

The Coming of the Commons Café

by Allison Hartnett

Set to have an October opening date, the "Commons Café" will be centrally located at the Pearson Commons—the most trafficked place at CSP. It will be based on the well-known Caribou coffee shops, with all the same beverages and foods, but instead of the original names from Caribou, the drinks will be more Concordia-based.

"It will be another option for breakfast," said Jason Rahn, Associate Vice President for Student Life and Conference Services.

Rahn, along with Eric Goodrich, Food Services General Manager, and fellow Concordia staff decided to build an actual structure offsite. It will be set up in the northeast nook of the commons.

Rahn said the university is



Caribou beginning to take over the Commons. Photos/Graphic by Hannah Dorow

funding the project, along with the partnership of Sodexho. This is the third institution within the Sodexho corporation to have a Caribou-like operation in the Twin Cities area. The hours of operation will be Monday through Thursday, 7 a.m. to 7 p.m., and

meet Saturday, October 14, from 9 a.m. to 4 p.m., and counts for two academic credits.

Carr said the class will include several concepts of self-review.

"Students will explore their life purpose and how that is a part of who they are and where they are going. It's also looking at the big picture and thinking about how who we are today can affect the world," she said. "There will be exercises to do with values and beliefs, some group work and finally exploring how to take the next step and making a personal road map.

Its about
trusting the
unexpected
-Karen Carr

Carr said she feels that many people can benefit from this course.

"People in transition can really benefit from coaching, especially young people making big decisions. It's great for people who are at a place of change in their lives, such as finishing a program or nearing graduation," she said.

Friday through Sunday, 7 a.m. to 4 p.m. The Commons Café will feature all the drinks from Caribou plus food items such as scones and muffins for breakfast, and salad, sandwiches or wraps for lunch and dinner.

According to the news release

"It will be helpful for people who are ready to take the next step by reflecting on their accomplishments and thus making it easier to move forward, focusing on what is important for the individual."

Carr said she feels that the magic of coaching is that it's about the whole person, not just a decision.

"It's about trusting the unexpected."

on the CSP Web site, some benefits of the Commons Café will be that it will give students the opportunity to not only use their very own cash, but also to use their university FLEX dollars as well.

"I don't really like coffee, but as long as they have other stuff, it'll be cool,"

junior Adam Koglin said. "It's good that authorities on campus are doing something to help out."

Junior Shae Wallin, a self-proclaimed coffee-addict, said having a Caribou (or something like it) on campus makes it more easily accessible to students.

"I'm ecstatic," she said.

Got something to say? Write a letter to the Editor!

Please email Kaitlin at hartnetk@fsp.edu

New Course Offers Coaching, Direction

by Jordan Watson

Life coaching, a unique form of self-review, will be taught this year by adjunct faculty member Karen Carr. Called "The Inner Review," the new course will be offered for both undergraduate and graduate students this October and again during spring semester.

The Inner Review is a program designed to connect college students with life coaching, a process of working with a coach to explore one's inner and essential self.

"We ask ourselves 'what is our meaning' and only we can tell what that is for us—no one can do that for you," Carr said.

The first session of the class will

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COMMONS