

THE CONCORDIA COURIER

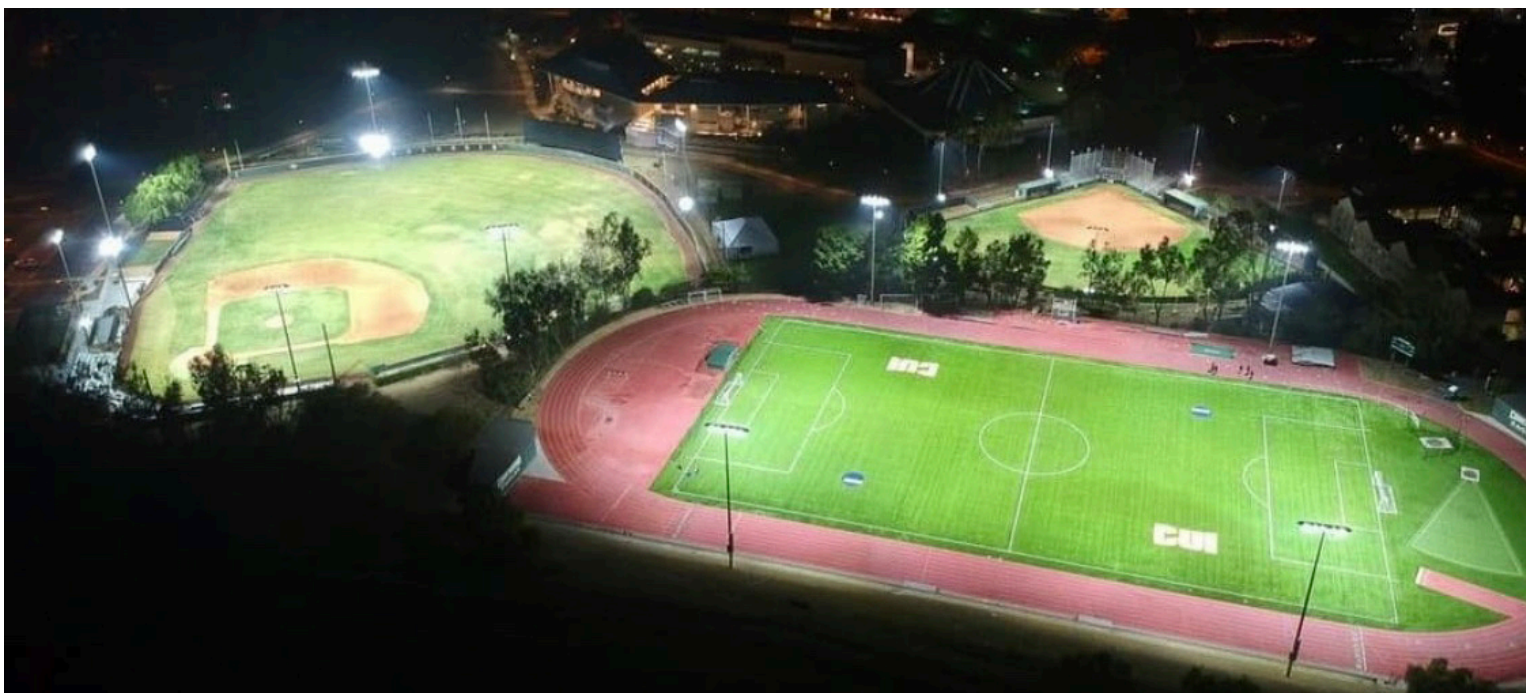
INVESTIGATE.INFORM.IGNITE.INVOLVE.

Volume 15, Issue 5

Concordia University Irvine

Friday, November 13, 2020

Let there be lights! Welcomed additions to track and field



PICTURED ABOVE: The new lights in action *Photos courtesy of: CUI Track and Field*

GRIFFIN BOOK
STAFF WRITER

During this past fall semester, the track and field area has had many new upgrades. Most noteworthy is the highly anticipated lights which recently made the first trial debut. In addition to the new lights, track and field has a brand new weight room and will receive a new grey track this winter, to many runners

delight.

These new additions are very exciting and help the track and field team to establish their own home within the Athletics Department. “Last year the weight room was always being used by all the different sports and it is so nice that not only do we have double the space but better equipment,” said Sara Feitz a sophomore distance runner.

Feitz continued, “The lights are a great addition as well because it’s so dark up on the track. During track season we were always stretching the most out of the daylight we would have left by the end of practice.”

Track and field has the most members of any sport within Concordia, and with the addition of the new weight room, they are able to get stronger without the burden of other teams reliant on the room. Dion Chung, a senior jumper on the track and field team said, “I love having our own track weight room because we don’t have to rush through our lifting session before another sport comes to use it.”

These new additions are contributing to the bigger picture for winning titles for individual competition. “Even though track and field is technically a solo sport, you always have your teammates cheering you on when you compete and honestly it’s really encouraging,” said

Alana Hurley, a sophomore on the distance team.

Many track and field athletes are excited for their upcoming time trial later today, Fri., Nov. 13. They’re eager for competition but they’re also eager to be under the lights. “When we do our time trials it will be under the light and it will give more of a cool competitive ambiance,” said Chung.

Track and field may be an individual sport but it does not lack Concordia’s family atmosphere. “We all encourage each other a lot and oftentimes we have at least one teammate running with us in an event so we work together to push one another. Our coach also puts a big emphasis on cheering for all events in the track and field program,” said Fietz.

The new lights, weight room and upcoming track have come as an unexpected gift during an unpredictable year. “It’s nice just having the weight room to track especially during this pandemic,” Chung said.

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A personal narrative: My experience in isolation

STAFF REPORT

I woke up feeling slightly ill one Monday morning. Headache and congestion. I didn’t feel awful, but I didn’t feel right. If it were any other year, I would take cold medicine and power through the day. However, this year is different. As an on-campus student, I felt a responsibility to report any symptoms associated with COVID-19, so I contacted the Wellness Center.

I called the Wellness Center at 8:30 a.m., thirty minutes before they opened, and was greeted kindly by the receptionist. The receptionist set me up with a timely Telehealth appointment for the following hour, notifying me about their new procedures to ensure students’ and faculty health and safety. Typically students can walk into the Wellness Center, but this year you must call and schedule an appointment ahead of time.

The call with the nurse practitioner went well. She asked me a series of questions regarding the symptoms I was experiencing, and by the end, recommended that I should come in to get tested. I only had a headache and congestion, but I obliged.

I’m no stranger to getting tested. This summer, I got tested three times for

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PICTURED ABOVE: From left to right- Samantha Gomez, Maria Sartin, Madison Hergert, and Morgan Schepker doing an aerobic capacity workout

Photos courtesy of: Timothy Maggs

No worries November!

LEAD

Sponsored by Peer Health

STRESS RELIEF DOGS



NOVEMBER 4, 2020

11:00AM -1:00PM

FUR-get about stress from politics, midterms, and school and pet some adorable dogs at the common lawn !!!

Max of 4 people at a time.

Sign up: Monday and Tuesday in front of Cafe.

GABI BECKMAN
ASCUI SECRETARY

Feeling the stress of the semester as papers and group project deadlines approach? Well, never fear! Campus has been booming with some fan-favorite events and plenty more lined up in the next few weeks before Thanksgiving Break to relax your mind and keep your energy up as the semester hits full speed!

On Nov. 4, Peer Health brought the cuteness to campus by hosting one of the most student-anticipated events of the semester: hanging out with the stress relief dogs! With every session booked, plenty of students got to unwind with dogs big and small brought to you by Paws-to-Share.

On top of that, Peer Health and Dr. Meier continue to host Nutrition Talks packed with fun food facts and debunking diet myths to learn more about the food we are putting into our bodies. Best part of all? There are still chances to win prizes such as gift cards to Lululemon and Nike! Even if you have not attended the previous talks, there are still plenty of chances to win throughout the rest of the semester and can find the Zoom link on the Student Events Calendar.

Struggling to find opportunities to let your body rest? Well look no further! On Nov. 18, Stacie Mallinson

continues to host her popular event “Stretching with Jesus.” Happening every Wednesday starting at 9 p.m. on the Lacrosse Field, Mallinson leads students in poses and meditation focused on re-centering and focusing on Christ. Regardless of the amount of experience you have, the event is open to anyone who needs an hour to do what is best for their body. With no pre-registration required, all that is required of those who attend is to bring blankets and warm clothes as fall is under way.

Finally, for those who plan to stay on campus for Thanksgiving Break, President Thomas has invited all students on-campus to a Thanksgiving meal, football and other fun activities on Thanksgiving Day. If you are interested in giving thanks with other students and faculty on-campus during the break, fill out the Google Form in the link below to secure your spot!

<https://forms.gle/J8rNFRAbN7Jv91A29>


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LEAD

LET'S SIP OVER & DISCUSS

ABOUT ASSORTED TOPICS

Coffee Talks



Virtually Held in CUI Lounge room

LINK: [HTTPS://TINYURL.COM/CUILOUNGE](https://tinyurl.com/cuilounge)

Every Wednesday at 10:30am

RUN TIME. BIKE TIME.



SWIM TIME.

Come join a group of other like minded individuals in preparation for a Triathlon the swimming portion

Every Friday at 3 pm at

Corona Del Mar

Must sign up to join.

Scan the QR on the right



LED BY

RACHEL LWIN

HAVE FUN

AND RUN

Weekly on Thursdays

at 7:15am-8:00am

Meet outside of Rho

on Dorm Rd.

Sponsored by

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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.

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Inspired by successful women, student is also entrepreneur

CASH CASTEEL
STAFF WRITER

Women have proven to be powerful forces in business, leading some of the largest companies within the U.S. and internationally. Fortune magazine recently released its annual “Most Powerful Women in Business” list, with chart-toppers including Julie Sweet, CEO of Accenture; and Mary Barra, CEO of General Motors.

According to Fortune, Sweet earned the number one spot on their list because, in the company’s fiscal 2020, she oversaw \$44.3 billion in revenue and \$5.1 billion in profit. In addition, her company was instrumental in connecting 1.2 million National Health Service workers remotely in the U.K. when the COVID-19 pandemic hit and partnered with Salesforce to monitor vaccine management technology. Sweet ran the company to benefit the world while also turning a profit; an example of “doing right by doing good.”

On their way to becoming the next big CEO, female students at Concordia have

been making great things happen in their budding careers, some without even finishing school yet. Enterprising sophomore Kayla Goetz runs a couple gigs of her own while also maintaining a position in ASCUI and working elsewhere. “I work two main jobs; I work for DoubleTree Hilton Irvine Spectrum, and I work for ASCUI as the Communications Director. On top of that, I am a full-time student and running my businesses on the side,” said Goetz. “I am a self-taught photographer. I run a photography business as well as a consignment/thrift business.”

For most full-time students, these are way too many hats to fill. “When you mush it all together, it takes a lot of time, and it sounds like a huge load of work, but it doesn’t overwhelm me or overcomplicate things. The reason this is is that I am passionate about everything I am doing right now with these jobs,” said Goetz. “If I couldn’t handle it, I wouldn’t be doing it. If I didn’t enjoy it, I wouldn’t put myself through it.”

Goetz recognizes that income with each of her gigs can be cyclical. “Photography isn’t always a consistent source of income, especially as a seasonal portrait photographer. My work frequently comes in waves depending on the season, such as weddings, senior photos, family photos, holidays, etc.,” she said.

Goetz carefully organizes her day when balancing her schedule with work, school and ventures. “When I do have a lot going on or need to schedule things, I make sure that I have my calendar mapped out and pulled up at all hours of the day to stay organized and on schedule,” said Goetz. “I can make my own hours for my businesses. When I work at school or the hotel, I can cater to my free hours for my businesses if needed.

Goetz also plans to keep education in the forefront along with work. “I am a General Communications major in hopes of taking additional classes [in] hospitality and HR after graduation,” said Goetz.

November to remember: Important dates for undergrads

STAFF WRITER

With some classes moving to in-person learning and others remaining online, it can be tough to keep track of important dates and deadlines as the fall semester comes to a close. Here’s a cheat sheet of “don’t miss” deadlines to keep in mind.

The deadline to withdraw from a course and receive a “W” is Fri., Nov. 13 by 4:30 p.m. (PST). The Withdrawal Form must be filled out completely and submitted to the Registrar’s Office with the proper signatures by that time.

Thanksgiving Break is from Wed., Nov. 25 through Sun., Nov. 29. Students living on campus are invited to stay during the break and enjoy a Thanksgiving meal and activities. Students who wish to participate should register in advance using this link: <https://forms.gle/J8rNFRABn7Jv91A29>.

Plan on graduating in the spring? December 4 is the first deadline to apply for spring 2021 graduation.

Fall 2020 final exam week is December 14 through 18. Check with your professor on how your final exam will be given if you are taking a course in person. Online courses will

hold final exams online.

Final grades are due from professors on Mon., Dec. 21 and pass/no pass is not an option this semester. Have concerns with a class? Talk to the professor now!

Due to state guidance that does not allow gathering in large numbers, Concordia will not be holding a December graduation ceremony on campus. Instead, as has been done for most of Concordia’s history, December graduates will walk in May. The May ceremonies are currently planned to be held on campus with details to be determined.

The administration expects that courses for spring 2021 will take place in dual mode and online in the spring. Similar to fall, students may choose to take their instruction online or, if permitted, in person. Spring courses start on Mon., Jan. 11 and any changes to schedules, or options for how to take classes, will be communicated in advance by campus leadership.

Have questions? A visit to <https://www.cui.edu/studentlife/registrar> or email to registrar@cui.edu is a good place to start.

Let’s finish the fall strong, Eagles!

CU Give Back Day

CARLIE CHAULSETT-UTLEY
CAMPUS EDITOR

On Tuesday, Concordia participated in its fifth annual CU Give Back Day. Over \$88,000 was raised for various programs and departments on campus. At press time, 317 donors have come together to support Concordia through donations.

The Theatre Department was hoping to raise \$2,000 in order to update the men and women’s dressing room. With the help of 51 donors -- the most of any department -- they raised \$5,750.

The Concordia Fund enhances the lives of the everyday student. They are responsible for scholarships, books and lab equipment to name

a few essentials. In the first 24 hours of their campaign they came just shy of their \$11,000 goal. The Concordia Fund raised \$10,805 from 29 generous supporters. The Keithly Family pledged to match the first \$5,000 in donations. With 21 days left in their campaign, the fund looks to raise the most money of any program on campus.

Athletics’s main focus for donations was to equip student-athletes with the resources they deserve. With the addition of stadium lights across the baseball, softball and multi-sport field, coaches hope to increase their athletes potential. “Lights will enable us to practice and compete at night which means less class time missed and a greater

chance for our student-athletes to succeed off the field,” said head baseball coach Joe Turgeon. “Lights will enable us to practice and compete at night which means less class time missed and a greater chance for our student-athletes to succeed off the field.”

Concordia’s Athletic Director Crystal Rosenthal donated to help give every Eagle a competitive edge in their sport.

CU Give Back Day was Nov. 10 and Veterans Day fell the next day. Concordia’s SSG Matthew Thompson Veterans Resource Center is looking to expand and add scholarships. In the past, the Veterans Center was able to raise money to create a lending library and increase the footprint on campus. This year, the center’s goal is to reach \$15,000 in order to increase inventory in their newly-created “No Questions Asked Food Pantry.”

Additional donations will be used to increase their visibility on campus with a patio area featuring two picnic tables and two umbrellas.

Although CU Give Back has come and gone, donations are still being accepted to every program. You can mail in a check or visit <https://cugiveback.cui.edu> after graduation,” said Goetz.



Athletes get time off to vote



BROOKE JACKSON
SPORTS EDITOR

This year, the Athletics Department made the decision to not hold any practices or meetings on Election Day, Nov. 3. This was proposed by the Student-Athlete Advisory Committee (SAAC) for the purpose of encouraging everyone to take the opportunity to have their voice be heard by casting their ballot.

The main idea behind this event was to allow everyone to not focus on practice, but instead, to think about what they want for their country. For some students, it was their first time voting, helping them learn more about the election process. First time voter and freshman on the softball team, Kaia Nisby, said, “I felt like I was finally able to be involved

in something more serious and I felt a lot more independent after dropping my ballot off.”

Nisby also felt less worried and anxious about the election. She said, “I feel that I had a lot more time to think about what I am filling out on my ballot and also to take my first-time voting experience more seriously.”

Avery Wagner, another first-time voter and senior on the cheer and stunt teams, said, “I really appreciated the Athletic Department giving all of us the time off to be able to go out and vote.”

A day off from sports and practice allowed students a chance to think about their own views. Wagner said, “Having the time to be able to go and vote showed that our school really cares about us making an impact

in the election.” The power of one’s voice became priority. “It made me realize how much my vote mattered,” Wagner said.

Rylee Orme, junior on the cheer and stunt team, also took the opportunity to cast her ballot. She said, “It felt good knowing that the Athletics Department cares about us practicing our rights to vote and giving us time to go to the polling centers.”

To learn more about what Athletics are up to, visit <https://cuieagles.com>.

PICTURED ABOVE:
Avery Wagner and Rylee Orme dropping off their ballots and getting their “I Voted” stickers.
Photo Courtesy: Avery Wagner

Concordia alum Case Bruton courts success

KAILYN CASE
STAFF WRITER

Not every high school graduate attends college, just 62% of men and 68.9% of women enroll in higher education according to the Bureau of Labor Statistics. Fewer still are those students who earn scholarships as student-athletes.

Back in 2013 when Concordia was a member of the NAIA, the Eagles were allowed just 11 scholarships to men’s basketball. One of those scholarships went to Case Bruton.

“Case was a strong leader not only with words but with action as well. No one outworked Case - he spent countless hours in the gym while maintaining a high GPA and worked two jobs in the summers,” recalled head basketball coach Ken Ammann. The longest tenured coach in Concordia’s history, Ammann has seen many talented players don the Green and Gold in his 20 years. Still, Bruton stood out, on the court and off.

As an athlete, Bruton played in 27 games scoring 231 points and getting 16 steals with 23 assists and 79 rebounds. Off the court, Bruton graduated summa cum laude and received



PICTURED ABOVE: Bruton in the middle of an intense game as he scopes out his next move to have yet another victorious night.
Photo courtesy of: CUI Athletics

the “Marketing Student of the Year” award from Concordia’s School of Business and Economics faculty.

“Business faculty helped focus Case’s global horizons into riding his athletic gifts to pursue the roles of both professional athlete and graduate student overseas,” said Professor Kit Nagel, who teaches at both the MBA and undergraduate levels and is an expert in global marketing. “He took the leap and succeeded,” Nagel added.

Bruton found Concordia to be a perfect match. “I was blessed with a scholarship to play basketball and wanted to be part of a basketball program that had a winning culture and real chances to win championships,” Bruton explained, “I also was enticed by small class sizes and positive reviews about the professors, faculty, and community environment.”

“Furthermore, it was a good fit because I love Southern California and have extended family in Orange County,” added Bruton. Having a

winning culture that is both intense and competitive as well as an environment of small class sizes so you can be close with professors made a nice addition to helping Bruton achieve success.

Being a student athlete is not easy. Bruton said his success in the classroom is through hard work and persistence. “I asked professors questions when I needed help and studied hard both independently and with a great group of study buddies. I also had phenomenal professors.”

Being diligent in the classroom and participating in conversations with your professors is a small gesture that improves the quality of your education immensely. Bruton went on to get his masters of education which then led him to land a professional basketball career in Lithuania, even though he was offered a financial position at McKnight Group.

Bruton said, “When I am done playing basketball I definitely want to get into business. I learned so many great things in the Marketing program at Concordia that I already apply when I’m not playing professionally. I have a basketball training business when I am back in California and have grown a clientele quite rapidly. I am not entirely sure what I will focus on when I finish my playing career, but I am sure that it will be business-

minded and my marketing background will play a huge role.”

Seeing students be successful like Bruton is both inspiring and motivating. “He truly embodied the term ‘student/athlete,’” emphasized Ammann. “Although he was an outstanding player here, he always placed his responsibilities in the classroom at the highest priority.”

“In the classroom, Case’s leadership allowed his teammates to shine and achieve; he was a quiet presence,” remembered Professor Carolyn Shiery, who teaches marketing in the business school. “On and off the court, Case’s actions demonstrated integrity, humility and service, qualities that we hope to cultivate in all CUI students.”

In an interview with the Courier, Bruton added that he wished to thank his Concordia teachers and coaches who served as both role models and mentors. He singled out Professor Shiery who first introduced him to marketing. “Professor Shiery saw something in me when I took my first marketing class and convinced me to switch my major to Marketing. It was the best decision I made at Concordia. I am forever grateful for that opportunity.”

MOXI3 is a gym and community

OMAR ABUL BURGHUL
STAFF WRITER

Exercise is more important now than ever before. If you are not involved in a campus sport or club, finding a workout routine can be tricky. At the beginning of the pandemic, students and student-athletes alike struggled to find ways to take care of their physical and mental health.

Now, student-athletes have once again found their groove adapting to COVID-19 regulated training, and other students have found a home at MOXI3 - a local COVID-19-regulated fitness studio in Costa Mesa.

Dion Chung is a senior on the track and field team who has been working at MOXI3 for the past three weeks. “I love working at MOXI3 because everyone there is passionate about helping people and the community. As an athlete, I know the benefits of exercise go beyond physical health. Exercise releases



PICTURED ABOVE: The outdoor spin studio
Photos courtesy of: Dion Chung

endorphins, which make you feel good and are extremely beneficial towards your mental health,” said Chung.

The name MOXI3 itself is symbolic. The number three stands for the three different classes they offer - spin, strength and shred; and MOXI stands for headstrong. A befitting name, as

the business first opened doors during the pandemic. According to a recent Yelp analysis, “100,000 small businesses in the U.S. have closed permanently since the pandemic began.” Meanwhile, MOXI3 is working hard to be a place of restoration for the community. The studio prides itself on offering people a brief reprieve from the world where they can work out in a safe, clean, and positive environment.

Dr. Elizabeth Moxley discussed exercising amid the COVID-19 pandemic in her article for the Preventive Cardiovascular Nurses Association. Moxley said, “According to epidemiological evidence, exercise is the real polypill. Exercise improves fitness, strength, coordination, immunity and suppresses inflammation, and has mental

health benefits as well, especially for depression.”

Moxley continued in her article and said, “While certain diseases increase bodily inflammation, i.e., heart and lung disease, and excess weight, the immune system is highly responsive to exercise.”

MOXI3 aims to provide the community with a safe place to exercise by enforcing strict social distancing and mask regulations. The company also performs health checks on each person before entering, taking their temperature and screening for any potential symptoms. Additionally, the cleaning routine is regimented and rigorous. On top of that, all spin classes are outdoors to maintain better airflow.

Emilee Buzzell is a senior living off-campus. She has loved the spin classes at MOXI3. “I love to spin. Having the classes outside is super cool. Even though everyone is six-feet apart, it’s still nice to be near a community of people. The workout is great, and I always leave feeling accomplished and refreshed,” said Buzzell.

Interested in checking out MOXI3? There are three different ways that people can get a free class. First, the promo code MOXI3FIT will merit you a free first class credit at checkouts. Second, they offered free classes for veterans and their families Nov. 11 for Veterans Day -- and considering that was just a few days ago, veterans may still be

able to score a credit. It doesn’t hurt to ask! Third, you can donate to MOXI3’s food drive for HomeAid OC. HomeAid OC is a national nonprofit organization with a mission of building new lives for families and individuals experiencing homelessness through housing and community outreach. People who donate three or more items of the following: Boxed stuffing, \$20 grocery gift card, instant mashed potatoes, canned cranberry sauce, canned corn/soup/yams, canned green beans/gravy, and/or non-perishable desserts, can get a free class credit.

Students also get discounts on their different class packages. MOXI3 offers students 10 classes for a discounted price of \$150 instead of a \$250 charge.

For more information on MOXI3, check out their website at moxi3.com.



PICTURED ABOVE: Dion Chung at MOXI3
Photos courtesy of: Dion Chung



PICTURED ABOVE: The food drive for HomeAid OC
Photos courtesy of: Dion Chung

Technological warfare: Apples versus Droids on campus

CASH CASTEEL
STAFF WRITER

Two tech giants, Apple and the Android-based brands have been battling it out in Silicon Valley for the past decade and beyond in an attempt to release the best smartphone on the market.

Steve Jobs, Apple's original CEO, released the iPhone back in 2007. The iPhone started a tech revolution that completely reshaped society to be centered around a device where the average person is now able to have a computer in their pockets to use wherever they go. Since then, tech companies have followed suit in creating smartphones of their own in hopes of turning a profit, thus creating a new platform called Android.

The younger generation of adults adopted these new products very quickly, with statistics showing that smartphones are currently owned by 95% of people aged

18-34 years old, according to Pew Research Center. Naturally, the topic of smart devices is discussed widely among this age range of people, whether it be late high school, college, or in the workforce.

Of the majority of iPhone users, one student at Concordia stated how he feels about his Apple device. “I have the standard iPhone 11, and I enjoy using it,” said Marshall Murphy, a senior majoring in Commercial Music. “I’ve enjoyed Apple ever since I had the first iPod Touch, I’ve always stuck with that brand since then.” When asked what his favorite feature is on his current device, Marshall mentioned the slimmed-down interface that comes with the iPhone. “The user interface is pretty similar across all Apple devices. I have an iPad and a MacBook as well as my iPhone, and the sensibilities are all pretty much the same, so it is easy for me to jump from device to device,”

said Murphy. “I love the cross-app compatibility. For instance, if I’m using Apple Maps, the navigation bar at the top will follow me into whatever application I’m using, such as replying to a text message.”

As a Commercial Music major, Murphy also likes how the Apple brand devices are geared more towards artists and how it assists in achieving his musical goals. “As a musician and artist on the go, I will sometimes have an idea in my head, so I will open the Voice Memos app and hum a melody into the microphone, or play something into it, which has very clear capture quality,” said Murphy. “Because of its seamless connectivity within the Apple Ecosystem, I can then AirDrop those files on to my MacBook and then listen to them on my studio monitors.”

Apple has shown, according to a student user, to be very intuitive, simple, and even enjoyable to use. Don’t forget

that there is another brand, still, and it’s always giving Apple a run for their money.

Landon Mills, a senior and fellow Music major, is one of the few students who own a device based on the Android operating system. “I have a Samsung Galaxy S10, and I love using it,” said Mills. Having been an iPhone user in the past, he said there are many reasons why he sticks with Samsung now. “Apple designs their phones to update periodically, and it was discovered several years ago that these updates actually cause previous models to run slower or not even function to encourage purchasing the new iPhone.” Apple was fined for this in February of 2020, as it was confirmed in late 2017 that they did, in fact, slow the devices down, according to BBC.

Mills mentioned some quality of life features on the phone that he can’t live

without. “A simple dedicated “back button” is so useful at all times,” said Mills. “There aren’t necessarily any specific benefits to a musician that you can’t get on an iPhone, but the complete integration of the Google suite of apps definitely helps me stay on top of school better than Apple’s counterparts. The bottom line for me is that in my experience, iPhones are trends, and Androids are tools.”

There does not seem to be any winner in the battle between the tech brands. End of the day, there’s plenty of things about an iPhone that makes it better than an Android, and vice versa. All that matters is the preference of the individual that is making the purchase, and with the holiday season close at hand, no doubt more students and faculty alike will be mulling over updating their Apple or Android.

Personal Narrative

CONTINUED FROM PAGE 1

COVID-19, which all came back negative. Out of all the times I got tested on this one, I felt the best going in, so I had no qualms regarding the appointment.

When I arrived at the Wellness Center, it looked the same as always except with a new sign outside. The sign outlined their new procedures, one of them being that only one person was allowed in the waiting room at a time. Since there was somebody in there already, I waited for my turn to go inside.

As soon as I entered the building, they told me to use hand sanitizer. I did. I stood behind the plexiglass wall and confirmed the details of my appointment. Within minutes the nurse practitioner was there to see me and escort me to a room. It was around 10 a.m. at this point.

The testing was quick and easy, like never before. Previously I had been tested twice through a drive-through at a Banner Health site and once at FastMed Urgent Care. To say this was the most positive experience I've had getting tested would be an understatement.

This summer, each time I got tested, tears would well

out my eyes uncontrollably. The pain was swift but severe. For those three tests, it had felt like a little tiny sword pricked my brain through my nostril but not this time around. The on-campus test was a short small swab that felt painless, uncomfortable, and strange, but not hurtful. I imagine it would feel similar to what a child would feel sticking a crayon up their nose.

Once the test was over, the nurse practitioner went over what my next steps would be. First, we would wait to see what my rapid results test said. If it was positive, then I would be going into quarantine. If negative, I would be going into isolation until my lab results confirmed the negative test. Either way, I would need to pack up my stuff to switch rooms. The main difference between quarantine and isolation is the severity. While in isolation, you can still go out onto the patio area of your assigned room with a mask on for fresh air, but in quarantine, you can not.

Thankfully my rapid results came back negative. However, I still needed to pack my bag and go into isolation until the lab results came back. By this point, I was feeling completely

normal and fine. My headache and congestion were gone. Now I was more stressed about packing all my stuff for isolation than anything else.

Once I had everything ready to go, the RA on duty swung by to load my stuff onto the golf cart. From there, I walked over to the isolation room, met them near it, and picked my stuff up off the golf cart. When I entered the room, it was bare as bones except for two places- the dresser and mattress. There was a tub filled with a spray bottle, paper towels, garbage bags, tissues, and soap on the dresser. There was a new set of sheets on the mattress, a brand new pillow, and a fresh blanket. There were also curtains already hanging. At first, it felt eerie coming into this empty room but as soon as I unpacked my stuff, it felt more familiar.

Thankfully, I felt fine my entire stay. I spent most of my time in isolation relaxing, catching up on sleep, doing yoga or HITT workouts in my room, and getting ahead on my homework.

Meal orders are accessible through a QR code directing you to a site to place your



PICTURED ABOVE : The sign outside the Wellness Center

order from the available meal options. The meals are always delivered promptly to the door. The RA on duty is also available if you ever have any questions or concerns.

Going into isolation, I was terrified. However, after experiencing it firsthand, I'm no longer fearful; instead, I'm more thankful that our University is taking such caution with our health and safety.

If you're an on campus student experiencing any physical symptoms of coronavirus -- or wish to speak with a professional about other health concerns -- contact the Wellness

Center at (949) 214-3102 or via e-mail at wellness@cui.edu.

Editor's note: For student confidentiality purposes, the author wishes to remain anonymous. The Courier staff respectfully thanks the student writer for sharing their experience.

CUI Wellness Center

Hours:
Mon. - Fri.
9:00 a.m.- 4:00 p.m.

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LEFT PHOTO:
Dion Chung lifting in the new weight room

Photos Courtesy: of CUI Track and Field

Let there be lights!

CONTINUED FROM PAGE 1

COVID-19 has taken its toll on students across the U.S., but this has given time for the Eagles to train harder and have more training times throughout the day. "Due to COVID, we have all had more time to prepare and get in shape than any other season previously.

We haven't raced since early March so everyone is itching to complete. Everyone looks fast for sure," said Feitz.

Senior track and field sprinter captain Madison Hergert believes the new renovations will aid in taking the team to the next level. "The track improvements will transform how we practice and help us get to that next step of being a championship winning team," said Hergert

With coronavirus still weighing on minds it is easy to get discouraged, but track and field athletes remain hopeful and hungry for a championship. Improvements such as these help to uplift the athletes and give them something to look forward to- lifting in their own weight room, running under lights and practicing on a brand new track. The Eagles are ready to use their new gear as the springboard for a championship year.



“Moving From Fear to Faith” Recital

CAITIE FULTON
ARTS & ENTERTAINMENT
EDITOR

Last week, Concordia’s Music Department paired with Christ College to produce the Second Annual Sacred Music Recital “Moving From Fear to Faith.” Presented virtually, the program included recital performances, prayer and devotions.

Professor of Oboe at Concordia, Siri Lyon, performed during the Sacred Music Recital. “I’m very happy for the opportunity to make music for this project,” said Lyon. “The end product was wonderful and all my fellow musicians performed beautifully!”

Emmalyn Doyle, freshmen flute player who also performed during this recital, added her feelings about using the recording studio. “It was so amazing to perform in the recording studio. I had seen pictures of the studio and heard other students

talk about it, so getting to participate in a recording session was an experience that gave me a sense of excitement and professionalism,” said Doyle.

Due to COVID-19, the performance was all completed virtually, where each performer recorded their portions of the recital separately from everyone else. Lyon explained what the new reality is like working around COVID; “I recorded my part alone listening to a track of the other musicians, which was then mixed into the final edit.”

Performing alone, unfortunately brings a hardship that is not present when performing with the entire ensemble. The fundamental way that music is made has been altered for safety. “The beauty of music is creating something in the moment with other people, playing off of their energy and musical ideas. While I am a huge supporter of putting out music in whatever

way possible during this time, I look forward to the day when we can return to playing live,” said Lyon.

There are some added benefits to this new format for performances. Lyon shared that it helps to have a way to stay connected with her family and friends through her work. “One benefit of having these recorded performances is that I can send it to my friends and family, especially those in my home state of Minnesota. They don’t often get to hear the performances I’m part of, so being able to send them a video recording is very special.”

Benjamin Singer, sophomore, shared a devotion during the recital. He is abbey west’s Witness Coordinator, or as he likes to call it, a “marketeer for Jesus.” His responsibilities as the Witness Coordinator include finding ways to connect and to witness to the Concordia community. “My personal goals within this job include finding

students within the Concordia community and plug them into ministry by using the gifts and talents God has given to them,” said Singer.

“One of the joys of working in a ministry context is the process in which writing a devotion takes place,” said Singer. He explained how his experience went, writing his devotion for this recital. He said, “This devotion was not the words of myself, but rather the revelation and guidance from my Heavenly Father. It sounds a little strange, but it is a divine experience that shows God evidently working in my life, and I often receive guidance and direction from those God has placed into my life.” Singer added, “The devotion itself is a joy because it is God’s word being revealed to me as well!”

“Working in abbey west is a great experience to learn about ministry, and learning how to connect to a diverse

audience with a variety of different religious beliefs, upbringings, and perspectives,” Singer continued, “Something I would love to see change is the relationship abbey west has with other departments. I’d love for abbey west to become an outlet for every department to provide spiritual encouragement and discipleship.”

The performance was appreciated by those that participated. Doyle said, “I really enjoyed the opportunity to praise the Lord through song with other fantastic musicians. During this time of uncertainty, sacred music provides such a beautiful reminder to us all that God’s love and promises are certain and constant, and that He is worthy of our praise at all times.”

To view this recital in its entirety, visit <https://www.cui.edu/arts/music/events>.

Music in the making



PICTURED LEFT: Concordia Choir getting their temperatures checked before rehearsal.
Photo Courtesy of: Timothy Maggs and Caitie Fulton



PICTURED ABOVE : Concordia Choir rehearsing outside of the Borland-Manske Center.
Photos Courtesy of: Timothy Maggs and Caitie Fulton

CAITIE FULTON
ARTS & ENTERTAINMENT
EDITOR

Last week, Concordia’s Music Department was cleared to resume rehearsals for winds and choirs in-person. Following strict regulations similar to the California K-12 guidance set out a few weeks prior, the outdoor-strict rehearsals have started up. The last time these ensembles were able to rehearse in-person was last March.

All groups practicing are following COVID-19 guidelines to make sure they can safely operate. Concordia Choir, Concordia Men’s Chorus, and Donne di Canto have been split into 18 maximum participants to lessen the

number of students together at a time while rehearsing. Woodwind Ensemble and Brass Ensemble have been created from those in Concordia Wind Orchestra to keep wind players minimal and lessen the number of students together while rehearsing. Eventually, once things are monitored, and COVID-19 safety is continued, choir ensembles will resume full capacity outdoors. In contrast, wind ensembles will stay split up in their respective groups.

While in rehearsal, each ensemble member stays six feet apart from each other while also wearing a mask at all times. The only exception to not wearing a mask is when wind players play their instruments. The wind

ensembles are then limited to 50-minute rehearsals, significantly shorter than what would be in a regular rehearsal to ensure safety.

Other regulations are being held to maintain caution and safety. Each rehearsal will have a check-in at the “door” to ensure tracking students’ use of facilities on-campus. Each student needs to use the Campus Clear app to show if they have any symptoms. With this, they have their temperature checked.

To learn more about activities in the Music Department, visit www.cui.edu/arts/music or contact Christina Douglass, the Music Office Manager, at christina.douglass@cui.edu with any further questions.

PICTURED BELOW: Woodwind Ensemble getting ready to rehearse on the lawn between the Breezeway and Administration.
Photo Courtesy of: Timothy Maggs and Caitie Fulton

