

THE CONCORDIA COURIER

INVESTIGATE.INFORM.IGNITE.INVOLVE.

Volume 15, Issue 11

Concordia University Irvine

Friday, April 16, 2021

Students persevere and deliver for 2021 President's Academic Showcase



PICTURED ABOVE: Team Helios
Courtesy of: Susan Eschelbach



PICTURED ABOVE: Patience the rover designed by team
Helios
Courtesy of: Susan Eschelbach

MIYLAN EUBANKS
STAFF WRITER

They've done it again! Concordia held its annual President's Academic Showcase of Undergraduate Research. The competition gives exemplary students the opportunity to work alongside faculty members as they compete full-steam ahead with their very own interdisciplinary research topic. It's a chance for students to change the world one research project at a time.

Due to COVID-19 restrictions, students had to do their research and presentation over an online Zoom platform. Presenting online was anything but easy. Many students faced challenges, but students managed to flip the reciprocal and come out on top like a scientific fraction.

Dr. Erin Nelson, Communication Studies professor and Coordinator of the Academic Showcase noted students' outstanding creativity in problem-solving logistical issues. Nelson highlighted Joemyl Rajah Ian Osorio, the third-place winner who exhibited excellence by figuring out how to compare

the analgesic properties of CBD versus Ibuprofen on fish from his at-home lab space. A space which doubled as his family's kitchen. "Not only did our students figure out ways to still conduct their research despite possible hiccups from the current circumstances, but they thrived and made their experience the best it could be! We were so proud of all of our participants this year and demonstrating such commitment to scholarship," said Nelson.

Along with its challenges, the virtual showcase helped students rise to the occasion. Hannah Scheyder recounted, "My showcase project was entitled, 'Missions Are Local: Looking Through the Reality-Defining Spectacles of Language for Effective Cross-Cultural Gospel Communication. Dr. Jack Schultz [Professor of Anthropology] helped advise me along the way!"

Schedyder found the online presentation to be challenging, but she rose to the occasion. "It was definitely out of my comfort zone to create a digital poster as I tend to gravitate towards physical art, but it was a good skill to develop and hone," she said.

Susan Eschelbach, a physics major, was on a team that created a rover capable of completing all the objectives put forward by NASA's Rover Challenge. Eschelbach didn't know how challenging the project would become when she started initially. However, through teamwork and the help of their faculty advisor, Dr. John Kenney, they overcame every roadblock.

"Dr. Kenney helped the team with design considerations and the mitigations for various forces acting on the rover. Mostly, he contributed guidance, wisdom, wit and comfort when things were not going smoothly on the project. His help was essential," said Eschelbach.

The determination and perseverance of students and encouragement from professors moved this competition forward like a well-oiled machine. One project at a time, students and faculty introduced findings that could shape the future.

Dr. Norton, a faculty advisor, said his favorite part is the student interaction. "Each time I mentor a Presidential Showcase student, I learn something new. I love it."

In this year's showcase, students put their best foot forward. It was a moment for students to display their competitive spirits, work together, bond and increase self-discovery. More students came out of the competition with a desire to learn and continue to contribute impactful research.

"I was surprised at how excited I was to share my project. I usually get super anxious about doing public presentations but because I had put so much time into researching my topic, I was able to relax knowing that I was prepared," said chemistry major Averie Perez. Perez researched traumatic brain injury and her advisor was Dr. Mary von dem Bussche.

Megan Enriquez, Professor of Psychology who assisted in publicizing this year's showcase, said, "If there's one thing this year has taught us, you can never predict the future." However, Concordia students are certainly laying the groundwork to create a better tomorrow for future generations.

Best in the nation! Debate team wins NCCFA

EDWARD OLIVER
STAFF WRITER

Between April 16 and April 19, the Concordia Forensics debate team competed in the National Christian College Forensics Association (NCCFA) championship of 2021 and won first place. The main topic of debate was "the United States federal government should enact Medicare for all," in which our school defended the argument.

The tournament was attended by 19 teams that represented different Christian colleges and universities. The event was conducted through a virtual session program known as Yaatty, so there was no in-person contact during the competition. The debate itself was synchronous while the performances/speech were asynchronous.

"Despite the challenges of virtual competition, the forensics team at Concordia University Irvine overcame and accomplished the goal we established at the beginning of the year -- to bring home a national championship," said Director of Forensics Amanda Ozaki-Laughon, "This win could not have been possible without the outstanding leadership of our Director of Debate Benjamin Lange, and our Director of Individual Events Claire Crossman. They worked tirelessly in front of computer screens for long weeks and long weekends to ensure students felt cared for, connected, and successful."

Those who participated in the competition included senior Kaitlyn Gleeson and junior Sean

CONTINUED ON PAGE 7

What’s the Buzz?

GABI BECKMAN
ASCUI SECRETARY

Concordia students are springing into action as we approach the final weeks of the semester before finals week and senior commencement! After a short yet needed Easter Break where students were able to take the time to rejoice and relax, campus is blossoming with plenty of activities for students to take advantage of before the year comes to a close.

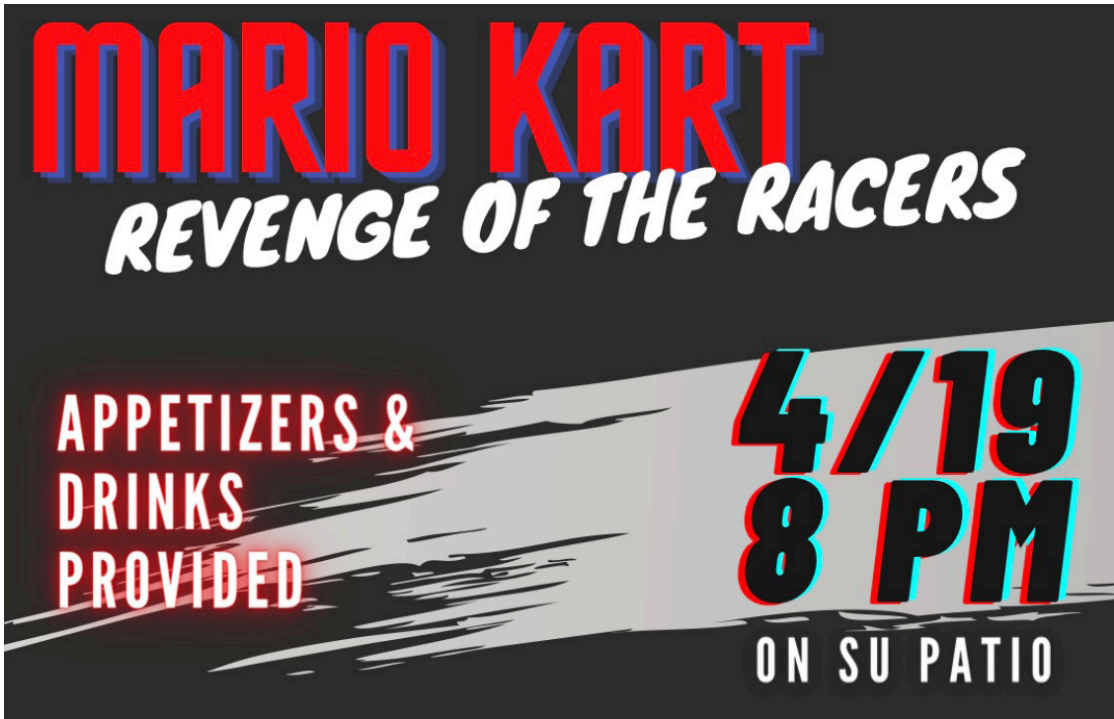
Want to start off the week with some nostalgia and fierce competition? Sign up for a second chance to be crowned a Mario Kart champion on Monday, April 19 as Intramurals

hosts their second tournament: Revenge of the Racers. Want to snag a spot at the starting line? Make sure to sign up through the app to claim your kart and some cooling refreshers after some hot competition on the Student Union Patio at 8 p.m.

After tearing up the racetrack, LEAD’s Diversity Awareness team is hosting their fan favorite Culture Fest! Featuring students from countries around the world and clubs dedicated to representing their cultures and stories, Culture Fest will be an event filled with opportunities to learn about other cultures and communities through food, facts and fun!

Wrapping up the week with lawn games and laughs, abbey west invites all students to come on out before SHOUT with a classic SHOUT Tailgate! With snacks, jams and the always classic corn hole, bring your friends before heading inside for SHOUT with the tailgate starting at 7 p.m.

Want to stay up to date on what’s happening before the semester comes to a close? Make sure to follow @cuilead, @abbeywest_cui and @_ascui to never miss a beat!



PICTURED ABOVE: Mario Kart revenge of the racers sign-ups are on the app
Courtesy of: Gabi Beckman

2021 President’s Academic Showcase Winners

2021 PRESIDENT’S ACADEMIC SHOWCASE WINNERS
TIER I RESULTS

- 1st Place: RUTHANNA BELDEN
Project Title: Effects Of Storage Techniques On Otoliths By Examining FT-IR Spectroscopy
Faculty Sponsor: Dr. Sean Bignami
- 2nd Place: OWEN MILLIGAN
Project Title: An Analysis Of Company Stock Performance In Response To Federal Government Unemployment Insurance Benefits
Faculty Sponsor: Professor Michael Kinnen
- 3rd Place: JOEMYL RAJAH IAN OSORIO
Project Title: Comparison Of The Analgesic Properties Of Cannabidiol To Traditional NSAID Drugs On Injured Danio Rerio
Faculty Sponsor: Dr. Lindsay Kane-Barnese
- Honorable Mention: RACHEL LWIN & PEIGHTON GARVIN
Project Title: The Effects Of Positive Psychology On Positive And Negative And Emotion And Meaning In Life
Faculty Sponsor: Dr. Nathan Meier
- Honorable Mention: RYAN DUNN
Project Title: An Exploration Of “Good Government”: The Republic of Sienna in its Golden Age, 1260-1355
Faculty Sponsor: Dr. Jeff Mallinson

TIER II RESULTS

- Winner: NATHAN ESTRICK
Project Title: The Myth Of The Supermen And Their Confrontation With Death
Faculty Sponsor: Dr. Jeff Mallinson
- 2nd Place: ALANA HURLEY
Project Title: The Relationship Between Body Image, Disordered Eating, and Athletic Performance in NCAA Cross Country Athletes
Faculty Sponsor: Dr. Nathan Meier
- 3rd Place: SARAH IBRAHIM
Project Title: Malaria In Africa: A Global Burden In Need Of A Clear Solution
Faculty Sponsor: Dr. Sarah Karam
- BEST POSTER
ZOIE MOORE
Project Title: The Reader Is Dead: The Legitimacy And Impacts Of Social Media Poetry
Faculty Sponsor: Dr. John Norton

THE CONCORDIA COURIER INVESTIGATE. INFORM. IGNITE. INVOLVE.

1530 Concordia West, Irvine CA, 92612
Delta Lounge
final.courier@gmail.com
cui.edu/studentlife/student-newspaper

The Courier staff asks that you dispose of your copy in an environmentally-friendly way. **Thanks!**

- Alexis Rios: Editor-in-Chief
Caralin Nunes: Local/Global Editor
Brooke Jackson: Sports Editor
Carlie Chaulsett-Utley: Campus Editor
Caitie Fulton: Arts/Entertainment Editor
Nathan MacGregor/Ryann Beveridge: Layout Editor
Timothy Maggs: Photographer
Caroline Janik-Wong: Faculty Advisor

Don’t forget to “like” us

on The Concordia Courier Facebook page. You’ll find links to PDFs of old issues and updates on our current work. Videos previewing the most recent issue will be posted as well.

Follow us on Instagram @ConcordiaCourier too!

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

Letters to the Editor must be typed and include the author’s full name and telephone number. Letters that are printed may be edited for space and content. Letters to the Editor do not necessarily reflect the views of The Concordia Courier.

The opinions expressed in The Concordia Courier are those of the contributors and do not necessarily reflect the views of the administration, faculty, staff or student body of Concordia University. Editorials reflect the views of the majority of the editorial staff.

A new way to worship

ADYSON CASTEEL
STAFF WRITER

Throughout the past two semesters, abbey west ministry decided to ‘switch-gears’ and implement a new way for the CUI community to worship and gather in fellowship; even for those living remote across the country!

With COVID-19 restrictions on campus life and large gatherings, the ministry group developed a system of worship through the program of Church Online Platform. This program opened up the possibility for pre-recorded chapel messages to be played during a regular chapel schedule; every Monday, Tuesday, Thursday and Friday at 10:30 a.m. On top of watching the chapel message, viewers are able to engage with others watching by typing in a group chat, as well as request personal prayer time with a member of the abbey west team.

In addition to the passionate efforts of the abbey west team, other campus groups are to thank for the development of online worship. Our Campus Pastor Quinton Anderson shed light on all those who helped execute this experience, “University services helped us quickly convert a classroom into a recording studio that looked like we had been in the business for years. Christ College faculty were willing to get used to a recording studio situation.

Other faculty and staff jumped on board as well, willing to share their own stories of faith on camera. Students and faculty in our Music Department recorded hymns and worship songs so that we could add those recordings to the chapel experience. We even had groups of alumni worship leaders record music specifically as a contribution to our efforts.”

Live worship on campus also became an option. Once abbey west received clearance to host outdoor gatherings, student leaders resumed CU Source and SHOUT! throughout the fall and spring semesters. These services took place in the evenings at 8 p.m., primarily outside in the Amphitheatre. Events had to be adapted, but student workers found new ways to engage the student population on campus as much as possible. Men’s and women’s small groups took place outdoors or through Zoom, missions and service coordinators hosted two Beautiful Feet conferences and the men’s ministry started a ‘Movember’, no-shave November, competition through social media.

Staff, faculty, students and alumni were now given an opportunity to join in weekly worship, without even stepping foot on campus. Lisa Purcell, the Administrative Assistant to Pastor Anderson, commented on how the pandemic impacted

ministry opportunities, “The most challenging part of how COVID affected our worship life on campus is that all worship services, chapel, CU Source and SHOUT! abruptly came to a halt. Knowing we had to continue chapel to our decentralized community for fall 2020, the pivoting process was a new challenge.”

Though the online platform does not allow for the unique in-person chapel experience, on-campus ministry looks forward to tackling future opportunities through the new doors open for online worship. “All of the abbey west staff look forward to a ‘normal’ academic year where worship can once again resume where the community gathers regularly. We also look forward to

when the abbey west coordinators are able to resume student programming to continue engaging students in a life of discipleship,” said Purcell.

Pastor Anderson would also like to recognize and thank Jon Jordening and student-worker Johnny Haaland for their hard work and commitment towards programming all of the technology necessary for weekly worship.

With several of the state guidelines lifted, abbey west currently hosts their chapel and worship services inside the CU Center, while also maintaining the online platform for those unable to return to campus. Join abbey west for chapel on every Monday, Tuesday, Thursday and Friday at 10:30 a.m. in-person in the CU Center or online at www.abbeywest.online.church.

“Life will always have new challenges to face, but for campus ministry, our calling is still the same—find ways to gather people to the Good News of Jesus Christ, that they would live in His grace, be built up as His body, and be shaped in His Word of promise, overflow with God’s love and grace to others.” -- Pastor Quinton Anderson, Campus Pastor

Book it to the library for National Librarian Day

CASSANDRA CATE
STAFF WRITER

Did you know National Librarian Day is today? While there are currently no celebrations planned for this holiday, Concordia’s library has plenty of services and resources to take advantage of.

Due to COVID-19, the library has made modifications to accommodate the safety of students and staff. According to librarian Sara Hrachovy, “We are currently open for individual study with social distancing in place with seating, and students can still check out materials and come in to print or use our computers.” Private study rooms are also available exclusively for individual students rather than groups. There are also open study areas such as Luther’s Lounge. Freshman Stephen Christian said, “I like it because it’s so quiet and small. It feels like I’m studying in a space that’s pretty much just for me. I also love the peace of studying in a library.”

Some library resources are

fully online. OneSearch is a research database which accesses books and scholarly articles available at the library and on other websites. For more specific information, students also have access to JSTOR and EBSCO through their credentials. Such databases are more refined than Google searches, because they only result in academic articles. Sophomore Julie Straub said, “My favorite library resource is the research databases! The databases are so helpful when doing research, and it is easy to use!”

While using the databases is easy, sometimes it can be challenging to carry out a research project. “I encourage students to reach out if they feel as though they have a hard time getting started with their research, can never quite find what they are looking for or would just like a walkthrough on best practices in research,” said Hrachovy. “Our goal is to take the stress out of research for students so they can focus on their assignment as a whole.” Students can make one-on-one appointments

with librarians by going to the “Research Help” section of the library website.

The library also seeks to support students in non-academic ways. “We will have some study snack bags available to pick up (April 26 -30) before finals week to support our students as they work on finishing the year strong. We’ll also have some free coloring pages out that will be free to take if students want to take some study breaks and enjoy some coloring,” Hrachovy said.

This National Librarian Day, take some time to make good use of all that the library has to offer, and thank the hard-working librarians we have on campus. For more information about library hours and services, visit <https://www.cui.edu/library>. To ask questions, email librarian@cui.edu. Follow their Instagram, @concordiabiblio, to keep up with library services and activities, gain some study tips and receive great book recommendations.

Dear stress, let’s break up

KATHERINE MOWERY
STAFF WRITER

On Wed., April 21 at 10:30 a.m. the Wellness Center will be holding a 30-minute stress management workshop. This event will be held virtually through Handshake and run by campus therapist Darcy Greene who will share some very important information on how to manage your stress, especially with finals right around the corner.

Darcy Greene noted an increase in stress in students from 2019 to 2020, “In large part, due to the social isolation the pandemic has forced us to experience combined with an increasingly more biased media which ‘reports facts’ to support their political perspective. (On both sides of the political spectrum), people in general and students specifically are experiencing a historic level of anxious and depressive systems.”

Can’t make it on the 21st? Concordia’s YouTube channel has a Wellness Wednesday section dedicated to mental health and stress benefits. You can find the link to

those videos at www.youtube.com/c/concordiauniversityirvine.

According to The American Institute of Stress, “Students are not getting nearly enough sleep because of the amount of pressure put on their shoulders. They reported that eight in 10 college students experience frequent stress.”

When asked how she deals with stress, senior Kaila Rose stated, “I like to take time for myself even if it is just 10 minutes a day to go outside and sit in the sun or even go for a short walk. I find that being outside helps me calm down and get my mind off of all the stressful feelings. “

With finals coming up, it’s important for students and staff to take time out of their day to just be still and breathe. Students may become so overwhelmed, they just give up or simply don’t know where to start. Learning to manage stress levels is essential

Concordia Sinfonietta performing gracefully

CAITLIN FULTON

ARTS AND
ENTERTAINMENT EDITOR

The Concordia Sinfonietta recently performed and recorded an arrangement of “Amazing Grace” by Matt Riley. The performance was published to the new Music YouTube account for audiences to leisurely view. Senior Music Education major David Sussman led the ensemble in his conducting. Sophomore Chi Zhang, double major in Violin Performance and Chemistry, had the opportunity to perform the solo for the piece.

“For my instrumental methods class this semester, the students were all assigned songs to conduct either the Concordia Wind Orchestra (CWO) or Concordia Sinfonietta strings,” said Sussman. “I requested to conduct the string ensemble and Dr. Held assigned me this wonderful version of

Amazing Grace by Matt Riley.”

This was the first time that Sussman had conducted an ensemble. “My experience was like a roller coaster ride of emotions. Preparing for this moment, then waiting and watching my fellow students conduct, I was horribly nervous,” said Sussman. He felt better once he got on the podium and explained how it was surreal. “Being on the other side of the baton for the first time felt uneasy, but empowering. Despite my nerves and worries, when the music started, I dove right into the joy of music-making. My arms flowed naturally, with my baton moving through the air, as I enjoyed the masterful performance of this wonderful arrangement.”

It was a deeply personal experience for Sussman while

standing in front of everyone. He served as the Teacher’s Assistant to his high school Band Director Mr. Venlet. In that time, Sussman found a baton that Mr. Venlet gifted him. “He told me that I ‘would need one someday’ and that I might as well start now,” said Sussman. That moment meant a lot to Sussman so he decided to use that same baton while leading the Concordia Sinfonietta through “Amazing Grace.” “I am very grateful to Mr. Venlet for providing encouragement for my music passion, and to all of those who have helped me progress. It has been a journey to my musical career, and I look forward to the day when I can call those former teachers colleagues,” said Sussman.

Zhang was chosen by Dr. Jeff Held, Professor of Music and Director of Instrumental Activities, to perform the solo

in “Amazing Grace,” as Held felt that Zhang would best fit the part. He has performed in solos before, but this instance felt different. “Knowing that what I play would be recorded as opposed to just a one-off concert put added pressure on me to perform,” said Zhang.

The experience came with a bit of pressure for Zhang. “I was very nervous, not only in performing a solo, but also in having to do so in a way that can make both the conductor and the orchestra happy,” said Zhang. “I was also very excited to have been chosen for this solo, and I tried my best to not disappoint.”

Performing and recording while keeping safe from COVID-19 created a unique experience for performers. “Looking out on the string ensemble was strange, seeing everyone spread apart and

arranged differently, with masks covering their faces,” said Sussman. “However, given the state of the pandemic, I was thankful for the precautions. It was a new experience that hopefully prepares me, God forbid, should something like this happen again.”

Navigating around COVID-18 was also challenging. “The mask is a bit distracting during performance, since the mask extends past the jaw bones,” said Zhang. “Having an additional layer of stuff rubbing against my chin whilst performing was definitely not ideal, but it is a quirk I’ve learned to play around during these quarantine times.”

To watch the performance of “Amazing Grace” on YouTube, visit <https://www.youtube.com/watch?v=PfGf5u-ij3A>. To learn more about the Concordia Music Department, visit <https://www.cui.edu/arts/music>.

A celebration of singing

DAVID BALLEW

STAFF WRITER

The Concordia Choir makes the most of their opportunity to sing a celebration utilizing their long awaited time together, talented voices and accompanying musicians.

On March 21, the Concordia Choir recorded “How Can I Keep From Singing?” as a virtual concert. Led by Dr. Michael Busch, Director of Choral and Vocal Activities, the Concordia Choir of 57 voices gave a resounding affirmation of the grace of God.

The title of the concert comes from the name of the first song based on a hymn written by Robert Lowry, a Baptist preacher and poet. “We found joy in a combined hope in Jesus and a shared love of singing together,” said Busch, during the opening remarks of the digital concert. “It speaks of a melody that transcends and floats above the chaos that may surround us.”

Nestled within the concert are the reflections of some of the singers that provides context for the connectedness of the choir and that elevates the entire Concordia community. “There’s no other name that I could give to this group of people other than family,” said Alex Allsing, senior. “I have learned what it means to be together as a group, a family and a choir.”

To enrich the performance, the talents of two faculty musicians accompanied Concordia Choir, Professor Elizabeth Johnson on the violin and Dr. Hyejung Shin on the piano. The concert is a must

see.

The journey to singing in-person was met with a spirit of steadfastness. “It felt so good to produce a performance and get to sing with people,” said Sam Barnett, sophomore. “The choir began the semester by meeting in our choir Zoom room and holding online rehearsals and sectionals to learn the music,” Busch explained. “After receiving clearance to begin rehearsing in-person, we were in a gradual phase-in program,” said Busch, referring to the process, “The first phase was to be able to sing outdoors.”

Adapting rehearsals at each phase included safety measures due to the pandemic such as using the Campus Clear app, wearing masks, taking temperature checks, using QR code check-ins and practicing physical distancing. Concordia Choir uses special singing masks for vocalists that sit comfortably away from their faces. Barnett said, “The singing masks are very nice because you can breathe.” Allsing said, “I am really proud at what this university is doing with safety measures because the precautions have allowed us to do what we came to college to do.”

The Music Department also had late-breaking news with respect to rehearsals. “As we were beginning to broadcast the digital concert, we received the welcome news that it was now okay for us to move indoors,” said Busch. “We meet in various spaces such as the Choral Hall and Zhang Hall in the Borland

Manske-Center and in the CU Center.” The choir meets on Monday, Wednesday and Friday for rehearsal. “We can meet with about half of the group at a time in the two halls in the Borland Manske-Center because of the maximum capacity with a distance of about 35 singers,” Busch explained, “We have sectionals in those rooms and full group rehearsals in the CU Center.”

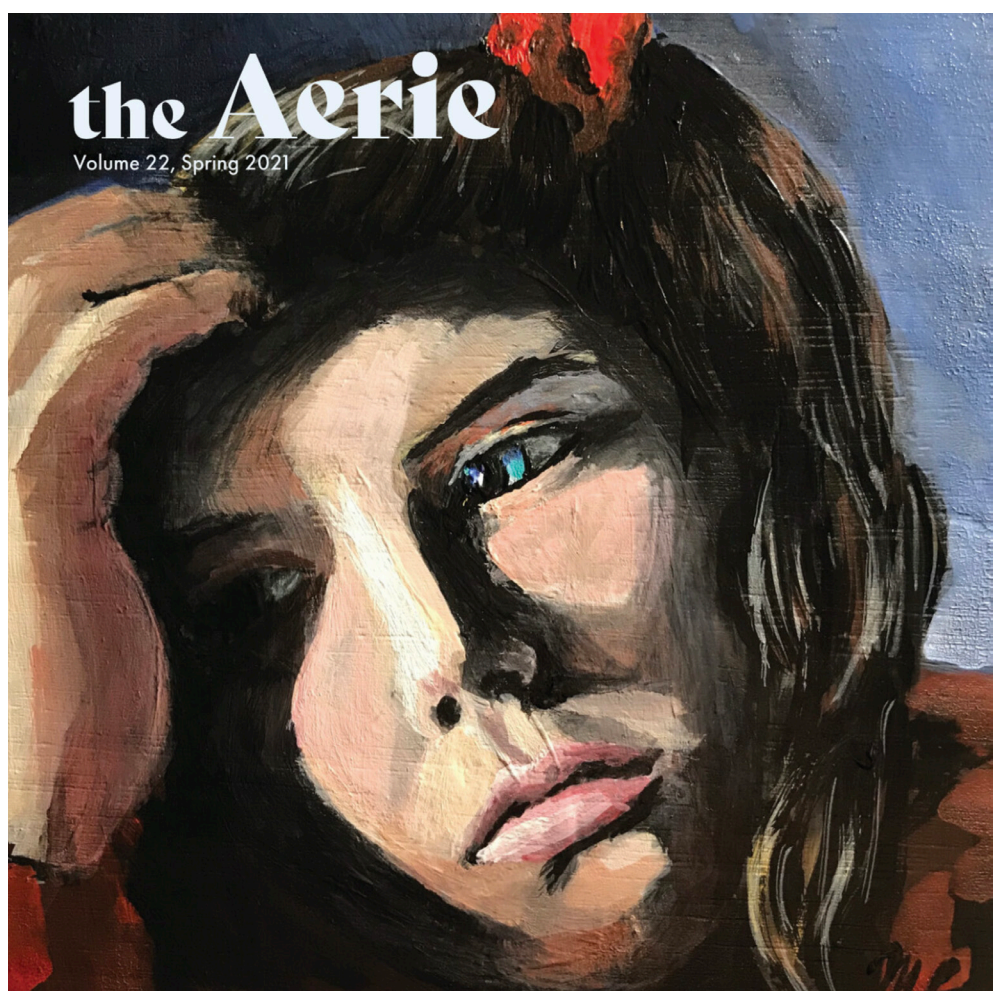
Future plans include recording another digital concert

this April. “The MasterWorks Concert Series is a tradition,” said Busch, adding, “Instead of one large work this year I have decided to choose movements from a variety of works.” There is excitement within the members for this event. “I am looking forward to the MasterWorks concert,” said Allsing, referring to the revered tradition, “We have a very wide range of music that is going to be phenomenal to listen to.”

Another recording

opportunity includes the Concordia Alma Mater for the 2021 Commencement ceremonies. Students are encouraged to keep an eye out for the new virtual event coming soon.

To view the concert and hear more of the uplifting messages by the Concordia Choir visit <https://www.cui.edu/en-us/arts/music/events/how-can-i-keep-from-singing>. To learn more about the Music Department visit <https://www.cui.edu/arts/music>.



PICTURED ABOVE: Along with music, fine art and creative writing are being celebrated on campus and online. The 2020 and 2021 editions of Concordia’s literary and arts publication, *The Aerie*, have been posted at <https://www.cui.edu/arts/visual-arts/aerie>. Printed copies are also available while supplies last. Contact writing.studio@cui.edu for information.

Freshmen of the week: Rylie Rohr and Nathan Benefeito



PICTURED ABOVE: Nathan Benefeito and Rylie Rohr
Photo courtesy of: CUI Athletics

SHANNON RHODES
STAFF WRITER

The Concordia softball and baseball teams have been doing a stellar job on the field with the help of freshman softball player Rylie Rohr and freshman baseball player Nathan Benefeito. Rohr and Benefeito were honored for their outstanding achievements on the field by being selected as PacWest Freshman of the Week.

Rohr attended Yucca Valley High School where she played varsity for three years. Now that Rohr is an Eagle, she has been the starting shortstop for the team. She has accomplished 10 hits, 10 walks, seven RBIs and scored nine times while adding two home runs, two doubles and a triple so far this season.

Rohr is honored to receive this acknowledgment and said, “By being able to help my team by hitting a solo home run in the bottom of the seventh inning was an amazing feeling in itself.” Rohr added, “Receiving this honor on top of it is almost unreal.” She also gave a sweet tribute to her teammates saying, “The girls welcomed me with open arms, and it

has been such an amazing experience to be around them every day.”

Rohr loves to compete, is driven and takes advantage of every opportunity that is given to her. Softball head coach Crystal Rosenthal is proud of Rohr and said, “She has worked hard to improve,” and added, “I know she will continue to grow to help our program.”

Redshirt freshman and Mission Viejo native Benefeito earned a batting average of .500 in CUI’s series against Biola. Benefeito has started for his team playing left field for 12 games now. He currently leads the Eagles in stolen bases and is tied for the lead in doubles, according to the cuieagles.com baseball stats.

Benefeito is also among the top-four team leaders in many other categories, including a batting average of .295, in a total of 44 at-bats, scoring nine runs, with 13 hits, one home run and 10 RBIs.

“My experience has been amazing. The brotherhood and camaraderie that has been built on our team makes it truly a great environment to be a part of day in and day out,” said

Benefeito. He is happy knowing that he “can help his team in different ways to contribute to our success.”

Benefeito describes himself as hardworking, humble and reliable. Baseball head coach Joseph Turgeon said Benefeito, “Plays with consistent calmness and his work ethic has rubbed off to his teammates.” Turgeon continues to be impressed by Benefeito and added, “For me to see growth athletically in such a short time is remarkable.”

To stay connected with the softball team, their Twitter and Instagram handle is @cuisoftball. They will be playing against Azusa at home on Tue., April. 20 at 3 p.m. and 5 p.m.

To keep up with the baseball team, their Twitter and Instagram handle is @cuibaseball. They will be playing two away games at Azusa today at 12 p.m. and 3:30 p.m., and two home games tomorrow at 1 p.m. and 4:30 p.m.

For more information and to check out the teams schedules you can visit cuieagles.com.

Eagles look to make a splash at the PCSC Championships



PICTURED ABOVE: Katelyn Thomas
Photo courtesy of: Ben Rosehart

BERT BERGEN
SWIMMING AND
DIVING HEAD COACH

The swimming and diving teams get to wrap up their long and winding 2020-21 season at the PCSC Championships this Wednesday through Friday at the Woollett Aquatic Center in Irvine. 12 women's teams and seven men's teams will descend on the facility. The women will start at 9 a.m. and the men will begin at noon each day.

The CUI men won their first PCSC title in 2019 and were second in 2020,

a mere 4.5 points behind UC Santa Cruz (1414.5-1409). The women finished a school record of fifth in 2019 and were sixth only 17 points behind FPU in 2020. Both the men and women are seeking top three finishes in the championships.

The Eagles have a lot of talent behind them. Faith Silzel, Georgia Caraway, Breckynn Willis, and Hailey Garcia look to be conference finalists (top-eight) for the women and Taylor Steffen, Kobe Gall, Christopher Haygood, Ryan Martines and Tim Townsend will lead the men. The Concordia teams will also return some very talented headline stars including two-

time PCSC Swimmer-of-the-Year and 2019 All-American, Kyle Benjamin and school record holder and 2021 All-American, Katelyn Thomas.

Benjamin (500 free, 400 IM) and Steffen (1650 free) won individual titles for The Eagles last year and the men also took the 4x50 free relay for their second relay title in two seasons. The Eagles could win as many as five events this week on the men's side and another one to two on the women's side.

The meet is being live streamed on YouTube as spectators are not allowed in the facility.

Great teams sweep

MASON METCALFE
STAFF WRITER

The Eagles baseball team has had four big wins this past week against Point Loma.

This was the second time the Eagles have played the teams in their conference, and in the games before with Point Loma they split the four, winning and losing two.

The series kicked off with Brett Vansant starting for the Eagles in game one, going eight strong innings only allowing two runs to score. The offense in game one accumulated 10 runs on nine hits, with a two-run single in the sixth inning from Haloa Dudoit. Tony Garcia III also contributed by hitting a solo home run, his first of the season.

Game two was a wild game that came down to the last pitch. The Eagles were down 4-0 in the third inning, and then started to battle back. The offense was able to score two runs however Point Loma answered back with a three-run home run making the score 8-2.

Matt Lautz hits a three-run home run to get the score back to 8-5. During the bottom of the seventh inning in game two the Eagles were able to break the three-run deficit with Jair Donovan's RBI double and Bailey Collins' home run over the center field fence, tying the game. Xavier Gonzalez ended up walking off the Eagles after hitting a single, scoring Nathan Benefito to win the game.

Game three at Point Loma the offense for the Eagles did not slow down, beating Point Loma 14-4. Starting pitcher Evan Larsen threw five strong innings only allowing one earned run followed by Mason Metcalfe throwing the last 4 innings. Cooper Moore, the designated hitter, led the offense by going four for six with a grand slam scoring three runs while driving in 5 RBIs. In the ninth inning of the game the Eagles were able to get on base 28 times from their 14 hits, 10 walks and four hit by pitches.

Game four at Point Loma the defense was the highlight from Cole Spear, who was named the West Region pitcher of the week, threw a complete-game shutout 3-0. Spear threw

seven innings striking out six of the Point Loma batters and not allowing a run in his 99 pitches thrown.

Bailey Collins brought in all three of the runs scored by hitting two solo home runs and being the run driven in by Juan Zuniga. Spear said, “The past three games the team as a whole has had a lot of energy and we wanted to keep that going by attacking Point Loma’s hitters early in the counts. With the slider I just learned I was able to throw it for a strike early in the count to get ahead, then force the hitters to hit a sinker or curveball. When they put the ball in play my defense was solid all day so I had all the confidence to throw my pitches.”

Today the baseball team will face off, away, against Azusa Pacific, and will continue the series at home tomorrow. The first game on Saturday is at 1 p.m. and the second game will start around 4:30 p.m.

If you want to come to the home game at Concordia make sure you reach out to one of the players to try and be added to the guest list.

MLB begins to have in-person fans

BROOKE JACKSON
SPORTS EDITOR

Beginning April 1, outdoor spectator sports including the MLB are beginning to resume the inclusion of fans for California counties that are in the COVID-19 red tier, or better.

Some of the MLB teams that have games scheduled to include fans are the San Diego Padres, Los Angeles Angels, Los Angeles Dodgers and the Oakland Athletics. This, however, is continually changing and almost every single stadium is planning to open to fans at varying dates.

Some policies that were

set by the MLB are that fans are required to wear masks, the seating is done in pods, and some stadiums require health screenings with temperature checks.

Freshman, Kaia Nisby, went to the White Sox versus Angels game on April 3. “I was not sure if they would still do fireworks at the end of the game due to keeping everyone in the stadium longer, but they did! The workers were just extremely careful with letting people move seats to get a better view at the end of the game,” said Nisby.

The number of fans at the games range between 20-35% capacity, allowing for social distancing between the pods of people. As of

current news, the MLB guidelines are not enforcing vaccine checks or a negative test result. However, this is dependent upon the team’s local government guidelines and restrictions, according to CBS Sports.

Senior Julianna Covarrubias went to the Angels game versus Astros’ game on April 5. During the game “you are allowed to walk around to go to the bathroom and food stands, and the workers are making sure everyone is wearing masks and not loitering or taking pictures,” said Covarrubias.

For more information, visit www.mlb.com.

The landscape of human trafficking in Orange County has changed

OWEN MILLIGAN
STAFF WRITER

The Orange County Human Trafficking Task Force provided aid to 357 victims of human trafficking in 2019 and 2020, according to their recent report. Gabrielle Beckman, senior, and Amanda Ozaki-Laughon, Director of Forensics at CUI and volunteer at non-profit organization Let My People Go, shared their passion for raising student awareness for human trafficking.

“Even though the amount of reported human trafficking victims has slightly decreased over the past few years, the pandemic has caused a majority of human trafficking activity to fly under the radar,” said Beckman.

While the number of victims helped in 2020 has declined as trafficking moved underground during the pandemic, the task force recognizes success over 11 years. According to The Orange County Register, the Orange County District Attorney “has

prosecuted 773 felony charges of trafficking, pimping, and pandering in the past nine years.”

Ozaki-Laughon stated, “Human trafficking in our area is different from what we think of in popular culture. Orange County has had busts related to labor trafficking. Labor exploitation in nail salons or even health[care], such as nannies, that haven’t gotten news coverage. It’s not just sex trafficking.”

Labor trafficking can be difficult to recognize, especially as many businesses have shut down. According to the Register, traffickers “have changed their methods, shifting operations away from the false front of massage parlors to motels and residential brothels.”

Ozaki-Laughon added, “Trafficking exists because we fund it. Things like fashion and produce have an impact on human trafficking because it is still profitable for

companies. We can demand better. [Education] puts the power back in our hands so we can do something about [human trafficking].”

“You can also change your daily habits,” Ozaki-Laughon said. Recently, companies such as H&M have faced public scrutiny for their labor practices. Supporting local businesses and companies committed to fair-labor practices discourages labor exploitation. To discover new ways to fight human trafficking in your purchasing habits, visit Slavery Footprint: <https://slaveryfootprint.org/>

It can be difficult to identify instances of labor trafficking. However, it is important to be aware of trafficking practices to keep yourself and others safe. Beckman added, “The easiest way for students to join the fight is by

CONTINUED ON PAGE 7

People 16 and older are now eligible to be vaccinated

JENNA HOFFMAN
STAFF WRITER

Starting April 15, people age 16 and older will be able to get vaccinated with the Pfizer vaccine. In an aim to help increase vaccine accessibility there will be a mobile vaccine clinic on campus this Sunday.

Since vaccines first became available in December people have been patiently waiting for their chance to get vaccinated. The shots were distributed in waves of eligibility with frontline healthcare workers at the top of the list. After that, it was offered to frontline essential workers and those 75 years of age and older because of their risk of hospitalization. These phases of eligibility continued as the months passed. Now, over 120 million people have received at least one dose of the vaccine in the U.S. according to the CDC.

Most recently, the new legislation states those who are 16 and older will be able to receive the vaccine. At this point, 16 to 17-year-olds will only be able to receive the Pfizer vaccine because both the Moderna and Johnson &

Johnson vaccines have only been approved for those over 18.

Although the age restriction for getting vaccinated has been lowered, there are still many people who have yet to receive their first dose. Freshman swimmer Bella Garritano said, “I plan on getting vaccinated as soon as I finish my swim season at Concordia.” She explained that she didn’t want to risk having a sore arm for any swim meets during the season. When the time comes she hopes to get the Pfizer vaccine.

Track and field athlete, senior Dion Chung, recently got his vaccine and said, “It probably wasn’t the smartest to go straight to practice after my vaccination” recalling symptoms of tiredness and a sore arm. However, he said that he does feel safer knowing that his “immune system will do its job with the added vaccination.”

Although life seems to be getting back to normal now that vaccines are being administered, it’s just as hectic as ever for health care workers. On top of dealing with COVID-19 cases,

there is now the added element of distributing various vaccines. Sherry Hoffman is a District Business Operations Manager at Kaiser Permanente in Washington and oversees 5 clinics. Dealing with a pandemic and distributing new vaccines is all new territory for her. “Things are changing so rapidly that it’s hard to keep up with,” said Hoffman.

Another issue that often arises is not having enough supplies to meet the demand. “Not having a steady supply of vaccines is an issue,” said Hoffman. They will schedule people to come in and get their shots, but then end up not having enough vaccines to administer. So then they have to reschedule people to get their first or second doses another time.

Despite the difficulties, Hoffman said, “People have been very appreciative that they can finally get their vaccines and see loved ones.” She concluded by saying that it feels very satisfying to help people every day during such a difficult time in history.

Editor’s note: Sherry Hoffman is the writer’s mother and was interviewed for this article.

Takeout food for thought

CASSANDRA CATE
STAFF WRITER

Concordia students and professors have discovered a plethora of different restaurants near campus. Since the measures taken against Covid-19, it may be hard to find places to eat. Thankfully, the student and staff recommendations below all have takeout available.

Wholesome Choice is an international grocery store with a bakery and food court inside, located on 18040 Culver Dr. They offer a variety of cuisine, including Persian, Mexican and Italian foods. Dr. John Norton, English professor and lead faculty of Around-the-World Semester(R) (ATW), has been going there for eight years, often with fellow ATW lead faculty and English Professor Adam Lee. “Adam and I met at this place every week to debrief our early ATW trips. We sketched out the Global Cultural Studies minor during our weekly lunches at Wholesome Choice,” said Norton. His favorite meals are the döner kebab, consisting of skewered rotisserie meat, and durum, a Turkish wrap filled with the same type of meat as the döner kebab.

Poke Works, located at 15333 Culver Dr., gives you the choice of eating poke in bowl, salad or burrito. Poke is a Hawaiian-Japanese dish usually consisting of rice, raw fish and different vegetable toppings, ranging from seaweed to ginger. “I am a huge poke and sushi kind of guy,” said Daniel Maleski, senior. “This is my favorite spot in town; I’ve probably been going for the last

two or so years.” According to Maleski, nearly everything on the menu here is good.

Luna Grill serves Greek and Mediterranean food from two locations near campus: 3735-3995 Alton Pkwy. and 4143 Campus Drive. Junior Hannah Christian said, “I first discovered this restaurant after touring Concordia while I was still in high school. It’s become a tradition to go to Luna’s with my family when they come out to visit.” She recommends the gyro plate. “You definitely have to save room for that dish, but it always tastes good after a long week of classes!” said Christian.

Urban Plates also has two nearby locations: 3972 Barranca Pkwy. and 2961 El Camino Real. They are known for their healthy salads and sandwiches, much loved by Spanish professor Maria Wilbar, who has been going there for around three to four years. “All the food is delicious there. But my favorites are the salads, in particular the chicken cobb,” said Wilbar. She also appreciates the atmosphere and staff of the restaurant. “In particular one of the ladies who worked as a waiter. We became friends, and we had the opportunity to pray together,” she said.

The experience of eating out has drastically changed because of COVID-19. But that doesn’t mean one needs to stop enjoying restaurants. If anything, it has become more important to support foodservice industries in their time of need. All the better if it involves eating the unique and delicious foods available in the surrounding area.



PICTURED ABOVE: Super pod vaccination site at Soka University. Photo courtesy of: Ryann Beveridge

“The Skin Deep” YouTube channel review

CAITLYN ROWLAND
STAFF WRITER

Concordia students and professors have discovered a plethora of different restaurants near campus. Since the measures taken against Covid-19, it may be hard to find places to eat. Thankfully, the student and staff recommendations below all have takeout available. “The Skin Deep” is a web series that well-deservedly won an Emmy in 2015. Bowing in 2014, “The Skin Deep” has had about 800 videos encapsulating the importance of human conversation, especially during an era of constant technological presence. The beauty of honest and raw conversations can often be forgotten.

Whether you do not know how to connect with your friend, significant

other or parent, “The Skin Deep” offers many videos that will help you not feel alone by simply capturing deep 10-minute conversations loved ones have with one another.

Let me tell you all, I do not watch many YouTube channels, but this is a must-watch. Should I mention the many times it has made me want to cry, or actually has made me cry? No, that would be too embarrassing. Not only does “The Skin Deep” series make me feel emotional, it makes me feel like I am placed smack dab in the middle of the room with the people who are having conversations with one another. It offers me new perspectives by listening to other people’s struggles and their ability to overcome them.

“The Skin Deep” series

shows people from different backgrounds, sexuality, gender and ethnicity, allowing for a diverse and knowledgeable series. It is not a YouTube series that increases stereotypes or negative views about people. Instead, it shows real, important people discussing their connection with one another and any issues they may have. If you like learning about people and their stories, this is the series for you. It will inspire you to engage in conversations with the ones you love, which it has done for me.

“The Skin Deep” is not a mundane, superficial or boring YouTube series like some other ones I have seen. To me, it is refreshing and needed, especially in a time where human connection is often undermined by

technology. As Dorothy Sarnoff, a great past musical theatre actress, said, “Good conversation can leave you more exhilarated than alcohol; more refreshed than the theater or a concert. It can bring you entertainment and pleasure; it can help you get ahead, solve problems, and spark others’ imagination. It can increase your knowledge and education. It can erase misunderstandings and bring you closer to those you love,” and that is exactly what “The Skin Deep” does.

To be inspired, interested, and awakened, check out “The Skin Deep” YouTube Channel <https://www.youtube.com/channel/UCMsEH1ZPtQQU-u7EB4ehyyw>.

Dear stress, let’s break up

CONTINUED FROM PAGE 3

for overall health and your eyes at the same quality of life. time.

Dr. Todd Driver, an Ocular Surface Specialist and Ophthalmologist in Irvine said, “Stress can cause blurred vision and eye strain which can result in headaches. It’s best when stressed to take frequent breaks from screens and satisfaction.”

make sure to rest when needed.” Tune in Wed., April 21 at 10:30 a.m. and soaking it in warm water and then placing it over your eyes gives the muscles in your eyes a chance to relax and hydrate healthier life.

The landscape of human trafficking in Orange County has changed



PICTURED ABOVE: OC Human Trafficking Task Force Logo
Photo courtesy of: OC Human Trafficking Task Force

CONTINUED FROM PAGE 6

researching foundations and following their social media to stay up to date on what is happening in the world of human trafficking. Foundations like Dressemer, Polaris Project, and A21 make it so accessible for students to join the fight by providing up to date information, as well as creating unique and fun ways to fundraise and raise awareness.”

“Human Trafficking isn’t usually what we see on the news. The news usually only reports the most extreme events. In reality, most people are trafficking by someone they trust. You feel like that person loves you. It is not just random kidnapping.” Ozaki-Laughon added, “In Orange County be on the lookout for one another. Make sure

someone does not feel isolated. You are taking the power away from the trafficker.”

Beckman shared the additional impact students can have in college. “Even if I cannot directly save victims from human trafficking, researching about how human trafficking affects my local community and starting conversations only help people across the world find their freedom.”

If you or a loved one is in need of help, call the National Human Trafficking Hotline at 1-888-373-7888 or text HELP to 233733. For more information about the fight against human trafficking, visit the National Center for Missing and Exploited Children (NCMEC): <https://www.missingkids.org/HOME>

Best in the nation! Debate team wins NCCFA championship

CONTINUED FROM PAGE 1

Nowlan, who took first place against Grove City College. The semifinalists are Nathan Estrick, sophomore, and his partner Benjamin Wagner, freshman, who both placed in the top four teams. Estrick also took second place speaker in the tournament, winning the Lincoln-Douglas Debate round, going undefeated in five rounds. Concordia was also represented by eight other students: Rebekah Mehrley, sophomore; Ever Rodriguez, junior; Riley Mazk, freshman; Leonard Memon, freshman; Ryan Dunn, sophomore; Diana Macias, junior; Christiana Patton, freshman; and Axel Aguilar, freshman.

Gleeson, who won first place in Varsity/Open Division Parliamentary Debate with Nowlan, said, “For me, my proudest moment is actually two-fold. First, I am so proud of being able to represent Concordia by winning a national title. Second, and more importantly, watching my teammates mature and

improve throughout the year in both speech and debate made me incredibly proud to be the team captain, as the names they are making for themselves are irrefutable and glorious.”

Rodriguez, a debater in the Lincoln-Douglas competition, described the process for the tournament. “At the beginning of each round we receive our opponent, position and room link in an email. For LD we have a WIKI Case File website that we post all affirmative cases we read, every school can access our file and vice versa. To prepare for the round we look at the online files and see what files we have answers to in our team drive and go from there.”

Benjamin Lange, Director of Debate, was pleased with the team’s showing. “As a coaching staff, we are so proud of the work that everyone has put in this year. Our students have persevered through incredibly difficult times, and have earned every bit of success that they are now enjoying. Many of

our students are already enthusiastically preparing for next season, and are committed to furthering the reputation of our program and our university. I have high expectations for the future of Concordia Debate,” Lange said.

For anyone interested in learning more about Forensics at Concordia, check out their landing page: <https://www.cui.edu/academicprograms/undergraduate/forensics>.

“To students who are considering joining the team, my biggest piece of advice would be to give it a try! So many of the competitors who have found great success in this activity over the years have “walked on” with no previous experience. We have the resources and the ability to train effective communicators, public speakers, and competitive debaters, and anyone has the potential to be successful if they are willing to put in the work,” Lange encouraged.