

THE CONCORDIA

• COURIER •

INVESTIGATE.INFORM.IGNITE.INVOLVE.

Volume 14, Issue 1

Concordia University Irvine

Friday, September 6, 2019

First show of the year: A Midsummer Night’s Dream

TAYLOR SAMEC,
ARTS EDITOR

The Theatre Department's first show of the 2019-20 school year will be "A Midsummer Night's Dream," with the first show on Sat., Sep. 14. The play is a Shakespearian comedy from the 1500’s that focuses on a magical night in the woods and portrays fantasy and love mixed together in a fun way.

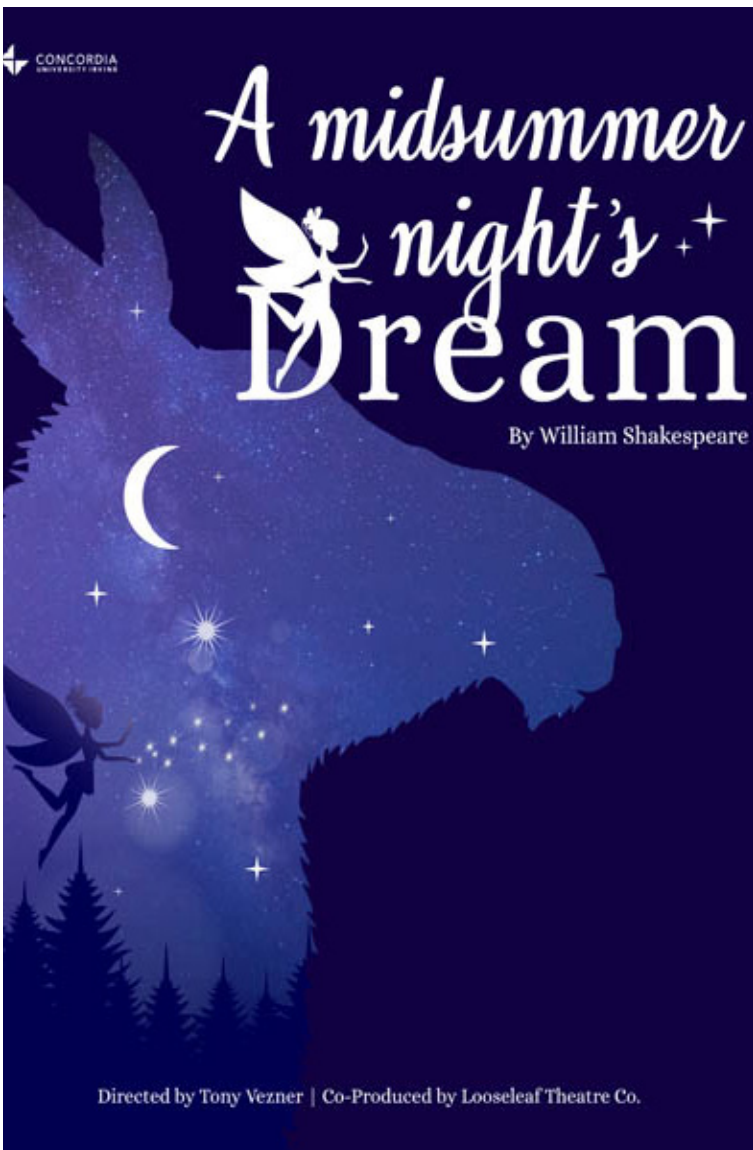
One of the actresses in the show, junior Cindy St. Clair, guarantees the audience will have a great time and will be laughing throughout the entire performance. Since the show is a comedy, St. Clair stated, "from the bottom of my heart, I promise you will cry laughing from this show." She has been involved with theater for ten years now and has loved every minute of it. According to St.Clair, students looking for some good old fashioned humor should spend an evening attending this show.

Theatre major and senior, Adrienne van Dalen, is also involved with the show as the stage manager and sound design. Theater plays a significant role in van Dalen's life; she is dedicated to making productions the best they can be. She is excited for the first show of the year and said, "This production of ‘Midsummer Nights

Dream’ is an outdoor show. Since the show is outside, students have a unique opportunity to see the Nelson Amphitheatre in a way they have never seen it before. I am excited about this production and it has been great to see Concordia theater alumni come together with current theater students to put on a great show!" Van Dalen has been involved in theater for 13 years and has mostly worked behind the scenes for many different theatre productions. On top of working on various shows for the Concordia Theatre Department, van Dalen has been working on productions throughout Orange County. She works at the Long Beach Playhouse as well as the Segerstrom Center for the Arts. As a result, van Dalen has a high experience level when it comes to theater.

Opening night is Sat., Sep. 14 at 4:30 p.m, outdoors at the Nelson Amphitheatre near the CU Center. Students that miss opening night will have three more chances to see the comedic show. The Theatre Department will also be performing on Sep. 15, 21 and 22 at 4:30 p.m

Admission to the show is free! Students can enjoy an evening under the sky with friends and loved ones with no charge. So grab a blanket, snacks, candy and some friends



PICTURED ABOVE: A Midsummer's Night Dream.
Concordia production Sept. 14-22

for a fantastic event that will cost no money!

Since the show will be performed outdoors, it will give the show a different setting compared to the plays performed in the Concordia Theater. Also, since the Nelson Amphitheatre has the audience looking down onto the stage, it will give each audience member a unique point of view to watch the actors. Overall, supporting the Theatre Department and watching

the show will be a fun way to spend an evening.

For more information on this magical show, check out the Theatre Department’s at <https://www.cui.edu/en-us/arts/theatre/events/a-midsummer-nights-dream>.

Concordia to partner with Irvine police for violent intruder training next Friday

STAFF REPORT

On Fri., Sept. 13 Concordia’s Department of Campus of Safety will be sponsoring a Violent Intruder Training session. All members of the campus community are invited to this valuable training that will be presented by the Irvine Police Department. The class will take place in DeNault Auditorium inside Grimm Hall South and starts at 3:30 p.m.

“When a disaster or an emergency occurs, people should be prepared and trained in order to mitigate the effects of the incident,” explained Raul D. Morales, Director of Campus Safety. “Those who are prepared and trained to react to a given emergency are more likely to avoid being affected adversely,” said Morales.

Everyone is aware of the tragic incidents with mass casualties that have occurred throughout the country, including the recent attack over Labor Day weekend in Odessa, Texas, which left seven dead and 22 injured. Although rare, violent intruder incidents are a reality and everyone should be aware of the warning signs that violent intruders may display well before a planned attack.

Concordia dedicates portion of Heritage Garden as new Prayer Garden



PICTURED ABOVE: Members of Concordia and the greater community join for the Prayer Garden dedication event on May 1, 2019.

STAFF REPORT

Returning students and staff may notice new additions to Concordia’s Heritage Garden.

This past May, on the eve of the National Day of Prayer, Concordia dedicated a section of its Heritage Garden as the new Prayer Garden, a place to serve for personal prayer and reflection for Concordia faculty, students and staff and the community alike.

The May 1 event included a dedication, prayer and the unveiling of a decorative fountain,

benches and scripture stones which are large stones inscribed with bible verses.

The dedication ceremony also recognized donors and volunteers who made the plot of land possible. They include Boy Scout Troop #33 of Tustin, the University’s student ministry prayer team and the Biology Department.

The Heritage Garden, made up of three acres, features native California landscapes with plants that contribute toward water conservation, fire resistance, erosion control and wildlife habitats.

Harvested fruits and vegetables are donated to the University’s café.

Along with an apiary, sustainably grown fruits and vegetables and a Prayer Garden, the Heritage Garden is run by Concordia students.

To learn about upcoming events and volunteer opportunities at the Heritage Garden, visit www.cui.edu/heritagegarden or contact Heritage Garden Director Assistant Professor of Biology Tyler Zarubin at tyler.zarubin@cui.edu

First- generation student Cafecito set for Sept. 18 at 10:30 a.m.

STAFF REPORT

Are you a first-generation college student (your parents didn’t earn a college degree)? If so, the Cafecito series is for you!

Hosted by Concordia’s FirstGen Program—the university’s Hispanic-Serving Institution (HSI) initiative—you’ll get the chance to hear from a successful Hispanic first-gen role model and what it was like navigating the first-gen journey in college and at home with parents.

This month’s speaker is Angelica Alatorre. The granddaughter of Mexican immigrants and the oldest of two, Angelica grew up in the Bay Area watching her parent’s always-work-hard work ethic along with the encouraging words “our glass ceiling is your floor.”

With a passion for public service, Angelica earned her B.A. in Political Science with a minor in Economics and Psychology from UC Merced and used her internships with California Rep. Nancy Pelosi and Sen. Barbara Boxer to launch her career in public service; she also worked for Sen. Kamala Harris. Currently, the 27 year-old is a Congressional Staffer with the U.S. House of Representatives.

Since this Cafecito attendance is limited to only 8 students, RSVPs are required to Lizz. Mishreki@cui.edu. This will take place on Wed., Sept. 18 from 10:30 a.m. to 11:30 a.m. in the Omicron Lounge.

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Comments? Suggestions? We want to hear from you. Write a “Letter to the Editor.” drafts.courier@gmail.com

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Concordia to partner with Irvine police for violent intruder training next Friday



PICTURED ABOVE: The staff of Concordia Campus Safety

The session will also include practical training where attendees will practice the RUN, HIDE, FIGHT model under the guidance of Irvine police officers.

At Concordia, safety is everyone's business. "Be a partner in campus safety by following crime prevention tips that are provided on CUI's Campus Safety Website," Morales said. "If you see something, say something. Call campus safety to report crimes or if you suspect a dangerous situation might happen," said Morales.

www.cui.edu/campus-safety/programs.

The Campus Safety Office is located in the Administration Building, Suite 103. Campus Safety officers are on duty 24/7. The Campus Safety Dispatch number is 949-214-3000 or extension 3000 if dialing from an on campus phone. In an emergency, dial 911 first, then call Campus Safety.

event," Morales said.

Irvine Police Officer Rick Gramer will present real-world analysis centered on surviving a violent intruder incident. Attendees will learn the Department of Homeland Security's RUN, HIDE, FIGHT model.

Please make the time to join fellow students, staff and faculty at 3:30 p.m. on Fri., Sept. 13 in DeNault Auditorium to participate in this important training. To RSVP for this free training session, go to

(Continued from pg.1)
Since a violent incident can occur anywhere or anytime, training like the type offered by Campus Safety next week is vital to prepare and train people how to react if they find themselves near or in an emergency situation.

The training isn't just about self-preservation. The skills provided during this training session will also teach people how to react to keep others safe. "Prepared and trained people are more likely to lead others in staying safe during a dangerous

ASCUI Update



KATIE DePOL,
ASCUI SECRETARY

Hello! My name is Katie DePol and I am the ASCUI Secretary for the 2019-2020 school year! It will be my pleasure to plan some of the biggest, most exciting student events of the year and keep you updated on what's happening in ASCUI! However, ASCUI is no one-man-band. The ASCUI Executive Board is comprised of five other awesome individuals who I would like to introduce to you.



Isabelle Upchurch
ASCUI President
Major: Liberal Studies:
Lutheran Teaching
Hometown: Wake Forest,
North Carolina

Noah Eschmann
ASCUI Vice President
Major: Liberal Studies:
Elementary Teaching
Hometown: Detroit,
Michigan



Tyler Haase
ASCUI Club
Commissioner
Major: Business
Administration:
Marketing and Finance
Hometown: Spokane,
Washington



Dion Chung
ASCUI Treasurer
Major: Biology with
a Minor in Math
Hometown: San
Francisco, California



Katie DePol
ASCUI Secretary
Major: Business
Administration: Marketing
Hometown: Mission
Viejo, California



Forrest McFarland
ASCUI Communications
Director
Major: Mass
Communications with a
Minor in Graphic Design
Hometown: Huntington
Beach, California



One aspect of ASCUI is that we have the opportunity to oversee Senate. Senate is a subgroup of ASCUI which operates as the voice of you, the student body, to upper administration. Our goal is to provide as many opportunities as we can for you to voice concerns, opinions and ideas about Concordia's campus. This semester's applications for Senate were due September 3 but Senate elections are just around the corner! Join us Thurs., Sept. 5 and Fri., Sept. 6, to vote for this year's Senators! Come get a treat and a crisp high five from the ASCUI team when you vote!

Gone but never forgotten

CHARLOTTE WAITE,
CAMPUS EDITOR

The school year may have just started, however, for recent Concordia graduates, fall means a transition from classes to new life challenges and experiences. Catalina Salazar and Nick Vreeland graduated from Concordia in May of 2019 and have gone out into the world to do great things and are ready to shed some wisdom to those still at Concordia.

Salazar graduated as a Communication Studies major and has kept herself plenty busy since she said goodbye to Concordia in the spring. “I went to Europe on an internship. It was very

exciting; my first time going to Europe,” she said. “We took two groups of high schoolers from Mexico and traveled around.”

Now that she is back in America, she plans to establish herself in the communication field. “I am interested in a lot of areas,” Salazar said, “either fundraising, social media or public relations.”

She is grateful for her experiences at Concordia because the school has “helped me balance myself and has pushed me to do my research and pushed me to make connections.”

Vreeland graduated

with a major in Behavioral Science with an emphasis in Sociology, and a minor in Communication Studies. He is ready to put his learning to the test and go to the police academy. “I am in the processes of being hired for the Irvine Police Department,” said Vreeland.

As graduates, both can look back at their time at Concordia with a subjective mindset and wisdom. Salazar advises seniors to “definitely go to all the events you can especially when they invite guest speakers. Also, have good connections with professors because they actually work in the field and have connections; they also have

the best interest for you.”

Vreeland recommends that senior students “enjoy school while it lasts because it goes by faster than any other year.”

They also have advice for freshmen: “Go to a lot of events, make a lot of friends and find your people,” said Salazar. Vreeland agreed “Go to every event, do everything you can and make friends.”

Both Salazar and Vreeland were involved heavily at Concordia. Salazar involved herself in Student Leadership, was Vice President of Community, a member

of the communications club and Peer Advising Coordination. Vreeland also was heavily involved on campus. He spent his years at Concordia participating in abbey west, LEAD and was a Peer Advising Coordinator

To become involved in student leadership, visit the Student Leadership tab at Concordia’s website. The link to the student leadership tab is <https://www.cui.edu/studentlife/student-leadership/index/id/19461>.

Men’s and women’s soccer opens up play against UCSD



PICTURED ABOVE: Men’s soccer unites during preseason scrimmages. Photo courtesy of cuieagles.com.

SARAH KRETSCHMAR,
EDITOR-IN-CHIEF

Men’s and women’s soccer is underway and both teams look to fight for a PacWest title. In the preseason PacWest poll, the women were ranked second and the men were ranked fourth. The women’s team is also home to the PacWest Preseason Player of the Year, senior Isabell Angotti-Jones who is coming off an outstanding junior season. Both teams took on UC San Diego Sept. 5, in the official season opener.

The teams will travel together to play Monday, Sept. 9 at Cal State LA. The men are at 4:30 p.m. and the women are at 7:00 p.m.

The first home game for the men will be Sept.

14 at 3:30 p.m against Cal State San Marcos. The women will play Sat., Sept. 7 at home against Cal Poly Pomona at 1:00 p.m.

The women finished tied for second overall in the PacWest last year with a record of 9-6-2. Under the leadership of 18 upperclassman, the Eagles look to their experience to help propel them through this season.

Kaelyn Whitcomb is a redshirt junior and goalkeeper from Fountain Valley, California. Whitcomb is optimistic for the team’s prospects. “I feel pretty good about this season. We’ve been working on more advanced things earlier this year than we have in previous years so the team chemistry is

already very evident,” she said.

Another upperclassman leading the charge for the Eagles is senior Kara Gilchrist. Gilchrist, an Irvine native, is a Kinesiology major that

plays center midfield. She said, “I am looking forward to be one of the top competitors in our conference and getting another opportunity to play.”

The men’s soccer team finished third in the PacWest last season. Losing the talents of now professional player Connor Gordon, the Eagles aim to continue a legacy of winning.

Ricardo Medina is a returning senior goalkeeper. He is majoring in Business Administration with an emphasis in Marketing. Medina said, “I feel this season will be a good one. We have some tough preseason competition that will help us prepare for conference

games.”

Braeden Hatt is a junior transfer from Cal State LA. He is majoring in Sociology. Hatt is a goalkeeper as well and said he is “excited to start winning games as a team, and grow closer together as the season goes on.” Hatt will face his former teammates when the Eagles travel to Cal State LA on September 9. “For me, I have to see it as just another game in our season that we have to win. I am thankful for my time there but excited for this new journey at Concordia,” Hatt reasoned.

Good luck to the soccer teams and all fall Concordia athletes.



PICTURED ABOVE: PacWest Preseason Player of the Year, Isabella Angotti-Jones fights off defender. Photo courtesy of cuieagles.com.

Women's volleyball and men's water polo open up in San Diego



PICTURED ABOVE: Women's Volleyball bonds together during competition. Photo courtesy of cuieagles.com.

SARAH KRETSCHMAR, San Diego.
EDITOR-IN-CHIEF

Fall sports are back in motion and the new and returning Eagles are eager to start competing. Men's water polo and women's volleyball begin official competition this weekend, Sept. 6-8. Men's water polo opens up in the Triton invitational hosted in San Diego, California and women's volleyball opens up in the Seaside Invitational hosted by Point Loma Nazarene University in

Men's water polo is coming off of a 5-19 record obtained last fall. Under the coaching talents of Dreason Barry, the Eagles look to turn this year around and make a run in the postseason tournament.

The Eagles carry much experience under their belt with 12 of the 16 players being upperclassmen.

One of these

upperclassman is senior Mitchell Lunker. Lunker is a utility player from Paso Robles, California. He is a Communications major but plans to go into the fire academy and become a firefighter after graduation. Lunker said, "I feel really excited about this season. I think we have a solid group of guys and aspire to go far this season."

Michael Marr, another senior, is from Tacoma, Washington. He plays center and is majoring in sports management. Both Marr and Lunker are looking forward to playing with their very united team. Marr said "I expect to have a successful season and to be competitive against every team we play. I want to finish the season with a better record than the year before."

Women's volleyball is coming off of a 10-20 record from last fall. The Eagles are led by

veteran head coach Paula Weishoff, member of the USA Volleyball Hall of Fame.

Julia Denboer is a senior libero from San Diego, California and is majoring in Kinesiology with a Pre-Physical Therapy emphasis. When asked about her expectations for the season, Denboer said, "We are already starting off strong! After the alumni game and scrimmages that we have played, I'm excited for the new standard that we

have created! I expect big things out of this team, it's just the beginning!"

Be sure to check out your Eagles when they cruise down south to San Diego! The women played today, Sept. 6 at 8:30 a.m. against Southern Nazarene at Point Loma Nazarene University. The men will play Sat., Sept. 7 at 10:40 a.m. against University of California, Santa Barbara at the Canyon View Aquatic Center.



PICTURED ABOVE: Senior, Nick Walker looks to lead the Eagles to victory. Photo courtesy of cuieagles.com

2019-2020 Cross Country preview

EMMA MOCHARNUK,
SPORTS EDITOR

Calling all cross country fans! The Concordia men's and women's cross country team will be firing up their 2019 season starting on Sat., Sep. 7 with a meet against the Biola Eagles at Ted Craig Regional Park in Fullerton, California.

The Eagles had a strong showing last season with the team placing twenty-first overall at the 2018 national championships held last fall in Billings, Montana.

Last season was full of individual success. Concordia's own Rosalba Cabrera and Hector Arteaga were named to the all PacWest squad and received the highest ever individual finish at an NCAA regional competition. Along from those two outstanding performances, then juniors,



PICTURED ABOVE: Men's and women's cross country gears up for meet last Fall. Photo courtesy of cuieagles.com.

Bailey Wade, Hannah Hopkins and Anamauri Hernandez improved and consistently contributed to the success of the women's cross country program. On the men's side, "freshman David Brito and Jacob Dunagin took big steps forward," said head coach Keegan Bloomfield.

"I think last season was

a good stepping stone. We grew a lot as a team and I think it set us up nicely for this upcoming season," said Hopkins. "We did not place as high as we wanted at our conference meet but that definitely left us hungry for more this season," she continued.

Looking forward to the upcoming season, the Eagles

hope to foster the athletic and personal growth of each individual athlete and continue to build on their success as a team.

"Coach Tuin and I are excited to build from individual success to team success. We believe we have the pieces in place to make some big jumps forward on the conference and regional

stage," said Bloomfield. "We only lost one member of our top five to graduation on the men's side. On the women's side we return all of our scoring runners. More than performance, we're excited to see the growth of our team as people. Each year they grow academically and in their walks with the Lord," added Bloomfield.

Working well as a team has been a huge factor in the recipe of success for the cross country team. "I am really excited about how big our team is this season. The team has great chemistry and some phenomenal freshman and a senior class that has put in a ton of work so I think we are going to have a lot of fun and work really well together," added Hopkins.

To see the full season schedule, rosters and meet locations visit cuieagles.com.

International Student Ambassadors

CHARLOTTE WAITE,
CAMPUS EDITOR

Mon., Aug. 12 marked the date that Concordia became just a bit more cultured. This date marks when International Students came to the university from around the globe. To welcome them, a team of International Student Ambassadors (ISAs) were ready to help them move in and answer any questions they may have to help make their experience at Concordia the best as possible. This is the second year ISAs have been on campus to assist international students.

Being an ISA may be a newer leadership position, but it has great responsibility to make sure the international students have a smooth transition to Concordia. Daniella Perez has been an ISA for two years. “As an ISA, I contact international students that will be coming here for a semester, as an undergraduate student for all four years or transferring. I verify that they get all their paperwork done before they get here to make sure their transition is as easy as possible.”

ISA duties are not done once the students are

enrolled. “Once they arrive, I help them get through their orientation without any issues. If there are any issues, we will do our best to fix them and get them moved in with as few issues as possible. We also help them get involved with other students so that they are not just living with them in the Global Village,” Perez said, adding, “We do want them to do things on their own and be independent but we are always there to help.”

Tim Hessdoerfer is an exchange student from Germany and said, “I picked Concordia because of the

location and my school had a partnership.” Hessdoerfer said, “I am most excited about the typical American feeling and living in on-campus housing.”

Hessdoerfer has high expectations for his semester at Concordia. “I am most excited for meeting nice people from around the world, visiting California, getting to experience America and improving my English.”

His experience with the ISA’s have been nothing but positive. “I am very happy that this program is here. I appreciate it

because it’s easy to contact ISAs for questions and to help us meet students,” said Hessdoerfer.

This leadership position has changed since the first year it was implemented and continues to improve with time. “We are way more organized this year,” stated Perez. If you want to become involved or have any questions visit <https://www.cui.edu/studentlife/student-leadership/international-student-ambassadors-application>.

Around-the-world semester is off to a wonderful start



PICTURED ABOVE: ATW team in front of a building in Mongolia.

NATHAN MACGREGOR,
STAFF WRITER

Since August 5, the Around-the-World Semester® has been traveling around the globe learning about other cultures and how to serve others in

their cultural context. Wondering what the ATW VI semester is all about? The team goes around the world in four and a half to five months every other year. Each country students learn to serve, learn to love learning

and learn what it means to be a traveler. Throughout their time, students are exposed to different cultures, people, food and livelihoods. This is a great semester for those who love adventure and are willing to step outside their comfort zones.

ATW VI will be going to 12 countries including China, Mongolia, Vietnam, Nepal, India, Malta, Greece, Israel, Uganda, Austria, Hungary, Spain and Costa Rica. The first stop was China. Students flew on August 5 to Beijing and were then transferred to Tianjin where Shepherd’s Field Children’s Village is located. Shepherd’s Field currently is in transition in which they are providing infant and toddler adoption services. They are also changing their

name to Seven Acres. Seven Acres will provide services to orphans with disabilities who will be graduating from the adoption agency system in China. They will help them become educated in a vocation and learn the skills they need to sustain a well-lived life. Concordia’s ATW team helped Seven Acres with building maintenance and ground maintenance. “It was such a blessing and honor to help an organization who helps those with disabilities,” said Nathan MacGregor, student on the ATW semester. If you would like to know more about Seven Acres, visit their website at www.chinaorphans.org.

On August 19, the ATW team embarked on a flight to Mongolia, where they helped out with camps that included

family, youth and kids. They enjoyed their time with the Baker Family and got to know them on a more personal level. In Mongolia, students helped paint a house, pave a concrete basketball court and play with kids from the neighborhood. At the end of their stay, they had the opportunity to discover the Mongolian Landscape by riding horses around Terelj National Park in Mongolia. After the excursion the group headed to the city of Ulaanbaatar. In the city, they explored and met with the Secretary General of Mongolia and learned about his perspective as a Christian Political Leader in Mongolia.

Student foodies speak up

ALEXIS RIOS,
LOCAL/GLOBAL EDITOR

According to the Oxford Dictionary, a foodie is “a person with a particular interest in food.” Nowadays, many students consider themselves to be foodies for a variety of reasons.

Here in Orange County, food and drink options are abundant and it can often be hard to decide where to go. Self-proclaimed student foodies offer advice on what to look for when picking a restaurant and share some of their favorite local spots.

Elise Rarang, a junior from Rancho Cucamonga considers herself to be a foodie because she has a food highlight reel on her personal Instagram. When deciding where to eat, she always makes sure to look at the reviews. “I always look at the reviews, especially the photos. The photos

are so helpful because you can see whether or not the food actually looks good. I also make sure to check the prices and ratings beforehand,” said Rarang.

ASCUI Treasurer, Dion Chung’s, best food advice is to keep an open mind. Chung says, “Be open to trying new foods and do not be afraid to go out of your comfort zone; it could be a very rewarding experience.”

Growing up in San Francisco, one of Chung’s favorite coffee shops was Home Cafe. There Chung said his drink of choice “is usually a coconut vanilla latte with condensed milk on toast.” Since coming to Concordia, Chung loves being able to go out and explore new coffee shops all over Southern California.

“I would consider myself a foodie because not only do I love food

but I enjoy photographing it as well. I love a coffee shop with a good aesthetic,” said Chung. Around here one of Chung’s favorite coffee spots is Thunder King Coffee Bar in Costa Mesa.

Halimat Adeyemi, a senior on track and field, is also very passionate about food. Her favorite meal is brunch. Adeyemi considers herself to be a foodie because she thoroughly enjoys going out and trying new food places. Adeyemi is even willing to drive farther to a restaurant if she deems the food worthy. Originally from Santa Monica, Adeyemi has utilized Yelp to help her find new food places in Orange County.

“My favorite local brunch place is Breakfast Republic. They recently opened one up at the University Town Center and I love their San Diego Eggs Benedict and

Strawberry French Toast,” said Adeyemi.

On the other hand, Dominic Evans, a sophomore, believes the customers to be the best indicator of a great restaurant. Evans said, “If there is a lot of people there even without any promotion or sale going on then they typically have really good food. Especially if people are willing to wait in line for it, that’s a very good sign.”

Christian Nunez, a senior from Riverside, considers himself to be a foodie because he loves food and gets excited whenever he is about to eat. Nunez’s best advice when trying to find a new restaurant is to “follow the vibe that you’re feeling. If you’re feeling a certain type of food go explore some new places and ask around to see if anybody has any recommendations.”

Nunez’s favorite meal of the day is lunch and one of his go-to spots is located a mere 1.6 miles away at the University Town Center. “I’m still exploring new food places around here, but one of my go-to places is Eureka. It’s delicious and I love their fish and chips,” said Nunez.

Overall, lots of students have a passion for food. From reading reviews and looking up pictures beforehand, students are willing to go the extra mile to ensure they have an enjoyable experience. Whether you are from Orange County or coming from another country altogether, there is always new cuisine to explore. Trying food from different cultures or even just a new restaurant can be a very enriching experience. For more information on local food places check out Yelp.com

Podcast review: “The Mindset and Motivation Podcast”

EMMA MOCHARNUK,
SPORTS EDITOR

The start of the academic year is a great time to begin setting new academic goals and personal goals. Finding the motivation to achieve goals and push through challenges sounds simple, but it can be tricky to know where to start. The desire to find new ways to increase my motivation led me to the podcast “The Mindset and Motivation Podcast” by Rob Dial.

When searching for a new podcast, I typically look for a series that is not only interesting but also fairly short, as I typically do not have a lot of time to dedicate to personal entertainment. “The Mindset and

Motivation Podcast,” which began on Jan. 23, 2019, features episodes that typically range from ten to twenty minutes in length and provides tips and tricks to improve motivation and encourage self-growth in all aspects of everyday life.

The first episode dives into goals and how writing down a goal can help improve the likelihood of accomplishing the goal. The podcast details how physically writing down a specific goal, a timeframe to accomplish the goal and the reasons why there is a desire to accomplish that specific goal can help in staying consistent and taking personal accountability, which can greatly improve motivation and desire to stick with a goal.

“It is definitely a podcast that is helpful for an indecisive person like me because it helps motivate me to organize my thoughts so that I can stay on track of my responsibilities. The podcast also helps me in holding myself accountable for any new goals I am trying to accomplish,” said senior Sarah Llerenas.

“This podcast is very straight to the point and doesn’t mince words. It is extremely relatable as a college student who is starting to think about life after college and can easily relate to those who are just beginning college as well. Instead of just talking about change, Rob Dial gives you ways to pursue that change and



PICTURED LEFT:
“The Mindset and Motivation Podcast” featuring Rob Dial. Photo courtesy of podcasts.apple.com.

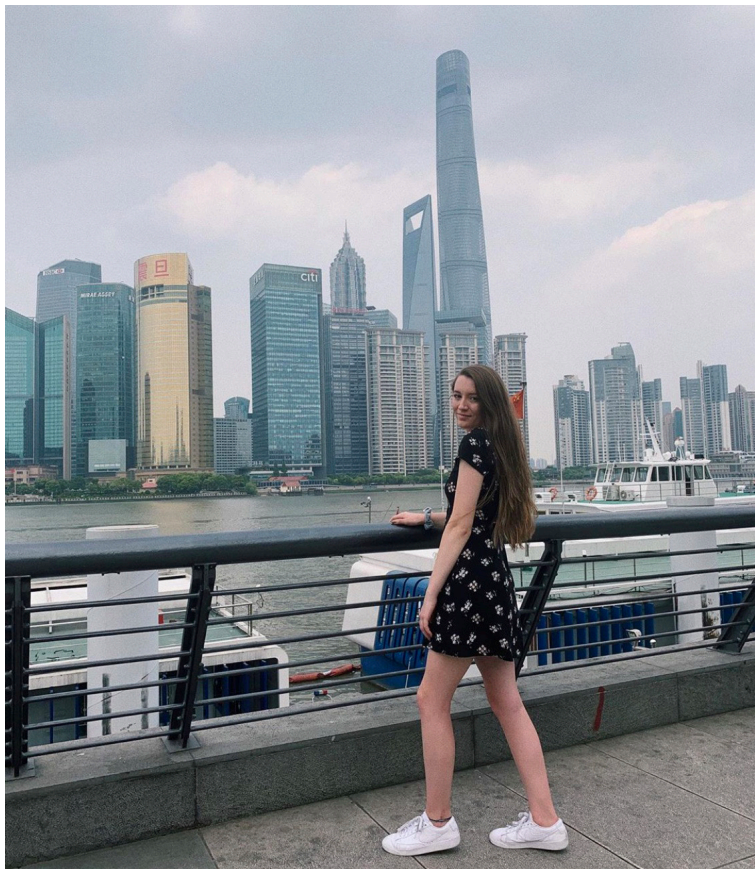
provides helpful tips to follow through with it,” said senior Emily Chan.

I would recommend this podcast series to anyone who is looking for a little extra motivation. Whether it be finding new ways to accomplish a goal, improving daily productivity or simply just looking for an interesting new podcast to

listen to in-between study sessions.

“The Mindset and Motivation Podcast” can be streamed for free on phones, laptops and tablets through Spotify. To stream the podcast visit, <https://open.spotify.com/show/706hylM6zaDW8L-rrYxcggQ?si=--D1vUuO-RUmrebFNlY56QA>

Eagles enjoy summer 2019



PICTURED ABOVE: Hailey O'Neil poses in China during her summer vacation. Photo courtesy of Hailey O'Neil.

TAYLOR SAMEC,
ARTS EDITOR

The summer is coming to an end and the school year has started, but Concordia students took full advantage of the summertime sun. Many students partook in adventures before heading back to school. Here are some of the fabulous trips and summer experiences that students embarked on!

Senior Amy Thompson spent part of her summer scuba diving and volunteering in Utila, which

is an island located off of Honduras, Central America near Guatemala. This summer was not Thompson's first time visiting the country either. She went last summer as well and said “both trips, we did multiple beach clean-ups and came back with three or four bags full of trash. It felt great to make a small difference and help the environment!”

Fellow senior, Vanessa Ramirez also accompanied Thompson. “I love going there to work with the local school children where

we get to play sports with them. We also teach them various arts and crafts out of reusable plastics. It is a great experience to have fun while making a difference in children's lives,” stated Ramirez.

Another student who got to travel this summer is senior, Hailey O'Neil. She spent the first month of her summer exploring Asia. “Traveling to Asia and seeing different international schools opened my eyes to new possibilities personally and professionally. It was a great experience and something I definitely can see in my future,” said O'Neil. She went with a group of education majors from Concordia traveling to several different Asian countries. They got the opportunity to explore various schools and get a glimpse into the life of teaching in a foreign country.

Some students did not have to travel to have some fun. Junior Sydney Cayas went to two concerts and had the time of her life and said “I went to see Shawn Mendes and Khalid in concert and it was so much fun. I could not help myself from crying with excitement!” Cayas danced the night away at two different concerts and proved

summer is a time to let loose and have fun. Whether she was dancing to “Treat You Better” by Shawn Mendes or “Location” by Khalid, she had a summer mindset and let all her worries go.

Sophomore Emily Mullins spent her summer as a camp counselor. She had the chance to help kids find their faith and learn about Jesus while having fun at camp. Mullins stated, “I had the opportunity this summer to be a camp counselor and teach kids about Jesus; it was an eye-opening experience that I will never forget.”

Bringing Christianity and Jesus into the lives of several children is a fantastic way to spend the summer.

Overall, Concordia students had an eventful summer. Whether it was a productive summer volunteering in a third world country, gaining work experience across the world in a foreign land or just having fun singing along at a concert, everyone had a nice break from school. Now back from their adventures, students are now ready to hit the books and have a great academic year!



PICTURED ABOVE: Sydney Cayas enjoys her time at Shawn Mendes concert with pal. Photo courtesy of Sydney Cayas.

Netflix review: “Thirteen Reasons Why”



PICTURED ABOVE: Actor Devin Druid as Tyler Downs in the Netflix original series “13 Reasons Why”

ALEXIS RIOS,
LOCAL/GLOBAL
EDITOR

On August 23 the third season of the Netflix original “Thirteen Reasons Why” was launched. The show was inspired by the young adult fiction book “Thirteen Reasons Why” written by Jay Asher in 2007. Since the launch of the first episode of this series in 2017, there has been a variety of feedback both in favor and in opposition of the show.

“Thirteen Reasons Why” deals with tough subject matter that can be both triggering and painful to viewers. A warning is issued before every episode and ways to seek help are aired at the end of every episode. Although the show may be tough to watch, many students believe that it plays an essential role in shedding light on sensitive topics.

The first episode of season three starts with all the main cast members issuing a collective welcome and warning to the third season, it goes as follows:

“Welcome to season three of ‘Thirteen Reasons Why.’ If you’ve been watching you know our show portrays a number of real issues facing teenagers today. We tell stories about things like substance abuse, bullying, sexual assault, violence and suicide. If these issues are in your life, this series may not be right for you. Or you may not want to watch it alone. So, watch it with your parents, your family or your friends. Then talk to someone about what you see, what you think about it. How it makes you feel. And if you find you need help, talk to a trusted adult, like a school counselor. Or call a local helpline. Or visit our website at 13ReasonsWhy.info. Once you start talking about it, it gets better. Enjoy the show. Enjoy the conversation. And take care of each other.”

Anamauri Hernandez, a senior, has watched all three seasons of “Thirteen Reasons Why” with her friends. Hernandez said she started watching the show because “it was all over social media” and she just kept hearing about it.

“In a way, I believe this show can influence those dealing with depression, addiction, sexual assault and many more issues to seek help from their family, friends or school. If someone is dealing with any of the issues presented on the show I recommend that they have someone watch it with them,” said Hernandez.

Hannah Eleazer, a junior, remembers seeing the “Thirteen Reasons Why” book when she was younger. Thus when the show came out on Netflix seven year later, her interest was immediately sparked. “Suicide is such a prevalent issue right now, and a lot of times people are uncomfortable talking about it. Sometimes it is easier for them to bury their heads in the sand. I think it’s important to show how bad depression is,” said Eleazer.

Contrarily, some critics argue that the show glorifies suicide. Kalhan Rosenblatt, a reporter for NBC, stated that “some mental health professionals feel it is a dangerous fantasy that romanticizes suicide.”

One of the mental

health professionals Rosenblatt talked to was Phyllis Alongi, the clinical director of the Society for the Prevention of Teen Suicide. In their interview, Alongi stated that “suicide is the second leading cause of death for people ages 10 to 24 and that the number is increasing.”

Alongi was also worried that “children won’t always be able to distinguish what is a plot device and what is reality.”

Eleazer acknowledges the opposing views but remains firm in her opinion nonetheless. “I don’t think they glorified suicide. I think it can be looked at that way because of the storyline. However, I believe the show truly raised awareness of suicide. It also gave many other options on how to prevent it and reach out for help,” said Eleazer.

With World Suicide Prevention Day coming up on Sept. 10, the show seemed to launch its third season at a crucial time. Whether “Thirteen Reasons Why” properly handled delicate issues is a heated topic. Nevertheless, the show

does serve its purpose of bringing light to sensitive issues.

If you, or someone you know, is facing challenges, the Wellness Center is a great place to start a conversation in a private, confidential and safe setting. The staff is committed to the wellness of all Concordia students. The Wellness Center is located on the first floor of the Student Union Building (next to the mailroom) and can be reached by phone at 949-214-3102.