

THE CONCORDIA COURIER

INVESTIGATE. INFORM. IGNITE. INVOLVE.

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We CU Give Back!



PICTURED ABOVE: Student leaders, all of which are part of a student organization seen joining for a family photo.
Photo courtesy of: cugiveback.cui.edu

LILY CASTOR
STAFF WRITER

The clock counted down on Thurs., Nov. 2 as the Concordia community graciously donated money to current on campus organizations in the annual 24-hour giving campaign, CU Give Back.

CU Give Back serves as the perfect way for students, faculty, staff and families to raise money for the on campus clubs and programs that mean most to them. With over 50 organizations including campus ministry groups, athletic teams and music

ensembles, options are endless as to where donations can be made to groups of driven students on campus.

CU Give Back serves as an, “excellent way for people to support Concordia students while knowing exactly where their money is going and how it is being used,” said Amanda Renfro, senior and Peer Advising Leader Coordinator for the First Year Experience.

“Each participating organization [had] a page on the CU Give Back website that includes their donation goal and how close they are to reaching it, the number

of donations, the names of people who were gifted to them, photos from their organization, and a description of what the money will be used for,” said Renfro.

As time ticked, the community had the opportunity to select their organization of choice on the CUI website and automatically submit their donation. As people began giving, more and more money could be seen adding up in the right hand corner on the page, benefiting a variety of organizations with just a click of a button.

Renfro has experienced CU Give Back both

behind and in front of the camera for the past four years. She has engaged in promotional videos for the event but this year, she served to raise donations for organizations she is personally involved in.

The Concordia Instagram page blew up with videos of students encouraging viewers to donate to their cause, followed by a link in the video to their specific program, making donations that much more achievable and exciting.

“I like to see how excited everyone gets for CU Give Back, and I like reading the different initiative descriptions to see what the donations are going to. It is really cool to see how CU Give Back directly impacts the students of Concordia,” said Renfro.

The Concordia family did an outstanding job of raising money this year, raising over \$195,000, just shy of the goal of \$200,000.

“We are so grateful for our donors who continue to make an impact at Concordia

day in and day out. CU Give Back is all about giving our students the best possible Concordia experience, and their direct involvement in this day is a great opportunity to make that a reality,” said Sofia Saldana, Concordia's Annual Giving Coordinator.

After being a part of CU Give Back for three years now, Saldana is blessed to witness good works and the impact they have on all students.

“There is truly no gift that is too small! So many of our students benefit from student scholarships and financial aid, and to see so many giving donors be excited about this day is truly a blessing to our Concordia community,” said Saldana.

CU Give is a rewarding opportunity for students to acknowledge their community and organizations that mean the most to them. There are still so many ways to give. For more information on how you can greatly impact Concordia today, head to cui.edu/giving.

CWO and VRC prepare for Veterans Day concert this Saturday

RYN CASTEEL
ARTS & REVIEWS EDITOR

On Sat., Nov. 11, at 11 a.m., Concordia's Wind Orchestra will be performing on campus at the Center for Worship and Performing Arts, otherwise known as the CU Center. All are welcome to attend the free 40 minute concert, and enjoy a complimentary grilled lunch sponsored

by the Concordia's SSG Matthew Thompson Veterans Resource Center.

The Veterans Day Concert is being held in commemoration and honor of those who have served the nation. Music director Dr. Jeff Held said, “Historically, bands have been closely tied to the military to provide ceremonial music and esprit de corps.

Over the years, I have prioritized this purpose for the Concordia Wind Orchestra. We turn to patriotic repertoire from time to time.” With the help of the Veterans Resource Center, the concert seeks to promote awareness and give students and families an opportunity to celebrate our veterans.

Not only is the music something to look

forward to, but the food as well. Held said, “This is a concert-plus event. The Veterans Resource Center is sponsoring a hot dog and hamburger cookout (free for attendees) and it will be a nice time to have lunch with everyone.” There are a variety of ways for people to connect and join in on the community aspect of this concert. Richard Lewis, the director of the Veterans Resource Center, said,

“The CWO performance is going to make this year's Veterans Day on campus a far larger and impactful event than Veterans Days in the past because they always draw crowds. Dr. Held often explains the historical significance of pieces in performance repertoire.”

The birth of this performance came many months prior to this fall

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CWO and VRC prepare for Veterans Day concert this Saturday

semester. There was much time, effort, practice and thought devoted to the concert. Lewis said, “Back in the spring, Dr. Jeff Held approached me and asked if we could collaborate for a big Veterans Day event that would be open to the public. The VRC partnered with Bon Appetit to provide food and will provide some volunteers to help ensure the event runs smoothly.”

“I think that [this event] will spark awareness and also be a nice tribute to the veterans and their families in attendance,” Lewis said. “Veterans Day takes place on 11/11 for a reason. On November 11, 1918, an armistice was signed to end World War I, which at the time, many believed to be the war to end all wars. It is a time for veterans and their families to reflect on what they have overcome during their time in service and be thankful that they are home with the ones they love.”

Held has crafted a program for the concert that is sure to captivate the audience. He said, “I like to program concerts sequentially, meaning I believe that one piece sets up the next for the audience. That influences the flow of the concert as well as my selections.”

The event is sure to provoke a lot of emotion

and appreciation for everyone involved with celebrating America’s veterans. Lewis, a veteran who used to be a member of the CWO as well, said, “I am very humbled and honored to have the CWO perform on Veterans Day. My faith and the CWO were my lifelines that made my exit from the military much easier than what many of my peers experienced.”

“There are several studies that music has an immense therapeutic impact on veterans, and being in an ensemble helped me replace the camaraderie that I left behind in the Army and rebuild a support system,” Lewis said.

For more information about this event, visit the website www.simplerix.com and search for Veteran’s Day Concert. For more information about Concordia’s Veterans Resource Center, email veterans@cui.edu.

Taco Talk discusses dignity for trafficking victims

ANNA WELSH
STAFF WRITER

On Tue., Nov. 7 pastor and professor Dr. Scott Stiegemeier spoke with students at a Taco Talk about human trafficking and fighting for the dignity of human trafficking victims

The phrase “Non Habans Personam,” can be translated as not having a persona, not having a face. This was a term used in Ancient Rome for people such as slaves, women or children. By law, these people were faceless and nameless and therefore considered to be lesser.

It is not uncommon to wake up to heartbreaking news headlines detailing human trafficking events. It is important to both remain educated as well as hopeful as we go about our day-to-day lives.

Stiegemeier, described human trafficking as “a form of slavery where people are being utilized as tools. It is the depersonalization of another person.”

The haunted question of “why?” still lingers in our heads after hearing about these tragic trafficking incidents,

and the answer is profit. “Human trafficking is a \$32 billion industry that profits off the devaluation of human beings,” Stiegemeier said.

“People want to be able to consume either prostitution, or perhaps pornography, or various other kinds of things. And because people want to do that, there will be others that will want to make money off of doing that. And this is why I’m saying that we need to be able to talk in our families and churches about sexuality so that we can address this rather serious pornification of our culture,” Stiegemeier explained.

By normalizing topics like sex within the church, people “instantly feel more comfortable. It opens the doors for people to speak up about abuse and breaks down this stigma,” Stiegemeier said.

Senior Julian Escamilla said that he left the Taco Talk feeling very informed, “I was very surprised about the topics that we spoke about and am so glad that we are able to end some of the stigma.”

“I heard about this

event through my Professor, Dr. Koenig. I was really interested to see how they talked about certain hard topics, especially as a Christian college, and growing up Christian as well,” said senior Alexa Johnston.

Johnston said that one thing that stuck out to her was the fact that, “[Stiegemeier] said that most traffickers are people that you are in relationships with or people that you know inside your world – it’s not always stranger danger.”

“Love is the answer,” Stiegemeier said as he wrapped up his talk. As is education; it is important for college students to be aware of the risks of the world that we live in. By staying educated and up to date, university campuses, both students and staff, can help keep each other safe.

THE CONCORDIA

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Freshman feedback sessions “open up the conversation”

MADISON ZUNIGA
CAMPUS EDITOR

Earlier this week, President Michael Thomas and his wife Kim opened up their home and devoted their time to building community with Concordia’s first year students.

The Freshman Feedback sessions, hosted by First Year Experience, invited freshmen students to enjoy tacos, s’mores and freshly-baked cookies as they talked with Thomas, Dean of Students Megan Bouslaugh, and other campus representatives. Both evenings created a comfortable and intimate setting which fostered honesty, transparency and reassurance as students received direct and meaningful answers to their questions.

“Our Freshman Feedback sessions are just a way for our first year

students to connect with Dr. Thomas and his wife Kim,” said Jessica James, Assistant Director of Orientation and Student Activities. “They love opening up their home to students, and so we thought this was a great way to celebrate the first semester and find new ways for the students to interface with the president. He really does want to listen to students and implement what they have to say.”

“We have no other agenda than to open up the conversation,” said Thomas. “It used to be that we would have freshmen meet us on opening weekend, but that was too quick and I didn’t get to engage with them. We decided to push that off until INT 100 was done, when they had a few months of experience, and definitely know the things they really like, and the things they’d like to improve.”

“I came for the tacos and the conversation,” said Ella Lippen, freshman. “We had a conversation with

Dr. Thomas about the Core curriculum, and he was giving us the ‘why’ behind it. That was really helpful to know, and I feel like that would be really helpful for a lot of students to know.”

“I think it’s good for feedback definitely, because then you don’t have to work your way up to make an impact on campus,” said Anika Metz, freshman. “I definitely think that more voices are heard with meetings like this.”

“I think the importance of this event is to bring transparency and proper communication between the student body and staff and faculty,” said Madison Johnson, junior, and Rho RA. “I think it’s really cool, because this is a very personal connection, the fact that at our university, students could talk directly to the president.”

“Having this feedback session is very valuable, because they can see that Dr. Michael Thomas doesn’t

just, like, make decisions on his behalf, he also cares about the students as people,” said Laura Gibson, sophomore and PAL.

Thomas discussed topics like the Core Curriculum, cafeteria hours, parking availability and maintenance requests by giving students insight into the reasons why certain systems are the way they are. He indicated potential flexibility within those systems, such as a made-to-order process in the cafeteria, or future renovation in Eagles’ Landing.

He also shared about the major construction efforts that will come to campus in the next few years, such as a new CU Center, a new athletic center and a new amphitheater. He emphasized the hard work that the administration does in order to make those plans into a reality. He was especially transparent about the budgeting and the practicality involved with these situations, which gave

students a better perspective and understanding of the whole process required to run a university.

“In a setting like this, I can tell how much they actually care, and that they want to hear our opinions,” said Emily Thaelke, freshman. “They want to know what we want in order to cater to us as students. I feel comfortable talking to all of these authorities on campus in this setting.”

For more information about the First Year Experience, contact Jessica James at jessica.james@cui.edu. For feedback or concerns about any student affairs, contact Dean Megan Bouslaugh at megan.bouslaugh@cui.edu.

Kailee Dickerson explores the mysteries of Copper Chaperones



PICTURED ABOVE: Student Kailee Dickerson at work in the lab.
Photo courtesy of: Naraly Soberanis

NARALY SOBERANIS
STAFF WRITER

In the scientific field, biology majors like Kailee Dickerson must devote their time to carrying out a selected research topic. In the fall of 2022, Dickerson began her research delving into the perplexing system of Copper Chaperone (CCS) and its role in delivering copper to SOD1 (superoxide dismutase type 1).

SOD1 is a protein that plays a vital role in the development of Amyotrophic Lateral Sclerosis (ALS), a disease affecting the motor neurons that are part of our central nervous system. ALS is commonly referred to as Lou Gehrig’s disease and the CDC estimate there are over 31,000 patients living with ALS in the U.S. The disease does not discriminate and can impact any gender or ethnicity.

With the guidance of her advisor, Dr. Lindsay Kane-Barnese, Dickerson’s hard work has enlightened peers and professors on the connection between the Copper Chaperone process and ALS.

Copper Chaperone is an essential element in the process of copper transport within the human body. Serving as a facilitator, it assures copper reaches the copper-zinc superoxide dismutase (SOD1) enzyme, which protects our cells against oxidative stress. Dickerson said, “Deciphering how CCS behaves is essential to comprehending the association between the development of ALS and copper metabolism.”

With repeated practice, Dickerson mastered Molecular biology laboratory techniques such as polymerase chain reaction (PCR) and gel electrophoresis, utilizing tools like micropipettes and agar plates. Her research has also included mutating portions of the protein to gauge their impact on copper delivery efficiency. Remarkably, her research presented effective mutation of the protein sequence, along with the deletion of domains 1 and 3, including the cxc motif, a small protein sequence.

Inspired by Kane-Barnese, Dickerson became curious about the impact of mutation on a person’s susceptibility to disease and how these mutations can potentially lead to new cures. Kane-Barnese said Dickerson’s research is “trying to understand how a developed protein as a result of mutation is associated with ALS cases.”

Dickerson’s curiosity flourished as she developed a profound interest in the research at hand. Working at a memory care facility reinforced Dickerson’s connection to the topic, fueling her motivation to learn about the progression and development of ALS, a disease which afflicts some of the patients she works with.

Her research has brought light to the development of ALS, a disease that ultimately affects memory and motor functions crucial to human capabilities. Dickerson said, “Learning about Amyotrophic Lateral Sclerosis enhances our knowledge and how to approach future treatment and cures.”

Adaptation was crucial, as obstacles and hardships were always present in her research. Time constraints presented challenges as the timing of sending mutations for primers to Laragen, a company that provides sequencing services to academic institutions and private companies, and reviewing sequences for successful mutations was very specific. Difficulties in obtaining results became a defining aspect of her research journey. Nonetheless, with her advisor serving as her beacon of guidance, she was able to overcome the difficult obstacles that she faced.

Dickerson’s ongoing research on Copper Chaperones underlines the importance of continued investigations in the field of science. There is no doubt that her research will serve as a catalyst for fellow students who desire to explore their own avenues of scientific research.

Editor’s note: The Courier is seeking science stars! Do you know an exceptional student or faculty member who is conducting interesting research or field projects? Contact EIC Jenna Hoffman at jenna.hoffman@eagles.cui.edu. We welcome your story leads.

Six tips before you submit to The Aerie!

MADISON ZUNIGA
CAMPUS EDITOR

’Tis the season for The Aerie! Concordia’s literary and art publication encourages students, staff and faculty to submit their creative work! Here are six tips for writers and artists to consider during the submission process.

Top Tips for Writers:

1. The More the Merrier

By submitting more than one piece, you increase your odds of acceptance, exhibit a variety of talent and also lessen the sting of rejection if your work is not chosen. Writers can submit up to two prose pieces and five works of poetry.

2. Find Another Pair of Eyes

Share your piece with another person before officially submitting. It’s always beneficial to receive feedback on your writing. This can be achieved by finding a writing buddy, participating in a workshop, visiting the Writing Studio, attending the Creative Collective Writing Group or asking a friend to read over your work.

3. Every Word is Worth \$1,000

With both poetry and prose, try to imagine that every word you write is worth a \$1,000. Concision and clarity are crucial for genres such as poetry and flash fiction. Learning to be intentional in your writing and ruthless in your revisions will ultimately increase the value of your words.

Top Tips for Artists:

1. Provide Polished Photos

When you take photos of your artwork (whether 2D or 3D), they should be clear, not warped and without shadows. Be careful with the photography process and intentional with your selections.

2. It’s Your Time to Shine

Don’t be shy with what you submit. Choose the pieces that you have a personal connection to, and that best showcase your artistic style and exhibit your unique perspective.

3. Practice makes Perfect

Practice going through an official submission process by reading all of the guidelines found on the Aerie page of Concordia’s website. Ensure that you include all of the necessary information, use the correct format and submit by the Dec. 4 deadline. If you don’t know how to title an artwork, “Untitled” is acceptable.

Visit <https://www.cui.edu/arts/visual-arts/aerie> for more information about The Aerie.

Glory to Gospel music

KENT BEWLEY
STAFF WRITER

The beauty of singing a song of worship is undeniably empowering in a world of great emotion and struggle, and doing it in a group setting is even better. That is what gospel music brings to so many people of various backgrounds across the globe, whether they are Christian or not.

Gospel music is a genre of instrumental beauty that in modern times helps people feel spiritually strengthened during both good and bad times.

With famous songs such as “Amazing Grace,” “I Saw The Light” and “I Won’t Go Back,” gospel music has a rich mixture of artists who have embraced it. From old-era singers like Elvis Presley, Johnny Cash and Aretha Franklin to modern musicians such as Kanye West, Alan Jackson and Chance The Rapper, there is no shortage of notable names who have sung the praises of Jesus Christ.

Originating during the years of slavery in America, gospel songs helped wrongfully enslaved people summon their strength through the darkest days. Moving northward from the Deep South after emancipation, gospel music gained popularity in big American cities such as Chicago and New York. Historically, the peak of gospel music occurred during the decades surrounding World War II as the Great Migration by African-American [Black] citizens in the U.S. spread the genre of worship songs nationwide.

Besides African-American roots, gospel music has connections to the Anglican church, which promoted songs like “Amazing Grace” and “Rock of Ages.” The four different kinds of gospel music are traditional gospel, urban contemporary gospel, country gospel and British gospel.

Traditional gospel music has close ties to the African-American Church and is known for their enthusiastic choirs, energetic hand-clapping and other musical traits. This kind of gospel music is sung by the members of the abbey west music group here on campus at both chapel buildings. Songs such as “House of the Lord,” “Firm Foundation” and “King of Kings” are sung at chapel services with traits of traditional gospel present on

the stage and in the crowd.

Urban contemporary music is the most impactful gospel music genre in the present, as it has a strong influence from hip-hop and R&B. Songs of urban contemporary labeling include “Do It Again” by Elevation Worship, “Call the Name of Jesus” by Darwin Hobbs and “What a Beautiful Name” by Hillsong Worship. Urban contemporary music is also performed by abbey west during chapel services at the CU Center and Good Shepherd Chapel on Mondays, Thursday nights, Fridays and Sundays.

Country gospel is most popular in the southern U.S. and sung by artists like Alan Jackson, Dolly Parton and Brad Paisley. Hits like “The Old Rugged Cross,” “Power in the Blood” and “God’s Country” make up the backbone of modern country gospel, which has a major hub in Nashville, Tennessee.

British gospel music is advanced by the Black community in the United Kingdom as it reflects the Caribbean and African ancestry of Black Britons. The most popular music group is the London Adventist Chorale, which was founded in 1981 and became popular in the mid-1990s.

Gospel music continues to remain popular for Christians and people of different religious views alike. The power of hearing worship songs can really lift up the spirits of somebody who is struggling. Local radio stations in the Southern California area that play songs from gospel artists include 100.3 K-LOVE and 92.7 KYLA. There is also a Spanish radio station associated with K-LOVE in the local area with the designation 107.5 FM, so if you like to hear gospel songs in a romantic language, that station is perfect.

Despite being overshadowed in pop culture by music genres like pop, rap and country, gospel music still has a massive following and can always provide hope when listening to it, whether driving around in your car or at a live concert event that occurs many times a week. May the peace of the Lord be with you when hearing the beautiful songs that gospel music provides on any given day.



PICTURED ABOVE: Taken from website MasterClass.com with link: <https://www.masterclass.com/articles/gospel-music-guide>
Photo courtesy of: Susana Fernandez on Unsplash

Who are the real “Freaks?” CUI Bono answers

JENNA HOFFMAN
EDITOR-IN-CHIEF

On Wed. Nov. 1, CUI Bono hosted a movie night and played the circus horror movie, “Freaks”

to wrap up the Halloween festivities and explore what it means to be human.

Dr. Scott Stiegemeier, Associate Professor of Theology and Bioethics, introduced the movie and explained that “Freaks” is one of the most censured movies of all time. Students watched the film while eating dinner provided by CUI Bono and then discussed their thoughts and feelings about the film and its commentary on humanity.

In “Freaks,” when trapeze artist Cleopatra learns that circus midget Hans has an inheritance, she marries the lovesick, diminutive performer, all the while planning to steal his fortune and run off with her lover, strong-man Hercules. When Hans' friends and fellow performers discover what is going on, they band together and carry out a brutal revenge that leaves Hercules and Cleopatra knowing what it truly means to be a “freak.”

One of the students in attendance, junior Aris Howsepien, said, “Freaks’ most definitely challenges the core perception of what humanity is. It pushes the audience to think about what they consider the limits of ‘humanity’ to be. ‘Freaks’ makes you expand what your definition of ‘human’ can be, or it may help you realize that your definition of ‘human’ is too constricting.”

Stiegemeier explained that what makes “Freaks” especially unique is that this movie actually contains people with atypical bodies and disabilities, whereas movies nowadays often use able-bodied actors to depict the same thing with the help of CGI.

Dr. Daniel Deen, Associate Professor of Philosophy and Director of CUI Bono, noted that “Freaks” still has conventional themes and stories, just with different kinds of actors. He pointed out that there are a lot of scenes that don't actually advance the plot but instead show the circus performers doing daily tasks, which serves to humanize the actors.

Another aspect is that “the film turns the concept of what a ‘freak’ is on its head. The ‘freaks’ are not those with physical



PICTURED ABOVE: “Freaks” poster (1932)
Photo courtesy of: Warner Bros

disfigurements or mental/intellectual challenges; the real ‘freaks’ are those who do not try to look past the outer self and mock the outside of a person who has more layers than one can comprehend at first glance,” said Howsepien.

In the media, you often see villains depicted as ugly or deformed, but this is another theme of “Freaks” that sets it apart. In this film, you find that the physically “beautiful” people are actually the villains.

Howsepien said the movie has “lessons in history and human psychology all in one.” He explained that there are many aspects that always bring him back. “One significant aspect is that this film portrays the core elements of what I believe ‘humanity’ is in a unique way.”

“Because a majority of the actors in the movie were ‘circus freaks’ as a profession, it forces the audience to look at those people in a different light compared to when you know the actors are able-bodied people treated with CGI/special effects,” said Howsepien. He added, “You can't help but celebrate their victories and lament their struggles with them.”

Howsepien says that he would recommend “Freaks” to anyone and everyone. He said, “It reveals thoughts and prejudices we may unconsciously hold against people perceived as ‘less-than-human.’” He concluded by saying, “Not only is it a shocking and intriguing inside look at an antiquated practice (a sort of look into the past), but it will positively transform your perception of kindness, cruelty, love and community.”

If you would like to watch and analyze a film with your fellow students, go to CUI Bono's next movie night, or contact Dr. Daniel Deen with any questions at daniel.deen@cui.edu.

Men’s basketball has high hopes for this season

OLIVIA HIGHSTREET
STAFF WRITER

Last Wed., Nov. 1, Concordia men’s basketball hosted the first home exhibition game with incoming PacWest Conference member Vanguard. It was a hard-fought battle, with the Lions and the Golden Eagles neck and neck the entire game. In the end, Vanguard walked away with the win, ending in a 60-62 victory that came down to a buzzer-beater shot.

The Golden Eagles didn’t get the outcome they were hoping for, but it was a great showcase of the potential of this team. There were a few stand-out players from the evening. Graduate student Tim Adetukasi put up 16 points and collected eight rebounds for the Golden Eagles.

Adetukasi is a transfer from Indiana Wesleyan University and is ready for the next chapter of his basketball career. He said, “I think I am most excited about experiencing this journey with my teammates. Having been on a team before, you learn to appreciate the journey of a season and the moments with each teammate you have. This

time runs out quickly, so it’s important to stay present in each moment.”

Connor Gleason, senior guard, also had a notable performance. Gleason contributed 10 points and made both of his three-point shots. “For the game, I wanted to enjoy being out there, being myself. A lot of different feelings come up on gameday, and being able to trust in my being was the sole goal. When I’m in that space, I feel like a kid again,” he said.

Kobe Sanders, a senior guard, has a similar focus for the season that is bigger than the game itself. He said, “I’ve set aside personal goals for this season. A character goal I have is just to be a leader this year and help us win games.” This is working for Sanders, as he collected eight rebounds along with Adetukasi.

Sanders expressed that Wednesday’s game was a tough loss but ultimately a good experience for the team to compete and prepare them for their game against Pepperdine on Nov. 6. Sanders said, “We take DI vs. DII games kind of personally because a lot of people think there’s a big difference with that, and we are ready to prove

that wrong.” The green and gold kept it close with Pepperdine besting Concordia 76-64.

“The game plan is always to compete, no matter who the opponent is,” Adetukasi said, “We have to go in with the mindset to compete in every area of the game; when you are intentional about such intangible factors, the rest of the game is something that you learn to just let be.”

The Golden Eagles did just that: they competed. They stuck with the Waves the entire first half and finished the half with a 30-25 lead. Pepperdine used the half to their advantage and took the lead in the second. Concordia struggled to minimize turnovers and were less aggressive than the Waves when it came to rebounds, but they stayed in the game with their offense.

CUI led in field goals and three-point percentage, and though this wasn’t enough to secure the win, the final score is a clear indication that Concordia can compete with DI teams.

A loss is frustrating, but Adetukasi can see that the drive of this team will be what sets them apart from their competition. He said, “This program



PICTURED ABOVE: Tim Adetukasi going for the dunk
Photo courtesy of: Crash Kamon

has been through some hardships in the last couple of years. Therefore, a lot of guys want to change the narrative and make it clear that this team is focused on competing with anyone. We understand that when we step on the court, we represent something bigger than ourselves, and we want to do this to the best of our ability. All these reasons and more are driving us to make this season something everyone can be proud of.”

Concordia men’s basketball will be playing again this weekend in the CCAA/PacWest Challenge hosted by Biola University. They will play in the regular season opener on Fri., Nov. 10 at 7:30 p.m. vs. Cal State San Marcos. The second game will be on Sat., Nov. 11, vs. Cal State LA at 7:30 p.m.

Head over to La Mirada this weekend to support our Golden Eagles since this will be the closest game to Concordia until they are back at home on Dec. 16.

Men’s lacrosse wins fall scrimmage, looking to future in NCAA DII

LUKA BRANCATO
STAFF WRITER

On Oct. 27, the men’s lacrosse team beat Chapman University once again in their annual fall scrimmage at home as they prepare for the upcoming season in the spring.

Daniel Yang, a junior goalie said, “The Chapman scrimmage went well in my eyes. Anytime we play Chapman, it is a brawl, as they have been our rivals ever since we made the jump from MCLA Division II to Division I.” Yang added, “Our defense was firing on all cylinders, making stops, and getting the ball to our talented offense.”

Garrett Burns, a senior midfielder said,

“The game against Chapman was great, we showed some very good progress from the last scrimmage we had this fall and now have an even better grasp on what we can do to get better prepared for the spring season.”

The Golden Eagles are coming off of a Men’s Collegiate Lacrosse Association (MCLA) Division I National Championship where they beat Virginia Tech 17-10 this past May.

Burns said, “Winning the national championship was a very surreal experience. To be honest, not a lot of us were expecting it to happen because we were just focused on progressing to the next game in the tournament.” Burns added, “Once we beat Liberty in the semi-

finals everyone’s demeanor changed and you could tell that we were not going to leave that tournament without the trophy.”

Yang said, “From the first day of fall ball to the last day of the spring season, we poured our blood, sweat and energy into perfecting our craft to have the confidence to know we are the best team in the league and chase our second National Championship in the MCLA.”

“Ever since my commitment to play at Concordia, I have been discussing the possibility of winning a National Championship with one of my best friends, Christian Soriano. He unfortunately passed away in April 2022, and winning the National Championship was an achievement I could

honor my best friend with,” added Yang.

Cade Poe, a senior face off specialist said, “To win a National Championship, it felt surreal. To be ranked seventh and upset three of our four opponents was amazing. It was definitely a good way to end our MCLA journey.”

The team will be joining NCAA DII and the Rocky Mountain Athletic Conference (RMAC) for the upcoming 2024 season. They will be the second California team in NCAA DII lacrosse.

Burns said, “The jump to NCAA DII will be an exciting challenge for our team. We have seen the best that the MCLA has to offer, and so there is only progress to be made in the NCAA.”

Ryan Tabor, a sophomore midfielder said, “It will definitely be a challenge, with new teams and new talent but it’s nothing we can’t handle and will be ready to compete.”

Poe said, “Obviously most of the change will come from our schedule and level of competition. They’re more depth, and talent at the NCAA DII level and I’m excited to see how we stack up against them.”

The Golden Eagles open their regular season on the road at Adams State on Feb. 10, 2024. To follow men’s lacrosse throughout the 2024 season visit cuigoldeneagles.com or follow @cuilax on Instagram.

Cross country concludes with record finishes

EVA PREWITT
SPORTS EDITOR

On Nov. 4 in Monmouth, Oregon, the men's and women's cross country teams braved a rainy day and muddy course. The elements did not phase the all-star athletes, as they continued to break records at the NCAA DII West Regional competition.

The No.19 nationally ranked women's team finished No. 4 overall. This is the highest placement Concordia has earned in program history. Senior Porshe Eismann has represented the Golden Eagles all four years of her collegiate career and led Concordia's team, finishing ninth overall. Fellow senior Jori Paradis finished close behind in tenth. Eismann and Paradis both were awarded All Region Honors for their incredible performances.

After Eismann's 21:09.9 finish in the 6K, her name was added to the Concordia history books as the highest-ever individual finisher in program history at the DII level. "I went in knowing I was going to be a top ten ranked runner in the region. I did it for my team and all for the Glory of the Lord," said Eismann.

Joining the seven upperclassman female athletes who competed at regionals was freshman standout Emily Littlefield. "It was very exciting and special making it to regionals as a freshman, and I am so thankful that I am a part of such a great team," said Littlefield.

The men's cross country team placed No. 6 at West Regionals to continue the record-breaking trend. This finish is the highest placement in the team's respective Concordia history and is three slots higher than their latest ranking. Senior Juan Sebastian Garcia was the first Golden Eagle to cross the finish, coming in 36th with a time of 31:43.8.

With the men's game plan of running

the 10K race as a group, they executed with five finishes within a minute of each other. "We knew that if we were to stick together as a pack as long as we could throughout the race and finish within seconds of each other, we would be able to do something special and place higher than we ever had done before," said Garcia.

"This season has been so special due to the fact that this team has gone through a lot of doubt," said Garcia. Enduring challenging races with discouraging finishes, the Golden Eagles rose above. Garcia said, "To see this all come together, for the team to embrace the doubts and fears and for it to all finally click together and place higher than we thought we would was really special."

Senior David Berardi believes their season "ended with vengeance." Berardi said, "Everyone underestimated the boys in the rankings throughout the season. We really outdid what people said we could do on paper."

Though both men's and women's teams were not selected to compete at nationals this year, the Golden Eagles made it further than ever before. "To see and be part of the way this team has significantly grown over the past three years is just incredible," said Garcia.

"We were blessed with amazing accomplishments and making history, being mentioned on The Stride Report and making everyone fear the Golden Eagles because no one expected us to reach this far," said Eismann.

The Golden Eagles will never give up and will continue breaking records next fall and in their transition to the track this upcoming spring. Eismann said, "Watch out everyone, the Golden Eagles aren't done hunting."

Men's water polo wins big on senior night; recollects a season of achievement

CHRISTOPHER SEXTON
STAFF WRITER

Men's water polo defeated Fresno Pacific on Sat., Nov. 4 in a triumphant 13-7 win in the last home game of the season. This victory was particularly special in that it took place on senior night, where players Hunter Osgood and Tanner Powell, as well as the late Garrett Ryder Wade, were all honored.

Looking back at the start of the season, junior Jackson Milius recalled the first few days of practice. "I think a highlight was getting everybody together for the first time," Milius said. "We have a lot of new people and a new coach, and I think that was super cool."

Justin Johnson, the new head water polo coach, set up a rigorous practice schedule for the team. "It was hard," said sophomore Leo Erickson in reference to "double days," the team's two-practice-a-day regimen. "It was hard, but I think it set us up pretty well for the season. What we saw against a lot of the teams we've been playing is that they're just in not as good of shape as us, so that's given us an advantage."

The Golden Eagle's began their season with the Triton Invitational in La Jolla. Erickson spoke about this event, saying "For me, one of the highlights was our game against Santa Barbara. Even though we lost, we had a really, really good score and a really competitive game, they're ranked really high." The team went on to get their first win of the season against Pomona-Pitzer, which Milius described to be pivotal for the team because it "got everybody pumped up." This winning mindset carried on throughout the season, and eventually led to the team's big win against Fresno Pacific.

Following the Fresno Pacific game, seniors Osgood and Powell, both goalies, were honored and will be missed by the team

sorely. "I'm for sure gonna miss Hunter and Tanner," said Milius. "Hunter's been my main goalie for the last two years, and Tanner stepped up really big this year and has been doing really great. They've made a big impact on this team."

After Osgood and Powell were introduced at the senior night ceremony, they both stepped out of the spotlight for a moment and allowed some words to be said about Garrett Ryder Wade, a water polo team member who passed away three years ago. "Although we never got to the point of playing in the season with him, I think he, even not being here, set the standard for what the team has become: like a family," said Osgood. "He just, like, introduced us to more of the type of team chemistry that we bring to the pool. I feel like if it wasn't for him, and even what happened, we wouldn't be where we're at now."

Looking into the future, the Golden Eagles expect a powerful 2024 water polo season. "We have a really good team shaping up," said Milius, "And I think we're going to get a lot of new recruits that will be beneficial for this team." Erickson expressed the expectations of the team moving forward: "I think as a team it would be really good for us to shut out and win against everyone in conference pretty substantially. That means teams like Biola, FPU; those are games that we really want to focus on winning next year."

The Golden Eagles have wrapped up all of their regular season games, but still have the Western Water Polo Association (WWPA) championships coming up. The championships will be played on Nov. 17-19 in O'Fallon, Illinois. Live coverage and stats will be found on the WWPA website.

Star baller Katie Timmerman commits to play pro basketball in Korea

OLIVIA HIGHSTREET
STAFF WRITER

Katie Timmerman's dream was to play basketball for as long as possible, and her dreams are coming true. Timmerman, the 2023 Concordia grad and former women's basketball student-athlete, recently signed to play professionally in South Korea in the Women's Korean Basketball League (WKBL) for the S-Birds.

Timmerman attended Concordia as a student-athlete for five years, receiving her undergraduate degree in Kinesiology and pursuing her Master's in Coaching and Athletic Administration. She was a two-time All-PacWest Conference selection and holds the Concordia program record for the best career free throw percentage. Timmerman ranks in the top 3 all-time in average minutes played per game.

She is also the third Concordia women's basketball player to score at least 1,000 career points in the NCAA DII; all three signed to play professionally. Not

only was she a standout athlete, but she was also a leader on and off campus, which earned her the 2023 Concordia Female Golden Eagle Award.

Camryn Kiernan, a former teammate, said, "Katie definitely had a leadership role on the team. From when I came in as a freshman, she was like my big sister and welcomed me in." Kiernan continued, "She was the glue of our team. She held everyone together by doing all the little things and knocking down threes."

The little things do not go unnoticed on the women's basketball team. Head Coach Christine Collins-Kiernan said, "[Katie] came in, playing wise, as someone who did all the little things. She started midway through her freshman year and played more minutes than anyone on our team, but that was because she did all the little things."

Timmerman is grateful for her journey at Concordia. "I've learned so much about myself and walked away as a completely different person than I entered as," she said.

"One of the major lessons I learned that I will take with me to Korea is that everyone has a different path in life. My path may look different compared to the native Korean players, but just because it is different doesn't mean I'm behind or not capable of competing; it just means I have a different experience."

Her journey to playing professionally wasn't direct. It involved participating in the USA Women's National Handball Tournament and, eventually, earning a spot on the U.S. Senior Women's National Team this past summer.

Regardless of her success in handball, Timmerman made the decision to play professional basketball through a connection to the WKBL. She said, "I ultimately chose Korea because my mom was born in Seoul, and I saw it as a great opportunity to represent and connect with that side of my family. I had always wanted to visit Korea and learn more about the culture and way of life, so it made the decision easier."

Timmerman is excited to play in a new environment. She said, "There seems to



PICTURED ABOVE: Katie Timmerman, signing to play for S-Birds
Photo courtesy of: Instagram/@cuismwimdiv

be a great and supportive basketball community out here that I am excited to be a part of. I'm also excited to see how much I'll be able to grow on and off the court. There are so many great resources out here to help me grow and develop that I'm excited to see where it will take me."

She will be in Korea for the majority of the year. The S-Bird's season begins in October and concludes in March, depending on how they perform in the playoffs. Timmerman plans

to play in Korea for the next few years, take a break to pursue handball, and then return to continue playing basketball in Korea.

As Timmerman looks forward to this exciting chapter, she said, "Life is way too short to not be making the most of it or to be living inauthentically. My goal while I'm out here is to make the most of the unique opportunity I have to play professionally in a different country."

“Anything Goes” is ready to sail at Concordia

REBEKAH MICHEL
MUSIC COLUMNIST

Concordia’s Theatre Department has been diligently working away on their production of “Anything Goes” to set sail. Serving as the November show slot for the department, Concordia only produces one musical per year. Under the direction of faculty members Lori C. Siekmann, Diane King Vann and choreography by Autumn Mortenson, “Anything Goes” has proven to be a fulfilling experience for all of the students involved.

“This rehearsal process has been extremely rewarding. So much progress and hard work has been made,” said Indi Ebo ‘23. Ebo is a senior Theater major and plays one of Reno’s angels. “There are so many aspects of this show- anything from intimacy, to lift calls, to tap dancing. This show is the epitome of the art form of musical theater. It feels really special to watch this show come alive as we have continued to rehearse,”

said Anna Martin ‘24. Martin is a senior Music education and Vocal Performance major and plays the principal role of Reno Sweeney.

“Anything Goes” is a larger than life musical filled with comedy, tap dancing and highly acclaimed music from Cole Porter such as “I Get A Kick Out Of You” and “Anything Goes.” Following a group of passengers, gangsters and showgirls on a boat in the 1930s, this production is saturated with love triangles, fake identities and high energy dance numbers. Often deemed as an iconic and highly praised musical in theatrical history, Concordia has risen to the challenge and provided this laugh-out-loud musical comedy.

The Theatre Department produces a variety of theatrical genres throughout the season that can often touch on serious matters. Yet, “Anything Goes” is the opposite of serious and is a show that encourages audiences to break free from reality. “I think that audiences



PICTURED ABOVE: The cast of Concordia’s “Anything Goes” has been diligently rehearsing over the past 2 months- Photo courtesy of: Grace Sielaff

should come see this show to really get an escape from everyday life. This show is exciting, bright and hilarious. I think that anyone who sees it will leave feeling happy and touched by the story,” said Martin.

While the cast and crew have been hard at work to prepare this production, the actors are eagerly anticipating an audience. For Ebo, the joy of this show reaches a peak in the musical number that opens Act 2 “Blow, Gabriel Blow.” “The energy that comes

out of that number is palpable and so fun to play with each time we run the number.” Through the hard efforts of vocal director King Vann and choreographer Mortenson, this production features music played by a live band and dance numbers that showcase a variety of styles such as tap, ballroom and jazz.

“Anything Goes” will play at the Studio Theater on Nov. 10, 11, 17, and 18 at 7:30 p.m and Nov. 12 and 18 at 2 p.m. Concordia students

can reserve free tickets for one performance by using the code CUISTU at checkout. A high number of attendees is expected. Therefore, reserving tickets ahead of time is strongly encouraged. Any remaining tickets for each performance can be bought at the door, before the show. For more information, or to purchase tickets, visit [simplenetix.com](https://www.simplenetix.com).

Visual Arts students and faculty prepare for The Aerie

RYN CASTEEL
ARTS & REVIEWS EDITOR

The Aerie is an annual journal published by Concordia that invites all students, faculty, staff and alumni to submit their creative works to be

evaluated and chosen for publication.

The content of The Aerie consists of a wide range of submissions spanning from visual arts to creative writing. Students are greatly involved in every aspect of the process and

get to engage in a hands-on manner.

While creative writing is a key component of The Aerie, the visual arts aspect carries equal weight. When asked about the unique characteristics of such, Sara Fletcher, Associate Professor of Visual Arts, said, “You see visual art all at once - it is all there, to be received day or night, in various seasons of life, without needing to commit to a certain amount of time to make it to the end of the piece. It is still, yet it can unfold and suggest movement and change. It can nonverbally complement, complicate and deepen verbal meanings.”

The Aerie has played a large role on Concordia’s campus in regards to the Visual Arts department for many years. Students and staff prepare their ideas and works in advance for submission, taking inspiration from varying experiences in life. Fletcher said, “Please submit original art in any medium that you consider meaningful and beautiful. Imagination and faithful depictions of nature, and

any blend of those, are welcome!”

Rachel Soo, the Visual Arts Department Chair, said, “We encourage students, staff and faculty to submit their art! They do not need to be art or graphic design majors to submit to the open call. All are welcome.”

“Submit up to five of your favorite pieces. We accept all media, including photography, drawing, painting, collage, graphic design, digital illustration, sculpture, ceramics, etc,” said Soo. There is an opportunity for everyone interested in participating!

There is a community that has developed and come to life due to the creative culture of The Aerie and has open arms to all. Soo said, “I am incredibly blessed to be working in the Visual Arts department! It’s a joy to see students grow and develop as artists and individuals.”

Fletcher said, “I get to know the students and staff on campus better through seeing and reading their published work. It builds a sense of community and mutual inspiration.”

Students and faculty in all departments and schools are encouraged to tap their inner artist. “All of the other departments here nourish the students, and that overflows in their visual work, both the process and the product,” Fletcher said. “Students here have a healthy attitude toward revising, as they are taught to see things afresh every day. Several non-majors take our classes and attend art workshops; it has been beautiful to see the mutually beneficial exchange between them and the art majors.”

For those who are interested in submitting work, the deadline for submissions for the Aerie is Mon., Dec. 4 at midnight. Art Submissions Guidelines can be found at www.cui.edu/aerie.

OPEN TO ALL CONCORDIA STUDENTS.
ALUMNI. FACULTY. AND STAFF.

DEADLINE FOR SUBMISSIONS:
MONDAY, DECEMBER 4 AT MIDNIGHT

ART SUBMISSION GUIDELINES:

1. submit no more than 5 pieces
2. all submissions must have a title
3. studio art submissions that are accepted for inclusion must be available for the designer to scan or photograph
4. digital artworks (graphic design, photography) that are selected must be available at high resolution
5. one detail image per entry may be included and should be labeled as such

SUBMIT YOUR ART AND CREATIVE WRITING FOR CONSIDERATION
TO CONCORDIA'S LITERARY AND ART PUBLICATION

THE AERIE

HOW TO SUBMIT:

- Entries must be received by Mon. Dec 4 at midnight and should be emailed with attachment to concordia.aerie.art@gmail.com.
- Current Concordia students should use their eagle's email account, the subject line should read Aerie Art submission. The email should include the artist's name, anticipated graduation year, title of the artwork, medium, and contact information.
- Each image file must be named with the artist's name, title, and medium (ex: jane-smith.growth.acrylic). More than one file may be attached to the same email. The juror select the artworks to be included in The Aerie publication from the images submitted. Notification of selected and non-selected work will be sent via email.

QUESTIONS? CONTACT PROF.
SOO AT [RACHEL.SOO@CUI.EDU](mailto:rachel.soo@cui.edu)

PICTURED ABOVE: Aerie open call posters Photo courtesy of: Emma Magnuson



The one where we all lost a friend, Matthew Perry remembered



PICTURED ABOVE: Solo Younger Picture of Matthew Perry
Photo courtesy of: rollingstone.com

INDI EBO
STAFF WRITER

On Oct. 28, the world lost the kind, hilarious and beloved Matthew Perry. Widely known for the role of Chandler Bing on “Friends.” While details and toxicology reports are still being reviewed, the world seemed to stop at the news of his passing. Especially for those who were lovers of the show, which transcends generations.

“I will remember Matthew Perry by the great person he was on and off screen. He was a wonderful personality on ‘Friends’ that made millions laugh, but he was also going through a lot personally,” said freshman Layla Triman.

“‘Friends’ got me through some dark times. When life was hard, certain shows were able to give me a bit of peace and could make me laugh for the time being. ‘Friends’ was one of those shows for me. ‘Friends’ was also commonly quoted between my mom and I, it was something we could bond over,” said junior Bella Sagum.

“I heard about ‘Friends’ when I was around 13 years old and I had seen some episodes here and there. But when the 2020 lockdown happened, I watched the show in its entirety...When I couldn’t see any of my close friends during the quarantine, ‘Friends’ brought me comfort,” said Triman.

Like the revered theme song promised us all. When the rain started to pour, he was there for

us all.

“This event has been such a tragedy and the best way to remember him is by finding joy in the work that he created and smiling through his jokes that were told on the very loved show,” said junior Grace Sielaff.

“I have seen some episodes since he passed. I know some people don’t want to watch it again, at least for a little while, because it’s just so sad to see him...for me though, I wanted to watch it again. So I could see him at a time where he was surrounded by the people that loved him and was making people laugh,” Triman continued.

“I loved Chandler’s character because there was something so authentic about him. I also think he was so relatable in the way he used humor – both socially and as a coping mechanism,” said Sagum.

“I loved Chandler’s witty sense of humor and his compassion for his friends and family. He always was there when someone needed him,” said Sielaff.

“Friends” was the most popular show on U.S. streaming services for the week of Oct. 30 through Nov. 5, according to data from JustWatch.

“I think the world should remember him as the one who made everyone laugh and smile and find light in the dark days,” said Sielaff.

Thanksgiving food drives: A heartwarming way to give back to the community

ZOE HARDY
STAFF WRITER

As Thanksgiving approaches, Orange County is stepping up to help those in need. Both on and off campus, there are ways to serve our community this holiday season.

A local charity, Home Aid, is organizing a Thanksgiving food drive to provide meals to families who may otherwise go without. The community has responded positively to the food drive, with recurring volunteers returning and new volunteers asking about how to help.

Food donations are accepted now through Nov. 17 at 1500 East Village Way, Orange, CA 92851. Community tool kits are available on their website for more information about what is most needed. On Nov. 17, community members are welcome to volunteer from 8 to 1 p.m. to work the food drop off or from 1 to 4 p.m. to assemble meal boxes. You can sign up for a volunteer shift on their website: <https://mailchi.mp/2af69d533103/2023tmdv>.

Sinclair Adams, Administrative assistant for Home Aid, is thankful for all of the assistance the community has provided. “HomeAid Orange County is fortunate to have a lot of recurring volunteers for our donation drives. We are also seeing more new people reach out and ask how they can volunteer or donate. This is exciting because we are always looking for ways to spread the word about our mission and community events to get more people involved each year until there is a hot holiday meal for everyone in need.”

HomeAid Orange County is fortunate to have all the supplies needed to run the food drive donated, and they have secured bins to collect donations from a generous donor. The organization is active on social media and encourages college students to pitch in by sharing information within their network, hosting a dona-

tion site, or volunteering to unload donations on the drive-thru drop-off day.

Amy Moylan, Director of Media for Home Aid, is moved by the community’s generosity each holiday season. “It is always heartwarming to hear from people who want to get involved to help others. Last year, when our staff went to our Family Care Center (an emergency shelter for families experiencing homelessness) to drop off food donations, the program manager hugged them and expressed how much it meant to have food for the families.”

“Seeing the joyful reaction of someone receiving help is inspiring and humbling. That moment of goodness would not have been possible without so many people in our community. We want people to know that when they donate something as simple as a meal, they are making someone’s day,” said Moylan.

Concordia is also doing its part to help those in need. The university is holding a cereal drive on Wednesday, Nov. 15, in Rho Commons from 6 to 7:30 p.m., where students are encouraged to bring cereal boxes to be donated to the South County Outreach Food Pantry. Each box earns students one raffle ticket for the chance to win amazing prizes.

Communities need to come together and support each other during the holidays. Every day is an opportunity to change someone’s life and make the world a better place. During the holidays, community action is needed more than ever. HomeAid Orange County’s Thanksgiving food drive and Concordia’s cereal drive are excellent examples of the community’s efforts to help those in need.

It is essential to remember those struggling and lend a helping hand. Whether donating or volunteering, everyone can make a difference in someone’s life this holiday season.



PICTURED ABOVE: Students packing food
Photo courtesy of: cui.edu