String of natural and radioactive disasters devastate stoic Japan

On March 15, a U.S. Anti-Submarine helicopter squadron provides water to a Japanese town.

A 9.0 magnitude earthquake struck the ocean floor off the coast of Japan on March 11. Within minutes, tsunami waves of up to 10 meters struck the Pacific coast of Japan, wiping out homes on anything in their path.

As of March 19, 7,320 have been confirmed dead, 2,618 are injured and 11,370 are missing. These numbers continue to rise.

The earthquake and tsunami inflicted severe damage upon buildings, roads, railroad tracks and more. Over 1.5 million households are currently struggling to survive without water, and more than double that amount are living with no electricity.

This earthquake was the most powerful in Japan's history and one of the five most powerful in the world since 1990. It had enough force that the quake shifted the axis of the Earth by almost 3.9 in.

The structure is required to be underground in order to comply with the building codes of the City of Irvine. Krueger stated that the new structure will feature two escalators—one dropping students between the Administration Building and Founder's Hall and the other between Sigma and Upper Quad. A two-way walking escalator will also be installed, which will run from Lower Quad to the Library.

Morgan Kimmel, freshman, sees the parking structure as beneficial to campus safety as well. "It’s the reason I moved off campus," said Josh White, junior. As a commuter this year, White feels his saved energy has been beneficial to his baseball career. "If it’s done in time, I’ll definitely move back on campus next year.”

Parking was cited as the number two inhibitor toward student retention. The new structure will feature two escalators—one dropping students between the Administration Building and Founder’s Hall and the other between Sigma and Upper Quad. A two-way walking escalator will also be installed, which will run from Lower Quad to the Library.

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While overall Concordia faculty and students reported no mention or incident of looting or violence. Everyone lines up. Wait your turn to enter the store. Store employees are extremely courteous and kind. "I hope to have study rooms, a new fitness center and maybe even a pool for our swim teams," Krueger said. He also plans to install at least three random spaces which will charge a $50 fine. Such parking spots will not have posted warnings.

A team of Japanese rescue workers searches the remains of a high-rise for signs of life in Wakuya, Japan, on March 15.

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Breanna Lafferman, to spend time in preparation for the joy-filled celebration of Jesus’ resurrection on Easter morning. In God’s Word with a daily schedule of readings through the gospel of Luke, email devotions and disciplines. In this vein, abbey has been kept as a time of special devotion, self-denial and humble repentance. Fasting has been a practice in the season of Lent—as a season of prayerful and penitential reflection especially directed to the holy days (holidays) set aside to remember God’s gifts and promises in distinct ways.

The same could be said about the life of Christ’s church. From Old Testament times into New, God’s people ordered their lives not only by days, nights and weeks, but by seasons, festivals and holy days (holidays) set aside to remember God’s gifts and promises in distinct ways.

From the New Testament times, the church has continued to order their lives by seasons of prayerful and penitential reflection. The season of Lent—beginning with Ash Wednesday and ending with Christ’s crucifixion on Good Friday—is a time to reflect on the season of sin, suffering and salvation—a time to remember Jesus’ life, death and resurrection. The beautiful thing about print journalism is that one coming... APRIL FOOLS! Betcha’ didn’t see that one coming...
A wicked deal on “Wicked”

BY JASON WHALEY
STAFF WRITER

The Broadway hit musical, “Wicked,” is currently playing at the Orange County Performing Arts Center (OC PAC) in Costa Mesa.

The show will perform March 9 through April 3 in the Segerstrom Hall. While most people will have to pay full price to see the performance, Concordia students received discounted ticket prices when they buy through the University. The discount was made available through the Li & D Student Activities’ Volunteer.

“We want to get students engaged in the community. A few students came to me and said, ‘We have to do this!’” said Gilbert Fugatt, Director of Student Leadership and Development.

At $35 a seat, the tickets sold out in just a few days.

“We weren’t really sure how many people were going to buy seats, so we purchased 50 seats” said Fugatt.

When asked if this offer will be available again for future shows at the OCPAC, Fugatt said, “We would love to make it happen.”

The story of the musical “Wicked” is loosely based on the novel “Wicked: The Life and Times of the Wicked Witch of the West” by Gregory Maguire, which also parallels the 1939 film of L. Frank Baum classic story, “The Wonderful Wizard of Oz.”

Since its beginning on Broadway in 2003, Orange County will host this musical blockbuster for the first time.

The Broadway productions success spawned provincial performances in Chicago, Los Angeles, and San Francisco, as well as international productions in London, Japan, Germany, and Australia.

“Wicked” has broken box office records around the world, pulling weekly gross records in New York, Los Angeles, Chicago, St. Louis and London.

“Don’t believe the hype, it is a great show” said Alison Nelson.

“I am excited to go see ‘Wicked’ I have heard such good things about it on Broadway, Fagg said. “It’ll be my 100th time on a Broadway stage.”

Although the program may be especially helpful to incoming undergraduates, it is meant for everyone.

Advertisements will be posted throughout the school. “My goal is that every student has heard about the week to some degree. Alix Hillis, [Senior] B.A., and I are working to develop some fresh, creative advertising to cover the campus,” Fagg said.

“The program is a great thing because some people need the guidance, and I am glad to see that our school is putting money towards a program like this,” said Karen Campos, junior.

“Run for Hope, Run for Help, Run for a Friend”

BY ALEXANDRIA BAUER
STAFF WRITER

Concordia’s 3rd annual SK will take place this Sat., March 26. The Eagle Run will begin to bring the Concordia students and parents together in an effort to raise funds and awareness. Participating in the run costs only $10.

“SK is a huge benefit to our school and helps raise money for three of our non-profit organizations. I want our school and community to come together to have a drive and a focus,” said Nathan Carmah, ASCUC President.

One of these organizations is FISHISA, which means “to enable to reach” in Swahili. FISHISA brings hope, restoration and independence to young boys in the slums of Nairobi, Kenya.

The Eagle Run is also funding the Haiti Mission trip that is happening this summer. If you are interested or involved in the organizations of the non-profit that is being funded, Afton Johnson, ’09, and Jessica Siebert, ’10. This organization is one of the event coordinators. She has been going to is A Ban Against Neglect (ABAN). ABAN is a nonprofit organization founded by Rebecca Brandt, ’10. “I believe this is a nonprofit organization that will bring people to Concordia,” said Nathaniel Armstrong-Maltos, sophomore.

“Fiskisa works with women [in Ghana] who have children and live in the streets in poor conditions,” said Sam Breitman, ’10. “The main focus is to teach the young women different skills and how to get back on their feet.”

FISHISA is the other nonprofit organization that will be participating in the run.

FISHISA was founded by Breitman along with fellow Concordia alumni, Alyxus Magmognom, ’09, and Jessica Siebert, ’10. This organization works with street kids in Kenya—providing medication, food and school to help rehabilitate the boys.

“This is the only way of the arts where we try to bring the biggest variety of people together to express their talents and creativity,” Breitman said.

One of the highlights of the show will be an performance by the Orange Effect—an up-and-coming local talent represented by Concordia alumni Tim Bau, ’06, and Blake Fletcher, ’07. Local improv teams, Improv Shimprop, will also be performing.

Come on in on April 3 from 7 to 10 p.m. at the CU Amphitheater. A Wicked Fish Taco truck will be selling tacos starting at 6:30 p.m.—a portion of the proceeds going to ABAN and FISHISA.

Weeklong program on gender respect offered

BY PAUL SANDOVAL
STAFF WRITER

A program to help both men and women grow personally and relationally with the help of God’s word will take place during the week of April 4.

“The idea for the week came from my experience working on something similar at my previous job. We always received such positive feedback, and really saw growth in the students who participated so I wanted to bring it to Concordia’s campus,” said Janelle Fagg, Assistant Director of Residential Education and Services.

This is the first time this program has been hosted. This year’s theme is respect. Each day will include a variety of activities for students, focusing on aspects of respect—respect for self, others, community and God,” Fagg said.

Some of the activities that will be taking place in the week to come will be an art project, a yoga night, a volunteer involvement fair and a panel discussion separate for both men and women.

“I think it’s a good idea because some people don’t exactly know where they are going in life so this program would be good for those who want to become better people and have better relationships,” said Anissa Sujie, sophomore.

“The program seems to be a good thing for freshmen and sophomores to help them find themselves because the first two years of college are important with growing and finding your path,” said Tjarnel Johnson, sophomore.

Although the program may be especially helpful to incoming undergraduates, it is meant for everyone.

Advertisements will be posted throughout the school. “My goal is that every student has heard about the week to some degree. Alix Hillis, [Senior] B.A., and I are working to develop some fresh, creative advertising to cover the campus,” Fagg said.

“The program is a great thing because some people need the guidance, and I am glad to see that our school is putting money towards a program like this,” said Karen Campos, junior.

زمینه‌های مختلف انجام دهنده اتان گیفت، ریکیسیکا و بیدنین ناشنوایان کنار خود می‌ترد. این دو ناشنوایان کنار است که ما نیازمندی‌های خود را در این کناری نشان نمی‌دهند ولی این دو ناشنوایان کنار شاید علاقه‌مندی و دریافت اطلاعاتی را از این زمینه دارند. اگرچه بهترین راه برای ضعف ناشنوایان کنار در این زمینه را در این دو ناشنوایان کنار می‌توان به آنها پیشنهاد کرد و به آنها بهترین راه برای ضعف ناشنوایان کنار را در این زمینه می‌توان به آنها پیشنهاد کرد.
The Eagles Women's Water Polo team, which currently possesses a 16-10 record, is steadily improving once again this season. They have had two four-game winning streaks and have notched last season's win total. The Eagles finished 14-13 in 2009, finishing 5th for the first time in program history and have improved by three wins each year since posting eight victories in the 2008 campaign. With the pace they are currently on, they could be on their way to accomplishing that once again.

On March 15, Katherine Manderino, sophomore, slung in five goals leading the Eagles to a 14-3 bruising of Concordia rival Vanguard. Adding to the scoring was Lybov Tchougounova, sophomore. Concordia started out with a 6-0 run in the first inning to the scoring was Lybov Tchougounova, senior, who added three goals herself in this contest. Concordia started out with a 6-0 run in the first installment of this game and went into halftime leading 8-1.

"It's always great to come out with a quick lead," said Manderino. The Eagles endured a tough stretch of seven games in four days dating back to last Thursday. The team ran into good competition at the Clarence Montgomerie tournament in which they took on four teams in one day. Women's College, Bucknell University and University of Redlands. The Lady Eagles split those games, winning the first two and the losing the last two. Both losses were decided by less than four goals. The team had a good tournament and we played hard.

We just need to move on to our next game and focus on that," said Tchougounova. "I've been a lot of the games this year and it is very exciting to watch. I definitely suggest going because all the games are intense," said Alex Barnes, sophomore.

The team competed in the Lavender Invitational over the weekend finishing 2-2. The highlight of the tournament came on Saturday when Manderino scored goals that led the Eagles to a 12-11 double overtime win over rival Arizona Paca. The team's other win was a 15-10 victory over Siena on Friday. The invitational wrapped up a grueling schedule of seven games in four days with Concordia finishing 3-4.

In their next match, Concordia takes on Cal-Baptist tomorrow at 7:30 p.m. at the Woollett Aquatics Center.

Peters highlights Nationals with 3 titles

BY MARK PIRCHER STAFF WRITER

The swimming season wrapped up when Alex Peters, junior, brought home three individual NAIA titles. Allison Duran, senior, also earned a NAIA All-American time in the 200 backstroke.

Peters was named Women's Outstanding Performer—the first time in program history that an Eagle has taken home the award.

The men and women's teams both finished in sixth place at the 2011 NCAA Swimming and Diving National Championships.

The team experienced multiple injuries this season, but that did not stop them from maintaining the focus of the year, which was to build and maintain positive attitudes.

"I was asked to start the program and am very impressed in what the team has done with the minimal resources," said Ken Dory, Director of Aquatics.

"The team, as individuals, swam better than they have in the last three years, and we are looking forward to winning next season."

Water training began in early September, and the season generally runs through the first week of March. During the season, the swim team practices as much as 15 hours per week. Students on the swim team are expected to be involved in the sport and feel inspired by Dory. "Coach Dory motivates me by giving me hard workouts to make me a better swimmer and in all ways a positive influence," Peters said. "This was my first year on the swim team and everyone was really friendly and made me feel welcome. Everything just got easier quickly after I traveled to California and New York, Arnold, junior. "We have a lot of very fast recruits coming in, some key swimmers coming back and a very strong ast of winning NAIA championships."

NFL work stoppage looms

BY KYLE INFANTE STAFF WRITER

On Fri. March 18, the NFL Players Union dissolved, resulting in a full player lockout because a bargaining agreement had not been reached.

The NFL and the NFL Players Association are currently in negotiations to install a new collective bargaining agreement before the 2011 season begins. Negotiations have resulted in the decertification of the Players Union in addition to the lockout.

Decertification means that a player's union no longer exists under a collective bargaining agreement is reached. Once that is in place, the union will be recertified. This puts the 2011 NFL season in jeopardy. The players, coaches and owners are now uneasy because of the risk of not having a job next season.

The upcoming draft in April poses an even further problem as the Players Union plans to hold a protest, resulting in the absence of premium players at Radio City Music Hall in New York City.

This situation is similar to the 2004-2005 NHL players' strike. The NFL and its players were not in agreement on a proposed salary cap, similar to the NBA, and it resulted in a full fledged lockout that prevented the season from being played. One of the big differences between the NFL and the NHL is that the players are able to play in professional leagues in their home countries.

For example, the bulk of the Russian players moved to their homeland and played in the KHL—the closest league competition. NFL players do not have that luxury. NFL West Europe went bankrupt in 2007 and the new NFL and Arena Football are less than-perfect options because of the miniscule level of competition.

With the lockout in place, there is a possibility of the 2011 season being canceled. This is not just terrible for the players and coaches but for the fans as well, as certification of the NFL as a monopoly is essential.

On the other hand, Sunday is an all-day event with at least one game on through the day. If football all of a sudden ceased to exist, people would be lost and not know what to do on Sunday.

"I would probably go to church or just do nothing," said Chris Ramos, junior and former NAIA All-American. "I've been to a lot of the games this year and it is very exciting to watch. I definitely suggest going because all the games are intense," said Alex Barnes, sophomore.

The Eagles competed in the Lavender Invitational over the weekend finishing 2-2. The highlight of the tournament came on Saturday when Manderino scored goals that led the Eagles to a 12-11 double overtime win over rival Arizona Paca. The team's other win was a 15-10 victory over Siena on Friday. The invitational wrapped up a grueling schedule of seven games in four days with Concordia finishing 3-4.

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The Franchise

My mind is not well. As I’ve slowly recovered from a brutal week of midterms and professors piling on the work, I have overwhelmed with fantasy baseball draft projections and college basketball lists. To avoid the sporadic culture of depression and the overzealous need to blend everything together. The result? I present you now my Concordia basketball franchise:

Offense: Dr. Kurt Krueger—he is comparable to Dr. Jerry Buss—he is the greatest owner in all of sports. Krueger loves his players and is willing to spend the money needed to get the job done. I wonder if our President is as good of a baker as an owner?

General Manager: Dr. Jason Yvon—his life is a dream. The Department Chair of History gets a sincere making trades, signing free agents and, most importantly, preparing for the draft. "I think we have a great job of an owner and the right people in place."

Assistant Coach: Dr. Kent Schliefenstein—His Hall of Fame coaching credentials make him a remarkable fit. Krueger’s abilities cause any player to long for a coach of his stature.

Head Coach: Dr. Kent Schliefenstein—His Hall of Fame coaching credentials make him a remarkable fit. Krueger’s abilities cause any player to long for a coach of his stature.

Assistant Coach: Prof. Konrad Hack—Dr. Hack is on the staff strictly to give questionable calls with the officiating crew.

Nurtunist Eddie Espinoza—The team would find his presence more palatable with the officiating crew.

"It's always great to come out with a quick lead," said Manderino. The Eagles endured a tough stretch of seven games in four days dating back to last Thursday. The team ran into good competition at the Clarrence Montgomerie tournament in which they took on four teams in one day. Women's College, Bucknell University and University of Redlands. The Lady Eagles split those games, winning the first two and the losing the last two. Both losses were decided by less than four goals. The team had a good tournament and we played hard.

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“Unseamingly OC”
Fashion-themed art show sparks interest

BY MALLORY SANCHEZ
STAFF WRITER

The Arsonists, a collaborative group, their “The plot is so simple that we have an opportunity to critique the very model through the critical dramatizing of another biennial. They debated their unfinished piece at OCMA’s biennial, in fact, through it, encouraged to see fashion at OCMA were “...Fictional and through it, encourage visitors to participate in the Venice Biennial in June. The group also stated that they will be presenting the finished work at a third biennial later this year. Andy Ralph’s talents range from drawings to sculptures to installation pieces. The two on display at OCMA were “Trash Can” and “Recycling Laminated Card.” “Trash Can” involved five upside-down 32-gallon trash cans with wood planks coming out of the cans. According to Ralph, the installation is a snapshot of when trash cans fall over. He even installed a motor so that the wheels spun as the cans fell over and the piece is to remind visitors to find significance in the small things in life and find art and beauty in the mundane. Naina Watanabe spent time in Tijuana where she found her inspiration for installation piece, “Between Bodies/Tijuana.” Visitors are able to walk through mobile-like constructs with sensors attached to the ends. As the visitor walks past a sensor, a sound plays. The sounds in this exhibit were recorded during her time in Tijuana. “As a former dancer, I’m interested in how we think through our whole bodies—not just our eyes. This, many of my works are based on the bodyago thinking to the surface,” said Watanabe. OCMA’s “2010 California Biennial” ran until March 13. For more information, visit OCMA’s website at ocma.net.

The event will be held at 6:30 p.m. Tickets are $8 for students, faculty and seniors and $12 for general admission. Tickets can be purchased at the Box Office (CUC 101), by phone at (949) 214-3148 or online at cuci.edu/thearts.

The Arsonists is another way for The Orange County Fashion Association to observe fashion-themed art. Students came from different schools to see what the Promenade had to offer.

“reason why I came is because I saw a flyer at my school, and I have a strong desire for fashion and didn’t have anything else to do tonight. I am also just coming out of curiosity because my major is not art, but I might want to do it,” said Amalia Xu, student at the Art Institute in Orange County. Along with the exhibit itself, there were also refreshments, raffles and prizes.

“This night is for people to get together and network in the OC Fashion Industry,” said Angel Evangelou.

About the event

The country’s leading fashion, art and design school is OCMA, which boasts dance, theater, music and design. This year’s event featured 14 OCMA students, who showcased their work in a variety of mediums, from painting and sculpture to fashion and film. The event was sponsored by the OCMA Foundation, which provides scholarships and grants to students and faculty. OCMA was also joined by guest artists from around the world, including New York-based artist Band-Aid, who created a series of large-scale installations using materials such as paper, wood and metal.

OCMA’s "2010 California Biennial" presented the "..." a biennial is the opportunity to respond to what is happening rather than to cast the artists in a role according to a prefabricated script the curator writes,” said Sarah Bancroft, Curator of the 2010 California Biennial. "For the 2010 Californ..." (text continues on next page)
Sage Hill Multicultural Fair celebrates diverse communities

BY ANDRIA WASHINGTON STAFF WRITER

Gas prices are increasing along with the stress levels of many Americans, but people are adapting to make the best out of the struggle.

There are many different things Americans are doing in response to the rising gas prices. These include driving down to conserve fuel, using other means of transportation and using better money management skills.

Part of the contribution to the continually rising oil costs is the U.S. constant one in demand. In 1983, there was less than a 30% dependence rate on foreign countries’ oil. Now, we depend on other countries for 50% of our oil.

Roughly 178 million barrels of oil are used each day in the U.S. This high demand for oil allows stations to charge a price of about $3.55 per gallon.

With gas prices skyrocketing, some people have learned to take advantage of carpooling and public transportation. This not only helps people save money, but also reduces pollution.

Others are getting from place to place by using other forms of transportation such as bicycles and walking.

For some, it is becoming vital to figure out new financial strategies to keep up with higher gas prices.

Sarah, Pineda, junior, said, “It hasn’t affected me that much because I don’t go off campus that much, but if I am worried about the others, I will carpool when I can, and I only take necessary trips. Hopefully everything will settle down.”

Others have a very direct and simple opinion about the gas prices. “I don’t like them,” said Will McElvane, freshman.

Some students are refusing to use their own vehicles to get around because of the cost of gas. “I think [gas prices] are ridiculous,” said Celynna Romero, freshman. “I’ve given up on the option of driving because I refuse to pay $4. The cheapest gas is the way to go, honestly,” said Brittany Mckenzie, freshman.

At a White House press conference, President Barack Obama said, “We need to increase our access to secure energy supplies in the near term, and we’ve yet to make our economy more energy-efficient and energy independent over the long run.”

Until those ideas are put into effect, Americans will have to continue adapting to the rising price of fuel.

Ayden Bank, freshman, said, “I think it would open up my eyes to culturally diverse things that I am not aware of, and although [the event] is not that appealing to me, the concept is beautiful.”

Frieds concluded by adding that students typically really enjoy the event and that she would love for as many Concordia students to attend as possible.

The event takes place from 11 a.m. until 4 p.m. Admission is $7 at the door, and children under 7 years-old are free. Food tickets will be sold for $1 each.

For additional information, visit sagehillchool.org/multicultural.

Gas prices faret on wallets

Union battles sweep the nation

BY JOSEPH LAUGHTON STAFF WRITER

It was seemed to many Americans that this economic downturn—labeled by some as the “Great Recession”—has lasted forever.

As the long economic struggle, many individuals start to focus on what could have possibly caused this current state of trouble. A possible cause is the issue of public sector unions. Many feel that public sector unions, in particular, and unions, in general protect their jobs and salaries, and are contributing to both the public’s and the government’s budgetary woes.

In the San Francisco “Monster” reported on Feb. 18, that Wisconsin Governor Scott Walker (Republican) had passed his bill to ban collective bargaining for most public sector unions.

Collective bargaining is a legal strategy that allows public employees to come together for issues they feel strongly about—usually wages or benefits for their members. Walker has sought to limit collective bargaining, not allowing for benefits to increase higher than inflation in order to protect the state’s budget during this economic crisis.

Due to the internal nature of this issue, it has caught itself into the national stage. Nearly every person of the Wisconsin Governor Sarah Palin to President Obama, the GDP to the Democratic Party, has involved themselves in this political fight.

Unsurprisingly, much of the country has an opinion on the topic. A Fox News poll on March 8, found that while 68% of Americans felt that unions had too much power, an average of 82% of Americans were for their right to collectively bargain for salaries, health care and pensions.

It seems that Concordia is also divided on this defining issue. Kimberlee Cof, freshman, said, “While it’s complicated, I don’t feel that they should have to cut back on wages and benefits.”

Kayla Nelson, sophomore, said, “The only one I know of that doesn’t support the bill is my roommate. She said that she probably wouldn’t be a teacher at all if it passed.”

Andrea Magni, senior, said, “I think it was a good move, and a big step. It’s about time.”

At this point Concordia University’s attendance of the event will likely be minimal. Many students demonstrated interest, but seemed inconvenienced by the distance and timing of the event.

Cynthia Romero, freshman, thought the event would require an amount of time and effort that she is not willing to spend although she mentioned that it sounds “kind of cool.”

Audrey Bank, freshman, said, “I think it would open up my eyes to culturally diverse things that I am not aware of, and although [the event] is not that appealing to me, the concept is beautiful.”

Frieds concluded by adding that students typically really enjoy the event and that she would love for as many Concordia students to attend as possible.

Sage Hill High School in Newport Beach will be celebrating their 10th annual Multicultural Fair on March 26.

Gordon McNeil, Sage Hill’s Head of School, said in a recent press release, “The Multicultural Fair allows us to extend that celebration of diversity that public sector unions, in particular, and unions, in general protect their jobs and salaries, and are contributing to both the public’s and the government’s budgetary woes.

The event takes place from 11 a.m. until 4 p.m. Admission is $7 at the door, and children under 7 years-old are free. Food tickets will be sold for $1 each.

For additional information, visit sagehillchool.org/multicultural.
**Health Tip**

**Now I Lay Me Down to Sleep. I Pray...**

Multiple studies have shown that sleep disturbances are common in college students. Poor sleep quality leads to depression, irritability, confusion and tension (Buboltz, 2008).

College age students need around nine hours of sleep daily and learning consolidation depends on rapid eye movement sleep (REM).

Student surveys report that staying up late and "cramming" for a test is beneficial. However, research shows that students who are sleep deprived perform significantly worse on exams. Also, a geriatric study by Castor (1991) found that twice-daily exposure to sunshine significantly improves mood.

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**So what can you do?**

A more consistent pattern or circadian rhythm of sleep and wake cycles including weekends can help. So stop what you are doing, and go to bed at a set time, and schedule to get up at the same time daily to improve sleep quality. Minimize white noise. Ear plugs may be useful in some noisy dorm environments. Strive to attain a regular schedule of quality and quantity of sleep. Each day get out into the sunshine a bit for some exercise. Say hello to the back of your eyelids.

**They are your friends!**

Dr. Carol Holt
Department of Nursing

**Career Tip**

**How to Improve Your Resumé**

By Melissa Hinrichs, Career Center Intern

As college students we are told about the importance of a well written resumé. Since employers normally spend less than 30 seconds reviewing a resumé, it needs to be clear and well organized. I have learned about resumé writing and have used available tools to improve my resumé.

1. **Utilize Online Resources**—The Career Center’s website provides a variety of sample resumés and cover letters. O*Net Online is a great place to find job descriptions and help identify keywords and actions verbs.

2. **Appearance**—Ensure that your resumé format is consistent. Your resumé needs to be free of spelling and grammatical errors. Keep it to one page in length.

3. **Cover Letter**—Include a cover letter along with your resumé. If submitting your resumé electronically, treat the body of the email as the cover letter. Ensure that your resumé and cover letter match in content and style. Use the cover letter to convey your desire to work for the company and why you are a good fit.

It is never too early to create a resumé. It should be a working document throughout your college and professional life.

**Resources:**

O*Net Online: onetonline.org

The Career Center’s website for Resumé and Cover Letter Tools:

cui.edu/studentservices/careerservices/index.aspx?id=19591

Visit the Career Center for assistance
Paul, “Going Out In Style.” The new album was released just in time for St. Patrick’s Day, which is celebrated in Boston due to the city’s strong Irish heritage.

The new album, “Going Out In Style,” is the song featured at the beginning of the album. It is one of the positive, uplifting songs on the album. The video for the song features the band in a humorous situation where they are trying to attract attention.

According to the album review, the band repeats the phrase, “come join the fun,” which is a self-help mantra. The message of the song is to stay positive and try to change the way we live. At the end of the song, the band repeats the phrase, “come join the fun.” This encourages people to join in and make positive changes in their lives.

The band is known for their powerful sound and their ability to make tunes that are perfect for any occasion. They offer a unique experience that will make you want to pencil them in your calendar right now.

Everyone knows Mike Tyson the fighter, but he has a side that is not just for the ring. He is known to be a bit of a prankster, and he enjoys his time off the ring. His fans love to see the funny side of him.

Tyson “takes on pigeons”

Tyson is currently working with a four-man team that has little experience in raving but makes up for it with enthusiasm and a will to succeed.

On his team is Maris Cortiz, a lifting friend who runs one of the gyms that Tyson used to train at before fights and two friends, Jamie and Ricky Simon, who grew up in the same area as Tyson. Last but not least is their coach, Vinny Torre, who is known to be the best of the best when it comes to pigeon racing.

While watching this show, it becomes apparent that Tyson really does find great solace when he is with pigeons. He even said that the first thing that he ever loved in his life was one of his pigeons. He says that he feels a strong connection to the birds because of their loyalty, which he believes makes them almost human. In fact, the first fight that he ever got into was with a neighborhood bully who had hurt one of his pigeons.

“Taking on Tyson” is a great way to see what can be described as “behind the scenes Tyson,” but it will not be the next big hit to bring families across America together. While the show does highlight a side of Tyson that isn’t often seen, it doesn’t change the way we view Tyson. At the end of the show, the band repeats the phrase, “come join the fun.” This encourages people to make positive changes in their lives.

The band’s new album is a perfect way to close your weekend every once in a while but definitely won’t keep you on the edge of your seat. So, if you’re in the mood for a change of pace from sitcoms or if you don’t have a choice because Charlie Sheen is taking a subpar role from the exploitative media, then this show can be the perfect way to close your weekend every Sunday night at 8 p.m. on Animal Planet.

“Paul” abducts audience praise

BY BRYANNA LAFERRER
REVIEWS EDITOR

Attention nerds everywhere: looking for a movie that meets both your comedic and SciFi needs? With the movie, “Paul,” you will get just that—and then some.

“Paul” opens in present-day San Diego, where we find the British-dreamy dos, Gruee Willy (Simon Pegg) and Clive Gollings (Nick Frost), at their “Meca”—also known as Comic-Con. While overloadingshown with the latest comic books and video games, they get to meet their idol, Adam Shadowchild—who authors of various Sci-Fi novels the public has observed over.

Once getting their fill, Willy and Gollings decide to travel across the U.S. to see what the other world is out there but a certain group, such as Area 51 located in Southern Nevada, the Black Madonna in Groover Lake, and Roswell, New Mexico.

While on their journey towards Area 51, they find their RV spins out of control and crash on the side of the highway. Apprehensive to leave their vehicle—seeing as how it is late at night and they’re in the middle of nowhere—they check to see that everything is okay. As they approach the vehicle, they see no one inside.

With anxiety and confusion rising, they begin to look around and call out to anyone who the car belonged to. Then, out of the darkness, enters Paul in all his extra-terrestrial glory. Gazing in awe, he sees the craptastic out of Willy and Gollings, bring- ing their wildest dreams and fears into reality. So much so, that Gollings ends up fasting and passing his pants.

To say the least, the movie does not disappoint. In fact, I would go on to say that it is one of the best movies I have seen released this year so far. Hitting all the right marks of what a film should be, “Paul” abducts the audience’s attention and interest, proving them with a perfect blend of comedy and romance and action.

So grab your Chewy shirt, your friends and your favorite E.T. plush toy from when you were a kid. You never know what’s out there!

“Taco Tuesday” hot spots around the OC

BY PRISCILLA BARBANELL AND NANNETTE TAWIL
STAFF WRITERS

Tacos, margaritas, friends, cervezas, music, tequila shots, good deals and did we mention drinks? Taco Tuesday, the duo in the RV, running from govern- ment officials while barely escaping sticky situations where, of course, hilarity and action ensue.

Although the movie definitely appeals to the hardcore Sci-Fi fans of the world, it should not de- ter audience members from seeing the film. It also movie appeals to movie buffs, referencing a variety of films, including “Star Wars,” “E.T.,” “Close Encoun- ters,” and “Star Trek.” Some of the most famous scenes—the Cantina scene from “Star Wars,” E.T.’s and I-V’s E.T. finale— are replicated in the film, allowing the real-life duo, Pegg and Frost, to show honor to the SciFi movies that precede and inspire them as both writers and actors.

Along with the new, moveable buffet, the seats of the theater should also be filled by the buttocks of action and romance communicators. Adding to the overall amounts of bliss, the film entices moviego- ers with car shows, multiple fight scenes and the quintessential Hollywood explosions. But wait— that’s not all! To counter the bloodshed, Willy also shoots his gun at love—despite the awkwardness—allowing the supercutie Rugs Buggs (Kristen Wig, “Saturday Night Live”).

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“Paul” is rated R for language including sexual references and some drug use and is playing at Edwards Irvine Spectrum 21.

The band’s new album is a perfect way to close your weekend every once in a while but definitely won’t keep you on the edge of your seat. So, if you’re in the mood for a change of pace from sitcoms or if you don’t have a choice because Charlie Sheen is taking a subpar role from the exploitative media, then this show can be the perfect way to close your weekend every Sunday night at 8 p.m. on Animal Planet.

“Tyson “takes on pigeons”

BY JOSHDUB YOUNG
SECRET WRITER

Everyone knows Mike Tyson the fighter, the biter and the creepster. His reputation precedes him, however. Very few people know Mike Tyson the pigeon keeper. The new reality show “Tyson: Taking on Tyson” allows viewers a unique experience—the ability to take a new look at the old fighter.

Tyson—born Michael Gerard Tyson—grew up in a rough part of Brooklyn known as Brownsville. There, he and one of his friends, Dave Malone, built pigeon coops using pieces of wood that they found in abandoned housing projects. The time he spent on the rooftop with his birds served as a safe and tranquil contrast to the violence of the streets.

While Tyson has kept birds since he was a boy, the show marks the beginning of his career as a pigeon racer. Tyson is currently working with a four-man team that has little experience in raving but makes up for it with enthusiasm and a will to succeed.

On his team is Maris Cortiz, a lifting friend who runs one of the gyms that Tyson used to train at before fights and two friends, Jamie and Ricky Simon, who grew up in the same area as Tyson. Last but not least is their coach, Vinny Torre, who is known to be the best of the best when it comes to pigeon racing.

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