

knightwatch weekly



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MARTIN LUTHER COLLEGE

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Third of Student Body Runs in Herman 5K

Each year, the city of New Ulm hosts the Herman 5K, a walk/run that ends at Herman the German, a landmark across the street from campus. The MLC Wellness Committee works to get as many MLC students as possible involved. This year 260 students, about a third of our on-campus student body, participated. “This was my first year participating in it, so it was a new thing for me to do!” said **Gina Radue** (*WISCO*). “It was a lot of fun getting to spend time with fellow students while enjoying the beautiful scenery of New Ulm!” **Caleb Solofra** (*Northland*) added, “The Herman 5K allows MLC students to get to know the community by meeting the event volunteers and also by participating with the other runners.” Future MLC students can look forward to many cool community events like this one.

Pictured: 5K runners Sarah Schmiege (Lakeside), Emily Waldeck (Trumbull-Trumbell CT), Kathryn Marquardt (Shoreland), Sarah Meyer (LPS), and Lynn Marggraf (LPS)



Promoting a Healthy Lifestyle

The MLC Wellness Committee provides opportunities for MLC students and faculty to learn about wellness, to eat healthy, and to work out. They help sponsor events such as the Day of Play and the Herman 5K Run/Walk. **Harmon Krause** (*LPS, pictured left*), a student member of the committee, said, “The students get opportunities to be physically active, which can increase brain productivity by 10% and increase their grades.” He added, “Our bodies are temples of the Holy Spirit and need to be treated as such. We can glorify God through our bodies, by working out and eating healthy.”

Toning Our Temples

The MLC fitness center is many students’ favorite place to get in shape. Not only does it contain all the workout equipment you need, but it also offers exercise classes and a personal trainer. About 200-300 people use the fitness center every day.

Stephen Pankow (*Mariner HS-Cape Coral FL*), a senior who works there, said, “The Fitness Center is all about living a healthy lifestyle and glorifying God with our bodies.” *Pictured: Haley Roske (MVL) puts the fitness equipment to good use.*

Upcoming Events @ MLC

10/25-27 Homecoming
& Parents’ Weekend
10/27 Early Childhood Learning
Center Dedication, 1 pm
11/1-3 Musical: *Into the Woods*
11/10 College Choir Concert, 3 pm

