“My vision is that we could be a model in sustainable gardening.”

KENDRA SETTOW
STAFF WRITER

Keith Curry, Director of the Center for Public Policy and Mayor of Newport Beach, started the Concordia Center for Public Policy in 2011. The center exists to help prepare students to address issues the government is facing in the classroom as well as in the public sector.

Currently residing in San Juan Capistrano, they have been contacted and have agreed to assist the professors and interested students. Their assignment is to ensure that what is planted in the Concordia garden will as accurately as possible resemble what was originally grown by its ancestors.

The grounds have been cleared and a water system has been installed. Although there is no specific timeframe, the professors hope to begin planting within the next couple of months.

“The Concordia garden will as accurately as possible resemble what was originally grown by its ancestors.”

Student involvement is critical. Any time we have students doing things not just in the classroom is good,” Schultz said.

There are several places on Concordia’s property that are locations of prehistoric sites inhabited by indigenous people, including the plot that the garden will be planted on. The land has been excavated and covered over with sterile soil to prevent a disruption of the layers. The Juaneno Band of Mission Indians of the Acjachemen Nation are the descendants of the indigenous people who pre–visually inhabited the area.

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Better Late Than Never: The Case for Delaying Obamacare

AMANDA OZAKI
POLITICAL COLUMNIST

"Here's the concern. If you haven't made it affordable, how are you going to enforce a mandate? I mean, if a mandate was the solution, we can try to solve homelessness by mandating everybody to buy a house. The reason they don't buy a house is they don't have the money. And so, our focus has been on reducing costs, making it affordable. I am confident if people have a chance to buy high-quality health care that is affordable, they will take it."—Former Senator Obama on mandated health care

Since the majority of people reading this article are young, full-time students that either haven't reached the 26-year-old mark or are on Concordia's insurance policy, the Patient Protection and Affordable Care Act (Obamacare) is an extremely important factor that we should all be following closely. There are a lot of different terms and numbers hurled by different political parties and media soapboxes, but I'd like to focus on what Obamacare means for us as college students, without having to get caught up in the political "shitstorm" debate currently clogging up our Facebook news feeds.

When young people turn 26, they'll have to drop out of their parents' insurance if they don't qualify for their own plan. This can be extremely expensive, as you'll either pay a catastrophic penalty each year or the cost of insurance on your own. The ACA is designed to make this affordable by mandating that the majority of US citizens purchase health insurance by a deadline of March 31st.

Many people, myself included, have decided to delay purchasing health insurance due to the many costs and complexities of the marketplace. In summary, the ACA is designed to make sure that the vast majority of people buy health insurance by a deadline of March 2014. Whether or not you choose to purchase health insurance is up to you, but the ACA requires you to do so if you don't qualify for Medicaid or qualify for a low-income exemption.

ACA fears irrational

DAVID SAELET
POLITICAL COLUMNIST

To say that the Patient Protection and Affordable Care Act (ACA), mistakenly referred to as "Obamacare," is controversial would be the understatement of the year. A large amount of the ill will towards the law stems from its size and complexity. Surprise, surprise: a legislative agenda that will take an average person 153 days to read, let alone understand, is注定 to be met with resistance.

The ACA is a complex piece of legislation, with over 2,000 pages containing thousands of pages containing thousands of provisions that will impact our health care system for decades. The law is designed to make health care more affordable and accessible for all Americans, but the process of implementing the law has been slow and fraught with roadblocks.

Despite the law's many complexities, there are some very real benefits for college students. For example, the law expands Medicaid coverage to young adults up to age 26, allowing them to get health insurance for the first time. It also requires employers to offer coverage to their employees, and it expands the Affordable Care Act's premium tax credits, which make health insurance more affordable for low-income college students.

The ACA is a work in progress, but its eventual impact on college students is likely to be positive. As the law is implemented, it will help to reduce the burden of health care costs on college students, and it will make health care more accessible and affordable for everyone.
Women’s soccer remains undefeated

TAYLOR HANE  STAFF WRITER

The women’s soccer team is currently undefeated with a 9-0-3 overall record and a 4-0-1 GSAC record. One of the main focuses for the team this year has been to improve the team chemistry on and off the field. Although it has been a big change, the Eagles have taken great strides toward achieving this goal by creating a strong team bond.

“There has been a great amount of hope for this team. At this point in the season, we are one out of three undefeated teams in the country so I can only hope that will continue,” said Amanda Roman, sophomore.

The team has been consistently conditioning in order to improve their fitness levels and excel during games. “I firmly believe that conditioning is very important. We had really intense and tiring two-a-day practices before season started and it really helped prepare our bodies for the two games a week schedule,” Roman said.

“Unfortunately, being in shape allows them to have an edge on their competition, so they take it seriously. Besides scheduled fitness testing six times a year, the team “works with a cross team, we were a better one. We have been in this so far,” said Lauren Nanez, junior. “We have changed for the better. Not only can we push through boundaries that we’ve had in past years, “said Christina Sanchez, junior. “Our team has really made it through some major events. “Although they were a great team so far, this season has been better and more competitive than ever,” said Patrick Sundin, senior.

The Eagles’ experiences on the field have allowed them to become a stronger team and they continue to grow with each practice and game. “Our team has really made it through some tough games with heart and determination. We are a solid team and on the field,” said Lauren Nanez.

The women’s soccer team will play their next game tomorrow at noon at Hope International University. The Eagles’ next home game is on Oct. 23 at 3 p.m. against Buolia University.

Swimming starts with a splash

WILL DEMURI  STAFF WRITER

Last weekend, the men’s and women’s swimming teams had their first meet at Loyola Marymount University in Los Angeles. The Eagles generated positive results as the men took second place out of five teams and the women took fifth place out of nine teams. The swimmers are currently four weeks into the water and are enjoying the start of what appears to be another successful season.

“Everyone is getting along and Jeff Boss and the other coaches are moving the team in the right direction,” said Devin Grimalda, junior. "Grimalda has been swimming competitively for 14 years now and describes it as “one of the friendliest sports out there”. He is one of the captains this year and is really pleased with the team so far.

Each swimmer has a specific event or two that he or she specializes in. For Courtney Sundin, sophomore, those events are freestyle and backstroke. “So far this season has been better for me because I am actually in the pool training,” Sundin said. “Last year at this time I was out with a concussion during the first several weeks of swimming, so I consider this season to be a success so far.” Sundin is originally from Tacoma, Washington, and said that she especially enjoys swimming in outside pools in Southern California because of our consistently sunny weather.

Many swimmers have recognized and grown to appreciate the bond that is created among teammates and fellow athletes because it allows them to establish lasting friendships. “Out there in the water you can hate your competition but once you exit the water, you’re friends. People just know how to get along even if you’re on different teams,” Grimalda said.

“Although the men’s and women’s teams compete as separate members of the same gender, they all recognize that they function as one united team. “One woman’s team is a lot larger this year and more competitive than ever,” said Patrick Sonsteng, senior. His enthusiasm for his team was evident as he shared information about his sport.

The swimmers are currently working to win Nationals in Oklahoma at the end of the season, where the team will take 18 male and 18 female qualifiers who are the top performers in their respective events.

The Eagles have two swim meets in upcoming weeks. Their first meet will be at the Redlands Invitational tomorrow at 11 a.m. followed by the Malibu Invitational hosted by Pepperdine University on Oct. 25 and 26.

Jock Talk with Jamie Vaughan

Lauren Nanez (left) and Carly Mottram (right) attack the ball at the Oct. 5 game against Buola.

THROUGHOUT THE SEMESTER, STUDENT ATHLETES PROVIDE INSIDE PERSPECTIVES ON THEIR SPORTS, THEIR PROGRESS AND PROGRESS THROUGH THE SEASON.

The cheer team has been working hard preparing for upcoming games and major events like Midnight Madness. This year, the cheer team has undergone a few huge changes.

First, we have a new coach. Head Coach Amy Haney, who started coaching the team half way through last season, will be leading us this year.

Second, the team has almost doubled in both size and talent. This was the first year that the cheer team did not hold fall tryouts. Instead, Coach Haney recruited high school seniors and transfer students with exceptional cheerleading ability.

Third, the team has changed from routines with dance material to stunt sequences and tumbling routines that are more rigorous than ever before. “This year’s level of difficulty has pushed through boundaries that we’ve had in past years,” said Christina Sanchez, junior. “Our team does more back flips, front flips, twist cradles and requires more flexibility, speed and strength than we have ever needed before.”

This summer was the first year that our team has returned to school early in order to prepare for the season. During the last two weeks of summer, our team would meet every day and have three hour practices. “At our first practices, I was very nervous,” said Sierra Putt, freshman. “It was my first day as a flyer and I didn’t know what to expect but now I am confident and excited to go to practice and learn more skills.”

As a team we spent a lot of time bonding. Of course, we bond through things like throwing each other over ten feet off the ground because what other way is there to bond with your teammates? During summer practices, we also learned five different tumbling, dance and stunt routines. At each practice, we are constantly adding new material to use at performances, half-times and time-outs.

The Concorida Cheer team will be at every men’s and women’s basketball game in an official capacity. However, our goal is to support all the sports teams on campus. Our first debut as a new team will be tonight at Midnight Madness. November is our favorite month at this time of year, but November’s Madness will be very different from past years and we hope to entertain everyone with our new routine, new stunts and new talent.

Although this is the seniors’ last year to perform at Midnight Madness, me included, we are so excited to get out and show the school how we have changed for the better. Not only can I see the difference in our team from last year but our team members can also see a huge difference.

Even the student body has taken notice of the changes we’ve made as a team. “I have seen the cheer team practicing this year and every time I turn around I see somebody being flipped. I’m really excited to see what the team has planned this year,” said Omar De La Piedra, junior.

It’s exciting to see how much we’ve grown so far this season and I look forward to every thing to come. Our team works hard every time we have practice whether it’s at 9 at night, 5 in the morning or 3 in the afternoon. We all show up ready to give 100 percent to our flye rs, backpots, bases and the team as a whole.
Hello! My name is Rebecka Chang and I would like to share some information about myself and how art has been present in my life. I am currently a senior majoring in Studio Art and minoring in Graphic Design. My favorite medium to use are graphite, charcoal and colored pencils. I have always been interested in graphic art but I never really thought about studying it until my junior year. I decided to transition my studies to Graphic Design because this generation is more driven by technology.

Several of my art pieces have been featured in the student art show on campus, but my favorite piece would have to be the one called “Crane Duet.” This particular piece was also featured in The Aerie this past spring. This piece was done with colored pencils and graphite. I decided to combine these two media because I felt that the bright colored pencils would contrast against the monochromatic blacks and whites of graphite. I also wanted to have a contrast between the subjects; therefore, I created an origami crane to contrast the realistic version.

As a child, I always doodled anime characters for fun and as little gifts for my friends. Then, I started to use my drawings to create handmade cards for my family every year for their birthdays or special holidays. As I got older, many of my drawings became inspired by nature. I enjoyed drawing birds, animals, flowers and landscapes. I learned that I am more drawn towards realistic and representational art. In my freshman and sophomore years at Concordia, I was able to experience different media that I was not exposed to in high school, such as oil paint. To be honest, painting was not my “thing.” One of the themes that I was attracted to was Asian culture, specifically Korean and Japanese. As a Korean-American, I was inspired to create art based on Korean culture. As I studied more Graphic Design, my art career transitioned more into the digital world. By using computer programs such as Photoshop and Illustrator, I became interested in design and typography.

In the future, I wish to continue doing traditional art as well as pursue a career in Graphic Design. I wish to create eye-catching designs and art that has a sense of realism as well as having great detail. I feel that art is a way to express a person’s personality in a two-dimensional space. I am very thankful that I am able to continue doing the things that I love.

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Watson in here:element: French prof. excels at distance swimming

PATRICK SONSTENG STAFF WRITER

Katherine Watson, Professor of French, is a fourth year French adjunct teacher with a unique hobby and a diverse cultural background.

Watson swims five miles every day, seven days a week, even on Christmas and when she was suffering from a broken neck. Dividing up her swimming schedule makes it easier to complete the 5 mile venture, consisting of one mile open water swimming from the shores of Newport Beach and four miles in a pool. Swimming is not only a passion but a critical part of her health regimen.

In addition to her daily swimming routine, she has also competed in about 10 to 20 open water races, and has endured many exciting and terrifying situations. Once, a jellyfish swam into her swimsuit and stung her. In another incident, Watson looked down to find a school of sting rays keeping pace beneath her.

"I practice for ocean swims in cold water by doing the fly near Lido Island, where there is clean water and an area where I can perform a deck change," Watson said.

Watson possesses a large amount of experience for both swimming and teaching. She teaches two classes at Concordia, but also teaches at other schools in the area.

"Dr. Watson is a fine academic with experience and insight in many aspects of higher education. She has a passion for all things French, and she is good at teaching students the French language and French culture," said Dr. Susan Bachman, Coordinator of Modern Languages.

"Along the way, she represents and helps instill experience and insight in many aspects of higher education. She has a passion for all things French, and she is good at teaching students the French language and French culture," said Dr. Susan Bachman, Coordinator of Modern Languages.

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Outdoors Rec leads beach camping road trip

LIANNA JORDAN STAFF WRITER

Over mid-semester break, the Outdoor Rec club hosted a beach camping road trip which included visits to Carpinteria, Santa Barbara, El Capitan and Ventura.

Karen Gurske, sophomore Outdoor Recreation Coordinator, led the group of eight students on the beach trip. Gurske planned the trip along with Aaron Puls, junior Outdoor Recreation Coordinator, and Christie Clark, ’08, Director of Community Involvement and Leadership Development. Clark is excited that Outdoor Rec is able to provide opportunities such as this for students to "experience the outdoors, revel in God’s creation and see through His beauty who He is and what He has done."

The group left early Thursday morning and drove to the first campsite at Carpinteria State Beach. After setting up camp, they enjoyed time surfing, tanning and exploring. The evening in Carpinteria was spent exploring downtown and was completed with Smore's, shared stories and a time of bonding around the campfire.

On Friday morning, the group drove north to Santa Barbara, then to El Capitan to set up camp on a bluff overlooking the ocean. On Saturday morning, they packed up and headed back south, stopping in Ventura to explore the final beach city of their road trip.

Throughout the trip, the group enjoyed beach games, hiking, outdoor cooking, surfing and relaxing during the short break from school. "My favorite part of the trip was the easygoing nature of it. After a hard week of midterms and papers, it was nice to go to a peaceful place and relax," Gurske said.

Originally, 16 students had signed up to attend the beach camping road trip, but after last Wednesday’s rainy weather, only eight stuck it out. "It is ironic," Gurske said, "because we had perfect weather on the trip!"

Alexandra Lee, freshman, was grateful for the opportunity to bond with other students on the trip. "Since it was a small group and seeing as I was one of the two freshmen on the trip, I feel like we all bonded well because everyone was open and friendly," Lee said. "A time we all really bonded was during our campfires at night. We all shared stories and reflected on our day!"

The next event for Outdoor Rec is a day hike at Crystal Cove Regional Park on Nov. 2. Those interested in this hike or future Outdoor Rec opportunities are encouraged to visit the CSLD, sign up for the monthly event email list or look around campus for posters of upcoming events.
Celebrating Oktoberfest: “Ein bier, bitte”

MICHELLE MARTIN
STAFF WRITER

Beginning late September and lasting through early October, a 16-day long festival known as Oktoberfest or “die Wies’n” takes place in Munich, Bavaria, Germany. Oktoberfest is a celebration full of women in dirndl, men in lederhosen, traditional German food and lots of beer.

“They have huge patios where different breweries sell their beer, which is the best beer you can get from Bavaria—it’s all very heavy and thick with a lot of alcohol in it,” said Christian Wickenhauser, junior German international student. “They drink millions of liters of beer and set new records for how much beer is consumed every year. It’s basically a fairground; they have rollercoasters and other rides. You can also win prizes playing circus games.”

Although senior Ryan Buuck was unable to attend celebrations in Germany, he was able to enjoy the food at the Student Union when Concordia had its own version of Oktoberfest. “They had sauerkraut, weinerschnitzel and some other German foods. I have German ancestry so I’m a sucker for sauerkraut and had to get some,” Buuck said.

Dr. Diego Gomez, Professor of Spanish, is pretty familiar with the German culture as well. “I learned German when I was very little. I’ve had German partners, employers and friends. My master’s was also in German and English,” Gomez said. “At Oktoberfest, there are big tents, full of tables with beer and women and drinking and Blas music.”

For those who cannot travel to Germany to celebrate Oktoberfest, there are several celebrations that take place in Orange County, like Old World in Huntington Beach and the Phoenix Club in Anaheim. Big Bear also hosts an Oktoberfest celebration for those interested in traveling to the mountains.

Gomez has attended the celebrations in Big Bear and the Phoenix Club. “[The Big Bear celebration] was pretty cool,” Gomez said. “The Phoenix Club gives a more traditional vibe, with mostly older German people with their kids in attendance.”

“I’m not planning on attending any of the festivals this year, but I’m sure I’ll find a chance to celebrate with my German buddies and some good German beer!” Buuck said.

“I didn’t know there were Oktoberfest celebrations in Orange County. But it would be interesting to see an American take on the festival,” Wickenhauser said. “However, the Oktoberfest celebrations in Germany are free entry and I would feel strange paying to get in to the ones in California.”

According to oldworld.ws, the celebration in Huntington Beach began Sept. 8 and will last until Oct. 27. Old World claims to have “the best German beers, traditional German food… and we have the most beautiful shot girls anywhere.”

Autumnal choral concert won’t fall flat

BRITTNEY GARNER
STAFF WRITER

Concordia’s men’s and women’s choirs will present the Fall Choral Concert tonight at 7:30 p.m. in the CU Center. The concert will consist of choral music including folk songs, global music and inspiring sacred music.

Dr. Martin Jacobson, Academic Chair and Director of Choral Activities, chose the music that will be performed and is also conducting the concert. The concert will feature many different combinations of singers, including the Men’s Chorus, Donne di Canto (previously Women’s Ensemble) and solo performances.

“The concert includes a great variety of music. One highlight for the Men’s Chorus is a South African Praise song called ‘Gabi, Gabi.’ Donne di Canto is especially looking forward to the premiere performance of a piece I composed for them entitled ‘Beautiful,’” Jacobson said. “The test explores the idea that we are beautiful because God made us. As children of God, we can embrace God’s view of us and return praise to God for making us wonderfully complex.”

Participating singers are anticipating the opportunity to share new music as well. “I am most looking forward to singing Dr. Jacobson’s song called ‘Beautiful. I feel honored to be a part of the group who get the privilege to perform her piece,’” said Elisabeth Mullins, freshman.

“It is an empowering song about believing that everyone is beautiful, especially in the eyes of Christ.”

Christian Rose, freshman member of the Men’s Chorus, will be performing with a drum for some of the high energy songs like “Gabi.”

“I am most looking forward to singing Dr. Jacobson’s song.”

Gabi.” “People can look forward to seeing several charming, young and talented men singing notes that melodically strum the hearts of the listeners in the audience,” Rowe said.

For some Men’s Chorus members, this will be their first Fall Concert at Concordia. “They say you will never forget your first concert,” said Casey Clegg, senior. “I don’t know if you have been to a Concordia choir concert before, but this one is being taken to a whole new level.”

Both the Men’s Chorus and Donne di Canto improve each year and they encourage other students to get involved as well. “Even though there are different people in the choir every year, we have continued to grow and improve overall. I think it will be an impressive performance,” said Brittany Bartels, senior.

“I love the experience of singing in a choir. It’s an opportunity to tell a story and the audience gets to interpret based on more than just the words of the song,” said Misty Noye, senior.

“We have an exceptional music department at Concordia and I would encourage anyone and everyone to be a part of it. Even if they don’t think they have enough skills, we will find room for them because we want everyone to have a chance at being in our music program,” Bartels said.

Tickets for the concert are $10 for general admission and $8 for seniors. Concordia students are offered free admission. Tickets can be purchased online through cui.edu/TheArts or via the box office at boxoffice@cui.edu.
What’s the haps on Halloween?

Taylor Bundy | Arts & Reviews Editor

Although any time of year is a good time to watch a zombie movie, ‘tis the season to heat up some apple cider and settle in with a group of friends to watch some thrillers. Following is a chronological look at some notable films in the horror subgenre of zombies.

White Zombie (1932) “They are not men, Monsieur, they are dead bodies…zombies!”

This is the first feature-length zombie movie. Although it has not had much influence on the zombie films we are familiar with today, it certainly laid the groundwork.

Bela Lugosi, famous for his portrayal of Dracula a few years prior, plays an equally bizarre voodoo priest in H.G. Lewis’s World War Z. He is so into his voodoo rituals that he raises his victims from the dead, Legrande is able to control them with a clench of his hands and a menacing gaze, turning them into zombie-like slaves.

Although the acting is not very good, the camerawork and staging are actually very enjoyable. The atmosphere is moody and benefits from scenes set in a large gothic castle, dark catacombs and mossy graveyards like those you might see in New Orleans. The film is a Pre-Code talkie, so there are some over-the-top screams, and even a scene of zombies jumping off cliffs.

Night of the Living Dead (1968) “They’re coming for you, Barbara!”

This 1968 George A. Romero film is the first of six in his Dead series, and my personal favorite. Two of Romero’s later zombie films, Dawn of the Dead and Day of the Dead are definite must-sees, but there is something about Living Dead’s simplicity that creates non-melodramatic horror.

Living Dead is 95 minutes of tension, starting with the first zombie sighting exactly five minutes into the film. It was later released in color, but be sure to watch it in its original black and white state. It is so much more fun.

A couple of the characters are particularly frustrating through their inaction, sometimes I even wonder if the zombies are smarter than the characters. However, the heroes of the film is Ben, played by a previously unknown actor, Duane Jones. Although this was not the first horror film to cast a black man in the lead role, Jones is unforgettable in Living Dead and always elicits cheers from me and friends.

Living Dead is noteworthy because of Romero’s use of verisimilitude—a style that we still see today in films like 28 Days Later or World War Z. Also, the living dead are referred to as ‘ghouls’ and they eat whatever limbs they can get their undead hands on, unlike the hypnotized voodoo zombies.

Shawn of the Dead (2004) “Well, they were a bit…batty.”

Written and directed by Edgar Wright with Simon Pegg in the title role, Shawn of the Dead parodies Romero’s Dawn of the Dead and Sam Raimi’s Evil Dead series, although it stands alone as a great addition and deconstruction of the subgenre. It’s a brilliant British dark comedy, subtitled, “A romantic comedy with zombies.”

One of the most humorous aspects of the film is that it is also a social commentary critiquing the zombie-like state of society, even before the gnashing of teeth begins.

World War Z (2013) “Our war has just begun.”

The latest zombie movie to come out was Brad Pitt’s highest-grossing movie yet and also the highest grossing zombie film. It is one of the only zombie films released with a PG-13 rating in recent years. Despite some negative reviews it received this summer, it is a very entertaining movie, and adds new elements to the action scene, such as ultra-sensitivity to noise. It achieves many thrills by having zombies jump out suddenly, rather than showing as much gore as Romero’s films.

This film features running zombies, also seen in Zombieland, 28 Days Later, and Resident Evil. This element is always more thrilling, in contrast to the walking dead which are creepy in a suspenseful way.

This shift from walking to running zombies became more widespread in the early 2000s when fewer films showed zombies mysteriously coming for you, rather than coming out of nowhere.

Now films like 28 Days Later and World War Z show zombie infection being spread by viruses. This new breed of zombies are no longer technically “dead,” therefore, shuffling around like a stiff corpse is no longer necessitated.

If you’re being dyed to see a good zombie film, this could be the one.

Dear Abby...

Like the famous "Dear Abby" advice column, the Courier readers can submit anonymous letters to receive advice for all aspects of life. You can submit hard-copy letters at the Courier office in the Delta Lounge or digitally using the Submit Monkey link found on The Courier’s Facebook page.

Dear Abby,

I'll be straight up with you. How do I get rid of a UTI?

- Infected Down Under

Dear Infected,

Let me start by stating that I am not a doctor or anything even resembling a qualified medical professional. There are qualified medical professionals right on campus though, they’re waiting for you in the Health Center. However, I do have access to the internet and have therefore just become an expert on the subject of Urinary Tract Infections.

UTIs occur when germs get into the urinary tract, which is the system that makes urine and then removes it from your body. It involves your bladder and your kidneys, which can become infected if a UTI is not taken care of properly. Bladder infections can be treated and aren’t harmful as long as they’re treated, but the infection can spread to your kidneys and that is BAD NEWS. If you have pain in one side of your back under your ribs (where your kidneys are located), nausea, fever or vomiting, see a doctor right away because these are signs of a kidney infection.

If you don’t have the above symptoms and you’ve just started experiencing symptoms like pain or burning with urination, it’s possible to treat your UTI on your own. You should drink lots and lots of fluids, mostly water and cranberry juice. Avoid coffee, alcohol and caffeine. This will help flush the germs out of the urinary tract and stop the infection. With great fluid intake comes great responsibility…to fully empty your bladder when you pee, and DON’T HOLD IT if you have to go. You want to get those germs out of your bladder ASAP! If you’re experiencing pain, you can use a heating pad on your abdomen but, anything extremely painful is a sign you should see a doctor.

If you try to drink fluids and pee a lot and things don’t get better in a few days, see a doctor. They can give you antibiotics to stop the infection and prevent it from happening again. It’s better to be safe than sorry, especially when your organs are at stake. That’s all the advice I have on this one. I hope you are able to get things back on track! (get it? I’m funny).

Love,

Abby

Dear Abby,

My professor is a real jerk. What should I do about that?

- Pissed at Prof

Dear Pissed,

I’m assuming you’re writing in from another school because all the professors here at Concordia are patient, understanding, and kind-hearted. With that being said, everyone encounters a teacher they don’t agree with at some point or another. Sometimes they have a personality you just can’t get along with. If you just can’t stand your prof’s guts, there’s good news: we’re halfway through the semester and you don’t have to interact with them again come Dec. 13. At Concordia, we’re blessed to be able to create great relationships with our professors, but we’ve also allowed the choice to not engage with them outside of class. Sit through the class, do your work and try not to roll your eyes or cringe at your points of disagreement.

If your professor’s grading system or class organization makes you want to rip your hair out, that’s another story because it could affect your grade. If you’re not doing well in a class because you think your professor is unfair, set up a meeting to talk about it with them. They can’t make a change if they don’t know that one is needed. If you call them out for being unreasonable and they don’t change or help accommodate you, try talking to Academic Advising for advice on how to reason with the professor. Overall, the professors are here to teach and to help you get educated. If you’re not getting the education you paid for, speak up about it. Be firm and assertive but make sure you’re respectful and positive in your approach. You don’t want to yell at your professor and tell them how much of a jerk they are, you want them to change their behavior so that you can learn better. Focus on that and you should be fine. Good luck!

Love,

Abby

Fowl Living

Hey Marty, Well Sason, let's what are you just say that doing next to these jokes are that tree? going to be sappy... so you'd better stick around folks!

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If you're an artist with a story to share, an athlete with a point of view, or just a mildly cool person, contact us! There are opportunities to write about yourself or to have yourself and your organization written about!

Email: final.courier@gmail.com

Need a Fix?

AUSTIN BURKHART
STAFF WRITER

Starting this year, the Concordia on-campus housing staff is implementing a new way for students to contact Maintenance if utilities are to be fixed or replaced...if maintenance service is needed, students need to contact their Resident Assistant first. The RA will confirm with the Resident Director who will then inform Maintenance of the problem. The process was changed due to the amount of excess damage at the end of last year and Housing would now like a way to document throughout the school year.

"The new housing process does have its advantages and some students find the new process not only confusing but unnecessary. "I would rather go to Maintenance directly," said Haley Johnson, junior. "That way I know they know about it and I don’t have to rely on others to relay the message across."

Lucero, while pointing out the pros, also identified the cons of the new method. "It seems that the telling of this information through a chain, so to speak, leaves more room for error in a message as well as takes longer for that message to go from point A to point B," Lucero said. "Having the extra middle man in the process just adds more confusion and even though we notified our RA about the problems at the health and safety checks, things have still not been fixed," said Cassie Hollman, senior. "I know most of the guys that work in Maintenance and they are all pretty cool and have always been more than willing to help, so I find it unfair that people could also blame them for not getting things done when it’s not their fault if the message is not being passed along."

If you are in need of maintenance assistance, do not hesitate to notify your RA at the next health and safety check.

"The RA and RD could both be in the room getting things done when it’s not their fault if the process just adds more confusion and even though we notified our RA about the problems at the health and safety checks, things have still not been fixed," said Cassie Hollman, senior. "I know most of the guys that work in Maintenance and they are all pretty cool and have always been more than willing to help, so I find it unfair that people could also blame them for not getting things done when it’s not their fault if the message is not being passed along."

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