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Peer Health hosts mental  
health awareness week

ISABELLE UPCHURCH,  
STAFF WRITER

Mental health awareness is a growing topic in today's society. According to the World Health Organization (WHO), of all illnesses, depression is the leading cause of ill health and disability worldwide. Further, depression and stress can impact students' physical health, ability to study and general wellbeing. Concordia took a proactive approach and dedicated a week to mental health awareness on campus. The past week, LEAD Peer Health Educators took the time to educate and bring awareness to what mental health is and what it looks like.

On Monday, students were able to put together DIY stress relief kits, filled with herbal teas, candy, bible verses about anxiety and stress balls. Tuesday, green flags and signs were posted along the Founders Hall lawn to bring awareness to how many college students die by suicide each year. Wednesday was "Stick-it-to-Stigma" where students were invited to post sticky notes about their own experiences with stigma centered around cultural or mental health bias. Thursday, a booth was set out that was named, "Mental Health: Debunked" where students were encouraged to learn more about the misconceptions of mental illness. Dr. Kristen Koenig, Associate Professor of Sociology, and Professor Megan Enriquez, Professor of Psychology, were also invited that night to discuss how mental health is depicted in the media. Finally, on Friday, the week ended on a high note with



PICTURED ABOVE: 1,100 green flags across the lawn to represent the amount of suicides at colleges annually. Photo courtesy of Taylor Samec.

a photo wall. There, students and faculty were encouraged to take pictures and post them on social media with the hashtag #CUISMILESFOR.

Junior, Dion Chung, said that his favorite day of the week was "Monday because people were able to create their own self-relieving kits and it was a cool way to help raise mental health awareness through the unique, individual kits that people could make."

Junior Peer Health Educator, Megan Chelling, was a big help in planning this week and is extremely passionate about bringing mental health awareness to college campuses. Chelling said, "I am a Behavioral Science major and chose to do research titled, 'The Effects of Mental Health Stigmatization on College Campuses,' and it is fascinating, yet terrifying, to see the amount of statistics and stories about students on college campuses not seeking treatment for mental health."

She added that students do not seek treatment because, "there are not sufficient services available or if they are available, students report not being comfortable talking about their mental health needs because of an environment of stigmatization and lack of education and normalization about the topic."

It is important to Chelling for the stigmatization of mental health to be lessened by this week and for all people on campus to be aware of this issue. She said, "Myself, along with my Peer Health team, hope to host events that strive to normalize the topic of mental health and end stigmatization across Concordia's campus by including all students, faculty and staff to participate and join in the on-going conversation regarding mental health." She added, "The conversation doesn't end here. We hope to encourage all people on campus to foster positive environments within their communities that include their coaches,

professors, supervisors and faculty into the conversation." Having open and positive conversation with all persons about these topics is truly what is going to help normalize the mental health conversation.

For students who would like more information about mental health or are in need of counseling services, visit the Wellness Center, located across from the mailroom. There, they can get helpful information as well as participate in their services, such as their confidential counseling services. Students are also encouraged to come to their "Let's Talk" sessions that are held on Wednesdays from 9 a.m. to 1 p.m. Chelling said that at these sessions, "their doors are open for students to talk to a counselor for 30 minutes in a casual setting." For more information, stop by the Wellness Center in person, email them at [wellness@cui.edu](mailto:wellness@cui.edu) or visit their website at <https://www.cui.edu/studentlife/wellness-center>.

SAAC aims  
to increase  
support  
throughout  
campus

SARAH KRETSCHMAR,  
EDITOR-IN-CHIEF

The Student Athlete Advisory Committee (SAAC) is a committee on campus that aims to bring student-athletes together and provide support for other students in all aspects of sport, school and life. SAAC encourages student athletes to reach out to assist and help each other during their time as student athletes.

According to NCAA.org, "Student-athletes have a voice in the NCAA through advisory committees at the campus, conference, and national level. Each committee is made up of student-athletes assembled to provide insight on the student-athlete experience and offer input on the rules, regulations and policies that affect student-athletes' lives on campus."

Brittany Pereda is the Assistant Athletics Director for Operations and Development at Concordia and oversees SAAC. Pereda said, "The Student-Athlete Advisory Committee established five goals for the 2019-2020 academic year based on overall student-athlete feedback and needs. One of the goals focuses primarily on increasing interdepartmental support and support across campus within faculty, staff and other co-curriculars."

Each SAAC representative is committed to supporting each other in whatever endeavour each student-athlete chooses to pursue.

The SAAC president for this year is Kara Gilchrist, a member of the women's soccer team. By her side is Vice President Nick Walker, Secretary Max Wickens, social media coordinator Joanna Rivers, mental health coordinator Shannon Graham, and community development and outreach coordinator Sarah Kretschmar.

"SAAC is a way for us to come together, discuss



# ASCUI Update

## BACK TO SCHOOL



KATIE DEPOL,  
ASCUI SECRETARY

Thank you for joining us last Thursday and Friday for Senate elections! Below are the names of your new ASCUI Senators!

- Megan Auringer, Brenden Kiernan, Destiny Dekker, Katey Settle, Dylan Pacheco, Daija Chumley, Daniel Woodfin, Autumn Borg, Sarah Ibrahim, Chad McFarland, Bridget McCarthy, Juliann Johnson, Donovan Lucker, Kayla Goetz, Amanda Renfro, Alexis Wood, Megan Coffin, Joshua Burns, Jennifer Lopez, Andrew Tabora, Isaiah Yunger, Gabrielle Beckman, Jasmine Tabb, Samantha Hood, Zachary Meyer, Yessenia Alvarez, Tiffany Chan, Allison Schult, Cheyanne Arnold, Jessica Washington, Damika Chieng, Shannon Daviscourt, Alicia Beauchemin

If you know them and see them in the hallways, give them a crisp high five and congratulations! If you don't know them, you will soon! These are the people seeking out your concerns, questions and ideas regarding your Concordia experience.

Our goal for Senate is to enact change on campus in ways that benefit you as a student. In the past, students asked for things like more soft seating around campus, expanded CU Active and more hydrations stations that Senate was able to pass along to ASCUI. ASCUI was then equipped to bring these ideas to upper administration who worked to meet these needs for students.

These are just a few examples of how Senate works and how much upper administration cares about the campus experience for students. If you have any ideas pertaining to your experience at Concordia, stop by the ASCUI office or attend one of the Senate open forums to share what you have to say!

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Did you know....

## It's Palindrome Week!

Each date can be read the same forward and backward!

- 9-11-19      9-15-19  
9-12-19      9-16-19  
9-13-19      9-17-19  
9-14-19      9-18-19  
9-19-19

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Follow us on Instagram @ConcordiaCourier too!

Comments? Suggestions?  
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Write a "Letter to the Editor."  
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# Birds of a feather will skate together: Concordia night at the Anaheim Ducks game

MICHAEL E. SMITH,  
STAFF WRITER

On Thurs., Oct. 3, the Honda Center will play host to the extended Concordia University family as the Anaheim Ducks hockey team will open their 2019-2020 season against Pacific Division rivals, the Arizona Coyotes. This event is being sponsored by the Sports Management Club as well as the Alumni and Family Relations Department here at Concordia. All students, faculty, parents, alumni and friends are welcome to attend the event with several options to purchase discounted tickets. Attendees from Concordia will also be placed into a raffle for opportunities to participate in intermission activities.

Second year President of the Sports Management Club, McKinsey Thorpe,

senior, is excited for the second ever Concordia Night at a Ducks game in the clubs two year history at Concordia. This event has seen involvement from students and faculty, but also Sports Management major alumni G.M. Ciallella '11 and Jaimie Friedrich '09, who work in the Ducks organization. "We have an alum that works in event tickets, and she thought that [the home opener] would be a great [game] to kick off the school year," said Thorpe. Thorpe added that with the event coinciding with Concordia's Parent's weekend, this will be a great opportunity "to do something with their family or even their friend's family."

Assisting on things from the alumni side of the event is Haley Marrujo '14, who is the Alumni Relations

Coordinator for Concordia. "This is a great way for Concordia to be involved and seen within the community and the game on October 3 is a perfect kickoff for Parent's Day activities," said Marrujo.

At the event last year, two Concordia attendees were able to ride the zambonis during one of the game's intermissions. Thorpe was one of those lucky attendees saying, "just going on the ice, and being able to experience that is so different than being in the stands." Dr. Curt Cattau, Director of Sports Management Program and Faculty Advisor for Sports Management Club, attended the game as well and recalled, "it was exciting to see Concordia University Night up on the center ice scoreboard

as Concordia students rode the Zamboni during intermission." Those who purchase tickets online through Concordia may get the lucky privilege to ride the Zamboni. Plus, this year, another lucky attendee will receive a signed hockey stick by one of the current Ducks players. The Sports Management Club is hopeful that this year will surpass the number of attendees last year. They are doing this by trying to create opportunities for the Eagles family to meet each other in a fun setting. "I met a lot of students who went last year who I had never met before, so it was a great way to meet other people and get out of my comfort zone," Thorpe recalled. As an opportunity for those who attend, the club is working on having a tailgate event before the game for Concordia folks to

meet and connect with fellow Eagles.

Also, free transportation will be offered to those who attend.

For discounted tickets, as well as being entered into the opportunity drawings, go to [anaheimducks.com/cui](http://anaheimducks.com/cui) to view ticket location options. Prices range from \$26 in the upper sections of the arena to \$76 to sit right behind the Ducks net. For more information regarding the event, contact Jennifer Hacker with the Ducks ticketing office at [jhacker@anaheimducks.com](mailto:jhacker@anaheimducks.com). If you are interested in learning more about the Sports Management Club, visit their page at [www.cui.edu/studentlife/student-leadership/sport-management-club](http://www.cui.edu/studentlife/student-leadership/sport-management-club) for more details.

## Around-the-World Semester® Update

NATHAN MACGREGOR,  
STAFF WRITER

Rolf Potts is a travel writer who works at a writing mentor; he continually find inspiration from, and appreciation for, the country of Vietnam. He explained the humidity as "coffee drenched," which we (ATW VI Team) found when we traversed from Mongolia, on September 1 to Vietnam.

Upon our arrival in Ho Chi Minh City, cars suddenly became quickly moving mopeds and the buildings crammed together like our overly stuffed suitcases. We landed in Vietnam on their Independence Day and naturally we seized the opportunity to watch celebrations throughout the city. That night we could hear echoes of loud booms from the meticulously extravagant fireworks, the incessant honking of mopeds and the low rumbling sounds of people below the dorm (our hostel).

Throughout our first couple of days, the team had the opportunity to visit The War Remnants Museum, Bamboo Acrobatics and the many Pho and Banh Mi shops. As quickly as we entered Ho Chi Minh City we left the city on a flight to Hanoi.

Hanoi is the capital city of Vietnam and the location of which we learned from, and served with, Hanoi

International Fellowship Youth Program was called Aftershock Youth. We led a group of 20+ youth in games, worship, lessons and testimonies in conjecture with Ryan, a Biola Graduate and Pastor/Leader at Hanoi International Fellowship. This was an experience worth remembering as we listened how God is transforming people's lives through Aftershock.

Closing our time in Vietnam we had the pleasure and honor visiting Vietnam Friendship Village. This is an organization that is committed to serving children with disabilities due to the result of Agent Orange, a chemical used in the Vietnam war. The organization helps teach kids vocational and educational skills as well as operate as an orphanage. We did some breathing exercises and children's yoga, helped kids color and learned how the kids make paper jewelry to sell. Later in our time visiting Vietnam Friendship Village, we met with veterans who annually visit the orphanage and care center. It was a powerful moment as we met with the veterans from Vietnam. The center was built as a sign of friendship and this sentiment was present in the eyes of the veterans' hands we shook.

If you would like to know more about the organizations that we have met, visit [www.vietnamfriendship.org](http://www.vietnamfriendship.org).

## Students return to bigger gym and better facilities with CU Active



PICTURED ABOVE: Sophomore Bradley Bodestyn using the chest press machine.

PHILIP QUARTARARO,  
STAFF WRITER

There is no shortage of excitement from the fitness lovers on Concordia's campus due to a huge expansion of CU Active, the exercise room located in the Sigma Square residence hall.

At the end of last year, ASCUI conducted a survey to see what students would like to see on campus. One of the most frequent answers was that there needed to be a bigger weight room that more students could access. Concordia responded by meeting that exact request.

Over the summer, ceilings were raised, ventilation was increased throughout the building using large, industrial grade fans and the square footage was doubled. Also, new workout equipment was

added to the weight room. New treadmills, bike machines, free weight dumbbells and a rowing machine were added to the already intriguing list of workout equipment supplied from previous years. To cap off the new fitness center is a bike room. Bikes are available to be used for getting around campus quickly but must be returned.

Freshman Adayshia Bluford-Coleman is a worker at the fitness center. Her duties include having people check in, watching to make sure nothing is broken and reporting issues if she sees any. "I basically check people in and make sure they have a sticker saying that they are a student. I also walk around and make sure everybody is safe and the weights are all put back in the right location," Bluford-Coleman explained. CU Active opens at 7 a.m. and closes at 10 p.m., Mon. through Thurs.; 7 a.m. to 4 p.m. on Fri; 9 a.m. to 12 p.m. on Sat; and 1 p.m. to 5 p.m. on Sun. Gym workers share short shifts to make an extra bit of money while on campus. This makes it easy to sign up and be part of the experience.

The new expansion to the fitness center is being flooded with students hungry for a workout. According to Tim Odle, executive director of University Services, the influx of students has jumped greatly with more than a few hundred

a day for the first few days of the semester. The fitness center is located in the heart of campus on an easy commuting path for all students, teachers and faculty.

Also, since the location is so central to classes, it is easy to get a workout between classes and is more accessible for commuter students to use now as well. Senior Shane Hersh is very excited to see Concordia using the fitness center to attract students to a better lifestyle. "It's great how they expanded the gym because it'll now promote people to go workout and have a healthy break from studying in the dorms," said Hersh.

"I think the expansion will help create a better student atmosphere and will be a place to build better relationships. It is also a good selling point for new incoming freshman in the coming year," continued Hersh. Future expansion continues to boom as CU Active plans on doubling the size again this coming summer. Music rooms in the Sigma Square will soon be moved to the Borland-Manske Center, home of the music program, leaving room for more equipment and even better ventilation.

The upgraded fitness center is one of the hottest spots on campus and will continue to grow in due time. The only question to ask now is, will we see you in there?



# Softball alum helps Italy qualify for Olympics

BROOKE JACKSON,  
SPORTS COLUMNIST

Softball alum from the class of 2012, Amanda Fama, helped Italy qualify for the 2020 Summer Olympics.

On July 27, in the Netherlands, Italy defeated Great Britain 5-0 in the final of the WBSC Women's Softball Europe/Africa Qualification Event. This will be the third time that Italy will participate in the Olympics and the first time Fama is going with them.

In the final, Fama contributed by scoring one of the five runs and ended the tournament with getting on base 9 out of the 17 times up to bat. She batted .429 with 6 hits including three triples.

On defense, Fama started at shortstop during every one of Italy's qualifying games, which is also where she dominated at her time at Concordia.

After coaching Fama for two years, Crystal Rosenthal, head Concordia softball coach, expressed her joy in seeing Fama succeed on the world stage. "I'm incredibly happy for Amanda, she worked so hard to make her dream

a reality and I couldn't be more proud of her," said Rosenthal.

During Fama's two years at Concordia in 2011 and 2012 she led and still holds the school's career home run record of 42 home runs. She ended her last year as an Eagle with a batting average of .450 and an on base percentage of .542. Rosenthal had her eyes on Fama throughout her time at Cypress Junior College, which she attended prior to Concordia. At Cypress, she was named All-Conference both of her seasons. She also broke many of their records including the single season home run record in her freshman season and the all-time home run record in her sophomore season. "She is dynamic, athletic, a great leader, and has a big softball IQ. I can't wait to watch her in Tokyo," said Rosenthal.

The 2020 Summer Olympics will be taking place starting in late July until August 9 in Tokyo, Japan. If a trip to Tokyo isn't in your future, make sure to watch on television and support Fama and the rest of Italy's team on their journey.

## Miles is new coach of women's lacrosse



PICTURED ABOVE: Head coach Dylan Miles. Photo Courtesy of cuieagles.com.

CARLIE CHAULSETT-UTLEY,  
STAFF WRITER

Concordia women's lacrosse has named alumni Dylan Miles as the newest head coach of the program. Miles is the fourth head coach to lead the team.

Miles is no stranger to Concordia lacrosse. As a player, he spent time on the 2017 national championship squad his senior season. After his graduation, Miles transitioned into the graduate assistant position on the men's lacrosse team under his former coach and mentor Ryan Brent. He will remain a volunteer assistant coach for the men's upcoming season.

"We want to play hard, bring the intensity and have an

uptempo-style of practice that will hopefully transition to our gameplay," Miles said of the women's team.

Miles wants to rebuild the family aspect and culture on the team. "It's great that he's joining our team because we've known him for so long," senior midfielder Amanda Morgan said. "The last few years have been tough in lacrosse but I think with Dylan here, he's really going to pull us together and make us a strong team." Junior attacker Kalin Deluna can already see a difference in the intensity of workouts compared to last year in the few practices they have had together. In the fall semester, six lacrosse players are studying abroad. Practices have been small but filled

with extra reps for players on campus.

"I can't wait for spring when our full team is here. We're all ready for this season," Deluna said.

The senior-heavy squad wants to use their age and experience as an advantage to excel this season.

With limited opportunities for professional lacrosse, Miles wants to make the seniors' last season one to remember. "One thing I want to implement this year is leaving a legacy," Miles said of his graduating seniors. He also wants his seniors to look back on their time they have spent at Concordia and ask themselves how they will be remembered to underclassmen and future players.

"I want to make sure when I leave that the program is in a good place," senior midfielder Mitxi Herrea said. Morgan expects more intensity and pride leading into her last season in green and gold.

Miles has been coaching lacrosse at the club, high school and collegiate levels since he graduated high school. He coached at his alma mater, Foothill High School, where he led two CIF-SS championship teams. Partnered with Brent, the duo started the lacrosse program at Crean Lutheran High School and most recently they have jumped onto the coaching staff at Santa Margarita Catholic High School.

In his limited time away from his five lacrosse teams, Miles attends church on the weekends and spends his time with his three dogs, family and friends.

Miles' head coaching debut at Concordia is set to kickoff in 2020.

# First Newport Rib Company Eagle of the Week: Molly Melanson

TAYLOR KROUSE,  
CONCORDIA ATHLETICS

Defense can oftentimes be overlooked, but Melanson, of women's soccer, helps make it easy to recognize the hard work that is occurring in the back line for the Eagles. Goal scoring is not the only thing needed to win games; a strong defensive line up who can help create chaos for the opposing offense is just as important. On Sat., Sept. 7 Melanson put up a strong front on defense alongside Isabella Angotti-Jones, Kayla Figueroa and Danni Barton to prevent Cal Poly Pomona from scoring.

"Our back line is very organized and very disciplined," said Melanson. "It's crucial that we are always on the same page and I think during the Cal Poly game each one of us was successful in winning our individual battles as well as communicating with one another."

Leadership and work ethic are both key factors that Coach Chris Gould sees in Melanson and she is showing these strong qualities early on in this season.

"Molly is an incredibly hard working and disciplined leader on the field," said Gould. "She is a big piece to our defensive cohesion in the back. I love her willingness to put others before herself."

Selflessness is a clear quality that Melanson possesses and she has been putting a lot of effort towards this year.

"This year I have been more focused on how I can make my teammates better rather than making myself better," expressed Melanson. "Being a center back, it's crucial to have good communication and I have made it my goal this season to be a leader both on and off the field."

Melanson is very excited for this 2019 season for women's soccer and she has high hopes for



PICTURED ABOVE: Molly Melanson, Eagle of the Week. Photo courtesy of cuieagles.com.

what this team will accomplish.

"I think our group of girls this year is an awesome mixture of returners as well as new players," explained Melanson. "Everyone has an immense amount of talent and ways to contribute to this team. We have no weak links. We

are really confident that we have what it takes to do great things this season and I think this win only adds to our confidence that we have what it takes to be conference champions."

Melanson and the Eagles are looking to make a statement this

year in the PacWest after they face off with some more non-conference teams. Don't miss the action at Eagles field on Saturday, Sept. 14 at 1 p.m. when women's soccer plays Dixie State. For the full schedule click here visit cuieagles.com.



# Keeping a budget in college

ISABELLE UPCHURCH,  
STAFF WRITER

Budgeting as a college student seems like an impossible task, as there are a lot of essential things that need to be paid for such as books, tuition, food and housing. Though this task may seem daunting to some, with the help of a budget, there are ways to pay for the necessities and still have some extra money for fun events or activities without breaking the bank. Junior Business Marketing and Finance majors Nathan Schult and Tyler Haase have the answers on how to keep a budget as a student. Both Schult and Haase have learned all they know about budgeting through “classes about personal finance and budgeting at Concordia,” said Schult.

As current students, Schult and Haase know what it is like to have piling up expenses and the toll that that can have on a person. With this being said, both young adults have their own opinions as to why it is helpful to budget. Schult said college students who budget, “can waste a lot of time budgeting every dollar that they have.” He added, “so they should focus on the present and not worry about every dollar they spend.” Despite his caution with budgeting, Schult does think that budgeting can be useful and concurs that, “yes, to an extent budgeting is good for college students.” Furthermore, Haase said, “There are limited funds when you are college students and budgeting makes you think about where your money is going

and what you’re spending it on so that you can have fun while knowing how much money you have.”

The question now is, how do students keep a solid budget without missing out on the fun events? Haase said, “Every month or paycheck I know how much I can spend and I pay off my credit card every week so that I know where I’m at and I’m never in a negative deficit.” Schult gave the same advice and said that after he does this he is able to “know how much I have to work with for the week.” By paying off their credit card bills weekly, Schult and Haase are able to know how much money they need to save and how much they can spend on extracurriculars.

If students are thinking of creating a budget for college, both Schult and Haase have their own ideas on what they think works best. Haase suggests getting the app EveryDollar. This app allows you to create a budget every month and helps you keep track of all your spending for the month. You can download it for free in the app store today! If apps aren’t your thing, Schult suggests, “Just keep a mental budget in your head.” Though they have differing opinions about budgeting, both Haase and Schult believe that budgeting is important for college students to ensure they have money to spend on the important stuff, while also saving money to do other fun activities.

Haase’s lasting advice to a college student trying to keep a budget? “Don’t go into credit card debt!”

# Concordia grads in the community



PICTURED ABOVE: Kelley Geurts, Concordia alumnus and L4 area manager at Amazon. Photo courtesy of Emily Lawless.

EMILY LAWLESS,  
STAFF WRITER

Choosing a field of study can be one of the toughest decisions college students make throughout their educational career. Eagle alumni Kelley Geurts, Emily Varisco and Siena Goggia have all been hard at work pursuing their career in their field of study post-graduation. Emily Varisco, Liberal Studies major class of 2017, is now pursuing her dreams of teaching special education students. Varisco was recently hired on as a special education teacher for fourth and fifth-grade students at Ambeuhl Elementary School in the San Juan Capistrano area. As a full-time teacher, Varisco described, “I miss going to the beach and having free time more than anything. That was the best part about being in college for me and is definitely what I miss most. Adulthood is no joke.” She continued, “With

that being said, soak up your time left as a student. Make as many connections as you can and use them when it comes to finding a job after college.” Varisco added, “I hope to stay at Ambeuhl for the next few years but eventually would like to go back to school to get an Administrative credential. Maybe I’ll make a comeback to Eagle territory, who knows?” Siena Goggia, a Graphic Design major class of 2019, is currently employed as a designer for GLOSS MODERNE, a local luxury hair care company. Goggia explained, “I love working for GLOSS because I think it is a great first design job for me. It’s a smaller company so I will gain great experience as a recent graduate. When I was looking for a job after graduation, I found that most places were only searching for graphic designers with a lot of experience.” Life is a journey, and sometimes college students wish they would have done things differently. Goggia touched on one regret she had when choosing her major. “Sometimes I wish I kept my marketing minor because with art, it’s always good to have wherever you work. It would’ve made getting hired a little easier, especially since I want to do more social media and design marketing for companies in the future.” Still, Goggia encouraged current students to keep the faith, “Just remember you don’t have to take the first opportunity that comes up, there might be something better for you down the line, just trust the process.” Kelley Geurts, an English

major and class of 2018, is now currently employed as an L4 area manager at Amazon. She explained, “Though this job with Amazon isn’t directly correlated to what I studied at Concordia, I think of it as a stepping stone in the process of becoming an English professor one day. I’m gaining managerial experience and adding to my resume. I’m planning to work here while I put myself through a masters and teacher credentialing program over the next few years.” Geurts continued, “I didn’t know exactly what I wanted to do when I graduated. I took a few months off to just enjoy not being in school which was the best thing for me and is what ultimately brought me to my position at Amazon. That’s my advice for all the students about to graduate. Don’t freak out if you don’t have it all planned out. God has a plan and as long as you trust Him, the rest will follow.” For students seeking help or advice for choosing a career or deciding on what’s next after college, feel free to head over to the Office of Career Development Services located in the Student Success Center, across from the gym. There, director Victoria Jaffe along with others, aim to help undergraduate students determine and fulfill their career goals through programs and services that foster, in each student, career management confidence via self-assessment, research, skill development and exposure to opportunity. The office is open Monday through Friday from 8 a.m. to 4:30 p.m.

# Intramural sports offer opportunities for all

EMILY MULLINS,  
STAFF WRITER

Intramural sports are offered year-round for anyone looking to get involved. All skill levels are welcome to join a team. Each season, a different sport is offered, and to start the year of intramural competition is flag football.

Last Fri., Sept. 6, on the soccer field at 6 p.m. the intramural sports began with the kickoff game to the flag football season. The team, “Daddy Squad 2.0” won against “Choke Haoles”; the score was a close 27-26 when the final whistle was blown. Jaden Jefferey, a sophomore, played this past Friday for the Choke Haoles. Jefferey said, “I love intramurals because it’s a good way to meet new people.” After playing all the intramural sports last year he was excited to join a team again.



PICTURED ABOVE: Eagles play in the first intramural flag football game of the 2019-2020 school year. Photo courtesy of Alicia Beauchemin

Jonah Sielaff is a sophomore and the LEAD Intramural Coordinator. He is studying theology with a minor in secondary education. Sielaff is also the co-president of the ultimate frisbee club and sings in the Men’s Chorus. Even with his other interests keeping him busy, he enjoys being a part of the intramural program. “What I love about intramurals is we provide such a unique service. We try to get students involved and active with a variety of different sports, trying to

create a fun and competitive environment. It can be such a great outlet for people because after a long day, sometimes it’s best to take it out on a ball,” Sielaff said.

There are four seasons offered in the intramural league: flag football, volleyball, basketball and soccer.

The flag football season began Sept. 6 and continues until Sept. 27. The championship games for the men and women’s leagues,

known as the President’s Bowl, will be held on Oct. 4 from 5 p.m. to 7 p.m. on the soccer field. Whether you are playing or watching the President’s Bowl, it is a great way to get involved with intramurals and see what it is about.

The following season will be volleyball which will take place from Oct. 21 to Nov. 20. In the spring, basketball will take place from Jan. 21 to Feb. 19 followed by soccer. Sielaff said, “My favorite sport to be a part of hands down is basketball. I love all the sports that we offer but basketball is a different animal. It brings out some of the Concordia’s best athletes and the competition is the highest out of all of the sports. There is such a competitive edge that everyone brings and it’s a blast to both watch and play.”

Alicia Beauchemin, senior, attended the game this past

Friday. She enjoys being a part of the exciting environment of watching the intramural games. Her favorite is basketball season because a lot of people come to watch their friends and it is fun to be in the gym late at night. This year, as the LEAD Marketing Coordinator she will be attending the games as well to capture the exciting moments. Beauchemin said, “My hope is that the other intramural sports grow like basketball because basketball games are the best to watch.”

For those who are not already on a sports team or want to try a new sport, intramural sports are a great way to get involved, meet new people and get competitive. For information on how to sign-up for the next intramural sports, go to [www.cui.edu](http://www.cui.edu) under student life or visit the Center for Student Leadership and Development (CSLD).



# Uproar over Forbes list

ALEXIS RIOS,  
STAFF WRITER

On August 28, Forbes released a list of 100 of America's Most Innovative Leaders, on that list, there was only one woman. Out of 100 people, Barbara Rentler, the CEO of Ross Stores, was the only woman to make the cut. Additionally, instead of a photograph of Rentler next to her name, there was a silhouette avatar of a man.

Following the release of the list was a whirl-wind outrage on twitter. The controversy even began to draw national attention as people called for Forbes to "do better." Cindy Gallop, former chair of the U.S. branch of advertising firm Bartle Bogle Hegartyand founder of the company IfWeRanTheWorld, tweeted directly at Forbes and the corresponding creators of the list saying, "Wow. You should be ashamed of yourselves. It's 2019, and America's Most Innovative Leaders is 99 MEN AND ONE WOMAN? Un-bloody-believable."

The attacks on Forbes were constant and eventually, Forbes released two articles addressing the backlash. The first article titled "How We Rank America's 100 Most Innovative Leaders" by Jeff Dyer, Nathan Furr and Mike Hendron pertained to the methodology behind the list. The second article titled "Opportunity Missed: Reflecting On The Lack Of Women On Our Most Innovative Leaders List" by Randall Lane directly responded to the lack of women upon the list.

In essence, Forbes defended their list and methodology through

the two articles. Forbes stated that the lists are merely "data-driven exercises, where we determine a methodology, crunch the numbers and let the chips fall where they may."

Forbes argues that all the list did was uncover a more significant underlying social issue. Forbes states that "women never had much of a chance" as they are "poorly represented at the top of the largest corporations (just 5% of the S&P 500) and fare even worse among growing public tech companies."

Dr. Erin Nelson, Assistant Professor of Communication at Concordia and member of the National Communication Association, weighed in with her thoughts surrounding the Forbes list.

"I believe this is an excellent example of a societal problem being highlighted in 'objective' data - the numbers don't lie, and I trust that Forbes (in conjunction with other reputable sources) have created an honest methodology for developing this and other lists. So the question is, what do we as a society do with this information - how can we make changes?" asked Nelson.

Jocelyn Macias, 2017 alumni, felt even more motivated to create change as well. "As a woman, I feel that this list should encourage us to make a change. We have to work harder to get on that list and to see more of our names on there. I'm not sure how to begin the movement towards that but things like this are what keep me going and drive me to pursue higher education. I want to do what I can to make a difference," said Macias.

Though the data may be sound, Nelson felt Forbes could have handled the situation differently. "I think they (Forbes) should have recognized the imbalance and should have used their voice to shine a light on the situation rather than wait for the backlash and then respond," said Nelson.

Nelson highlighted the fact that the media has the power to shape societal views. By only listing one woman, Forbes (whether intentionally or not) portrays to society that women are not innovative business leaders.

Nelson stated that "as a media outlet they ARE the message. Marshall McLuhan (a communication theorist) says 'the medium is the message' in his media theories because the medium is just as, if not more, important than the content itself. Forbes is a platform for shaping culture."

Similarly, junior Maddie Hergert believes that Forbes could've handled the gender imbalance differently. "I believe that Forbes could have used the list as an opportunity to show how much farther we still have to go. I feel like most of the time we think this is 2019 and that we've come so far. Nevertheless, lists like this come out and expose how much work we still have to do to counteract the gender imbalance," said Hergert.

For more information on the Forbes America's Most Innovative Leaders list and the corresponding articles check out: <https://www.forbes.com/lists/innovative-leaders/#558a0bc726aa>

# SAAC aims to increase support throughout campus

CONTINUED FROM PG. 1  
concerns, positives, struggles and anything else and work through it together. SAAC hopes to accomplish overall support from team to team. SAAC sets the tone for athletes to be the change at Concordia starting by connecting athletics to the rest of the student body and by showing leadership in the classroom, around campus and of course within our own teams," said Gilchrist.

Each sports representative is as follows: Darcy Taig, men's volleyball; Bailey Collins, baseball; Madeleine Dodge, women's swimming and diving; Jacob Aho, men's lacrosse; Chase Murphy, men's track and field; Anamauri Hernandez, women's cross country; Mac Hutchins, men's soccer; Avery Keathley, beach volleyball; Joanna Rivers, cheer and stunt; Sarah Kretschmar, softball; Nick Walker, men's water polo; Max Wickens,

men's swimming and diving; Shannon Graham, women's water polo; Kalin Deluna, women's lacrosse; Danielle Mills, women's basketball; Julia Denboer, women's volleyball; Haley Diefenbach, women's tennis; Matthew Fonseca, men's cross country; Otto Heinz, men's tennis; Kayle Knuckles, men's basketball.

"My favorite attribute about this special group is their insight and eagerness for positive change balanced with the ability to hold themselves accountable. They have a great understanding that change begins with them and I could not be more excited for the things they will accomplish this year," said Pereda.

If you are a student-athlete, be sure to reach out to your designated SAAC representative to ensure that all voices are heard!

# New exhibits debut at Laguna Art Museum

JASMINE WASHINGTON,  
STAFF WRITER

The Laguna Art Museum has been showcasing a plethora of unique art exhibitions at their current location on Cliff Drive and Coast Highway. The featured exhibitions include the collections of "Self-Help Graphics, 1983-1991," "Sculptures" by Gwynn Murrill and "I Will Not Make Any More Boring Art" by John Baldessari.

As these contemporary masterpieces take temporary residence at the Laguna Art Museum, each exhibition pulls its spectators into a fascinating perspective of the life of California.

The "Self-Help Graphics" is rooted, according to the museum website, from "an East Los Angeles printmaking workshop and arts center that emerged from the Chicano movement of the 1960s." The silkscreen print art, initially made by nun Sister Corita Kent, narrated the social and political context within the Chicano community. By witnessing its beauty, Sister Karen Bocalero decided to launch a program



PICTURED ABOVE: "Sculptures" by Gwynn Murrill. Photo taken from the Laguna Art Museum website

that would allow other Chicano and Latino artists to create more silkscreen print art through Kent's technique.

"Sculptures" by Los Angeles artist, Gwynn Murrill, is primarily focused on animals and their essence. The museum website describes Murrill's sculptures as "a fine balance between formal simplification and observation from nature". Murrill observed the animals inhabiting the landscape around her home, took photographs of them and

constructed her sculptures from wood, marble, bronze and a touch of her imagination; at times, she would sculpt with the singular use of her memory of the animals instead of a photograph. With 20 of her works, the exhibition allows its viewers to witness the liveliness of the sculpted animals as well as being subject to the "primal link between animal and human." "Sculptures" is the first exhibition to present Murrill's work which is surprising regarding that she has been sculpting since the 1970's.

Last, the exhibition "I Will Not Make Any More Boring Art" includes over 70 of John Baldessari's work and "is among the most revered and influential figures in contemporary California art", according to the website. The majority of his work are a combination of photographs and movie stills that are altered and reimagined into lithographs. Baldessari's work pushes its viewer out of its comfort and colors our mind with a disruptive and provoking way. Art collector Jordan D. Schnitzer furthers, "John Baldessari is one of the most important artists in the world. Baldessari likes to take common images and manipulate them, with circles of color, putting people upside down or whatever it takes to intrigue and confuse us. In so doing, he makes us stop and look at his art and say, 'What is going on here?' It is that moment he has got us thinking about whatever comes into our mind and, maybe in that moment, we will better understand our issues and the issues of our time." The beauty in Baldessari's art is his ability to create new meaning through his collections of

combined photographs in a comic effect.

General admission begins at \$7; if you are a student or senior citizen, admission is just \$5. Anyone under 17 years of age and members of the military, as well as their families (from Memorial Day through Labor Day), are permitted to attend the museum for free. College students may also take an interest in the museum's free membership offer where they can gain free admission to exhibitions and receive invitations to special events all year round.

You can take a visit to the museum on Monday, Tuesday, Friday, Saturday and Sunday from 11a.m. to 5 p.m. or Thursday from 11 a.m. to 9 p.m. The museum is closed on Wednesdays and certain holidays. The museum is located on 307 Cliff Drive, Laguna Beach and metered parking can be found nearby. Additional parking is located in the residential area near the museum. For further information, check out their official website: <https://lagunaartmuseum.org>. Come visit the Laguna Art Museum exhibits on display between now and Sept. 22!



# Orange County Museum of Art's upcoming exhibition



PICTURED ABOVE: OCMA exhibition by Pacific Rim artists. Photo courtesy of southcoastplaza.com.

LEESA FREGIN,  
STAFF WRITER

On Sat. Sept. 21, the Orange County Museum of Art will be displaying the work of Pacific Rim artists. The six new exhibitions are expected to generate a conversation about societal impacts on the Earth. In hopes to spread a more environmentally-conscious perspective, each artist's work is focused on examining current human relations with the natural world.

Sarah Jesse, Deputy Director of OCMA, described the upcoming gallery as "a playful and immersive exhibition." Jesse conveys the richness that accompanies each artist's unique perspective on global issues as their work focuses on human intervention with nature, for better or worse. The artwork serves as a medium for these artists to communicate the ways in which the planet is being altered. A close look at their visually-compelling pieces reveal critique with what's going on in the world today.

A participating Indonesian

artist, Mulyana, presents coral reef inspired creations made of knit and crochet, bringing awareness to coral bleaching and the destruction of underwater life. A fellow artist, Robert Zhao Renhui, offers a distinct view of flies and butterflies. Zhao Renhui points to the great deal of methods and contraptions created to remove insects, such as flies. Contrastly, the beauty of butterflies is generally celebrated. Zhao Renhui reveals the irony of praising one insect while repelling another.

The collection will invite the audience to consider the condition of humanity's relationship with the planet, requesting that people take a look at how this home is treated. Jesse indicated that this theme has brought attention to sustainable and environmentally-friendly museum practices, inspiring the OCMA staff to be mindful. OCMA has established a space that can give the collective community an understanding of human-induced environmental changes. The earth must be given the respect it deserves

moving forward.

"I would love for students to come!" Jesse said, expressing her eagerness to give tours or collaborate with professors. OCMA is a resource that can and should be utilized for creative inspiration. Jesse shared how contemporary art changed her life and altered her worldview in the best way. She now wishes that kind of experience upon the students of today. Jesse hopes Concordia students visit this fall and take advantage of all that OCMA offers the community. Senior Taylor Samec, from Los Angeles, has had the pleasure of experiencing a number of OCMA's previous exhibitions at its Newport Beach location. OCMA is now located at the South Coast Plaza Village, Costa Mesa. The museum will reside at this venue until its permanent space at Segerstrom Center for the Arts is complete. Samec was pleased to describe the many unique pieces in past exhibitions, created by artists from around the world. "I highly recommend students to go at least once during their college career," said Samec.

OCMA, offering free parking, admission at no charge and an enriching experience, prioritizes community engagement and commits to making art as accessible as possible. The collection will be available for public view from Sat. Sept. 21, 2019 until Sun. March 15, 2020. For more information on the upcoming exhibition or OCMA itself, go to [www.ocmaexpand.org](http://www.ocmaexpand.org) or contact [info@ocma.net](mailto:info@ocma.net).

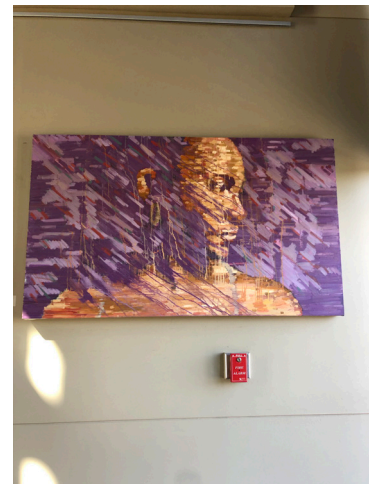
# 'We Are Here' art exhibit in Grimm Hall

TAYLOR SAMEC,  
ARTS EDITOR

Grimm Hall is showcasing an enjoyable and exciting art exhibit titled 'We Are Here.' It focuses on art pieces created by the Concordia art and graphic design faculty. Many abstract and fascinating art pieces will grasp the attention of many students walking to class. This display arrived on Sept. 9 and will be available for viewing until Oct. 17.

Senior Rosemary Hernandez visited the exhibit and stated, "this piece reminds me of the sun, because of the shape and also reminds me of going to the movies with my friends and family." The art piece Hernandez is referring to is titled, 'Pop Art' and was created by Melissa Beck. She used actual popcorn to create her masterpiece.

Senior Alexis Doremus said, "this piece makes me feel hopeful. It is like the figure in the painting is looking forward to something and is awaiting her future" when talking about an art piece titled, 'Lacresa #3' created by Eric Jones. This art was created using only oil on canvas. This piece is unique because it gives different perspectives depending on where the canvas is viewed. The person in the painting is not noticeable until stepping back.



PICTURED ABOVE: 'LACRESA #3' BY ERIC JONES

is super intriguing. It is taking something familiar and putting it under a microscope. You would not notice the similarities and differences of cereal until looking at this piece!" Beck is a sculpture professor at Concordia and expanded her creativity to Grimm Hall to be a part of the exhibit. Brooks is a former student of Beck and said, "I think the way she displayed her art was well thought out and visually appealing. This piece makes me happy and has a childlike feel to it that is appealing to all audiences." As an art major, Brooks said, "with something as simple as a cereal; you have to think even more of how to achieve the look you are wanting. You are trying to make something that is the ordinary stand out, which is not easy. I believe Melissa Beck achieved this goal."

Replacing 'We Are Here' in October is another art exhibit titled, 'With Eyes to See.' This exhibit created by Olga Lah will focus on art from various perspectives. Lah was born and raised in the South Bay of Los Angeles and has had her work displayed at multiple museums with different media featuring her work.

Grimm Hall always has exquisite art pieces that are worth a look. Grimm Hall is a great place to stop in between classes and an excellent opportunity to see beautiful art. For more information on the 'We Are Here' exhibit, and upcoming Grimm Hall exhibits, please visit <https://www.cui.edu/arts/visual-arts/events>.



PICTURED ABOVE: 'CEREALS ABOUT ART' BY MELISSA BECK

# NFL week one in the books

SARAH KRETSCHMAR,  
EDITOR-IN-CHIEF

Week one of the NFL has officially come to an end. Football fans everywhere are excited for a great season and look forward to rooting on their favorite teams each week.

The first game for each of the 32 teams in the NFL are in the books and the local Los Angeles Rams and Los Angeles Chargers both walked away with their first win of the season.

The Rams took down the Carolina Panthers by a score of 30-27. The Chargers took down the Indianapolis Colts by a score of 30-24. Both teams will play again this Sunday, Sept. 15.

It is no secret that football season is the most beloved time of year for

some people. From fantasy leagues to survivor pools, football season brings much entertainment to people everywhere.

Many enjoy spending their Sunday's relaxing by the television and flipping through the many games on and Concordia students are no exception.

Chris Martin is a senior Business Administration major and looks forward to rooting on his favorite team this season, the Los Angeles Chargers. Martin likes the Chargers because "they are based out of LA." "My favorite player is Lamar Jackson because he is so explosive running on the ground," said Martin.

It is expected that many students are fans of the local teams; however, there are a few students who root for some out of town teams.

Carpenter Pagett, senior and Exercise Sports Science major said his favorite team is the New Orleans Saints because "Drew Brees has been my favorite player my entire life." Pagett said that he used to like the Chargers but his loyalty to Drew Brees caused him to join the Saints fandom.

Haylee Kloosterman, senior from Ontario, California enjoys rooting on the Detroit Lions. "My dad is from Michigan so we always partial to Michigan teams," said Kloosterman when asked why she liked the Lions.

Keep up to date with all things NFL by downloading such apps like Yahoo! Sports or the ESPN app. Both are free to download on the app store and google play.



PICTURED ABOVE: 'Pop Art' by Melissa Beck

These are only two of the pieces students can enjoy while visiting Grimm Hall. The exhibit will be available for viewing until around mid-semester break in October so students have plenty of time to check out the fun art pieces! Another exciting art piece by Melissa Beck that catches the eye is 'Cereals About Art.' Beck uses actual cereal and paper to create this art piece. It is unique because it shows that something as simple as cereal can turn into beautiful art. After seeing this piece by Beck, senior and art major, Jessica Brooks stated, "this piece



## In love with “Love Island”

CHARLOTTE WAITE,  
CAMPUS EDITOR

Ever have the drive to lose more brain cells than normal while watching television? Do you want to boost your self-esteem instantaneously while also feeling like complete garbage? I would recommend heading over to the closest device compatible with Hulu and turn on Great Britain’s shining star of a show: “Love Island.”

This show is not for the weak of heart or soft souled. It is gritty, witty with plenty of va-va-voom, if I do say so myself. The premise of the show is simple, “Our Islanders will spend time in a luxury villa in the hope of finding love, but to remain in paradise they must win the hearts of the public and their fellow Islanders, who ultimately decide their fate on Love Island,” states the official website of Love Island UK.

Located in the absolutely gorgeous Spanish Balearic Island of Majorca, young singles, scantily clothed and fit, try to win the hearts of the others in the villa. This proves season after season to be not as easy as it sounds. Heartbreak, betrayal, jealousy and stupidity riddle the series. “Honestly, watching their poor decisions makes me feel really good about myself,” junior Maria Perez stated.

It has become a ritual in my dorm to watch this show between classes or when we need to be uplifted. Trying to predict who will be “pied off” is a competition between us, often ensuing frustration and second hand-embarrassment. This show will keep even the most distracted entertained.

If you’re not in it for the drama, you may even find love yourself. I am convinced that Rykard Jenkins from season two

is my forever man... it’s just the fact that he has yet to know of my existence (just a small detail).

Now, the problem is trying to watch it yourself. This is a British show, so it may be hard to find websites that live-stream it. However, Hulu has all five seasons ready to be streamed from your laptop, television or phone. Also, due to its mass popularity in the UK, American television channel CBS had picked up the show for its American debut this past July. However, I believe nothing can beat the vibe of the British version. Everything from the slang to the awful choices add together to create the worst and best show of all time.

Don’t overthink it because no one on the show is thinking anyway. This is the show to watch. Leave your brain cells at the door, grab some good snacks, friends and watch “Love Island.”

## Netflix Review: Falling INN Love

EMMA MOCHARNUK,  
SPORTS EDITOR

Love is INN the air in Netflix’s new release, Falling INN Love. The film stars Christiana Millian as Gabrielle, a woman who enters a contest to win a beautiful fixer-upper inn in New Zealand. Upon Gabrielle’s arrival to New Zealand she meets Jake, the handsome contractor and volunteer firefighter, played by Adam Demos. Romance and chaos ensue when Gabrielle and Jake begin trying to fix and restore the beauty of a rugged inn.

While romance isn’t everyone’s ideal choice for movie night, the right amount of cheesy romance can be enough to bring everyone onto a ride of heartfelt emotion and laughs.

“Overall the movie was very sweet and corny. It reminded me of those cheesy romantic holiday movies that come every year, which I actually liked. The cast was very diverse which I think was cool because you got to see a mix of all different

personalities and perspectives throughout the film. I think it’s a great movie to watch with friends or family,” said senior Maddie Smith.

Two unlikely people meet by some sort of fate and eventually discover a romantic connection between them, sounds like a lot of romance movies doesn’t it? That’s one of the great things about Netflix’s Falling INN Love, it follows the classic romance movie plot just enough to where it makes you feel that familiar comfort and warmth of a typical romance, however, it’s just unique enough to make it simultaneously feel like a breath of fresh air.

“I thought the movie was really cute. The plot was interesting, it was unique in its own way but also had a familiar, classic movie feel to it. It provided enough suspense and romance that you wanted to keep watching. I think it’s a great movie for anyone that likes those classic, romance movies and is a great movie for friends to watch together,” said junior Gemma Schiaffino.



PICTURED ABOVE: Falling INN Love, now streaming on Netflix.

Overall, the movie is a great feel-good movie to watch alone or with your squad. The characters were likeable and had great chemistry that made you want to be involved in their story as it was unfolding. Even if romance isn’t your top choice, the witty banter between the characters and the beautiful little town of Thames where it was filmed makes this movie a top choice for fans of any genre.

The movie can be streamed by Netflix account holders on Netflix.com/Fallinginnlove.

## YouTube channel review: LaurDIY



PICTURED ABOVE: Lauren Riihimaki of LaurDIY

RENAE ROSS,  
STAFF WRITER

Lauren Riihimaki, better known as LaurDIY for her YouTube channel is originally from Canada and is now a resident of Los Angeles. Riihimaki posts everything from DIYs to vlogs to challenges twice a week. Her career began seven years ago in 2012 when she posted her first video.

Just twenty-six years old, Riihimaki has 9.1 million subscribers as of April 2019. Her growing fanbase also includes 5.1 million Instagram followers, 6 million Twitter followers and 395 thousand Facebook followers. Her most viewed video to date is “My Side-Official Song (LaurDIY + Alex Wassabi)” from 2017 with 32 million views.

With YouTube being such a large part of her life, her followers get to be there with her every step of the way. From her first post to now, her growth is enormous from appearing shy and quiet to “the camera is her best friend.”

When I find a genuine YouTuber like this I want to know everything about them from head to toe. Riihimaki has shared her love live, moving, hair transformations, tattoos and multiple sit-down talks with the camera. I believe that it is her bubbly and quirky personality that keeps her viewers coming back for more. Additionally, providing multiple types of content does not hurt.

One of her videos that quickly caught my eye was “DIY Vision Board: Achieve Your 2019 Goals.” Vision boards seem to be a trend this year and I just never got around to ever understanding them or making one. I am one of those people that finds motivational pictures and keeps them as my lock screen for a month at a time and try to spread some positivity by posting it on my Instagram as well.

“By adding a visualization practice to your daily routine you will naturally become more motivated to reach your goals,” said Riihimaki. Another reason this video stuck out to me was because I have been looking for ways to spice up my dorm walls that would be quick, creative, appealing and most importantly cheap.

As an athlete, or even just your everyday college student, school can be stressful and draining so by having a vision board, you can keep your head on straight and never lose sight of your short or long-term goals.

Past all the mushy stuff, Riihimaki provides some funny content too. She has multiple videos you would not think to search for such as “Paying Strangers to Photoshop Me Into a Kardashian.” Additionally, her second most viewed video is “The DIY Challenge 6: LaurDIY vs. Logan Paul” from 2017 and has 18 million views. Other Youtubers you might know that are featured on her channel are Josh Peck, The Try Guys, Rosanna Pansino, her now ex-boyfriend Alex Wassabi and more.

If you are a college student on a budget like I am, and want to have nice things but do not want to pay the extra nice price, I think you should check out LaurDIY. You will not only learn how to make your own clothes, decorations or supplies but you will also get a sneak peek on the behind the scenes life of a YouTuber in her vlogs. Her videos are never more than twenty minutes long, which makes them great to watch on the go or if you need a tutorial in a hurry.

To check out her channel go to [youtube.com/user/LaurDIY](https://youtube.com/user/LaurDIY). Additionally, to explore her website and buy her merch go to [laurdiy.com](https://laurdiy.com).