

THE CONCORDIA COURIER

INVESTIGATE.INFORM.IGNITE.INVOLVE.

Volume 13, Issue 3

Concordia University Irvine

Friday, October 5, 2018

NCAA Diversity and Inclusion week leads up to Honor One Another pledge at tonight's volleyball game



PICTURED ABOVE: Volleyball team gathering in huddle during one of their matches

SARAH KRETSCHMAR
SPORTS EDITOR

This past week, Oct. 1-5, Concordia was a part of NCAA Diversity and Inclusion Week which took place at all NCAA schools. The NCAA implemented this initiative to bring value to every college or university, make sure that every student-athlete feels welcome on their campus, and to build relationships across campus. *See the article on page 4 of The Courier for more information on what the NCAA promotes during this week.*

Concordia chose to express diversity and inclusion through the Honor One Another campaign on social media.

The campaign and initiative brought about a different focus of diversity and inclusion each day. Monday featured the many

identities of student athletes. This included social media posts in which student-athletes broadcasted the ways that they contribute to Concordia outside of their sport. Tuesday focused on discrediting athlete stereotypes and showing how college athletes are more than just a student-athlete.

Wednesday included sharing and stating facts about how diverse Concordia is regarding ethnicity, race, religion and culture. Thursday included students and student-athletes discussing what diversity and inclusion meant to them. Today, inclusion week will wrap up with a pledge. The main goal is to honor each other and be more inclusive in everyday life. By creating a pledge, it will be a reminder to all to commit to be a person of action for inclusion.

This pledge was expired by Romans 12:10 which reads "Love one another with brotherly affection. Outdo one another in showing honor."

Dr. Terilyn Walker, Dean for Equity, Diversity and Inclusion at Concordia is excited about what this initiative aims to accomplish. Walker has been a pivotal member in this week's past efforts for diversity and inclusion. "This is a wonderful opportunity for our student athletes to take the lead in encouraging their peers and university community to share in celebrating diversity and making personal commitments to inclusive action," said Walker. The efforts of Concordia via social media have not gone unnoticed and are promoted across multiple platforms.

Ben Rosehart, Sports Information Director at Concordia, said "No matter how young or old we are, there is always room to grow and a college campus is a great way to learn more about yourself and about your peers, teachers and classmates both inside and outside the classroom."

In honor of this important week, tonight's Women's Volleyball game against Point Loma has been officially sponsored as a part of the NCAA Diversity and Inclusion Week. The pledge on page 4 will be read aloud at the game tonight and wrist bands saying "honor one another" will be passed out to those in attendance. Come by the gym tonight at 7 p.m. to cheer on the Lady Eagles and be a part of this great campaign!

Extreme Makeover: Caf Edition

MEL MALANOWSKI
STAFF WRITER

Over the course of the summer, the Bon Appétit staff remodeled the cafeteria bringing new options to students and faculty for the 2018-2019 school year. Changes included physical makeover and the addition of a new bowl station to each meal period. Returning students noticed the differences with the freshly painted walls, new wood flooring and proud eagle hanging in the window panels. While the changes and renovations are welcomed, some students are impacted by the food options currently available, especially those with dietary needs.

Junior, Grace Lehman, touched on the physical changes of the cafeteria. Lehman appreciated the new flooring in comparison to the previous carpeting saying, "It keeps the caf looking cleaner." She thinks the layout feels more warm and inviting.

Along with Lehman, freshman, Kaylin Brand, expressed some of her concerns over changes to the menu. Being allergic to shellfish and other seafood, both students felt it can be a challenge finding food other than salad or simple veggies. Lehman pointed out that people with dietary needs are typically given salad as one of their options.

The Chief Executive Officer of Bon Appétit,

Continued p. 6

I SPY ASCUI



KATIE DEPOL ASCUI SECRETARY

I'm sure you've heard: There's a scavenger hunt going on all semester long. It's called "I SPY ASCUI." Hosted by the ASCUI Communications Director, Forrest McFarland, this contest is a campus wide scavenger hunt available for all students to participate. I'm here to give you an update and inside tips on how to answer the clues and win the game! The first three clues were found in your friendly neighborhood toilet talks and the most recent one is on Instagram. Over the course of the hunt we've interviewed those featured in the clues to

share their thoughts behind the creation and hints for the clue. First, Captain Martin gave a statement to explain the first clue found on the toilet talk. "Aye, yes, I remember it now, she was a treacherous one. That clue was one to throw even the bravest kids through raging waters, but I know they can do it." "Do you have any advice for solving the clue?" "Well," Captain Martin said, "I know there was a hint cast out there, I believe it's a hidden word that needs to unwind. I put my last copy of the hint here to give those scallywags some help." Now, we'll hear from Superman, as he was featured in the next toilet talk clue,

maybe he can shed some light on the solution to the clue. "Yes, that mission is still fresh in my mind. After writing the clue, I knew it would be a rigorous trek for any one person to walk, granted, I just flew, but once I got there what a beautiful sight it brought me to. I decided to lay down and take it all in. I felt restful and at peace when the mission was finally completed. I looked over and saw the heart on the ground next to me and realized this could be a place where I could spend the rest of my life." Next, Mr. Kenneth A. Walker wrote the most recent clue. He stated, "It was for the good of the community that I wrote the next clue to bring them to a place to reflect

the athletic success of the university. Our university has come far in the world of athletics and bringing students here, where they can be proud of their university. I made the Hall of Fame to boost morale and drive. The motivation and dedication of the athletic community is reflected by the person I chose to be the answer to the clue." Wow, what an honor it is been to have these three greats participate in our university's campus-wide scavenger hunt. If you see them sailing, flying, or sporting their way around campus, give them a crisp high-five and a warm hello! Last, as I've promised, some tips on how to win the I SPY ASCUI scavenger hunt. Each

clue is open to be answered at any time; they never close until the last one at Concordia Christmas in December. So, if you missed the first few, don't you worry, they're still open to be answered! Also, if you got any of them wrong, keep answering until you get them right! There are no limits on how many times you can answer. Last, but not least, follow ASCUI on Instagram, @ascui, to get the hints that help you solve the clues. There are a number of posts and stories that help you in your hunt to win! Good luck to you and may the odds be ever in your favor!

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Cross-cultural clubs provide points of connection

GIOVANNI BRITO &
CATALINA SALAZAR
STAFF WRITERS

There are five different cross-cultural clubs at Concordia: Black Student Union (BSU), Hawaiian Club, Nuestra Voz, Arab Culture Club, and Global Citizens. All students are invited to participate in the events these clubs organize, as well as be part of the club itself.

Dante Johnson, President of BSU said, "Black Student Union strives to promote cultural diversity and development through its celebration of all students at Concordia University Irvine."

Through community service, academics and communication, BSU aims to enrich the lives of students, faculty and the campus community at large. Johnson continued, "We achieve this by hosting events such as bi-weekly night talks, where we gather as a group and allow ourselves to discuss important topics and/or whatever may be effecting



PICTURED ABOVE:
Daisy Alvarez ASCUI Club Commissioner

us at that moment whether it be personal or for the group at large."

BSU aims to connect with the campus at large. "We also host events such as cookouts, panel discussions, movies nights and an annual campus trip to the Taste of Soul Food Festival in Los Angeles. That event allows us to take students and expose them to a taste of African American culture," added Johnson.

Nuestra Voz translates

to "Our Voice" and is Concordia's Hispanic Culture Club. Club President Anthony Tzarax explained it is important that Concordia has cross-culture clubs because "every year, Concordia becomes more and more diverse. We believe that every student should feel represented."

Tzarax added, "The more everyone is represented, the more comfortable students will be with our campus."

Nuestra Voz does not require its members to be Latino it is open to everyone to join! Tzarax said, "Students should join Nuestra Voz because it is an excellent way to get involved on campus and to help our community. It is a great way to learn about the unique culture and perspectives of Latino, Hispanic, Chicano and indigenous students on campus. "Nuestra Voz welcomes anyone if you would like to know more about the culture, food or even get to know other students, come on aboard," Tzarax said.

Nuestra Voz has meetings twice a month at the beginning and end of the month. They provide two meeting times on Mondays and Tuesdays from 6:30 p.m. to 7:30 p.m. in the Zeta Lounge. These meetings are the same and are an opportunity for anyone who can't make it on one day to attend on the next day. This upcoming Mon., Oct. 8, Nuestra Voz will have their first guest speaker, Dr. Kristen Koenig, Associate Professor of Sociology.

Follow them on Instagram @cuinuestra.voz for more information and updates.

Daisy Alvarez, ASCUI Club Commissioner, said, "Having clubs at Concordia is extremely beneficial because most incoming students who are too shy to join student leadership, theater, other student groups are able to get the "college experience" and network with others through that small group dynamics that clubs bring." She continued, "As for cultural clubs, it really helps in adjusting to college life. It's easier when you have people who understand where you are coming from and share the same cultural values as you do."

For more information contact

BSU: Dante Johnson, dante.johnson@eagles.cui.edu

Nuestra Voz: Anthony Tzarax Martinez, anthony.tzaraxmartinez@eagles.cui.edu or information on all clubs and organizations visit <https://www.cui.edu/studentlife/student-leadership/index/id/19485>

Enactus club means business in the Philippines

ASHLEY SANDS
EDITOR-IN-CHIEF

If weekend bonding trips filled with cabins, games and good food sounds appealing, Enactus Club is perfect for you. Their most recent trip included all of that and more.

Enactus, a worldwide organization with almost 35,000 student participants, helps Third World countries through entrepreneurial efforts and microfinancing. It involves a partnership between students, professionals and educators who work to teach people about market economics, ethics, environmental sustainability and financial literacy, just to name a few. As a result, students help people around the world while developing skills needed in the workplace.

On September 8 and 9, Enactus club members took a trip to Big Bear. There, they bonded with one another over fun games and delicious food.

Though Enactus focuses on economic advancement, students outside the field of business are encouraged to join. Head of PR for Enactus, Ashley Butler said, "Even if you have no idea of how a business works, you can still thrive in this club."

There are many reasons to join Enactus. "We have a great networking base," Butler said. "Life and college are all about networking. We give you tools that you can use in life and with any major."

This club provides real-life skills. "Knowing business building skills, financing and how to sell yourself in the workforce will outweigh knowing how to make a cup of noodles," Butler said.

On occasion, their trips take them outside the country. Last year, Enactus club members began a project to help people in the Philippines. Four students traveled to the Philippines with Concordia's Enactus club to meet small business owners they had previously advised all year by

video conference.

"The highlight for everyone was meeting the people," said Celine Bia, a senior and business management major. "We all really enjoyed having time to create relationships with them and hear their stories, not just see them over a computer screen. It gave us an extra push for the cause we're doing."

"Everything helps and everything is greatly appreciated. With God on our side, we know that we can do amazing things and build lifelong skills."
~Ashley Butler

Frederick Rogers, adjunct professor and the club's academic advisor, connected Concordia students to Divine Business Appointments. Divine

Business Appointments is a ministry based in Orange County which partners with ministries in the Philippines to offer classes to people on how to start a small business.

"I said, what if we acted like a shark tank, reviewed the business plans of people in those classes and funded a few of them?" said Rogers, a seasoned entrepreneur with experience from start ups to the board room.

Concordia students reviewed 11 plans of Philippine entrepreneurs and narrowed them down to three, to which they offered small loans.

"They learned to judge a business," Rogers said. "You're giving real money to people. How do you know it's a good investment? We have a list of metrics we're looking for: What were your sales last week? Your expenses? Did you make a profit?"

Enactus club members have a range of duties. "From picking which business plan to fund, to weekly checkup

calls, we build a relationship with others through coaching and have the opportunity to see them in the Philippines," Butler said.

Students can fundraise for the next Philippines trip. "If money isn't something you have, don't worry, most of us are on the same boat," Butler said.

Professors can help out too. "Any gift to fund our project can help, along with any connections to potential donors," Butler said. "Everything helps and everything is greatly appreciated. With God on our side, we know that we can do amazing things and build lifelong skills."

If interested in learning more about the club, come to one of the **Tuesday meetings held in Founders Hall 201 from 4 p.m. – 6 p.m.**

SPORTS

Special Edition

Concordia participates in NCAA Diversity & Inclusion Campaign

DOMINIQUE YODER
&
SARAH KRETSCHMAR
SPORTS EDITOR

The Student Athlete Advisory Committee (SAAC) has teamed up with the Minority Opportunities and Interests Committee (MOIC) to start a nationwide campaign in hopes of raising awareness, starting a discussion and promoting diversity and inclusion within Universities all over the United States.

The campaign took place the first week of October with a series of events and discussions on social media platforms speaking on the impact that diversity and inclusion have on all NCAA student-athletes. The goal of this campaign was to use social media to create a dialogue on diversity and inclusion and to communicate the benefit of inclusive environments to the student-athlete experience.



PICTURED ABOVE: Athletes from Concordia University Irvine

The NCAA has continuously sponsored awards, events and seminars in which educational opportunities regarding educating and coaching on a diverse and inclusive campus are taught. The various resources provided by the NCAA in accordance with diversity and inclusion aim to foster an environment for student-athletes, coaches and administrators in which they can thrive in the most equitable and encompassing way possible.

Brittany Pereda,
Assistant Athletic Director

of Operations and Development at Concordia, played a pivotal role in fostering NCAA Diversity and Inclusion week at Concordia. "Every school might have their own way of participating but we are going to participate through social media. Our goal is to highlight student-athletes (both SAAC reps and student-athletes not in SAAC) throughout the week to fit the themes," said Pereda.

All NCAA schools have a SAAC team in which they provide insight into all that

surrounds their support and the NCAA as a whole. Every university has SAAC, and every sports team has at least one representative within the committee. Taylor Waner, President of Concordia SAAC said, "Diversity and inclusion week is all about recognizing the importance of diversity and making sure everyone is respected and welcome on campus. Social Media is the base of the campaign where athletes have the opportunity to emphasize how student-athletes are beyond the social stigmas."

Waner explained that Concordia interviewed student-athletes in honor of the campaign and posted those interviews on the school's social media accounts. By doing this, SAAC wanted to highlight the positive image of Concordia's student athletes by displaying the differences amongst their cultures, hobbies and talents. "I believe that recognizing diversity and inclusion within athletics creates a campus-wide connection by building a stronger support system for each student-athlete." Waner continued "each athlete is diverse in their own way and it is very important that every student understands that they are welcomed and supported on our campus."

For more information on the NCAA Diversity & Inclusion campaign please visit, http://www.ncaa.org/sites/default/files/2018Inclusion_Social_Media_Toolkit_Web_20180910.pdf

"I PLEDGE..."

To embrace the diversity of all individuals respecting such attributes as their gender, race, ethnicity, socioeconomic status, religion, and ability.

To honor one another in order to create and sustain a safer, more productive and inclusive campus environment.

To refrain from using derogatory terms or statements that are harmful and disrespectful to others.

To not contribute to stereotypes or make generalizations about individuals but rather to use my own experiences and interactions to better understand and embrace all people.

To educate myself about cultures other than my own.

To engage in and contribute to the diverse world around me.

To actively honor this pledge within my everyday life."

DIVERSITY

Special Edition

Bowman made huge impact during time at Concordia

SARAH KRETSCHMAR
SPORTS EDITOR

Coach Danny Bowman, the Men's and Women's Cross Country and Track and Field Head Coach for four complete seasons, is leaving Concordia to assist his family and begin work at Northwest Nazarene University in Idaho. Coach Bowman has been a pivotal part of Concordia athletics as well as the entire Concordia community.

Bowman will take over as head Track and Field and Cross Country coach at Northwest Nazarene University, his alma mater. Keegan Bloomfield has stepped in as Interim Head Coach at Concordia.

Bowman's family had become a pivotal part of Concordia and were the face of many track meets, fundraisers and awareness events for Batten's Disease. "Team for Titus and Ely" is a common phrase heard around campus.

Leaving Concordia will be difficult for Bowman but he is very excited to spread his knowledge and passion for sports to his new athletes. Bowman is also excited to "give back" to the place that gave him so much.

Bowman touched a tremendous amount of people during his time at Concordia. The overwhelming love and support from his athletes is nothing short of heart-warming. Senior Taylor Waner



PICTURED ABOVE: Track team taking a team picture

has been on the Track and Field team for four years. She said, "My faith and trust in God grew by the way he coached and lived his life. He is truly an inspiration to all of us."

Senior Joshua Fry said "Bowman taught me what it looked like to be a good man and care for people outside himself. He is a good man with a good family and he inspired

all of us to be the best people we could be."

Senior D'oni Evans said "Bowman, thank you for taking a chance on me. You saw something in me, that at the time, I didn't see in myself." When asked what she will miss the most, Evans said "his tough love."

Sarah Herron, a senior who competes as a long jumper and

sprinter, said "Coach Bowman's dedication towards his athlete's success inside the classroom has been very encouraging over the years. When school was tough for me, I was able to express my thoughts and concerns with him."

Bowman's impact on track athletes and Concordia will not be forgotten. Bowman will be missed and we wish him nothing but the best. Bowman had some final words to give athletes and Eagles fans. He said "Christ is your savior. Rely on each other in the hard times because God calls us to live in community. Also, reach out to your grandparents."

CHICK-FIL-A EAGLES OF THE WEEK



Patience O'Neal
Volleyball

SAM SCHUSTER
SOCIAL MEDIA &
ONLINE EDITOR

Patience O'Neal is one of seven freshmen on the Women's Volleyball Team. She snagged the Eagle of the Week honor following her key contribution to two big wins over the weekend of Sept. 14-15. On the 14th, O'Neal's twenty kills, five blocks, and four digs helped her team score a tight 3-2 victory over Holy Names. Then the next day, O'Neal's nine kills and two blocks contributed

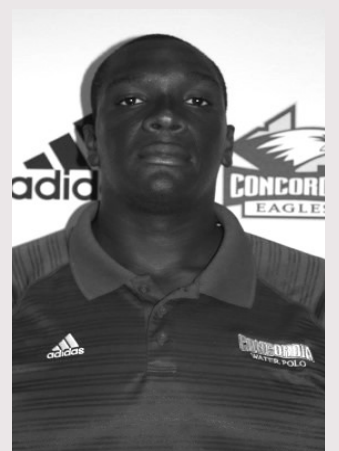
to a 3-0 domination over Academy of Art. "Traveling with the team was super fun," said O'Neal. "It was our first away thing as a team. It was cool getting to hang out with everyone 24/7." The majority of the team consists of newcomers and there were times that half of the girls on the court were freshman. "It's definitely going to take time to get that new team chemistry that will make us mesh, but for now we're still in that getting to know each other phase," O'Neal acknowledged. O'Neal loves Concordia and is looking forward to competing throughout the rest of her Freshman season.



Isabella Angotti Jones
Soccer

A Defender on the Women's Soccer Team, Isabella Angotti-Jones is defined by her persevering spirit, earning her some game-winning highlights as well as last week's Eagle of the Week honor. After breaking her foot in the first game of last season's conference tournament, Angotti-Jones is fully recovered and back to prove she's better than ever. Now playing with a

plate and six screws in her right foot, Angotti-Jones pulled out the game-winning goal in double overtime against Fresno Pacific on Sept. 20, closing out the 2-1 victory for the Eagles in their conference opener. Clearly a fighter who won't let her physical setbacks get her down, Angotti-Jones continues her junior season as a key asset on her team.



Messan Moore
Water Polo

Men's Water Polo player Messan Moore snagged last week's Eagle of the Week honor. The junior set a new team-high of eight goals over the course of 48-hours and within 3 games. Last Friday, Moore helped his team obtain their first conference win over Fresno Pacific by scoring two goals, gapping the margin for the Eagles to prevail with a final score of 12-10. The next morning, Moore scored an impressive four goals against Cal Baptist. Moore kept his momentum going that afternoon, scoring another two goals against #1 USC and raising his goal-count for the week to 8. Proving a force to be reckoned with, Moore is a player to keep an eye on throughout the rest of his season.

Don't eat and drive... enjoy free commuter breakfast instead

TAD DUFELMEIER &
CHRISTIAN FUCA
STAFF WRITERS

This past Thurs., Sept. 27 there was no need to eat and drive. LEAD put together a free commuter breakfast, located in Grimm Hall Breezeway from 7:30 a.m. to 9:30 a.m. for any commuter to stop by on their way to class.

You don't often hear of anything held at 7:30 a.m. spoken about in a positive light. It is tough having to roll out of bed and muster up the energy to get ready and arrive at class. This is where the free commuter comes in and changes all of that.

Picture a scene, early in the morning; a warm and engrossing sunrise rolls over

French Hill. The sunlight pouring over the picturesque Concordia campus creating a great atmosphere. You take it all in. In that moment you grab a FREE bagel and coffee. All before heading off to complete your schedule for the day.

Bruegger's Bagels and coffee supplied this event with a great variety of options, but anytime free and food are put together in the same sentence, you can be sure the food is going to taste just fine.

Dylan Myles, a graduate assistant for the Men's Lacrosse team and former player, knows all too well about the struggles that come with being a commuter. Myles said that these events are great; it's nice to be able to come here and enjoy free food. There is no need to worry about a shortage

of food either, "a solid amount of people come to these events and I haven't seen them ever run out of food. It's great because they'll usually just stick around until all of the food is gone."

Myles went onto explain why it's important to have events like this for commuters, "well I woke up around 6, because I had to be here for practice... and it's hard to eat and make it here on time, so this event was perfect given my situation."

LEAD and its commuter outreach work valiantly to keep commuters top of mind. They also work behind the scenes to partner with departments that directly affect commuters like campus safety and dining services. All in hopes that commuters feel included and

embraced.

This is not the only event LEAD puts on for commuters either, they also do \$1 lunches, commuter mixes and commuter appreciation week. The next \$1 lunch is Wed., Oct 24. Be sure to be on the look for other great events as they are often advertised on campus. For more information visit <https://www.cui.edu/studentlife/student-leadership/index/id/20890> to check out the student calendar for upcoming events, and remember don't eat and drive.

Signups for 2019 President's Academic Showcase start Tuesday



PICTURED ABOVE: (LEFT TO RIGHT) President Krueger, Adam Dougherty, and Tom Mueller

CHARLOTTE WAITE
CAMPUS EDITOR

Starting Tues., Oct. 9, Concordia students may start signing up for the 9th annual 2019 President's Academic Showcase. This is a chance to highlight academic achievement in a competitive style and possibly win some cash. There will be up to \$5,000 in cash prizes available.

Students of any academic discipline and year can sign up.

The competition is a chance for top students to work one-on-one with a faculty mentor on an undergraduate research project that the student chooses. There will be two levels of competition. Upperclassman will be in

Tier One while freshmen and sophomores will occupy the Tier Two level of competition. Projects that qualify can be an extension of a research project done for a class or it can be a completely new project that the student may even be eligible to earn three units of independent study credit for.

The projects will be presented to a panel of judges constructed from faculty who will represent a wide range of disciplines from Concordia. Prizes for winners range from \$200 to \$1,500, with over \$5,000 in prizes given out. This experience will also serve as "an excellent opportunity for you to exercise your academic muscles and delve deeper into a particular

discipline and experience cutting-edge research. If you plan to go to graduate school, this would be the best way to boost your resume with real hands-on research experience," according to Dr. Erin Nelson, the coordinator for the competition.

For the competition, the student will need to construct a research paper of no minimum length but may not exceed 25 pages and a poster board. Talk to a teacher today about possible ideas and to ask them to be your mentor.

Some important dates to remember if you are interested: Sign ups are from Oct. 9, 2018 until Jan. 18, 2019. The research paper must be completed by March 18, 2019 and the academic poster by April 4, 2019. The finalist presentations will be held on April 10, 2019 in DeNault Auditorium.

For any questions please talk to a faculty member or email the President's Academic Showcase Coordinator, Dr. Erin Nelson at erin.nelson@cui.edu. Additional information can also be found on the official webpage <https://www.cui.edu/academicprograms/undergraduate/showcase> along with previous showcase results.

The link to sign up will be emailed to student's Eagles emails in October.

Extreme Makeover: Caf Edition

Continued from page 1

Fedele Bauccio, leaves the student body with a promise on the Concordia website saying the company serves "a wide variety of menu items at each meal, each day keeping things fresh, fun, and interesting." Brand believes this could be better implemented through "a more diverse array of fruits and veggies." She thinks this could be extremely helpful for people with dietary needs.

Bon Appétit student staff member and current sophomore, Marinda Gibson, saw the remodel happen first hand during her time on campus over the summer. After witnessing all the changes then joining the staff, she appreciated their dedication to please the student population.

"I think the caf is amazing because it takes a lot of work to feed so many different types of people with all their different types of dietary needs," said Gibson,

"the meal planning is commendable."

Gibson gained appreciation for the food provided after seeing the preparation that goes into each meal. She found herself fond of the new bowl station saying, "Different toppings, different meats, different dressings; the variety is my favorite part."

Overall, Concordia students have taken a liking to the new options and renovations that the Bon Appétit staff has put into the cafeteria. Want to see what's cooking? Go online to concordia.cafbonappetit.com for more information including up-to-date meal times and options.



PICTURED ABOVE: Grimm Student Union Entrance
Photo Courtesy of Mel Malanowski

Fall fun at the Tanaka Farms Pumpkin Patch

ELIZABETH MAHIN
STAFF WRITER

October falls in line with midterms and mid-semester stress, but students can stay motivated by participating in fall events like the Tanaka Farms Pumpkin Patch which is open until the end of October. Tanaka Farms is located on University Drive and will be open from 9 a.m. to 6 p.m. each day.

Tanaka Farms offers all the pumpkin patch favorites for students to enjoy. They have a wagon ride, petting zoo, corn maze, sunflower field, U-Pick vegetable patch, and acres of pumpkins to choose from.

Every weekend of October, Tanaka Farms hosts a Weekend Fall Harvest Festival that brings even more fun like games, ATV rides, face painting, and a Pumpkin Cannon. They have festival food including shave ice, hot dogs, nachos, churros, lemonade and more.



PICTURED ABOVE: A view of the tanaka Farm

Reservations aren't required, but parking passes must be purchased online for five dollars. It costs four dollars to get in, with discount packages available. They accept both cash and card.

Out of all the events at Tanaka Farms, the most popular is the U-pick veggie patch which carries a range of fresh produce such as carrots, cilantro, radishes, turnips and green onions which are available all throughout the the week. People can pick the veggies straight from the ground, bag them up and purchase them for only \$2.99 a pound.

Tanaka Farms Pumpkin

Patch also offers a pumpkin cannon and petting zoo. The pumpkin cannon is shot off every time a wagon ride passes by the launch at the end of the field, and the pumpkin gets projected into the hills behind the farm. This activity is available Saturday or Sunday with a small launching fee. The petting zoo, which costs four dollars, contains animals such as goats, sheep and rescue chickens. Games, ATV rides, and arts & crafts are also offered with tickets at the same price.

Many college students seem to be excited about the photo shoot opportunities at

the Tanaka Farms Pumpkin Patch. Rebecca Munoz, junior at Golden West College said she came to the pumpkin patch to get some good content for those social media pages like Twitter and Instagram.

"There are so many great sceneries to choose from for a great picture," Munoz said. "The pumpkin patch and sunflower field are definitely the go-to for some gorgeous photos, but it's also really cool how many different kind of pumpkins they have." Munoz referenced the wide variety of shapes, colors, and sizes of the pumpkins and told how they may be utilized for that perfect

insta-shot as well.

Tanaka Farms is a great place to get in the fall or Halloween spirit. It's perfect for anyone who has a little spare cash or keen eye for photography. For more information on how to purchase tickets or parking passes go to <http://www.tanakafarms.com/tours-pumpkin-patch/>.

Earthquake drill!

CHARLOTTE WAITE
CAMPUS EDITOR

On Wed., Oct. 17, 2018 at 10:17 a.m. there will be an earthquake drill and building evacuation throughout Concordia's campus. This drill will affect all businesses as well as classrooms. The dorms, however, will be exempt from the evacuation drill, but it is highly encouraged for those in the dorms to participate in the drop, cover and hold portion of the drill.

For building evacuations, one must leave the building

by using the closest exit and avoid using elevators in doing so. Another portion of the drill is to drop, cover and hold. This simply means to get on the floor, try and find a shelter to cover you and hold onto that shelter until the drill stops.

For all the policies for emergency events or drills, read the Annual Security & Fire Safety Report <http://www.cui.edu/Portals/0/uploadedfiles/StudentLife/Campus-Safety/Concordia%20University%20Irvine%20ASFR%202016.pdf?ver=2016-09-15-182824-573>



PICTURED ABOVE: A Diagram showing what to do in case of an Earthquake

China's "Me Too" Movement Gains Momentum Despite Censorship

CARALIN NUNES
STAFF WRITER

The "Me Too" movement began with Tarana Burke in 2006 in the United States but has since progressed to China after going viral in the states in 2017. The goal of the movement is to end sexual violence and supporting survivors of the harassment. Now, women in China have also lifted their voices.

The majority of China's allegations were made on China's equivalent to Twitter — Weibo. Although the Chinese government has established censors on the English hashtag "#MeToo" to slow the progression, the accusations continue to provoke lively discussions online through other social media platforms. There is even some growth of this movement to the nonprofit sector, meaning that it is not only in the social



PICTURED ABOVE: Residents of China checking on there phone .

sphere, but also moving to the business aspect.

Sophia Huang Xueqin, during her time as an intern at a news company, claims that an experienced reporter — and a man whom she viewed as a mentor — attempted inappropriate advances. After refusing her pleas to stop, Xueqin got herself out of the situation only by kneeling him in the groin and kicking his shins. In

the moment, Xueqin recalls that her "mind went blank, my heart was beating really fast and my body went stiff" (Washington Post)." The confrontation never became public knowledge. Instead, Xueqin felt forced to quit her job. Six years later, however, she is showing the courage it takes to go public with her experience and help others.

Women are beginning to come forward and get their stories heard, spreading

their experiences with others both in their country and across the world. This movement of women's rights inspires conversations about protesting, human's rights, and the people organizing into groups — all factors the Chinese government does not tolerate well. Despite this, women are finding the loopholes in the system and

using them, interchanging words for "me" in the hashtag "#MeToo" and the likes of which that will allow women (specifically Chinese women) to learn from others and stand up for themselves.

Concordia's Festival of Hymns 2018

ALEJANDRO PERAZA &
NATHAN M. SMITH STAFF
WRITERS

On Sat. Oct. 6 at 5 p.m. Concordia Choir and Concordia Master Chorale will be performing a hymn festival entitled, Built on a Rock, located within the CU Center. Dr. Michael Burkhardt, a former Concordia Choir director and world renown musician, will be returning to our school to lead our Hymn Festival, a tradition which he started nearly 40 years ago.

Music and theology are at the heart and soul of our school, and attending such events has become a staple for returning students,

such as Benjamin Oesch, senior, who stated, "I'll go, I enjoyed it last year." Alex Allsing, sophomore transfer said, "I'm participating in it and I am very excited for it. I like the music that we are performing and I think we are going to do a very good job!"

The Music Department has been continually growing and progressing. Last year, the Concordia Choir, Master Chorale, Donne di Canto and Men's Chorus performed at Segerstrom Hall for the 500th Reformation anniversary, which sold out the venue. Many of our music branches have performed across the world. Besides the multiple

concerts and performances within the United States, the Music Department has performed in Germany, Austria, Italy and Australia.

The Hymn Festival is a time when we as Concordia students can gather together for an evening of worship. The event is free for students and faculty, making it a great option for your Saturday evening.

For those interested in going or to purchase tickets go to <https://www.cui.edu/arts/music/events/festival-of-hymns>. Come join a time of long standing tradition as Concordia sings once again for the glory of God.



PICTURED RIGHT:
A photo in the
Berliner Dom during
the Concordia Choir
Reformation Tour in
Germany.

Photo Courtesy of Nathan
M. Smith

Be Our Guest! Disney Princesses Back in Theaters

Eva Reyes
Arts & Reviews Editor

As a part of Disney's "Dream Big Princess" campaign aimed to inspire young girls, the animation studio has teamed up with AMC theaters to bring five Disney Princesses back to the big screen. Each week through October 18th audiences will be able to sit back and immerse themselves in Disney magic.

Captivating screens with fairy dust and enchantment, Disney has been able to bring friends and families together through their imaginative storytelling. Sophomore, Natalie Wellman, said, "My friends and I would always watch Disney movies when we hung out growing up. I loved getting to spend the night at my friend's house watching my favorite movies like Tangled and Finding Nemo."

As AMC and Disney partner to bring various princesses back into light, we can begin to look at how these representations have evolved. "The original princesses imitated the culture at the time. Because society believed most women were waiting for a man to come save them from their troubles, the Disney princesses reflected that," said Wellman.

Today Disney princesses are evolving to better fit the culture we live in she added, "Now, we have princesses that are powerful and hold their

own against difficulties," added Wellman.

While the studio may be known for their groundbreaking animation, audiences have been taken by the powerful messages shown in more recent films. Merida the protagonist in "Brave" and Moana from the self-titled film prove to audiences that young girls do not need a prince to save them, women can take care of themselves.

The messages they portray on screen have the power to influence audiences. Recently, more attention has been placed on the vulnerability of women in Disney films. However, the animation studio has transformed to better portray what a female future looks like-independent of any prince or savior.

"These messages have the power to shape the world because Disney has such a large platform. These messages have the power to influence and shape our world, so they are evolving to fit new ideas and values," said Wellman.

The AMC Disney Princess lineup is as follows:

Sept. 28 – Oct. 4: "Tangled"
Oct. 5 – 11: "Moana"
Oct. 12 – 18: "Cinderella"
(2015 live action film)

Check Fandango or Moviefone.com for showtimes and tickets.

Review: Debunking "What the Health," the Buzzy New documentary that wants you to be vegan

MAKENZIE ELDER
STAFF WRITER

There's a sensational documentary out on Netflix that seems to have a lot of people talking about going vegan. "What the Health" is the latest in a rising number of documentary films focusing on how what we eat has lasting affects our health and overall environment.

"What the Health" argues that meat and dairy products are the main cause of cancer, diabetes, obesity and heart disease. The Netflix film claims there is one healthy way to eat. And it involves cutting all animal products from our diet. Kip Andersen, the film's co-director and star, tells



PICTURE ABOVE: A poster of the new documentary "What the Health"

us, meat, fish, poultry, and dairy are fattening us up, giving us cancer and Type-2 diabetes and poisoning us with toxins.

Reflecting on a youth spent huffing hot dogs and cold cuts, Andersen asks, "Was this like I had essentially been smoking

my whole childhood?"

To be clear, Andersen and co-director Keegan Kuhn's intention was to explain the link between diet and disease to help Americans make healthier food choices. And there's no doubt we are in the midst of obesity, diabetes and heart

disease epidemics propelled in part by the kinds of food we eat in the quantities in which we eat them.

Still, Andersen's film fails on several accounts, and exaggerates the food fear alarms to irresponsibly high levels. He mischaracterizes and overstates what we know about how particular foods drive disease, by offering a narrow view of the science with cherry-picked studies to support his views.

Andersen states, "Eating an egg a day is as bad as smoking five cigarettes." This claim that associates eating eggs with one of the most dangerous health behaviors known to humankind is absurd and reflects an out-of-date understanding of cholesterol's role in health.

Two in three long-term smokers will die because of their habit. The same just isn't true for egg eaters.

And that's the whole film: scary images, compelling language, and the illusion of certainty and data, when in fact, there is none.

Most of us could stand to eat more fruits and vegetables and less meat and dairy, and a plant-based diet is a healthy choice for many people. But with messages like "drinking milk causes cancer" or "eating eggs is as bad as smoking cigarettes," this film isn't going to correct our health problems. It confuses what's known in science and complicates the truths of nutrition that could actually help us live healthier lives.