

knightwatch weekly



MARTIN LUTHER COLLEGE

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FVL / Bethlehem – Hortonville WI

The Fitness Center

It's super easy to fall prey to a bad college diet, but just as simple to avoid an unhealthy lifestyle with the great resources available on campus and in the community. From folk and square dance to self defense, MLC offers a huge variety of PE courses. And those who aren't in it for a grade can get their exercise in the campus Fitness Center.

Hannah Carter (*Altoona HS / St. Mark-Eau Claire WI*) says, "I work out with some of my friends almost daily. It's not just how I stay in shape, but it's also time we can spend together without homework or other commitments getting in the way."

"I love the center because it's a great way to decompress stress that has been built up throughout the day," says frequent user **Paul Ritter** (*Harlem Senior HS / Peace-Loves Park IL*). "It's a great way to push myself to become better. When I see results in myself physically, I tend to push myself mentally too. The community of other students who like to work out is friendly, and they are great motivation. I've made many a friend in there."



The staff are always around to lend a hand if you need it, and the hours are flexible enough to fit even a crazy college student's schedule. With top-of-the-line equipment, great music, and the countless benefits of exercise, the center is one of many blessings MLC has to offer.

Ready, AIM . . . Paint!

"I knew that I wanted to be a part of an art organization when I came here," says **Grace Williams** (*Cypress Creek HS / Abiding Word-Houston*). "So you can imagine my shock when I found out there weren't any! MLC is an amazing campus, and it's home to some of the most gifted and talented people I have ever had the pleasure of knowing. So we started one."

Grace is now president of AIM, Art in Ministry, a club where students get together to paint, write and perform poetry, work on commissioned pieces for the campus, and put on art shows as fundraisers. Their most popular events are called "Treats and Tempera," where they provide snacks and materials for students to come and have free rein with their artistic abilities.

"We have a blast putting together events for school," says **Dan Granberg** (*KML / Morning Star-Jackson WI*). "It's fun getting everyone involved and taking a break from the stress of the week to get together and express our creativity!"

The project they are most excited about is a mural in the campus Writing Center.

If you think you have talents the organization can use, or you just want to spend time with some really cool people and a bunch of paint, check out AIM when you come to campus!



Hannah Paustian (*MVL / St. Paul-New Ulm MN*) and **Morgan Hill** (*LPS / Abiding Word-Houston*) at this year's first Treats and Tempera.