

Fall Reading Group to Integrate Exercise and Spirituality

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Led by Dr. Kevin Vaughan, director of the Braegelman Program in Catholic Studies, students, faculty, and staff are invited to join in discussion around Walter Wangerin Jr.'s "The Book of the Dun Cow." Unlike other reading groups, the Faith and Imagination Reading Group will only meet one night at the end of October to review the book.

The group stemmed from the Braegelman Program's own objective of exploring the Catholic imagination as well as Vaughan's own love of literature.

"I've always loved sci-fi, fantasy—it's been a big part of who I am. It's been an important part of my formation, both intellectually and also spiritually," Vaughan said.

Once a semester for the

past four years, college community members have read books from C.S. Lewis to Madeleine L'Engle to J.R. Tolkien.

This semester's book "has a fable-like quality to it, without being overly simplistic," said Vaughan.

This is the first semester the reading group is incorporating Well U's fitness challenge in order to promote stewardship in the form of personal care. Therefore, the book is available as an audiobook narrated by Paul Michael, so participants may listen while they exercise.

This reading group is always a highlight in Vaughan's semester, and he encourages people to join in the fun—he is even providing food for the discussion night on Oct. 30 from 5-7 p.m.

Happy reading and discussing!

Club Spotlight: FCA

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The beginning of the school year comes the creation of new clubs on campus. A notable addition this year is a chapter of the Fellowship of Christian Athletes (FCA).

Conner Gray, said he was convinced to create an FCA chapter by a friend. Gray also said the club is gaining attention, primarily from student athletes on campus.

In a typical meeting, Gray said the group will "say a prayer at the beginning, read a little from the Bible and mainly communicate on how we can influence others as student athletes." He also said that the majority of meetings will include food.

The goal of the new organization is to help "members to gain a sense of community, and a network of people who share the same passion for faith and sports. This a chance to gain friends and connections while

growing towards Christ and using that as an outlet during stressful times as a student athlete," Gray said.

This fits with the official FCA mission which, according to fca.org, is to "use the powerful platform of sport to reach every coach and every athlete with the transforming power of Jesus Christ."

Gray added the club is for more than just student athletes.

"I would say that if you enjoy athletics, you would gain a lot from our group. If you love Christ, you will gain a lot from our group. This a chance to put some of our greatest passions in the same room for under an hour, and appreciate the blessings we've been given with some great people."

The club meets every Monday from 7-8 p.m. in Burns Wellness Commons 250 and is open to new members.

CSS Hires New Director of Anatomy Labs

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If you visit the science building often, you might have noticed a new face walking around this year. Luis Arriaga was hired as the new director and instructor of the anatomy labs at the College of St. Scholastica.

Arriaga, who grew up in both Mexico and North Carolina, had never been to Minnesota before being offered the position. However, his incredible passion for the classroom inspired him to accept the job.

"I thought the position fit me perfectly," said Arriaga. "I really like dissection and I really like teaching. This position is a perfect mix between the two."

Arriaga elaborated on his

roles both as a director and instructor.

"I just teach the labs. I show the students what the different structures are," Arriaga explained. "For the director position, I coordinate the transfer of bodies from the University of Minnesota to here. I also figure out the schedules of the labs, who can use the cadaver labs and when. I also do the dissection of the bodies."

In the upcoming year, Arriaga is looking forward to simply doing what he loves.

"I really like teaching, so I look forward to just talking about the things I enjoy. That's probably tied with the dissections because I really like doing dissections," Arriaga said.

Welcome to the CSS community, Arriaga!

Art Club's Zen Night De-Stresses Students

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"Zen Night" was the first in a series of art related events hosted by the College of St. Scholastica's Art Club for the 2018-19 academic year. Students who attended the event were invited to watch Bob Ross, drink tea, experience aromatherapy, and paint with watercolors. The room was lit with LED candles as club members relaxed with their art.

The "art" in Art Club is an acronym for "Artists Really Trying." Co-presidents, Erin Diver and Megan Finegan, said the name embodies the feel of the club.

The art club also plans other events; last year, the club went glass blowing in Duluth. Finegan said they also watched various art documentaries and created spin art.

Diver said the community projects the club work on "look really good on a

resume," like murals.

Overall, Finegan said she appreciates the "carved away time to come each week to do nothing or come do art" as a method of self care.

The co-presidents agreed Art Club is a great place to learn new things and meet new people. The group meets every Wednesday at 7 p.m. in Tower Hall 3615 and has open studio time to hang out, work on projects, or do homework.

Students Choose "Halloweentown" as Favorite Halloween Movie

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October has fast become the month for all things Halloween: candy, spooky decorations, and of course movies. Whether the movie is horror-filled or heartwarming, everyone has an opinion about their favorite adaptation of Halloween on the screen.

This week's survey revealed 47 students, or 29.9 percent, would watch "Halloweentown" if given a choice of Halloween movies.

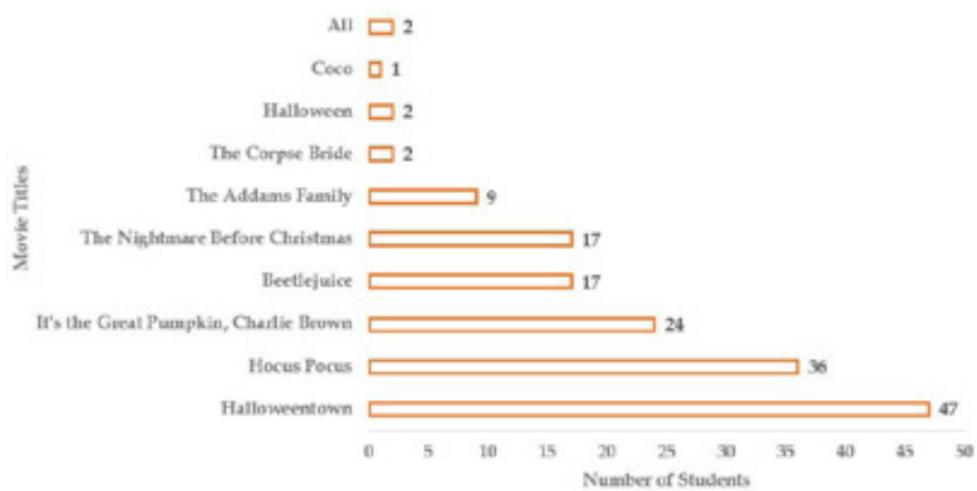
Thirty-six students, or 22.9 percent of respondents, chose "Hocus Pocus" as their favorite Halloween movie.

The third most popular movie was an oldie, but a goodie: "It's the Great

Pumpkin, Charlie Brown." Twenty-four students, or 15.2 percent of respondents, chose this classic title.

Whether you delight in the spooky and sinister or revel in more light-hearted depictions, October is the time to indulge in all of your favorite Halloween movies.

What is your favorite Halloween movie?



Q&A With Annie Toriseva



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Where are you from?

I'm from Brainerd, MN. It's kind of a small resort town in a cluster of other towns.

What is your major and year?

I am a senior. I'm in the exercise physiology program.

What do you plan to do in that field?

I am hoping to go into physical therapy.

What jobs or internships have you had?

Next semester I have an internship in my field, but currently I work in the graduate admissions office.

What is your favorite part of CSS?

I really like how small the campus is, and how close together everything is. It's nice to walk down the hallways and see people you know. I really enjoy that the school is very community oriented.

What do you like about Duluth?

I love Duluth and being able to be outdoors all the time. It is the perfect place to go to school because there is so much to explore.

What are you involved in on campus?

I am in Bella Voce, the choir. I've been in Bella all four years. I also lead a small group bible study for our intervarsity christian fellowship.

Do you have any advice for your fellow students?

Take every day one day at a time. You can get overwhelmed with so much going on, with your future and where you'll end up. If you just focus on what you have to accomplish today or this week, it's easier to handle. I also suggest getting to know your professors. They really do want to help you. When you have a good relationship with them, it helps you a lot in the class.

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