



MINNESOTA DAILY

DAY IN THE LIFE



EDITOR'S NOTE

Every day, the multimedia staff at the Minnesota Daily brings its readers slices of art, culture, news and sports. At midnight on April 7, eight photographers left the Daily offices and fanned out across the Minneapolis and St. Paul campuses to document 24 hours in the lives of those who attend class, make their living and spend their days on and near the University of Minnesota campus.

8 Ways to be More Grateful

CENTER FOR SPIRITUALITY & HEALING
UNIVERSITY OF MINNESOTA

- Every night, reflect on 3 good things from your day. If you'd like, you can record them in a gratitude journal.
- Thank those important in your life to let them know you appreciate them.
- Lighten a stormy mood with a gratitude inventory. Start with listing 5 things you're thankful for in the moment.
- Thank yourself for your healthy habits.
- Send out some good vibes to friends on social media and let them know you are thankful for them.
- Stop and notice the beauty and good in your surroundings. Pay attention to them, so you can remember this moment later.
- Look for silver linings even in difficult situations.
- Look outward. Empathy for others can trigger a sense of gratitude.

This summer and fall, learn more about topics like gratitude, wellbeing, stress reduction, and other integrative health topics - and earn academic credit - by taking a CSPH course! View our full course list at z.umn.edu/CenterCourses



12:05 A.M.

Freshman Mia Bauer studies in the basement of Comstock Hall.

COURTNEY DEUTZ

12:05 A.M.

Bartender Sam Lowell chats with Alex Arnold, Peter Urban and Josh Atkinson at Acadia on West Bank.

ALEX TUTHILL-PREUS



4

Thursday, April 20, 2017



3

12:18 A.M.

Briana Baltzell does laundry in Comstock Hall.

COURTNEY DEUTZ

4

12:31 A.M.

Interior design sophomore Claire Brendel and biology senior Nadia Handler count their tips after getting off work at Burrito Loco.

ELLEN SCHMIDT

5

12:32 A.M.

Karen Balas studies for an exam in the Comstock Hall ballroom.

COURTNEY DEUTZ

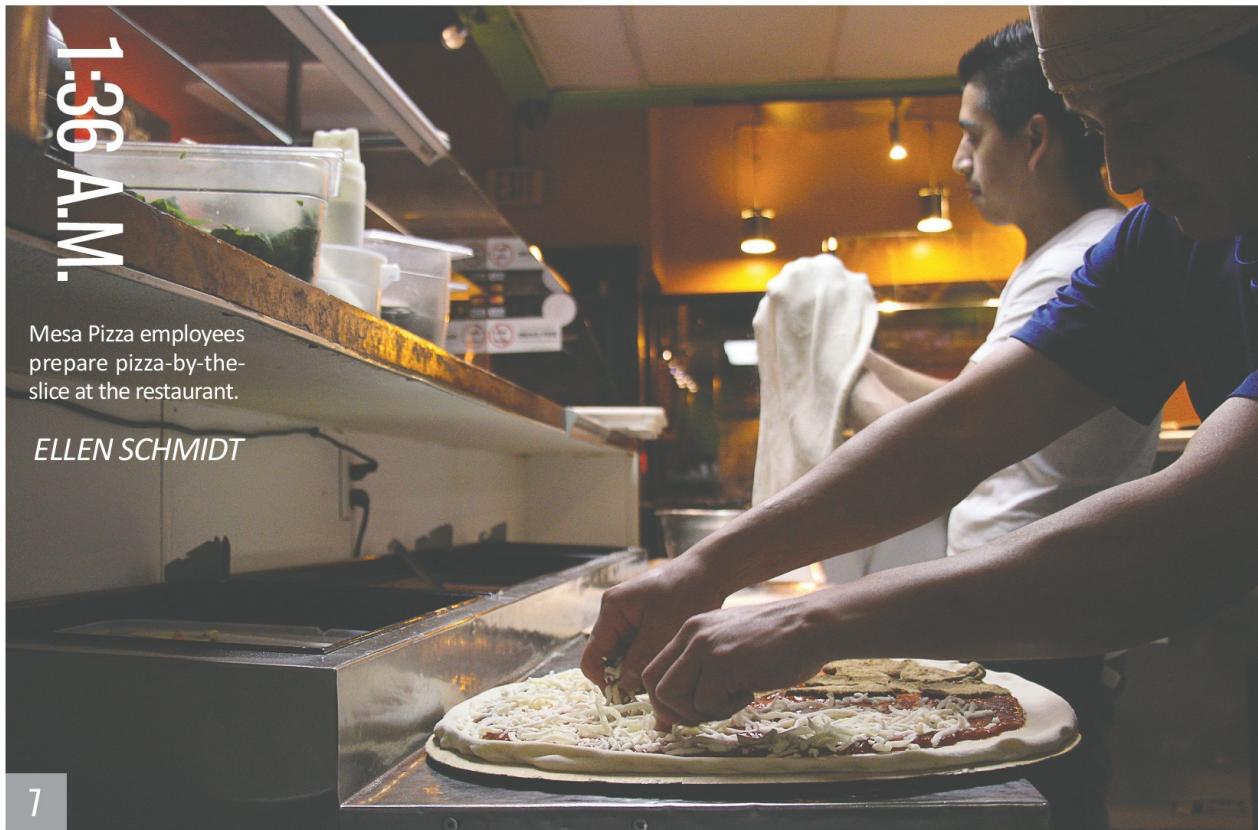


1:18 A.M.

Maddie Nyhus, Jen Anderson and Rylee Reiche sing Def Leppard's "Pour Some Sugar on Me" on karaoke at Blarney Pub & Grill.

ELLEN SCHMIDT

6



Mesa Pizza employees prepare pizza-by-the-slice at the restaurant.

ELLEN SCHMIDT

7



2:04 A.M.

CHRIS DANG

Students line up for food at McDonalds in Dinkytown.

2:14 A.M.

A campus connector driver crosses the Washington Avenue Bridge.

CHRIS DANG

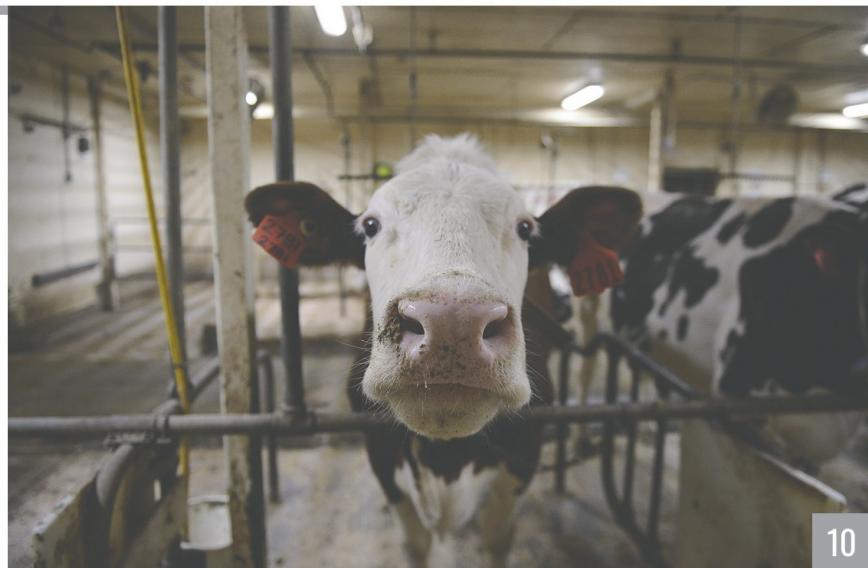


9

3:40 A.M.

A cow waits to be milked in the Dairy Cattle Teaching and Research building on the St. Paul campus.

COURTNEY DEUTZ



10

**11**
6:16 A.M.

AI's Breakfast is seen during its first hour of business.

ELLEN SCHMIDT

**12****5:58 A.M.**

Pete Steinhagen, whose wife is a University alum, runs on the treadmill at the St. Paul Gym.

COURTNEY DEUTZ

13

**6:25 A.M.**

The sun begins to rise over the St. Paul campus.

COURTNEY DEUTZ



14

7:35 A.M.

Pedestrians walk down Washington Avenue.

CHRIS DANG

10

Thursday, April 20, 2017

**9:14 A.M.**

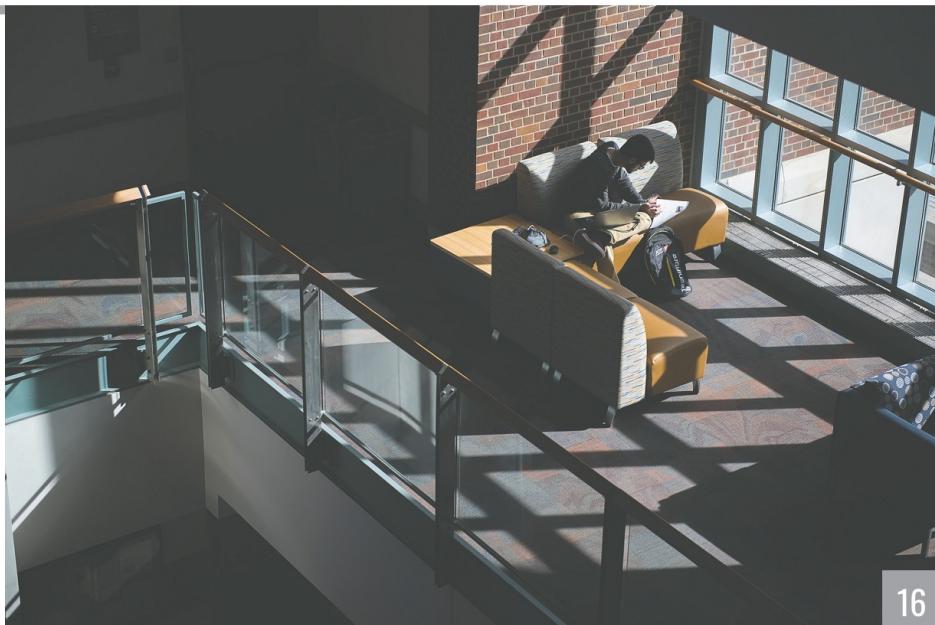
Sociology major Victoria Lee, who's been playing the game for six years, reaches for the birdie during a match of badminton in Cooke Hall.

ALEX TUTHILL-PREUS

15

10:50 A.M.

Material science and chemical engineering major Samir Lakha studies in Nils Hasselmo Hall.

ALEX TUTHILL-PREUS

16

**10:25 A.M.**

Spanish 1022 meets to work on group projects in Fowell Hall.

*COURTNEY DEUTZ***10:37 A.M.**

Owner of Fast Eddie's Place Jim Picard sands the sole of a shoe inside his repair shop in the Dinkydale building.

ALEX TUTHILL-PREUS

12

Thursday, April 20, 2017



19

10:40 A.M.*ELLEN SCHMIDT*

Nathan Opare-Addo practices his blocks during karate class in Cooke Hall.



20

11:09 A.M.

Anna Bahr plays fetch with Lucy Stephenson's new puppy, Marty, on East Bank.

COURTNEY DEUTZ

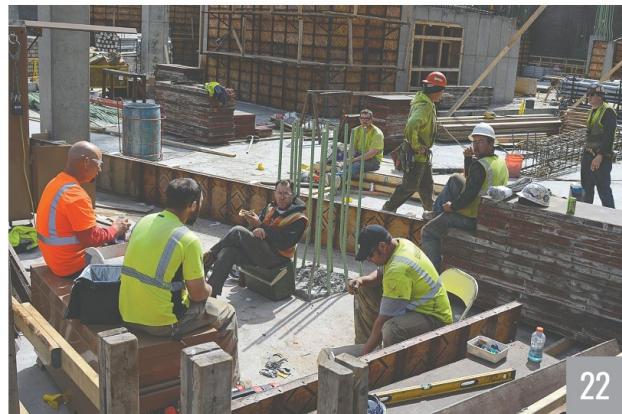


21

11:09 A.M.

Strategic Communication senior Zach Simon DJs at Radio K in the Rarig Center on West Bank.

CHRIS DANG



22

12:08 P.M.

Construction workers eat lunch on the corner of Washington Avenue and Church Street.

CARTER JONES

14

Thursday, April 20, 2017



23

12:38 P.M.

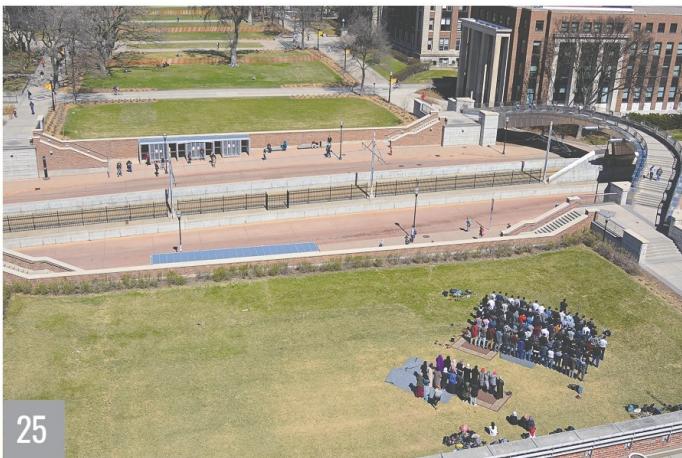
Civil engineering sophomore Thomas Calhoon shaves art education junior Kourtney Culver's head in front of Northrop Auditorium.

CARTER JONES

24

12:45 P.M.*EASTON GREEN*

Dance students break out in dance after a passerby pushes a "Push 4 Art" button.



25

1:03 P.M.

A Muslim prayer service is held in front of Coffman Memorial Union.

CARTER JONES

26



1:13 P.M.

A construction worker power washes the new Tate Laboratory.

CARTER JONES

2:35 P.M.

Modern 8 Dance Professor Michel Kouakou demonstrates a dance movement for his class.

EASTON GREEN

27

16

Thursday, April 20, 2017

28



2:35 P.M.

Kyle Reardon lights incense at Magus Books and Herbs in Dinkytown.

MADDY FOX

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29



3:22 P.M.

Political science sophomore Max Hurst and mechanical engineering junior Michael Fongmanivong unwind after class in front of Delta Kappa Epsilon.

CARTER JONES



30



31

30

3:24 P.M.

Tattoo artist Lucy Austad works on a piece on Chris Wilking's arm at Dinkytown Tattoo.

MADDY FOX

31

3:27 P.M.

Sororities compete against each other in Pi Kappa Alpha's annual Firefighter's Challenge.

CARTER JONES

THE BOOK HOUSE
IN DINKYTOWN

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-Virginia Woolf

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Thursday, April 20, 2017



32

3:46 P.M.

Alan Fisher rides his unicycle through Dinkytown.

EASTON GREEN

33

3:47 P.M.

Referee Peter Schneider watches Morgan Matlock reset the playing area during a robotics competition in Williams Arena.

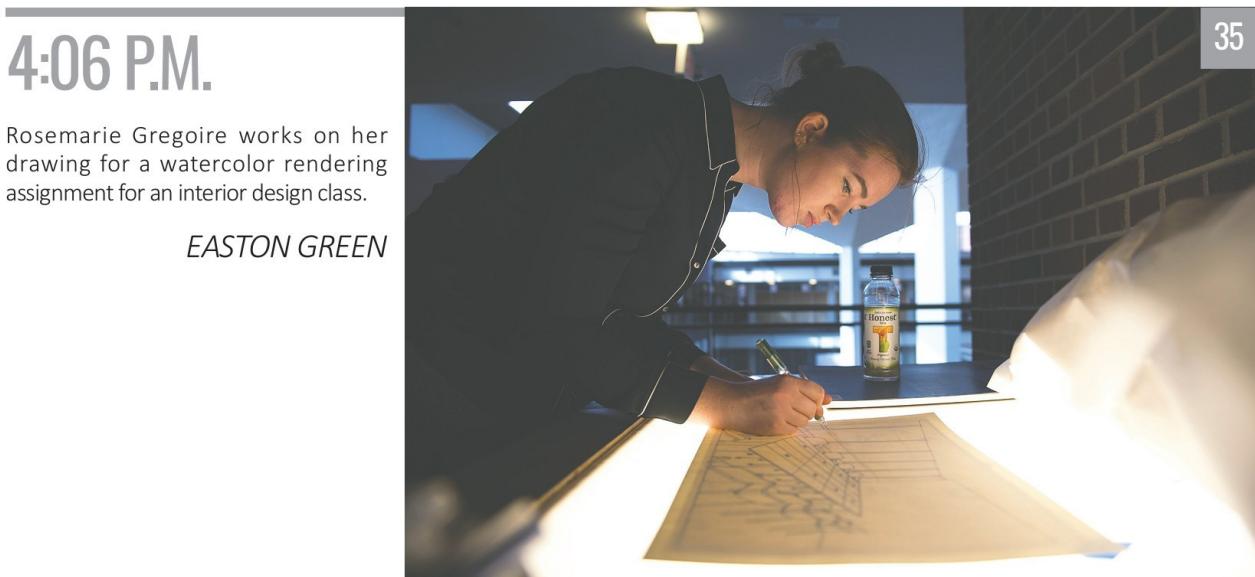
CARTER JONES



34

3:52 P.M.

Alkyna Ho sits on her in hammock, as dog JinJin stays close by her side.

EASTON GREEN**4:06 P.M.**

Rosemarie Gregoire works on her drawing for a watercolor rendering assignment for an interior design class.

EASTON GREEN

35

20

Thursday, April 20, 2017



36



38



37

36 4:36 P.M.

A student lights a joint near the Mississippi River.

*CARTER JONES***37 5:53 P.M.**

Nathan Strom, left, a part of the slack line club, balances on a slack line between trees.

*EASTON GREEN***38 6:03 P.M.**

Goldy Gopher fist bumps a young softball fan.

*CARTER JONES***39 6:31 P.M.**

Lisa Gebhard, left, and Sarah Beron, log rolling enthusiasts, practice rolling during a workshop on campus.

EASTON GREEN



6:50 P.M.

EASTON GREEN

Monika Mann ascends the rock wall as Lorenzo Lindley
belays at the Recreation and Wellness Center.

7:05 P.M.*EASTON GREEN*

Jason Lin, left, and Bilal Abdelqader box at the University Recreation and Wellness center.



24

Thursday, April 20, 2017

**7:06 P.M.**

Students roller skate in the Northstar Ballroom at the St. Paul Student Center during a roller disco event.

MADDY FOX**7:12 P.M.**

Michelle Eboch gives her PhD recital in conducting in Ferguson Hall.

CARTER JONES

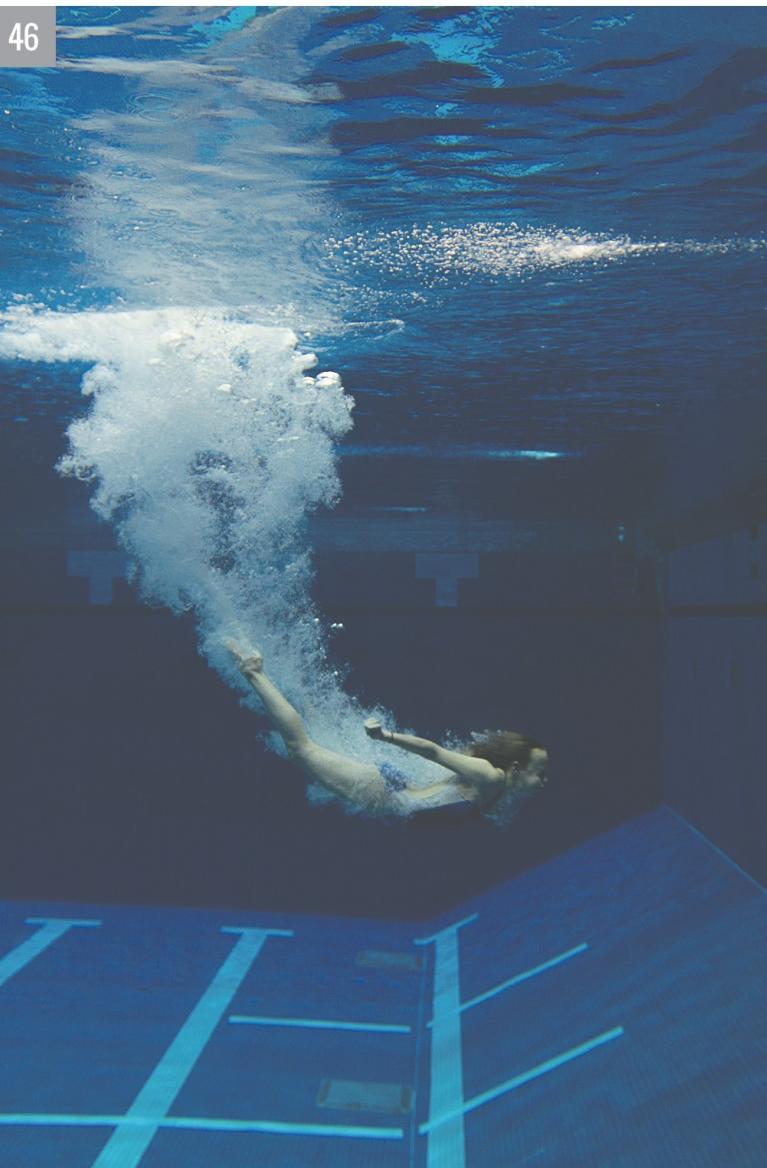
**7:23 P.M.**

Michael Nardini bows to the judo club before starting practice.

EASTON GREEN**7:41 P.M.**

The sun sets as a group of three students walk past the Recreation and Wellness Center.

EASTON GREEN



46

8:15 P.M.

Out Back Diving diver Caitlyn Greenwalt dives into the deep-water pool at the University Aquatic Center.

EASTON GREEN

8:23 P.M.

Local band The New 86 preforms during the More Local Than Local show at the Whole Music Club.

MADDY FOX

47



48

9:10 P.M.

Visitors at the Bell Museum of Natural History look through telescopes to see the moon during the Star Party event.

MEAGAN LYNCH



49

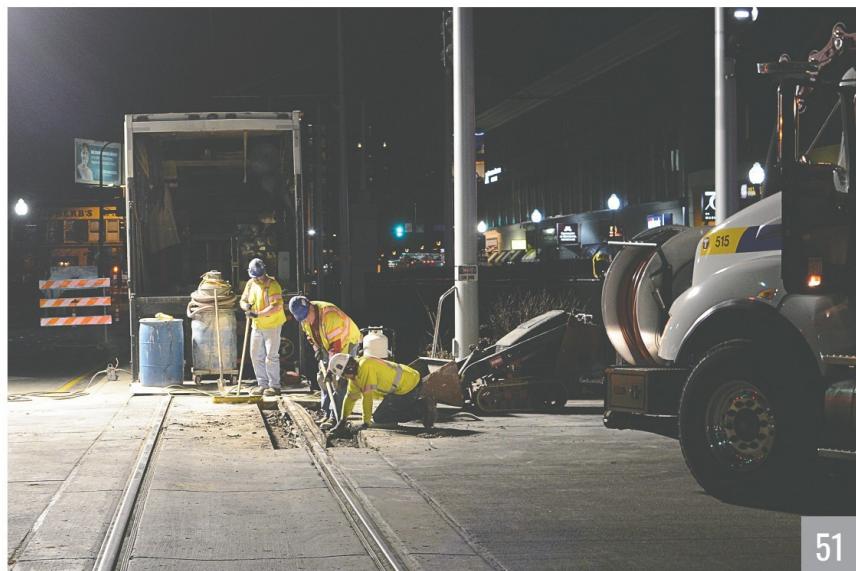
9:35 P.M.

EASTON GREEN

General B and the Wiz perform at the Varsity Theater in Dinkytown.

9:52 P.M.

Students line up for fresh cookies at Insomnia Cookies in Dinkytown.

EASTON GREEN**11:03 P.M.**

Construction workers perform routine maintenance on the light rail tracks in Stadium Village.

MEAGAN LYNCH

11:16 P.M.



Students dance to
“Sean Paul - Like Glue”
at the Kitty Cat Klub in
Dinkytown.

EASTON GREEN

11:16 P.M.

A group of friends gather around a bonfire in the Southeast Como neighborhood.

MADDY FOX



53

11:51 P.M.

Jess Ahlborn and Martin Lohman pose for a portrait in a photo booth at the Kitty Cat Klub in Dinkytown.

EASTON GREEN



54

DAY
IN THE
LIFE

BEHIND THE LENS

**Chris Dang**

Staff Photographer
Junior, Computer Science

Favorite Assignment

Covering the election of Ilhan Omar as representative of district 60B. The energy and emotions in the room made for a memorable night.

Dream Assignment

I'd love to travel and expand my experiences while working. I want to tell the stories everyday life throughout any given city.

Courtney Deutz

Photo Intern
Sophomore, Journalism

Favorite Assignment

All of my assignments have been equally interesting and unique. They have all taught me so much, and I'm excited to continue to work on diverse assignments.

Dream Assignment

I've always wanted to travel for documentary projects and be able to capture and experience other cultures that aren't well known or understood.

Maddy Fox

Senior Multimedia Producer
Senior, Communications

Favorite Assignment

Shooting Rock the Garden last year, where I got to shoot one of my favorite bands, the Flaming Lips.

Dream Assignment

I would love to infiltrate and document a cult, is that too weird?

Carter Jones

Staff Photographer
Fall 2016 Grad, Journalism

Favorite Assignment

Flying to the University of Illinois to shoot the football game over Halloween weekend.

Dream Assignment

Following a presidential candidate on the campaign trail.

Ellen Schmidt

Photo Intern
Senior, Journalism

Favorite Assignment

Getting to shoot Gavin from Vine, duh! Little dude has charisma, and I want to grow up to be like him.

Dream Assignment

It's a tie between a feature on the set of It's Always Sunny in Philadelphia and shooting Glastonbury.

Easton Green

Photo Intern
Senior, Bachelor of Fine Arts

Favorite Assignment

Covering a scuba diving class. Being able to shoot underwater while on assignment was amazing!

Dream Assignment

My current dream is to shoot a photo essay of surfers who surf on the North Shore of Minnesota.

Meagan Lynch

Photo Intern
Junior, Journalism and Art History

Favorite Assignment

Going to Nebraska for the Gopher-Cornhusker football game.

Dream Assignment

Going to the Manaslu English Boarding School in Nepal and doing a photo project with the school and kids for a non-profit foundation I helped start and work with.

Alex Tuthill-Preus

Multimedia Editor
Junior, Journalism

Favorite Assignment

Getting up close and personal to shoot one of my favorite bands, Weezer, at last year's Basilica Block Party.

Dream Assignment

I would love to document the depravity that is Sunnyvale Trailer Park on the set of Trailer Park Boys, or tour with any number of bands I love.