

# The Concordia Courier

Investigate. Inform. Ignite. Involve.

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Concordia University Irvine

Friday, April 24, 2015

## Marketing team repeats second place at LCEF competition

JONATHAN SERRANO  
STAFF WRITER

On April 10, the Lutheran Church Extension Fund (LCEF) held its fourth annual National Student Marketing Competition where CUI was once again a leading force. Concordia took second place for the second year in a row.

The LCEF competition is open to any of the Concordia universities to present their marketing plans. There were a total of eight in competition this year, with Concordia University St. Paul taking first.

The semester-long challenge was to create a marketing plan that raises awareness for LCEF and its impact on the Lutheran Church. Our team this year, who called themselves "Team Ignite," included seniors Margaret Dix, Emily Davis and Avalon Lucero and juniors Sarah Johnson, Austin Loughran, Hayley Natzic and Nathaniel Miles with Carolyn Shiery, Professor of Business, as their faculty advisor.

The odds were against our team as their time was crunched in preparation for the competition. The students were not able to speak to their client until late February, and their book was due in March with the presentation of it following Easter break. Taking on such a task in the short amount of time that they had required complete commitment and enthusiasm. This is what Shiery could not speak more highly of in discussing the quality of her team. "I believe that CUI has an advantage over the other teams because of our attitude and our perspective," Shiery said.

*"I believe that CUI has an advantage over the other teams because of our attitude and our perspective."*

The teams were expected to act as a real firm pursuing the account. The team created the tagline "LCEF: With you every step of the way." The second place crown earned the team a \$3,500 prize. Because the competition deals with a real issue and the teams receive legitimate cash prizes, similar to payment for an actual job, this



Photo taken from Concordia University Irvine Facebook page

competition will continue to be a great experience for all those involved. Our students are no exception to this, as Shiery advocates for this competition and is looking for others like it for students to participate in. "This is just the next natural step in [the students'] business education," Shiery said.

With a team comprised of upperclassmen, each member's three to four years of CUI business education were utilized. The students created their plan based on both primary and secondary sources. Taking this as seriously as one would a real job, the students worked together equally, offering their unique strengths. The

seniors who participated can look back at this for the realistic experience it gave them moving forward to life after undergrad. One last congratulations to "Team Ignite" for yet another successful LCEF National Student Marketing Competition and to many more in the future.

## Intramural soccer championship tonight

TYLER MARK  
STAFF WRITER

Today represents not only the last day of classes and the start of finals week, but also the close of the intramural soccer season as "Manchesthair United" takes on "FC Foot Fault" in the championship game tonight at 7 p.m. on the soccer field. Both teams finished the regular season with winning records, and now they will battle it out one last time. With students getting ready to finish off the semester strong, intramural soccer allows students to clear their minds with a fun competition.

There were 13 teams that participated in the league, some having unique names such as "Holla We Dem Boyz" all the way to "Messi On Your Face." For some students, this was their first time participating in one of Concordia's in-

tramural sports programs. Intramurals give students an opportunity to get involved on campus, meet new people and get some exercise in as well.

For being an intramural league, there was plenty of respectable competition. Eight of the 13 teams finished the regular season with winning records. "FC Foot Fault" will be the underdogs for tonight's championship game, entering with a 4-3 record, while "Manchesthair United" finished at the top of the pack with a 6-1 record.

For freshman Daisy Villegas, her first time competing in intramurals was a positive one. "Playing intramural soccer was extremely fun. There was a lot of great competition, which made it a lot of fun. Getting a chance to play students that you see on campus made it exciting and worth it," Villegas said. "I got the opportunity to meet new people while competing

against them in a relaxing environment."

All students are invited to participate, including school recognized student-athletes from our varsity sports. Villegas is one example as she not only participated in intramurals, but is also a forward on our women's soccer team.

The co-ed league does not discriminate by skill level, but instead looks to even out the competition as best as possible. Students are excited because they don't have to compete solely against their same sex. "I enjoy playing co-ed sports because it allows me to step up my game and compete to my best ability, sometimes even higher than that," said Rebecca Jerez, freshman.

Some people believe that playing co-ed sports is dangerous and unfair, but it often brings out the best performances and is more entertaining. "I'd rather play against guys because it's different," Jerez said.

Intramurals not only brings joy to participants, but also entertainment to spectators. "I love going to intramural games to cheer on my friends, almost as much as going to the varsity games on campus," said Victoria Peleras, freshman.

If you're still on the fence about attending the championship game, there will be fire pits set out on the field to make s'mores after the game. "Being the last day before finals we wanted to provide students with something good that is also quick and easy," said Brendan McCabe, sophomore LEAD Coordinator. Come out and watch the crowning of a new intramural champion!

For more information about intramurals, visit the intramural page at: <http://www.cui.edu/studentlife>.

# Harris and Kimble set to represent Concordia at ARC

RYAN McDONALD  
CAMPUS EDITOR

Each year, faculty representatives from Concordia University attend the annual Western Association of Schools and Colleges (WASC) Academic Resource Conference (ARC) to ensure the validity of a degree earned from Concordia. Every school of higher education in the western region of the United States is required to become an accredited institution by meeting certain standards that are held by WASC to ensure that the classes students are taking are rigorous enough to give the degree credibility.

This three-day conference in Oakland—which began on Wednesday and ends today—is a vital part of Concordia's academic reputation. Concordia decided to take a new approach to the ARC this year.

Usually, the ambassadors of these schools are full-time faculty members, but Concordia thought it would be a considerable experience for senior LEAD Fusion Coordinator Amanda Harris to present her assessment to WASC on LEAD's Fusioners and how their student skills have increased for being a part of the Fusion program. In addition, First-Year Experience grad intern Danny Kimble, '14, will display his

findings on what is efficiently working for helping accommodate first year students to Concordia.

Dr. Gilbert Fugitt, Dean of Students, said, "What [we] are doing is unique. We are taking a group of two staff members, myself and [Brianna Springer], and two students—Thursday and Friday only—to present our assessment on how we are 'closing the loop' to ensure student success."

In March of 2014, representatives of WASC visited Concordia for the first time in ten years to get a firsthand look at the great things our small Lutheran university has to offer. Not only were they impressed by the school's overall assessment, but also by the students who portrayed the information to them.

"Having students perform an assessment at the ARC is fairly unheard of; usually it is full-time staff. We had to be creative because of the fact there are only two faculty members going to Oakland and we have much to cover," said Brianna Springer, Director of Multicultural Leadership & Service Learning. "It has been really great for them (Harris and Kimble) because they have so much honor in their programs."

Springer will present today on LEAD's behalf, and will cover assessments and implemen-

tations each part of this program is taking to better student experiences.

In the past, WASC has had their main focal point geared toward academic integrity. Over the years, however, they have shifted to look beyond the classroom, and examine the co-curricular activities practiced by students and staff that assist with learning and student involvement.

Every year, LEAD focuses on one of the three aspects of leadership: representation, engagement and development. This year, they discussed development and how their individual subsection of LEAD assists with students developing into well-rounded individuals. The activities that are put on for students are opportunities to engage with others and develop social bonds amongst fellow Eagles.

LEAD is not the only program that assessed student development; in fact, all of Concordia's programs that focus on student services and affairs are represented respectfully. Residential Education Services, First-Year Experience, the Wellness Center, Campus Safety and ASCUI have also taken charge in doing their assessment on the activities they host at Concordia.



Kimble (left) and Harris will represent Concordia at the Academic Resource Conference in Oakland. Photo credit: Ryan McDonald

## The Concordia Courier

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## Lifetime Achievement Award: Gerald F. Brommer

MAILE WILSON  
STAFF WRITER

On Sat., May 9, Concordia will host the 14th annual Gala of Stars event and will be honoring Gerald F. Brommer with the Lifetime Achievement Award for his impeccable talent in the arts and for his outstanding Christian behavior. For the past thirteen years, Concordia has held this black-tie fund-raising event, which includes both silent and live auctions, the presentation of the Lifetime Achievement Award and live music directed by Steve Young. All proceeds of the auction go to student scholarships.

Brommer, Lifetime Achievement recipient, is a world-renowned artist, author and teacher. Having written over twenty books, Brommer's work can be found in art galleries, libraries and colleges throughout the country, including CUI. Brommer attended Concordia University Nebraska, where he received his MA; the Chouinard Art Institute, Otis Art Institute; UCLA; and USC.

Brommer loves to give back to the community and has been an art teacher for twenty-six years. He also teaches art workshops for adults. Through Brommer's acrylic and watercolor paintings, his passion is seen as inspiring and brilliant to all. Brommer's work can be viewed in classrooms throughout Concordia and Grimm Hall.

LaVeda Carter, Executive Director of Foundation Operations, has awarded Hollywood actors this Lifetime Achievement Award at previous gala events. Past recipients such as Pat Boone and Dean Jones, who starred in Disney's "The Love Bug," have attended the event to not only receive this award, but to donate to the university as well.

"These recipients of the Lifetime Achievement Award are people who are in the public eye and who stand up for their Christian beliefs," Carter said. "Brommer is a strong Christian and it is evident in his artwork." When Carter called Brommer to break the news, she stated that he was humbled by this honorable award. Brommer will be present at the Gala of Stars to accept this achievement.

The Gala of Stars event is an important function. Each year, all the proceeds go to student scholarships. Last year, the gala raised \$560,000, and all donations were from the generous donors who attended.

Tickets start at \$150 and anyone can attend. If attendees wish, they may purchase a table in advance for a given amount of money. Tables start at \$3,500 and go up to \$25,000. For more information about this notable event, visit [cui.edu/gala](http://cui.edu/gala) for more information.



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@ConcordiaCourier too!

## Women's Tennis heads to NAIA National Championships

ALEX GERRAIN  
STAFF WRITER

The Women's Tennis team has earned their spot in the NAIA National Championship after their first place finish in GSAC. The team will be heading to Mobile, Ala. on May 12 as they compete for the national title as the best team in the NAIA division.

This year's Women's Tennis has gone down in history for the entire program (both Men and Women's Tennis) as the first team to ever win the GSAC Tournament Championship. On Fri., April 17, the women beat No. 19 Vanguard to seal the deal, proving to the GSAC conference that Concordia is the best in the league.

With a hard and frustrating beginning of the season and some tough matchups in conference play, the team was determined to find a solution to the upsetting losses. With stakes high to reach their goal of winning the GSAC Tournament, the team decided they needed to pull together and go into the tournament with a strong and game-winning mentality.

"Everyone on this team gets along very well, and the reason we work so well together and show up ready to play is because we are a bonded team and act like one, even though tennis can be a very individual sport," said Caitlyn Uzzi, junior. "We want to see one another succeed and we are always there to support every member of the team."

One of the main turning points for the Women's Tennis team this year was their win over Westmont College. It had been a long time since CUI Women's Tennis could say they had beaten the No. 11 Westmont Team. "The win over Westmont was a huge win for us. All season we worked to compete with

them and everyone came ready to win that day. It was a big accomplishment for us as a team," said Kelsey Markle, junior.

The team is comprised of many hardworking, determined and skilled ladies. The time and effort they put into their sport has paid off this season. "We were able to learn from our mistakes and frustrations at each point of the season and use them to push forward and be better players. On top of that, our level of fitness that we accomplished in our off season truly helped us," said Ellie Johnson, senior. Even at moments of struggle, the Women's Tennis team kept their mind-set controlled and positive so they could achieve both the team and the individual goals.

Though the team is small, next year looks promising for the Women's Tennis program as they return eight out of the ten members. Ivana Vlakic, sophomore, is one of those members who will return next year. "This season was really a battle; every match was close and as a team we came together toward the end of season and brought our dreams to life. This is really inspiring for next year going to NCAA Division II," Vlakic said.

Along with all varsity sports at Concordia, the women's team will step into the NCAA Division II Pacific West Conference next year. They will face new challenges and prepare for yet another competitive season.

The women finished their conference season with great success and now they will continue on to prove that they are capable of being the best in the nation. For more information on the Women's Tennis team, visit our athletic homepage at [www.cuieagles.com](http://www.cuieagles.com) or follow the ladies online as they compete in the NAIA National Tournament.

## Track & Field preps for GSAC Championships

NATALIE CORONA  
STAFF WRITER

The Concordia Track and Field team departs to Westmont College in Santa Barbara today to compete in GSAC Championships. GSAC is an affiliate of the NAIA, but all universities that are members of this association are Christian colleges.

The two-day event kicks off today with preliminaries, where athletes will compete to see if they make the cut in order to qualify for the main events taking place tomorrow. Concordia will be competing against nine teams located up and down the coast of California and Arizona including Vanguard, Biola, Hope International and Arizona Christian.

Since welcoming Head Coach Danny Bowman in July, the program has changed dramatically. Despite starting the year off rough having to readjust to a new coaching style, the team is finally ready to take all their hard work and training from both Indoor and Outdoor seasons to the championships.

"[Bowman] changed the program dramatically," said Jasmine Barron, junior. "This year we are such a tight unit, being like a family and working together."

Megan White, senior, also chimed in to Barron's comments, explaining how the team has become very family-orientated this year compared to previous years. White said members are much more supportive of one another, whether they are relay runners, sprinters or participants in the field events, everyone is cheering one an-

other on. "The group is no longer competing as individuals; we are now a unit and will compete as a team," White said.

For the past few weeks, Bowman has been training his athletes at competition level in order to prepare them for their last GSAC Championship before Concordia transitions to NCAA Division II. The reason for this is that Concordia will be competing against universities with teams much bigger than our own.

But what the team lacks in numbers, they make up for in drive and sheer determination. Barron, who will be competing in the 1500 and 800, is not intimidated by this disadvantage. "The coaches see our potential. We just have to try our best and our main focus is working together at our topnotch potential," Barron said.

Concordia Track and Field has not won a GSAC Championship title or placed in recent years. With no title under their belt, members still remain optimistic to see what this year's championship will bring for the team.

"I'm really excited and kind of shocked that it's actually here," said Ashley Bell, junior captain. "We've been training for it all season and for a lot of people, it will be their last race, so I'm excited to see how they do."

Send our Eagles some good luck throughout this weekend as they travel to Westmont College to compete in their last GSAC Championships before the transition into the NCAA. Keep up-to-date with results and team scores, as they are posted on the athletics website: [www.cuieagles.com](http://www.cuieagles.com).

## Paula Weishoff returns as Head Coach for Women's Volleyball

TAYLOR DENNISON  
SPORTS EDITOR  
AND  
MIRANDA LENTZ  
STAFF WRITER

Paula Weishoff, CUI Women's Volleyball Head Coach from 2004-2008, has returned to the role as Head Coach after the departure of Coach Trevor Johnson, who took a position with Baylor University. Weishoff played an instrumental role in setting the foundations of the Women's Volleyball program and plans to lead the nationally-ranked team in the transition from the NAIA to the NCAA Division II.

Stepping into the Head Coaching spot is no easy task. Because Weishoff has been a player and a coach, she understands all aspects of the game. In her professional career, she was a four-time MVP in Italy playing in the Italian first division and has spent time in Japan and Brazil playing volleyball. She participated in the 1984, 1992 and 1996 Olympic games, and from there, she was named United States Olympic Committee Female Volleyball Athlete of the Year.

In 2008, when Weishoff left CUI, she made the move to be Head Coach at UCI where the team had many successes. However, we are excited to have her back with our Lady Eagles and she is also excited to be back because she loves the people that are here. This upcoming season will be an exciting and rebuilding one. The women's team has mostly freshmen and sophomores who have been working very hard during their off-season and are very eager to meet the new incoming players. This means that there will be no seniors this upcoming season, so the leadership will be up to the juniors and sophomores.

The team is young, but Weishoff does not necessarily think this is a bad thing. "I think having a young team is great. You can mold and build and grow and I think it fits perfectly into what's happening with the switch to the NCAA Division II," she said. "We can have a couple years until we get the chance to compete again for a national title, so I think it's a perfect fit."

The team is thrilled to have a coach like Weishoff because of her immense knowledge of the sport and her competitive nature. They believe that she can guide them in the right direction because of her diverse experiences playing and coaching volleyball.

"She is highly spoken of and is widely respected," said Maddy Deters, freshman. "She emphasizes your individual strengths rather than weaknesses." With moving to NCAA Division II, Deters said that the team will have to undergo changes, but Weishoff will guide the

team through this change to only make the women better as a team and as individual players. "There is a tradition of winning and success here [at Concordia]. So I am very glad that I came back because I know I've inherited a very good group of girls and I'm excited to work with everyone," Weishoff said.

Olivia Zolezzi, sophomore, is excited to have a change in coaching staff because the dynamics of the team will gradually shift from being led by one coach to another who has a plethora of experience in many aspects of volleyball. "[Weishoff] will make us more disciplined. She'll make us focus on techniques that will help us show improvement throughout our matches," Zolezzi said.

Ellie Ladensack, sophomore, said she had a conversation with Weishoff who explained that

even though some say that coming back to Concordia may be a step down in the career ladder after spending time at UCI and other involvements, Weishoff is overjoyed to return to CUI. "The way that she coaches makes us, as players, improve our game. Her high expectations will help us maintain a successful team," Ladensack said.

Although the team is not currently in season, they have been having intense practices with lifting almost every day and occasional scrimmages. These practices are helping them to get acquainted with Weishoff's coaching style.

"Like I said before, excellence is here and our goals are to win conference for two years and then, when we have a chance, to actually do post-season play and go to the tournament. Competing for a national championship is defi-

nately what this program is about and we want to keep it that way," Weishoff said. "We want to continue that tradition of excellence."

As a whole, the team will have to adjust to the changes in coaching staff and the changes in technique and style. As Weishoff gets to know each of the women, they have to keep an open mind-set and soak in the critique and feedback because it will make the team stronger mentally and physically.

Respect is a major theme going around the Lady Eagles Volleyball team and they cannot wait to start playing games and seeing their potential and skills expand. Weishoff has already had a significant impact on the program, the future growth for the team, the athletics department and on the school as a whole.



Paula Weishoff, Women's Volleyball Head Coach. Photo taken from the OC Register.

## Everyone's a winner at Casino Royale

CELINA STRATTON  
STAFF WRITER

Last Friday night, LEAD Fusion hosted Casino Royale in the Student Union where students played various casino games, won raffle prizes and participated in a blackjack tournament.

Upon arrival, students strolled on the red carpet into the entrance of the transformed cafeteria. Inside they found numerous casino tables, "mocktail" beverages, cookies and casino-themed decorations, like red inflatable dice and balloons.

This casino night was unlike any event that has been held this year. Between the 29 raffle prizes, fake money and \$100 Visa gift card grand prize of the blackjack tournament, the chances to win were much higher. "We want[ed] everyone to feel like a winner, which normally does not happen in a real casino," senior Fusion Coordinator Amanda Harris said. "The goal [was] to really bring that casino life to our Student Union with music and lots of decorations."

All levels of experience participated in the casino games, which included blackjack, three-card poker, roulette, craps and triple shot. In addition, every student who participated was given \$300 of fake money to start with and play those casino games without the consequences or fear of losing real money. The night consisted of constant cheering, congratulatory high-fives and encouragement from peers.

Because it was also a night of class and sophistication, nearly all of the 100+ participants dressed in semi-formal attire. Ladies wore their best cocktail dresses and fancy heels while the gentlemen sported suits, ties and even suspenders. The atmosphere truly felt like an upscale Las Vegas casino right here on campus.

Students' efforts for dressing up did not go unnoticed, as Fusion added a "Best Dressed" category where an anonymous group of Fusioners voted for the best dressed male and female of the night. The "Best Dressed" winners each received a \$50 Visa gift card for their astounding attire.

Casino Royale was unique because it was planned and executed by the members of Fusion, better known as "Fusioners." According to the student leadership page on cui.edu, "Fusion is specifically designed for incoming freshmen and transfer students who are interested in getting plugged into various student leadership opportunities on campus before applying for an official student leadership position for the following year." Freshman Fusioner Ashlie Rodgers said, "Fusion is a really great way for new students to be involved and meet new people." Fellow freshman Fusioner Michael Hammerle added that Fusion can lead to "bigger and better opportunities after freshman year in leadership."

The two Fusion coordinators, Harris and sophomore Brianna Garza Farin, helped direct their group of 32 Fusioners in planning this occasion so they can put the skills they have learned throughout the program into use. "We do this because we want them to get some experience in event planning and working the event. Leadership requires event planning, small and large. Fusioners get a hands-on experience of planning one of their own before they enter student leadership," Garza Farin said.

Casino Royale was a fun night of games and prizes and received rave reviews. Fusion gave a chance for everyone to be a winner by holding a raffle every 15 minutes because there were so many prizes to give away, including the grand raffle prize of two Disneyland park-hopper tickets. The positive feedback could possibly influence reviving the event next year, but no official plans have been made yet.

Make sure to visit the Student Events calendar on [www.cui.edu/studentlife](http://www.cui.edu/studentlife) during the summer for a sneak peek at next semester's events.

# Airing out the dirty laundry



Photo credit: Megan Harbert

MIRANDA LENTZ  
STAFF WRITER

On April 13, the Concordia Wellness Center hosted The Clothesline Project in the Breezeway and Student Union patio. The Clothesline Project is a sexual assault and abuse awareness event that displays t-shirts that are decorated by local victims or by family and friends of those affected by this type of abuse.

The project started in Cape Cod, Massachusetts in 1990, due to a staggering rise of violence against women. The shirts are visual expressions of their emotions and serve as a testimony of their experience to other people. Community Service Programs (CSP) is the organization that brings the shirts to Concordia.

Megan Harbert, the Health Promotion Specialist, coordinated the event with CSP. Harbert explained a brief history of how this campaign came about. "Back in the day, the only time women had to talk to each other is when they hung up the laundry," Harbert said. This time together is when the gossip about life came out. For this reason, the title was chosen so that people would begin talking about these tough

topics.

To help raise awareness, CSP had a resource table available for students to talk to representatives and receive resources about assault. "This year, we had two Concordia students contribute to the display. As the display goes around Orange County, a piece of Concordia spirit will travel with it," Harbert said.

Lauren Youngsma, sophomore Peer Health Educator (PHE), is passionate about health projects. "Our goal of The Clothesline Project is that, although it may not directly affect people, we hope that it will have a ripple effect on them," Youngsma said.

As a PHE, "[We] attract people to tables and displays and help educate people about the program. And making people aware on a basic level for a better understanding of sexual assault," Youngsma said.

"Sexual assault is not a casual subject topic. But by bringing the problem out into the open, it makes the subject less awkward for people to discuss," Youngsma said. "It is a powerful tool to get people knowledgeable about the topic."

"The volume of shirts that are out is not a fraction of the people who have been affected by

sexual assault," Youngsma said. "We really hope that the project brings light to the problem and supports those who have been affected."

Tatiana Smith, junior PHE, has been involved with The Clothesline Project for three years. "As a woman, I feel the event is needed for any college campus, because sexual assault does happen."

"You are never prepared for helping others, but you have to embrace it and hope that you impact people's lives for the better," Smith said.

Meghan Lauer, senior, is a victim of sexual assault. Last year, Lauer contributed to The Clothesline Project by creating a t-shirt representing her assault. "The Clothesline Project makes people take notice of the problem and not turn a blind eye to the issue," Lauer said.

This year, Lauer discovered that her shirt no longer was being displayed in the public, but instead was hung in The Clothesline Project main office. "It is not a bad thing to be afraid to share your story, even if you are afraid," Lauer said. "The large impact that The Clothesline Project has on people is that it at least touched one person." Lauer hopes the project shows that it is not the victims' fault, despite all the circumstances of the sexual assault.

## Big expectations for *The Aerie* publication party

LYNDI ROSDAIL  
STAFF WRITER

On April 27 at 7:30 p.m., *The Aerie* will host a launch party event at Good Shepherd Chapel. The event will feature poetry and prose readings, refreshments and free copies of the 2015 *Aerie*. *The Aerie* is a student-produced publication that features pieces written by students, both current and alumni, and art pieces as well.

*The Aerie* is a "great place to get your piece published, and it's really fun," said senior Gretchen Otte, student co-editor. Earlier in the year, all students, alumni, faculty and staff were invited to submit any artwork, stories, or poetry for publication in *The Aerie*.

*The Aerie* is not just a place to have your work published. According to the CUI website, it also "provides students from both the English and Art departments a hands-on experience working collaboratively to produce a quality literary and arts journal."

Freshman Mariah Kohl submitted a few pieces of art work for this year's edition of *The Aerie*. "It's a good way to drive myself to do more artwork, get my work out there and meet new people," Kohl said. Kohl decided to go to the event after hearing about it through a friend involved with the English Department.

Each year, *The Aerie* receives many submis-

sions. The submissions are read, examined and then compiled into one collection of student work.

*"Every edition holds true to one, unchanging goal: to reward students' creativity with a tangible, professional and frankly beautiful publication"*

"*The Aerie* publication party brings writers and artists together on our campus in a wonderful celebration of the creativity of our students. It's always fun to hear the poems and stories read

out loud by their authors, and the slide show of student artwork from *The Aerie* adds another beautiful dimension to the evening," said Thea Gavin, Professor of English.

"My favorite part about being involved with *The Aerie* has been reading student work. I was impressed by the talent at our little university and thoroughly enjoyed the selection process," said senior, Carrie Gendle, student co-editor.

Staff of *The Aerie* are expecting a big turnout for the event. "I think the turnout will be substantial this year since we have such a varied mix of work. Hopefully the writers and artists will invite their friends for the celebration as well," Gendle said. All students are welcome to come out for the free event and relax to prepare for finals week.

Since *The Aerie* includes all different types of work, each publication is different in its own way. "Throughout all of *The Aeries* I've read, I have noticed a pattern. Every edition holds true to one, unchanging goal: to reward students' creativity with a tangible, professional and frankly beautiful publication," Gendle said. "That's what *The Aerie* does best, and that is why it exists."

For more information about *The Aerie* and to read past editions, visit: <http://www.cui.edu/academicprograms/undergraduate/finearts/art/index.aspx?id=17082>. Make sure to pick up your edition in the cafeteria during finals week or at the publication event.

## May Term: Faces and places of the Reformation

SAVANNAH ELLISON  
STAFF WRITER

Dr. David Loy, Assistant Professor of Philosophy and Theology, and three CUI students will be adventuring to Germany as part of their spring semester course from May 4 to 24. This three-week long trip includes a study of major figures and locations associated with the Lutheran Reformation, biographies of major figures, the locations associated with significant events and the political circumstances surrounding the Lutheran Reformation in Germany. This trip is not only fun and exciting, but also fulfills the Global Perspectives general education requirement.

Loy shared his excitement for this first-ever May travel term trip to Germany. "For me, my favorite part will probably simply be being back in Germany. As part of the course leading up to this trip we have read biographies of Martin Luther and his wife, Katharina Von Bora, so I think it will be cool to visit and see the sites; it's much more personal." In previous years, Loy has tried to get a group of students together, but was unable to get enough students interested. "All three students (going on this trip) are Lutheran, so for them coming to appreciate the sacrifices the reformers made and meeting with German students is part of the reason why this is going to be such a great experience," Loy said.

Zane Miller, freshman, explained that this trip interested him because it is like an entry to studying abroad as a freshman. Miller plans to also study abroad his junior year. "I decided to take this trip because I have always been interested in the Reformation having grown up in the Lutheran church. I believe that God is call-

ing me to go to Germany to learn and study more about the Lutheran church," Miller said.

After Michele Musegades, junior, graduates with a bachelor in Communication studies, she plans to attend the pre-seminary studies program and become a full-time church worker as a deaconess. Musegades said, "seeing the sights of the reformation will be beneficial and interesting to me." What Musegades is most looking forward to is the activities they get to do throughout. "The big project for this class is writing a paper on one specific area of the Reformation, and then when we are overseas we each will be leading a part of the companion tour in the last five days. I think it will be a good way for us to make sure that we are internalizing the information and help retain everything better." By doing this, they will receive the credit for Global Perspectives general education requirement.

"I was born and raised as Lutheran, and as I learned more about how it all took place in Germany, it became a bucket list item of mine. So when I heard of the opportunity for this trip, I had to do it," said Abigail Kent, junior. Kent expressed her love for the Lutheran church and desire to learn more about the history and culture behind it all. "The whole itinerary is full of exciting things and seeing where all these famous events took place, and changed the course of the world. As a Lutheran university, it is really important to learn about our heritage," Kent said.

"I'm really excited for this opportunity and I hope that more people have the opportunity to go in the future," Miller said. Loy hopes to gather a new group of students to have another May term trip to Germany next year. If you are interested, please visit <http://www.cui.edu/academicprograms> or contact Loy at [david.loy@cui.edu](mailto:david.loy@cui.edu).

## Presidential election 2016

MARNIE SALVANI  
STAFF WRITER

The presidential election of 2016 is still more than a year away, but with the recent announcement of several candidates, the campaign season is already getting started.

Just Monday, an unexpected candidate declared that he would run for president: rapper Waka Flocka Flame. *The Rolling Stone* released a video of the rapper, whose real name is Juaquin James Malphurs, making the announcement.

His agenda seems unfocused, as he discussed the prohibition of dogs in restaurants and the exclusion of people with big feet from walking around. However, while Flame can run for president, even if he wins, he is not old enough to hold office.

For more viable candidates, voters can look to the traditional political parties. The democrats have one confirmed nomination: Hillary Clinton. Clinton is running for a second time as a presidential candidate for the Democratic Party after losing to Barack Obama in 2008.

According to *Politico*, her previous campaign was too self-centered, full of disagreement and had left many voters feeling she was out of touch with the middle class. Her current campaign centers on everyday Americans and Clinton becoming their champion in the political arena.

While it appears Clinton is unchallenged at the moment, there appears to be a plethora of Republicans who have announced candidacy. Ted Cruz, Rand Paul and Marco Rubio have announced they will be running. Mitt Romney will not run again.

CBS News reported that Ted Cruz was the first major candidate to announce his campaign. On March 22, he tweeted a short ad with the caption, "I am running for President and I

hope to earn your support!" Cruz's stance on issues has earned him many highly conservative fans, including some in the Tea Party.

Rand Paul won his current Senate seat due to Tea Party support. He has also had previous campaign experience, as his father Ron Paul is a three-time presidential hopeful, according to CNN.

Finally, Marco Rubio is touted to be a very charismatic leader. He is only 43, a young age for a presidential candidate, but he hopes to turn this fact into an advantage. *The New York Times* stated that his message focuses on creating a future with a new generation of leaders.

However, as of yet, there is no clear front-runner for the Republican candidate, and there will be even more nominees to emerge. Up to ten more Republicans might run for president, including conservative Christians Mike Huckabee and Dr. Ben Carson, as well as other famous Republicans, such as Chris Christie.

Both parties have challenges to overcome. Democrats must show voters that another term under a Democratic president will be beneficial. Republicans must appeal to the increasingly diverse voter base, an issue that greatly impacted them in the last election.

As the election date draws nearer, more and more analysis and debate over each candidate will increase. It is up to voters whether or not they do the research to pick the right candidate to lead our country.

For a head start on research, *the New York Times* has a page dedicated to the 2016 Presidential Election. Students who are or will be old enough to vote can visit this site to keep updated on the candidates running and their stances on political issues. For more information, check out [http://www.nytimes.com/interactive/2016/us/elections/2016-presidential-candidates.html?\\_r=0](http://www.nytimes.com/interactive/2016/us/elections/2016-presidential-candidates.html?_r=0).

## Concordia plunges into fourth year of drought

KENDRA SITTON  
ARTS AND REVIEWS EDITOR

For the past year, California has been in a drought state of emergency as declared by Governor Jerry Brown. On April 1, the snowpack was at five percent of the average when it should normally be peaking, according to the US Geological Survey (USGS) website. The snowpack provides one-third of the water sent to California cities.

As California entered its fourth year of drought, Governor Brown declared the first-ever mandatory 25% water cuts in cities and towns across California on April 1, according to *The LA Times*.

English professor Thea Gavin believes that as Concordia examines its water usage, Concordia should emerge as a leader in water conservation among institutions in California.

In *The New York Times*, Governor Brown describes the water shortage in California as the "new normal." Part of the problem is that most modern California infrastructure was built in one of the wettest centuries in California history for at least the last 1,000 years, according to *The New York Times*.

Students, staff and administration have examined many ways water usage might be reduced. Since most grass turf is ill-adapted to dry California weather, replacing it with native plants that would also support local ecosystems is one of the main ways water usage could be reduced.

The turf in the Egypt parking lot will be the first grass removed and replaced with California landscaping on Concordia's campus. "That will be the prototype of where we'll go," said Tim Odle, Executive Director of University Services. However, landscaping is irrigated with reclaimed water, not the potable water the drought has made scarce.

In the master plan, Odle said they are working to make sure any new buildings have a drip system and low water need.

"We have plants that are here that are obviously better adapted to this place than the Butterfly Bush outside my window and many of the other things that are growing," said Dr. Sarah Karam, Assistant Professor of Biology. "If we were going to do it (remove grass) in the most responsible way possible, it would probably be smart to use things that would grow here natu-



Photo from <http://www.buzzfeed.com/alexnaidus/california-drought-images#jIPZqzRbL3>

rally and that are adapted to a low water condition," Karam said.

However, since the new climate in California may never be as wet as the last century, it might also be helpful to look further to Mexico to find plants suited to the environment. "We need to realize that God has put us in a beautiful place with beautiful plants that are adapted to this rain cycle and we need to use those plants. We need to celebrate where we are, not try to make it look like the Midwest here," Gavin said.

Gavin has been a pioneer of water conservation on campus, especially in the Heritage Garden. In fact, when she was a student in 1995 she wrote a paper on water wastage on Concordia's

campus. One way that the watering of plants on campus could be made better is through installing a system that would test outside conditions and soil conditions before sprinkling so that nothing would be over-watered or watered after rain. "I know that you can walk around campus at night and there's water running everywhere, all over the sidewalk. Students know this. Security knows this. Everybody knows that our current system is broken and we are not watering effectively or efficiently," Gavin said.

Although Concordia's main focus is to fix landscaping, Karam cautioned that this is "just a drop in the bucket" compared to the huge

amount of water it takes to make the food eaten every day. According to USGS, it takes between 4,000 to 18,000 gallons of water to produce one hamburger. A way to radically cut back on water usage would be through the "Meat Free Monday" movement where people, like the name implies, do not eat meat on Mondays. Were this to become a reality in the cafeteria, Concordia's water footprint would drastically be reduced.

Irvine's use of groundwater and reclaimed water are already efficient, but in this time of drought, Concordia needs to lead the way in making permanent changes in water conservation to prepare for the climate of the future.

# One acts, but plenty of actors

KAYTLIN VISCA  
STAFF WRITER

Yesterday at 7:30 p.m., the Concordia Theatre Department held the first student-directed one acts of the four-day event for one act plays. Two plays will be performed on each of the four evenings -- "Chamber Music," directed by senior Katie Foggiano, and "Refrain and Reprise," directed by senior Jacob Schott.

Foggiano's dark comedy one act contains ten characters, with four actors playing multiple characters. Schott's one act includes eight characters, and is a mix of everything from drama to comedy. There's live music and plenty of talent. These are the first shows both Foggiano and Schott have directed, even though they have both been involved in the technical and acting side of theater at Concordia.

"Chamber Music," written by Arthur Kopit, is about "eight famous women throughout his-

tory who are all in an insane asylum," Foggiano said. "What's better than a show about crazy historical women? You'll laugh; you'll cry!" Schott chimed in, "It's pretty funny!"

The best part of this show is that it also contains mystery. Maybe these woman aren't who they think they are - or are they? The show runs for about 45 minutes, has an intermission and then transitions straight to Schott's act, "Refrain and Reprise," written by Trenton Semple, '14.

Schott's one act is a mix of drama, romance and comedy. "Its sole purpose is to listen to the world around you," Schott said. There's something for everyone in this play, and definitely enough to have the audience hooked. Especially in a theater like Concordia's Studio Theater, the audience really feels like they have been transported into the play and what the actors feel. "There are moments of comedy, and moments of heart," Schott said.

Both of these one acts are for Foggiano's and Schott's senior projects, and they are using these

for their showcase. With Schott and Foggiano both being theater majors, they are excited to end their time at Concordia on a fun note with many memories to share. Working on any senior showcase is a task, but directing a play single-handedly takes skill.

With so much talent at this school, it's no surprise that there are so many events going on with the Theatre Department each year. This will be no different when it comes to pleasing the audience.

"No matter what mood you're in, you should come and enjoy," said both Foggiano and Schott. These one acts are the final last few plays of the semester, so it'll be sure to be a great time.

The one acts will continue to be performed throughout the weekend. Come to the Studio Theater tonight at 7:30 p.m. and tomorrow and Sunday at 2 p.m. Tickets are \$12 for students and \$15 for general admission, which you can purchase through the CUI website or at the door.

## Spring Choral Concert: Lord of the Dance



Concordia's Donne di Canto (top) and Men's Chorus (bottom)

ABBY PASCUAL  
STAFF WRITER

Singers preparing to perform from both the Donne di Canto and Men's Chorus are ending this semester with a big finale, under the direction of Dr. Marin Jacobson, Music Department Chair, Associate Professor of Music and Associate Director of Choral Activities. A variety of specially chosen works will be sung in accordance with the Spring Choral Concert's theme Lord of the Dance.

Jacobson has been directing music at Concordia for five years now. She affirms that the theme of the concert reveals how "it traces the life of Christ, from Christ's birth, through his ministry, to his death and his victorious resurrection. The music fits in within this theme. It is like Christ invites us to follow His dance, and to joyfully do His work and to follow Him."

A couple of very rhythmic and joyful dance-type pieces will be performed in the concert. Alexandria Vicario, president of Donne di Canto,

expressed how she feels about the upcoming concert saying that, "I think my favorite part about this concert will be singing the song 'El Vito.' It's a Spanish song that involves clapping and a little bit of stomping." The women have been working with the Crean Lutheran High School Dance Ensemble in some of their liturgical songs side-by-side for the performance.

The Men's Chorus will perform a number of pieces as well. One song is an African piece about Christ's Great Commission from Matthew 28, where drums and bells will play along with the men singing. "One of my favorite pieces that the men are singing is a spiritual called 'Oh What a Beautiful City,' and they do a fabulous job with it," Jacobson said.

Both choirs have been preparing vigorously for this big day. They are always working on creating the most gorgeous tone as much as they can, singing crisp consonances so that the words are understandable to the audiences, sharing the texts as they sing, listening to one another and committing some music to memory.

The choirs practice separately for about

three hours, twice a week, to prepare for performances. Their four- to five-hour-long rehearsals at the CU Center will also help get them ready as they continue to practice.

Freshman Sam St. John in the Men's Chorus expressed his experience with singing by saying that, "Singing pushes my limits and has helped me become better."

Mana Nikjou, vice president of Donne di Canto, shared Jacobson's influence on her. "She is always going to be one of the best conductors that I have ever had the pleasure of meeting. But regardless of that, every time we practice our choir pieces, she makes me realize there is always something more behind 'just singing.' [There is] the beauty of loving and caring for those who are around us."

Everyone is welcome to dance the night away with Donne di Canto and the Men's Chorus in the CU Center on Sun., April 26 at 7:30 p.m. Admission is free for all students. General admission is \$10. Do not miss out on their grand finale for this spring semester.

## Graduating seniors perform recital

MEGHAN BELCHERE  
STAFF WRITER

A special recital took place last Tues., April 16 at 5 p.m. in the Good Shepherd Chapel. Three graduating seniors, Wesley Barnes, Jason O'Brien and Jacob Schott, brilliantly sang a wide repertoire of songs accompanied by accomplished pianist Patricia Riffel.

Many were enthusiastic about the talented performance of the three seniors. Junior Sarah Taylor said, "The performance was really entertaining and heartfelt. All three of them did an amazing job and had a lot to offer. They were funny and whimsical." There was not a dull moment as the audience enjoyed the beautiful voices performing different genres of music including classical music, musical theater and some spiritual compositions. The lively and entertaining performance lasted about an hour and refreshments and sweets were graciously provided before and after the recital.

A lot of hard work and preparation was put into making this recital memorable. "I started with nothing but I'm more confident in my voice now and understand music better," Schott said. "This was a good opportunity to show all what we've worked so hard for and was a testament to Concordia for all they have taught us."

The talented performers took advantage of this opportunity to share the benefit of their accomplishments before graduation. Barnes explained that the concert was not their idea to put on but said, "our professors inspired us to do this concert. They brought it up to us, saying it was a good idea." Riffel commented that this was not a requirement for the three seniors. Riffel explained that they had accumulated this repertoire throughout the last year and half while learning from their music teacher, Diane Elias.

*"The performance was really entertaining and heartfelt. All three of them did an amazing job and had a lot to offer."*

Riffel also emphasized that the three entertainers are all graduating and expressed how much they will be missed. O'Brien said, "I was inspired by the gentle prodding and encouragement from my voice teacher and from the university in general in going forth with this performance. They have been so supportive throughout this entire process."

The favorite part for Barnes, O'Brien and Schott was the hilarious trio at the end. Barnes said, "I've known O'Brien and Schott my entire time here at Concordia and being able to perform something with both of them and be hysterically goofy was really cool. We've never had an opportunity like this before and I'm thankful for it." The three of them learned the valuable skills of being able to coordinate and work together to achieve their goal of a fun and entertaining outcome.

All three of the performers wanted to give a special thanks to those who made this event possible. O'Brien said, "I could not have done it without Schott and Barnes. They're some of the best friends a person could ask for." Schott said that Elias and Riffel were the inspiration behind this and wanted to give a shoutout to them. Barnes said, "I want to give a huge thanks to the Music Department for everything they did, because we're not music majors and the fact that we were able to do this and be supported by a number of professors and friends was really great."

For more information on upcoming performances, contact Concordia's Music Department.

# Shakespeare's Fool: All the joy and none of the headache

ALEXANDER CARR  
STAFF WRITER

Aah, Shakespeare. Author of classical works preserved throughout the ages, molder of modern phrases still used today, and—perhaps most notably—the inspiration for many a high school student's disgruntled demeanor following an English Literature class. He may be championed as an idol for the English tongue, but at the end of the day, it is hard to enjoy a story you can't understand. Relying on Sparknote-like translations can help with the plot, but such bland and straightforward presentation can be a bit of a turnoff. If I only wanted the plots I could find them elsewhere. "Lion King" is a story about an uncle betraying his brother to steal the throne too and that doesn't need translation, plus it has music and singing savanna creatures. Shakespeare is renowned for his words. Receiving those words in a way that is clear and understandable is the key to enjoying Shakespeare.

Ever wonder if setting Shakespeare to music would help? Well, now you are, and since you're just dying to know, the answer is yes! Two weeks ago on Thurs., April 9, actor and teacher John Gardiner, paired with musician and D.J. Jason Feddy, took some of the Bard's tones and gave them a few new chords. Together the duo has pioneered a performance called "Shakespeare's Fool," which is a fast-paced mashup of monologues alongside rock and roll-style instrumentals that blend seamlessly with Shakespeare's original and unaltered verses.

The performance is worth talking about not only because of its fresh twist on Will's old works, but also because it manages to solve that nagging issue we were discussing earlier: the disconnect that can arise between Shakespeare's dialect, which—don't get me wrong—is gorgeous, and the reader's clear comprehension of the narrative. Dumbing the Shakespeare down too much strips the plays of their art and the fun of their presentation, while refraining entirely from any translatable work (which I'm coining as a thing) can leave you feeling lost and alienated from the story. "Shakespeare's Fool" strikes a nice balance, managing to

sacrifice none of the original text while also keeping their main focus clear—connecting to the audience in a meaningful way that conveys the sometimes hidden humanity of the text.

I had the pleasure of speaking with Gardiner both after the show and over the phone for an interview and he assured me this focus was intentional. During our talks, he described the flow of some of his performances at different high schools and universities. Students, he said, would often enter the room wearing long faces, likely hoping to simply endure the mandatory show or earn some promised extra credit points—not a hard story to relate to. Yet as these shows progress, he finds that the audience always grows noticeably more engaged, and by the end, even shows what appears to be enjoyment. The performance style students witness is rarely in line with what they expect, which in this case is a good thing.

He called this style "talking Shakespeare," because its emphasis is always on the connection and the understandability of the performance. Feddy's instrumentals have the same effect, only instead of using words, the message is conveyed through the arguably more understandable language of music. I know nothing about chord progression, nor can I accurately label the different subgenres of rock, but I can tell the difference between slow songs filled with grief and high energy songs about love. Music just resonates with us, which makes it an effective vehicle for bringing listeners into a story, even Shakespeare.

But enough of my ramblings. If I've piqued your interest and you'd like to experience firsthand what I've been going on about, Sun., Jun. 7 dates their next event. From 6 to 7:30 p.m. in Laguna Beach's Heisler Park, Gardiner and Feddy will be performing "Shakespeare's Fool" with full band accompaniment alongside performances from other actors as well. All of this, free of charge. So come on out, bring your friends, your food, don't confuse the two, and enjoy the show. However, if you can't make this one, the English Department plans to host a field trip to a similar "Shakespeare's Fool" event in the fall.

# MasterWorks Concert

CASEY TAHA  
STAFF WRITER

Last weekend, the 19th Annual MasterWorks Concert took place in the CU Center for an unforgettable night of music performed by the Concordia Master Choir, Concordia Choir, MasterWorks Orchestra and Broadway veteran, soloist Jeralyn Glass, soprano.

The MasterWorks concert lasted a breathtaking hour and a half with a twenty-minute intermission that gave guests a chance to discuss the amazing melodies and compositions they had just heard. It started with nine works composed by Maurice Duruflé and "Psalm 150," by César Franck. After the intermission, the final six pieces by composer Francis Poulenc were performed in accompaniment with professional guest soloist Glass.

*"...a really good performance by such a talented choir."*

Dr. Michael Busch, Professor of Music and Director of Choral Activities, first instituted the MasterWorks series in 1996. Busch said that directing and being a professor of music at Concordia is living the dream, because when he was young, he enjoyed music so much. "I was looking forward to being a teacher," Busch said, "I thought, 'Wouldn't it be wonderful to be able to teach at a Lutheran university?'" Busch felt that his dream of instructing music at a Lutheran university was out of the cards due to the very limited number of Lutheran institutions. "I was so excited

and surprised when this position opened up for me," Busch said.

Choosing what composers to use for this year's MasterWorks came from an idea that Busch had to do something that was more romantic and modern after last year's performance of Bach. "I gravitated toward the Duruflé because of its wonderful message of peace through Christ, and comfort in death," Busch said. "I tried to find something that would provide balance and a counterpoint to it." Busch decided the Poulenc would be a wonderful foil to the Duruflé.

"I have never been in a production of that level before," said Brandon Li, sophomore tenor, after his first performance in a MasterWorks concert. "It's a very professional and high quality level." With the three composers' blend of melodies, it can be hard to choose a favorite for performers. One verse that stuck with Li was by composer César Franck from "Psalm 150." Li said, "I loved when all the men sing in unison, 'Praise ye the Lord.'"

"It was an interesting experience, because each piece was so unique and different," Li said. "And I really enjoyed singing with a professional orchestra."

After the whirlwind performances had finished, everyone gathered and discussed the concert they had witnessed. Attendee Morgan Coburn, sophomore, said, "This was a really good performance by such a talented choir," in regards to the first MasterWorks concert she attended. "I enjoyed the style more of the first half," Coburn said. "The Duruflé was very exciting to hear."

The MasterWorks Concert series was a mastery of orchestra and choir coming together in one night. For more information on the Music Department and upcoming events, visit [www.cui.edu/GOMusic](http://www.cui.edu/GOMusic).

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ART	A120	Beginning Drawing	ART	201	Drawing 1
CMST	A100	Public Speaking	COM	111	Public Speaking
ECON	A170	Microeconomics*	ECO	202	Microeconomics
ECON	A175	Macroeconomics*	ECO	201	Macroeconomics
ENGL	A100	Freshman Composition*	WRT	102	Writing and Research
HLED	A100	Personal Health	ESS	101	Ed for Healthful Living
HMDV	A180	Child Growth and Development	PSYC	313	Dev. Psych: Childhood
MATH	A160	Introduction to Statistics*	MTH	265	Introduction to Statistics
MATH	A180	Calculus 1*	MTH	271	Calculus 1
MATH	A185	Calculus 2*	MTH	272	Calculus 2
MUS	A100	Hist & Appreciation of Music	MUS	101	Experiences in Music
PSYC	A100	Introduction to Psychology	PSYC	101	Intro to Psychology
SOC	A100	Introduction to Sociology	SOC	101	Intro to Sociology
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# How to stress less as finals approach

WESLEY BARNES  
STAFF WRITER

In a matter of days, Concordia's campus will endure yet another stressful time of the year as finals week is quickly approaching. The library will be full, study rooms will be used and lots of Starbucks will be consumed as students begin to cram for final exams. This is a time where most of the student body will feel stress, but what are they to do?

There are millions of college students all over the world. These students come from different places and backgrounds and study different things, but the one thing that we all have in common is the fact that we all suffer from a terrible, terrible condition called procrastination. According to Webster's Dictionary, procrastination can be defined as, "the practice of carrying out less urgent tasks in preference to more urgent ones, or doing more pleasurable things in place of less pleasurable ones, and thus putting off impending tasks to a later time, sometimes to the 'last minute' before a deadline." We are all guilty of it. How many times have we all sat in our rooms and said, "I need to get this done" and three hours later we have done everything except what we set out to do? We are so easily distracted by the things or the people around us, such as Netflix accounts and social media, that it is almost impossible to stay focused.

"I feel like there is just so much that's due all

at the same time, like core and presentations, that getting it all done is really stressing me out," said Annie Demuch, freshman.

Concordia alumni share a couple of tips to help current students make it through this rough patch. Mai Vu, '13, said "prioritize your study time. Don't spend more time studying on things that aren't really worth as much." Katherine Dubke, '14, said a little procrastination can actually help. "I remember when I was stressed out, it actually helped to be taken away by friends and go on a quick adventure. It gave me time to de-stress a little bit and just have some fun for a moment," said Dubke. Actually taking a break from what was the cause of the stress and getting back to it with a clearer mind made it easier for her to get through the work she had to do.

In my own experience, I have found that a positive outlook helps as well. Whenever we go through something with the idea that something is going to be negative, it usually is. The key is to remember that the stress is only temporary and you will be done soon enough. With a positive outlook, every situation can get just a little bit brighter.

So in the midst of all of your exams, take some time, rest and relieve a little of the stress you may be feeling. Remember a little procrastination is good for your sanity and a positive attitude is key.

# Drug testing policy and procedures

SPENCER NIELSEN  
STAFF WRITER

CUI has been continuously growing and transforming into a prestigious university that creates an optimal environment for students and athletes. The mission statement for Concordia University is centered on, "developing Wise, Honorable, and Cultivated citizens."

In order for students here at Concordia to be held accountable in terms of becoming wise, honorable, and cultivated, many policies and procedures must be followed. One of the most recently implemented policies Concordia introduced into the school's system is the drug testing procedure.

This procedure has been in effect since the start of fall semester 2014. The athletic director and athletic trainers, such as Assistant Athletic Trainer Jessina Manio, oversee the drug testing system. "I think drug testing gives our student athletes some accountability. It allows them a way out for when they are around those partaking in illegal activities," Manio said. "It is also, for me, a health concern because I want my athletes to perform in the best possible manner, whether that be clean and healthy, and drug testing allows for that."

The student handbook states, "Intercollegiate Athletics at Concordia University Irvine is concerned with the health, safety and welfare of the student-athletes who participate in its programs and represent the college in competitive athletics. Substance use and abuse is one of the most important issues facing athletics and society today. The use of illegal drugs, misuse of legal drugs and over-the-counter dietary supplements, use of performance-enhancing substances, use of alcohol and inappropriate use of tobacco are completely

inconsistent with the standards expected of student-athletes at Concordia University Irvine. It can also compromise the integrity of athletic competition and the ideals of Concordia University Irvine."

The University policy and procedures will not be affected when the school finalizes its transition into NCAA. Once successfully admitted into NCAA rules and regulations, technically there will be two standards of testing periods introduced into the athletic program. Head Athletic Trainer Glory Fung said, "The NCAA is allowed to drug test as many times as they want all year long, whereas for our university rules, we will only test once a semester."

There are numerous ways to illustrate the purpose behind drug testing and whether it is appropriate or not, but according to the student handbook the reasoning behind their purpose states, "The Athletic Department believes that random drug testing and testing based on reasonable suspicion are appropriate to ensure the health, safety and welfare of our student-athletes, to promote fair competition in intercollegiate athletics, to affirm compliance with applicable rules and regulations on drug and alcohol abuse, to identify student-athletes who are improperly using drugs or alcohol and to assist them before they harm themselves or others."

The overall process of drug testing here at Concordia has been extremely efficient and well constructed to benefit both the credibility and accountability of the university and its athletes. For more information regarding policies and procedures, you can find information in the student handbook on [www.cuieagles.com](http://www.cuieagles.com).

# Tips to keep your faith on fleek

KRISTINA KRAUS  
STAFF WRITER

The main reason I chose to attend Concordia was that it is a Lutheran university. I knew that I could not only receive an excellent education, but I could also continue strengthening my identity in Christ. It has served as a steppingstone in my life, allowing me to further develop my relationship with God and His Word.

Concordia has offered me endless resources to make God the first priority in my life. Through inspiring weekly chapels, email devotions from Pastor Anderson, finding refuge in the Sigma prayer room and offering classes where talking about God is not only welcomed, but encouraged, the tools are truly ours for the taking.

With graduation (eight days away but who's counting?) and summer swiftly approaching, many of us will be faced with leaving the comfort of our steppingstone that is Concordia and braving the real world. Here are some helpful tips that will allow you to nurture and grow your relationship with God, wherever He may be leading you.

When you ask a fellow brother or sister in Christ what their priorities are, typically without hesitation they respond, "God, family and everything else," in that exact order. Is this always the case though? Is God always the first priority in your life? Probably not. Sometimes the daily tasks of life make you think that you are too B.U.S.Y. (Being Under Satan's Yoke) to engage in God's word through a daily devotion.

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In the grand scheme of your day, this sounds ridiculous. Surely you can set aside time for both God and homework. The app, "Our Daily Bread," is a daily devotional that you can download to your phone and tablet, either to read or listen to. This app was created with a minimalist in mind. It offers users the basics: a suggested reading portion, a main verse, a simple devo-

tion where the suggested reading is applied to daily life and it ends with a prayer. This app is easy to access and can be enjoyed in your doctor's office waiting room, in between classes or anywhere you may go this summer. "Our Daily Bread" is a free app to download and it includes features such as a topics section and ways to get involved. For more information, download "Our Daily Bread" or visit their website at [odb.org](http://odb.org).

Now in order to properly enjoy all that "Our Daily Bread" has to offer without having to carry around your pocket Bible, you can

download one of the many Bible apps, including the "Touch Bible." This app allows users to search for specific passages and topics with the "dial-a-verse" feature, or you can just shake your iPhone using the "shake-a-verse" function and a random Bible verse will appear. Touch Bible also offers users fun memorization activities like "know-a-verse," which offers the option to share a verse on your Facebook wall, and you have the option to choose whichever translation you prefer. Touch Bible works without any Internet connection, so even when you are on a remote desert island this summer, you can still connect

to God's Holy Word. Remember that the Bible is like our mainline to Jesus, lines are open 24/7, so feel free to call on Him whenever.

Let's face it: making it to church on Sunday can be a lot more complicated than walking from Emendare to chapel. Thankfully, through the blessing of technology, most churches now have their sermons available online, so you don't ever have to miss the Lord's Day. My home church, Christ Lutheran in Costa Mesa, has an audio or video option that lets me watch or listen to a list of sermons even when I am on a beach in Hawaii. Check out your home church's website to see if they have their sermons uploaded too so you can hear your favorite pastor every week if you are unable to make it to church. Another wonderful user-friendly option available for on-the-go sermons is a podcast station. I highly recommend these two podcast stations based out of Texas, The Village Church podcast with Pastor Matt Chandler and Daily Devotionals by Max Lucado.

*"First Thessalonians 5:17 instructs you to 'pray without ceasing.'"*

First Thessalonians 5:17 instructs you to "pray without ceasing" and with the help from the app "Pocket Prayer Pro," you can do so in an organized fashion. "Pocket Prayer Pro" is a free app available on iTunes designed to help you organize and remember all of your prayer requests. This app has features that can offer you guidance when you don't quite know how to present your prayer request to the Lord. It also has hundreds of sample prayers to choose from for those days you just can't find the right words to praise the Lord for all His blessings.

"Pocket Prayer Pro" makes sure that you always have time in your day to pray through the ability to schedule daily and monthly reminders. One of my favorite features of this app is the ability to share your prayer requests with friends and family via email so that they too can pray for you.

I pray that we all may boldly leap off of our steppingstones with the confidence that there is a wonderful job ahead.

