

TOO COOL

... for summer
school? ...



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OUR NEW LEADER

An interview with the CSA
President-elect, Cody Weger.



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GOODBYE, CONCORDIA

**Tyler
Ludwig**
CSA President

Hello fellow Concordia students, I hope this message finds you well and relieved as we approach the end of the semester. I would like to thank you for all the support and devoted time you gave the CSA this year. This past year will go down as a very successful year for all. I have been graciously given a page to reflect on my time at Concordia and my insight into what I would consider key pointers for students looking to create that unique university experience.

I have spent 5 years at Concordia now, being everything from a bartender workaholic who never was involved at school to the

President of the CSA which has made me the most involved I have ever been. If I were to go back and do my degree again I would ensure I was more involved in the university experience, starting quickly in my first year. The connections I have made thus far has catapulted me into a realm of endless possibilities. I do understand that not all students portray the same characteristics, so to help create better understanding I have decided to come up with 5 ways to become better involved. It should be mentioned this is all based on personal experiences and not of a research professional. First advice, throw your name into the hat and create odds that will help you incur opportunities of involvement. The first step is coming out of your comfort zone and

showing interest in ways to get involved. Don't hesitate, just do it, and ask CSA executives what opportunities may be best suited for you if you don't have a clear direction.

My second year of university I applied for the vacant VP Student Life position. To my displeasure I was not hired, but because I put my name out there, the opportunity of Athletic Director developed and I was immediately hired. This led to 4 years of involvement with the CSA.

Smile, Walk the hallways with a smile on your face and don't be afraid to say hi to strangers. One of the greatest skills that students at Concordia taught me was to not be afraid of saying hi, even if you don't know the person. No one is going to judge the person that is cheerful and saying

hi... that would be ridiculous!

I made it a habit to say hi to all the graduate students, students I knew and students I didn't know. By stepping out of my comfort zone with a little bit of confidence I have been able to make dozens of new friendships. Isn't that something?

The CSA has 16 clubs/unions underneath the organization, we have everything from Dance Club to the Concordia Chinese Club. You can do everything from participating in a ping pong tournament to traveling to South Korea for a Model UN Conference (majority fundraised). So I encourage you to take a look and see what opportunities are available for you to expand your network.

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MORE FROM TYLER

... Continued from page 1 ...

The Psychology club last year started with only one member at the beginning. The President at the time was overwhelmed with the task of obtaining more members. As VP Internal, I strongly encouraged making a booth to advertise to other students and include a signup sheet. The Psychology club is now flourishing with dozens of members and continues to be a vital part of the Concordia community.

Thunder Athletics is a fundamental part of Concordia, boasting a strong 11 sports teams. We have had great success on the Provincial and National level with the most recent win of Silver in Badminton Nationals. The teams play every weekend in the Ralph King Athletic Center, rotating home games. My first year I played on the Men's Volleyball team and nothing felt better than having your home turf filled with the roars of your fans. Get involved by watching the home games that are FREE to all Concordia students. It has always been a CSA vision to see the stands overflowing with students cheering our teams to victory!

The CSA is managed by students, who are elected by the students, to create a unique university experience for the students. Wait what? To what may seem like a

plot by the university to give students some title of "President" and "Vice-President", is only foiled by the fact we are a separate organization from the university. The CSA's number one priority is the priority of students. We drive our goals and strategies around what will best benefit students. The CSA is part of various committees that include Deans, faculty, staff, and Vice-Presidents of the university. The CSA represents the students' interests on these committees. There is nothing better than a student coming to me (or any executive) about a problem they have over a class, scheduling, and/or university environment... literally anything. It is my duty to ensure your concerns are heard and dealt with in the best way possible. So I highly recommend everyone to utilize the CSA. The more informed we are about issues or recommendations you have, the better Concordia will reflect the students' interests. So get involved by expressing any concerns or recommendations to the CSA executives.

Recap of the CSA initiatives this year -

The CSA was fortunate to be led by a strong team consisting of Cody Weger (VP Finance), Shannon Peacocke (VP Internal), Colton Chacalias (VP Marketing), Mitch Jones (VP Student Life), myself Tyler Ludwig (President) with a little help from Blake Novak (Executive Assistant). Through the collaboration of the team and general council members, we were able to address key areas and create lasting memories through successful events. Through this great team came updated by-laws, updated policies, project plans for the career position of Executive Director, new website, improved budgeting processes, increased involvement in external organizations, mental health funding, CUCA Spooka, improved course requirements for degrees, and better communication with student. This is just some of the accomplishments we were able to achieve this year. To continue on this path we need student involvement and input, through the surveys that are administered, through engaging conversations with executives, and through submitting emails to the executive assistant. The CSA needs your input in what needs to be corrected and on what works, what is the CSA doing that fits with the Concordia culture? We are always looking for ways to improve the university

experience, so please give your input to help guide us!

If I could give one more piece of advice, it is that no matter how big the obstacle is, you will overcome it. Perseverance and positivity combine to create a solution to all overwhelming obstacles. Take the big picture and break it down to small pieces, and one by one dismantle the obstacle into manageable tasks. Completing these tasks with a positive outlook will have you overcoming the obstacle in no time! This was the key to my success over my last 5 years. One small task at a time.

My time as President was a great adventure coupled with tremendous personal growth. Thanks to the involvement and cheerful nature of the students of Concordia. Your involvement helped create a unique university culture. As a farewell I would like to give a special thanks to a few individuals, but definitely not limited to these people; Nick Chevalier Editor in Chief of this wonderful newspaper, CUCA Administration for their continued support towards the students, the 2015 CSA General Council, to all the ladies and gentlemen that lent that helping hand to an overly busy President and lastly, to you, the students that continue to evolve Concordia into an outstanding university!

DOING TIME

Checkpoint Charlie

The Campus Dish

Here at Concordia, we have almost finished yet another year of post secondary education. Now, summer time is upon us. The proverbial 'happy ending' after two consecutive semesters of pain and anguish. The struggle is almost over. Soon the only worries we will have will be in regards to work and when/where we should take naps. However, for a select few, the saga will continue into the dreaded summer school. Back in high school, summer school was always used as punishment from belligerent parents who weren't content with their child's chemistry grade. Now, it is sometimes needed just so university students can grab those last remaining junior classes before their final year of study. Students begin to feel the crunch, and are forced to abandon their summers for some last minute credits. I myself spent some time locked up inside several educational institutions during the tough summer months. Here, you were forced to focus and get a good grade. This time around, your friends

weren't there to 'distract' you.

The worst part about summer school is the unbearable temperatures which frequent these schools. The old schools in and around Edmonton were made to withstand the harshest of winters. They were not fabricated to have ample air flow, and are not equipped with state of the art air conditioners. This translates to an uncomfortable couple of weeks in the class room. However, there are some serious perks. For one, the warm weather brings out the pretty girls and hot dudes! To protect my secret identity, we will look further into both of these options so that my gender and sexual preference continue to be shrouded in mystery.

First, let us talk about girls, short shorts, and sundresses. All three of these are great! Few things in this world are better than a nice pair of short shorts. Nothing like airing out those lovely long/short/thin/thick legs. After a bitter winter of boots and long-johns, it feels great to strut around and feel the breeze. Why not indulge in some short shorts? You

will for sure make some new guy friends and receive countless free iced tea's over your summer semester. Next, we look into those classy and timeless sundresses. These beautiful flowing Taylor Swift style dresses are guaranteed to corrupt any guy. Not only are they comfortable, but they keep you looking youthful, adventurous, and fresh. Great combination. Plus dudes can't resist a colorful sundress. Men are 78% more likely to finish your cartology paper if you request their services in a yellow sundress.

*Disclaimer: This stat is only true for the province of British Columbia as of June 17th, 1973.-- But hold the phone, how about those hot sweaty men? These muscled gentleman tend to light up any dreary summer geometry class from May to August. They are known to turn heads before, after, and during class. A constant and welcomed distraction for any female exchange student or dangerous cougar who may find themselves in intro physiology. These dudes in backwards baseball hats and cut off t-shirts are bound to have a row or two

of girls behind them in class this summer. In addition, these poor guys usually need a hand on every assignment. This means an easy in for any girl who is trying to score.

Summer school doesn't sound so bad when you put it like that. Lots of things to look forward too. Meeting new friends, seeing the sights and getting some classes out of the way never seriously hurt anyone. Remember that regardless of the semester, we are all in this together. Sometimes it is the smaller things at school which keep us going. A quick leg here, a big bicep there, or an iced tea at the caf. We gotta keep rolling with those punches. You gotta risk it to get the biscuit. Thanks for reading Concordia, see you in September. Or maybe in summer school?

Shout outs, special thanks, and good luck goes to the Bolt editors and writers who are leaving us at the end of this year. We are looking forward to your continuous support and encouragement as we move forward with this celebrated publication under new leadership. Thanks again!

THE PRESIDENT-ELECT

Peter
Fourlaris
Student Life

For the final article of the 2014-15 year, it was my pleasure to go off on a high note with my interview with the one and only, CSA president himself, Cody Weger. Cody was elected president in this month's election and he certainly has a great vision for next year.

PF: "What is your favorite part of being a student here at Concordia?"

CW: "It would probably have to be the community. You get to know your professors on a first name basis and all the students are very welcoming. I've found that my friend group has grown exponentially since being here. It's been awesome, both in terms of support for academics and for sports when I was on the volleyball team. I've made some really good quality friends."

PF: "When did you realize you wanted to run for CSA President? Was there a specific reason that you decided to run?"

CW: "I've been involved in politics for three years and I'm going into my fifth year. I was originally on the CBA as their VP Operations and their VP Finance. Then from there I decided to run for the CSA. I decided to run after a little bit of soul searching, there were outside opportunities for business and networking, but I decided to run here because this community has given me so much in terms of volleyball, with the coaches and teammates, and with the professors helping me with all the academic workload. I've really grown to love Concordia and that's why I wanted to run because I wanted to give back. I feel like I've given back a lot this year,

but as president I can really initiate as to what I see fit, and see if the students like it. But overall I would say that giving back is the main reason."

PF: "If you had to narrow it down to one thing, what are you most excited about for next year?"

CW: "I am excited to see the excitement of the students. I feel this year we were able to narrow down what the students want in terms of events and we know what works and what doesn't. I feel like the team has been very effective this year at building hype around the community. But what I'm excited for is putting Concordia on the map; we have a great sense of community. Now I want to make it seen outside of Concordia so that people become attracted to Concordia and it makes it better in the long run. And also just having fun with the students, one of my favorite events this year was the paintball event. It hurt a little bit, I won't lie! But it was a lot of fun, we had over fifty people come and we all made teams and we all played against each other, it was a lot of fun."

PF: "How do you think your experience as VP Operations (CBA) and VP Finance (CSA) will help you next year in your new role?"

CW: "Well, obviously the financial aspect. I view the CSA as a small business almost and we have to run it very lean in a sense because we have limited funds to work with while having a diverse amount of clubs. So in that sense being financially and fiscally wise will help. Obviously that will trickle down to the position of VP Finance next year with Shannon Peacocke coming in, but I'll still oversee and make sure we make smart decisions with the students

money. Also I have been able to talk with all the different clubs, so while my experience at the beginning of the year was limited in terms of their depth, throughout the year it's grown exponentially to the point that I can help them figure out what they need from the CSA and how to help their goals come to fruition."

PF: "What do you hope to accomplish by the end of next year?"

CW: "Honestly one of the big things I want to accomplish is getting an Executive Director for the CSA. This position would be a career piece, a qualified individual would come in and be with the CSA for twenty to thirty years hopefully, wherein they would oversee the CSA. The executive council would still be the boss, but they would be there for the transition time. So because there is an election every year, there is always a transition time, sometimes the balls that have started to roll get dropped off the table and all the momentum is lost. The executive director would be there as a transition piece to help with this weak point and they would also be there to oversee all the employees and contractors. So instead of falling on to me or future presidents, they will be there to be the chief of staff in a sense. The other thing I want to accomplish, as I've said, is I want to put Concordia on the map. I want people to know how awesome Concordia is and I want to make it even better in whatever way that is."

PF: "Tell us something about yourself that most people would not know"

CW: "I used to work in Watertown Alberta, I used to be a trail guide there for many years. I worked there for a total of eight years; five I worked as a trail guide and three I worked at summer kids camps, so like the YMCA

Knights of Columbus kind of thing. I would take them to the mountains for a couple of days and go back, then come back with another group. I would tell them all about geography, geology, climate, history of the place, and that sort of stuff."

PF: "Do you have any plans for students who will be walking through the doors at Concordia for the first time next year?"

CW: "My plan is to make orientation as awesome as it can be. The CSA works hand-in-hand with the institution itself, so we get to build that day. I want to let people know first of all how awesome Concordia is and second what is offered. Not just in terms of classes and academia, but also the events and the resources available, for example the Mental Health Initiative, our Health and Dental Program, athletics, or even just the clubs that they can get involved in to feel a sense of community."

Since this is the last article of the year I would like to send my sincerest "thank you" to everyone who has been involved in the Bolt this year, you have all been extremely supportive and fun to work with. I would also like to thank all of the lovely people who have agreed to let me interview them this year, you all are all very special people, and I truly hope my articles were able to make you smile. Finally I would like to thank all the readers this year. To those students who are graduating, I sincerely wish you all the best of luck in your future. And to the students who are returning next year, I look forward to seeing all of your smiling faces again in the fall!

Read the full interview on theboltnews.com

WHEN WE LOOK WITHIN

Kayle
Sieben

Advice Writer

We're always searching for answers; searching for an unambiguous truth to solve all of life's problems.

Individuals are always looking for outside sources, anything we can find to confirm what we believe. The issue with this is confirmation bias; although this can be an issue whether the source is internal or external. We must acknowledge all evidence. To ignore facts that contradict your beliefs is to ignore truth, and you're letting yourself down in this instance. It is okay to believe, to hope, and to dream. Some people need this as a means of coping with the stress they carry; others use it as a sense of calmness when they think about what comes down the road. One of mankind's biggest fears is death; so naturally a coping mechanism such as the after-life or reincarnation can help alleviate that stress.

I find these to be somewhat distracting; they can keep us from seeking the truth. Though there are individuals who continually seek the

true meaning and origins of the human race; their roles are diminished when they are disregarded by religion. Science has been able to discover and unlock mysteries of life: materials, inventions, and technology we couldn't even fathom 50 years ago.

Everything we have, besides natural resources, is man-made. Human beings created this society. We created sustainable housing, food & water sources, renewable energy, and political systems in which citizens who can't provide for themselves are provided with a means to live. These did not exist centuries ago. This revolutionary thinking has led the human race to an exponential growth in every area of our life.

So why can't we find the answers to our own life's problems within us? We can.

By acknowledging our circumstances in an unbiased fashion, we are able to discover the true positives and negatives in a situation. Thinking logically, without an emotional charge is necessary in fully evaluating life's circumstances. I have found with every negative in my life, no matter how serious,

a positive arises from the ashes. You must look within yourself (when you're ready), and find those positives. Cling to those instead of the negatives; you'll notice a difference immediately.

I also like to put things in perspective. Though it doesn't work for everyone, I take comfort in the fact that all of my problems usually only concern me and a few other people. With 7 billion people, having 5 people affected is barely a fraction of a percentage of the earth's population. We are 7 billion individuals floating in space, mixed in with trillions of other planets. Of these planets there are potential habitable zones, and a never-ending, ever-expanding universe. We are practically invisible in the grand scheme of things. No matter how bad the circumstance is, our biggest barriers are ourselves. We are the ones who create perspective; whether we create it from others' judgment, our own personal feelings, or if we are told how to think.

Cherish your ability to be able to think logically; we are the smartest generation of human beings since the

beginning. Every generation brings in a new era, new intelligence, and new ideas. Our era has been largely focused on improving the systems that be, by replacing it with sustainable ideas. This can be applied to mental health, energy resources, or food sources. I say mental health because we need to be able to sustain our own psyche and stay afloat through any circumstance.

We can do this by being truly honest and open with ourselves, and not being afraid to seek help when we need it.

Let us be the generation to make things better for our younger cohorts; let's discover our own potential and change this world for the better. This starts within yourself, believing that no matter what the circumstance you're given you'll make it through and push forward. I wish all of our CUCA Graduates the best of luck in their future endeavours; it has been a pleasure writing for you this year. If I have made a difference in one life then I am more than satisfied. Peace and love everyone, I'll see you next year as Editor-in-Chief as well as continuing the advice column.

FAREWELL, BON VOYAGE

Kelsea
Gillespie
Travel Writer

As another year comes to a close and the hallways of Concordia begin to empty, I would like to wish each and every student a safe and happy summer. I hope that each of you get a chance to travel over the break, in whatever form that may take. Before I say goodbye to you, dear reader, I would like to leave you with a parting story of one of the most profound experiences I have had during my travels.

This past summer, whilst in Evora, Portugal (which is coincidentally a UNESCO World Heritage Site in and of itself), I was fortunate enough to be staying in one of those bed and breakfasts whose staff are almost as ancient and colorful as the city itself with many stories to tell. The very large and hospitable host kept us at the front desk for over an hour upon check in, slowly filling out the necessary forms in between his various anecdotes. He assured us of the superiority of multiple Portuguese sailors and explorers, claiming that only the Portuguese could be credited with the discovery of the New World, if you weren't counting the "Veekings". He was an opera singer and actor in profession and a bed and breakfast host in

order to make a living. If I have one regret, it was that I did not ask his name.

Beyond his incredibly entertaining stories, he recommended several fine dining restaurants, locating them all upon the tiny free maps at the front desk. He pointed out beautiful churches and cathedrals that were worth a visit, and denounced the Bone Chapel in Evora as an "obscene display of death". He also recommended that if we were to see the Megalithic monuments just outside of Evora, that we should take the trip not with the tourist bus, but in a tiny van with a local archaeologist named Mario. Although I was not originally interested in seeing a sloping hill with a circular rock formation, being on the tour with Mario changed my mind instantly.

My dearest traveling companion and I were the only two on the tour, other than Mario's estranged uncle who was visiting from Brazil (his family had left during the fascist period). Mario's company was called "Ebor Megalithica", and their slogan was "Young People in Love with Old Stones". The Almendres Cromlech (the official Portuguese name of the archaeological site) is the largest on the Iberian Peninsula, and represents one of humanity's oldest

structural sites. 2000 years older than Stonehenge, the Megalithic monuments in Evora are from the Neolithic period (approximately 7000 years ago). The site itself is rather unkempt, with stones falling over and soil eroding down the hill. This has much less to do with Portuguese nationalistic pride or ability to preserve their monuments, and more to do with the fact that these sites are privately owned and largely disregarded by the landowners. Despite this fact, the monuments themselves were astounding. Being able to interact with Mario quite easily made the experience that much better, as I really had no idea beforehand of that a bunch of rocks indicated an ideological change that would alter modern society forever.

The monument represents humanity's transition from the nomadic lifestyle to the sedentary life as workers of the land in one geographical location. Set up in a circle down a sloping hill, the monuments keep track of the movement of the sun throughout the year, with one large stone in the center representing the solstices and two very large rocks (that were about a kilometer away) that represented the equinoxes. More than just a way to track the movement of the sun, this monument may have been a reflection

of a kind of spirituality of the people as well.

What was truly profound about the experience, however, was getting to see the primitive carvings into the stones, representing things that were important to the Neolithic peoples. One shape was a shepherd's staff, representing man's domination of animals and their subordination and the impact of agricultural life on the people. Crescent and circular carvings were also very prominent in the erect stones. The image that resonated most with me was a picture of two rectangles parallel from one another, a triangle in the middle beneath it, and a large crescent shape underneath, also known as the world's first smiley face. This is significant, as it was an attempt by humanity to map out the features of the human face onto stone, a precursor to the recognition of individualism. I believe that if there was ever an image worth tattooing onto my body for all of eternity, this smiley face would be it.

I hope that you all get to visit Mario one day in the small, ancient city of Evora. May your journeys from here be adventurous, educational, and enriching. See you next year, Concordia. Adeus. Tchou, Até breve, Concordia!

THE PROFESSIONAL

Rachel
Wipple
Senior Writer

Natalie Portman's exceptional acting ability was evident early on in her first film *Leon: The Professional*. In 1994, at the age of twelve, Portman portrayed Matilda, a young girl whose abusive father gets murdered after crossing some dangerous drug traffickers. Matilda narrowly escapes death by knocking on her neighbor's door. Her neighbor just so happens to be Leon, played by Jean Reno, a hitman who leads a solitary life. With some heavy persuasion on Matilda's part, he decides to take her in and begin training her as his apprentice. The two are an odd pair, but they seem to bond in their loneliness and dedication to their craft.

Thanks to a fantastic cast, gorgeous shots with plenty of natural light, a compelling storyline, and Natalie Portman's skillful and impressive performance, *Leon: The Professional* is one of the best movies I have seen. Portman was able to cry on command multiple times throughout the film and portray a realistic depiction of a girl who has been devastated by tragedy. Director and writer, Luc Besson, was able to create mesmerizing moments of comedy and light, throughout

this very dramatic and serious movie. I found myself laughing with, and falling in love with Leon and Matilda's quirks. It didn't take long for me to sympathize and care for these characters and their struggles.

Gary Oldman made for a compelling and bone-chilling villain in the character of Stansfield. He was a ruthless, heartless, corrupt cop who murdered Matilda's entire family including her four-year-old brother. His bouts of manic, rage and chronic drug consumption, in combination with his cold stare and jerking

head motions all added to his excellent performance. The worst, maybe best, part of his character was how damn charming he was. He drew in the people around him and the audience, just enough that we got lost in his glassy blue eyes before he ripped at that illusion with his psychotic fits of rage. Oldman captured the audience with his performance and was an integral part of setting the absurd tone for this wonderfully dark film.

Leon: The Professional was a compelling movie with exciting action shots, a

charming story, and bloody vengeance. The cast was perfectly assembled and they did a fantastic job. The artistic filmography and the unique, interesting plot line contributed to this great film. It started the a long trend of movies featuring master criminals training a young apprentices. *Leon: The Professional* offers everything you could want from a movie and more, not to mention one of the best performances from a young actor that has graced the big screen. It may be a twenty-one-year-old movie, but it definitely stands the test of time.



FINDING THE TIME...

Nathaly
Eljundi

Mental Health Columnist

Blake
Novak

Business Columnist

The demands placed on students today are incredibly high. During the four years we plan to spend in university, we are expected to have completed over 9,600 hours of study, while working part time, maintaining a social life, and "reinvesting back into our communities". These commitments can weigh on a person and feel like a burden if not managed properly. While the impact may seem minimal at first, such as missing appointments or a class here or there; they can begin to cause burn out and lead to stress placed on one's mental health.

To combat this issue, the Concordia Students' Association (CSA), in partnership with the Alberta Campus Mental Health Innovation (ACHMI), created the CSA Mental Health Initiative to support our needs. The goal of the program is remove the stigma associated with mental health issues and to create events to alleviate stress on campus.

Many of the events you've seen around campus came from this program like yoga, the bouncy castle at the final Thunderwear Friday, and the Kendra Fisher speaker event. Today we are taking the time to ask the newly elected CSA council members how they maintain their mental health. Student leaders take on additional responsibilities, and the amount of time they invest into their roles can put them at risk for stress related anxiety, depression and other mental health issues.

Q: How do you do to maintain your mental health

Cody Weger, Incoming President: My self-care method is music. I have different genres for different tasks. For example if I'm working I listen to EDM or something with more a pick-me-up beat. However to decompress I listen to a more alternative and indie style. When time allows I try to find the little spots around town that have live bands and local music. The Starlight Room always has interesting people running through it and is relatively easy on a student budget!

Shannon Peacocke, Incoming

VP Finance: Mental Health is important at every stage of life. That's why I take time every week to do something for myself, something that I truly enjoy or have a passion for. Most weeks, it's my involvement with a volunteer organization. Being a part of something larger than yourself truly strengthens your sense of purpose. It has allowed me to build my confidence and to build a strong support system. Making time to foster meaningful relationships is vital now but it's not always easy. I have to remind myself to take time to talk to my family and friends and ensure there is an element of balance in my life. Additionally, I make time for a yoga practice. Although it may not be the most consistent while I balance school, work, and relationships, I have improved my self-awareness and I have found it to be a great way to cope with stress and anxiety. Patrick McGinley, Incoming VP Student Life: So the way that I keep in tip top shape is always trying new things and challenging myself, Edmonton and Concordia both offer tons of opportunities for new experiences. Whether it be participating in events

I haven't tried before or going out to find something new. I get stressed so I put that stress to work and make it productive. I don't let the stress get to me!

Madeline Ludlage, Incoming VP Marketing: What do I do to maintain my mental health? When life gets way too busy and stressful I turn to exercising as a relief. I love running cross country when listening to music! Sweating it out really helps me rejuvenate. On a totally different note sometimes to relieve stress I eat lots of food!

The CSA Mental Health team has been created to help students learn, manage, and express their experiences with mental health while attending Post Secondary. The overall purpose of the Mental Health Initiative is to promote mental health and well being while addressing the stigma around mental health and encouraging community participation! With that said, it is important to know where you can find the help if needed, and what resources are available. Take the time to be active in encouraging and promoting the mental health stigma!

THE BOLT PRESENTS A FUN AND EXCITING PAGE FULL OF THINGS TO DO FOR TIME WASTING VIA THE PLAYING OF GAMES.

The Bolt.
April 2015 | **09**

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CROSSWORD CLUES

ACROSS

1. Mortarboard tosser
5. Accolades
11. Mayan month
12. Ghostly
13. Some are liberal
14. Tackle moguls
15. Scale notes
16. Laundry cycle
17. Nintendo handheld
18. REach Across
21. Adolescent
24. So-so
27. Farming; Abbr.
29. Zippo
30. Heavy hitter
32. Doze
33. Bros. of the clergy
34. Another reality for short
35. Part of Abed's catchphrase
36. Popular mint

DOWN

1. Protectors
2. Laughs: Fr.
3. Tiny colonists
4. Article in Der Spiegel
6. You and I
7. Poet Housman's initials
8. Financial planning acronym
9. West African wardrobe item
10. French river
16. Snow, in Scotland
18. Poseidon's domain
19. Cribbage markers
20. Mischievous as ____
21. Christmas decoration
22. Gallivants
23. Protein source
25. Swedish automaker
26. Spanish month
28. Museum piece
31. Guitarist Clapton

FINALS STUDY SUMMER FREEDOM				GRADUATE DIPLOMA CEREMONY JOBS				APRIL AWARDS			
1	2	3	4		5	6	7	8	9	10	
11						12					
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35					36						

CLASS OF 2015: *Time to join the real world!*

Blake
Novak

Business Columnist

As we are entering the final stretch of classes, we will soon be diving into the job search — if you aren't already desperately dispensing those resumes. The Class of 2015 will have a particularly hard go of it, as us graduates look for that job that will help launch them into our career. The economy has been hit by low oil prices. Youth unemployment, at 13.3 per cent in Canada, is double the overall rate. There are jobs, but it's part-time work that's on the rise. Still, it's not all doom and gloom. Here are four ways graduates can score that choice job.

1. Graduate from an in-demand field

Employers want people with degrees in engineering, science, math and health care. A statistics Canada's latest labor report shows that in the last year, health care and social assistance made the biggest employment gain. Health Information Management in particular is a growing field. A recent report estimates that over the next five years, the number of openings ranges from 6,200 up to 12,200. Additionally, in the business field, human resources is

one of the largest growing field in Alberta. Having a strategic understanding of the hiring process and the business needs allow for many businesses to flourish even during slower growth periods. Having the right people doing the recruitment is a best practice. While oil and gas companies are on a hiring freeze, small businesses are snatching up talent quickly to ensure their growth in the following years ahead.

2. Master a trade.

There's been plenty of fuss over the shortage of skilled labor in Canada, although the jury is still out on just how many trade's workers are needed over the next decade. It has some students bypassing post-secondary education altogether on their way to a good job. In Regina Grade 12 students get the chance to learn a trade and earn 800 hours towards an apprenticeship. Come graduation, many students will already be starting a job, along with training. While this isn't an option for us here in Alberta, having a trade is an excellent way to enter an organization.

Though demand for specialized trades specific to certain industries (such as oil and gas) are more

vulnerable to the boom-bust cycle, there's always demand for general trades: carpenters to build and fix houses, plumbers to install toilets and pipes, and mechanics to fix cars and heavy machinery.

3. Move to a hot city

The crisp ocean breeze as you cycle in Stanley Park, the cultural diversity, the laid-back atmosphere...Vancouver is consistently rated one of the top cities in the world to live. And, if you're a graduate in a cutting-edge field, it's a good place to land that great job. Vancouver has been dubbed Silicon Valley North, drawing tech companies like Hootsuite, Microsoft, Sony Pictures Imageworks and Amazon — and it's a hub for biomedical research. Warning though; get ready to spend a large chunk of your income on housing. This is where you can make massive strides in the Canadian technological landscape.

4. Volunteer

Volunteer work can give graduates a big leg up when it comes to launching their career. Employers want to see you have work experience — paid or unpaid. It can mean anything from sitting on a board, managing a front counter or managing

a project. Soft skills just might be the new hard skills when it comes to getting a job. Volunteering can even build relationships with larger social networks, leading to new career opportunities. Concordia even hosts volunteer fair to bring these organizations to you. Giving back to your community will only lead to further opportunities.

These are just some suggestions if you are coming to the end of your degree and now have to look for options for you career, but also take advantage of the services Concordia offers. Career Services is located on the second floor of the library in L358 and are happy to help you build your resume and your personal brand through the use of social media like LinkedIn and Twitter. Don't hesitate to meet with Philipa and Nancy to get started right away. Also, look for opportunities to network in your respective fields. Join professional organizations like the Human Resources Institute of Alberta (HRIA), or Health Sciences Associations of Edmonton (HSEA). These groups host educational and networking sessions to connect people from all over to grow their career. So get out there and start job hunting! Make your mark!

ANOTHER YEAR ENDING

Simone Alaine

Polo

Senior Writer

This time last year, I would've done a couple articles leading to The Bolt's last edition of the year. In these articles I would've addressed the current state of affairs with the topics and events that I had covered earlier in the year but to be honest, I forgot when the last issue was happening. Thus, I forgot to begin to wrap up in earlier issues. Instead, I went on to talk about other things – and fair enough, orderly fashion is not always followed.

Either way, it is time to wrap up; and to all of those who have taken some of their time to read my writing, as well as my colleagues' writing, thank you. In the simplest of expressions, I am curious as to where The Bolt is going as a publication; but none of it is possible without having an audience to reach. Ultimately, you, the reader, are quintessential to whatever we are doing here. I hope that over the last few months, my presentation of the on-going global issues have brought to light the various dimensions from which an issue can be looked at. After all, I've tried to address distinct issues by looking at a variety of bias, as well as the case of intimate

involvement in the case of the student protests in Mexico and the case of diplomatic and bureaucratic approaches to politics in the Model U.N.

For me, it has been a year of realizing the limitations of my own journalism, as I've explored issues that I am, to some extent, personally involved with. And in that, I've realized what I can do to work with those biases I have, wherever they may be. So, in this sense, the articles I've been writing are not only an exposition of the issues at hand, for they are also an exposition of myself. Thus, I do declare the obvious, that one must be critical even of my writing which aims at being critical (given the word count I have to work with).

I think for my final year, and I will bring this up in my introduction for next year; I want to open the option of suggesting political issues to explore. There is already a certain degree of bias in my choosing of topics I cover. I would like to open that option for the audience to read on issues they are interested on learning about – I might get to learn about something new too! The realm of politics is fairly broad considering that social issues, topics of discrimination, economics, and political policies go over a variety of issues.

Also, given that our editors are leaving this year, I would like to give an open thank you to Nick, Miranda, and Jonathan for doing what they do. They have been really awesome at facilitating The Bolt – not to mention the neat space they provide for writers to pop by whenever they find themselves bored or whatnot. These cool nerds got me involved with this publication and I feel it is only appropriate to thank them for that in said publication.

I also want to welcome our new editors on board! To be honest, I only know one of them – the rest are shrouded in mystery. Isn't that exciting? But it seems as if The Bolt is taking a nice direction in the upcoming years. I shall be looking forward to whatever our new editors come up with. The CSA also has a grand effect on The Bolt. It has been great working with the CSA this year, and next year shall also be great. It was neat to have Mitch and Tyler around – I hope that whatever you do in the future is what you want to do. I think it is fair to say that you have left a lasting impact in your past at Concordia. Shannon, Colton, and Cody – it is good to have you around as usual, I am excited to see your work for next year. And I would like to welcome Madeline and Patrick for joining the

team. It should be nice to have you around as well.

Lastly, I have more personal gratitude and shout outs to give. I particularly want to thank Irma Alali and Madison Perkins for all the work they have been putting on starting up the LGBTQ+ at Concordia again. I find this is a very important issue that requires to have a stronger presence at Concordia. It has been great to work with you. Another person I want to thank for this feat is a friend and mentor, Lisa Micheelsen, our faculty advisor. Your support has been essential at getting this going.

Also, I want to thank Kelsea Gillespie and Miranda Coleman for getting me in the Model U.N. That experience changed my life. I appreciate all the wonderful nerds at the Model U.N – too many to name (blame the word count).

And I want to thank Mathew Mol and Dr. Strand for getting Philosophy Club going again. Finally, a place in which I can play devil's advocate.

I find that on that note, I want to end my article here. I have plenty of people to thank, and that nasty word count to watch out for. But nonetheless, it is exciting for the year to end like this. It shall be exciting to start again in fall.

YEAR-END WRAP UP

Anne
Perrault
Sports Columnist

Eleni Stamatakis #3, Rookie of the Year for the Concordia Girls soccer team said "My favorite memory of this year was when we went on the road trip to Grand Prairie and bonded with the boys team. Also, another favorite memory was playing in provincials and proving to other teams that Concordia women's soccer team is a team to watch out for in the future. The team that we have the biggest rivalry

is Nait Ooks, they are an extremely strong team year after year. We have come close to beating them but have never had the pleasure to do so. It would just be a really big accomplishment to win against them and to be number one in the standings next year! One thing that I would like to improve for myself would be to demonstrate better leadership on the field and off. For the team we want to work harder together as a team and not letting the score get into our heads, to just keep playing our hardest and to always give it our all, and

to have no regrets! One thing that I've learned this season with Concordia soccer is that it takes commitment, hard work, and determination for a strong team to be able to move forward and are team certainly proved that this season and we will continue proving it in the future."

This athletic year has been an uphill battle for all the thunder teams; we have all won many matches and lost a few together as a team. The experiences of practicing everyday, going on bus trips to other cities, and staying in hotels has brought us closer

together. From playing the best game we have ever played to the worst we did it together. We have grown stronger and have created friendships that will last a lifetime. But most importantly we have built determination this year to come out even stronger next year. We all know what we have to improve on, we know our competition and rivals, and we know that next year is Concordia Thunder's year.

Make sure to come out on the 10th of April for our Thunder party on the Patio; it's going to be great time see you all there!



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A BRIEF GOODBYE

...because goodbyes are hard :(

Jonathan
Tychy
Layout Editor

Farewells are so... final. And while that may be an unavoidable reality that we all have to face as our chapters come to a close – in whatever you're sinking your soul into – I think it's important to take a piece with you and even more important to leave a piece of you behind. My time

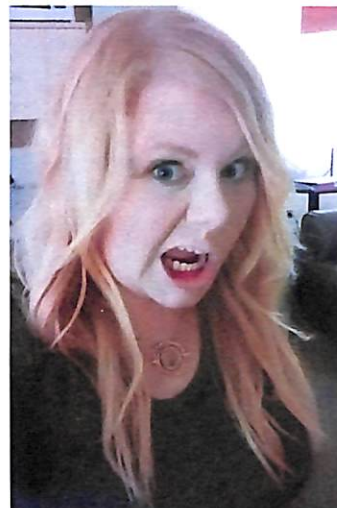
at Concordia and working for The Bolt has taught me more than I ever thought possible.

I would like to thank all of my professors over the years for their hard work and dedication. In particular, I would like to thank Dr. Pitchko, Dr. Tavouktsoglou, and Dr. McNamara for being such wonderful inspirations as Educators in their field. My hope is to pursue a career in education and these

individuals have proved themselves marvelous role models – I will strive to keep a piece of all of you in my own classroom someday soon.

Thank you to the CSA for meeting our unreasonable and outrageous demands, funding our contests; and encouraging the little-publication-that-could, week after week. We literally couldn't have done it without your continued support.

Thank you to all the writers and submissions we've received over the past two years. Your thoughts and ideas are the lifeblood of what allows us to continue to grow The Bolt to its full potential. Last but not least, to my fellow editors, I will miss the most. Not everyone is so lucky to be able to work with their best friends week after week and create something beautiful – even if we were a little ugly sometimes.



LEAVING ON A JET PLANE

Miranda
Coleman
Story Editor

I write to you now while I am trapped in a metal tube that is 39912 ft above ground. While flying I do not just sit on the plane nibbling on dry individually wrapped cookies and sipping tiny cup of ginger ale that is surely to spill in the event of turbulence. No, I sit and I think. I reflect on everything that has led up to this moment in time. Every choice I've made or haven't made, all the factors that have contributed to where I am now and the person I have grown into.

A year and a half ago a friend, Nicholas Chevalier (the editor in chief), came to me asking if I would be interested in writing for The Bolt. I thought long and hard about the time commitment, but reluctantly decided to take the opportunity. A month later I threw all caution to the literary wind and applied for the position of Story Editor. My debut paper was made extra special by Jonathan, our Layout Editor, who worked tirelessly to create our first retro edition. This is when my life really began to change. Suddenly I was not another faceless over caffeinated student rushing off to class, I was a

contributor. I was shaping the Concordian culture through print media, and it was sure as hell shaping me. My life's purpose was to write and edit, and there is nothing more therapeutic. The extra work I put into the paper didn't make me lose focus on my academics like I feared, but rather helped me focus.

Along with the many perks of taking on the role of an editor, it also helped me get noticed by non-other than Concordia's lovely Kelsea Gillespie. Ladies, Gentlemen, and all friends in-between, let me tell you, once you have been noticed by this tiny scarf wearing bundle of joy, your life is never the same. Kelsea saw something in me, much like my dear Nicholas, which I couldn't see at the time, and invited me to a Model United Nations Club meeting. This, friends, was the gravy to my French fries that I hadn't even realized I was eating. Model UN taught me how to think, how to fundraise, how to debate, and how to cry. This club even opened me up to the world of travel.

Before I fell into all these new extracurricular commitments I had always dreamed of traveling the world, but it was just a dream. I thought that sure travel would be great, but that was something for

fabulously glamorous types or bohemian hippies that didn't shower. Travel was not something attainable, and I was destined to look on to those Fancy Nancy's and those dirty but oh so cool Dreadlock Dan's with pure envy. That is until I joined Model UN. We had registered for a conference in Rome and fundraised for seven months straight. All the while I never truly believed that I was heading outside of Canada. I waited patiently for something awful to happen to me to hinder my trip. Maybe I would contract some disease, or we wouldn't raise enough money, but whatever it was I knew I'd be grounded. Somehow I maintained this belief on the plane to Italy's capital. I was in denial until I saw Southern Italy's Umbrella trees. I cannot describe to you how these trees made me feel, but my best attempt is the feeling that all you have ever hoped for is not only achievable, but have just been attained. These were my trees. These trees were all that mattered. For those of you thinking I might be some kind of crazy tree lady let me further explain the tree thing. The Umbrella Tree does not grow in Canada and there is nothing like it in North America at all. This tree is actually from Africa. Have you ever seen the Lion

King? Yeah, that's the tree. That's right, the Lion King tree. We're not in Kansas anymore, Toto, because we are standing underneath literally the coolest tree ever.

Anyway, these trees, travel, Model UN, all of these things that have shaped the person I have become are products of my experience here at The Bolt. Without Nicholas approaching me, or the approval of fellow Editor, Jonathan Tychy, I wouldn't have had all the amazing experiences that I've had in the past year and a half and I would not be the person I am today. The people in our lives shape who we are and who we will become and it has been an honor to work for this fine publication. Unfortunately, despite all this, I must announce my retirement from The Bolt. The Bolt has given me so much and I feel that with my upcoming field placement next year I will not be able to give this paper what it deserves. That being said, this will not be my last article and by no means do I intend on leaving my beautiful replacement on her own. Readers, If I may leave you with one piece of advice, it is to get involved in extracurriculars, no matter how busy or stressed you are. It will change your life.

A FOND FAREWELL

Nick
Chevalier
Editor in Chief

Well Concordia, this is it, my last issue as Editor-in-Chief of The Bolt. It's been one heck of a ride these last three years. I would like to take this time to thank the many great people that have taken this ride in, on, or around this vehicle that is The Bolt. First off my editing team: Jonathan, your help has made the paper grow into something I didn't think would be possible when I took over after my first year as layout editor. Miranda, your wild imagination has brought some innovative ideas to the publication that I honestly didn't think would work. To the both of you, thank you for being such awesome teammates (and friends) and making The Bolt the best it's been in years. I'll miss our late nights putting the paper together and working into a delirium as we try to make our deadline.

To the writers, thank you for your work and dedication to the publication. We've had

a great couple of years with some amazing writing that I know gets the student body talking and/or thinking. You've made us laugh, cry, and think; all very valuable traits in writers. To those graduating, best of luck with everything you go on to do, to those finishing degrees, good luck and stay involved with the school. You've been great to work with and remember to keep in touch!

A huge thank you to the CSA for believing in me and my team. You've given us the freedom to make The Bolt great and the support to take it even further. Thanks to Tyler Ludwig who was VP Internal when I took over as Editor-in-Chief. He gave us the room to grow and realized quickly that we could manage ourselves and let us do our thing, our way. To Shannon Peacocke, thanks for being a great support for the growth of our paper and for keeping us motivated. You've both been great officemates too, so a giant thank you for that as well, it's been a pleasure sharing the space with you.

To the rest of the CSA thank you for believing in us, you are some of our greatest cheerleaders and friends and I wish you all the best in whatever you're doing in the future, be it living an adult life as a graduate or moving into new positions on the CSA.

To the students of Concordia: Thank you for being an amazing community. Leaving the school community is honestly the hardest part about graduating this time around. With the CSA getting more and more involved and you the students actually participating it's tough to leave without shedding a tear as I won't be as involved anymore myself. I know Tyler already gave some excellent advice in his article, but I would like to reiterate how important it is to get involved. I know we're all busy and I'm not trying to say that you have to go to every event, but make time to make it out to a few, join some of clubs, start your own, write for the paper, get involved with the CSA; you never know where these decisions may lead or who

you'll end up connecting with. Over the years I've met with some incredible people and all thanks to my involvement with the school with the paper or with other organizations. Getting involved with the school can be just as important to your future as the classes you attend.

Lastly, to the incoming editing team: Take care of this old girl, treat her right and she'll take you to some amazing places. It really is a great gig and it puts you into the epicenter of all the action within the CSA. I know you'll make a killer publication and keep The Bolt on it's forward momentum. Your enthusiasm for the job excites me and I can't wait to see what you all produce next year, I'm sure it will be great! So thank you for taking on the task of working for the paper and committing ourselves to making it the best it can be. I know you'll make a fantastic team.

All the best Concordia, all the best.