

Book Review

Unprocessed: My City-Dwelling Year of Reclaiming Real Food

By Reeve Currie

Megan Kimble, a twenty-six-year-old writer living in Arizona, provides us with an entertaining narrative of a year she spent removing all processed food from her diet. In *Unprocessed*, her first book, Kimble takes us inside her daily life and we learn right alongside her as she begins to understand what “processed food” actually means as well as its effects on the body. One year later and Kimble had milled wheat, milked goats, and slaughtered a sheep – all while being a city-living, broke girl.

Kimble takes you along her discovery of where food comes from, how it is made, and why it has more to do with politics, economy, and money than anything else. Kimble travels through the history of the food system, learning how certain foods are made and why animals and animal products were industrialized. Easy to read and understand, *Unprocessed* feels more like a memoir than an informational lecture on why I shouldn't eat the foods I like. Kimble is enjoyably honest when she recounts the realization, after vowing to give up all processed foods, that she'd have to give up ice cream.

While Kimble uses strong research and conversations with many different health food experts, much of her information isn't exactly new. You could pick up other food books by authors such as Michael Pollan and find very similar facts. However, *Unprocessed* is a more enjoyable read as Kimble brings you into her daily life and experiences, the ups and downs of her encounter with the food world. She focuses on how food directly reflects and affects communities and the important truth that food deeply reflects our inner selves and our day to day lives. *Raves High Country News*, “The book is full of fresh insights about the way communities are tied to food systems.”

While I might not go so far as to cut out all processed foods in my diet, I am encouraged and inspired by Kimble's ability to do so as a young, broke woman living in the city. An easy read that is also informative and enlightening, *Unprocessed* is a great addition to any food lover's bookshelf.

Theatre Spotlight: Kate Sanvik

By Brooke Steigauf



CSP is shining the light on actress and artist Kate Sandvik. Kate is currently a junior and new to campus this year, as she continues to pursue her theatre major! She spent her freshman year at the University of Minnesota Duluth before taking a year off to travel. She embarked on a two month trip through Europe by herself, which she says inspired her to incorporate not only theater into her future and career, but also more travel. After her amazing journey, she spent her sophomore year at Hunter

College in NYC. From there, Kate joined the CSP community and was quickly recognized by the university for her talent in theatre.

Kate began her theatrical career at the age of ten, when she participated in a theatre and music camp called “Sing Minnesota”. The camp was hosted by the Minnesota Boychoir, but was co-Ed and held on the Concordia campus. At the end of the weeklong camp, a play was held, which sparked a love for performance in Kate. She returned to the camp the following year and then became stage manager for her middle school's play in sixth grade. Kate continued to participate in over 30 productions throughout the rest of middle school and high school.

Since attending Concordia, Kate has taken part in *Working*, which was the fall musical and played Polina in the last production, *The Seagull*. She found this to be a challenging role because of the complexity of the character. She enjoyed the production because it was a learning experience, that taught her about performing in a Chekhov play.

Chekov is known for his unique and specific style. Kate was also the director of *Spoon River*, which was part of the Student Directed One Acts, for which she adapted Edgar Lee Masters' *Spoon River Anthology* for the stage.

In addition to these productions, Kate was selected to direct a full length production as part of next year's season, coming to the E.M. Pearson Theatre in January of 2017. She will direct a full length adaptation of *Spoon River*. She says that she is inspired by the poetry anthology, which tells stories of people from a small town in Illinois and shares the characters' memories through powerful monologues, which cry out to be put onstage.

Kate has been continuously inspired by her director from Sing Minnesota, Grant Richey, who exemplified true passion for theatre and performance and motivated her to become more involved in the art. He was an incredibly creative person and inspired Kate to pursue theatre as a career. Kate also credits much of her inspiration to Tinia Moulder, a wonderful professional actor, choreographer, and director in the Twin Cities. Kate also acknowledges Jan Puffer, CSP's dance instructor and talented Twin Cities theatre artist, for welcoming Kate so graciously to the CSP community and teaching her so much about theater in general, specifically about directing. Jan embodies many of the qualities that Kate hopes to emulate in her life and career.

Kate believes that theater has made her more empathetic by exposing her to stories endured by the characters she plays or witnesses. Kate says that she feels honored to be able to bring people's stories to life and strives to make the audience feel and understand the same emotions that she feels during the productions, whether she is stage managing, directing, or acting in them.