

THE CONCORDIA

• COURIER •

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RES seeks servant leadership in RA applications

MADISON ZUNIGA
CAMPUS EDITOR

Student leadership position applications are open, interviewing and accepting through Fri., Feb. 16. Among the many valuable roles, RES is looking for dedicated Christ-oriented students to assist in residential life.

Resident Assistants (RAs) are a crucial part of on-campus living, as they collectively support every residential student at Concordia. Alexis Borland, the Associate Director of Residence Life & School Spirit, explained the most significant aspects of the RA position: "The general responsibilities of a resident assistant include getting to know your residents in your hall, planning events for your residents to enjoy, conducting weekly health and safety checks, providing on call support to respond to student crisis, spending intentional time with residents, working the box, attending meetings and creating a safe environment in your hall."

Borland also oversees the RA hiring process. She said, "RES hires RAs who are passionate about building community and creating a sense of belonging in the residential halls. Staff members who work in RES each oversee an RA staff of eight students. We provide mentorship and leadership development for the RAs on our staff. We support them so they can better support students. We expect RAs to be intentional with the residents and make an effort to get to know each student living in their hall."

Madison Durkin is a junior currently serving as the Gamma RA in Lower Quads. "I actually applied to all leadership positions [last year] because they all sparked

my interest, but RA was consistently my top choice," she said. "The job appealed to me because of the convenience of being on campus and the fact that it is [one of the better] paying on-campus job positions. But, more so, I was really called to the job as an opportunity to be a leader in small ways by connecting residents, keeping up with people, planning events and keeping campus running smoothly."

RAs work 12 hours each week, and help facilitate move-in and move-out at the beginning and end of each semester. Students are encouraged to apply now, as RAs are needed for each residential hall in Lower Quads, the Upper Quads Living Learning Communities, Sigma and Rho. Supporting the freshmen students in Rho is particularly important as they establish themselves at Concordia during their first year. "It's an extremely fulfilling job," said Madison Johnson, junior Rho RA. "You get the opportunity to build meaningful personal and professional relationships."

Serving as an RA provides numerous benefits and diverse professional experience. "People should apply because being a resident assistant will give you a ton of experience in multiple different areas," said Borland. "From event planning to crisis management, graphic design to administrative tasks, you will learn a lot in this position. The resident assistant role is also a job many people in the workforce understand because if you went to college you most likely had a resident assistant. The free 10 meal plan is a great incentive to apply as well!"

"It is a lot of work, but it's nice to have the responsibility and feel trusted," said Sigma RA Kathleen Bennett, senior.



PICTURED ABOVE: 2023-2024 Resident Assistants
Photo courtesy of: Alexis Borland

She reminded fellow students that RAs are charged with maintaining rules in living spaces because it's their job. Overall, she said that she and other RAs seek the best for their residents, and want people to live comfortably together. "You can be a cool RA," Bennett emphasized.

"I have learned so much about myself and have really grown in a ton of ways," said Durkin. "I am much more effective with time, responsible and I have connections with people I would have never met. I can handle tough situations better which will help me in my

future career as a teacher. I love working with the RDs like Mrs. Mo and Erin and the other RAs. Our staff times and one-on-ones are oftentimes the highlight of my week! It's so cool to have bosses and a staff that cares about you. I have really enjoyed getting my feet planted in this posting this year and I am looking forward to applying again and hopefully moving to an LCC in Uppers for my senior year."

"Our ideal candidate is someone who loves Jesus and wants to serve His children," said Borland. "As an RA you get to walk alongside students

in their highs and lows so someone who exhibits qualities of servant leadership and selflessness is who we want to hire."

If you are interested in applying, fill out the student leadership application Google Form available on the MyCUI app, in the Eagle Insider, and on posters around campus. For more information about being an RA, contact alexis.borland@cui.edu.

Staff writer Anna Welsh contributed to this story.

Big wins at Suitcase Bingo



PICTURED ABOVE: Bingo participants.
Photo courtesy of: Amanda Norris

TABITHA JOHNSON
STAFF WRITER

On Fri., Feb. 2, the Leadership Education and Development (LEAD) program hosted a successful Suitcase Bingo night, giving away close to \$2,500 in prizes. The event was held in Denault Auditorium with over 200 participants and 10 themed baskets to choose from.

Amanda Norris, Director of Student Life & Leadership Development, said, "The whole event is full of anticipation." Suitcase Bingo is Norris's favorite event to host because "It's easy, fun and I love seeing students get excited when they get Bingo and get to choose a basket."

The event consisted of 10 rounds of Bingo, with each winner receiving a themed suitcase reward. Winning students could

choose between a variety of themed prizes like retail therapy, gaming, Disney and more. There was even an outdoor-themed prize containing a National Park pass and a SoCal-themed prize containing a \$100 Visa gift card.

While this Bingo event is annually hosted by LEAD, the suitcase element comes from the 2023-2024 school year theme 'road trip.' Emma Agronovitz, junior and Student Activities Coordinator said the theme is representative of how "We are all on this journey together. It displays the community that Concordia has built for its students."

Harrison Schmidt, senior, said LEAD events especially spark his interest as "They are usually fun because they have cool prizes and food." Schmidt regularly attends various events offered on campus, with

Suitcase Bingo being his favorite.

The last round of Bingo was a blackout round. To win, contestants had to have every space on their Bingo card crossed off. This round was also played for the grand prize of a carry-on suitcase and gift cards to Southwest Airlines. This round creates the most excitement for students as the anticipation builds, and everyone is hoping they are the first ones to shout Bingo!

The LEAD department is looking forward to hosting more events this semester, with Gotcha, Glow and Kindergarten Day coming up soon.

Norris is looking forward to Kindergarten Day, which takes place at the Cafeteria on March 6. Norris reminisced and said, "Last year we had cartoons playing in the caf while everyone enjoyed their lunch." Norris explained, "The caf serves all of your favorite childhood foods like dinosaur nuggets, mini corn dogs, ice cream sundaes and many fun children's activities." To ensure off-campus students can participate in this fun lunch, a \$1 commuter student lunch pass is offered at the CSLD on March 6.

For more information on LEAD events, visit the MyCUI app calendar or email lead@cui.edu.

ASCUI

Hello Golden Eagles!

We hope you are staying dry out there throughout these rainy weeks at Concordia. We have kicked off the new semester strong and have had an awesome January at CUI with Suitcase Bingo, ASCUI elections, Family Feud and more!

Did you hear about Suitcase Bingo? This past Friday, students packed into our Denault Auditorium for a night full of bingo, raffles and prizes. Suitcase Bingo is an annual event put on by the student activities team. Shoutout to Carrie Hinrichs and Emma Agronovitz for planning and executing this event! Students come to play bingo for the chance to win big item prizes. The prizes this year were filled with goodies!

Here are some of the baskets that were up for grabs. A food basket with gift cards to all the restaurants you could ever need. A retail therapy basket with gift cards, totes and more. A Disney basket with Disney gift cards and a Mickey backpack. An outdoor basket with a national park voucher, hammock, backpack and more. A gamer basket with a TV, LED lights and snacks. A SoCal Basket with a waterproof speaker, beach mat, tote and Visa gift card. And there was still more! That is just a glimpse into some of the prizes up for grabs at Suitcase Bingo! And for the grand finale, there was the suitcase basket with \$400 for Southwest and a suitcase. Congratulations to Ruth Pearson for taking home the grand prize! It was a great night to gather around with the Concordia community and have fun while winning big. Until next year!

Additionally, we held elections for the ASCUI President and Vice President for the fall 2024 through spring 2025 school year. Congratulations to our new ASCUI President for next year, Natalie Annunziato! Natalie says she hopes to "continue the changes we have started

working on from the last two years and to implement more possible changes in the upcoming school year!"

Another congratulations to our new ASCUI Vice President for next year, Carrie Hinrichs! Carrie says she is most excited about "bettering the Concordia community and assisting the executive board and Senate."

It is now time to fill the rest of the executive board. Are you looking for a way to get involved in leadership next year? You are in luck! All student leadership applications are open for next year. Want to be a part of ASCUI? RES? AbbeyWest? FYE? LEAD? Apply! Apply! Apply!

ASCUI is looking to fill the four remaining positions of Communications Director, Treasurer, Club Commissioner and Secretary. If you are interested and have any questions, stop by our CSLD office for more information.

Coming up this week, ASCUI has Family Feud happening on Fri., Feb. 9, in the Cafeteria! Teams of five have signed up to compete against each other in the classic game show of Family Feud. The last family standing will win \$250 for their team's choice of restaurant. They even have the chance to double that prize to win \$500 in the fast money round. There will be late-night snacks like cereal, waffles and drinks for people to come and watch the fun. We are excited for a night filled with laughs, competition, food and community! If you are not doing anything on your Friday night, come hang out in the Caf and watch some Family Feud.

That is all for now from our ASCUI team! Keep your eyes out for upcoming events around campus. Let us keep the semester going strong! Go Golden Eagles!!

Your ASCUI Secretary,
Elise Schult

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From art to engineering, students show WSCUC they are #builtgolden

JENNA HOFFMAN
EDITOR-IN-CHIEF

Among the many exciting things happening around campus for Concordia, add one more: The university is in the process of obtaining reaccreditation with WSCUC.

WSCUC – WASC Senior College & University Commission – was formally created in 2012-13, and receiving WSCUC accreditation is important to member institutions. Colleges go through a rigorous review process to ensure that their curriculum and school environment are up to standard so that the students who attend are getting the education they deserve.

Being an accredited institution is essential for fostering growth and knowledge within students. According to their website, the WSCUC organization says that “Equity & inclusion, evidence and improvement, and national and global reach are the centerpieces of WSCUC’s Strategic Goals and Objectives to advance quality and student success.”

Concordia’s WSCUC Accreditation Liaison

Officer, Deborah Lee said, “WSCUC accreditation is important because it ensures educational quality, supports the transfer of credits, enables access to federal financial aid, enhances an institution’s reputation and encourages continuous improvement.” Lee continued, “There is an assurance that you are getting a good education. This is also recognized by graduate schools and employers. In order to get into good graduate programs, you need a degree from an accredited school.”

Professor of Marketing Carolyn Shiery added to that sentiment, “It is important for a school to be accredited because high academic quality standards have to be met; this gives value to a student’s degree.”

Co-chair of the Educational Effectiveness Committee and a member of the WSCUC steering committee, Barbara Howard, has been a big part of getting students involved in the excitement surrounding the accreditation process. Howard has collaborated with Marketing students who helped to build the social media campaign, coming up with the hashtag

#builtgolden and the concept of the Eagle Board. Fine Art students then drew the concept of the Eagle Board and Graphic Design students drafted the design on Adobe Illustrator. Then Engineering students constructed the board using lasers to cut the pieces of the board out of wood.

Students can now see the handiwork of their fellow students. Howard said, “ASCUI is hosting our Eagle Board out in front of the Caf each week on Wednesdays.” When you visit, you can write on a sticky note what it means to be #builtgolden. Once that is done, “The Engineering students will be engraving all the comments received on post-it notes onto feathers to place on the Eagle,” said Howard.

You can visit and post your thoughts on the Eagle Board outside of the cafeteria every Wednesday from 11 a.m. to 1:30 p.m.

Howard encourages students to get more involved. She said, “We ask that students pray using the 40 Days of Prayer Calendar for our accreditation review and our dedication to Lutheran Christian education.” She added that “We would love for

students to use the hashtag #builtgolden and post as much as possible about how they are built golden!”

Look out and stay tuned for information on the WSCUC accreditation

process as the visit from the accreditation committee will be taking place from March 6 through 8 so there will be a lot happening between now and then.



PICTURED ABOVE: Eagle Board filled with notes
Photo courtesy of: Jenna Hoffman

It’s time for Concordia Family Feud

JOSEPH PANETTA
STAFF WRITER

Welcome back to “Family Feud” everybody, and give it up for your host: Max Upchurch!

Tonight, from 5 to 7 p.m., ASCUI is hosting “Family Feud” in the Student Union/Cafeteria.

Students who attend can expect an experience similar to the popular game show “Family Feud,” currently hosted by Steve Harvey. Concordia students will gather tonight to compete for a chance to take home a \$250 certificate to their restaurant of choice. “We wanted to bring a fun event that brought the Concordia community together. Who doesn’t love ‘Family Feud?’” said Sam Schult, senior and President of ASCUI. v

Students will be competing in teams

of five and answering questions; the most popular answers to the questions will garner more points for teams. The answers to some questions come from the internet, while others come from a Google form sent to students to complete. “Families” will be placed into brackets with each round consisting of one question each in a single-knockout format. The winning family has a chance to double their winnings during the fast money round, where two family members must answer questions under pressure of a time limit to reach a certain amount of points.

Students of all grades are excited to compete for the prize, which is a \$250 gift card to a restaurant of their choosing. “The thing that I’m most excited for is the time that I get to spend with my friends,

because what’s better than having fun and winning?” said Gabriel Ramos, sophomore.

Students are in this for more than just the fun and games, as families are being carefully crafted to win it all. “I think we are primed to win because we all are involved on campus in different ways and we are each knowledgeable about campus life,” said Ariana Rosales, sophomore, in reference to her selected family. “I think we all have the personality to stand out and have a good time even if we don’t win.”

Students who were unable to find families to be a part of can also enter the competition as free agents. These free agents will be placed onto teams that were unable to get five contestants. While the challenge is creating instant team chemistry, the addition of free agent players could provide

an advantage for teams looking to get someone with skills that are not present in their friend group. “If we do have a free agent, it’s something that we’re going to embrace,” said Ramos. “I just know that whoever that free agent is, that’s family to us.”

While there’s still time for students to sign up, those not looking to compete can come to the Student Union at 5 p.m. to watch the best assembled teams across the school compete. “There is going to be food and drinks available. [It will] be fun to be in the crowd,” said Schult.

“We are all excited to see the teams that come out and play for the prize. It has been super fun getting to brainstorm [and] be creative with our team in getting this event ready,” said Elise Schult, junior and Secretary of ASCUI. “We are excited for it all to come together

on Friday and can’t wait for a fun night.”

Special thanks not only to Upchurch and Sam and Elise Schult, but also to Mason Dalbeck, Lexi Ermeling and Natalie Annunziato for organizing this event.

To sign up for ASCUI Family Feud night, students can scan the QR code at any of the on campus Toilet Talks. For more information about this event or any other events involving ASCUI, visit <https://www.cui.edu/studentlife/student-leadership/ascui-executive-board> or reach out to one of the ASCUI leaders at ascui.president@cui.edu or ascui.secretary@cui.edu.

Guest speaker Sarah O'Dell bridges gap between science and humanities

HEATHER HERSHFIELD
STAFF WRITER

In the Denault Auditorium on Thurs. Feb. 1, Christ College hosted guest speaker Sarah O'Dell from the University of California Irvine, who discussed the relationship between the humanities and the medical sciences.

O'Dell is an MD/PhD candidate at UCI, where she is completing a doctorate in English prior to completing her MD. Her presentation was closely related to her academic background as she delved into the relationship between the two subjects. "We seem to speak different languages from each other," she said at the lecture. "Things have not always been this way...it's a product of culture."

O'Dell has extensively researched a specific historical figure relevant to the Medical Humanities: R.E. Havard, a physician and writer. He was close friends with major authors such as C.S. Lewis and J.R.R. Tolkien. All of them were part of a group called the Inklings, known for discussing and writing literary works in Oxford throughout the 1930s and 1940s. O'Dell is working on a book project called "The Medical Inklings," which will be about Havard and bring recognition to his often-overlooked works.

"There's a real treasure in rediscovering his published and unpublished writings...timeless reflections on medicine, literature and spirituality," O'Dell said at the lecture. "Havard was not only a physician, but a writer who brought his own medical imagination into his writings on faith and beauty, as well as embarked on creative projects of his own."

Havard's involvement in interdisciplinary studies can inspire students, especially those seeking careers involving the sciences or the

humanities. He placed importance on the concept of healing both the body and soul, and recognized the effect that both literature and our environments can have on both our bodies and our souls.

Freshman Callie Butler, a Biology major with a minor in Philosophy, attended the lecture because it correlated with her interests and her potential career in Bioethics. "Her speaking on beauty and reading as part of a medical prescription was really fascinating to me because the environment that we're in really does shape our health," she said.

O'Dell explained that this disciplinary flexibility can help physicians understand how to provide medical care that affects the entire body, including the soul. "Good medicine doesn't always come in an orange bottle," she said.

Junior Oliver Di Martino is a Biology major with a minor in Philosophy who resonated with O'Dell's view on the division between both subjects and hopes to bridge the gap. "I would love to marry my passion for medical care with a rigorous education in the humanities," Di Martino said. "O'Dell's path has inspired me to look more seriously at the possibility of combining my interests into an interdisciplinary career."

English and Writing Professor Chase Seely graduated from Concordia in 2020. During his experience at the university, he attended similar events and learned about different topics that lectures would present to students. Seely looked to motivate his students to attend O'Dell's presentation by offering them extra credit.

Seely encouraged students to take advantage of the opportunities available to learn more from qualified sources. He pointed out that Concordia is unique in that aspect, where there is a lot of interaction between students and faculty. "Just as a general advice for students, I'd say to engage more," Seely said. "Our faculty and guest speakers have some really interesting ideas and they can relate it to your life."

Fab Fit Fun delivers fitness for all Concordia women



PICTURED ABOVE: Fab Fit Fun attendees
Photo courtesy of: Ella Audet

BRECKYNN WILLIS
STAFF WRITER

Every Tuesday night in CU Active, Ella Audet, a senior Psychology and Pre-Nursing student, is creating a safe space for women to step into their fitness journey. The class is in session from 6 p.m. to 7 p.m. during ladies' night.

Fab Fit Fun began last August after Audet received feedback that many women say they lack confidence in the gym. She didn't like the idea that being too intimidated to work out in coed company kept some women from moving their bodies. "The idea of the class is to create a solid community of women; all shapes, sizes, strengths and abilities - athletes and non," said Audet. She strives to help her class own their confidence and "show off their truest self in a safe space."

Ladies-only night in the gym has been around, but a women-only workout class had not yet been implemented into CU Active's plan. Audet pushed the idea to designate this time for ladies. Her main goal is to ensure women that the gym is not just for men, but can be a positive place for them too. "I really wanted to be that starting point for women at Concordia," said Audet.

Freshman Business major Bethany Wagner has been attending Fab Fit Fun since August. The class has been a welcoming new environment for her. "Having women only is nice. It helps me feel more comfortable. It's less pressure knowing that it's all girls," said Wagner.

The class incorporates all different types of exercises,

helping attendees gain experience so that they can comfortably venture into gyms by themselves. Consistently attending the class has proven to help some members see real results. "We go to the gym on our own now. We know what to do and can actually lift weights and build muscle," said freshman Communication Studies major, Tyna Romoff.

For those who are completely new to the gym, Fab Fit Fun could be a great place to start. "Gym beginners would benefit. Ella explains a lot of the movements and it doesn't feel awkward because she's so specific," said Romoff. One of Romoff's favorite parts of the class is the encouraging nature. She feels like she leaves every class with positive feedback and progress.

Aside from fitness, cultivating a community of supportive women is an important aspect of the class. "This togetherness is supposed to create peer-to-peer support," said Audet. These classes are a great chance to meet new women with similar values. "It's honestly just really fun to go, it's a great time," said Wagner.

"I call it Fab Fit Fun because that's the mindset I want for these women. It has affirmation in the name. You are fabulous, fit [strong] and fun. The class is all of the above!" Audet said.

Show up to Fab Fit Fun in your favorite gym outfit, ready for a fun, uplifting workout and some much-needed girl time. All women are welcome to attend and can reach out to Ella Audet at Ellamarie.audet@eagles.cui.edu with any questions.

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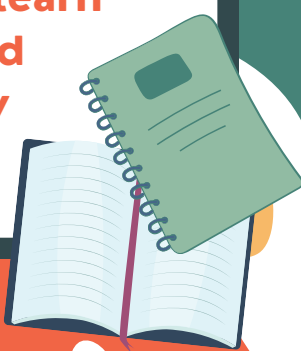
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Love is in the Air for the Music Department



PICTURED ABOVE: Concordia's Men's Chorus is ready to delight audiences on Feb. 10 with their light hearted songs and dances.

Photo courtesy of: Erik Der

REBEKAH MICHEL
MUSIC COLUMNIST

In anticipation of the upcoming February holiday, students in the Music Department are preparing for their "Concert for Valentines." Featuring the Donne Di Canto women's chorus and the Men's Chorus under the direction of Dr. Clarissa Shan, "A Concert for Valentines" has become a yearly tradition for Concordia and is one

of the most well attended and highly anticipated concerts of the Music Department season.

On Feb. 10 at 7 p.m., the CU Center will turn into a joyful celebration of love, featuring classical repertoire, contemporary hits and dances from student ensembles. "I think this concert is so popular because it is so unique. It really is unlike anything else that the Music Department has to offer," said Caleb Vaughan, junior. Vaughan

is a Commercial Music major and is enjoying his first year in Men's Chorus.

"A Concert for Valentines" allows for the Music Department to showcase a wide range of styles and genres that are often not heard in other choral concerts at Concordia. "Audiences will probably know at least one song in the program, likely more! There are jazzy love songs, pop love songs, biblical love songs and others. Choral arrangements of

songs by famous artists such as Queen and Taylor Swift are also rumored to make an appearance," said Nicole Kramer, freshman. Kramer is a double major studying Theatre and English and will be performing in her first Donne Di Canto Valentine's Day concert.

While Valentine's Day can often be centered around only romantic love, "A Concert for Valentines" celebrates various forms of love. "My favorite part of the program is the unique perspective on love that is approached in this concert. One of the songs in this concert is pulled from the book of Ruth and captures the longing and loyalty between mother and daughter. It is love rooted in faith. Not often is this the type of love we think of during Valentine's Day, but it's moments like these that make the concert so special," said Camille Beeson, sophomore. Beeson is a double major studying Theatre and English and has been a part of Donne Di Canto for two years.

Additionally, "A Concert for Valentines" gives students the opportunity to audition

with and participate in solos, duets and trios. These additional musical numbers and performances are meaningful to students who are studying music at Concordia and those who are not. One of the great benefits of Concordia's choral ensembles is their impact and value to a wide range of students, majors and programs.

"I think people don't realize how many people who are in Donne Di Canto and Men's Chorus are also involved with athletics, Bible studies, theater and other extracurricular activities. You probably have a friend or teammate who is in choir just because they love to sing," said Kramer.

"A Concert for Valentines" will take place on Feb. 10 at 7 p.m. at the CU Center. Concordia students can enjoy free tickets by using the code CUISTU at checkout. For more information and to purchase tickets, visit simplenetix.com.

LEST showcases young artists on Concordia's campus

JENNA HOFFMAN
EDITOR-IN-CHIEF

Concordia Irvine is hosting the Lutheran Elementary School Tournament OC once again this year, where elementary schools from California, Nevada, Arizona and Idaho will be competing in a myriad of events.

Many students from these schools have also been creating art pieces for the Visual Arts portion of the tournament. Concordia's Visual Arts Department Chair Rachel Soo said they have gotten art submissions from four of the competing schools. Soo said, "We will be exhibiting student artwork from four schools. Students' ages range between fifth and eighth grade." The students' work will be displayed from Feb. 16 to March 4.

Sara Fletcher, Associate Professor of Studio Art at Concordia said, "A panel of four judges [Rachel Soo and Sara Fletcher from Concordia, Kate Doss from Crean Lutheran and Jeannie Mooney from Orange Lutheran] provided written comments to each student and selected three awards of excellence to be presented at the Feb. 17 closing ceremony."

The organizers of LEST said, "This exhibition presents the winning artwork of students from Lutheran elementary schools participating in the Lutheran Elementary School tournament. LEST focuses on the value of a Christian education that emphasizes the love and praise of God,

the thankful use of personal talents and service to others."

LEST allows young art students to create and compete for prizes and recognition of their work. Soo said it is important for students to get to see their work in competition. Fletcher said, "Whether or not these students pursue art in the future, this show gives them the message that beauty matters. Their art is placed where people can see and contemplate it, as they created it to communicate with others, possibly as an effort toward wholeness."

Fletcher added, "Healthy competition can also motivate students to strive a little beyond their current abilities in any discipline - in this case; they serve their neighbors best with excellent art. We hope the exhibit will support these budding artists and give them ideas when they return to make more art."

If you are interested in seeing the students' artwork Soo said, "Concordia's students are invited to attend a reception for the LEST OC 2024 Art Exhibition in the John and Linda Friend Art Gallery in Grimm Hall, on Fri., Feb. 16 from 11 a.m. to 1 p.m. Refreshments will be served. Come drop by as you are able."

Fletcher added, "Being a viewer is an act of service: even seeing college students silently looking at their art would be an honor for the exhibiting students. And hopefully, Concordia students will be blessed by the young students' art."

Courtesy of: Dylan Arrant



Track and field is off to the races

EVA PREWITT
SPORTS EDITOR

There is no better way to begin track and field season than by breaking records and setting personal bests. With two meets under their belt so far, track and field competed on Jan. 20 in New Mexico at the Martin Luther King Jr. Invitational. Last weekend, the athletes showed out at the Riverfront Invitational & Multis in Spokane, Washington.

In New Mexico, Dylan Fox and Maria Sartin rewrote the record books and earned national indoor provisional marks. In the long jump, Fox destroyed his previous 6.91m school record with a stunning 7.52m. Fox also celebrated a personal record in the 60m dash, hitting a 7.01 finish.

Sartin has been no stranger to breaking records during her Golden Eagle career. Sartin bested her previous school record in the indoor 400m with a 56.73 finish. If Fox and Sartin maintain a top-16 national ranking, they will compete in the indoor championships in

March.

It's no coincidence these athletes have achieved great success already with their dedication and commitment. "I want to push myself mentally and physically to see how far I can go," said Fox. "I've been focusing on being deliberate in everything I do at practice to improve my technique in every drill and exercise."

Sartin said, "It is my final year here as a senior, so I know I am going to give track everything that I've got, use the talent that God gave me and take no day for granted."

Junior Hunter Hornaday continues the PR trend with an indoor record of 14.12m, just shy of his 14.25 lifetime PR. "I am looking forward to seeing what I can accomplish, in New Mexico, I had the biggest season opener in my career," said Hornaday. "That makes me incredibly excited for what can happen in April where it really matters."

During an incredibly successful weekend in Washington, freshman Giovana Pelascini earned 3,085 points in the pentathlon to break a

longstanding 18 year old record. For Pelascini's show stopping debut as a Golden Eagle, she will keep everyone on the edge of their seats.

After last weekend, Jasmyn Crawford's name will be at the top of two school event records. In the 200m dash Crawford recorded 24.68 seconds, beating the previous record by .01 seconds. In the 60m dash, Crawford blew past the line at 7.60 seconds and another record in her lap. With these performances, Crawford earned two national provisional marks in both events.

The record-breaking doesn't stop there. Senior Tyler Denes set a new school record in the heptathlon, scoring a 4687.

While these athletes may compete in individual events, there is only team success. "When it comes time to perform, the seriousness and competitiveness comes out of every single person on this team," said Hornaday. "But after we did what we needed to, the individuality fades away and everyone seems to become one voice, supporting everyone else who is still running,



PICTURED ABOVE: Jasmyn Crawford sprinting
Photo courtesy of: Krash Kamon

jumping or throwing. It's a special feeling to be able to experience it at the first meet of the season."

"What stands out most to me is the immense motivation and positive attitude of this team, everyone really wants to be there and is eager to compete and improve," said Fox, "I can't think of a single person who doesn't positively impact the team on and off the track."

As Sartin competes in her last season wearing the Green and Gold, she said, "It truly is a blessing to be part of this team

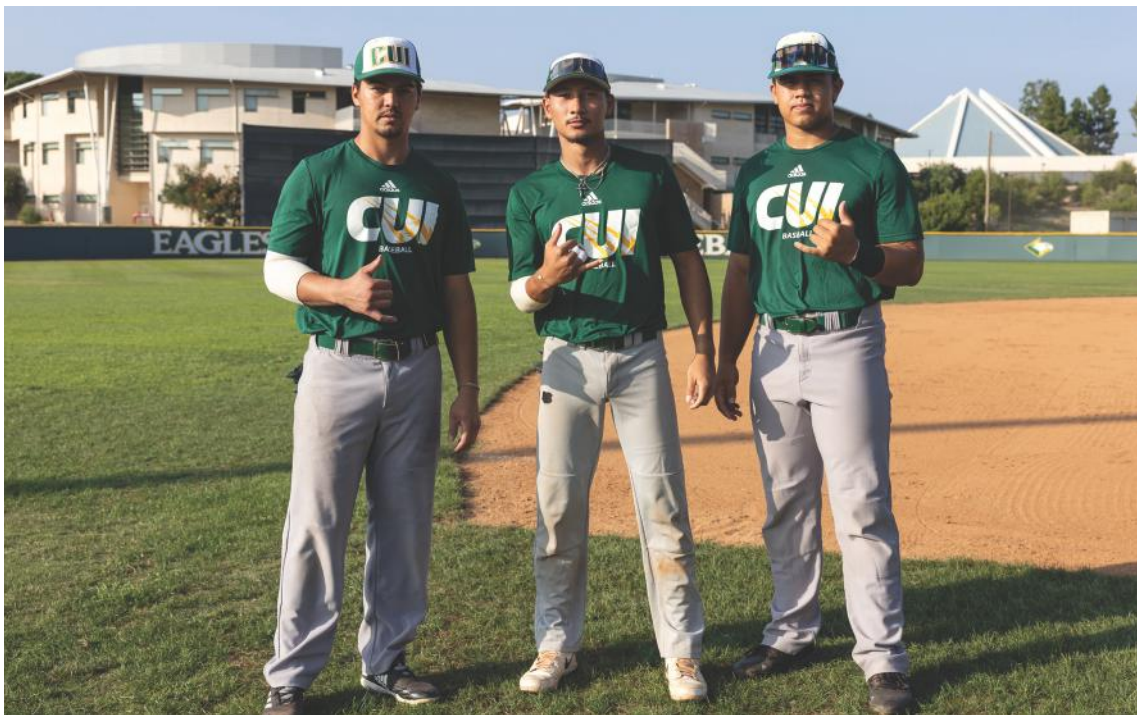
and sport."

"We have the ability as a team to achieve things we never have before," said Sartin.

With these show-stopping performances from the track and field athletes, Concordia is destined for a historic season. The Golden Eagles are currently in the midwest, visiting Allendale, Michigan to compete at Grand Valley State University on Feb. 9 and 10.

Sartin said, "Our team is competitive and hungry for greatness."

Baseball season rain-checked, starts play today



PICTURED ABOVE: Kaipo Haole, Haku Dudoit, Makamae Du Pont
Photo courtesy of: Krash Kamon

ARIANA ROSALES
STAFF WRITER

Though the first five games were canceled due to the heavy rain, the Golden Eagles baseball team is ready to launch their competitive season today in two double-headers versus Cal State San Marcos.

This team has a roster mixed with experienced

upperclassmen and talented underclassmen, creating a blend of leadership and fresh energy. Scott Wood, a senior pitcher, said, "We have a lot of depth and guys we can count on this year."

Camaraderie is one of the team's biggest strengths. Jordan Bolden, a sophomore outfielder, said, "My goal this year is to be a dependable player." He added that their bonds on

and off the field contribute to their success.

Head coach, Joe Turgeon, has big goals and expectations for the team this year. Turgeon said, "I really hope our team breaks through into the conference tournament and into the national scene, as we have been so close the last four years." Sophomore and first basemen, Makamae Du Pont shared the same goal

for him and his teammates. He added, "We have been one game away and want to break that barrier."

As the players prepare for the first pitch, they are also strategizing how to deal with adversity. Du Pont said one of the best ways to deal with hardships in the sport is by, "Not beating yourself up over little mistakes." Bolden added that he plans on keeping a strong mentality throughout the season. Turgeon added that his hope is, "that they stay together and that they individually do what they can to help our team be successful."

The Golden Eagles have had to cancel their first two competitions due to the stormy conditions. Turgeon said, "Unlike most sports, baseball is a tough sport to play in the rain. The baseball gets wet, therefore the pitcher can't control the baseball and puts the players in jeopardy of getting hurt." He added that the muddy field also makes it challenging and could be unsafe to play.

The Golden Eagles are not allowing the rain to get

them down. Du Pont noted that their annual alumni game on Jan. 27 has given him positive energy for this season. He said, "Seeing alumni come back made me see who came before me. It motivates me to continue to do good."

As the innings unfold this season, it is evident the Golden Eagles are ready to reach their goals and make history. They have the mental and physical strength to deal with the triumphs and tribulations of the sport and the unpredictable Southern California weather. Turgeon said, "We will do our best around the rain to be ready whenever the umpire finally says 'Play ball!'"

Follow @cuibaseball and @cuigoldeneagles on Instagram to keep up with the latest updates. To stream the live games, visit cuigoldeneagles.com.

Men's basketball fight to finish strong

EVA PREWITT
SPORTS EDITOR

On Feb. 1, men's hoops hosted their rival, Biola, in the Eagles Nest for an electric and highly anticipated match up. After securing the rivalry win earlier in their season, the Green and Gold fell short to Biola after a thrilling and fiery game, finishing 59-69. As their season's end is almost in sight, the currently ranked No. 6 Golden Eagles are still hungry for more.

"The guys on the team understand that when hardships arise we have to rely on each other even more," said graduate student Tim Adetukasi. "We are always being intentional about making the choice to stay together and battle through the hardships with our brothers on the team."

Adetukasi leads the team with 276 points, 127 rebounds and 37 steals. As a new addition to the team this year, Adetukasi has settled into the Golden Eagle family through the strong brotherhood and team culture.

Adetukasi's leadership on the court would not be possible without his teammates, as this group has created an incredible team culture. "One of our

captains, Connor Gleason, always reminds us that we get to make a choice every time we step on the court, and it always resonates with every guy on the team," said Adetukasi.

Senior Connor Gleason has been the glue for this team during the last four years. Gleason said, "We've been playing really hard and together, practices are heavily centered around competing and dealing with fatigue." Gleason is always ready to support and show up for his teammates "THRU IT ALL."

Senior Kobe Sanders has 218 points and is leading with 56 assists and 41 three-pointers. Sanders said, "The most important qualities that stand out about this team is how we are going to put in one hundred percent effort no matter what."

"Accountability has been a point of focus," said Adetukasi, "creating a space where each member of the team can call each other up to the standard we know they can all perform at."

This shared team-oriented mindset sets the Golden Eagles apart from their opponents. "If we don't stick together when things don't go our way, it will only hurt us," said Sanders.

Freshman Charlie Dalton has been a reliable tool as the starting forward in all 18 games, with a total of 166 points and 107 rebounds. "What we've been doing successfully this season is simply playing tough and playing together," said Dalton. "I think it's obvious the standout quality of this team is our culture. It is our togetherness and respect for one another that is allowing us to succeed."

As the Golden Eagles enter their final stretch of the season, their focus is dialed in. "We have been good at moving on from adversity," said Sanders. "We have seen our best, and we have seen our worst, so as the season begins to wind down, we are locked in on continually performing at the level we know we can," said Adetukasi.

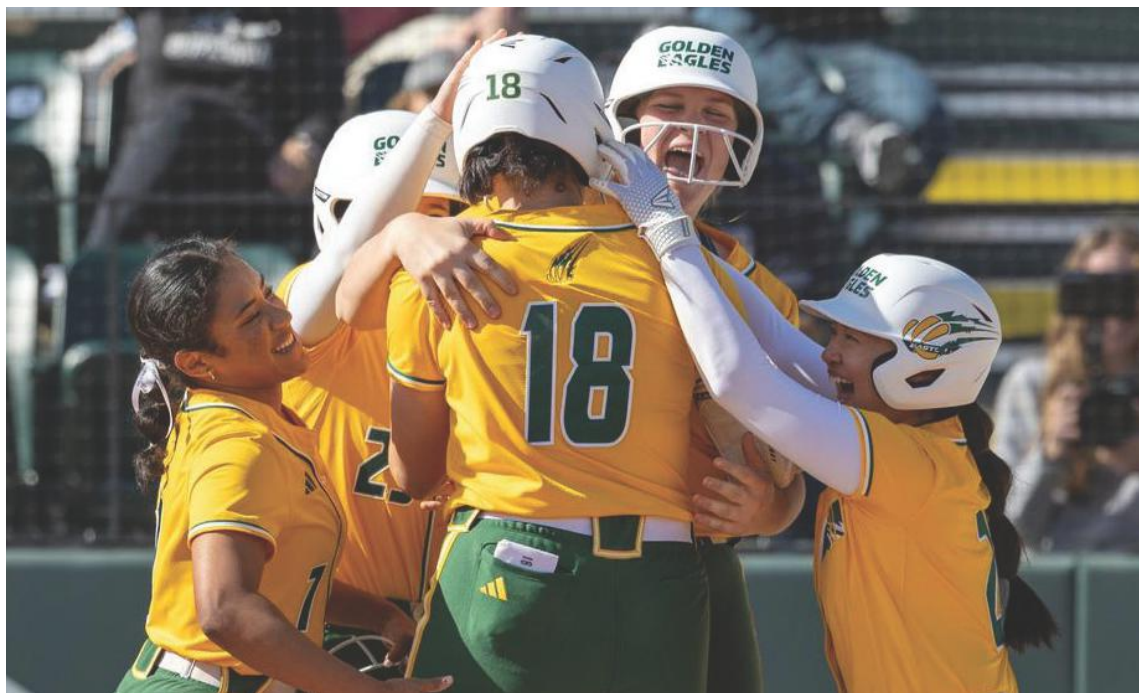
Men's basketball packed their jerseys and their snorkels and are currently in Hawai'i to face Chaminade, Hawai'i Pacific and Hawai'i Hilo. To catch the last game of their trip against Hawai'i Hilo on Feb. 10, visit cuigoldeneagles.com to tune in to the live-stream at 9 p.m. PST.

Dalton said, "If we bring our best energy and stay focused every night for 40 minutes, I believe we can beat anyone in this league."



PICTURED ABOVE: Charlie Dalton goes up to the basket
Photo courtesy of: Krash Kamon

Softball is in full swing



PICTURED ABOVE: The team celebrates around #18 Missy Nemeth after her home run
Photo courtesy of: cuigoldeneagles.com

EVA PREWITT
SPORTS EDITOR

Last weekend's annual Concordia Kickoff Classic has officially launched the beginning of softball season. To dodge the rain, the tournament that was set to be hosted at Great Park, was scattered to surrounding universities so each team could compete while staying dry.

Finishing 3-2, the Green and Gold fought for

wins over San Francisco State, Western Oregon and Stanislaus State. Last weekend set the tone for the rest of the season as the NFCA DII nationally ranked No.14 Golden Eagles swung for the fences.

Senior pitcher Katlin Entrup was named the Preseason Pitcher of the Year and is the two-time DII CCA First Team All-West Region. Entrup managed 21 total strikeouts last weekend. She currently

tallies a total 255 strikeouts since beginning her Golden Eagles career as a sophomore transfer.

During the fall preseason, the Golden Eagles had time to prepare for their lengthy conference season and sharpen their skills. "Preseason training and preparation is always super tedious," said Entrup, "Every rep counts. All the little hours at the field or in the cage all add up."

Senior pitcher Cortney

Koelmans is a four-year Golden Eagle and has helped Concordia to their PacWest Championships during her time here. "During the fall, we worked on getting stronger through practice, lifting and conditioning," said Koelmans. "We also worked on building connections within our team to gel as a unit on the field."

Senior outfielder Kaia Nisby earned the team three runs this weekend. "I think what sets this team apart from our competition is not only our work ethic but also our love for the game," said Nisby. "Even if we have a day off, I will end up seeing a majority of the team putting in extra work."

With their sights set on a National Championship, the Golden Eagles will strive to make this the year they finish recognized as the best in the nation.

Koelmans said, "Winning a National Championship has always been a huge goal for us and with the talent that we have, we are always pushing each other to work harder and do better to help

us get closer to achieving this goal."

"This team has the hunger to win a National Championship this season and I think we have the ability, talent and work ethic to do so," said Entrup.

With a large crew of seniors on the team, this will be many of these all-star athletes' last season as Golden Eagles. "Getting to play the game I love with some of the most amazing players and coaching staff is something I will never take for granted," said Koelmans.

"With every pitch and every game I am able to compete in, I am truly just looking forward to giving my all and making memories with my teammates," said Entrup.

There is plenty of time to catch the Golden Eagles taking the field with conference games until the end of April. Visit cuigoldeneagles.com and mark your calendars with the full season schedule. For the inside scoop and season updates, follow @ [cuisoftball](https://www.instagram.com/cuisoftball) on Instagram.

Valentine's Day on a budget? It's doable.

ARIANA ROSALES
STAFF WRITER

Valentine's Day is Wed., Feb. 14, and for college students on a budget, planning for the holiday might seem challenging. However, romance does not have to break the bank. There are plenty of creative and inexpensive gestures that will make Valentine's Day memorable for college couples without emptying your wallet.

For many Americans, the holiday can be very expensive. The National Retail Federation expected 2023 to be "one of the highest spending years on record." This can be discouraging for those who want to make Valentine's Day special for someone, but might not have the funds to go all out.

Sophomore Katie Reyes said, "I prefer homemade gifts over expensive ones because it shows me that he listens to the small things I talk about and he cares enough to go out of his way and make it a personal present." Reyes added that stuffed animals are small, but important aspects of the gifts she receives from her boyfriend.

Homemade and DIY gifts are both affordable and communicate that time and effort were put into the gift. Expressing your feelings in a letter, compiling pictures in an album or frame, or even a playlist with songs you both like are all gestures with a personal touch. These are timeless and are reminders of shared moments.

Haku Dudoit, junior, shared his experience and gave advice to those who may be tight on money and in a long-distance relationship. Dudoit said, "I have to ship things and make sure it gets in on time, but also need to be aware of my budget." He added some on-

line stores that offer thoughtful gifts without the hefty price tag; including mycustomheart.com. Dudoit said, "This is an online website I used last year where you can build your own heart-shaped bundle box." He added, "I think it only cost me around \$20 to \$30 and I even added my own notes."

Communicating budgets and expectations with your partner is the most recommended piece of advice for people in relationships. Juane Garcia, senior, said, "If my girlfriend wants something for a while and I know about it and it's within budget, then why not get that and do something homemade too; like a card." Garcia added that being honest with one another about financial situations sets expectations and focuses on meaningful gifts and moments.

Spending time with someone and making memories is another way to make Valentine's Day special. Something as simple as a picnic, watching the sunset at the beach or a movie night can be the best way to relax and enjoy each other's company.

Kiana Hernandez, junior, said that she and her boyfriend, "made pasta in the dorms and watched 'Ratatouille,' which was super fun and cheap." Hernandez added that grabbing a bite to eat or going on a date doesn't always have to be extravagant; there are plenty of good and affordable places. Hernandez said, "Last Valentine's Day me and my roommates had a single girls dinner at CPK." She notes that simple gestures and nights out can create some of the best memories with friends and significant others.

From DIY presents to wallet-friendly date ideas, there are many options to create the perfect blend of intimacy and affordability. Focusing on the connection shared with loved ones and friends, regardless of the cost.

Super Bowl LVIII starring... Taylor Swift?

NICHOLAS ESMERAL
STAFF WRITER

With the 58th Super Bowl approaching, students on campus have shared their opinions regarding the media coverage surrounding it. Some students feel like the publicity surrounding Taylor Swift is deliberate in order to promote the big game on Sun., Feb. 11. What's certain is that the singer has great influence on this year's Super Bowl.

Kirby Holiday, a senior Liberal Studies major, expressed great interest regarding the game. Holiday said, "I'm supporting the Chiefs because my dad is a fan." Holiday said that she's more interested in the Chiefs tight end, Travis Kelce, rather than his female counterpart. "I don't like Taylor Swift," Holiday said. "She's overplayed and overhyped."

Holiday feels Swift has tried to manipulate the media and public sentiment in order to gain more attention. Holiday said, "She [Swift] should focus on her music rather than publicity stunts that don't involve her."

Holiday believes that "It's all a publicity stunt," noting that she thinks Kelce is more deserving of the attention and recognition rather than being known because of Swift. Kelce is a talented player, Holiday asserted, who has worked hard to get to where he is, while the game is capitalizing on him and his relationship with Swift.

Junior Liberal Studies major, Hannah Villegas, also had interest in the subject. Villegas is a fan of Taylor Swift and her music. Ville-

gas said, "I think she brings so much [to the] fanbase." Villegas believes that Swift's popularity and influence has allowed the Chiefs to capitalize on Kelce's success. The media appear to be capitalizing on Swift's popularity as well. Villegas said that during touchdowns, the cameras always pan towards Swift when "It's really not about her, but they keep making it about her."

Villegas said, "She brings in a whole new demographic." Villegas added that she feels Swift's influence has had a positive impact on the NFL as a whole.

CBS8.com wrote that "Taylor Swift's association with the NFL has boosted the league's brand value by over \$122 million in just a few months." According to nypost.com, "Young girls who are Swift fans are now rooting for the Chiefs to win their third Super Bowl in five years."

The Kansas City Chiefs won last year's Super Bowl LVII, defeating the Philadelphia Eagles 38-35. It appears that their legion of fans – established and newbies alike – are cheering them on to win again versus the San Francisco 49ers. With an artist like Taylor Swift in attendance and Usher hosting the halftime show, Super Bowl LVIII will be a huge Sunday for sports and entertainment.

Want to take it all in? Tickets to the big game in Las Vegas at Allegiant Stadium start around \$6,000 on stubhub.com or watch from home on local station CBS2 with pregame coverage starting at 2:30 p.m. and kickoff at 3:30 p.m. Will karma come back around for the Chiefs again this year? We'll be watching.

National Pizza Day has students dishing out their favorite pizza spots



PICTURED ABOVE: Endless combinations can be made with Blaze Pizza's toppings. Photo courtesy of: Heather Hershfield

HEATHER HERSHFIELD
STAFF WRITER

Today is National Pizza Day. In celebration, students at Concordia shared popular pizza places near campus. Each student had a variety of reasons for their preferred place to grab a slice that others might relate to.

Alberto Tapia, a sophomore and commuter, has a favorite spot: Blaze Pizza in the University Town Center, less than ten minutes from campus by car. "It's made right in front

of you, and you get to customize your own order," Tapia said.

Along with regular crust, Blaze also has a vegan crust with gluten-free options, catering to those with dietary restrictions. They have a variety of toppings, with eight different cheeses and various choices of meat and vegetables. Customers can also opt for a drizzle of sauce such as pesto or ranch to take the personalization to the next level.

Convenience is also another factor Tapia takes into consideration when getting pizza. "I get pizza during my three-hour

break between my classes," Tapia said. "I'm a commuter, and it has to be close to campus." Blazepizza.com.

While some students prefer places close to campus, others are willing to travel further for a unique experience. Senior Tiffany Carrillo appreciates the quality food and atmosphere of Trenta Pizza & Cucina in Costa Mesa, which is around a 20-minute drive from campus. "They offer a good variety of toppings with a mix of spices. The crust is thin and not greasy, which I really appreciate," Carrillo said.

Trenta Pizza is known for its authentic Italian food as a sit-down restaurant, and reservations are recommended. The establishment is "a delicious slice of Sicily in Orange County," according to their website. If students want more on the menu, they offer a variety of traditional Italian dishes beyond pizza, such as antipasti, pasta and salad. Trentapizza.com.

Some students come from cities well known for their pizza. Gracie Leininger is a sophomore and Theatre major from Chicago, home to the iconic deep-dish pizza. She explained how the pizza in California is not as good as one from her hometown in her opinion. However, she appreciates fast-food pizza such as Domino's, which is handy.

"I have pizza when going to a cast party for a show or when I go to the beach with friends," Leininger said, "and one of us orders pizza. I wouldn't normally get it by myself." She usually orders delivery from Domino's and appreciates the deals they often offer to save money. Dominos.com.

Students can also opt for a

close and casual place to enjoy pizza. Sgt. Pepperoni's Pizza is located less than ten minutes away in Campus Plaza near Albertsons. In addition to being close by, the atmosphere suggests a friendly environment with sports games played and a giant gumball machine on display. The pizza place has been around since 1976 and has been named Best Pizza in Orange County four years in a row.

While also enjoying their pizza, students can look to join the team and work at this nearby establishment. Senior Ross Bowen currently works at Sgt. Pepperoni's and enjoys it. "We truly do live by our motto: Peace, Love, Pizza," said Bowen, "which makes the Sgt. community truly amazing, and I hold them dear to my heart." Sgtpepps.com.

It is evident that pizza plays various functions in students' lives, and each has their own favorite place that they recommend. From customizable pizza to authentic Italian, fast food and locally owned pizza joints, there are plenty of options to choose from near campus.