

THE CONCORDIA
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Homecoming week brought spirit
and a new king and queen



PICTURED ABOVE: From left to right is Homecoming King Nick Vreeland and Laura Pierson Homecoming Queen.

SARAH KRETSCHMAR
CAMPUS EDITOR

Concordia's Homecoming was a great success this past week with Nicholas Vreeland and Laura Pierson being named the 2019 Homecoming King and Queen. The week leading up to the dance was filled with excitement and great activities such as Twin Tuesday, I LOVE CUI Wednesday, Pajama Thursday and Fancy Friday! Friday was also the day the formal announcement of the Homecoming court winners was made.

The Homecoming dance took place on Friday, Jan. 26 at the Marconi Automotive Museum in Tustin. There was dancing, food and celebration of what was a great Homecoming week.

The weekend also consisted of many events going on around campus.

Softball and baseball hosted their alumni day bringing back alumni from near and far to relive their glory days as Eagles. The men's and women's basketball teams had their homecoming games the day after the dance. Women's basketball fell short to Chaminade but he men's team brought home a fierce win for the Eagles in honor of Homecoming weekend!

Nicholas Vreeland, senior, was the 2019 Concordia Homecoming King. Vreeland is from San Diego, and is a Behavioral Science major with an emphasis in Sociology, as well as a minor in Communication studies. He will graduate this May and said "I was only a little bit surprised to be crowned king. I had been promoting myself as a candidate the week before homecoming." Vreeland was excited to be king but said that the dance was super fun as well. "The

dance was a great time! It was awesome to see all the amazing cars and different parts of the Marconi museum. If people decided to not go to homecoming this year, they need to be sure to go next year!" Reflecting on his time at Concordia, Vreeland said "I am so happy that I was able to be king. It really made my senior year at Concordia a very special one."

Laura Pierson was the 2019 Homecoming Queen! She will graduate this May and is from Van Buren, Arkansas. Pierson is majoring in Music with an emphasis in Church Music. Pierson was shocked to be named homecoming queen. "I was really surprised to be nominated, and even more shocked to be chosen as queen. It truly was an honor to be on the homecoming court with such incredible people and to feel so much support and

love from our Concordia community," said Pierson. Pierson also enjoyed the homecoming dance very much and acknowledged the hard work and success of student activities for the venue choice, theme and overall dedication to making it a great night! Pierson was honored to be named homecoming queen and said "The experience has truly reminded me how blessed I am to be surrounded by such loving and supportive people who continuously lift me up and remind me of Christ's love even when I feel like I don't deserve it. It has been an honor to represent the school and this year's senior class."

Concordia's
Pops
Concert is a
treat for all
ages

CAITIE FULTON
STAFF WRITER

The Concordia Sinfonietta hosted the annual Family Pops Concert on Sat., Jan. 26 at 2 p.m. in the CU Center. The concert was a time for young children to experience an orchestra in a way that is age-appropriate. This year the Sinfonietta performed Sergei Prokofiev's "Peter and the Wolf", a fairy tale that taught children about different types of instruments while telling the story of a young boy and his animal friends.

The Pops Concert showcased many individual instruments which lead to an educational time for younger audiences to learn about them. Breanna Duncan, sophomore musician, noted, "The sound of a bassoon represents the character of the grandpa in "Peter and the Wolf". Most kids don't know what a bassoon is, so this piece was a great opportunity for non-musicians to learn what it sounds like and how it works."

The Sinfonietta partnered up with the

Continued on pg 7

ASCUI Executive Board Elections

KATIE DePOL
ASCUI SECRETARY

It's that time of the year again to vote for your ASCUI Executive Board! Below, I have included those who are running for ASCUI Executive Board with their pictures, bios and positions! Voting takes place Thursday, February 7 and Friday, February 8 outside Student Union from 11 to 2 p.m. Stop by and place your vote for the 2019-2020 ASCUI Executive Board! ASCUI candidates are subject to change.



Position:
Club Commissioner
Candidate:
Yessenia Alvarez

I am currently a sophomore here at Concordia. I am originally from Los Angeles, California and I transferred in from a community college. I am majoring in Kinesiology and also pre-med. I am currently on Senate and also a part of the lacrosse team. I like to hang out with friends, watch Netflix, play lacrosse and play with my eight dogs at home.



Position: Vice President
Candidate:
Noah Eschmann

I'm a fun lovin' guy who loves havin' FUN! You can catch me at the beach any day of the week with an ice cold root beer in my hand. I'm ALWAYS down for a good time, so hmu with da plans! CUI is my home, and I'm passionate about hearing the voices of students to make it even BETTER. If you don't know me, let's hang out, because I love people, and I wanna know YOU!



Position: Vice President
Candidate:
Heather Hersh

Hi! My name is Heather Hersh. I am a junior majoring in Athletic Training. I have been in student leadership since my sophomore year primarily working with Intramural sports. I have also been a PAL and a summer RA. I have also worked in Campus Safety since my freshman year. I also play lacrosse for Concordia! I love serving you, the students and administration, by listening to what you want! Vote for Heather so we can work together!



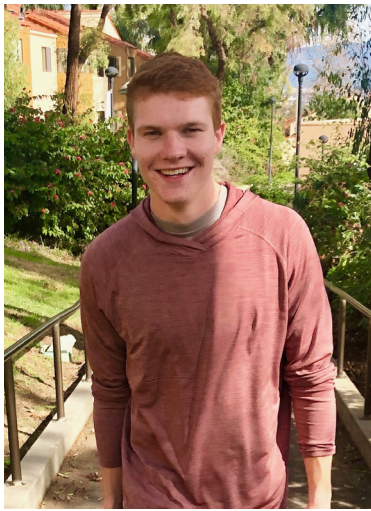
Position: President
Candidate:
Isabelle Upchurch

My name is Isabelle Upchurch and I am running for ASCUI President. Currently, I am a Junior Liberal Studies major studying to become an elementary Special Education teacher in the future. I am originally from Wake Forest, North Carolina and I am one of five siblings in my family! I have a passion for student government with my past role as ASCUI Treasurer and I am currently serving as the ASCUI Vice President. I hope to be ASCUI President so that I can continue making an impact on this campus and helping students feel heard. On my days off you can find me at Laguna Beach, hanging out with friends or eating brunch somewhere!



Position: Secretary
Candidate:
Sarah Zimmer

Hey Eagles! My name is Sarah Zimmer and I'm running to be your new ASCUI Secretary. I've had lots of experience with leadership such as: being a member of the National Charity League (a philanthropic mother and daughter organization where we strive to serve our community) for six years. Throughout my time serving, I held many positions and in particular I had the responsibility of being the Recording Secretary where I wrote minutes and agendas for each meeting and my senior year I was the chapter's President where I oversaw all of the other positions and provided support for each. For a brief time in high school, I was involved in the Associated Student Body and served as a governing member, much like my current position on the ASCUI Senate. I enjoy being a voice for students and I know that next year is going to be a great one!



Position:
Club Commissioner
Candidate: Tyler Haase

Tyler Haase is sophomore at Concordia, studying Business Marketing and Finance. Originally from Spokane Washington, he loves to play golf, go skiing and relax on the beach. Tyler enjoys his roles as ASCUI Senator and tour guide for the Admissions office. He studied in Greece last semester, but he is happy to be back at Concordia. If you see him around campus feel free to bring up any good



Position: Treasurer
Candidate: Dion Chung

I am a Biology major with a Math minor. My experiences in leadership would be serving a year as vice president of finance for Phi Delta Epsilon, a semester of being president of Phi Delta Epsilon and almost two years of being an ASCUI senator. I love being involved on campus and like giving back to the school. I'm committed, friendly, approachable and positive. I believe that I have the experiences to be successful in this position.



Position: Secretary
Candidate: Katie DePol

My name is Katie DePol and I am running for ASCUI Secretary! I served as ASCUI Secretary in this current school year and have been LOVING IT! I've greatly enjoyed being on ASCUI serving the student body and creating exciting events to make on-campus living fun! I hope to be ASCUI Secretary so that I can continue designing events like such as Concordia Christmas, Theme Verse Week and Spirit Week to make them bigger and better than ever before!



Position: Treasurer
Candidate:
Damika Chieng

Hi my name is Damika! I'm a junior majoring in Exercise Sports Science and running for your 2019-2020 ASCUI Treasurer! I've been involved with student leadership for three years now and am very excited to continue onto my fourth year. I'm super down to earth and approachable, so don't be afraid to say hi!

Abbey West encourages all to join and spread the Word of God

SARAH KRETSCHMAR
CAMPUS EDITOR

Men's and women's ministry looks to spread awareness and get more people involved with the Word of God here at Concordia! Abbey West is the ministry program here on campus and their mission statement is "We are a movement of students on the campus of Concordia University Irvine who want to shed the caricature perceptions of what Christianity looks like. Returning again to the teachings of Jesus, our mission

is quite simply to make disciples of a new generation." Men's and Women's ministry groups are for any and all students at Concordia who would like to grow close to God through fellowship, bible studies, chapels, etc.

The Women's ministry leader are Kaitlyn Bird and Megan Clift. Bird is a senior English major with minors in Pre-Deaconess studies and Global Cultural studies. She is from Bend, Oregon. Bird first got involved with Abbey West when she was a freshman and

was looking to join something that was similar to Lutheran church ministry. She first started with a bible study group and by her junior year was asked to lead a small group bible study. This year, she was encouraged to co-coordinate Abbey West Women's ministry and she's had a great time doing so.

Bird said "The Abbey West team is passionate about sharing God's love to his people through these various ways. As a multifaceted ministry, we hope to provide opportunities to reach and support the many cultures of campus life as well as share Christ's love, grace, and gospel with the students here."

Bird encourages all students to get involved in Abbey West. She said "Bible studies, events, and programs are for EVERYONE. Regardless of where you are in your faith walk, or if you have one at all-- we want to get you involved on campus and in campus ministry. We are here to love and support you through a unique community of believers in worship, study, and discipleship. When you know that Christ loves you and

is here for you through the ups and downs, college life is so much easier!"

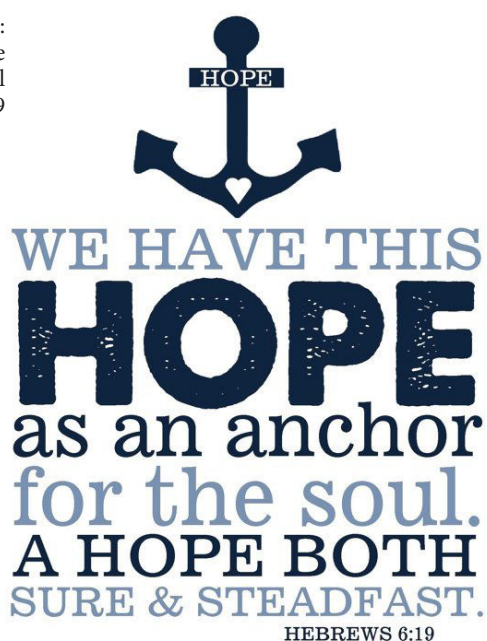
Chase Uden is co-coordinator of Men's Ministry alongside Justin Smith. Uden, senior, is a Biology major with a minor in Pre-Physical Therapy. From Cedarburg, Wisconsin, Uden first got into Abbey West when he was a participant. He was asked to apply for the position and enjoys "fueling the spiritual life here on campus." Uden would like people to know that Men's Ministry is "a diverse group of men who enjoy hanging out and talking about God. We go camping, paint-balling, hiking, play video games, host basketball tournaments and do many other fun things while being in a community that encourages each one of us to grow in our relationship with Christ," said Uden.

Megan Clift, senior Liberal Studies major with a Christ college emphasis is from Bend, Oregon as well. She hopes to become a Lutheran School teacher after she graduates this May. Similar to Bird and Uden, Clift got involved in Women's ministry by first joining a bible study group and eventually

getting more involved leading to her becoming co-coordinator! Clift said "Abbey West is more than a campus ministry. Our main goal is to spread the love of Jesus and direct students back to Christ here on campus." All of the ministry leaders encourage ALL students to join, "There is a group for everyone and it is really easy to get connected." We have fun events every month that everyone is invited to and it's a great way to meet new people and create fellowship with some amazing women of God."

If you would like to get involved in Abbey West or join a bible group, simply go to abbeywest.org and fill out the google form to get connected. Also, come check out chapel in the CU Center on Monday, Tuesday, Thursday and Friday at 10:30 a.m. Check out SHOUT, a student led contemporary worship service that takes place in the CU Center on Thursday nights at 9:30 p.m.! Also, go to the Super Bowl party hosted by Men's and Women's ministry on February 3 in Denault at 3:00 p.m.

PICTURED RIGHT:
Concordia's theme verse
of the 2018-19 school
year, Hebrews 6:19



Concordia's Super Bowl Picks

DANIEL CASTAGNOLA
STAFF WRITER

The Los Angeles Rams and the New England Patriots will be facing one another in Super Bowl LIII on Feb. 3, 2019. This is a big match up for both teams. Quarterback for the Patriots, Tom Brady, has been in this exact position before and he knows what it takes to hold the championship trophy at the end of the game. Jared Goff, Rams quarterback, has never played in a Super Bowl.

Being part of a school in Irvine, California, people may assume that everyone at Concordia is automatically a Los Angeles sports fan. Concordia is home to people from all over the country and the world. So it was no shock to find out that the students here at Concordia are fans of all different football teams.

There were numerous "favorite teams" among the students surveyed. Sophomore Gibson Gerace is beyond excited that the Rams have made it as far as they have.

Gerace said "It was a rough season last year for the Rams. All I wanted was for them to move further into the playoffs then they did last year. They made it all the way to the Super Bowl and I couldn't believe it". Gerace is ecstatic that the Rams have made it this far. He's been a fan of the Rams since he was a child. He has been waiting for this moment for a long time.

Alberto Gonzalez, senior at Concordia said "It is a win win for me. I'm a huge fan of the Patriots because of Tom Brady but I was also born and raised in Los Angeles so I have ties to the Rams. No matter what I'll be happy with whoever wins." It is a very interesting perspective to have; it is not often that you find someone who supports both teams. The fact that Gonzalez is a fan of both teams, means he is extremely excited to watch the game.

Daniel Reddmann, senior, said "I want to see the Patriots take the Championship home. I'd rather see Tom Brady take another championship home then Jared Goff. If Brady gets another ring he will easily be

the greatest quarterback to ever play the game." Reddmann's motives consist of him wanting Brady to win another championship to cement his title as the greatest quarterback of all time.

On Sunday viewers will see if Brady is the GOAT on the field.



PICTURED ABOVE : Rams vs. Patriots in the Super Bowl taking place on Feb. 3 on CBS.

Cafecito

Are you a first-generation college student (your parents didn't graduate from college)? If so, this Cafecito is for you. Hosted by Concordia's FirstGen Program, learn from a Hispanic first-gen college graduate with a successful high-profile career. She'll share about her first-gen journey—what motivated her, mistakes learned along the way, and how family played a role—and answer your questions, too.

Monday, February 25, 10:30am-11:30am @ the Eagles Nest (in the gym, second floor)

FEB. 25th GUEST: Oldest of six siblings, **Wendy Mendoza** earned her Master's in Education from USC and her BA in Communications from UCSD. Today, Wendy is the Director of Student Development for Santa Ana-based college readiness program The Wooden Floor and is a member of CUI's Hispanic Leadership Advisory Board, and past Latina Leadership Conference speaker.



College & You

Space is limited to first 10 students; RSVP to Lizz.Mishreki@cui.edu

Track and field breaks school records

MITCHELL IUNKER
STAFF WRITER
SARAH KRETSCHMAR
CAMPUS EDITOR

The track and field team flew to new heights, breaking school records in the Women's 4x400m relay, Women's 60m Hurdle and the Men's High Jump at their first indoor meet of the season in Pittsburgh, Pennsylvania. Sarah Herron, Tamia Prince, Fatoumata Wague and Madison Hergert broke the 4x400m relay record, Tamia Prince broke the 60m Hurdle record and Michael Ervin broke the men's High Jump record.

Sarah Herron, senior, is an Exercise Sports Science major from Livermore, California. She competes in the long jump as well as the 60m dash, 100m, 200m, 4x100m and 4x400m. After breaking the record, Herron said she was "relieved." "We knew we had a good shot at breaking the record so we just needed to focus and compete to the best of our ability," said Herron. She acknowledged the challenges faced by this event saying, "The 4x400m relay is the last event on the track at almost every meet. A lot can happen in a track meet before the final relay that can throw athletes off their game. Everyone had already competed in individual events that meet; we were a little tired. I was

glad we were ultimately able to come together and accomplish our goal."

Madison Hergert, Sports Management major with a Psychology minor, is from Newberg, Oregon. Hergert is a sophomore and runs the 400m race and the 4x400m relay. Hergert said "I knew we were going to break it because we had a really strong group but I was surprised mostly that we beat it by four seconds when all last year we could barely get under 3:59." Hergert described her feelings after completing the race as the anchor as a "sigh of relief and excitement." Hergert does not look to stop there and said "I am excited to run with the girls in this relay to hopefully keep cutting down our time and get some more school records."

Fatoumata Wague, Sugar Land, Texas native, is an Exercise Sports Science major with a double minor in Psychology and Pre-nursing. She will graduate this fall and is proud to compete as an Eagle alongside her incredible coaching staff. "I just want to give thanks to all of my coaches for their hard work and dedication that they put into us athletes. Coach Bloomfield has been here since the very beginning. His constant encouragement and motivation is pushing me to heights I never thought possible," said Wague.

Despite their incredible performance, Wague said she was not surprised that they broke the school record. "I was very nervous before the race but my teammates reassured us that we had it in us," said Wague. She hopes to continue her success and qualify for nationals.

Michael Ervin is an Exercise Sports Science major from Spokane, Washington. Ervin, a freshman, competes in the high jump, long jump, 200m dash and 4x400m relay. Ervin was surprised to hear that he had broken a school record. "It definitely felt good, but most of all, it

motivated me to work harder and break it again," said Ervin. Ervin acknowledged the immense support that his teammates provide. "If you aren't competing, you are cheering on your teammates, which is encouraging," said Ervin.

Tamia Prince is from Carson, California and is currently a junior Business Administration major with a double emphasis in Marketing and Data Analytics. Prince was a member of the 4x400m relay record breaking team as well breaking the record for the 60m hurdle race as well. Prince described her excitement after breaking both records as being

"happy and shocked." Prince said she "was filled with joy and it was so unexpected." She acknowledged the intense butterflies that elite athletes feel before a race. She said "Prior to my 60-meter hurdle race I was so nervous I could hardly breathe. But my friends, Coach, and God are my inspiration to run my hardest each meet without doubts. I'm looking forward to bonding with my teammates and seeing what God has in store for me this season."

Make sure to stay up to date on all things Eagle at cuieagles.com. Wish the Eagles luck as they compete in their next meet on Feb. 1 and 2 in Albuquerque, New Mexico!

PICTURED BELOW : Fatoumata Wague, Madison Hergert, Tamia Prince and Sarah Herron pictured after breaking the school record in the women's 4x400m relay



Women's basketball on the rise



PICTURED ABOVE : PacWest freshman of the week, Jasmine Rachal pictured during their win over Academy of Art on Jan. 24

ALEXIS RIOS
STAFF WRITER

With five new freshman and three sophomores, the team is composed almost entirely of underclassmen. Having a young team can be challenging as they have not had the opportunity to mesh and play together throughout the years. Kennedy Fulcher, a sophomore forward on the team said, "In the beginning,

it was pretty rough. We were still just trying to figure everything out." The season reflected this transition period with five straight losses. Nevertheless, the women persevered.

Head Coach Christine Collins-Kiernan knew that it was going to be a challenging start but never had any fear that the ladies would not be able to bounce back. Collins-Kiernan said "So far we got off to a rough start, but I wasn't surprised because we

are probably the youngest team in Division II right now, starting three sophomores and two freshmen. But the growth rate on this team has been astronomical and especially after we hit the conference. I think we've actually won six out of our last eight games."

Coach Collins-Kiernan thought correctly as the women secured their seventh overall win on Thurs., Jan. 24, over Academy of Art. With a final score of 77-62,

the women demonstrated a new level of maturity and teamwork. "We are finally beginning to work together really well. Now our goal is to make it to conference. We are technically ranked sixth, and the top six teams get to go. So hopefully we will be there," Fulcher said.

The elevation of play has been noticed all around. Collins-Kiernan said, "We've kind of like hit this growth path where we're all improving. The chemistry has been really good; they're all starting to really understand their roles and where people need to be offensively and defensively and how to elevate each other in those roles."

And it seems to be no coincidence that the women are starting to come together now as Collins-Kiernan strongly believes that this program is much more than just basketball. She has tried to implement a family atmosphere and made sure that the players had a balance of life-experiences and business on their recent trip to Hawaii.

Along with Fulcher, Collins-Kiernan has big goals for the remainder of the season.

"The staff has done a great job making these players improve, but the girls have bought into that individual and team improvement."

Mid-season, the team is setting its sights high. "So the goal going forward is that we push to make the tournament and that we do some little business while we're there and not just be one and done," Collins-Kiernan said.

And it's not too late to come to check out one of their games. The schedule can be found posted online on Concordia's athletic site, cuieagles.com. Be sure to stay tuned on how the rest of the season goes for it seems that the future is nothing but bright for this team on the rise. Their next home game is Sat., Feb. 2 at 5:30 p.m. against Point Loma University!

Martin Luther King Jr remembered

BROOKE JACKSON
STAFF WRITER

Martin Luther King Jr. is remembered each year on the third Monday of January. This year that day landed on Jan. 21. King was a social activist and a minister during his life until he was assassinated in 1968. His main role in history was centered around the American civil rights movement. His actions have not only had an impact

on history but continue to change the lives that are lived today.

King fought for equality and the human rights for African Americans and used his public speaking abilities to grab the audience's attention. Crystal Rosenthal, head softball coach, said, "His consistency in his message of peace and love and his willingness to die for his dream made his message that much more impactful." He is famous for his "I Have a Dream" speech,

PICTURED BELOW: MLK delivering one of his many powerful speeches. Photo Courtesy of Google.



"Nonviolence is a powerful and just weapon"

~ Martin Luther King Jr.

that he delivered during the March on Washington at the Lincoln Memorial in 1963. It protested racial discrimination and included multiple references to 16th president, Abraham Lincoln, including his Gettysburg Address and the Emancipation Proclamation. King's "Dream" speech is one of the most iconic speeches in American history because at that exact moment, Congress was discussing the passing of the Civil Rights Act.

King employed, and mastered, a speaking style that was not previously used. He was able to make use of the great rhetorical and oratorical devices like alliteration and repetition to connect and strike the hearts of the people listening. By doing so, he

invoked a peaceful protest. His actions changed the way people think and act towards others ever since the day he made his mark. Rosenthal continues to draw inspiration from King, motivating her to, "come in contact with so many different races and cultures just by pursuing his dream of a racially diverse nation."

King is known for his nonviolent form of protest. "Nonviolence is a powerful and just weapon," King has been quoted as saying.

King's impact on the current societal norms have come from the very root of our Constitution. "He inspired the very fundamental message that the United States was based upon; freedom, peace, and equality," said Dante Johnson, president of Concordia's

Black Student Union. These qualities are what drove the first leaders of this country towards making a new home. It has allowed people of every generation to feel the effects of his work. Johnson said, "Personally I try to follow his ideals of non-confrontation moving through life."

His acts have made a memorable impact on American history. Speech after speech his words rallied and gained supporters for equality for all and a rise against segregation. Considering this Johnson said, "I wouldn't say it was any one act in particular rather it was through remaining vigilant and faithful, and his moral strength gave the people he was representing the opportunity to have hope and faith."

THE CONCORDIA

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Valentine's Day is coming up, good ideas for date nights

EMMA MOCHARNUK
STAFF WRITER

Valentine's Day is Thurs., Feb. 14, and whether you're going out or staying in, Valentine's Day is a great day to spend time with the people around you. Whether you're spending Valentine's Day with a significant other, family, or hanging with your squad, these date night ideas are sure to inspire.

Junior Camillo Lorenzo's ideal date night is "dinner at a restaurant followed by a movie at the theaters." "My go-to restaurant is the Korean barbeque, and my go-to movie theater is any local AMC," said Lorenzo.

Don't have a car? University Town Center is located 1.5 miles from campus and contains a variety of different restaurants as well as a movie theater. Bikes can also be rented for free for students by visiting the residential services in Chi Sigma, located near the gym and softball field on campus.

Movies not your thing? Junior Leah Gong and her boyfriend like to take a more active approach to Valentine's Day. "We both like volleyball so we enter a Valentine's Day doubles tournament every year," said Gong. The tournament is held annually by some

friends of Gong and her boyfriend, on the north side of the Huntington Beach Pier. Many of the beaches in Orange country have beach volleyball courts that

some really good banana desserts that are definitely worth checking out if you go," said Yoder. "If we want a more laid-back date night, my boyfriend and I love getting takeout

also avoid the Valentine's Day crowds typically seen when eating out. Streaming services like Netflix, or Hulu and rental services like Redbox can assist in finding the perfect date night movie.

***"No matter what you're doing,
Valentine's Day is a great day to spend
time with the people around you."***

are open to the public. Valentine's Day is a great day to get some friends together for a volleyball tournament.

"For Valentine's Day, I would suggest heading over to Balboa Island. There are tons of shops to go in and a wide variety of small restaurants," said senior Dominique Yoder. "My favorite place is the Shanghai Pine Chinese restaurant on the island. "Balboa is also famous for

from Pine Chinese, watching a good movie and throwing on our comfiest clothes." Yoder said. In addition to the many good restaurants and shopping at Balboa Island, the beach provides for a scenic and calming walk along the water.

If you're looking for a more laid back Valentine's Day, "Cooking a homemade meal together and watching movies in pajamas is a nice way to spent a relaxed Valentine's Day," said junior Rachel Phillips. Cooking can be a great way to not only spent time together but

When most people think of Valentine's day, romance and dates typically come to mind; however, junior Maddie Smith believes that "Valentines doesn't have to be exclusive to a romantic partner. I typically like to spend Valentine's Day hanging out with my friends or spending time with my sister. Our typical go-to activity is watching a movie at home and eating ice cream." Smith said.

No matter what you're doing, Valentine's Day is a great day to spend time with the people around you.



Local nonprofits aid refugees at border

CHRISTIAN MCGRATH
STAFF WRITER

More than 3,500 refugees and migrants are at the U.S. - Mexico border waiting to enter the United States. Most of the refugees are from Central America where war has engulfed the community with terror. While these migrants are recovering from the exhausting journey to Mexico, they may be met with a lack of food and water. The most essential

part to life is scarce among the refugees. Civilians in Mexico have provided as much help as they can, but it is not enough. Luckily, there are many food banks and donation centers that are helping the refugees.

If you are looking to donate there is a food bank in Santa Ana called Tiyya. Nancy Palmer, a local who understands the ins and outs of donating stated, "The one place that I found you

are able to volunteer is at Tiyya". If you are looking to volunteer some of your time to help the refugees, you can go to Tiyya.

When donating food, it is important to choose food that does not need to be refrigerated. "The best thing for people to donate are non perishable foods such as canned vegetables, beans, rice and so on. Water bottles are always needed. There are also monetary needs", said Palmer. These items will

provide the refugees with simple items that will give them hope.

Even though CUI does not have a direct organization to assist the refugees, there are still many nonprofit organizations students can get ahold of. For example, The Sanctuary Caravan is a nonprofit organization that accompanies migrant children and their families at the border. One way you can get involved is by going to their website

sanctuarycaravan.org where you can learn more.

Help save lives by donating non perishables to your local food bank in Santa Ana.

Speech welcomes a full coaching staff

EVA REYES
ARTS & REVIEWS
EDITOR

This spring the speech team brought a full coaching staff on board. Filling the Director & Assistant Director of Individual Events positions as well as hiring an assistant speech coach, the new staff are taking our speech Eagles under their wings.

At the end of the spring 2018 semester, the team bid farewell to previous Director of Individual Events, Angelica Grigsby. Though the loss was known about for some time, it took a while to fill the position. The position entails handling logistics and coaching speech competitors in various events. In the meantime, student competitors worked with part-time coaches in online video coaching sessions to progress their speeches.

This semester, the team saw a huge transition. Online appointments with coaches became

in-person meetings with newly promoted Directors. New Director of Individual Events, Tyler Watkins explains, “I loved the opportunity I had to work with students from literally across the country—but to be honest that time difference was killer.” After making the move from Virginia to California, Watkins added, “Now I have the freedom to explain ideas more in-depth without a

WiFi mediator.”

Along with Watkins, the speech team welcomes a new Assistant Director of Individual Events, Carl Trigilio. A Southern California native, Trigilio also works as a District Coordinator and coach for Santa Ana Unified School District, where he’s helped public schools grow speech teams and compete nationally.

Together, the pair bring

a unique skill set and perspective to the team. “I am most excited to bring a level of innovation and creativity,” said Watkins. Like any extracurricular activity, it is important that speech enhance a student’s college experience. Trigilio added, “Being able to bridge the gap between performance and real world communication is what makes this program special.”

In addition to the new

Director and Assistant Director, the team welcomes back alumni Jamie Whittington Studer as an assistant coach. Since graduating she has gone on to attend Cal State University Los Angeles where she is a Graduate Teaching Associate teaching public speaking and pursuing her Master’s degree in Communication Studies.

While making the transition from student to coach can be difficult for some, for Whittington Studer, it has been validating. She noted, “the joy fulfillment I’ve gotten from working as a coach has just confirmed that I have made the correct career choice.”

Looking toward speech nationals season student competitors are excited to go head to head with some of the best teams in the country with the support of a full coaching staff. For more information regarding the speech team, contact Director of Individual Events Tyler Watkins at tyler.watkins@cui.edu

PICTURED BLEOW: From Left to right, Assistant Speech coach, Jamie Whittington Studer, Director of Forensics, Yaw Kyeremateng, Assistant Director of Individual Events, Carl Trigilio, Director of Individual Events, Tyler Watkins, guest coach, Tiffany Vuong. Photo courtesy, Eva Reyes



Concordia’s Pops Concert brings in people of all ages

Continued from pg 1

Theatre Department to make the Pops Concert engaging. McKenna Brand, senior, was the narrator for the story of “Peter and the Wolf”, accompanying the Sinfonietta in their music. Brand said, “I felt a special connection to this concert in particular because I remember first hearing Peter and the Wolf when I was five! Knowing that I would get to be a small part of other kiddos hearing it for the first time was such an honor.” Along with Brand, Brock Powell, alumni, came in to be a part of the “Price is Right” segment in the concert. “This is a kind of different way to do a concert and get little kids excited for music, and that’s what we’re trying to do,” said Dr. Jeff Held, director of the Sinfonietta.

There was a “Price is Right” portion of the concert, where the Sinfonietta played music and Powell hosted interactive games with the

audience. Duncan said, “It was enjoyable to see how much the kids participated. Kids love winning, so I’m sure that the experience was super exciting for them.”

Music by Prokofiev was highly-anticipated, as many have known it by heart. Siri Bloom, a Resident Performing Artist, said, “I’ve never gotten to play “Peter and the Wolf”, so hearing it since I was a kid and getting to play it was fun.” Held said, “It’s a great piece, even

though it’s for little kids. It’s substantial music at the same time.” With it being so loved, it made performing it greatly special. “The music is always really recognizable, a component which reminds those in attendance of the importance of these musicians,” said Brand.

The Pops Concert brought in a unique audience that the Sinfonietta does not always see. Held said, “It’s fun to have the little kids here, they get super excited,

and so do their parents. I see the same families every year.” With the way that it is set up, the concert allowed kids to feel welcomed. “It’s such a different audience from other concerts,” Bloom said. “Having kids is always cute and entertaining because you’ll never know what they’ll do.”

The Pops Concert also proved to be a good way to sample classical music. “It’s a good way of getting to hear an orchestra

without making it a big-time commitment,” said Held. “There’s an orchestral comedy, and it’s a lot of fun.” The Sinfonietta rehearses twice a week and has a number of performances throughout the year. To find more information, contact either Dr. Jeff Held at jeff.held@cui.edu, or Katherine Dubke, the Music Admission Counselor at katherine.dubke@cui.edu.



PICTURE LEFT: Concordia Sinfonietta performing in the CU Center; photo courtesy Caitie Fulton

“Hot Ones” on Youtube

EVA REYES
ARTS & ENTERTAINMENT
EDITOR

First released in 2015, “Hot Ones” is a Youtube series spicing up the traditional celebrity talk show. Hosted by Sean Evans, the online series confronts celebrities with probing questions while they eat increasingly spicy hot wings.

The concept is simple; celebrity guests are given ten hot wings covered in hot sauce laid out from mild to, ‘oh my goodness even my teeth are burning- this is extremely hot!’ As the guests go on, the questions

and sauces get progressively hotter. It usually begins with a bold exclamation of, “this isn’t spicy,” which typically ends with participants crying for relief.

While many talk shows focus on gossip or host commentaries, “Hot Ones” is a stand out for its ability to break down the rich and famous as weak and vulnerable. One of my favorite episodes features fashion icon and television personality, Tyra Banks. While she starts off strong in the hot wing line-up, once she gets to towards the end, she asks a producer to switch places with her so they can eat the wings for her and even calls for her

Mom to come in and help.

Tyra isn’t the only one to crack under pressure, in the shows 8 seasons there have been a few quitters; Mike Epps, Ricky Gervais, Jim Gaffigan, Yayo, and most notably DJ Khalid who quit just three wings in. The usually motivational hip-hop producer decided early on that he wanted out and leaves the show saying,

“it’s very important we teach the youth, because this right here is dangerous.”

The most entertaining episodes are, of course, the ones with the most pain and reactions. Key & Peele have out of body experiences, Kevin Hart weeps over chicken wings and John Mayer cancels his plans for the rest of the day in order to recover from the pain.

PICTURED BELOW: Podcast logo for “Hot Ones,” photo courtesy Google.



Berry Jenkins' adaptation of “If Beale Street Could Talk”

JILL DEL ARROYO
STAFF WRITER

Director Berry Jenkins, previously known for his Oscar winning film “Moonlight,” has made another impeccable film. Released this past Dec., “If Beale Street Could Talk” captures the intensity of the 1970’s and the immense emotion felt during a historic time in our country.

The Oscar nominated “If Beale Street Could Talk” was originally a novel written by James Baldwin. The work of the American novelist and playwright captures the historic events in our American history through a lens of race and class. In Jenkin’s adaptation of the novel, he depicts early 1970’s Harlem and two young individuals that fall in love and accompany each other through life’s constant battles and the chaos and injustice of the early 70’s.

Childhood friends Tish and Fonny, relationship has blossomed into a deep and inspiring love that leads us through the story. In an interview with The Atlantic, Director Jenkin’s reminisced on his inspiration for his adaptation by stating, “I think this book is the perfect fusion of the more essayistic protest novel and somebody who deeply believed in sensuality and love.”

He added, “How amazing would it be to fuse those two things into a cinematic language?”

The relationship between the two characters was deeply moving and showed a great deal of devotion and tenderness. Jenkins recalled the connection of the characters adding, “I think when you think of chemistry, you think, Oh, those two actors just want to tear each other’s clothes off.” However Jenkins continued by describing the unique purity an realness behind the characters relationship, “that’s not what I’m speaking of when I speak of chemistry. I’m talking about two people who feel legitimately connected.”

Through characters Tish and Fonny, Jenkins was able to recreate a profound relationship and make social commentaries, all while paying homage to the works of author James Baldwin.

Recently, the film has been nominated for three of the 2019 Oscars, including: Original Score, Best Supporting Actress and Best Adapted Screenplay. “If Beale Street Could Talk” is still playing in select theaters, visit fandango for showtimes and tickets.

PICTURED RIGHT: Poster, “If Beale Street Could Talk,” courtesy Google.



Podcast review; “Tiny Leaps, Big Changes”



PICTURED ABOVE: Podcast logo for “Tiny Leaps, Big Changes,” photo courtesy Google.

EMMA MOCHARNUK
STAFF WRITER

Changing or creating habits is something many college students like myself are constantly trying to do. Whether it’s forming new study habits, taking up journaling, or just getting more organized, it can be hard to know where to begin. The desire to find new tips and tricks to improving my life, led me to the podcast series, “Tiny Leaps, Big Changes” hosted by Gregg Clunis.

“Tiny Leaps, Big Changes” focuses on the everyday human behaviors that contribute to why we do what we do. The podcast is also aimed at providing people with small tricks and techniques that will contribute to living a more positive life.

The first episode explores list-making and how creating a habit of list-making can not only

aid in getting organized and remembering things, but can also be used as a significant anxiety-reliever. As someone who knows stress, I was intrigued.

Clunis unitizes a variety of experts throughout his podcasts, that add to the credibility and provides skeptics with data backing the information shared in each podcast. The data used in the first episode, along with the tips and strategies for proper list-making, made me want to listen and apply these tactics to my life. Safe to say, the first kept me listening.

A podcast that can help knock-out bad habits, give insight into human behavior, and provide knowledge to decrease the stress of everyday situations sounds appealing; however, as a busy college student, time is in short supply. With little time to listen to podcasts, Clunis’

In an era where many are making the switch from traditional television shows to online platforms “Hot Ones” feeds the hunger for transparency many still look for in talk shows. While it seems many celebrities go to great extents to protect their public image, the show is a true display of vulnerability.

When we begin to see that famous people can’t handle the spice, it chips away at the image they’ve worked so hard to protect. They cry for their mothers, scream out of pain, and whimper for relief. It might sound silly, but it kind of makes them feel more human.

At a time when celebrities seem more heralded than ever, “Hot Ones” removes the masks and serves to remind viewers that the spiciest hot sauce can break any image. Find “Hot Ones” on Youtube or www.complex.com/tag/hot-ones

episodes run from six minutes to 45 minutes.

The relatively short length of each podcast was something I appreciated, as I could listen to an episode in my study breaks or while doing chores. Junior Sarah Llerenas, who recently discovered the podcast said, “I would recommend this podcast to anyone who is looking for a change in their life, weather it’s big or small.” The podcasts also feature a variety of topics that nearly every college student can relate to. Llerenas added, “I also enjoy that it is easy to pay attention to and listen to between classes or before bed.”

With a slightly different opinion on the podcast series, junior Lauren Bristowe, said “I’m not the biggest fan of the speaker’s voice because it sounds kind of monotone, which sometimes makes it hard to keep focused; however, I really enjoy the good motivating advice in the podcasts.”

College is a time of learning, personal development, and often, very high amounts of stress. If you’re looking for an informative resource to help make a change in your life, whether it be; managing everyday stress, diving deeper into human behavior, or getting tips on how to reach your goals, I would recommend taking a tiny leap into any of the shows 324 episodes. Find the podcast for free on Spotify or your preferred podcast source.