

# knightwatch weekly



MARTIN LUTHER COLLEGE

www.mlc-wels.edu

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LHS / St. Paul-Onalaska WI



## After-School Ultimate

Why do 20, 40, 60, or even more students daily congregate at four o'clock? To play ultimate frisbee! **Jeremiah Callies** (*WLA / St. Matthew-Iron Ridge WI, pictured*) is the humble head of ultimate frisbee activities at MLC. He explains, "After-school ultimate is a great opportunity to be active. There's no commitment, and it's a great way to get in a workout while enjoying time with your Christian friends."

Randomly picked captains select their teams from a hodge-podge of MLC students. Then they compete while laughing, encouraging, and politely apologizing for throws gone wonky. Ultimately, everyone has loads of frisbee-filled fun!

## Feeling Low? Go to Flandreau!

"I enjoy running through Flandreau in the morning before the sun comes up," says **Heidi Kostrzewa** (*WISCO / St. John-Wauwatosa WI*). "It's so serene and magical!"

Flandreau State Park provides valley views, volleyball courts, endless trails, a swimming hole, and a river that runs through it all—what better place to burn off some steam or some extra ice cream calories? Just a short walk from campus, and you'll enter this natural playground, perfect for college kids yearning for fresh air and stress-relieving sights. "I love how every time you go, you notice something new," says **Mikayla Hodkiewicz**. "It makes you realize how awesome God's creation is!"

*Pictured front: Moriah Poehlman (Manitowoc LHS / St. John-Maribel WI); back: Mikayla Hodkiewicz (DeForest HS-WI / Lord of Love-DeForest WI)*



## The Scoop on Lacrosse

Sticks smack and a small ball shoots through the air while players whoop and cheer. The East Coast Iroquois first played this culturally important game over 900 years ago.

Now a cohort of MLC students enjoys the sport while earning class credit. Lacrosse is MLC's newest PE activity course—an option for all elementary and preseminary majors.

"I'm ecstatic that MLC began a lacrosse program!" says **Erin Feddersen** (*Great Mills HS-MD / Shepherd of the Bay-MD, pictured*). "The first course this year has already piqued a lot of interest from the student body. With MLC purchasing lacrosse equipment, students can now explore the sport at no cost to them."

*Want to take a shot at lacrosse? Make sure to select it when you register for classes!*