

Diamond encourages inquiring minds

RYAN McDONALD
CAMPUS EDITOR

Last week, Concordia hosted Stuart Diamond, a renowned musician who is highly involved in the classical music genre. He has composed over a hundred works for orchestras and symphonies across the United States, as well as internationally. Diamond spoke at the Core Convocation on Mon., Sept. 15 in the CU Center. He shared his knowledge to the student body about a liberal arts education and how it can expand an individual's outlook on many aspects of academia and the real world. His goal was to encourage students to study liberal arts because it creates a foundation to successfully change and transition into multiple careers.

Diamond grew up in New York and has always had a passion for music and education. Although he was an avid musician, he never ceased expanding his potential as a scholar. Diamond graduated with honors from Haverford College with a degree in music and philosophy. He then received a full-fellowship from Sarah Lawrence College, where he earned his Master of Fine Arts degree.

In 1979, Diamond created an ensemble called *Electric Diamond*, and has been performing continuously for the last 35 years. This ensemble focuses on electronic classical music and covers a wide spectrum of classical sub-genres, such as music from the middle ages, Baroque and Native American music. Diamond is also well known for being one of the first musicians to perform with a Lyricon, an electric wind in-

strument.

"After Mr. Diamond spoke at the convocation, a lot of students told me that they understand the importance of questions, and also that listening to the answer is more important than asking the questions itself," said Dr. David Loy, Assistant Professor of Philosophy and Theology and Chair of the Convocation Committee.

Diamond is an agent of the Woodrow Wilson Foundation, a nonprofit organization that promotes a liberal arts education to campuses across the country. His duty is to speak with students, as a whole or individually, about the advantages of studying liberal arts and applying them in a practical sense. "Your ultimate dream is actually a limit – Yes, follow your dream, but it may be a limit to how vast your life could be. Liberal arts lays the background of a life larger than you could imagine," Diamond said.

During the five days that he was here, Diamond had the opportunity to speak with students from classes in music, graphic design and writing. Students were able to talk to a diverse professional about the field they are pursuing and the doors that could open for them. Esther Willows, junior, had the chance to eat dinner with Diamond and discuss their common interest in music. Willows is an outstanding pianist who has been struggling with tendonitis.

"I was on my way to being a professional musician. However, my freshman year I developed tendonitis and I didn't know what I was going to do," Willows said. "After a while, it turned out to be a great thing for me. I am now a business accounting major with a minor in music."

Willows knew she had to become more flexible and this injury created new opportunities to challenge herself in something that she may not have been familiar with in the past. Willows still maintains a passion for music, but she has now experienced a change in her life that guided her on a new direction that she did not see herself going 10 years ago. This was one of the messages that Diamond was trying to get across – being

flexible to change. The Woodrow Wilson Foundation speaks with students much like Willows and encourages them to keep expanding their knowledge of diverse matters.

To learn more about the Woodrow Wilson Foundation, their website explains more in depth about past, current and future projects. Also, you can learn more about Diamond and his profound works on his website, www.stuart-diamond.com



Willows and Diamond discuss music and the liberal arts.

DR. DAVID LOY

CUI Bono “freaks” out over the other

STEVIE GOLDSTEIN
STAFF WRITER

On Sept. 17, Dr. Kristen Koenig, Associate Professor of Sociology, gave the first CUI Bono lecture of the semester, Freaks and Geeks: Sociology and the Idea of the Other. The lecture highlighted how we view ourselves and others.

CUI Bono is Latin for “Who stands to benefit?” These meetings are a chance for students to interact with both peers and professors, centering on different lecture topics. The Rho Programming Center (RPC) was full of professors and students who wanted to ask questions and engage in lively discussion.

This year's theme is “Know thyself, love thy

neighbor,” which coincided perfectly with the idea behind the lecture. Seeing the other dives into how we see other people and how we see and build our own image. “We see ourselves in very insular ways. Our whole social identity is really wrapped up in our own perceptions and experiences,” Koenig said. “Frankly, we don't see ourselves very accurately, which means if we don't see ourselves very accurately, we absolutely do not see the other accurately.”

Koenig said that we must know ourselves and how we are molded before we can under-

thyselves has to come before any understanding of the other. We must chip away what we are not in order to understand what and who we are.

“There is a virtue in being uncomfortable; there is a virtue in the critical examination of yourself,” said Dr. C.J. Armstrong, Assistant Professor of History. Koenig said that we have to learn who we are, who they are and how to close the disconnection between the two ideas.

Students who attended this lecture might have known what to expect from Koenig since she has been a guest on *Virtue in the Wasteland*, a podcast series created by Dr. Jeffrey Mallinson, Associate Professor of Theology, and Dr. Daniel van Voorhis, Chair and Associate Professor of History and Political Thought. On the podcast with Koenig, Mallinson and van Voorhis decided on the title “Freaks and Geeks” because that is the easiest way to see the other in our society.

Emma Stadler, senior, attended the lecture and was excited to hear this issue of the other from Koenig. “I think self-awareness and insight into one's own tendencies is an incredibly overlooked aspect of what it means to become a functioning human being in the world,” Stadler said. “When you realize that the ‘other’ isn't really so far away and removed, it makes relating to people and interacting with others a much more pleasant experience.” CUI Bono has monthly lectures, fireside chats and heated debates. To find out more about CUI Bono, go to the First Year Experience tab on the Concordia website.

“We absolutely do not see the other accurately.”
-Dr. Kristen Koenig

stand our own social identity. Her purpose for the lecture was to make us aware of how unaware we are. “My hope was to deconstruct and to think about (the idea that) we don't see ourselves that well, we don't see the other that well and then hopefully we can utilize what we are doing here at Concordia to better understand the other person,” Koenig said. Understanding



ATW III:

How Great is Our God

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

STEVEN MCCARTHY
STAFF WRITER

We arrived in Johannesburg, South Africa, at 7 a.m., jet-lagged and sleep-deprived due to a red-eye flight that featured a five-hour time change and a 1,000-word journalism assignment. After stumbling out of the airport looking like a pack of backpacking zombies, we boarded a bus manned by our two tour guides, Francois and Yohan, and we were given a brief look into some of South Africa's history. We stopped by the Apartheid Museum, the Hector Pieterse Memorial Museum, the Mandela house and Soccer City Stadium all before we arrived at our hostel in the afternoon.

Next stop was Kruger National Park, the largest game reserve in South Africa. The park covers 19,633 square kilometers, about the same area as the country of Israel. We spent all day observing zebras, giraffes, impalas, hippos,

elephants, monkeys and buffalo from the seats of our safari jeeps. Everyone in my vehicle was lucky enough to observe an entire herd of about 30 elephants crossing right in front of our jeep on their way to the watering hole. It was unreal. Even our jeep driver pulled out his camera and started taking pictures. As Jordan Buuck put it, "When a driver who has been in the park for 20+ years is taking pictures, it's obvious that we just witnessed something incredible."

The next day, everyone who was disappointed at not seeing any lions or leopards during the safari was cured of their big-five blues when we visited a wildlife rehabilitation center. We had some hands-on experience with the eagles and vultures, then we got to watch one of the caretakers feed the wild dogs, hyenas, lions, leopards, cheetahs and honey badgers.

After our brief stint with the animals, we started our service project. We traveled to Middelburg, South Africa, in order to help out at St. Peter's Lutheran Elementary School. All the rounders were split up into different classrooms where our duties varied anywhere from sitting silently in the back of the classroom and monitoring behavior to actually teaching lesson plans in front of a class. Lydia Preuss, sopho-

more, and I worked alongside Teacher Tsepo in the P.E./Creative Arts classroom, so we were given many opportunities to lead the children in any activity we could brainstorm before class. No matter what we did, Teacher Tsepo would always affirm our efforts with a heartfelt "I looove it!" One of the funniest classes we led was "Traditional American Dances." Lydia taught most of the school how to dance the "Cha Cha Slide," the "Hokey Pokey," the "Chicken Dance" and the "Cupid Shuffle."

Another wonderful aspect of our time in Middelburg was the housing. Our team relied entirely on home-stays so we were spread throughout the community when we weren't at school. After facing a daunting 10-hour day of elementary school and college courses, it was nice to unwind with a local family, watch soap operas, drink rooibos tea and hear about the lives of our gracious hosts. Most families hosted two rounders, but only had one extra bed, so a large amount of bonding or fighting generally occurred between home-stay pairs.

By the time we left on Friday, many of us had grown extremely close to our new teachers and students, so tears were shed as we sang "How Great is Our God" for one last time with our new brothers and sisters in South Africa.

I like big butts and I cannot lie

*The complex story of
booties and bodies in
"All About that Bass"*

ALICIA HARGER
LAYOUT EDITOR

Meghan Trainor loves her booty and wants you to know about it. "All About that Bass" is about loving yourself and girls with big butts. Killing time in the RPC last Saturday, I was tapping my foot along and enjoying the beat to Trainor's fun tune, generally enjoying a song that has been hailed for its body-positive message.

After calling out unrealistic Photoshopped standards, the song sings, "every inch of you is perfect from the bottom to the top." The music video includes a rather plus-sized man showing off dance moves that certainly put me to shame. Trainor enjoys her body that "ain't no size two." And in a society of stick-thin models and size-two celebrities, it's nice to give some recognition to a girl with curves.

It's also important to hear a call against Photoshop. Even the celebrities we worship don't look like they do on magazine covers. The standard of beauty put out by the media is literally impossible to achieve.

However, there are quite a few arguments that "AATB" is not as body-positive as some are claiming. Some hear this song explicitly shaming to thin girls as most media shames heavier ones. The lyric "those skinny [girls]" gets a lot of attention for thin shaming. This may be a valid argument; it's hard to say that a song is body-positive if it excludes a significant number of bodies.

Additionally, I would like to remind you that the celebration of big butts is hardly revolutionary in the music industry. Especially in hip-hop, big butts are idealized. Sir Mix-a-Lot and Nicki Minaj are prime examples of the kind of recognition derieres receive.

Whether or not the song is truly body-positive, I would like to propose that there is an even more damaging message in this song. Even as "AATB" gives credit to girls who got a little junk in the trunk, it still maintains that the sole value of a woman's body is its appeal to a man.

"Boys like a little more booty to hold at night," is the sage advice Trainor's mama gave her self-conscious daughter. But this advice can be just as bad as a failed crash diet for poor little Meghan's self worth. See, rather than encouraging a girl to enjoy her own body for all the marvelous things it can do, any value in her body comes only from it being sexy to men. Trainor proudly sings that she's "got that boom boom that all the boys chase." In her mind, her body is beautiful because men tell her so.

The body is the interface through which we experience the world around us. Sex is only one out of an infinite number of things one can do with her body. Trainor should be singing about the big booty that helps her box people out on the basketball court. Or long skinny legs that help in reaching top shelves. She could sing about a tongue that tastes delicious homemade cake or strong hands that made the cake. The body is good for so much more than sex, but it seems to be celebrated for only that reason.

The most damaging message in this song is that women should define their worth through the eyes of men.

Of course the whole music industry is full of the commodification of women's bodies and their sexuality. It's not only Ms. Trainor who subscribes to or promotes this image. In fact, I'd like to thank Trainor for attempting to subvert the general agreement on what a beautiful body is by the media. She is putting an important message out there—that all types of bodies can be beautiful. Let's just not forget that beautiful is not the most important thing for a body to be.



Jared Martin, Steven McCarthy and Noah Menke pose along the horizon during their weekend in Middleburg.

ALEXANDER LANGE

The Concordia Courier

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Men's Water Polo makes a splash

ALLY WAGGONER
STAFF WRITER

Men's Water Polo is focused on building unity among its youthful ranks after following a strong 2013 season and the graduation of most of its starters. The team went 3-1 in the Lancer Invitational last weekend at Cal Baptist University, which included wins over Fresno Pacific, La Verne and Claremont-Mudd.

John Wright, Head Coach of Men's Water Polo, thinks that instead of looking to key players this season, the team is focusing more on becoming a more well-rounded team. "We're not as competitive from the start, but we are definitely getting there," Wright said. With many athletes being competitive swimmers, the speed greatly contributes to the offense and is considered a massive strength. Some of these crossover athletes include Rhett Turvey, junior, and Kevin Reichel, senior.

With the nearing transition to the NCAA, Men's Water Polo will have to adjust their strategies to accommodate the growing programs. The switch to NCAA offers more money to improve scholarships and recruit younger athletes in order for students to get a full four-year experience with Concordia athletics.

"The biggest change this season is the youth of our squad because we lost a lot of key seniors last year," said senior captain Wyatt Woodward. Among that youth you can expect to see sophomore Josh Mundell and his brother, freshman Matthew Mundell, making some major offensive plays. "I am happy that the younger players and incoming students will get an opportunity to play as an NCAA team and compete in division play," Woodward said.

The team had a record of 2-4 before this past weekend, and they are constantly improving to make up for the loss of their key players, while focusing on building more of a unified and well-rounded group. "Last year, we had experienced

guys, with a couple standout players. Now we are more team-dependent and work for each other," Josh Mundell said.

Recruiting more freshmen and fewer transfer students is one of the bigger transitions made along the way to NCAA. In previous years, Concordia athletic departments have been dependent upon their transfers being brought up from community college and other institutions in or-

der to be ready to play here as a junior or senior.

This transition also elicits unity among the team because they are able to grow through their four years in the program. "We are more of a team this year and we have a deeper lineup, which allows us to make substitutions more often," said sophomore Matthew Lange. "Our overall philosophy is trying to play as one unit."

The team has been constantly improving

and taking each game as a learning experience.

Men's Water Polo will play home next at the William Woollett Jr. Aquatics Center on Thurs., Oct. 2, at 1 p.m. against Iona College. To find out more information about the Men's Water Polo team, check out cuieagles.com.



The Eagles defend their goal against Cal Baptist University.

Back-to-back has never sounded so good

Athletics app for fans on the go

VAHN BOZOIAN
STAFF WRITER

Already off to a hot 6-2 start, the #5-ranked Women's Soccer team is opening conference play this week and players are hungrier than ever to try and bring back another GSAC title. Opening up GSAC play with rival Master's College is a perfect way to begin an exciting and eventful season.

Megan Daniels, senior captain and forward, is certain this group of women has exactly what it takes for another memorable year. "After coming off of a big win against San Marcos, we have never been more confident and prepared to start, dominate and win the conference during CUI's final season in the GSAC," Daniels said. A collaboration of CrossFit training, conditioning and practices were done in preparation for this season. "We have a bull's-eye on our backs after last year and training hard to repeat it remains the goal every single day," Daniels said.

Concordia will be moving into the NCAA during the 2015-16 academic school year at the Division II level. Kristen Pepperling, redshirt junior midfielder, is optimistic in the huge jump for the university and all sports teams, including her own Women's Soccer team. "This move is great. We have competed and either tied or won against Division I and II teams during past and present preseasons, and I believe that this team has the potential to compete at a higher level," Pepperling said. This kind of confidence is what she feels sets them apart from other NAIA competition and gives them an edge over whomever

they play.

Each season brings challenges that a team needs to overcome on a regular basis. This year, there are a large number of transfers and consistent new faces. However, the women strive to work together. "Our biggest challenge is having so many individually talented women and learning how to come together as one for a common goal of winning a national championship," said Sammy Fillon, senior captain and center-back defender.

Fillon believes that team chemistry is so important that she holds team breakfasts at her house to bridge that gap and bring them closer on and off the field. "Every single player, coach and trainer has a job to do, and when all of these pieces click into place, the sky is the limit," said Amanda Koman, junior midfielder.

Being in the right state of mind can make all the difference for every competition, and it seems that our Women's Soccer team has a handle on that. Pregame dance parties in the locker room, team prayers, and inspirational speeches from Chris Gould, Head Coach, have become a game day routine for this group of Eagles. "As a team, we feed off of the energy of the crowd. It propels us from the first whistle to the last in every single game and sparks a fire in everyone, regardless of the role," Fillon said.

The Lady Eagles will be playing away tomorrow at Vanguard University in Costa Mesa at noon. Come show your support and help Women's Soccer start GSAC the right way or follow along on www.cuieagles.com.

ASHLEY MILLER
STAFF WRITER

Concordia University Athletics is entering the second year of the development of Concordia's Eagles Athletic Mobile Application. The app provides easy and convenient access to view team rosters, stats, recent headlines, pictures, game recaps, videos and live game coverage. This app is available for download in the app store.

All videos and photos uploaded with Concordia content are easily accessible, and a social media mash-up page combines all Eagle Twitter, Facebook and YouTube content. Most of the athletic teams have their own social media accounts that allow fans to follow the teams throughout the entire season.

Concordia Athletics has worked alongside SIDHelp.com to develop the app.

Brian Gaul, Director of Athletic Communications, is in charge of all the updates and news that are published on the cuieagles.com website as well as the app. The Eagle's app is a simple way for fans to stay up-to-date with the success of our athletic teams. "The app is very organized," said Jenna Jorgenson, '14. "It is also easy to maneuver around the app to see different sports' schedules and articles."

Social media is very popular in today's society, so the app is very convenient to parents, family and friends that want to stay updated even if they are unable to attend games. "The Athletic Department is working hard to do more and more on social media," Gaul said. "We encourage everyone to follow us on every platform to get the full experience." The app also allows fans to view the roster pages that feature all the players' information and pictures.

"The hardest part about the development (of the app) was identifying and fixing all the bugs in the first few releases," Gaul said. "It was a long process of going through and finding all the areas that were not functioning properly and correcting them." Gaul looks to continue improving the app's video content so that it could be featured more prominently. The staff is working hard to create an app that satisfies all users. "We just released a brand-new athletic style guide with a couple new acronym logos, created by Rose Imbriano, that everyone in the department is really excited about," Gaul said.

For phone and email updates informing you of upcoming events and results in the athletic program, visit <http://www.cuieagles.com/SID-Help/subscribeRegister.php> or download the CUI Eagles app in the app store.



Let all you do b

In the spirit of Christ and as a Great Commission university, Concordia community and raise awareness

Concordia Cares connects students and community

RUBY MORALES
STAFF WRITER

Concordia offers many ways for students to get involved with each other and professors. One unique platform offered is the Concordia Cares program, where students can not only have an amazing time together, but do so by helping out the community in which they live.

Concordia Cares, a volunteer organization under LEAD, provides opportunities for students to go out and volunteer in places where they are needed the most. Some of the locations visited by the volunteers include the Ronald McDonald House, food banks and several non-profit organizations where these students make a difference.

"I have always been in love with volunteer work and community service. I grew up volunteering at the Huntington Beach Senior Center where my grandmother worked as an event coordinator. I vividly remember going to help with different events and serving lunches," said sophomore Concordia Cares Coordinator Elisabeth Mullins. Mullins explained how her upbringing influenced her decision to join the Concordia Cares team. "Doing these things created such

beautiful memories in my life and I knew that I wanted to continue this type of work forever. I loved seeing how happy and grateful the people were and how good I could make them feel."

The reason Mullins was originally drawn to the Concordia Cares program was because of the focus on teaching students that poverty exists in their very own backyard of Orange County. "When I stumbled upon Concordia Cares, I felt it instantly: that was the place God had meant for me to be throughout my college years," Mullins said.

Although Orange County is a beautiful area to live in, there are people living here who struggle. Concordia Cares helps in any way possible, from playing with children to building houses for low-income families.

Mullins' favorite adventure with the Concordia Cares team is the Ronald McDonald House. "The Ronald McDonald House provides a one-of-a-kind experience to connect with both parents and children. When we are there, we cook dinner for the families, and then we can eat with them," Mullins said. "This makes us feel as though we are part of the family for a few hours and in those precious moments, strong relationships are built."

Although some of this may sound like a huge commitment to our already-busy schedules, it is quite the opposite. Students have the ability to pick and choose which events they would like to participate in and can attend as many or as few events as they can fit into their schedules.

"I know we are all busy with schoolwork and our jobs and our other extra activities, but Concordia Cares is a flexible way for students to get involved and make friends with others who have the same interests," Mullins said. "Not only do we volunteer with people, but, for the animal lovers, we also help out with a pet adoption and, for the nature lover, we plant trees and different plants in the community. There is something for every particular interest and we hope to have great turnout for our events this year."

Students interested in volunteering with Concordia Cares are encouraged to become involved. Pay a visit to the Center for Student Leadership and Development (CSLD) and sign up for an event on the sign up sheet. Visit www.cui.edu/concordiacares for more information.

On-campus violence training

DANIEL SHINE
STAFF WRITER

The Department of Campus Safety, in conjunction with the UCI Police Department, will be hosting Active Shooter/Workplace Violence Training seminars. The seminars will be hosted on Mon., Oct. 6 from 7 to 9 p.m. and Thurs., Oct. 9 from 10 a.m. to 12 p.m. in Denault Auditorium.

The training will cover Active Shooter/Workplace Violence history, mind-set, prevention and reaction. The training will include lessons learned and the "Run-Hide-Fight" response. Participants will also receive information regarding the university's mass notification system and methods for preventing violence before it occurs.

Our very own Tom Sonoff, retired Police Chief of La Habra and now Executive Director of Campus Safety, and Steven Rodriguez, Director of Campus Safety, will be teaming up with the UCI Police Department and Sergeant Robert LaSage to provide a sense of understanding on what to do when there is a shooter on campus.

"There are two key points that I want to go over so that each participant can leave with a great deal of knowledge about shooters and workplace violence," LaSage said. "The first is to talk to them about the history of active shooters in America, such as the Columbine shooters, and how [those involved] dealt with that situation and how we deal with those types of situations now. The second thing we want to discuss are the steps that we should go through if we have to deal with active shooters."

LaSage recommends the "Run-Hide-Fight" response, which can be very simple once understood. Get out, find some place good to hide, and then, as a last resort, fight. The favorite part of the training for both Sonoff and Rodriguez is the simplicity of the training. "We want to create confidence for the participants who attend our event," Rodriguez said. "We want to also provide knowledge about how law enforcement is plentiful and can respond right away."

Concordia's Department of Campus Safety employs a mass notification system that notifies users when a situation is occurring, and there is also a University Access and Care Committee. Sonoff and Rodriguez believe that these will be huge steps for the university. "The presence of the UCI Police Department will give the participants a great perspective of these types of situations because they have been on lockdown before and have had a great deal of experience over the years," Sonoff said. "Attending these two events will give you many ways to prevent these types of situations in the future and prevention is key," Rodriguez said.

This training will be offered at least once a year and the Campus Safety Department has been looking into creating different scenario studies for future training sessions. The training is open to students, faculty and staff. All sessions will cover the same material and the entire Concordia community is encouraged to attend.



Suicide prevention training

KEITH CORLEY
STAFF WRITER

Concordia will take on a problem that has become more and more prevalent: that of suicide and mental health. The Concordia Wellness Center and Peer Health Educators are doing their part by hosting the first Red Flags Suicide Prevention Training on Thurs., Oct. 2 in the Rho Programming Center (RPC) at 5 p.m. The event will feature representatives from Didi Hirsch, a mental health awareness organization that specializes in suicide prevention.

Megan Harbert, a Health Promotion Specialist at Concordia and one of the organizers of the event, explained why the training is so important. "Students are more likely to notice

when their friends are demonstrating warning signs [of suicide] faster than a faculty member," Harbert said. "The reason why we are doing this is we want to inform them of the warning signs, how to start the conversation and resources to direct them to."

The event is necessary now more than ever. Harbert later explained that over 1,100 college students commit suicide every year. The training is set up so that the school can tackle issues of suicide in a helpful and productive way.

In fact, it seems as though the lack of conversation is really what is causing some of the problem. "The stigma behind mental health and suicide has been so high, it has always seemed so taboo to talk and learn about," said Lauren Slajer, a Peer Health Educator. However, times are changing and the taboo on the topic is decreasing. Emily Ruth Lopez, a Peer Health Volunteer, said that her eyes have been opened to the topic because of the news of celebrities, like Robin Williams, committing suicide. Sometimes, unfortunately, it takes something really unexpected to help gain awareness. "The shock factor is sometimes necessary to get people talking," Lopez said.

The Red Flags event has grown significantly in the last year. Last year, the event featured 1,100 red flags placed around campus to remember the 1,100 college students who commit suicide each year. The training that is being paired with the flags will create a center for education on the topic that will start moving Concordia toward the same level of awareness that public institu-

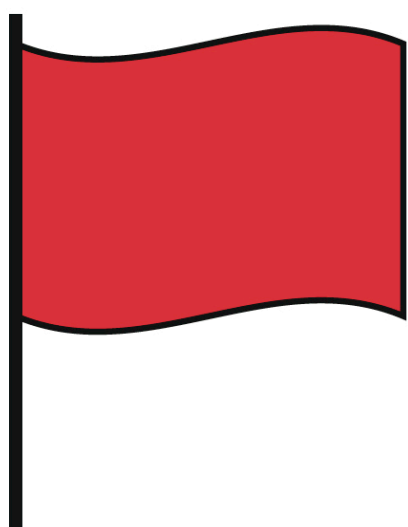
tions have. Lauren Youngsma, sophomore Peer Health Educator, indicated that Concordia has a lot of catching up to do. "Public schools have resources set in place. They have more mandated programs and they have giant grants," Youngsma said. However, she indicated that catching up is possible. "We are a small campus, which means there are fewer students that fall through the cracks because there is more forced interaction on this campus," Youngsma said.

Despite the increase in awareness and education, Slajer reiterated how important it is to get as many people to the event as possible. Unfortunately, suicide is on the rise nationally and that trend does not seem to be slowing down.

"There are so many stressors and there are more people going to college. You have to work, you have to move, study, make friends, become who you are going to be for the rest of your life," Slajer said. However, this is not entirely different than what students have been dealing with for decades.

"Social media is the difference; it is huge," Slajer explained. "It's a way people can increase communications, but people use it for cyber bullying. It can send someone over the edge, increase jealousy and make us think (poorly about ourselves). We also can't leave behind our mistakes. It will be there for the rest of (our) lives."

The Red Flags Suicide Prevention Training hopes to turn the tide on this. It will take place on Thurs., Oct. 2 in the RPC at 5 p.m.



Done in love

Students, organizations and faculty fulfill their calling to contribute to their campus and community through service about pressing social issues.

Students volunteer to feed the needy

MEGAN M. ILLSLEY
STAFF WRITER

On Sat., Sept. 20, Concordia students made an impact by volunteering their time at the South County Outreach. Over 1,000 individuals in need visit the on-site food pantry each month. Specifically, during the holiday season, 1,500 families are embraced. Thanksgiving and Christmas become joyful occasions for families and children as they receive gifts and meals.

Saturday began with a tour of the property, which is fully equipped with a food pantry and a computer learning lab. At 9 a.m., the volunteer team was eager to start the day with the tour. "We had to get up earlier than we wanted, but I felt much more productive going about my day," said Nyssa McCarthy, freshman. McCarthy enjoyed seeing the foundation in action.

Touring the offices, facilities and computer lab created a crystal-clear picture as to why the nonprofit is so necessary for the growth of the community. "The tour gave us background of what we were doing, and why we were doing it," said Emily Hindenes, sophomore Concordia Cares Coordinator.

Students were also enriched by the unique history of the organization. Twenty-five years ago, the organization began as a nonprofit serving as a local food bank. It has since expanded its sphere of influence to the greater area of South County. The organization continues to impact not only nutritional needs of the community, but also aids in providing families with the skills they need to be successful in a com-

petitive job market.

After the tour, the team received instructions for the day. Helpers stocked shelves with food and cleaned fridges in the large warehouse. The team bonded and grew closer to one another as they went about their tasks.

Sophomore Concordia Cares Coordinator Elisabeth Mullins' favorite part about her job is going out into the community and getting to know people. This is the first time that the Concordia Cares program has teamed with South County Outreach, and they are excited to continue to help them in the future. "South County Outreach provides so many services and opportunities to help serve the community," Mullins said.

The Concordia Cares organization is a great place for students to get plugged in to campus life. Marlen Pomposo, freshman, was humbled by her time serving. It has had a lasting effect on her and has made her want to continue volunteering in the future. Pomposo, along with many other individuals, has found her place in serving through Concordia Cares.

Each month, Concordia Cares makes a difference by fulfilling the Great Commission. Students are reminded of how blessed they are and how awesome it is to give back. "We must help the weak and remember the words of Jesus (in Acts 20:35). He said, 'it is more blessed to give than to receive,'" Mullins said. Concordia students are able to access upcoming Concordia Cares opportunities by viewing the school events calendar on the Concordia University website.

Illuminating OC homelessness

ABIGAIL SPARN
STAFF WRITER

Concordia Cares helped co-host a Children's Enrichment Day on Thurs., Sept. 25 with the Illumination Foundation of Southern Orange County. The Illumination Foundation focuses on breaking the cycle of homelessness in our area. Concordia has worked with this Foundation frequently over the years and has a heart for the Foundation's main focus.

Concordia Cares received word that the League of Legends club members were interested in participating in this event. The League of Legends volunteers got the chance to lead activities with the children and did a great job overall with the event. This event also allowed for the club to grow closer with its members, while accomplishing a task for a wonderful and productive cause. Sophomore Concordia Cares Coordinator Elisabeth Mullins was thrilled that the event ended up being a huge success.

Mullins discussed what exactly the day of enrichment entailed. "About three times this semester, a group of students will go to the foundation center and lead (an enrichment program) that the students themselves have prepared in advance," Mullins said. Students who attend these particular volunteer programs will help lead the event and also have the opportunity to be in charge of activities such as games, arts and crafts, lesson plans and even life lessons.

Quite a bit of planning went into the struc-

ture of this event. Concordia Cares had looked over the Illumination Foundation's enrichment plan, found out who was attending, then provided them with the needed supplies. Throughout this process, the organizers kept in close contact to make sure everything was running smoothly. Since this is an event that happens three times each semester, if any students are interested in volunteering in the local community, it is easy to get involved with the support of Concordia Cares.

A few students seemed highly optimistic to do volunteer work, one of whom was junior Emma Christopherson. "I would love to be part of this cause. I have been looking for opportunities to help out in our community," Christopherson said.

The Foundation asked Concordia Cares to limit the event to small groups of around five students each time, but do not let that discourage involvement. "This event really sounds like a great opportunity, especially since I love working with children and almost went into teaching. This would just be a great opportunity to learn," said senior Taylor Pyle.

To get involved in the next volunteer event, stop by the CSLD and sign up for events. There is also the opportunity to get enrolled in the Concordia Cares monthly newsletter to stay up-to-date on all events that are happening in our community.

Students volunteer at foster family picnic

MEAGHAN B. CURRAN
STAFF WRITER

Participants from Concordia Cares will be volunteering at the 30th annual Foster Family Picnic on Sun., Sept. 28 from 11 a.m. to 3 p.m. at KiwanisLand park in Garden Grove. The picnic will be cohosted by Orangewood Children's Foundation and Orange County's Foster Care Auxiliary. Foster family attendees should expect a fun-filled day of lake activities, prizes, giveaways, food, bounce houses and music.

Orangewood Children's Foundation is a nonprofit organization based in Santa Ana whose vision is to develop educated, self-sufficient adults and stable families. Senior Development Director Tracy Sackett Cooper has been with Orangewood for 10 years and is looking forward to the picnic this Sunday. Cooper's main goal for the event is to provide a fun day for the foster children and to show them that the community truly cares. "An ideal volunteer candidate has a heart for children and is willing to help with our greatest needs," Cooper said.

Concordia Cares works with local nonprofit organizations and lends a helping hand as needed. Volunteers involved with Concordia Cares share a common mission: a willingness to help those who are in need. Volunteers at the Foster Family Picnic will be assisting in carnival-style game booths at the event. Sophomore Concor-

dia Cares Coordinator Elisabeth Mullins has been passionate about service and volunteer work since middle school. Being a volunteer is about "going to connect with people, having a good time and just helping out," Mullins said. "It's about an emotional connection and a can-do attitude."

Sophomore Concordia Cares Coordinator Emily Hindenes hopes to build the brand of Concordia Cares for this upcoming year. "We want to see our volunteers question what they are doing and why they are doing it, and to reflect on how they are making a difference," Hindenes said.

Junior Jen Gollwitzer is a new volunteer for Concordia Cares and will be helping with one of the game booths at the picnic this Sunday. Gollwitzer loves working with children and wants to give the foster families a fun-filled day at the picnic.

Students interested in volunteering with Concordia Cares are encouraged to stop by for more information at the CSLD. For a list of upcoming volunteer opportunities visit www.cui.edu/concordiacares. The next volunteer opportunity is the Orange County Ronald McDonald House on Thurs., Oct. 16. If a student is unable to volunteer for events, he or she can place a donation in one of the designated boxes on campus for Operation Christmas Child.



Student volunteers pose during their work at South County Outreach.

Bells down under

The jewel of Sydney Harbor awaits Concordia's best ringers

WILHELMINA ANNE GEVAÑA
STAFF WRITER

The Handbell Ensemble will be traveling across Australia in May 2015 for a performance tour. Exciting times are ahead for the 26 chosen members from both Concert Bells and Spirit Bells, as they cross the Pacific Ocean and reach the land down under.

The members, with the accompaniment of Concordia Handbells directors, Dr. Herbert Geisler and Ms. Nancy Jessup, will be performing at various churches and other locations within the states of Queensland, New South Wales and South Australia. Not only will they be engaging in performance and recital activities, they will also discover some of Australia's national heritage places, such as the Currumbin Wildlife Sanctuary, Sydney Harbor Bridge and Opera House, Barossa Valley, Bondi Beach and many more striking destinations.

According to Kingsway International Concerts, renowned concert tour organizers, "Performance travel makes room for life-changing, magical and musical moments to occur." Jessup, director of Concordia's Spirit Bells and Chapel Bells, said she was "thrilled beyond belief" about the trip. "Going to Australia has been on my bucket list forever. I am certainly looking

forward to it," Jessup said. "The Office of Global Programs has made it their mission to send as many students as they can overseas, and that is a wonderful opportunity for the members, not only to improve their skills, but also for us to work toward making the groups a family."

Lizbeth Aleman, sophomore Chapel Bells member, said she never played handbells before her audition, which was two years ago. She said that her time as part of the ensemble has definitely been enjoyable. Her favorite aspects about being in Chapel Bells are "meeting new people over the years, getting to know them and being part of a team."

When asked what makes the Handbells Ensemble different than any of the other music groups on campus, Jessup said there is a different kind of camaraderie involved, since each position is only played by one person. "Every member is important. Every single one is crucial," Jessup said.

On top of rehearsing for three hours or more per week, top-level handbell members nourish and help to train early ringers accordingly and depending on the level appropriate for them. Thus, it is evident that there is a strong sense of bonding during the rehearsals and group activities held for the members throughout the year. "There is a place for everybody and the word 'competition' is not in our vocab," Jessup said.

This weekend, a few members of the ensemble are going on a retreat to rehearse, get to know new members and build stronger ties with one another. During the lead-up to the tour schedules, the ensemble's aim will be to focus on their craft as a unified whole, in order to share their talents and culture to others, in exchange for lasting friendships, new horizons and memorable experiences.

As a fundraiser for the trip, the Handbells Ensemble is producing a 2015 calendar, which will be available for purchase starting Nov. 1. If you are willing to contribute to the ensemble, please contact Jessup at nancy.jessup@cu.edu.

Bilingual chapel service promotes diversity in Christ

CHRISTOPHER RAWJI
STAFF WRITER

On Fri., Sept. 19, another day of chapel took place, but this service was different than what many students are used to: it was a bilingual chapel. Because it is Hispanic Heritage Month, LEAD Diversity Awareness program felt it was the perfect time to hold a chapel that incorporated both the English and Spanish languages. LEAD Diversity Awareness worked with abbey west, our campus ministry group, to plan the bilingual chapel.

The service began with everyone in attendance singing a song first sung in English and then translated and sung in Spanish. For those non-Spanish-speaking people in attendance, the words were projected on the screen for everyone to sing along with. The mood of the room was both reverent and fun.

Although the whole chapel was not held entirely in Spanish, there was enough Spanish incorporated into the service to have it be considered bilingual. After the audience finished singing, Rev. Johnny Lopez, Senior Pastor at Trinity Cristo Rey Lutheran Church in Santa Ana, proceeded with his sermon in English. Lopez and Campus Pastor Quinton Anderson, '00, finished the service with a blessing for everyone in both English and Spanish.

"Putting together this chapel service wasn't too difficult," said Nikki Ancona, sophomore LEAD Diversity Awareness coordinator. Ancona worked with her partner, senior Wesley Barnes, and with her advisor, Brianna Springer, and talked to Anderson and abbey west about

having a bilingual chapel. The next task was to find a Spanish speaker who was able to conduct the bilingual service.

Lopez was a perfect candidate for the job, because Trinity Cristo Rey serves both the English- and Spanish-speaking members of the Santa Ana community. "We are two merged side-by-side congregations who share the good news of Jesus in English and Spanish with unchurched/uncommitted people here in Santa Ana," Lopez said.

The feedback about the chapel service was great and there are possible plans for more bilingual chapels with different languages incorporated into them. "My favorite part of Friday's chapel was being able to sing in Spanish," said Cameron Merrill, freshman. "I like going to chapel whether there are new things or not, but adding new things can make chapel more different and interesting."

Hector Espinoza, junior, had a similar reaction to the bilingual chapel. "I think that when we have new things at chapel, I enjoy it more and look forward to attending it. Doing more visual things helps me to stay focused."

Chapel is held every week on Mondays, Tuesdays, Thursdays, and Fridays from 10:30 to 11 a.m. in the CU Center. Keep a lookout for future bilingual chapels and if you would like more information on Trinity Cristo Rey Lutheran Church, visit their website, trinitycristorey.org.

Timehop to 1889 via old courthouse photographs

DEAN HALL
STAFF WRITER

The Old Orange County Courthouse will be exhibiting "Orange County Circa 1889," a collection of historic photographic work taken 125 years ago. From July 14 to Oct. 10, the exhibit will document the founding era of Orange County. Here, the Orange County public will get the chance to see what it took to build the community they live in today.

Merrisa Kirk, a resident of the Orange community, appreciates this type of exhibit being displayed. "It's so nice bringing the family here to see an exhibit like this. My kids are able to see all the history that Orange County has." According to the OC Gov's website, in 1889, Orange County was determined to become its own region, separate from Los Angeles County. Local residents felt overtaxed and underrepresented and in 1870, attempts to form a separate county began. After the 20-year struggle, Orange County became California's 53rd and newest county. Thousands flocked to the county during a time of vast community growth.

The collection of historical photos in the

courthouse consists of images from Old Town Santa Ana in the 1930s, the Marine Corps Air Station during the '40s and even Disneyland in the '60s. Jason Denny, resident of Lake Forest, saw the link to this exhibit on OCWeekly.com and thought it looked like a fun trip. "I've only been to Santa Ana a handful of times, so I thought this would be a great opportunity to visit the historic city," Denny said. "Never did I think this exhibit would show me a new side of the county I've lived in my whole life."

Santiago Canyon contains several other subcanyons, such as Silverado, Modjeska and Trabuco Canyons. Brian Carlson, Irvine resident, really enjoyed the historic photographs of Orange County's canyons and found a new appreciation for his hometown. "I knew that Silverado Canyon was famous for its silver mines in the late 1800s," Carlson said. "But being able to physically see what it was like back then for those men really puts it into perspective."

Admission for the exhibit is free, and runs until Oct. 10. To find out more information about the display or the location of the Old Orange County Courthouse, head to <http://ocparks.com/historic/oldcourt/>.

And the amp was rocked

ALEXANDRIA RIOS
STAFF WRITER

On Fri., Sept. 19, the amphitheater lit up with Concordia's own talent at the annual Rock the Amp talent show. From 7:30 to 9:30 p.m., the amphitheater was filled with students supporting their fellow classmates and enjoying the trail mix bar, a tasty staple at Rock the Amp.

This year's Rock the Amp incorporated all aspects of talent, including singing and dancing acts with performances from the men's and women's volleyball teams. A DJ opened the show and our own improv team, Improvceivable, performed to laughs and cheers. The hosts that kept the night going, seniors Jacob Schott and Wesley Barnes, were crowd favorites with their humorous banter.

Of course, in order to make a big night like this a reality, a lot of preparation was needed. "We started coordinating and planning this event in August," said Alexis Farrar, senior LEAD Student Activities Coordinator. You could definitely see the hard work they put into this event by how successful the night was.

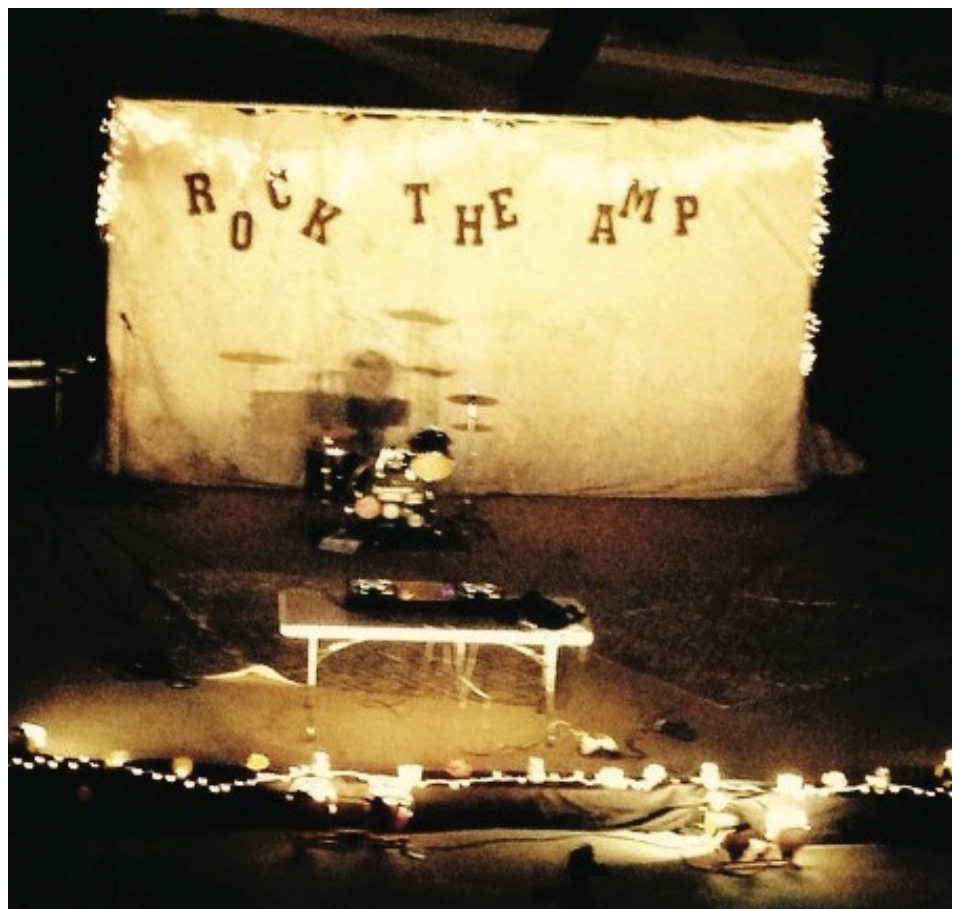
Not only was LEAD working on this event, but Fusion was also a big part of the night. The freshmen fusioners (first year LEAD interns) were the helping hands behind the popular trail mix bar, water and coffee stations. "I loved it and thought it was an amazing experience," said

Ashwin Chawla, freshman fusioner. Chawla hopes to stay involved with this event and the rest of the events on campus.

Another contributor to this event was Lauren Stevens, LEAD Student Activities Coordinator. If she could change anything for the upcoming shows, Stevens would like to change the theme. "I would have liked to make it less folk and more rock," Stevens said. "I loved the acts like the DJ, and I would love to reach out to the student body more to bring in as many diverse performances as we can."

"I will definitely be attending next year's Rock the Amp," said Christine Baker, sophomore. "I can't just pick a favorite act because it would have to be a tie between the men's volleyball team and Improvceivable's act. I thought both were hilarious." She also loved the idea of making her own personal trial mix bag. "I really liked how they had small paper bags to put my trail mix in because then I could take it home with me," Baker said.

Rock the Amp was overall a great night and a success for the 2014-2015 school year. If you were not able to make it to this year's event, mark your calendars for next year's Rock the Amp. Thank you to all the acts, hosts, LEAD, Fusion, Student Activities and everybody involved with this event. The night was definitely a Concordia hit.



Professor publishes for 20-somethings

TAYLOR WELLS
STAFF WRITER

“My manager just hates me.”
“No one takes me seriously at work because I’m so young.”
“I can’t get a job because I don’t have experience, but I can’t get experience since I don’t have a job.”

If any of these common gripes have crossed your mind—or your Twitter feed—during your college-age work experience, you are not alone, and not necessarily the one to blame. Believe it or not, dissimilarity in values due to age differences may be getting in the way of a peaceful work environment. The good news is that Concordia’s Dr. Chip Espinoza, Academic Director of Organizational Psychology and author, is a published expert in the psychology behind generational conflict in the workplace. Published in July of 2014, Espinoza’s second book, “Millennials @ Work,” examines this tension and offers practical solutions. The subtitle sums it up: “The 7 Skills Every Twenty-Something (And Their Manager) Needs to Overcome Roadblocks and Achieve Greatness.”

Espinoza describes organizational psychology as “applying psychology to the workplace.” As a long-time professor of students in both the 1990s and 2000s, Espinoza noticed different behaviors between students of each decade and decided to study this detail-oriented, non-submissive, nonconformist age group called the “Millennials.” In this context, Millennials refers to members of Generation Y, which is comprised of people born roughly between 1983 and 2001, though Espinoza noted “in generational analysis, the years picked are really sentient. It’s not an exact science.”

Espinoza maintains that Millennials face a unique set of challenges in entering the workplace. He warns us, first and foremost, to “prepare for culture shock” when starting out as a young professional. “Most of the authority figures in their lives up until this point are for them and they want to see them succeed... When they get into the working world, odds are they’re getting a manager who really is not concerned with their personal success,” he explained.

This lack of concern from superiors might not be anything personal, but rather a result of common pre-judgments about the age group. “Understand that the roadblocks that you’re going to face can be the result of the way your generation is perceived in the workplace,” Espinoza said. According to his research, one of the most prominent perceptions of Millennials is that “they are entitled, and that they feel they deserve something.” His book explains that one way Millennials can overcome this perception is by making a conscious effort to express gratitude and appreciation. “Millennials @ Work” is full of these helpful tips, organized into seven concrete skills every young professional should master, as well as a full chapter called “The Top Five Mistakes Millennials Make @ Work.”

Something that may not come as a shock to twenty-somethings, Espinoza found that “the number-one challenge that Millennials face is a lack of experience.” He recommends overcoming this by “tapping into the experience of others.” He notes that Millennials are the first generation to be able to access information without needing an authority figure, but that this should not replace mentoring relationships with superiors. “You need to get proactive and go find people that have experience in the areas that you want to learn...and try to learn from their experiences,” Espinoza said.

In 2010, Espinoza co-authored “Managing the Millennials,” which was written to equip managers with the knowledge and skills to tackle the generational tensions as Millennials began to take up entry-level positions in their companies. While “Managing the Millennials” is primarily geared toward current managers, and “Millennials @ Work” is for new professionals, Espinoza is working on a third book with the working title “Millennials Who Manage.” This work will focus on Millennials promoted into management, and how that generational shift will affect workplace dynamics and relationships.

For more information on Millennial research studies, “Millennials @ Work,” or Concordia’s Organizational Psychology program, contact Espinoza at chip.espinoza@cui.edu, or visit chipespinoza.com.

Dr. Espinoza’s Five Skills Twenty-Somethings Need to Master

- 1. Learn how to speak with authority figures.**
 - Communicate in your manager’s preferred medium (i.e. email, phone, text, etc.); keep it respectful and professional.
- 2. Learn how to show appreciation.**
 - Thank-you cards go a long way in the working world.
- 3. Ask what is expected of you.**
 - Ask for details, and then double-check you got them right. Don’t assume you know what they mean.
- 4. Ask for evaluation feedback.**
 - Don’t be defensive—be receptive. Constructive criticism can always help, and asking for it shows maturity.
- 5. Build relationships with older professionals.**
 - When you don’t have your own experience, learn from others.

A workout’s a workout, no matter how small

JONATHAN SERRANO
STAFF WRITER

To promote healthy living, Concordia offers a free gym for all students to use. Located in Sigma Square, CU Active operates from 9 a.m. to 8 p.m. Monday through Friday and 3 to 8 p.m. on Saturday.

The machines offered are spread across two rooms: one for cardio and one for lifting. The cardio room holds two treadmills and two elliptical machines while the lifting room has machines that work all the major muscle groups. What makes the cardio room special is that the machines generate energy while in use. Similar to how a windmill generates power when wind hits it, the treadmills and elliptical machines generate power when they are pushed into motion.

The lifting room, while small, is dense with tools. For chest workouts, there is the chest press and the dip station. For shoulder workouts, there is the shoulder press. For back workouts, there is the lat pulldown and mid row machines, as well as the Roman chair. Don’t forget leg day with the leg extension, leg press and leg curl machines.

Before being able to use the facilities, students must sign a health waiver. CU Active wants to ensure that all users are healthy prior to entering and will remain healthy throughout their workout. Once the waiver is signed, the new member will receive a membership card. This card is needed whenever using CU Active and does not ever need to be renewed.

Even though the rooms at CU Active are small and the machines are minimal, it is still enough to push for a hard workout. José Gonzalez, freshman student worker at CU Active, said “the typical person comes in for 30 to 45 minutes and leaves covered in sweat.”

If you are unsure of what workouts to do,

do not be afraid to ask the worker at the desk. They know how all the machines work and want to help. “I wanted to work here because I love seeing people live a healthier lifestyle,” Gonzalez said.

Some students are taking advantage of this free membership, but for the most part, many don’t even know it exists. CU Active student

worker Megan Hansen, senior, said that the gym is empty for most of the afternoon. “I don’t know why it’s empty all day. It’s easy to come in, work out fast and hop in the shower right after,” Hansen said. Jonathan Rowell, junior, is one of the few who does go. “There’s not much, but it’s better than nothing,” Rowell said.

Consistency is key for healthy living, so for

the times when leaving campus for a large gym is not an option, CU Active is a great alternative. “Trying to get in a good workout when you are carless can either be really expensive or you can just use [CU Active],” said Adam Salcido, freshman.

Save money on gas and taxis and try out CU Active, staying fit from the comfort of campus.



The boba that binds

MEGHANN MORALES
STAFF WRITER

A Celebrate Culture: Boba Night event was held by the Office of Global Programs and took place on Thurs., Sept 18 in the Eagles Lounge. Boba Night was the first of six events that is held by the Office of Global Programs to encourage international students to mingle with other Concordia students.

Dana Burkey, Manager of International Student Services and Global Outreach of Missions and Service Learning, was in charge of this event. “The goal of the Office of Global Programs is to welcome international students and to send Concordia Students around the world,” Burkey said. This event was a huge success and the Eagles Lounge was filled with students who love boba and learning about new cultures.

“The purpose of the event is to create an environment that represents a culture that students can see, hear, taste and touch,” said Mariah Neilson, senior Global Programs Intern. “Our hope is that students become more aware of different cultures.” Students at Concordia are blessed to have a culturally diverse and active campus; students are given the opportunity to learn about the different cultures in all the events that we have.

“We are trying to create an event once or twice a month that students can come to that is both fun and educational,” Neilson said. “We want to give students the opportunity to experience pieces of other cultures, as well as give international students and students who have

traveled to these countries a chance to share their stories.”

During Boba Night, there were different speakers sharing their experiences traveling or discussing their cultures. Freshman Brittany Thurman found this event to be a unique and fun way to learn about new cultures and become more aware of them. “It was interesting to hear and learn from others’ experience traveling,” Thurman said.

Dr. Jeffrey Mallinson, Associate Professor of Theology, also attended Boba Night. “I hope Concordia students come to expect events like Boba Night to be integral parts of their undergraduate experience,” Mallinson said. “It is just the sort of thing that Concordia founding leaders Dr. Shang Ik Moon and Dr. Charles Manske would have wanted when they envisioned our Great Commission university.”

Mallison added, “I got a sense that this was a microcosm of what collegiate life should be: hanging out in a venue that is conducive to conversation, enjoying new flavors and hearing stimulating ideas.” Mallinson felt that this event was a great way to try something new and was able to bring his son Aiden, who loves boba, to this event as well.

Upcoming events put on by the Office of Global Programs include events such as Beignets from the USA, Drum & Dance, Churro Night, Empanada Night and Cultural Campfire to look forward to. More information on these events can be found on the Facebook page, facebook.com/ConcordiaIrvineInternationalStudents.

OC Gran Fondo: Euro-style ride in SoCal setting

JACK ROBISON
STAFF WRITER

The OC Gran Fondo cycling event will be held Saturday, Oct. 4 at the Mike Ward Community Park in Irvine. The event was created in 2010 by a group of cycling enthusiasts and parishioners of St. John Neumann Catholic Church, which represents a true European Gran Fondo style.

Gran Fondo loosely translates to “great foundation,” “great distance” or “great endurance.” Gran Fondo lives up to its Italian heritage with culture and also as a great sporting event. Gran Fondos are mass participation bicycling events that were invented in Italy in the early 1900s and are quickly gaining momentum in North America.

After taking a one-year hiatus, the OC Gran Fondo is attempting something new this year in truly emulating an Italian-style Gran Fondo. Courses will range from the 91-mile Gran Fondo to the 1-mile Bambino Fondo loop. The organizers wanted to focus on offering something for everyone with five different routes varying in length and difficulty. “We think the OC Gran Fondo will become cycling’s version of the OC Marathon,” said Bruce Marshall, owner of the shop, A Road Bike 4 U, and co-coordinator of the event. “There is a route for all ability levels and completing the Gran Fondo and even Medio will be quite a feat of endurance. It will be an event that cyclists all over OC will want to train for and complete.”

This event offers a unique experience to anyone who is interested in cycling. Whether it is competing with friends or enjoying a beautiful day on your bike, the OC Gran Fondo allows for everyone to get involved, and with the expectations of over 1,000 participants, the event guarantees to be a memorable day.

Cycling has quickly gained popularity in Orange County, as well as the rest of North America. Currently, the local cycling community is excited to be offered well-organized events and races to showcase their endurance and speed. “I’m excited to compete in my first Gran Fondo; 91 miles is a tough distance but I am always competing when just on a ride anyways, so I might as well test myself,” said Matt Hurst, an avid competitive cyclist. The challenges that Gran Fondo racers will face will be a test of endurance, speed and heart with 6,100 feet of climbing over 91.3 miles.

With the OC Gran Fondo offering many different route options, the turnout and variety of people is unique to this event. “It’s cool to see all the different people of different skill levels. There are the fit competitors who are there to win, and there are older racers who just love to ride. There is a lot of diversity,” said Dean Hall, Concordia senior and competitor in the OC Gran Fondo. The OC Gran Fondo felt it is important to focus on the community-building aspect to the event.

On top of the 91-mile Gran Fondo, the event is also focusing on the family aspect of the event, offering the 67-mile Medio Fondo for experienced riders, the 36-mile Piccolo Fondo for the casual yet serious ride, the 10-mile loop of the Famiglia Fondo, and the 1-mile Bambino Fondo perfect for tricycles, big wheels, little red wagons, etc. Following the finish of the event, all participants will be treated to a post-ride Italian dinner, as well as a goodie bag. The OC Gran Fondo will be a mainstay in Orange County throughout the upcoming years, and also hopefully a yearly tradition for many participants. To register for the race or find more information on the event, visit www.ocgranfondo.com.

Hispanic Heritage month-long fiesta

TAYLOR MORRISON
STAFF WRITER

In honor of Mexican Independence Day on Sept. 16, LEAD’s Diversity Awareness coordinators prepared a celebration in the cafeteria in support for the Hispanic culture, as well as for all the students to enjoy. Mexican Independence Day starts the celebration of Hispanic Heritage Month, which lasts from Sept. 15 to Oct. 15.

According to the Hispanic Heritage Month website, “Hispanics have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.”

LEAD has brought awareness about Hispanic Heritage Month to Concordia’s campus through LEAD’s Diversity Awareness coordinators and with the help from the cafeteria staff and the Nuestra Voz club. Junior Nikki Ancona and senior Wesley Barnes are the Diversity Awareness coordinators who planned a successful kickoff to Hispanic Heritage Month by putting together a fiesta in the cafeteria.

Ancona and Barnes took many steps in organizing and planning creatively for this event, which entailed decorating the cafeteria, setting up the menu with the head chef and partnering up with the Nuestra Voz club to make paper flowers to hand out to students that came into the cafeteria.

The decorations were set up to give the students a taste of the Hispanic culture. As students first walked into the cafeteria, they saw a Mexican flag up on the wall, colorful tablecloths that were spread out on each table with Hispanic table runners at the end and a piñata placed on each table. The cooks served Mexican dishes, including enchiladas and tortas, as specifically requested by Ancona and Barnes, as well as Horchata to wash down the meal.

Bringing this complete transformation of Hispanic culture into the cafeteria gave the students a break from their daily lunch experience and brought them into the world of Hispanic culture. “I loved it; it’s a great way to break monotony,” said Kevin Callahan, the cafeteria’s Chief of Operations.

In addition to starting off the month with a fiesta, Diversity Awareness also put together a number of other cultural events to celebrate and support the whole month of Hispanic Heritage. A bilingual chapel, which was half in English and half in Spanish, was held last Fri., Sept. 19, with Horchata and coffee served afterward outside the CU Center.

A movie night playing “Motorcycle Diaries” took place on Wed., Sept. 24 with plenty of popcorn and hot chocolate refreshments to go around.

Take some deep breaths at the beach

COURTNEY KURTZ
STAFF WRITER

LEAD held a beach yoga class on Sat., Sept. 20 at 9 a.m. at Corona Del Mar beach. “Who doesn’t love a nice peaceful morning sitting out on the beach doing yoga?” is exactly what Damiana Gumiran, sophomore Outdoor Rec Coordinator, thought when coming up with the beach yoga event. The group left school at 8:30 a.m. and carpoled over to the beach to scope out a spot for the session. They knew the general area before heading over together, but thought it would be a fun idea for the group to help pick out the designated spot.

Alexandra Lee, sophomore Outdoor Rec Coordinator, explained that the idea of this yoga session was all about building friendships with people and just going out and having fun. No prior experience was needed since it was a class for all levels. The class was taught by a Concordia student, Cathryn Kruger, senior. Kruger first started doing yoga seven years ago. She was an avid dancer for 10 years but after an injury, she was no longer able to dance. She found that she could still practice yoga and that it helped her heal from her injury more quickly. Kruger encourages everyone to try yoga at least once in their life. “Just go and don’t be intimidated; just come and keep coming,” Kruger said.

Devyn Wallace-Bicknell, junior, said she had a great time at the yoga event and would definitely be attending any and all events in the future. “[Kruger] was an amazing teacher; she

just knew so much.” Like many others, Wallace-Bicknell is not an expert in yoga, but started taking a few classes over the summer and developed an interest in this type of exercise.

Yoga is an exercise that is more for yourself and just having fun. You are only focusing on yourself and no one else; it is about controlling the body and mind together. “It makes me a better person, makes me more aware of myself and my motivations while keeping me centered,” Kruger said. “It’s much more than just physical strength, but also self-reflection and being able to sit and exist while enjoying the beauty of the world.”

Wallace-Bicknell and Kruger both thought the event turned out well, except for the fact that the group was kicked off the beach halfway through the session for not having a permit. Wallace-Bicknell said that even though their time got cut short, it was still an amazing session that she absolutely loved. Kruger said she “wished that we would have done it for the whole hour.” She explained that this was her first time teaching on the beach and that it was calm and tranquil, which was a perfect environment for yoga. “Some students even heard seals in the background,” Kruger said.

Kruger is also teaching on-campus yoga classes Tuesday mornings from 8:45 to 9:45 a.m. and Thursday evenings from 7 to 8 p.m. in Sigma Square. She encourages anyone who is interested in yoga to attend and experience the relaxing yet energizing experience.

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