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Embracing change, Concordia completes successful fall move-in



PICTURED ABOVE: A socially distant meeting prepping for the move-in
Photos courtesy of: Aaron Richardson

ALEXIS RIOS
EDITOR-IN-CHIEF

To say this year has been chaotic would be an understatement. Going back to August, many students were unsure of what to expect. Would they be back on campus? Would they be home? How would Concordia make it safe for them to return? The only certainty for staff, parents and students alike was change. While the uncertainty was stressful, it also came with an opportunity to improve.

Albert Einstein once said, "Insanity is doing the same thing over and over again and expecting different results." These words timelessly ring true; to improve, new processes and routines must be implemented. The challenges of 2020 have given Concordia a push to further level up, one of the most noteworthy examples thus far being the fall 2020 move-in process.

"The On Ground Task Force (OGTF), worked together in plans and operations for students and employees to have a safe and smooth move-in experience. By all accounts and observations the Move-In Weekend was successfully accomplished," said Raul Morales, Director Of Campus Safety.

The OGTF consists of the Athletics Department, HR, Campus Safety, Residential Life, Student Services, Communications and Marketing, University Services and the Wellness Center. Admissions and Student Leadership also played a major role in planning and operations.

Students were informed in advance how the Move-In Weekend would work. A demonstrative video by Residential Services and Student Leadership was produced so that students and parents could see that a

convenient, drive through, social distancing process would be in place when they arrived on campus.

Upon arrival, students completed a quick wellness survey then proceeded to stations that cleared for the student to move in while remaining in their vehicles. The stations included the Wellness Center, Residential Services, Alumni and Family Relations, and Admissions.

Advance planning was key to a successful process. "Since March, the faculty

and staff had been planning to welcome students back to campus in some way. Move-in weekend was the culmination of all of our prayers, hopes, planning, sweat and tears," said Concordia president Dr. Michael Thomas, who was active throughout the weekend. "It was so energizing to walk through the residence halls, greet families, welcome students and help them get settled."

"Student arrivals were spread out in 15 minute intervals over the weekend which was key in social distancing efforts throughout the process including moving belongings into the dorm rooms by the students and their families. Students and families seemed to appreciate the drive-through move-in system," Morales added.

Dominique Stein, housing and operations manager, explained the thought process behind the new system. "This year, we knew we had to be strategic on how we moved students back on to campus. Our goal was to limit the wait and give each student and family a respective move in time."

McKenna Wilson, a junior and resident advisor for Lovers, broke down the

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PICTURED BELOW: One of the first steps for move-in
Photos courtesy of: Aaron Richardson



Northwestern fires affecting student life

CHRIS SHELLEY
STAFF WRITER

During the middle August, many fires in the Northwest region of the United States were set ablaze. From the start of the new school year, many college students from California, Oregon, Idaho and Washington were worried about friends and family that are located near different fires.

Sophomore Jennifer Jolin from Humboldt County, California stated that back home, "A lot of my sports friends weren't allowed to practice because the air quality was so bad because of the smoke." On the Concordia campus, there have not been any cancelations of practice or events because the air quality has remained healthy enough to continue such activities.

Other colleges have not been as lucky. Megan Lolley, a sophomore at the University of Idaho in Moscow, Idaho said, "A couple of my friends had to leave for a weekend to help their families evacuate their homes. It was really scary for them." She continued, "The smoke made me and my roommates go crazy. We couldn't go outside and on some nights the sky was orange."

Many Concordia students from Northwestern states have had to directly deal with a lot of the smoke. On move-in weekend at Concordia, many students had to drive through the smoke to get to campus. Jolin said, "The road trip down to Concordia actually gave me a headache because the smoke was so awful." Even when on campus, several students had bad experiences dealing with the smoke. Sophomore Jake Chieka said, "When the smoke was at its worst it was also su-

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ASCUI in action



PICTURED ABOVE: ASCUI are ecstatic to start their new positions on the Executive Board
Photo Courtesy of: Kayla Goetz

GABI BECKMAN
ASCUI SECRETARY

Greetings students near and far! My name is Gabi Beckman and I am the new ASCUI Secretary for the 2020-2021 school year! I am so excited to see how I and my fellow ASCUI members can best assist the student body as we are facing unprecedented times and figuring out the new normal. Whether you are a resident on-campus or are staying connected to Concordia from home, here is a little introduction to the ASCUI team from the members themselves!

“Heyo! I am a Business Marketing and Finance major from Spokane, Wash. Don’t be fooled; it does not rain there.

I enjoy everything outdoors: mountain biking, skiing and hiking (oh my!). My favorite fast food is Chick-fil-A and a fun fact about me is that I have never had cereal and never will.” - Tyler Haase, President

“What up. I’m from Phoenix, and I am a Liberal Studies major. Most of the time, you can find me being loud around campus or out in nature, specifically in an ENO hammock — my favorite brand of hammocks. Just like Tyler, my favorite fast food is Chick-fil-A and one time, I got a concussion on a slip ‘n slide. Don’t ask me about the story, Jonah tells it better.” Ryan Jones, Vice President

“Hey everybody! Just like Ryan, I am also from Phoenix. But unlike Ryan, I am a

Theological Studies major with a Director of Christian Education minor. My hobbies include straight ballin’ (aka basketball), quoting “The Incredibles” line-for-line and hanging out with the lads. You can usually catch me in the Raising Cane’s drive thru or on my podcast, “Lazy Saturdays” #shamelessplug.” Jonah Sielaff, Club Commissioner

“Hey howdy hey! Straight from Tracy, Calif. (or as I like to call it Cowtown), I am a Communication Studies major with an emphasis in Mass Communication. In my free time, I love to dance, watch “Hot Rod” on repeat and go to Taco Bell for their Baja Blast Happy Hour! My fave fast food is also Raising Cane’s and at the moment, I own five kazoos.”

Gabi Beckman, Secretary

“Hi y’all! If you could not tell by my intro, I am from San Antonio, and studying Behavioral Science with an emphasis and minor in Psychology. Some of my hobbies include beach volleyball, singing and baking (trust me, I make a mean batch of jelly cookies). Even though Taco Cabana is my favorite fast food joint, Sonic’s slushies and lemonades SLAP. My go-to fun fact is that I have never had a hamburger before and want to see how long I can go without having one.” Kya Bock, Treasurer

“Hey guys! I am just an OC gal living in Temecula, Calif. studying Business Marketing with a Graphic Design minor. Seven out of seven days,

you can find me thrifting, photographing other people and dancing around Disneyland (while it was still open). You can catch me every day — except Sundays — at Chick-fil-A and I have been running two of my own businesses for the past four years. I love my cat Martian and if you want to see a picture, hit me up!” Kayla Goetz, Communications Director

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1530 Concordia West, Irvine CA, 92612
Delta Lounge
final.courier@gmail.com
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the Aerie

Concordia's Art and Literary Publication

SUBMIT YOUR CREATIVE WORK TO THE AERIE

Students, alumni, faculty and staff are invited to submit poems, short fiction, nonfiction, photography and art for the next edition of The Aerie, Concordia's Literary and Art publication.

The submission deadline is September 27.

Go to www.cui.edu/aerie for submission guidelines and contact information.

Be inspired. Write. Create. Your voice is important.



Handshake to secure the job

CARLIE CHAULSETT-UTLEY
CAMPUS EDITOR

Over the summer, Concordia partnered with a new career services platform, Handshake. This platform is designed to help Concordia students find jobs and internships based on their interests and major.

“Handshake is a newer company that started with the vision to open up more employment opportunities for all students and recent graduates,” Director of Career Development and Vocation Laura Courvoisier said. “Concordia switched to Handshake to expand our relationships with employers and allow more opportunities for students to gain employment in their desired industry.”

If you haven’t claimed your account, you can visit the Career Services page on the Concordia website. Courvoisier has pre-populated basic information on each student’s profile.

Junior Sydney Sprinkle said the transition to Handshake from the previous site, Symplicity, has been seamless. “I was able to pick topics and fields that I like and it has shown me internships in the area that I can apply for,” she said. Although she hasn’t secured a job from Handshake yet, Sprinkle is optimistic of all the opportunities for her future.

On the new site, Concordia students are able to have more opportunities directed toward them. Users are also able to gain advice from former or current employees of the company.

“With Handshake, students can explore career paths, average starting salaries, explore and favorite employers

of interest, and connect with other students who have reviewed employment experiences,” Courvoisier said.

There are many advantages Handshake allows, compared to similar job-finding sites. It serves as more than just a job board.

“I’ve used Indeed before, but I like how this is directed specifically at Concordia students,” Sprinkle said. She liked the capability to say what kind of job she was looking for.

This is Courvoisier’s second year as director of career development and vocation. Previously, Victoria Jaffe was at the helm before her retirement. Her favorite parts of her job are being able to have one-on-one time with students while being able to help plan their future options.

“What I’ve carried with me from that role to my new role are my passions for student development and connecting with students,” Courvoisier said. “Still, now it’s more in areas of career, professional and leadership development.”

Handshake is available through the Career Services page or a downloadable app on your phone.

The Career Career Center is located in the Center for student Leadership and Development and is available by appointment by going to <https://www.cui.edu/studentlife/career-services> and clicking “Schedule an Appointment.”

“My hope for Concordia students is to see their passions and natural God-given gifts and talents that they can use to serve in their vocations,” Courvoisier concluded.

Northwestern fires affecting student life

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per hot. I’m allergic to smoke and I have asthma so I had to tell my suitemates to close their windows and turn off their fans and I felt super bad.”

Even though these past few weeks have been scary for students and family, much of the smoke has dissipated. Isaiah Yunger, a Concordia sophomore from Bellevue Washington, said that his family “had

already been staying inside because of quarantine. They used exercise as a way to stay sane but they couldn’t because of the toxic air quality.” He said, “It was concerning but it’s not as bad now, so I’m not worried about it.”

For Northwestern students, they can now breathe easy knowing that many of the fires have slowed down and the

smoke up north isn’t as bad as it was. For the majority of Concordia students, we can return to normal on-campus life.

For more information on the wildfires and live updates about the fires, visit <https://gacc.nifc.gov/nwcc/information/firemap.aspx>.

Physical education in a time of physical frustration

DOMENICK STEVENS
STAFF WRITER

Quarantine in California is still in full effect, which means the endless boredom,, consistent emptiness and physical deprivation continues to burden and inconvenience us all. One may be asking where they can go to get their balled up energy out without compromising their own health or anyone else’s. Until very recently, gyms were closed, play structures were taped off and athletics were canceled.

Never fear, Dr. Nathan Meier in the Kinesiology department has the answer.

With a doctorate in Epidemiology (the study of patterns of medical issues in specific areas), Meier has been dedicated to getting people more engaged and involved in improving physical health. Since the shut down in March, Meier has held “a high intensity interval training (HIIT) workout a few times a week.” A HIIT workout is where

people do very intense bursts of physical activity, followed by short, sometimes active recovery periods. Meier stated that thanks to the new Dean of Students, Megan Boslough, there has begun to be an increase in “institutional support to organize activities for our students to engage with the faculty and staff,” giving them the opportunity to get out of the dorm and get into some fitness classes.

In hopes of “bringing people together and accomplishing something,” Meier decided to “simply start [working out himself] and inviting other faculty, staff and students to join [him].” Eventually he coordinated with Amanda Harris, Director of Student Life, to organize all kinds of activities for anyone who wanted to join. Their program offers “HIIT, jogging, walking, hiking, beach activities... cycling, stair workouts at the amphitheater and other group fitness classes.” Meier’s program

is not limited to just these activities; as he stated, he “has lots of ideas left so hopefully there are some students who want to go on adventures soon!”

Senior Janna Woodward has been involved in High Fitness, a high-intensity aerobic workout, and noticed a lack of college-age students in her classes since July. To combat this, she decided to bring it to Concordia. Woodward said that movin’ and groovin’ to songs “you’ll know and love... helps to build aerobic endurance while strengthening and toning your legs, arms and core” making fitness “fun and effective.”

On top of all the amazing activities Meier’s program involves, it is very simple to get involved. All it takes is one small email from “any and all students who want to engage with these ideas and contribute” to either his email, nathan.meier@cui.edu, or Amanda Harris, who Meier referred to as “a great resource for the

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Rosenthal named CUI Athletics Director



PICTURED ABOVE:
Crystal Rosenthal in her new office in the Athletics Department.
Photo Courtesy: Rose Imbriano

BROOKE JACKSON
SPORTS EDITOR

Crystal Rosenthal, head softball coach, took on the additional role of Athletics Director effective June 2020. She was designated as interim Athletic Director in March, and has been the head softball coach at Concordia since 2009. "I am grateful for the opportunity to serve in this new role. I have spent my entire professional career here at Concordia, and I believe strongly in the mission of our institution and look forward to our athletic department growing into the top Division

II program in the country," said Rosenthal.

Before helming the athletics program, Rosenthal had experience as a player, assistant coach, and, of course, head coach. As a player, Rosenthal was ranked in the top ten in 15 different categories in a single season and was also inducted into the Concordia Hall of Fame in 2008. In recent years, she led the team to Division II Super Regionals last season and the Eagles first PacWest Championship in 2018.

With Rosenthal's transition, Brittany Pereda, assistant athletics director, has assumed the role as the senior women administrator (SWA). Now that Pereda is the new SWA, she feels that Rosenthal can now do more throughout the greater campus and local community. "This role has allowed her to expand her presence out into the community outside of the softball realm and we are excited to follow her direction and take CUI Athletics to new heights," Pereda said.

Rosenthal now has to balance both jobs as the AD and softball coach. "It will be a challenge for me in terms of managing my time, however I have so much strong leadership in my softball staff, led by Rose Imbriano, that I know God will help me figure out how to make it work," Rosenthal said.

Airpods? No, training pods!

GRIFFIN BOOK
STAFF WRITER

Working within pods, Concordia athletes have been able to still train and focus on their craft within the last three weeks. "Although it is hard, I am excited to have any sort of practice happen regardless of it being normal," said Maggie Gunther, sophomore on the women's volleyball team.

These sports pods allow for a sense of togetherness; a feeling that was sorely missed by student athletes living in family bubbles. "Working within pods has made us very connected within our pods and our positions," said Gunther, who added that she is looking forward to meeting new team members in other positions as well. "In volleyball, you always interact with different positions," Gunther said.

Some sports like stunt, cheer and dance rely upon other sports to showcase their routines. Sophomore on the dance team, Jillian Janocha, said, "Since there might be no basketball or other games to dance to during halftime, our sport will be cut short due to its dependency on others. It is hard to deal mostly in a mental aspect, but physical too."



PICTURED ABOVE:
Photo courtesy of: Alexis Rios

Along with having distanced practice, there has also been shortened times and less practice throughout the week to help reduce times in groups. Janchoa misses the full team practices and group learning. "We need to be more synchronized as a group for the fluidity of dance to showcase our talents," said Janchoa.

While the full practices are missed, the pods allow for extra one-on-one training. According to head coach for men's volleyball, Shawn Patchell, "The changes work just fine for my team. I enjoy working in a small group so I can pay more attention to detail and technique and it's a perfect time in the season."

Pod work within each sport is different, but for sports like tennis and volleyball, not many changes have had to be made. "The wonderful thing about men's volleyball is that it is a spring sport, so we have time to spend on the chemistry of the team and changing the pods around. I believe it is only going to strengthen the team because of the connection found within the pods," said Patchell.

Playing a sport nowadays comes with extra gear. Pads? No, masks! According to guidelines put in place, they must be worn during practice at all times. With this addition comes some distractions, according to Janocha. "Focus during dancing has become harder with masks on, it hasn't affected my breathing but it's always there" she said, "I'm conscious of it during the entirety of the practice."

Other athletes are taking the masks in stride. "Training with masks has had some effects on my breathing patterns, but beyond that it hasn't changed much of my game at all," stated Gunther. The new regulations have certainly changed the direction and mechanics of practice, but, like halftime adjustments, coaches and players have always adapted.

Safety precautions change the way athletes receive treatment

ISAIAH MARTINEZ
STAFF WRITER

The athletic training department has put in new measures to ensure a safe return for athletes-in-training. These new measures promote a healthy environment, as the whole campus community has come together to help stop the spread of COVID-19.

For example, there is now a self-service area for treatment outside the gym offices. This space is designated for stretching, heating, foam rolling, hypervolt, icing, and as a waiting area for indoor treatment

Student athlete Miguel Pena, from the soccer team, suffered a severe ankle injury which hindered his last year in participating in practices and games. Pena said, "The athletic training room has been a key element for my recovery. I visit the training room everyday." Pena continues to see results and is slowly building back that strength he once had. "I especially appreciate how the coaches wear both masks and gloves while working with us as a unit to keep us healthy and safe from germs," he said.

Graduate student Aaron Mason agreed. "I feel confident that I will be safe



PICTURED ABOVE: New layout for social-distanced treatment.
Photo Courtesy: Brooke Jackson

when I go to the athletic training room," he said. Mason is a part of the track team where he is constantly in the sun, running with masks on all day. Mason loves that "they are doing everything and anything they can to keep us athletes and the school safe from the coronavirus."

The school has launched a brand new app for all athletes, the "Healthy Roster

App," where they can make appointments, in order to control the amount of students in the training room at a single time. On arrival to the training room, athletes then wait outside and before entering and get their temperature checked.

With all the new adjustments in our daily life, it is a necessity to maintain safety standards and awareness. Student athletes

visit the training room everyday, whether it is a sore ankle that needs icing or therapy for a fractured hand. The health of the students is the main focus for the staff and coaches.

Learn more about the "Healthy Roster App" on the appstore or go to their website, <https://dashboard.healthyroster.com/Account/Login?returnUrl=%2F>.

Baby Bloomfield: Track and Field's newest star



PICTURED ABOVE: The Bloomfields with their newborn daughter, Elliot. *Photos courtesy of: Keegan Bloomfield*

KAILYN CASE
STAFF WRITER

Head track and field coach, Keegan Bloomfield, and his beautiful wife, Anna, brought in the most fantastic gift on Sept. 9, the gift of life. The Bloomfields welcomed their first child, Elliot Kay, to the world during an unprecedented

time but are delighted by the blessing. Coach Bloomfield is ecstatic for the growth of his family and to begin the journey of fatherhood.

Although it has been a crazy couple of weeks learning how to follow the new mandated policies throughout campus, Bloomfield has also

been working avidly to incorporate rigorous caution for his newborn daughter. "It has been different than what we expected because of the heightened awareness of illness for Elliot. We've been cautious with where we choose to walk. However, it's also not that different from what other parents tell us," said Bloomfield.

Luckily, Bloomfield was able to be there for Elliot's arrival. He wore his mask throughout the entire process at Hoag Hospital Newport Beach. He was grateful that he could be there to support his wife during the labor and delivery process.

"Fullness" is the one word Bloomfield would use to describe how he feels about his new life change. His daughter's birth has brought tremendous amounts of gratitude and a unique perspective of God's word.

Bloomfield explained, "We feel like our purpose has just become more personal.

Sharing Christ with our baby is something we hope to do every day. She's also a great sleeper and has let my wife, Anna, and I rest."

Bloomfield is energized and excited for this new life chapter, along with the upcoming track and field season. He has always strived to have a family atmosphere amongst the team, and believes that Elliot will inspire him to become an even greater coach.

"The track and field team is one big family! When I started in 2015, the team was small but had so many leaders and personalities. The thing that struck me the most was how they looked out for each other and supported one another. We've continued that legacy and built the team around supportive relationships," said Bloomfield.

Bloomfield continued, "Track and field is a sport that often becomes very self-focused. However, we strive to look out for one another, cheer each other on during meets, take classes together, and build relationships across the team. With 90+ student-

athletes on the team, it's a big family, but it's one that is built on mutual respect and support."

Bloomfield believes in getting to know his athletes for more than just their fundamental skills. He enjoys learning about their life and assisting them on their walk with Christ in any way possible. "It all comes back to how Christ taught us to live, love God, and love others. If we can accomplish that on our team, we're going to be successful in life and competition," said Bloomfield.

Morgan Schepker, a senior at Concordia, acknowledged Bloomfield's kind, Christian demeanor. "I believe that Concordia is already a hidden gem, but having a coach like Bloomfield that truly cares for you as a human being and takes the time to guide you along your journey with Christ is something I'll forever cherish."

Congratulations to the Bloomfields and best wishes to all Eagle athletes and coaches this year.

Concordia completes successful fall move-in

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new system. "The greatest difference was that move in was spread out over four days instead of the typical two days," said Wilson.

The rest of the changes ensuring safety and a smooth transition included:

Freshman and transfers moved in Thursday and Friday to provide time for SOAR. Returners moved in on Saturday and Sunday. With all students having advanced assignments to begin the move-in process.

After working their way through the stations, students received a welcome bag with a black Concordia mask and a SOAR packet for new students.

Students were then directed to their respective buildings to check-in and begin to move-in. This allowed for social distancing to be maintained and helped expedite the check-in process by getting the students to the correct facility. Once students finished the housing check-in and received their room key, they were good to start moving in.

Logan Nelson, a freshman



PICTURED ABOVE: One of the first steps for move-in
Photos courtesy of: Aaron Richardson

from Vancouver, Wash., appreciated Concordia's efforts to maintain a safe and efficient move-in process during such a hectic time. "Overall, the whole process was really fun, a little stressful with unpacking and a little emotional when my parents left, and I realized I was on my own," said Nelson.

However, Nelson found comfort in the strong organization and attentive staff. "Both my parents and I thought the process was handled well. Everyone who was outside of Rho was super nice and helpful," she said. The smooth transition was

an excellent start for Nelson, who has since gracefully stepped into her new roles as a collegiate student and athlete on the track and field team.

Vanessa Bernzen, a senior from Gilbert, Ariz., appreciated how quickly the traffic flowed this year compared to previous ones. "The whole process was very smooth. Going into the move, I was a little stressed because I had to unload everything by myself, but I got it done relatively quickly. Overall I felt super safe and appreciated all the precautions implemented this year," said Bernzen.

"The PACs, PALs, RAs, Student Affairs, Coaches, and Faculty deserve the lion's share of credit for making it possible," concluded Thomas, "and a special thanks to Aaron Richardson (PAC) who accompanied me to welcome all the new and returning residents."

From returning students to first-year students, the new move-in process was a hit. In

a year filled with uncertainty, students can find comfort in knowing that it also provides ample opportunity to grow. Although this year may be far from smooth sailing, embrace the change, get creative, and perhaps you'll develop a new way to sail through rocky waters.

PICTURED BELOW: Junior Gunnar Ashmon helping with the move-in process
Photos courtesy of: Aaron Richardson



Strings ensemble navigates COVID-19

CAITIE FULTON
ARTS & REVIEWS
EDITOR

For the new school year, Concordia’s Music Department has implemented a few different music ensembles for students to enjoy during their navigation around COVID-19. One ensemble added is the Developmental Strings Ensemble, a group that meets Tuesdays and Thursdays from 5:30 to 6:20 p.m. in Zhang Hall in the Borland-Manske Center. The ensemble was created to allow a place for students to learn

string instruments.

To stay safe from COVID-19 while rehearsing, rules were set in place. Each student is required to wear a mask while they rehearse. In order to follow social-distancing guidelines, the chairs used are all spaced out at least six feet apart. “Additionally, everyone is assigned their own instrument that they cannot share with anyone, helping to prevent cross-contamination,” said senior Breanna Duncan.

The Developmental Strings Ensemble is led by professor Elizabeth Johnson.

She is the violin instructor on campus, as well as one of the Resident Performing Artists in the Concordia Symphony Orchestra. Students hold Johnson in high regard for her patience and appreciation of the instruments. Junior M.J. Siegert said, “She is very aware of our newness to the instruments and understanding that it really won’t sound that good for quite some time.”

Johnson gives the group sight reading tasks weekly. “She gives us music to sight read and work on in rehearsal,”

said Duncan. “We’re expected to have practiced it before the next rehearsal.” Their main focus at the moment in repertoire has been hymn arrangements such as “Be Thou My Vision” and “Amazing Grace.” There have been more unique and silly pieces integrated into it as well, including “Happy Birthday” and “Trumpet Voluntary.”

The ensemble has been a special experience for the students this semester. Duncan has been playing the cello in the group. She said, “My grandma played cello,

so this ensemble is helping me connect to her and what she was passionate about! I’m really enjoying this ensemble.”

Siegert has also enjoyed his time rehearsing. He said, “It’s a lot of fun and a very low-pressure class where we all get to make mistakes together and laugh about it. It’s been a great balance of fun and learning and I hope it will continue even if we start playing wind instruments again.”

Learn more about the Music Department at cui.edu/arts/music.

Student musicians managing work and play

DOMENICK STEVENS
STAFF WRITER

Every college student has their own issues and setbacks, but there will always be one obstacle each individual can agree on; managing their social life and their class workload. Whether it be the terribly common unreasonable amount of work, or the almost unknown ‘not enough’ work, all students understand. Concordia is no exception — especially our musicians on campus. These young artists strive to create something beautiful while undertaking the vast workload of school.

Eighteen units at Concordia is considered a full-time schedule, so unless they get approved to take more units, they are only allowed 18. Most classes average out to three units, so a full schedule means six classes a week. This may not sound like much to handle, but keep in mind the time spent being present in the classroom (or on Zoom) as well as the time dedicated to the homework assigned. On top of the full-time 18 units, many of our music students are given permission to take more than the average amount, as their major requires many demanding classes. Senior JP Aquino has “24 units, [a] campus job, [and a] music job,” averaging out to about 100 hours of work each week. With barely enough time to sleep, he still manages to create his content by writing, recording, producing and performing his own music.

Although it may seem like it, Aquino is no anomaly. Music majors are usually in many extracurricular activities on top of their studies and music careers. Senior Lauren Kruse

is far too familiar with a heavy workload. Along with her music studies, Kruse “write[s], MD[s] bands, lead[s] worship, serve[s] as the alto section leader and president of Concordia Choir, perform[s] music, as well as work[ing] in the music industry with a music entertainment group called Adarga.”

Aquino has found that the best way to combat becoming overwhelmed with the workload is staying organized with “outlines and schedules of [his] days and weeks,” allowing him to balance his work and play time. He makes multiple lists with levels of priority, having a “NEED to get done” and a “WANT to get done” list, to remind himself of the importance of each task, forcing himself to finish the “NEED” list before even thinking about the “WANT” list. Kruse, on the other hand, plans out her time almost down to the hour, allowing herself enough time to take breaks, otherwise she will “become a workaholic,” as she (semi) jokingly pointed out. With such a busy schedule, she found it “is really important to give [herself] breaks so that [she does not] burn out,” all in the effort to “take care of [her] overall health.”

Despite the many obligations, Aquino and Kruse love what they do and thrive in their crafts. The two students are a part of a large program with many others just like them, going through similar struggles. Like Kruse said, being a musician has “definitely helped [her] gain perseverance and character,” that gives them the confidence to go into the world, ready to face whatever challenges come about, head on, and under control.

“Cari and Jemele: stick to sports”

ALEXIS RIOS
EDITOR-IN-CHIEF

Cari Champion and Jemele Hill are bold and unapologetic in their ground-breaking and revolutionary new TV program, “Cari and Jemele: Stick to Sports.” Airing on ViceTV on Wednesdays at 10 p.m, the show has gained noteworthy traction from the start, featuring LeBron James and Cori Bush as guests in their first episode.

The show premiered on August 19 and is now at a total of seven episodes. The series promotes conversation around ongoing societal issues and showcases how individuals are multi-faceted. The title itself is ironic, throwing shade at those who have tried to box these women into one category. Champion and Hill aim to break the mold by showing the world that people are not one dimensional.

Champion and Hill formed an unlikely friendship while working

together at ESPN. Champion was hired over Hill for a more senior position at the network in 2012. At the time Champion joined, Hill was already an ESPN veteran with over six years of experience. However, Hill was not bitter. Instead, she desired to help Champion succeed.

On August 28, in a radio interview on WBUR reflecting on when Champion joined ESPN in 2012, Hill said, “I knew with that job there was an expectation there that I thought was, frankly, very demeaning to women. The expectation was that the person who was the moderator should just shut up. You know, you just take them in and out of commercials. You know, they treat you like a prop. I didn’t like that that was the case. And I was trying to warn her.”

Champion responded, saying, “She was correct.” At the time, Champion felt like Hill had “rained on her parade,” but in retrospect,

recognized that Hill was speaking the truth. In 2012, they formed an allyship hoping that together they could change the culture of the network. Fast forward to 2020, and both have left the network. Hill called it quits in 2018, after 12 years. Champion abruptly left this past January, shocking viewers after seven years at ESPN.

Now, the duo has much heftier goals, hoping to shake up the country at large. They’ve dubbed themselves as disruptors and aim to change the culture and conversation surrounding politics and sports. The show’s unique perspective is bound to captivate an audience as the two seamlessly tie in pop culture and real-world issues with high-profile guests. *To stream the first episode, check out: https://www.vicetv.com/en_us/video/lebron-james-and-cori-5f3c065ffafad929b6141be1*

Physical education in a time of physical frustration

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schedule and to organize new events,” at [amanda.harris@cui.edu](mailto:harris@cui.edu). Another option to get involved is to check the times and details that are constantly updated at the Dean of Students’ office. If anyone would like to just simply show up, Meier teaches a HIIT workout on Monday and Wednesday at five p.m. online at www.tinyurl.com/cuilounge.

Harris said that “on Wednesdays and Thursdays, we have the following weekly events” and they are “all

led by students.” Be sure to “wear running shoes” and wear your face mask to the in-person events.

Wednesdays, *High Fitness (aerobics workout) with Janna Woodward from 6 to 7 p.m. on the basketball courts by Sigma.*

Thursdays, *Morning runs with Rachel Lwin at 7:15 to 8 a.m., meeting outside of Rho on Dorm Road.*

Thursdays, Evening Run with Joshua Burns from 5:30 to 6:30 p.m., meeting by the Concordia sign outside Lower Quads.

Thursdays, Sunset Hike, with Nicole Lukinbeal from 7 to 8 p.m., meeting at the track entrance.

Friday 9/25, Kundalini Yoga, with Dion Chung, 11 to 11:30 a.m., meet at the common lawns.

The best part is, it’s all free.

Ruth Bader Ginsburg —A life of accomplishments



“RBG's iconic status is due, in part, to her exemplary modeling of arete [excellence in moral virtue]”

PICTURED ABOVE: Ruth Bader Ginsburg
SCOTUS Photo Portrait Courtesy of:
Supremecourt.gov

CARALIN NUNES
LOCAL/GLOBAL EDITOR

On Fri., Sept. 18, the United States lost a high achieving woman of action and a pop-culture icon. Ruth Bader Ginsburg (RBG) pushed down boundaries to become the second woman to serve on the United States Supreme Court. She was a pioneer before her time who fought for an end to sexism and equal pay in the workplace, among much more.

RBG graduated first in her class at Columbia School of Law in 1959 and later was the first woman to receive tenure as a professor at Columbia Law. Ginsburg “defied stereotypes,” as she loved to say, which gave her the now iconic nickname “The Notorious RBG.” Everyday she was faced with sexism in the classroom from her professors and classmates alike. Katherine Franke, Columbia Law School professor and Director of the Center for Gender and Sexuality Law, was quoted saying,

“Ginsburg comes from the generation of women who had to be three times better than men in order to get half the recognition of the average man—this was surely her experience at Harvard and Columbia Law Schools.”

RBG fought tirelessly against sexism throughout her personal and professional life, giving her a foundation she built off of throughout her career as a Supreme Court Justice. President Bill Clinton nominated Ginsburg for the U.S. Supreme Court in 1993, where she served until her passing on September 18. Ginsburg was known for her zealous and ardent dissents on the bench.

“The Notorious RBG” served as an icon and role model for women of all ages everywhere. In an interview, Martha Minow, Harvard University Distinguished Service Professor and Member of the Faculty of Education, pointed out that “Justice Ginsburg also showed that it is possible to build deep and meaningful friendships with people despite severe disagreements. At this time

of deep social and political divisions, there is much to learn from her life and her commitments.”

Mari Kawano, a softball Graduate Assistant at Concordia feels strongly about all that RBG has done for our society. “I think almost every movement and opportunity starts with at least one person. RBG was a trailblazer for gender equality that has allowed both Michelle Obama and Kylie Jenner to become icons in their own respect. RBG life's work has, directly and indirectly, enabled Mrs. Obama to be the first African American first lady, and Kylie becoming the youngest self-made billionaire.”

Dr. David Schulz, professor at Concordia and Chair of Communication Studies, commented on Ginsburg’s transformation from Supreme Court Justice to a pop-culture icon. “RBG's iconic status is due, in part, to her exemplary modeling of arete [excellence in moral virtue], that has inspired -- and will continue to inspire -- those who seek truth, beauty, and justice,” Schulz said

The Chadwick Boseman effect

OMAR ABUL BURGHUL
STAFF WRITER

Actor Chadwick Boseman died on August 28 in Los Angeles, succumbing to a four-year battle with colon cancer. He was 43 years old. Boseman left behind a legacy. He was one of the only African Americans to star in a superhero movie, "Black Panther" in 2018, which grossed more than \$1.29 billion worldwide. Along with calling attention to colon cancer, he is associated with Black pride, confidence, and strength.

Boseman had a significant impact on the Black community. Dr. Erin Nelson, Intercultural Communication professor, said, "He broke barriers for the Black community. He broke barriers in Hollywood for future aspiring Black actors."

Miylan Eubanks, Communications Major, and the Communications Director of the Black Student Union club agreed with Nelson. "He left behind an incredible body of work and an even more impressive legacy. As much as he was a superhero on screen, he was even more of a hero off-screen. He completely

embodied what it meant to be a strong Black man who dedicated his art to activism," said Eubanks.

While being diagnosed with colon cancer, Boseman remained strong and continued to star in movies like "Avengers Infinity War," "Avengers Endgame," "21 Bridges," and "Marshall." Eubanks described Boseman as "an incredibly humble and selfless man. While fighting his own private battle with cancer, he still found time to visit the St. Jude's Children's Research Hospital to spend his time talking to terminally ill children and giving them toys."

To further comment on the impact of Boseman and the movie "Black Panther," Nelson introduced a concept called Muted Group Theory. Nelson explained it as, "The theory focuses on how marginalized groups become muted in society through verbal and nonverbal communication. These marginalized groups

are not strongly represented in areas such as news, film, literature, etc." Nelson added "Chadwick Boseman is the perfect example of resistance against the dominant group."

Eubanks talked about how King T'challa (The Black Panther) has become one of Marvel's most beloved

superheroes and Boseman's other notable roles. "Not only did [Boseman] play an iconic role in "Black Panther," but he also played numerous roles as Black historical figures such as Jackie Robinson, James Brown and Thurgood Marshall."

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"He broke barriers in Hollywood for future aspiring Black actors."