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THE CONCORDIA				

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Concordia University Irvine

Friday, December 6, 2019

Concordia Speech Showcase gives us a taste of their consecutive reign

Jasmine Washington, Staff Writer

On Nov. 20, the Concordia Forensics team held its annual Speech Showcase to promote support for the team as well as providing thought-provoking performances for campus students to witness.

Concordia Forensics continues to uphold its unfaltering legacy with its talented teammates. Just last year, the Speech team placed first at the 2019 PSCFA Spring Championships, sixth at the 2019 National Speech Championship and seventh at the 2019 National Forensics Association while the Debate team gained second place at the 2019 National Parliamentary Debate Association Sweepstakes. Clearly, the Concordia Forensics team is not here to play! As the team would say during their warm-ups, "results don't come by resting, they come by working!"

The team is hard at work and preparing for the upcoming 2019 PSCFA Fall Championship on Dec. 8. To prepare, the speech team showcases a collection of their events every fall and spring semester to explain the different performances that they compete in. In this fall showcase, there were five performances: After Dinner Speaking, Prose, Poetry, Impromptu and Dramatic Interpretation. After Dinner Speaking focuses on informing the audience about a certain topic while entertaining them through humor; this was performed by Natalie Wellman, senior, and her topic analyzed how Kidz Bop songs contribute to cultural erasure. Wellman explained in her performance how Kidz Bop uses censorship and how that creates a dangerous situation for children because they don't understand that what they are listening to is bad."I chose this topic because I have seen how pervasive Kidz Bop is as well as how dangerous censorship can be. Kidz Bop has been able to censor songs on an incredibly mass scale to children, a vulnerable and malleable population," Wellman said. Although her topic was on a serious note, Wellman allowed her humorous moments to not only lighten the mood but to also emphasize certain aspects of her



PICTURED ABOVE: 2019 Concordia Forensics team at the Crossman Invitational. Photo courtesy of Concordia University Irvine-

topic.

Damon Lawson, junior, performed an impromptu speech where he only has a limited amount of time to prepare and speak about a topic given to him. Lawson, who has been in the speech community for eight years, has been a two-time gold medalist in Impromptu at the Community College level. In the showcase, Lawson was given a quotation and had less than two minutes to create an argument and find five examples to respond to the quotation given to him. As soon as he is done preparing, Lawson goes straight into his speech about his quotation and examples for the remaining five minutes. The purpose of Impromptu is to challenge the speaker with a limited amount of time to see if they are able to tie their informative examples to the quotation and the interpretation they made from it. Prose, which is literature that focuses on narratives and is purely story-driven, was performed by Forrest McFarland, senior. The piece told a story about a person who is paid to experience other people's pain. McFarland argues how we want to numb our pain in order to feel better instead

of learning how to truly feel. As McFarland's character in the Prose puts it, "we need to feel better so we can start to feel better" and bring the hope of a more emotionally healthy environment. "Forrest's Prose gets me every time," Lawson said, "The complexity of the story and his performance ability are beautiful."

Bessem Takang, sophomore, performed her poetry which is a collection of multiple poems that were arranged together by Takang to emphasize a certain argument. Because there are multiple poems, Takang must differentiate each poem with different characters throughout her piece. The program discussed performing trauma through poetry and how that can be detrimental because it can cause the performer to re-trigger themselves with their most painful trauma. Although Speech has been seen as a place of therapy since performers can talk about topics important to them or their personal traumas, Takang stresses that the performance, as well as the speech community, must understand how to perform trauma correctly and in a healthier manner

Forensics Facebook page Interpretation which is more character-driven and is focused on the character's development or journey they endure. Becker's piece was also about healing from trauma through speech--in this case, instead of Poetry, Becker's character uses storytelling. In the Drama piece, Becker shows us the character, Perla, a little person who survived the Holocaust and is retelling her experience during such dark times. Perla explains the Holocaust through her eyes as well as the experimentations that were done on people with dwarfism. Through her story, Becker is able to illuminate how telling a story can truly be powerful and necessary in the healing process. Overall, the speech showcase presented a collection of pieces that were didactic, enlightening and beautifully performed. Concordia Forensics will have no problem upholding their successful legacy at the upcoming Fall Championships. Let's wish them luck! Or maybe they won't need it... because, as they say in another one of their warm-ups, "there ain't no party like a CUI party, cuz a CUI party don't stop!"

Concordia Commuter Outreach delivers sweet

experiences for off- campus students

Caroline Bartels, Staff Writer

It was a beautiful morning on Nov. 13 at 10:30 a.m., with the sun trying to burn off the fog that hung in the air, in the same way that students hang on to their coffees for early 7:30 a.m. class. Commuter students had gathered around a table with the hopes of getting a free donut. I waited eagerly in line as well, my mouth watering as I saw boxes and boxes of donuts being set up. As I waited, I thought about how I got connected with this event through the commuter email list and what it means to be a commuter on Concordia's campus.

Only last year I was living in the dorms, but now I was living a dramatically different life. Life in the dorms provides for small luxuries that I didn't fully appreciate until I moved off -like food and coffee (the two most important things in my book) being within a five minute walk.

After a few years of dorm life, for my last semester I decided to live off campus. Eventually, I found an apartment and I liked being independent, while being involved with Concordia. But in the wise words of Uncle Ben, "with great power, comes great responsibility."

Last, Ingrid Becker, senior, performed her Dramatic When I was waiting for my donut, I had a chance to talk to the Commuter Outreach Coordinator, Jessica Olf, a sophomore and also a commuter. Olf told me that she believes commuters often go to heroic lengths to attend class. Even though commuters do not make up a huge population of the school, they often have responsibilities that students who live on campus do not.

When Olf first got the position as Commuter Outreach Coordinator, she wanted to find a way to serve and know the commuters of Concordia. Commuter Outreach events used to be at 7:30 in the morning, but Olf found that most commuters

Continued p. 2

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On Campus

What the Veterans Resource Center has to offer



PICTURED ABOVE: Concordia marked Veterans Day 2017 by renaming the Veterans Resource Center after alumnus U.S. Staff Sgt. Matthew Thompson. Chief Warrant Officer 2 Jake Marker (left) and Captain Brian Walsh (right), members of Thompson's Special Forces Group, spoke at the event and presented a memorial plaque in Thompson's honor.

Jake Ricci, Staff Writer

We respect, honor and care for our veterans and their families with the utmost empathy for their tremendous sacrifices. Here at Concordia, we show our support to veterans and their loved ones through the SSG Matthew Thompson Veterans Resource Center (VRC) which offers a wide variety of programs, clubs, benefits and much more.

The VRC is named after Staff Sergeant Matthew Thompson, who died on August 23, 2016 in Helmand Province, Afghanistan. Thompson graduated from Concordia with a B.A. in Theological Studies in 2011.

On the VRC's home page it states, "Our dedicated staff is here to help veterans, their spouses and their dependents navigate their benefits for undergraduate, graduate and certificate programs. We also understand the challenges facing students who are working professionals. CUI's programs are designed to offer flexibility." Their mission statement continued, "Whether earning your degree fully online or choosing blended instruction - combining traditional classroom instruction with online learning - the faculty and staff at Concordia will support you from day one to graduation."

Steve Leader, Director of Concordia's Veterans Resource Center is directly involved in supporting Concordia's student veteran population which includes being mindful of veterans' unique needs. For example, on Veterans Day, "It [Veterans Day] is different to each veteran. Some of us have lost friends or others from our units. Some of us like to be alone on that day while others like to be with friends," Leader said.

Leader is looking to make next Veterans Day mindful and memorable. "Next year we will have a really nice event on campus," said Leader, adding, "November 2020 will be grand."

Inside the VRC, there are amenities ranging from computer workstations with free printing, to free scantrons and blue books. There is also a service to take professional profile pictures for LinkedIn and also provide VA work study positions and much more.

In addition to the VRC, Concordia has other clubs, programs and resources available to those who have or are serving and their family members in order to better serve them throughout their education at Concordia.

One group is the Veterans Club. According to the Veterans Club homepage, "The goal of CUI Veterans Club is to promote a sense of community between traditional students, veterans and their families. In order to accomplish this, the Veterans Club will provide a place where members can socialize, network and assist each other as they work to achieve their educational and career goals."

In addition to the Veterans Club, Concordia is a member of the Yellow Ribbon GI Education Enhancement Program that offers scholarships to those who qualify. Benefits include tuition and fees, books and supplies, and even a housing allowance. If you are a student veteran in good academic standing, consider checking out this program to see if you qualify.

Supporting our veterans and their loved ones here at Concordia is a priority, and with these resources we can serve those who served us. To learn more about the VRC and other resources available for military, veterans and their loved ones at Concordia visit cui.edu/studentlife/ veterans.



PICTURED ABOVE: Commuter Abigail Sommer and Ingrid Becker pose with some donuts. Photo courtesy of Caroline Bartels.

COMMUTERS

(Continued from page 1)

were not on campus at that time. They moved outreach events to 10:30 a.m. to be more accommodating to the commuters' time and efforts. And it was a success.

Katherine Sandoval, a sophomore with a passion to help the commuters knew of some commuters that left from San Diego and came to Concordia every day for their classes. Sandoval stated that commuters may have it harder, dealing with extra expenses like gas or meals at the Caf.

While it may be harder for commuters to come to campus, Olf and Sandoval want to make the process easy and fun. Both Olf and Sandoval said that their favorite event this year for commuters was the Halloween outreach event, where they handed out little goody bags for any commuter who came.

Olf said, "I loved that event because it was so fun handing goody bags to college students and see the youth brought out in them!" Olf added, "We try to have events and know each other one step at a time and we try to get to know each other, little by little."

While Olf and Sandoval are busy with the logistical side of putting on events, commuters such as Savannah Winchel, a sophomore, is grateful for them when events do come together, it is important for commuters to get involved and to feel like they are part of the student body of a school she loves. Olf even told me of some potential talk with LEAD starting off events or concerts together as a group of commuters so that they build lasting friendships.

While commuters may be a smaller part of the whole part of Concordia, they are still part of our school and Commuter Outreach especially wants them to feel like heroes. It is important to find a community at school and the first step could be going to a free event put on that has free donuts. So as I ate my strawberry donut, I pondered what my life was like before I was a commuter and now that I am one, I love that it happened and I would not trade it for the world -- or even another donut.



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CAMPUS

December 6, 2019

ATW® update: Austria, Hungary and beyond



PICTURED ABOVE: Night lights of old town Győr. Photo courtesy of Nathan MacGregor.

NATHAN MACGREGOR, Staff Writer

As I sit contemplating our final moments here in Győr, I ponder what our next country, Costa Rica, will possess. I remember the experiences of travelling around the world. Our team has experienced a lot of culture, a lot of food, a lot of smell, a lot of environments, and some tension. Tensions have come to live beside us in the heat in Vietnam, cold mornings in Mongolia, our rainy days in Uganda and our cold snow filled school days in Győr, Hungary.

I have come to an awakening that life is a compilation of these tensions. Tensions that define our existence, our school life, our free time. These tensions have challenged us to grow as students, as travelers, as writers and as Christians.

One of the most memorable moments teaching at the Lutheran school in Győr, Hungary has been our discussions on what we are thankful for. Many of the groups discussed the positive. There was plenty of conversation that walked around the sphere of being thankful for bad situations, sickness and bad circumstances that pushed the students in a new direction, to someone closer and allowed for the love of Christ to fill their heart. It wasn't just positive things that they were thankful for. These conversations made it apparent that these normal students, in normal situations, in normal struggles of life were experiencing tough tensions. Tensions that stop them and cause them to think about their decisions. Even though our ATW[®] teams'

tensions may include the exotic or the extreme, it does not discredit the struggles of everyday life.

mornings, During those only discussed we not Christmas, Thanks giving and travelling. We nurtured relationships. Christ revealed His love through us by encouraging those students at the Lutheran School. Christ revealed His love to our ministry contacts as well: Sarah Berta-Somogyi a Concordia graduate; Benjamin Helgi a Concordia graduate, $\tilde{ATW^{\ast}}$ Rounder, and missionary in Slovakia; Anastasia Rosnau a recent graduate, ATW® Rounder and a missionary with Mission of Christ Network Slovakia; and Clara Jean Rich a Concordia, Seward-NE graduate who also teaches alongside Anastasia Rosnau.

Every other year, a group of students led by Pastor Anderson and his family have continued to relate to these students from Concordia through Summer English Camps. If you are interested and want to meet these amazing students, contact Pastor Anderson on campus.

I find it fascinating that Győr is where we converged paths with all these wonderful people, Győr is a city on the edge of Austria and Hungary at an intersection of the Danube River. Our hostel sat on the road of the Five Advent Church's. The Five Advent Church hosts church services, concerts and other festivities. We were blessed to begin the Advent season in Győr. Our worship team enthusiastically led an Advent worship service that helped our team focus our attention to Christ, the real reason of Christmas and His second coming. Another blessing was being able to see the wonderful winter lights and glittering Christmas markets.

As we enter our last country in Costa Rica and finish our semester, it is fitting to look back on all that we have experienced. I find it meaningful when I remember and give thanks for all those who are supporting us back on campus and home, before the trip, during the trip and to those who will continue to support us coming back.

Sincerely from my heart, from the heart of the team, thank you. We can't wait to see you on campus. If you have any questions or are interested about our contacts in Hungary, the ATW^{*} semester or any of the other countries we have visited please contact me at nathan. macgregor@eagles.cui.edu. I want to end with a phrase from a song written by Hillsong called New Wine that has given me peace, strength and courage throughout the trip.

> In the crushing In the pressing You are making New Wine In the soil, I Now Surrender You are breaking *New GROUND* So I yield to You and to Your careful hand When I trust You I don't need to understand

Men's water polo wraps up their season



PICTURED ABOVE: The men's water polo team of 2019. Pictured from left to right: Graduate Assistant Tijmen Agtberts, Gibson Gerace, Christian Bowley, Nick Taylor, Mitchell Iunker, Cristiano Tomassetti, Marius Jakimcikas, Nick Walker, Cullen Mooers, Braden Lee, Messan Moore, Micahel Marr, Dan Maleski, Patrik Zsiros, Austin Barton, Kaimi Medina, Head Coach Dreason Barry, Graduate Assistant Duje Grubisic

Daniel Castagnola, Staff Writer

The Eagles season flew by in a hurry. The Concordia men's water polo season ended on Sat., Nov. 23. They finished their season with a loss against Loyola Marymount University.

Even after the loss, the Concordia men's water polo had a lot to positive outlooks about this season. Junior Marius Jakimcikas was granted a place on the All-WWPA first team. Jakimcikas wasn't the only one that was placed on an All-WWPA team; Junior Patrik Zsiros was awarded honorable mention. Freshmen Nick Taylor was also recognized and was named to the WWPA All-Freshman team.

Senior Austin Barton was overall happy with this season. Barton said, "This year was a great season. I couldn't be happier with the guys I played and competed with all season. Although where we finished in conference wasn't what we were hoping for, we did well considering the amount of players we had and other adversities we faced."

Senior Michael Marr also enjoyed his final season as a member of the Concordia men's water polo team. Marr said, "There was a lot of ups and downs this season but our team did a great job at sticking together. It was fun to be back out there with the boy's everyday. I wanted to focus on swimming after my freshman year so I left the team but I missed it so after a two-year break I realized I wanted to join the team again. It was a great decision to jump back into the pool with the team and I don't regret it. The biggest takeaway from the season, was seeing all the guys putting in 110 percent everyday."

Dan Maleski, junior, was pleased with how the season went. He admits that he wished it could have gone better in certain instances but loved being a part of this team. "I love all the guys on the team. They are like family, my brothers honestly, being out there everyday in the cold pool early in the morning would be hard if I didn't have these guys with me but seeing them swimming next to me makes it easier to workout in harsh conditions."

Although the team didn't complete all the goals they set out to accomplish in the conference tournament, they still managed to finish sixth overall in the conference tournament and senior Austin Barton found his tournament play recognizable to earn himself a spot on the All-Tournament Second team.

The team has a lot of promise from players that will be returning next year. The men's team does a great job at uniting and coming together to try and accomplish goals they set. Be sure to check back next fall when the Eagles will jump back in the pool. Until then, keep up with all things Eagle athletics at cuieagles.com.



Good luck on finals, fellow Eagles, and thank you for sharing your stories with the Courier this semester! Pictured above are the fall 2019 COM 222 student staff writers and editors of the Concordia Courier.

LOCAL December 6, 2019 Goodbye college, hello real world

SIERRA VENEGAS, STAFF WRITER

Concordia's seniors who are walking this winter will be graduating at 9 a.m. in the CU Arena (gym) on campus on Sat., Dec. 14. Tickets to graduation are absolutely free and seating is on a first come first serve basis. Several seniors who will be graduating this fall and shared their excitement, future plans and advice for current college students.

Emily Lawless, senior, said she is most excited about not having early classes and not having to search for parking every weekday after she graduates.

"I am also looking forward to not having assignments, presentations and papers due every single week," said Lawless. She went on to talk about how after she graduates she plans to spend the holidays back home in Houston, Texas and she is then going on an 8-day Carnival Vista Cruise. "I am going to Jamaica, Cozumel and Grand Cayman," said Lawless. She wants to let all students know that there is, in fact, a "light at the end of the tunnel." Keep persevering because graduating is worth it in the end, Lawless encouraged.

Mason Roth, a graduating

senior who played lacrosse at Concordia said, "I cannot wait until graduation day. As soon as I throw my cap up in the air I am going to celebrate with my friends and family in Newport." Roth's after graduation plans include moving to San Diego with his grandparents and seeing what opportunities arise for him while networking his connections. "If I could give anyone advice in college at Concordia it would be to try your best to keep your work, social and school life balanced because in order to be successful you need to be fulfilled and happy in all aspects of your life."

graduating senior, said, "I am most excited to be one step closer to my goal of teaching abroad." Flores has one more year of student teaching after she graduates and then she hopes to travel the world. "My advice to current or future college students is to try to be a part of Concordia's traveling abroad program. They make it really affordable and it is the opportunity of a lifetime," she said. Life is too short to not travel and have fun while you are young so take Flores' advice and travel while you can!

Raquel Flores, another senior, said, "I am most excited to be officially DONE." After graduation Ricci hopes to move to Colorado and work for his dream company doing his dream job. "My advice to students is to be a planner," he stated. Ricci enjoyed his time at Concordia and wishes the best for the future graduating classes.

> Come by on Sat., Dec. 14 and support these graduates, plus many more on their big day. To find out more information regarding graduation, please contact Sarah Whitehair at sarah. whitehair@cui.edu.

Jake Ricci, a transfer

Study habits for the FINALS push

EMILY LAWLESS, STAFF WRITER

Bring on the coffee and Red Bull! It is finals season and after a week off for Thanksgiving break, the race is on to get all those tests, papers and projects finished. While the close of the semester is always exciting, it can also be one of the most challenging and stressful times for students. Finding the perfect way to study for exams is different among all students.

Senior water polo captain Shannon Graham stated, "I have the worst study habits. Normally, I study the night before or day of and that only consists of looking through notes, class powerpoints and sometimes the textbook." Graham is surely not alone in her admittance to having bad study habits. She added, "I guess my biggest one that

helps is having study groups get together in the library. I have friends in all of my classes so we normally plan to get together before a test to go over things."

Junior transfer Lily Riley discussed how she studies the best, "I mostly have to study with someone. Just being able to talk about the material out loud helps a lot. Also, flash cards help a ton for me," said Riley. While many college kids attribute their success to procrastination and cramming, Riley described that this is not the case for her. She continued, "I absolutely cannot cram. I will not retain any of the information if I try and do that and am better off just not studying at all. I usually try to start studying one to two weeks in advance."

Eagle Alumni Kelley Geurts reflected back to her old study habits while at Concordia and said, "A lot



PICTURED ABOVE: Photo courtesy of cui.edu.

of times I would make my own flashcards on quizlet which was extremely helpful because they have multiple ways for you to study the materials so you will literally know everything you need to backwards and forwards." She added, "I would also try to remember to rest my brain and take power naps, watch "The Office" or do something other than study so I wouldn't burn myself out." Often times college students up the ante when it comes to caffeine

intake to stay awake and energized for longer hours. Geurts said, "I also relied heavily on dark roast, a very supportive friend of mine, even to this day."

Some places students can be found studying for finals around campus are in the group study rooms in the library and Eagles' Landing. The library hours are extended for finals season, opening at 7:30 a.m. to 11 p.m. Mon. through Thurs., 7:30 a.m. to 4:30 p.m. on Fri., 2 p.m. to

8 p.m. on Sat. and 2 p.m. to 10 p.m. on Sun. Also, Eagles' Landing proudly serves Starbucks coffee and is open Mon. through Thurs. from 8 a.m. to 11 p.m. and Fri. from 8 a.m. to 8 p.m. So stop by for your favorite espresso drink or iced coffee. Eagles' Landing offers a place to connect with friends (or wi-fi!) and refuel with a selection of natural products including snacks, baked goods and ready-toeat meals to get you ready for finals.

Stop jacking my juice!

LOGAN MAHAFFY, STAFF WRITER

Traveling is difficult especially around the holidays; do not make it worse by getting your information stolen. When traveling home for the holidays make sure to be aware of how and where you are charging your phone, laptop or other devices. "Juice Jacking" is now a common way hackers can get your information through USB charging ports.

"Juice Jacking" is when someone gains access to a device through malware

on a USB-cord or port when the device is plugged in. The malware can also

lock the device so that the owner cannot use it giving the hacker more time to get your information!

Information can be stolen by the hacker downloading or inputting malware into the USB-port or by creating a cord that looks normal but has a device in it with the malware installed. The malware, when plugged immediately infects in, the device and sends information to the hacker. The information sent can passwords, be account information or even a complete backup of the ways that people have device. Make sure to be at charging stations.

The use of "Juice Jacking" has become common at airports. Now is an even more susceptible time for hacking as people travel through airports during the holiday season.

Kyle Fujisaki, a junior in the Business program said, "That is really scary to think about given the amount of phone use in society today and how easy it would be for someone to steal it." The idea of getting information stolen through charging his phone and the different is private.

created to steal information skeptical of the chargers left from others concerned Fujisaki.

> Information is easily obtainable because of the internet and devices such as phones that practically everyone has now. We store information on our phone without a second thought, even saving passwords and

credit card information to our devices so that we do not have to enter them every time we access something. This can be harmful because it is hard to tell who else has access to the information you think

We as a society have ignored the issue of who has access to our information for too long. When asked about information in face to face encounters people are skeptical about sharing, so why do people not hesitate to save their information on websites?

So this busy travel season, make sure to have a happy holiday and protect your information. When traveling, use a power outlet, not a USB charging station, is one step to take to keep your private information safe.

Sports

Newport Rib Company Eagle of the Week

Hannah Tostada

Troy Makalena, Athletic Department

After a six game and two week stretch, the Concordia women's volleyball team climbed its way to a 4-2 record to close out the 2019 season behind its great production offensive along with its strong presence at the net. A key contributor to both, middle blocker Hannah Tostado, who is the Newport Rib Company Eagle of the Week.

The Whittier, Calif. native was recently named Second Team All-PacWest after putting up stellar blocking numbers all year long. But recently, she stepped up her game to pick up some key wins, racking up 38 blocks and averaged



1.52 blocks/set. Her best performance came in a 3-1 victory over Hawaii Pacific, where she had a career-high 16 points on 10 kills and nine blocks while hitting .444. She scored at least 9.5 points in each game, the best run she's had in her career.

bers For the season, she is But one of four players to d up play in 116 sets and has ome played in all 30 games. up She led the PacWest aged conference in blocks with 147, which ranks third all-time in a single season in league history and third all-time in program history. Not only was she racking up the defensive numbers, she hit .322 for the season, which was second on the team and tenth in the PacWest.

After two seasons with the Eagles, she is now sixth all-time in career hitting percentage at .328 and seventh in blocks per set with 1.10, both

Photo courtesy of Troy Makalena. ranks tops among all players in

> the NCAA era. The Eagles finished the season with a 18-12 record overall and was 12-10 in conference in a 2019 season that featured big wins, including career win No. 300 for head coach Paula Weishoff. Tostado and the Eagles lose two talented seniors and will look to strike back

harder in 2020.

Congrats to all the seniors of fall sports. Thank you for your contribution to Eagle athletics!

Men's Water Polo Messan Moore

Austin Barton Mitchell Iunker Cullen Mooers Michael Marr Cristiano Tomasetti Nick Walker **Men's Soccer** Ricardo Medina Connor Murphy Caley Powers Austin Nazer Jose Huerta Women's Soccer Kara Gilchrist Kaelyn Whitcomb Isabella Angotti-Jones Megan Hussey Olivia Khoury Maya Yamak Grace Dalo Lauren Rodriguez Women's Volleyball Julia Denboer Kylie Breitenwisher **Women's Cross Country** Rosalba Cabrera Natalie Hakala Anamauri Hernandez Hannah Hopkins Bailey Wade

Senior spotlight - fall sports

Grant Stuart, Staff Writer Sarah Kretschmar, Editor-in-Chief

As fall sports come to a close, the seniors on these teams find themselves reminiscing on the past but yet still excited for the future. Some of the senior women on volleyball, soccer and cross country share how their experience at Concordia has shaped them and propelled them to be the people they hopes to become a physical therapist for injured war veterans. She said, "it would be an amazing feeling to help change the lives of those who have saved ours." She is also looking forward to having some time off and said "I can't wait to just spend more time with my family and go on vacations and do everything stress-free."

Middle blocker, Breitenwischer from Coppell, Texas will also be graduating this May with a degree in After business marketing. graduating, Breitenwischer plans to move back home or go to Oklahoma to pursue sports marketing. "I also plan to spend a lot of downtime away from school and sports," said Breitenwischer. Breitenwischer reflected on her time at Concordia and "Concordia has been said, a lot of fun. Being PacWest champions conference my freshman year and living in Newport with my teammates has given me the best memories." To the underclassmen she said to"be involved in the school and community as much as possible, always ask for help

hopes to become a physical from friends and smile more."

Some seniors of women's soccer also shared their experience with their time at Concordia.

Kaelyn Whitcomb is a graphic design major form Fountain Valley. She recalled her fondest memory as her senior day just a few weeks ago. "Although we lost, it was really inspiring and heartwarming to hear all the seniors speak before the game. The whole team came together and showed what being a family really means," she said. To the underclassmen, Whitcomb said "give your all and enjoy every minute of it." Whitcomb plans to move up north following graduation. Kara Gilchrist is a kinesiology major with a minor in psychology and is an Irvine native. Gilchrist's favorite memory is scoring against Cal Baptist with her head freshman year. Following graduation, Gilchrist plans to travel and get her teaching credential in order to become a first grade teacher. To her younger teammates, she said, "Take your time through this part

of life and smile as much as you can."

Isabella Angotti-Jones is a liberal studies major with a minor in psychology. She came to Concordia from Dana Point, California. "My fondest memory is probably this season when we went on an 8-game win streak or getting awarded PacWest preseason defender of the year."

Angotti-Jones has had an outstanding career here at Concordia and reminds the underclassman that their time here is limited. "Even though grinding through it is tough, you only have four years of college athletics. Make it count and stay grateful for the place you are at," she said. Angotti-Jones will be returning to Concordia next year as a grad assistant for the women's soccer team and will be working towards her masters in counseling. Finally, Natalie Hakala of women's cross country spoke of her experience as an Eagle. In May, Hakala, from Eugene, Oregon will be graduating with a degree in exercise sports science and a minor in biology. Hakala

said her favorite memory from Concordia is the prerace questions asked by coach Bloom. "He asks us 'Are we fit? Are we fast? Are we family?' and after each question every girl responds 'Yes!' with extreme enthusiasm as we prepare to race fast and hard for each other," said Hakala. underclassman, То her Hakala said, "Take advantage of every opportunity placed before you, you only have four years of this family. Enjoy it and work hard. Trust in those around you because they want the best for you, especially the coaches. Without trust, you won't go as far as you want to. But most importantly, have fun and soak up all this time." Hakala plans to take a gap year and work in an urgent care with an EMT certification in order to gain patient care hours that she will use to apply to PA (Physician's Assistant) school. As the seniors say goodbye to Concordia, the hard work and dedication that they each put into their respective sport will live on through the underclassmen and people that they encountered during their time here.

are today.

Women's volleyball is graduating just two seniors: Julia Denboer and Kylie Breitenwischer.

Denboer, libero, is an exercise sports science major and raved about the academic opportunities that Concordia provided her. "The academics at Concordia were amazing and I was blessed to be a part of the athletic program as well," said Denboer.

To her underclassmen, Denboer said "it [4 years] goes by quicker than you think" and to "enjoy every minute of it." After graduation, Denboer

LOCAL & GLOBAL December 6, 2019 Amazon forest has its highest deforestation in a decade

Renae Ross, Staff Writer

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In Brazil, the Amazon forest deforestation rate has highly increased due to illegal logging and ranching, and wildfires which has been recorded by Brazil's National Institute for Space Research (INPE) and their Climate Observatory.

According to an article put out by National Public Radio, "The country's... INPE, released data revealing that 3,769 square miles of rainforest were lost to deforestation in a 12-month period ending in July." This is said to mark the highest rate of deforestation since 2008. Also making it a 30% increase from the rate produced by the INPE last year.

On Nov. 11 Ricardo Salles, Brazil's environmental minister verified in a briefing the numbers of deforestation to be true. He credits this to the illegal logging and mining operations and said authorities are trying to new ways to stop this.

Many see this as an effect of the environmental regulatory agencies budget cuts to the departments responsible for watching illegal logging and ranching in the rainforest. The President of Brazil, Jair Bolsonaro, deemed these regulations as a hindrance to Brazil's economic future. His evaluation began to come into question when the Amazon was attacked by a myriad of serious fires in the summer. Researchers already noticed an 80% increase in the number of wildfires across the country from last year at the end of August.

Bolsonaro continuously dismisses the numbers put forward by the INPE. Many debates government's the over environmental policies have blown up between Bolsonaro and other world leaders. As a result, French President Emmanuel Macron offered Brazil at least \$22 million to help fight wildfires. Bolsonaro angrily declined and demanded an apology.

"President Bolsonaro's anti-environmental agenda favors those who practice environmental crimes...," said Cristiane Mazzetti, Greenpeace Brazil's Amazon campaigner.

A combination of Brazil's Climate Observatory and a network of environmental advocacy organizations, said that the data issued from INPE does not only represent the highest rate of deforestation in Brazil in 11 years but also the third highest ever on record.

The MUZEO presents "Muzeo Express"



Photo courtesy of Leesa Fregin

Leesa Fregin, Staff Writer

A holiday favorite and cherished tradition of downtown Anaheim has returned once more. The Muzeo Museum and Cultural Center invites the community to celebrate the season and explore the history of trains, presenting Muzeo Express.

The holiday exhibition features historical artifacts, photo ops, interactive displays, and more. You can expect to learn local railroading history and see model train dioramas come to life. "Because we are big railfans ourselves, it has been a true pleasure partnering with no fewer

than five major exhibitors to ensure there is 'something for everyone' in this year's Muzeo Express," said Della Rose, the Director of Education and Exhibitions.

Visitors from all over the country come to reminisce about their childhood. At the opening reception of Muzeo Express, both new and returning visitors took delight in the interactive displays and items on loan from the Disneyland Railroad. John Bowman, an enthusiastic member of the Holiday Train Team, added that the exhibition never ceases to bring joy to all ages. Bowman promised museum goers will want to come experience the magic with their own eyes.

Fans of Walt Disney's love for railroading are in for a number of special treats when visiting Muzeo Express. The art of animators Eyvind Earle, Ward Kimball and Floyd Norman brighten the gallery! A restored cart from Mine Train through Nature's Wonderland, which was located where Thunder Mountain exists now, is also on display. This mine train car, among other items, are on loan from Walt Disney's Carolwood Barn. The Carolwood Foundation's mission is to preserve Walt Disney's railroad legacy.

Walt Disney's initial inspiration for his park was that he envisioned an amusement park with a train around it. While he didn't know exactly what it would look like yet, he knew this for certain. Whether you would like to gratify a love for trains or you're simply curious about their local history, this exhibit is for you. "My favorite part of the show, aside from working with our dedicated partners, is seeing the joy on our guests' faces when they enter the gallery and listening to their stories about childhood and fond memories of trains," said Mandy Rodriguez, the Exhibitions Coordinator, adding, "Our guests truly make this exhibit come alive. Seeing families and railfans of every age smiling, laughing and exploring the gallery fills me with joy."

Muzeo Express will be on display in the Main Gallery from Nov. 30, 2019 to Jan. 26, 2020. All aboard the Muzeo Express! This exhibition is going full steam ahead, so do not wait too long. In addition to Muzeo Express, the Muzeo Museum and Cultural Center has much more to experience. Muzeo offers free admission to exhibitions held in its Historic Carnegie Building, one of two of the museum's structures, welcoming the community to explore and ensuring that art, culture and history is available to all.

If you would like to join Muzeo in celebrating this holiday season, you may purchase tickets for Muzeo Express upon arrival or visit muzeo. org To stay updated on the museum's events and exhibitions, follow @ muzeo on Instagram.

Celebrating 91 years of Magic!



Dante Johnson, Staff Writer saying this on numerous occasions. To celebrate the couple's

for the big nine-o. A special birthday party was held at parks around the world, limited edition products were released and surprisingly they only wrapped up the celebration a few months before this years annual occasion. Nov. 18, 2028 will mark the one-hundredth celebration. It may be safe to say that with the scale of the Disney empire, the coming celebration will sweep the globe with epic proportions! Until then we may only see the miniscule celebrations that fade as quickly as they come. Disney has fostered many of our childhoods and at the heart of it all we find Minnie and Mickey Mouse. Mark the day on your calendar, set an annual reminder and remember: "It was all started by a mouse." -Walt Disney.

This past November the long awaited streaming service, Disney+, was publicly launched on Nov. 12. Less than a week later Disney also reached another tremendous milestone. Nov. 18 marked the ninety-first birthday of the world's most adored couple, Minnie and Mickey Mouse! ABC reported, News Minnie and Mickey made their big screen debut in 1928 in "Steamboat Willie." This black and white animated film is

and white animated film is where we get the iconic image of Mickey whistling and turning a wooden steamboat wheel. We also learn that Minnie and Mickey are actually married, although never officially stated, Walt Disney was overheard

birthday, a grand parade was held in The Magic Kingdom at Disney World in Orlando, Florida. There are images and videos on the internet of the two beloved characters riding at the top of a towering float during the parade, taking pictures with park attendees and they even giving away special edition ninety-first birthday pins for park attendees. The celebration however, seemed to fly under the radar of most people due to the release of Disney+. With this year being the ninety-first birthday, it also means that last year, Mickey and Minnie known as Mortimer and Mirnerva, respectively, celebrated crossing the threshold into their ninth decade of fun. In hindsight Disney went big

LOCAL & CAMPUS EXTRA December 6, 2019 Graduating in the spring? Deadlines you need to know

KELLY OGAS, Staff Writer

Spring 2020 graduation is just around the corner. As your time here at Concordia comes to a close, there are still some extra details that need to be accounted for before you walk across that stage and take your diploma. Luckily for you, a checklist of what-to-do has already been posted to Concordia's Bachelor's Degree Graduation Information page.

Most college students require lists to help them navigate through the stressful waters of deadlines and due dates. Speaking from experience, getting deadlines done in advance saves you from stress -- and as college students, I would say we already have plenty! As we

near 2020 and May's graduation, it is crucial that Concordia's seniors complete commencement deadlines in a timely matter. Application deadlines for graduation are right around the corner.

The first graduation deadline fee fell on Nov. 22, including the lowest cost of \$185. Graduation fees have now increased from \$185 to \$215. From now until Jan. 24, 2020, the fee remains at \$215. After that date in January, the fee goes up to a whopping \$340. These fees cover the expenses of administrative time necessary for processing the application and degree posting, while also paying for the mailing and ordering of your diploma(s). And if your parents are anything like mine, they are going to be asking after the

first 4-6 weeks for that diploma so be processed. they can share your success with extended family on Facebook.

An important note, Jan. 24 is also the deadline to walk.

With more than enough on the plates of graduating seniors, Concordia's team of academic advisers alongside Sarah Whitehair urge students not to delay these deadlines. The longer you wait to apply for graduation, the longer it will take for degrees to be posted.

Seniors who are expecting to graduate in Spring of 2020 need to meet with their academic advisor to ensure they are on track to complete all required courses. Students who are taking additional courses at another college must show proof of enrollment or their graduation application may not

Make sure to pick the rightsized commencement gown for you! Caps and gowns are included within the graduation fee, and range from sizes regular, plus 1 and plus 2. A chart providing students with assistance in picking the right gown can be found on Concordia's Bachelor's Degree Graduation Information page.

Now that we have gone through the list of graduation requirements, we can begin working to check them off! Remember to submit your graduation application and submit payment for the required fee. Check! Make sure you are on track to graduate. Check! Pick the right-sized gown for you. Check! Once you have completed these steps, you can breathe a sigh of relief. Graduating students awaiting the 2020 Commencement; we are just around the corner!

If you and your family are planning ahead, the commencement ceremony takes place Sat., May 2, 2020 at 1p.m. at the Bren Events Center on UCI's campus. No tickets are required and students may invite as many guests as they wish. More guests, more graduation gifts -- just saying!

To answer further questions about commencement, or if you have special needs, reach out to Sarah Whitehair at sarah.whitehair@cui.edu for more information. To locate the gown chart and to check graduation deadlines, visit cui.edu/studentlife/Registrar/ graduation.

Holiday shopping tips



ALEXIS RIOS, LOCAL/GLOBAL EDITOR

countdown The to Christmas is on. The holiday season is a magical time for many filled with Hallmark movies and special holiday treats; the joy can be felt all around. However, the time of giving can also be stressful when trying to figure out what presents to get your friends and family on a limited college budget. student Seasoned giftextraordinaries shopping share their top four gift shopping tips.

1. Start early

According Nick to Murphy, a junior and Christmas fanatic, the best



pay attention early, you can get your friends a quality gift that they're sure to love. It does not have to be extravagant but the fact that you listened and cared can make it very special.

2. Shop locally

If you did not start planning in advance, no need to fret. Morgan Schkepher, a junior and Washington native, believes bringing back a local gift is also a great option. "Since I am from Washington, a lot of my friends and family have never been to California. So for their gifts, I have tried to get them something unique that represents my new home. Gifts that are made locally personalized gift. "I love to create, so having the ability to make a personalized gift for my family and friends is fun for me. For those who are not super creative or are not sure where to get started on making a gift, I recommend checking out Pinterest," said Paulson.

From D.I.Y. Christmas gifts and unique stocking stuffers to Christmas baking recipes, there is something for everybody on Pinterest. For more information check out: pinterest.com

4. Groupon

For those who like an adventure, Groupon is a great place to find an experience type gift. Sophomore Teyah recommends Holiday using Groupon to gift a fun excursion that will be sure to bring in priceless memories. "Groupon is a great way to purchase an experience type of gift. These are the kind of gifts that keep on giving in regards to moments that you will always cherish," she said. Holiday recommends looking up coupon codes for Groupon online to apply to your purchase. "It is a great way to reduce the price even further. I once purchased a two-hour paddle-boarding session at Newport for only \$10, and it was a lot of fun," said Holiday. Overall, there are many different ways to go about getting a fabulous gift on a budget. So do not stress when picking out a holiday gift for your loved ones, try one of these tips and everything will be merry and bright.

TAYLOR SAMEC, ARTS EDITOR

Get in the spirit!

Christmas is quickly approaching and students are preparing for winter Finals, sminals! break. There are many winter favorites that students can take part in to destress from studying and feel a little jolly.

One way students can prepare for finals while feeling festive is Starbucks' seasonal drinks. Starbucks has festive drinks to warm you up this holiday season; Peppermint they have Mochas, Caramel Brulee Lattes, Eggnog Lattes and more. Starbucks has been releasing their famous seasonal drinks since 2002. Senior Vanessa Ramirez is a coffee addict and needs her caffeine to get through finals week. "I love that Starbucks has fun drinks to help me study while still feeling festive for the holidays!" stated Ramirez. So head over to a local Starbucks and get your festive coffee fix to get through all the cramming! Another fun way to get into the holiday spirit is to blast some merry tunes while getting that studying done. Some holiday classics include "Last Christmas" by Wham! or "All I Want For Christmas Is You" by Mariah Carey. Senior, Amy Thompson, stated, "Christmas is such a magical time and listening to some festive music helps me get into the holiday spirit. I also love listening to music while I study because it makes the time go by faster and helps me associate the music with the material I am studying." Thompson continued, "The Christmas

song I currently have on a loop is 'Ribbons and Bows' by my favorite artist Kacey Musgraves." There are many fun songs to play during this time of year, so head on over to your Apple Music or Spotify account and blast those holiday playlists during your study sessions!

A third way to celebrate the holiday season during finals week is to watch a fun Christmas movie or show! Netflix has several options to choose from, including the new Netflix original "Merry show, Happy Whatever" which is about a girl bringing her boyfriend home for the holidays and movies like "Christmas with the Kranks" which is about a family who decides to skip Christmas for a year. Other streaming services like Disnev+ also have festive options to choose from including their original movie, "Noelle" which stars Anna Kendrick and classics like "The Santa Clause" starring Tim Allen. There are many things to watch during study breaks to get into the spirit of Christmas! These are only a few options to get into the holiday spirit; there are many more. So explore some possibilities this holiday season to feel holly and jolly during finals week before heading home for winter break. Happy studying and enjoy the endless ways to get ready for the holiday season! Get that Peppermint Mocha, play "Santa Claus Is Coming To Town," and you'll surely be more jolly than the Grinch.

way to ensure an incredible gift is to start planning early. "I am a huge fan of Christmas and one of my favorite things about it is getting all my friends presents. I love to see their reaction as they open it and how happy it makes them," he said.

Murphy's best advice is to be attentive throughout the year. He said, "I start thinking about what present to get my friends way in advance, so I pay attention when they say they like or want something." Murphy believes that by starting to are a super special way to put your own little spin on a present and support local vendors," she said.

In the past, Schkepher has purchased gifts from local farmer's markets, such as the one located at Newport Beach Pier every Sunday from 9 a.m. to 1 p.m. For more information on locations and times of local farmers markets check out: orangecounty.net/ html/farmersmarkets.html 3. Pinterest

Chase Paulson, а junior and graphic design major, loves to design a

Reviews

Christmas gift ideas

Caroline Bartels, Staff Writer

Finals week is upon us. But the good news is that after finals, Christmas break is here! Some students are graduating, some have birthdays in December, Christmas parties and then there is actual Christmas Day, with all of these occasions involving gifts or tokens of gratitude. Here are some of the best deals and places to get gifts (not just gift cards) for everyone you love.

1. According to the technology website CNET 2019, one of the hottest deals is the LEGO playset of a Mars Research Station. This would be a great gift for any younger kid in the family because it gets the child involved in learning about space and sparks their imagination. Also, who did not



like LEGO as a kid? You can find this set at Walmart or Amazon for only \$32.

2. The next idea would be the Nintendo Switch. The Switch allows for multiple players to connect to a television or users can play by themselves. While this is not your traditional gift, it can be a combined gift to give to a couple or a family (or to one other person, just as long as they let you use it too). You can find this gift on Amazon or any electronics store for just under \$290.

3. For the beauty guru in your family or group, Ulta is offering a limited edition Two Face makeup set that has a twenty eyeshadow palette kit, a full size lip gloss, and a travel size of their number one rated mascara. This kit is limited and is only \$44 at Ulta. This is a great gift because according to the New York Strategist, Two Face's mascara are great for being lump free and elongating the lashes for a perfect blend of getting long, thick and separated lashes. A full size container of mascara can be found at any place that sells makeup such as Ulta, Target, Amazon or Nordstrom.

4. For the coffee lover in your family, (or for people to get you) Amazon is offering a taste of coffee from around the world with Bean Box. This box comes with sixteen different coffees from around the world with a mix of light and dark roasts. This is a great gift because it allows people to taste and feel like they are traveling to different roastaries from around the world. It also saves them money by making their own coffee at home.

5. For the final gift idea, my suggestion would be instead of physical gift, give someone an event or experience. This could be a concert ticket to their favorite band, museum tickets or even just a day to hang out and spend time with the person. This gift also does not cost a lot of money and it would probably mean a lot to the person you are giving it to because they can remember it for awhile and it will not lose value as other gifts will.

While these gifts may be wide in their range, it is still great to get a gift for people and from people. Whatever the gift is, make sure it is personal and relatable to the person you are giving it to and to remember that it is not about the presents but the people you are giving too.

Merry Christmas and happy holidays!

Podcasts to help survive the holiday season

Philip Quartararo, Staff Writer

The holidays can be stressful. Long family dinners, stressful drives, flights home, unnecessary political arguments and finals week are all around the corner. The best way to let some fumes off or just escape for a few hours include listening in to a holiday podcast.

National Public Radio (NPR), leads the way with multiple podcasts that cover topics from fighting fake news at the dinner table to podcasts for serenity on long trips home. NPR stated, "If you're facing a long road trip or you've got the middle seat on a cross-country flight, these Life Kit listens will take the edge off. Plus, they're full of sage advice that will help you deal with some of the stressful situations that surface this time of year."

Each one of these life kits range from ten to thirty minutes and are easy to keep on repeat. While there are plenty of these short podcasts, two jump out at me for being beyond useful.

In these heated discussions, many false facts are spewed and nobody seems to know the difference. NPR has a solution! NPR said, "The table is set, the mashed potatoes are steaming (shoutout to all the vegetarians out there) and everyone is sharing what they are thankful for this year. Not your family? Us either. If holiday gatherings quickly turn to tense political conversations, these tips on how to spot misinformation - and how to talk about it with your loved ones - could come in handy. Listen to: "Fake News: How To Spot Misinformation." This podcast demonstrates quick and easy ways to combat any nonsensical conversations you must deal with at family dinners.

Last, if you want to forget you are in the midst of everyone's favorite time of the year and just relax, there is another podcast perfect for you. Look no further than the "Joe Rogan Experience." Joe Rogan hosts podcasts and invites special famous guests to come talk about a plethora of ideas on his show. These ideas range from a fight review with MMA athletes, to talking about the existence of aliens and their space crafts with Bob Lazar, a former Area 51 scientist. My personal favorite is when he talks with Elon Musk about multiple things; one being the creation of underground tunnels in Los Angeles to help fix the traffic issue. These are better for late night listens or long road trips because they range from 30 minutes to multiple hours in length. This holiday season, ditch the chaos of the holidays and submerge yourself with calming and intriguing podcasts on how to survive the holidays and much, much more.

Treat yourself this finals season with the gift of movies

Emma Mocharnuk, Sports Editor Charlotte Waite, Campus Editor

Thanksgiving break is a time to spend with family, catch up on work and get ready for finals. If a student is wise, they do not use the time to procrastinate. There is no time for things like movies, so two of your fellow Concordia Courier editors, Emma and Charlotte, have taken it upon themselves to watch two of the top movies out right now, "Frozen 2" and "Knives Out," so you don't have to. You're welcome.

The beloved sisters Elsa, Anna and the gang are back for more action and adventure in Disney's "Frozen 2." The movie follows the whole squad, Anna, Elsa, Kristoff, Sven and who can forget the lovable snowman Olaf, as they rescue the kingdom of Arendale from a mysterious force threatening the city. While the suspense throughout the movie certainly keeps you frozen to your seat, Olaf provides enough gutbusting humor to keep you warm. Senior Emily Chan dedicated some of her Thanksgiving break to catch up with Anna and Elsa in the latest Frozen installment. "I like the movie a lot. Disney showcased a different side of what princess movies are and can be throughout 'Frozen 2.' It's also nice to see female empowerment as some of the main themes in the movie," said Chan.



good that it is hard to compare. Good news fellow "Frozen" fans, the sequel did not disappoint. Kick-butt female characters, a sassy reindeer and a comical snowman created a recipe for success as the story was not only heartwarming but also laugh out loud funny. I would recommend this movie to audiences of all ages.

This holiday season, don't be left out in the cold. Join Anna and Elsa in their journey to save Arendale by seeing the movie "Frozen 2" in a theater near you shaped the movie into a masterpiece. This movie takes you through the process, or lack of process, of grief for the filthy rich family named the Thrombeys after the sudden suicide of their grandfather Harlan, the sceptism of Investigator Blanc and adventure of Harlan's caretaker Marta.

Filled with suspense, confusion, betraval and a dash of humor, "Knives Out" is a rollercoaster of emotions. "It kept me on the edge of my seat," said Concordia alumni Carolyn Waite, "I wasn't expecting to be so involved throughout the entirety of the movie. Needless to say, I was pleasantly surprised." Not much more can be said without spoiling the plot, except to go watch it. Released on Nov. 27, this film should be in theaters for a few more weeks posing as a perfect treat to reward yourself with after finals. Take my word for it, this movie is not one to miss. Both of these films, "Frozen 2" and "Knives Out" can be seen in local theaters everywhere. Go and get tickets now, this is a command from your very own Concordia Courier editors, and gift yourself with happiness and thrill this holiday season.

As someone who travels quite frequently, especially with other people; I enjoyed the podcast dubbed "For harmony on that long car ride." NPR describes this podcast by saying "From a sibling's road trip to a Friendsgiving getaway, the cocktail of travel's inherent stresses and a group's personality differences can combust. If you're wondering how to navigate the social dynamics of traveling in a group, listen to: 'Traveling Together?' '7 Tips To Help Keep The Peace." Although I have listened to this no less than five times, I will not divulge what it entails because that is for you to find out.

The next podcast covers the inevitable reality that some members of our families do not know the unwritten rules of the holiday season: do not talk politics, especially at the table. Coming from a big family that was raised on the east coast; my family loves arguing. For more information on how to survive the holidays please visit npr.org/2019. For the Joe Rogan Experience please visit youtube.com/ user/PowerfulJRE.

Like many other fans of the first "Frozen" movie, I was skeptical of the sequel simply because the original was so near you.

Goodbye goodie two-shoes Chris Evans. Hello Mr. Trouble Chris Evans in the new murder mystery movie, "Knives Out" produced by Media Rights Capital and Ram Bergman Productions. This movie follows the aftermath a family faces after its successful, crime writing grandfather, commits suicide.

The casting of this film is absolutely phenomenal. "Toni Collette. Daniel Craig. Chris Evans. Jamie Lee Curtis. Poisonings. Arson. Stabbings. Slashed throats. This whodunit is an A-list-turned-slay list party," said Johnny Oleksinski in his review for the New York Post.

These stand out actors