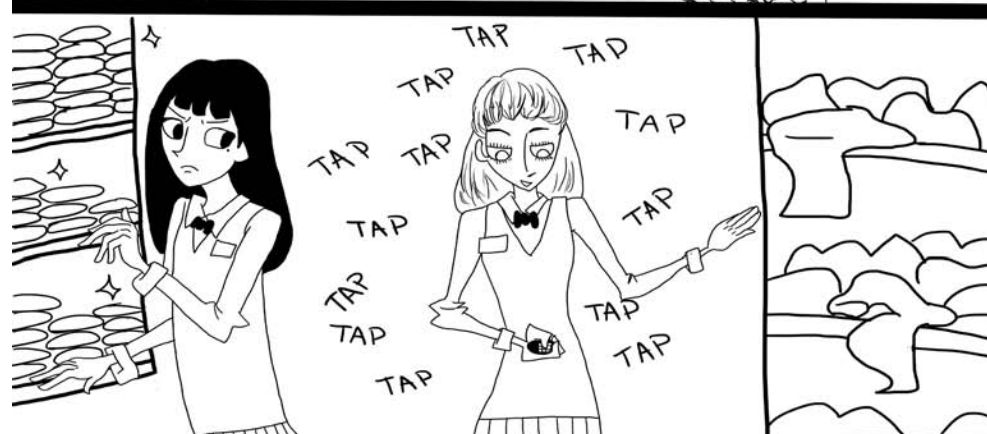
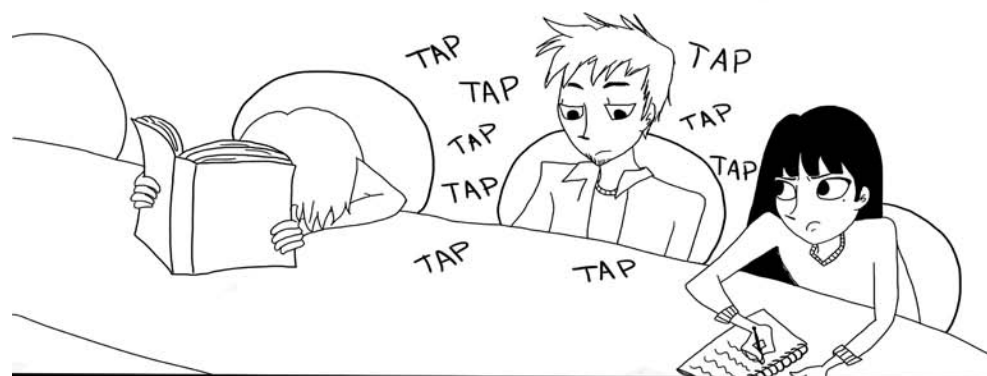
When he returned home, things would have to change.

For now, though...

Feathers rustled in the air, and Zofie thudded to earth in front of them all. Jerrad sat up wearily to face her better; it was already mid-afternoon, and for all that this travel had built up his endurance wonderfully, he still got tired more easily than the others. As such, the griffon's next words were almost welcome.

Tap, Tap, Tap

By Jane Nemeth



"You're close now. Just a short while more, we'll reach the crest of this rise, and you'll catch your first glimpse of the castle and its back door."

"Good," Burari replied shortly. "We'll see what we have to work around while it's still light out, have some time to rest and form a plan, and then enter at dark."

Jerrad took a deep breath and joined the others on the path.

"Follow," Zofie said, and so they climbed.

About an hour later, they reached the top of the ridge and found themselves looking down upon the end of a long, narrow valley. A castle had been built close against the stony mountainside, grey and sturdy. The outer walls and towers were topped with serviceable ramparts and pierced by narrow archers' windows, though the central buildings were less militaristic in structure. At first, Jerrad was surprised and half-expected they had somehow stumbled upon the wrong place; despite the red and black banners flying from the towers, it hardly looked like the fortress of a cruel conqueror.

- Defeat a Dark Lord

Continued on page 11

REVIEWS

Movie Review: "The Mechanic"

By Christopher Wick

"The Mechanic" is a remake of the 1972 film with the same name. It is an action thriller that shows the dealings of Arthur Bishop, a mechanic, or trained elite assassin, who is the absolute best in his field. Professional and detached, Bishop must maintain a cold lack of conscience. We follow the explicit actions and consequences of Bishop, who eventually develops this conscience.

Bishop's long-time superior and mentor, Harry McKenna, gets a hit put on him after he is found smuggling money. Bishop gets the "assignment" to take his friend and boss out. After snuffing his friend, he meets McKenna's only son, Steven, who wants to learn to be a mechanic.

Bishop at first is reluctant to mentor Steven, but then feels compelled to teach young McKenna as a way to cleanse his conscience for killing his friend. Their partnership becomes compelling and we watch as Bishop teaches him through a series of assignments. Things get intense at times when Steven almost finds out who killed his father. Bishop finds out dirty secrets about his employer and must fight to keep deceptions at bay.

The film stars Jason Statham as Arthur Bishop, Ben Foster as Steven McKenna, Donald Sutherland as Harry McKenna, Tony Goldwyn as Dean Sanderson. Simon West directs it. It is rated R.

In my opinion, the film is worth paying to see. If you are a diehard action thriller fan, you will enjoy the suspense. The plot is solid, but it is a bit boring and predictable at times. Overall, I enjoyed it. I've never seen the original so I can't compare it to that. Statham and Foster are two of the best actors.

Q & A: Upcoming DWU Musical

By Tara Van Hofwegen

I met up with Nicole Anderson to ask her a few questions about the upcoming musical, "Joseph and the Amazing Technicolor Dreamcoat" by Andrew Lloyd Weber and Tim Rice.

Question: Nicole, what is your role in the upcoming musical, "Joseph and the Amazing Technicolor Dreamcoat"?

Answer: I am the stage manager.

Q: What does that role require you to do?

A: I do whatever the directors tell me to do. I also contact the directors when people can't show up for rehearsal, and I contact the people when they are late or do not show up.

Q: What type of tasks do the directors ask you to complete?

A: I do contact sheets, sign-in sheets, and hand out CDs and scores. I corral people together, prompt lines, and help with whatever else the director needs.

Q: What different roles are involved in this musical?

A: Dan Miller is the director. He sees the overall picture. Dr. Desmond, the musical director, helps with music, as well as vocal and singing lessons. Third in command would be myself, stage manager. Choreographers include: Mallory Gould, Tamika Irvin, Amanda Slama, Megan Reimnitz, and Devin Carey. They are in charge of the dances and movement of the actors throughout the musical. Then, we have the scenic people. Scenic design creates the set while the scenic charge paints it. The lighting technician, AJ Miller, is in charge of lights, obviously. He cues the fading in and out of the scenes. Seth LaBounty is our sound technician. He is in charge of making sure the microphones and the video sounds work. Multimedia technician, Jose Venales, is in charge of the dream sequences. Erin Stinson, Dr. Desmond's fiancé, is the

pit director. She is in charge of the live music. She basically conducts the band, who sits in "the pit." Next we have the actors, of course. Alex Smith has the leading role as Joseph; Devin Carey is Mr. Potiphar; Diane Kenkel is Mrs. Potiphar; Kevin Kenkel is Jacob; Jason Zehr is Pharaoh; Leslie Warnke is the narrator.

Q: How is rehearsal conducted?

A: We rehearse Monday through Thursday at 7. We rehearse a different section each night, and we go over the lines multiple times to help with memorization. The section that is practicing that night will do a few warm-ups with Dan, listen to the CD, and then we get right down to it!

Q: How many actors are in the musical?

A: There are about 53 people to fit 60 roles.

Q: Who are the soloists?

A: There are various people who sing solos within each song, but there are a couple people that have their own song: Ryan Antaya, who plays Juda, and Paul Larsen, who plays Simeon.

Q: What are some obstacles you will face in the making of the musical?

A: I believe the kids' attention span will be hardest. The kids range from ages 6 to 12 and keeping them on task the whole time will be difficult. Another obstacle will probably be the transition of spaces. Right now, we practice in the Patten Wing Theater, but we perform in the Sherman Center.

Q: What role do the kids play?

A: They are the students, who are on stage nearly the whole time. The story is told to them by a narrator, Leslie Warnke.

Q: So what is the plot of Joseph and the Amazing Technicolor Dreamcoat?

A: It is based on a biblical story of Joseph, in Genesis, receiving the multicolored coat from his dad, Jacob, but his brothers are jealous of him and sell him to Potiphar, a wealthy Egyptian. His brothers told Jacob that Joseph is dead. Meanwhile, Joseph becomes an interpreter of dreams. Eventually, he works his way to interpret the dreams of

pharaoh. After that, well, you just have to come and see!

Q: What kind of character is Joseph?

A: He is considered the favorite son, and his father Jacob favors him a lot because Joseph reminds Jacob of his favorite wife, Joseph's mother.

Q: When does the musical open?

A: The dates are March 31, April 1, and 2. Doors open at 7 p.m. and curtain is at 7:30 p.m. April 3 is the last showing at 2 p.m. Tickets are \$10 and available at the door the day of performance. For more information, check out this website: <http://myweb.dwu.edu/damiller/>.

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OPINIONS

Amber's Reflective Perspective: Tornado Toddler

By Amber Hiles

My pregnancy was amazing. I loved every minute of growing a new life within my own body. The feeling is nearly indescribable. The first movements of the growing child were enough to make my heart leap right out of my chest and fly into the heavens. I felt like I was made to mother and raise this special little person. What greater purpose could a woman have? My husband and I were in tears when we first met our newborn.

The following months of having an infant were full of joy and adoration. He was completely dependent on us. We felt dependent on him. Our family of two became a family of three and we were so happy. Then, one day, our bouncing baby boy became a running and "tornadic" toddler.

Do not misunderstand me. I am completely in love with my son. My love for him only grows as each sun sets and the dawn greets the horizon. I am inexplicably in love with him. He is the most amazing little person and I am thankful every day to have been blessed with him.

I realized why grandparents fall into a fit of giggles when their son or daughter is chasing their little boy or girl all over kingdom come. I now see the irony in past statements like, "When I'm older, I will never do such and such to my kids." Now that I am a parent of a toddler, I can laugh and slap my knee to these silly statements. You never really know what you will become until you are a parent. After all, we are a direct product of our mothers and fathers.

I vowed never to yell. I have yelled. I vowed never to get angry. I have lost my temper. Every day I have to remind myself that I am not perfect. I cannot be perfect. I will never attain this impossible level, and one day I can snicker as my own children finally experience the exasperation of not having more than

three minutes for a bath.

My official wardrobe since becoming "Mom-Mom" is sweats, tanks, and sweaters. It is not pretty. If you walk by my house, you might see me through the giant living room window chasing after my toddler. I will likely be sporting a t-shirt, pajama pants, and a haphazard pony-tail. My face will not have make-up on it. I am lucky to find my glasses some mornings as my son likes to run off with them.

If you think you know every nook and cranny of your home, wait until you have children. They have the inexplicable ability to hide items in the most ridiculous places. Items will magically disappear and in some cases, the mystery will never be uncovered. Tragically, some of my husband's possessions have been dumped. My son went through a phase of throwing everything away. Before we could take the garbage out, we had to dig through it to find what items that were not garbage. The trash can now rests outside in the garage. Audrey Wipf, a student and single mommy at Dakota Wesleyan, also finds toys in the garbage.

Laundry is a mountain that rivals the Himalayas. Even with only one toddler, the work is continuous. I dress my son in the morning. I dress him in the afternoon. After bath time comes "jammie time." It's not uncommon to have to change him multiple times throughout the busy day due to spills and smeared food.

There are literally dozens of little socks all over my house. My shoes have even walked right into the pan cupboard. Life is full of surprises for me. Audrey Wipf recalls a similar mystery: "G (one and a half year-old Garret) hides everything from me. He asked for some milk one time. I went to the fridge and he had already taken it out and hid it. I found my cell phone where the milk was supposed to be." If something is

missing, I need only to follow my son around to find it. I would not change these intrigues with my son for the world's most treasures objects.

I have given up on keeping any order in his bedroom or in the living room. His toys are scattered in nearly everywhere. Trucks are flipped upside-down in the hallway. Books are left half-discovered in my office. Bath toys and Legos are thrown daily into the bathtub. Pots, pans, and lids give the linoleum in the kitchen character. Mr. Potato Head's nose, eyes, and mustache are typically strewn about.

Silence is an unknown dimension for this momma. My little man babbles incessantly. He always has something to say. He dances and sings and persistently wails when he does not get his way. Some of his most cherished toys are ones that makes the most noise. The toys sing, squeak, honk, meow, bark, whir, and jingle. I usually end up doing my homework while "Despicable Me" or "Disney's "Up" is playing. Right now, my son is pushing the buttons on the television while he dances to "Happy Feet." I have to admit that I thoroughly enjoy revisiting my past through my son's shows.

Watching a movie in its entirety with my husband barely ever happens. Unplugging the power strip to the entertainment center is one of my son's favorite games. He also enjoys taking all of my clothes out of the drawers in my bedroom. When the little man helps, more often than not, mommy has more work to do.

Well, my boy wants me to play "power tools" with him. He is also tugging at the laptop and my internet card. I love him endlessly. He makes my life interesting and he is my biggest inspiration. I am thankful for every moment I am blessed to spend with him. He is getting into my book bag. I have to go.

SAB hosts SNL (Saturday Night Live) every Saturday at 8 p.m. in The Village.

Love is in the Air

By Christopher Wick



Photo by Christopher Wick

Desmond and Stinson singing "All I Ask of You."

Dr. Clinton Desmond II, Erin Stinson, and Sarah Whitlatch put on a fantastic music recital for the public at Dakota Wesleyan University on Sunday, February 13 at 4 p.m. Love is in the Air was a Valentine's Day serenading that started out with German opera love songs. Stinson accompanied on the piano for almost all of the songs.

Desmond was first to sing. Desmond sang twelve songs total. The first set was called "Dichterliebe," which means "The Poet's Love." The set list:

1. Im wunderschönen Monat Mai
2. Aus meinen Tränen spriessen
3. Die Rose, die Lilie, die Taube, die Sonne
4. Wenn ich in deine Augen she'
5. Ich will meine Seele tauchen
6. Im Rhein, im heiligen Strome
7. Ich grolle nicht

Desmond then spoke to the audience about the origin of the songs and said that they are love songs. He said that some of the emotions expressed in the songs were happiness, first love, crush,

**- Love is in the Air
Continued on page 11**

- Defeat a Dark Lord Continued from page 8

Then, he looked closer, and he almost choked.

"It's Kage, all right," Tama murmured beside him, though he hardly heard her. "It matches the descriptions our scouts gave us, though it's never flown the banners openly before. I wonder what changed?"

Jerrad stared hard at the walls, the towers, the courtyards, as though by the force of his gaze alone he could alter it all, change it from what had to be an illusion into reality. The corner of his eye caught sight of Zofie, drawing up beside him.

"Ironic, isn't it?" the griffon offered lightly.

"What's ironic?" Xander asked.

Jerrad had to swallow twice to answer.

"This... isn't Kage," he said slowly. "It can't be. I know this place.

"This is Seola."

- Love is in the Air Continued from page 10

heartache, anger, et cetera.

The second set of songs were called "Cinq melodies populaires grecques":

1. Chanson de la mariee
2. La-bas, vers l'Eglise
3. Quel gallant m'est comparable
4. Chanson des cueilleuses de lentisques
5. Tout Gail!

The songs expressed the broad emotional range of love. They were old songs that play a central part in musical literature. The songs were intact German language songs.

Sarah Whitlatch sang two solo pieces entitled "O Mio Babbino Caro" and "Il Bacio." She really had a wide vocal range and an amazing voice. She emphasized her singing by making eye contact and showing no fear with her singing style.

After this, Desmond announced a short intermission. The second half of the recital was encompassed by musical numbers, some recognizable and others somewhat unknown selected songs by Desmond.

There were ten in all; either Desmond

or Whitlatch or Desmond and Whitlatch sang the first nine together. Desmond and Erin Stinson sang the last song "All I Ask of You" together.

This was my first time to hear opera songs in a live format. It was breathtaking and nothing short of stunning to hear the diverse vocal range and beautiful song selections by Desmond, Whitlatch and Stinson. They all have beautiful voices. Their interaction with the crowd was amazing keeping on task, maintaining eye contact and interacting with each song with a high level of passion and professionalism.

- Around the World Continued from page 7

a drawing.

The drawing prizes are bought from "One Thousand Villages," a fair-trade craft seller with a store in Sioux Falls. A box from Indonesia that is carved and painted, a small wooden nativity scene from the West Bank, pink or blue jewelry and a cloth backgammon set can all be won.

The World Cultural Festival began in 2002, when DWU had a Cultural Affairs Office. It began very similarly to what it is now, with booths represented by students and staff. When the office closed, MCC took over the festival so the tradition could live on.

Over the years, the number of representatives has varied from less than fifteen to above twenty. What Kate Miller would like to see is community members also participating as representatives instead of just observers.

"I tell people that they don't have to be experts on the subject. They just need to have a passion and be willing to share what they do know," Kate Miller said.

When asked what her favorite part of festival, she said it was the interaction between the representatives and the observers. The children like asking so many questions and the college students are very interested, she commented.

Although the time seems short--just for an hour at noon--she said that it must be that way since, because of chapel, no one has class at noon. If it goes into one

o'clock, she said, then people would automatically say they can't because they have class.

All in all, the World Cultural Festival is a long standing event that is a great opportunity to learn about many places in the world and many aspects of those places.

For more information, contact Kate Miller at kamiller1@dwu.edu

- It is Never Too Late Continued from page 7

Charles Duke of Orleans in 1415, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. Americans probably began exchanging hand-made Valentine's Day cards in the early 1700s. Esther A. Howland sold the first mass-produced Valentine's cards in America during the 1840s. By 1913, Hallmark too began selling cards for this day. The market for Valentine's Day cards has expanded from lovers to include parents, children, siblings, and friends.

Even though St. Valentine's Day is recognized as the day of love, this is not the only day on which our love for others can be expressed. We can show our loved one(s) our love every single day. St. Valentine's Day is long past now, but it is never too late to say "I love you" or how much we care.

Besides, how many of us actually say "I love you" on the "I love you" day? Not many. Because we give a card, a luminous jewel, a bouquet of red roses, or a teddy bear with a red heart with the phrase "I love you," we believe that we have already shown our love or appreciation towards the other person(s) when we have actually have not. I will admit that, yes, it is enthralling to receive a gift on St. Valentine's Day because this shows us that we were being thought of or to give a gift because we want to give the most meaningful and perfect gift, but there is so much more to love than just this.

It seems that we often fall into a pattern of giving the typical gifts, when actually, a simple "I love you" is all it takes to convey the message of care,

love, passion, romance, or friendship.

It also seems that too much weight is put on the "I love you" phrase, which is why often times we restrain ourselves from saying this. I know this to be true because I have heard others say this and I too have done this. We are scared by the consequences of saying "I love you" and by the bond that this creates with the other or others, which in a way marks us. By saying "I love you" we reach or acquire more ground, like more trust, and the fear of disappointing invades us. But the truth is that love is disappointing at times and if it never was then love would not be so exciting and meaningful. We are the ones who choose what to make out of love—like more lasting, meaningful, and or fulfilling.

By only saying "I love you" a few times a year or a few times in a life time does not mean that when we actually say "I love you" will be any more meaningful than if we said it every single day. Now, this does not mean that we must say "I love you" even when we do not mean it because this is only going to weigh us down—not the person(s) to whom we say it to.

All in all, what I am trying to get to at is that it is never too late to say "I love you" and we should not be afraid to say this either. We must not forget this.

**The annual Leadership
Banquet is being held
Feb. 19 at 7 p.m. in the
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**Major League Baseball Hall of
Fame inductee Rollie Fingers
will speak, as well as Former
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