

Rejoice all ye who cannot eat bread

On-campus gluten-free kitchen opening soon

JOE PAGANO
STAFF WRITER

The Disability Learning Resource Center (DLRC) has generously decided to implement a gluten-free kitchen for students who have celiac disease or gluten intolerances this fall semester. Celiac disease is an autoimmune condition that essentially damages the lining of the small intestine when consuming gluten. When the small intestine is damaged, people with celiac disease have a hard time absorbing nutrients from all meals.

Scott Keith, Director of Student Residential Life, has not done much research on how beneficial a gluten-free diet is to those who do not have celiac disease. However, Keith has been an advocate in fostering a kitchen for those who are gluten-intolerant. “We are currently trying to provide a kitchen for those students who are gluten-free,” Keith said. “It’s important to have a space in which they can cook and get the proper nutrition they need.”

Kevin Callahan, the Cafeteria Chief of Operations, has trained his staff to deal with celiac and gluten intolerances on campus. “My management team of cooks and myself took a course on preparing gluten-free food for those with celiac disease and gluten intolerances,” Callahan said. “We now offer the students more of a variety, and show icons near the food in the cafeteria to signify it is made without gluten.” Callahan also adds that there is an online

menu available to see which items are gluten-free for that day.

Megan Harbert ’13, Health Promotion Specialist, was enthusiastic in hearing that the student cafeteria offers gluten-free options on request. “Gluten is a binding agent that sacrifices flavor,” Harbert said. “The fact that the cafeteria has gluten-free options is really important for those who have celiac disease or are gluten-intolerant.”

Richard Hamilton, junior, a recent transfer to Concordia, found that the cafeteria has been very accommodating to his condition. Hamilton had a difficult time finding gluten-free products at his previous school, Central Washington State. “The gluten-free option in the cafeteria is limited, but I am very excited for the new kitchen,” Hamilton said.

Currently, celiac disease is becoming more common in society. Gluten-free dishes are more common throughout

many food establishments as well. Local restaurants such as Yard House, California Pizza Kitchen and Photasia offer extensive gluten-sensitive menus. Yard House in particular has menu options such as spicy tuna rolls, shrimp rice bowls and pan seared salmon. For those who are of legal drinking age, there is also a selection of gluten free lagers and ales for purchase.

Restaurants and our own campus are currently fostering a gluten-free environment. As awareness builds for those who are gluten-intolerant or have celiac disease, it is important to realize the seriousness of the issue, as well as the health benefits that come with a gluten-free diet.

The gluten-free kitchen is still under development. Look for more information in the future about the progress of the gluten-free kitchen. Please feel free to look into this alternative kitchen if you are gluten-sensitive.

Friday night intramural lights

LOGAN COMPHEL
STAFF WRITER

Every Friday night, the lights shine bright at Concordia. No, it is not because of baseball, and no, it is not because of soccer. It is because of intramural football.

Year after year, Concordia dominates in every sport. It also produces some of the finest athletes of both genders in the state of California. With this being said, it is very possible that the sport most people on campus do not know about is intramural football.

“It is full-on football, minus all the pads and all the fancy, flashy jerseys,” said Adam Salcido, freshman. Torn shirts, bloody noses and sprained ankles are vivid results of just how competitive this sport truly is.

Intramural football is different from any organized sports here at Concordia. Intramural football does not have regular, formal practices. Instead of having the rigorous hours of practice every week, the teams just get straight down to business and play their games on Friday nights. “It’s almost as if we have been playing together since this time last year, with the same amount of chemistry my team has,” Salcido said.

The rules of the intramural football league are fairly simple. Players on both teams wear a belt around their waist with four flags attached to it. To be considered down, the defender must grab and pull the flag off of the opposing ball carrier. The other rules are those of regular football. For example, if you have the ball and you dive to try and pick up more yardage, it is

an automatic penalty and that play does not count.

The first question that may come to mind when you think about intramural football is, “What do the players get out of it?” “Are they trying to play in the National Football League (NFL), or are they just doing it for recreation?” Star intramural football player Andrew Montes, junior, said, “I

play because I have a love for the game of football like no other, and if for some reason I get an opportunity to play at a higher level I would love to.” This is the kind of heart and soul it takes to make intramural football something so much more than just a club team at Concordia.

Intramural football, believe it or not, gives this campus a little bit of life on those

quiet Friday evenings.

Come out to the soccer field and catch a glimpse of how competitive it is up on the gridiron when it is time to play. Tonight’s games begin at 7 p.m. For interest in joining future intramural teams, visit imleagues.com.



Team 50 Shades poses on the field proving that femininity and football do go together.

ATW III: *In God's Hands*

CURRENTLY A GROUP OF CONCORDIA STUDENTS, PROFESSORS AND GRAD ASSISTANTS ARE TRAVELING FOR CUI'S SEMESTER AROUND THE WORLD. THESE ARE THEIR STORIES.

MADDIE UPCHURCH
STAFF WRITER

¡Ola! The ATW team greets their Concordia family en route to South Africa from Paraguay via Foz do Iguaçu, Brazil.

Our time spent in "the Midwest of South America," as a few Rounders described Paraguay, was filled with bricks, fried food and evangelism. The town we stayed in, Tobati, is known as the brick-making capital of Paraguay, and driving down the dusty dirt roads in a colorfully (and slightly provocatively) painted school bus, we passed at least seven brick "factories" on our way to Su Refugio. A 30-minute bus ride away, Su Refugio (His Refuge) is a girls' home, a casa de esperanza (Center of Hope), a church and a community feeding center.

After class each morning at camp, the ATW team loaded the "bumpy bus," as Dr. Norton's two-year-old son Sheffield described it, and spent the remainder of the day at Su Refugio. It was amazing to see God's work through the tias (aunts) who work taking care of the girls as well as the work the comedor (feeding center). Some highlights of the time there included: watching Rounders Cami, Abby and Elaine serve as translators for the people of Su Refugio and the ATW team, painting a mural with the words of 1 John 4:12, putting up a shade for the playground so the children can play in the heat of summer, and participating in door-to-door evangelism.

The comedor, a ministry started by Su Refugio's pastor, Pastor Pablo Benitez, is designed to feed the children of the community physically and spiritually. A balanced meal, a lesson in manners and a prayer of blessing are given to 70-90 children a day, three days a week. While there, the Rounders acted as servers, cooks, dish washers and janitors for the children, getting to experience the awesome work God is doing in a generally non-Christian community.

In addition to the comedor, Su Refugio is currently home to 16 young girls, up to age 18. These girls have been removed from their homes by the government because of neglect or abuse and live at Su Refugio temporarily.

A new experience for many, the ATW team evangelized door-to-door, telling their God stories and spreading the Gospel to the town. This was a unique time because many of the people of Tobati are familiar with the stories of the Bible, but do not understand grace, thus making for fascinating conversations.

We left Paraguay by double-decker bus at 11 p.m. on Saturday night and woke up at 4 a.m. to our bus driver requesting we get off the bus with our passports. We unloaded for an early morning border crossing, got our passports stamped for re-entry in Brazil, and continued on to Hostel Paudimar in Foz do Iguaçu (Iguazu Falls). We enjoyed our brief time back in Brazil, celebrating with good food, Wi-Fi and hot showers! A day was also taken to experi-

ence the great and mighty work of God's creation at Foz do Iguaçu, an awe-inspiring waterfall considered one of the seven wonders of the world.

An update on the team:

1. No one has been seriously ill yet, however one member, junior Rachel Blair, is currently back in the United States recovering from an ankle injury. We are hoping that she will be able to rejoin us soon.

2. One of our favorite things to do as a team is SHOUT. We try to do it every Thursday, just like at Concordia. We've also enjoyed singing the "May the Peace" benediction in local churches.

3. The team is quickly mastering the art of washing clothing by hand.

4. Bugs in South America are gnarly. And their bites itch worse than those of mosquitos and cause cankles.

We miss our Concordia family! Thanks for always praying for us. Talk to you soon from South Africa!



Junior Gianna Kozel, Professor Lee, and junior Jessica Schrank pose in front of Igazu Falls.

Career services for on- and off-campus jobs

STEVIE GOLDSTEIN
STAFF WRITER

All college students need a little money to help them get through the semester. Whether it be to help pay for school or to help pay for everyday life, a great way to make some money is an on-campus job. There are upwards of 250 jobs offered across Concordia's campus. New job openings are posted every day.

To apply for on-campus jobs, students must register through CUI Careers, on the Concordia website. Once a profile is made, students can browse through jobs and internships, which can help them to prepare for the current job market. A job posting will usually stay up on the site for two weeks, unless otherwise requested.

A helpful place to get started is Career Services, which is located in the Student Success Center. Victoria Jaffe and Rachel Christenson are there from 8 a.m. to 4:30 p.m. to help students looking for advice on a job, assistance on a resume, or interviewing tips. In Career Services, there is a wide selection of job and internship opportunities that are categorized by major.

Pamela Clavir, Director of Human Resources, advises students to take these jobs seriously. Supervisors are here to teach students, but the university relies on these workers. These students working on campus have to balance their priorities on and off campus. With this in mind, the most a student would work in a week would be 20 hours. Many students may think that this is an overwhelming task, but supervisors are willing to work with students around their schedule.

"I do most of my homework over the weekend and I fit work into my schedule in between classes," said Brittani McGue, senior. "There's really not much conflict or stress that is caused from my working, attending school and playing softball." McGue directly contacted a professor to see if there were any openings in his department. Building relationships and networking with the people around the campus is a great way to get started in the job market.

Employers are looking for hard-working and determined individuals. "I am looking for someone with genuine enthusiasm for the job. Hard working, responsible and able to work with well with others, with a good disposition," said Crystal Rosenthal, Head Coach of Women's Softball. The job market is a very competitive place right now. For students showing knowledge of the field and using the many tools that the campus supplies to get ahead in the job market, a job on campus can be in the near future.

You can find out more for yourself at www.cui.edu/studentlife/career-services.

The Concordia Courier

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

Writers

Vahn Bozoian, Chris Cantwell, Logan Comphel, Keith Corley, Jasmine Crawford, Meaghan B. Curran, Peter Doesburg, Kevin Fiske, Wilhelmina Anne Gevana, Stevie Goldstein, Dean Hall, Megan M. Illsley, Courtney Kurtz, Ashley Miller, Meghann R. Morales, Taylor Morrison, Joe Pagano, Christopher Rawji, Alex Rios, Jack Robison, Jonathan Serrano, Daniel Shine, Abigail J. Sparn, Maddie Upchurch, Ally Waggoner

Lianna Jordan, Editor-in-Chief

Alicia Harger, Layout Editor

Ryan McDonald, Campus Editor

Kayla Lardner, Arts Editor

Joshua Suh, Reviews Editor / Media Manager

Taylor Dennison, Sports Editor

Publishing by Anchor Printing
anchorprintingoc.com

Faculty Advisor

Professor Ashlie Siefkes

Faculty Advisory Board
Scott Keith

Dr. Daniel van Voorhis

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the Office of the Provost

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drafts.courier@gmail.com

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#3 Women’s Volleyball starts strong

ASHLEY MILLER
STAFF WRITER

After a successful weekend in Montana visiting Butte and Helena, the NAIA #3 ranked Women’s Volleyball team came out 3-1 on the weekend, advancing their overall record to an impressive 12-1. The coaching staff is very satisfied with the depth of this team and the women are headed in the right direction to accomplish their goals of winning GSAC and another national championship.

Assistant Coach Brett Gillen believes the team has a lot of talent and will continue to work on playing well as a unit. “We have depth,” Assistant Coach Kim Binder said. “For the most part we have stayed healthy and have young blood.” Binder is very impressed as well with the talented freshman class that the coaches recruited. Head Coach Trevor Johnson described the freshman class as very coachable. However, it is not a matter of talent for the team; it is performing in very intense situations, en-

couraging the younger athletes and believing in each other. “No matter the opposing team’s level, we always stick to playing Concordia’s level of volleyball,” Binder said.

The coaches were very confident with their preseason preparation, and having so much depth, with a lot of talent, leads to intense practices to prepare for competitions. It allows the team to get a taste of competition before season and continues to keep the team upbeat and ready for any opponents that come their way.

Towards the heart of the season, it gets tough to stay focused, even with a roster of 18 girls. The grind between schoolwork at full capacity and practicing daily will soon separate the weak teams from the strong teams.

Another reason why the Eagles are successful is because of Jennifer Rizzo, Athletic Trainer of Women’s Volleyball and ATEP Program Director. Rizzo is entering her 12th year at Concordia and continues to give her all through each year. Rizzo works very hard with the Lady Eagles, do-

ing her best to prevent any injury and making sure they are healthy throughout the season. Some of the common injuries she deals with include shoulder, lower back, and ankle injuries. “The coaches do a great job understanding the girls’ physical and emotional state,” Rizzo said. With this being said, coaches do not cancel practice, but rather hold an easier practice to refresh and recover the athletes.

The women’s volleyball team is eager to continue with the success of their season by striving to win another GSAC title and hopefully a national championship with it. “Every girl on the roster, from the girl who plays the most, to the girl who plays the least, is important,” Gillen said. “We are all focusing on each task and goal ahead of us.”

The team will travel to Santa Barbara to compete against Westmont College tomorrow, Sept. 13 at 7 p.m. For coverage on the match visit www.cuieagles.com and tune in to watch or listen to our Lady Eagles take on the Westmont Warriors.



Senior Reanna Schelhaas makes the block at an away game this season.

Athletic Training takes on Disneyland

DANIEL SHINE
STAFF WRITER

On Aug. 31, the Concordia Athletic Training staff and students volunteered at the Disney Half Marathon to provide their services to the participants and spectators. Before the sun came up, the staff had been preparing for the day since 3:45 a.m. After a long day, the race ended around 11 a.m. after a start time of 5:30 a.m. The team set up shop right by the finish line ready to assist anyone in need.

There were close to 17,000 people that entered the race and each medical staff member was responsible for making sure each person was hydrated and ready to run. It was a big responsibility, but the runners had our own Concordia training staff there to help prepare them for the race.

The Athletic Training team also had to help with minor injuries that occurred during the race, such as heat exhaustion, blisters, high blood pressure and dehydration. The staff was also on hand to run out and help participants back to their booth if needed. “I’ve never worked a marathon before, but for this being my first one, it was pretty awesome,” said Jasmine Dresser, junior. “I loved every part of it and I didn’t expect to enjoy it as much as I did.”

Since this was a race, there were a good amount of injuries that the team dealt with. “Some of the most common injuries I had to deal with were high blood pressure, heart rate, and dehydration,” Dresser said. “This experience was different in that it was much larger and had several medical stations that our group was split between,” said Nicole Wright, senior.

Overall, the marathon was set up efficiently. “Getting the opportunity to meet other people in the medical field made the experience pretty cool,” said Kyle Yarros, senior.

The Athletic Training staff even had a little time to walk around Disneyland the morning of the marathon so it wasn’t quite all work and no play. “My favorite part was the beginning where we could wander a bit around the stands before runners came in,” said Ashlie Adams, senior. “Yes, I would work it again because Disney just knows how to keep its employees and runners happy.”

The Athletic Training staff loved the experience and the enjoyment that came from helping out the participants, not to mention each athletic trainer received a one-day Disneyland Park Hopper pass to visit Mickey and friends on another day.

To find out when the next Disney marathon is, visit the website rundisney.com and check out the future dates. The Concordia training staff recommend this event for friends and family members of any age because it was such an enjoyable experience for each and every one of them.



Cross Country hits the ground running

DEAN HALL
STAFF WRITER

On Sept. 6, the Men’s and Women’s Cross Country teams kick-started their season at the Lancer Invitational at Rancho Jurupa Park in Riverside. Both the men and women ran well, with Robert Blackwell, junior, placing in the top 20 in the 6k and Ashley Bell, junior, grabbing a top five result in the 4k.

This year’s team has a new face leading its program. Danny Bowman, first year Head Coach of the Men’s and Women’s Cross Country teams, hopes to contribute to the success the program has had in the past. “I really like the new coach,” said Miguel Mejia, junior. “He sets the tone for everyone to build on.” With several runners returning from last year, the team is already looking strong. “We’re looking pretty solid as a team, and we’re definitely wanting to bring back some hardware,” Mejia said.

Michael Lucero, junior, sees a collective

team goal that can contribute to success for the season. “We have a lot of good guys, and the returners are already looking more fit than last year,” Lucero said. “We really want to win conference this year and in order to do that, we’ve estimated that we need at least five guys to break 26:00.”

Laying their groundwork for the GSAC Championship held in Santa Clarita and the NAIA National Championships in Lawrence, Kan., both teams are looking to gain an edge with the training they’re putting in now. “Currently two days a week, we’re putting in double days with a 6 a.m. morning practice followed by a 3 p.m. afternoon practice,” Lucero said. Their morning training consists of speed work, with progression, tempo and interval runs, while their afternoon practices are usually more distance-based. “It’s sometimes tough getting up at 5 a.m. for a 6 a.m. practice, but once you’re out there with your teammates, it’s always worth it,” Mejia said.

Bell is excited for this new season of

running, and is prepared to hit the goals her team has sought out to accomplish. She also has set a lofty goal for herself, aiming to qualify for nationals later this year. “I love this sport; my whole life revolves around running,” Bell said. The team’s dynamic is strong on and off the course and they are looking forward to the upcoming races. “It’s just a great team atmosphere,” said Julian Lopez, senior. “We are all friends outside of running, so there’s definitely a strong team bond.”

The Men’s and Women’s Cross Country teams will race in four more meets throughout the upcoming months in preparation for the GSAC Championship in November. To see both teams compete, you can catch the men and women as they race locally at the UC Riverside Invitational on Sat., Sept. 13. The men’s race begins at 7:30 a.m. and the women’s at 8 a.m. To find out more information on the Cross Country teams, visit www.cuieagles.com.

Eagles remember former speech coach

PETER DOESBURG
STAFF WRITER

Jannese Rachel-Marie Davidson, former Director of Individual Events for Concordia University's Forensics Team, went to be with our Lord on Aug. 31, 2014 at 30 years of age. Davidson succumbed to complications due to lupus after a 110-day hospital stay. The community has lost an extremely talented, energetic, selfless and caring individual that touched countless lives. She is sorely missed, and her presence will not be forgotten.

Typically, an obituary for a fallen friend would go on to restate the sadness felt by all. This was clearly not a typical passing. The community that surrounds Davidson was informed of her passing by her moth-

er on the morning of Aug. 31 via a Facebook post. The update was titled "Hospital Tour... Final Edition." One might think that a bit crass at first, but to know Davidson and her family and friends, this is the perfect homage to her.

She was a dedicated speech coach, actress and comedienne. She had two bachelor degrees from Arizona State University in Communication and Theater, was loved by all and inspired many. Junior Barrett Tate, who traveled to Arizona for the memorial, expressed one of his favorite Jannese-isms: "I may be half the size, but ten times as fierce."

To say that Davidson had energy would be tantamount to saying that Mount Everest is just a hill. That energy was infectious and served to motivate everyone to

do better, be better and want to stay better. When Konrad Hack, Director of Forensics, informed the team of her passing, the key note was "Jannese and I had many talks about her faith in Christ..."

On Sept. 6, a memorial was held in Arizona at Hope Covenant Church. The seats were filled and the service lasted two and a half hours. "It was perfect for Jannese. It was a full crowd! This is the first and probably only memorial service that I have or will ever see that had a performance by an improv troupe, a performance of an Irish jig that the crowd clapped along to and an open microphone," said Laura Tabah, junior. The service was fitting for Davidson the actress. One could only hope to achieve the amount of impact that Davidson had on those around her.

Even in death, her intention was to make us laugh. To perpetuate this, it would behoove all of those who knew her to keep this momentum of love moving forward. For those who did not have the privilege of knowing her, one could only pray that they too would be so touched by one, short, smiling, loving caring "Ninja Pixie," so that they too could witness hope for humanity on such a grand scale. "She had always been an amazing kid and I knew she had impacted some lives along the way but had no idea the magnitude of my little spitfire," said Amy Shroyer Davidson, Davidson's mom. Davidson will be missed; but we will survive knowing that we too can be "ten times as fierce."

The memorial for Davidson can be found at http://youtu.be/yonG96-_g04.



AMY SHROYER DAVIDSON

Freshmen fuse into campus leadership

MEGHANN R. MORALES
STAFF WRITER

The Leadership, Education, and Development (LEAD) Diversity Awareness is sponsoring the annual fall event, Fusion. Fusion is designed for freshmen who are interested in possibly holding a leadership position for the next year, as well as giving the freshmen an opportunity to learn and gain insight about campus activities.

Nikki Ancona, sophomore LEAD Diversity Awareness Coordinator, said that she "like(s) being able to celebrate everyone's heritage and culture." Ancona was a freshman Fusioner last year, where she was able to assist and shadow LEAD's Diversity Awareness coordinators.

Fusion has allowed Ancona to become more involved in school and the Concordia community. Ancona's favorite part of Diversity Awareness is to go all out and decorate the events.

LEAD's goal is to have as many students as possible getting involved with international affairs and activities. Concordia hosts students from around the world, and Ancona feels it is important that everyone knows how diverse we are, especially students who reside in the Global Village Living Learning Community.

An event to look forward to is the Culture Festival that LEAD will hold during the spring semester. The event is filled with a variety of ethnic food and activities from around the world and is located in front of the Student Union. "The event [last year] was super fun, I was able to learn a lot

about the different cultures that were present that I did not know about before," said Kenji Louer, sophomore.

Louer feels that these events and activities are helpful to some students that come from a different country because it makes them feel closer to home. For some of these students, English is not their first language, so being able to share their culture with everyone else is a great way to make new friends. Melanie Melendez, sophomore, also finds that the Culture Festival is a well-thought-out activity and that it was a fun experience seeing all the different aspects of the cultures.

Anna Hong, freshman, finds that having Diversity Awareness at school is a good idea because "it is important to understand that everyone has a different cultural background and way of doing things." She believes "you can connect by learning other people's diversity."

The Diversity Awareness Coordinators are extremely passionate about each event they plan, with each month featuring aspects of a different culture. The LEAD Diversity Awareness team has an event tomorrow, Sat., Sept. 13 at Old Town in San Diego. They are also having a Mexican Independence Day lunch on Tues., Sept. 16. This is also a commuter lunch day so it is recommended that all commuters eat lunch in the cafeteria to enjoy the food and learn some cool facts about Mexican Independence Day. Events can be seen on the Concordia web page at cui.edu/studentlife/student-leadership.

Concordia talent will Rock the Amp

VAHN BOZOIAN
STAFF WRITER

On Fri., Sept. 19, Rock the Amp will be back to showcase the talent of Concordia students from 7:30 to 9:30 p.m. at the amphitheatre. The school talent show is put together by the Leadership, Education, and Development (LEAD) Program.

Auditions are currently being held to perform at the event. Alexis Farrar, senior LEAD Student Activities Coordinator, discussed the duration and reasons for the night. "The event really allows freshmen, transfers and even returning students to put themselves out there and allow other students to get to know them, even just by a single act," Farrar said.

Rock the Amp has been a tradition at Concordia for years. The event does not cost anything, has an awesome acoustic coffeehouse setting and always has many supportive students attending. The night fosters a great environment to dive into some of the student activities that LEAD has to offer. "The school welcomes students with open arms and really shows their support for other students on this night," said Lauren Will, sophomore, who participated at Rock the Amp in 2013. "To perform for God and to always have fun takes the nerve off as a performer, that is certain."

Stephanie Yzaguirre, junior, LEAD Student Activities Director, has been a part of this event for two years and it has been her favorite tradition at school. "The student body shows tremendous support and there

is nothing but positive feedback," Yzaguirre said.

When asked about hopeful changes made to this year's format, Alex Vicario, sophomore, who also attended the event in 2013 said "the show was amazing, however, I would love to see some more variety in the acts." It looks like her wish is coming true. "Not only are more students involved, but the variety of acts has skyrocketed," Yzaguirre said. "We have added cool MCs between the acts in order to get the audience more involved." Farrar also added that the infamous trail mix bar is back, providing all attendees with delicious treats such as popcorn, hot chocolate and coffee.

To make this warm atmosphere possible, the decoration and preparation for the night are done by the student activities team. "Fusioners (first year LEAD interns) and student activities teams are dedicated to making this event enjoyable for all students. They work very hard in trying to run the night as smoothly as possible for not only students, but for faculty and friends as well," Yzaguirre said.

The influence this event has on students is tremendous. "It gives students something to talk about afterward," Vicario said. Rock the Amp gives students a shared interest, thus becoming more acquainted in the process.

It is time to start marking up your calendar, whether you are there for a friend or to see the talents of your fellow Eagles. Rock the Amp will be held on Fri., Sept. 19 at 7:30 p.m. at the amphitheatre.

Outdoor Rec’s first adventure

Outdoor Rec gives students chances for adventure

MEAGHAN B. CURRAN
STAFF WRITER

On Sat., Aug. 30, the Outdoor Recreation program led a group of 11 students to Dinky Creek campground in Shaver Lake, Calif. The attendees enjoyed a weekend outdoors and an early break from their hectic academic lives while developing a sense of community with their fellow Eagles.

The camping trip was “a really rewarding experience,” said Alexandra Lee, sophomore Outdoor Recreation Coordinator. Students were encouraged to get outside of their comfort zone and dive into the wonderful world of nature. Life as a college student is strenuous and challenging; engaging in activities outside of libraries and classrooms is vital for the college experience.

The camping trip was an opportunity for students to de-stress and soak up the natural beauty of California. Students had

the chance to bask in the sun, wander local hiking trails, clean and gut a fish and visit a local rock slide. Junior camping attendee, Aaron Mietzner, said the trip was “100 percent worth it,” and advised fellow students to not be “afraid to take a chance” on an outdoor recreation expedition.

Outdoor Recreation is a subdivision of LEAD, and according to their website, they strive to “provide students with an opportunity to explore God’s beautiful creation that surrounds our campus, both near and far.” The program is beneficial because it contributes to the student as a whole; it helps the student grow and develop a side of him or herself that is unachievable in a classroom. Ricky Lopez, LEAD Campus Recreation Coordinator, assures that above all else, an ideal outdoor recreation participant just needs an open mind and an ability to let loose, simply to “just have fun.” Lopez hopes to grow the diversity of the program over the next academic year. He wants to assure the Concordia community that the program is not just for avid hikers and backpackers; the program welcomes all fitness levels and encourages hesitant students to get out there and check it out.

Sophomore Outdoor Recreation Coordinator Damiana Gumiran is excited for the recreation events coming up in the future. Gumiran enjoys hiking near Crystal Cove because of its astonishing physical beauty and the soothing sounds of the crashing ocean waves. Some events coming

up are Beach Yoga, Moonlight Kayaking and also a possible, but not yet confirmed, backpacking trip. “These events are for anyone that could use a weekend away or a day off to relax the brain,” Lopez said.

If your disposable funds are low, do not get discouraged. Some excursions do not have a fee for attendance and typically occur once a month. Students are encouraged to come into the Center for Student Lead-

ership and Development (CSLD) and bring your outdoor recreation expertise to the front desk attendant. For more information about the Outdoor Recreation Program, you can explore the school website at cui.edu under the student life tab or you can follow them on Instagram, Facebook and Twitter @cuilead. The next Outdoor Recreation event is Moonlight Kayaking on Sat., Sept. 20.



Junior Aaron Mietzner gutting a fish on the camping trip.

Global Village festival displays culture

KEVIN FISKE
STAFF WRITER

On Sat., Sept. 27, experience the Global Village of Irvine at Bill Barber Park from 10 a.m. to 6 p.m. Admission is free. The festival has grown to be one of the largest congregations of culturally diverse people. In 2011, the festival celebrated their 40th anniversary with 20,000 people in attendance and marked the largest gathering in the festival’s history.

The Global Village of Irvine has allowed

people from all different backgrounds to come together and share their cultures. The event also provides over a hundred musical and dance performances. The venue will have a great atmosphere that includes five stages, a variety of food, and crafts for the kids. “There is something for everyone; this is what makes it different than other festivals I have attended. It really incorporates all ages,” said Shauntee Holland, Community Service Supervisor. Holland has enjoyed being involved for nine years

and has loved every moment working this event. She loves how one event can unite people from all over the world.

Putting together such a large event takes careful planning and a lot of dedication. May Sanders, Lead Supervisor, is in charge of the entire festival. Sanders is faced with a difficult task of organizing this year’s event, which is predicted to have over 25,000 attendees. Although this sounds like a daunting job, Sanders enjoys her work when she sees just how rewarding it is at the end of the day. She gets to see the smiles of thousands of people letting her know that she accomplished her goal. Every year, the festival builds on what worked and did not work from the previous year, so improvements can be implemented for next year. There is a constant development of the festival that only seems to be growing every year with tremendous success. “The process itself takes three days to set up and the landscape itself covers three baseball fields,” said Greg Hogan, Community Services Supervisor. He has been involved since 2007, and loves what the festival does within the community. “It brings together so many diverse populations that create new connections without political influences,” Hogan said. He explained just how important the people aspect of this is and it does not matter if cultures are at war elsewhere, but what matters is people getting to know people.

Food diversity has always been a fan favorite at the festival. Food has a huge impact on the festival as it incorporates food from all over the world. Every food booth has its culture’s specialty to offer. Drew

Chasen, Festival Committee Member, helps organize the restaurants presented to the public. This is a big task to accomplish since it is a huge positive aspect to the festival. Along with Chasen, the other Festival Committee Members provide their assistance in putting together this one-day event. The community works so well to provide for others, which is truly remarkable. People love working and participating in this melting pot for cultures. It is not limited to members only; if interested go to www.cityofirvine.org and volunteer. They are also on Facebook and Twitter for more information and updates.

This event provides a great experience for all ages, creating an experience that bridges the gaps between hundreds of religious and cultural backgrounds.



The variety of foods offered is one of the biggest draws for the Irvine Global Village.



Improv laughs in new year

COURTNEY KURTZ
STAFF WRITER

Concordia's very own improv group, Improv-Ceivable, will hold its first show of the year Wed., Sept. 17 at 7 p.m. in the Concordia University Studio Theater. Improv-Ceivable currently has 6 members including senior Jacob Schott, juniors Kendall Davis, Morgan Yachinich and Evy Moody and two other members currently on the Around the World trip, junior Gianna Kozel and sophomore Nicholas Bedell.

For the first show of the year, the improv team is starting off with a bang and bringing some of the team alumni back to hold an improv battle. Schott explained that it is going to be an interesting show since they're all used to working together, but have never competed against one another. "It will be interesting to see who comes out on top," said Schott.

The first half of the show is going to be a head-to-head challenge, while during the remaining half, they will be performing with each other as a team. Davis said he is most excited to perform with the alumni because of the strong bond that they have gained from working with each other over the years. "Making the audience laugh and giving them a break from school is the best part," said Schott.

Lauren Lake, senior, said she is excited about attending the new show. She was able to attend a couple improv shows last year but has high hopes that this could be their best show yet. "I love the way that the group interacts with the audience and how the group really plays off of one another," said Lake.

Jen Gollwitzer, junior, stated that she is also excited for the big show and is hoping to become a member of the group. Gollwitzer has not had any previous experience

doing improv, but has always had an interest in comedy. Luckily for her, and anyone else interested, Improv-Ceivable will be holding auditions Thurs., Sept 18 in the Library Arts building at 6:30 p.m.

"We are looking for people who aren't afraid to take a chance and just do it," said Davis. Improv is all about having a good time up on stage while making people laugh while using only comments or ideas from the audience. The group performs about six to eight times a year on campus and in the past was even invited to perform

at the Fracas Festival which took place at USC. Not only do they get to bond with one another through competition, but they get to see what other teams bring to the stage as well. In addition, the group has also decided to add Rock the Amp to their schedule of performances.

If you're looking for a good laugh and need a break from studying, be sure to not miss the Improv-Ceivable show on Sept. 17 at 7 p.m. in the Concordia University Studio Theater.



Improv-ceivable's flying pig mascot brings a fond smile to anyone who's attended a show.

Dancing with the CUI stars

CHRISTOPHER RAWJI
STAFF WRITER

The Concordia Dance Company is entering into its eighth year and is continuing to grow.

Tony Vezner, Associate Professor of Theatre, said that the Dance Company is an extracurricular activity that is a part of the larger theater department of Concordia. The theater department has seen a lot of success through the years and the Dance Company has helped contribute to that success.

The Company, led by second-year coach Vanessa Johnson, just wrapped up their auditions for this upcoming year. Speaking about last year's team, Johnson said, "I have thoroughly enjoyed getting to work with this talented group. Each dancer brings such a unique style to the team."

Johnson is in charge of organizing and running rehearsals that consist of warming the team up, conditioning the team, and preparing them for the pieces they are going to perform. She also has the task of bringing in choreographers from the outside and naming student choreographers who will produce the pieces seen in the spring concert. The Dance Company is very student driven and allows for the creativity of the dancers to shine.

The Dance Company has one major event of the year, their Spring Concert. Johnson controls most aspects of the team and most of what goes into the concert. However, the students choreograph many pieces of the concert.

"We have tried some really obscure things, and sometimes they were ridiculous and sometimes we came out of it with a huge chunk of choreography and new ideas for pieces," said Elizabeth Gross, senior. "Getting to watch those individual styles develop into a truly unified and eclectic show last spring was truly inspiring and rewarding," Johnson said.

Drawing from the large amount of praise from last year, the Dance Company is hoping for an even bigger and better concert this spring.

The Dance Company is a great space for students who love to dance to come together and bond over something they love.

"The best part of becoming a member of Dance Company is the friends you make," Gross said. "Dance friends always have a special bond that you don't get with your other friends."

Fellow dancer, Jessica Abel, senior, said, "My favorite thing is being surrounded and inspired by other dancers. Watching another dancer express themselves through dance is so exciting because the passion they have exudes from them and it is so contagious." Abel added that "we have a really strong group of dancers. I am so excited to see how the dance program at Concordia grows through this team and in the years to come!"

The Dance Company will have their Spring Concert next semester, Jan. 23 and 24. For more information about the company, contact coach Johnson at contessa784@yahoo.com or Vezner at tony.vezner@cui.edu.

StageDoor 141 for the music

ABIGAIL J. SPARN
STAFF WRITER

Concordia's student-founded theater club, StageDoor 141, is back for its second year. Wesley Barnes, senior and cofounder of StageDoor 141, is eager to see what is in store for this coming year. StageDoor 141 started last year to help students expand their knowledge of musical theater.

"StageDoor 141 is mostly composed of a group of students who are hungry to explore a different part of the theater industry. It's mostly for those who are interested in big Broadway numbers," said Jacob Schott, senior.

"Essentially, it's another outlet to explore different media of creativity through dancing and singing," said Adam Ramirez, junior.

The second year of StageDoor 141 will be a bit different. Barnes has decided to make some changes to the program. StageDoor 141 is now incorporating some student directors, who are theater majors, but the group is also looking to do more workshops throughout the semester in preparation for their performances.

"I'm looking forward to creating new work with this new group of people," said Alexandra Dominguez, senior and cofounder of StageDoor 141. "I love finding out all the cool things that we can come up with. I'm also excited to see what [the actors and actresses] have to offer and how

far we can push them. It's going to be a great year!"

There will be one musical performance each semester. Look for contemporary musicals, such as "Company," "Westside Story" and "Chicago" as well as some classical shows.

The students that are involved in StageDoor 141 are hard-working students who have a passion for musical theater. These

students want to challenge themselves in all areas including dancing, acting and singing. This will help students to grow and better themselves as musical theater artist.

StageDoor 141 is planning on conducting performances at the end of November or early December. For more information, please contact wesley.barnes@eagles.cui.edu.



Autopalooza: A new breed of car show

JACK ROBISON
STAFF WRITER

The first annual Autopalooza Car Show & Car Care Expo was held Sat., Sept. 6 at the Orange County Great Park. The show, presented by detailing.com, had a style of its own, mixing a family-friendly atmosphere with the gritty gasoline-fueled attitude of your everyday car show. This blend allowed Autopalooza to lend itself to families and car enthusiasts alike.

Autopalooza offered a variety of excitement for everyone. “We really wanted to utilize the space available at the park, and the family atmosphere was a big focus. With the free admission and the live band, we wanted people to want to stay all day,” said John Strain, cofounder of detailing.com as well as Coordinator of Autopalooza. Whether it was a 1968 Chevy Camaro that would send your father deep into a flashback of his childhood, or a 1950 Chevy pickup truck that could only be found buried amongst years of overgrowth on a farm in the Midwest, the cars on site would bring the inner gearhead out of anyone.

However, this show was focused on more than just cars. Upon entering the venue, one could hear the live band covering songs by iconic artists such as The

Beatles and The Clash. Kids were running through the park, scurrying in and out of the multiple bounce houses spread across the grass. Different smells from multiple food trucks were wafting across the rows of cars, simply begging visitors to grab something to eat and stay all day. Over the loudspeaker, the voice of the Meguiars Car Care representative could be heard giving enthusiastic demonstrations on different methods of car care.

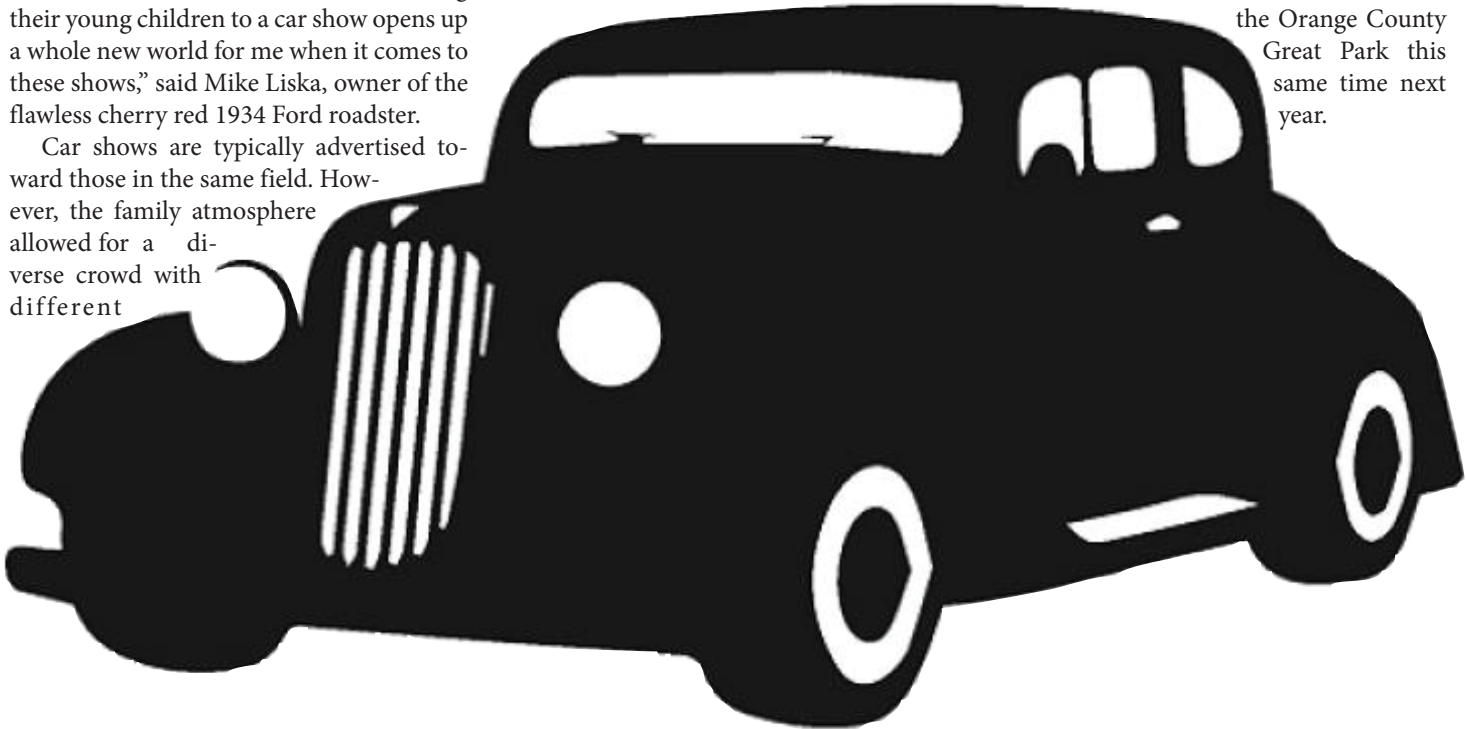
The focus on having a family-friendly environment was clear throughout the day. “The idea that families would want to bring their young children to a car show opens up a whole new world for me when it comes to these shows,” said Mike Liska, owner of the flawless cherry red 1934 Ford roadster.

Car shows are typically advertised toward those in the same field. However, the family atmosphere allowed for a diverse crowd with different

interests and tastes, all sharing a common bond, gawking over beautiful classics. “My kids have been going wild, listening to the revving engines, and jumping in the bounce houses all day; they are going to sleep well tonight,” said Sharon Willis, first-time car show attendee.

“Car shows are typically the same; the owners sit, while people get in and out quickly. This show has had families here all day, enjoying the show and appreciating the classic customs,” said Richard Metcalf, owner of the black convertible 1955 Ford Thunderbird.

While this may have been Autopalooza’s first event, one would get the feeling that the show will be continuing on for years to come. Catering to many varieties of people, and offering activities for all ages to participate in, a show like this could come around multiple times a year and attendance would only get better. Whether you prefer the classic cars taken straight out of your favorite gangster film or exotic customs like the \$1 million, 1200 horsepower Bugatti Veyron, etc., Autopalooza offers something for everyone to enjoy. Look for the one-of-a-kind car show to return to the Orange County Great Park this same time next year.



Upcoming at Concordia

CONCORDIA CELEBRATES
HISPANIC HERITAGE MONTH

SPONSORED BY LEAD DIVERSITY AWARENESS

VISIT OLD TOWN SAN DIEGO	MEXICAN INDEPENDENCE DAY IN THE CAP	BILINGUAL CHAPEL SERVICE	MOVIE NIGHT "MOTORCYCLE DIARIES"
9/13 11AM-5PM	9/16 11AM-2:30PM	9/19 10:30AM-11AM	9/24 7PM-9PM

Rock the
AMP

SEPTEMBER 19th
7:30 PM - 9:30 PM
NELSON AMPHITHEATRE

Redesigned weekly chapel experience

MEGAN M. ILLSLEY
STAFF WRITER

This fall, the student body, staff and faculty are praising the newly-designed chapel format on campus. Adjustments have been made in hopes of offering attendees a unique chance to engage in fellowship. The word “fellowship,” synonymous for community, has been heavily used throughout campus and is now the focus of chapel. “We simply hope that chapel will be a daily opportunity to be restored in the midst of a very hectic life,” said Campus Pastor, Quinton Anderson, ’00. The CU Center, where chapel takes place, is a perfect place to engage with one another in community.

Students who are looking to attend the 10:30 a.m. chapel service on Mondays will be enriched with a 15-minute bring-your-own-Bible session. Its modern approach will engage students with scripture while bringing them closer to Christ. Tuesday mornings are designed for fellowship. This is the favorite day of junior Jennifer Conlin, Chapel Coordinator. She enjoys the mix of music and its ability to reach out to more students. At the closure of a 20-minute chapel on Tuesdays, those in attendance are encouraged to spend time together enjoying refreshments outside. Courtney Hentz, junior, is enriched by the new setup. “Normally you feel so rushed exiting chapel and hurrying off to class, but with this added time it allows us to slow down and have fellowship with other believers,” Hentz said.

After a Wednesday break, the student body is encouraged to jump back into the chapel experience on Thursdays. Time

will be spent giving thanks to Christ for all that he has done for us. Various music ensembles will lead the congregation in worship and praise. The highly-attended Friday service, known around campus as “High-five Friday,” will remain the same in its modern approach.

Students also look forward to SHOUT, a time that is led by Concordia students on Thursday nights. Testimonies are shared in a low-light setting in hopes of providing comfort to students. After personal stories have been expressed, people are led outside, and small groups form to pray with one another.

One of the biggest challenges that our generation faces is our hectic and demanding schedules. Chapel is an incredible opportunity to turn off our cell phones, laptops and any other form of technology to slow down. The CU Center is a gathering place where everyone is welcome and each person is left feeling nourished and prepared to take on his or her day. It is a safe environment where the student body can wrestle with meaningful questions and grow deeper in their relationship with Christ. “Chapel is a time to grow closer with God and friends,” said Erika Santoro-Harvey, junior. The restful experience is freeing to our souls and gives us much-needed strength in our lives. If you would like more information on the new chapel format, please feel free to go to www.cui.edu/admissions/undergraduate/spiritual-life/chapel. Chapel services are held at 10:30 a.m. in the CU Center on Mondays, Tuesdays, Thursdays and Fridays.

Bella Amoré: growing friendships in Christ

ALLY WAGGONER
STAFF WRITER

Bella Amoré is an all-female Living Learning Community (LLC) located in the Omicron quads, giving women an opportunity to grow in their faith. Originally founded by junior Karen Gurske, Bella Amoré is the newest addition to the Concordia LLCs.

“I was inspired during an Outdoor Recreation beach camping trip I was hosting last year to begin this journey,” Gurske said. “After taking a hike with just the ladies on the trip, I realized Concordia had a void in terms of creating that sort of camaraderie amongst the female population.” Gurske took on the research and necessary steps needed to make the LLC possible, with a main focus of having a Christ-centered life for the residents.

Bella Amoré focuses on four main objectives: community living, spirituality, identity and service. “Any activity we do, and any event that we hold, these goals are what we are striving to build up in our community,” said junior Mary Ann McCain, Resident Assistant (RA).

McCain brought up some of the events the ladies have participated in, including open worship nights every Tuesday. They have even Skyped in some of the ATW III team to participate from abroad. According to McCain, the worship events are also open to any males who wish to attend.

Living in a LLC is also a great way to get involved in the school and all of its activities. Bella Amoré helps make connections for Concordia females. As a transfer student, Nicole Andrews, junior, heard about Bella Amoré through her school counselor.

“They do a lot of different events, which is nice to get to know each other better,” Andrews said. “I’ve been meeting more people than I would have [otherwise].”

Andrews would suggest Bella Amoré to anyone who wants to get involved and meet new people in a positive and comfortable environment.

This LLC has a major emphasis on community service. The ladies of Bella Amoré love getting involved and helping those who need it most. The service projects are organized and led by Johanna Lohrmann, the Resident Director (RD) for all on-campus housing. Doing these service projects brings the girls together so they can serve God and their community. The overall positive atmosphere is worth signing up for, but the friendships made are even more valuable.

Bella Amoré’s next service project will take place Sun., Sept. 28 at Orangewood Children’s home to help put on a carnival for the kids. Feel free to attend the open worship nights every Tuesday at 7:30 p.m. in the Omicron lounge.



Students’ (apparently) secret weapon

Library resources can be a great way to stay on top of your studies and boost your grades.

JONATHAN SERRANO
STAFF WRITER

What’s Batman without his utility belt? What’s a student without a library? The library’s countless tools are essential for any student to become a Batman or Batwoman of their own! With the hours ranging from 8 a.m. to 12 a.m. Monday through Thursday, 8 a.m. to 4:30 p.m. on Friday, and 2 p.m. to 10 p.m. on weekends, the library should be utilized to its fullest potential.

The library offers services that many students are not aware of, such as the group study rooms. Junior Kelly Brown said that she did not know the library offered those until she was asked if she ever used it. To rent a room you talk to one of the librarians behind the counter where they will give you the rundown on the process. Be sure to have your student I.D. with you, because

they hold it while you are using the room. If you are worried about there being enough rooms to use, take comfort in knowing that there is a two-hour maximum time on the group study room rentals. The rooms are complete with large tables, enough chairs for the whole group and a whiteboard. That is just one of the many amenities the library offers.

There are not only tools within the library, but also on the library’s website, cui.edu/library. There you can find little trinkets, such as the library’s mobile app, another unnoticed and underutilized aspect of the library. “What? The library has an app?” said Daniel Varga, freshman. That is the typical response from the student body. On the app you can search the library catalog for books and see if they are available. Once the app is downloaded from the link on the library website, you simply choose Concordia University from the school list and it is complete. Search any keyword and the books the library has will appear. This app is a great way to save time on a busy student schedule. Once you find out that the book you need is available, you can go into the library and ask one of the librarians to point you in the right direction. The librarians are there to help.

The library staff is a key component of the library that is far too often overlooked and underused. Junior Jonathan Schultz,

library student worker, said “one of the primary jobs of a librarian is research, so don’t be afraid to ask them.” The library staff can be reached online as well as in person. Once on the library website, you will see the tab on the bottom right of the screen to live chat with a librarian. In addition, there are also weekly workshops held at the library. These workshops cover a variety of topics from citation guides to major specific research tips. Ramez Mikhail, Information Services Librarian, believes that these workshops are the most under-

utilized tools that are available. Mikhail said “sometimes we have to cancel because no one shows up.” Students need to take the time to reach out to the librarians; it will be much faster than working alone.

When you are in between classes or getting that pick-me-up from Emendare, do not forget the library is there to help. The key weapon in your arsenal for taking on the semester is right there by Grimm Hall and it is called the library, or the Batcave. Either name works.

