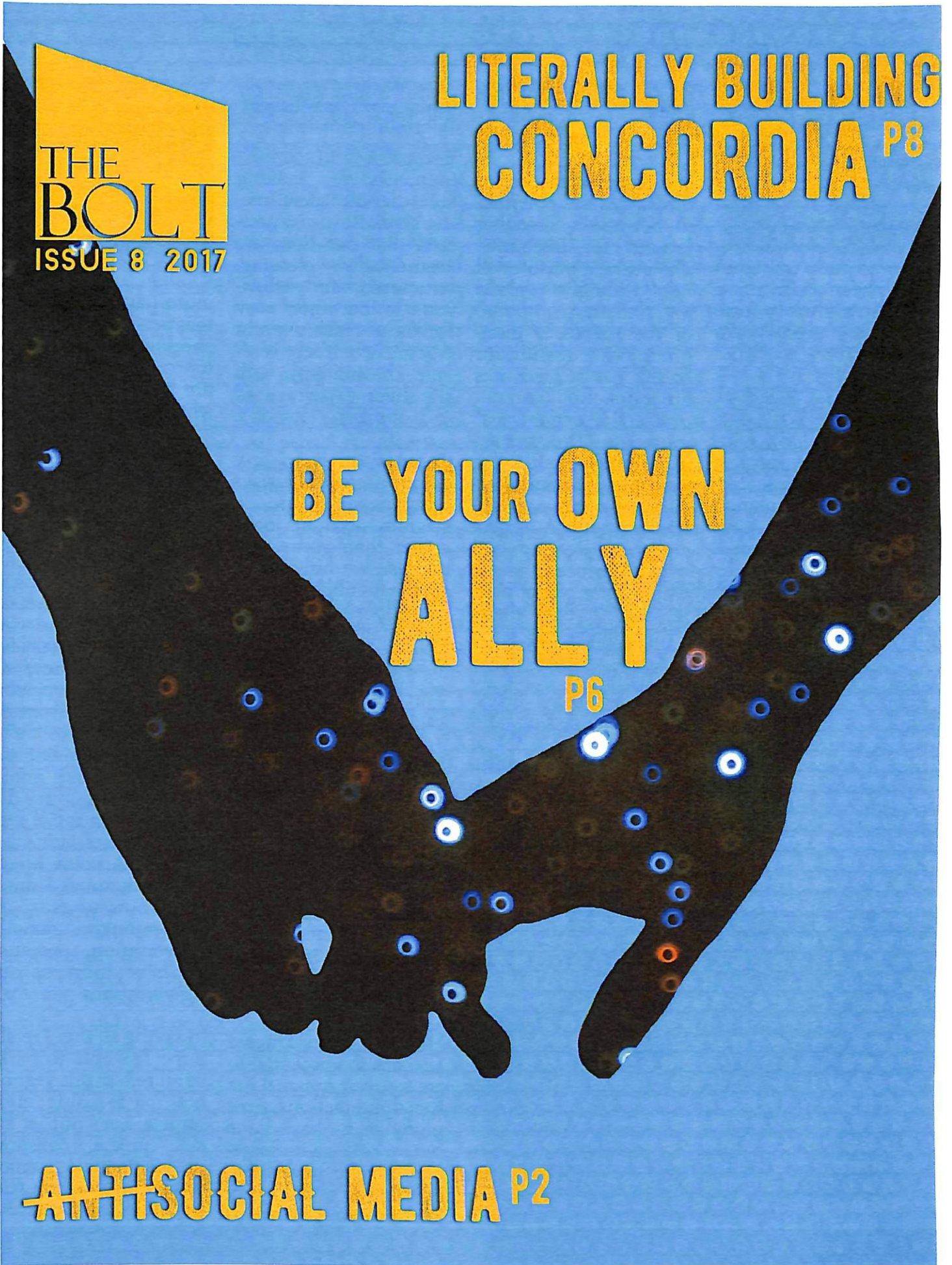


**THE
BOLT**
ISSUE 8 2017

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ANTISOCIAL MEDIA?

by Ester Latifi

I want to jump right into what's been on my mind lately—it's time to have the social media talk. I'm not going to pull a parent move and talk about how Facebook is destroying our generation, but I do want to address the ways in which platforms like Twitter or Instagram have the potential to do more harm than good.

First, I want to clarify that I'm a firm believer that social media can be used to do a lot of good things. My entire extended family lives on the other side of the world, and a lot of my friends live in the States, so without Facebook, I wouldn't be able to keep in touch with many important people in my life. However, I feel like even for myself, that's become more of an excuse than anything. True, Facebook does allow us to keep in touch with those we don't see often—but according to a quick search on Google, the average person has 338 friends on Facebook. Is it really possible to keep in touch with over 300 people on a daily basis? Let's just assume that there are people who do, in fact,

talk to 300 plus people a day. Are those interactions meaningful?

I've observed that social media has the potential to become a breeding ground for insecurity. The average person will not willingly upload an unflattering photo of themselves to Instagram, and as a result, our social media accounts are more often than not a collection of our "best" moments. The process of posting a selfie, for example, is a complicated one—it takes several tries to get the perfect angle and lighting, and then we proceed to see which filter works best. It doesn't end there, either. Once the selfie has been posted, we're constantly checking to see how many "likes" we end up getting, and let's be honest, a lot of us have felt disappointment when a photo we thought was good doesn't get as much attention as we were hoping for. Even the photos we post of our textbooks or homework are carefully coordinated more often than not; we want the photo to look both nonchalant and artsy, so we end up "staging" a lot of our candid moments—enter the classic macbook, coffee mug, and carefully lined up notebook and pencil. No one's work area looks half as put together in real life as an Instagram photo of their "study

space" would lead their followers to believe.

Because we put so much emphasis on making sure that our social media gives off the impression that our lives are aesthetically pleasing, structured, and effortless, it becomes easy for us to reach a point where we feel insecure or unhappy with our lives as compared to another person's.

Comparison is a dirty game. There will always be someone whose Instagram account looks artsier than yours, and because we only really see the highlights of other peoples' lives (concerts, hanging out with friends, camping, etc.), it's easy to assume that your friend's girlfriend's sister's uncle's stepson (we've all creeped a random stranger at least once) has an extremely fun life, which can lead you to feel dissatisfied with your own. As someone who's struggled extensively with self-image, it's super easy for me to come across a random girl's Instagram and feel like I'll never be as pretty as she is.

I think that social media also has the potential to eat away at our real-life social interactions. How many of us have gone out for coffee with someone only to have them check their phone every few minutes? Further-

ENTERTAINMENT

more, have we ever been that person who ends up checking their phone? I try to make it a point to not have my phone out when I'm with someone, but even I've found myself looking down to see what notifications I might have. True, the people we're texting are real people and our conversations are also real, but it doesn't seem right to prioritize a conversation with someone who is not present (unless it's an emergency) as opposed to the person sitting right in front of you. It feels like we're unintentionally becoming more and more antisocial as our dependence on social media increases. It's also come to a point where we sometimes don't know how to carry on a meaningful real-life conversation, because we have most of our conversations via text.

In saying all this, I really hope I'm able to make us all reflect this year on how we're using these outlets. Let's not let social media consume us—it's possible to enjoy it without becoming dependant and obsessive.

HAPPY NEW CARBON TAX!

by Emily Robbins

Why should we implement another tax during a recession? We've all heard about it, we've all been prepared for it, and some of us don't like it – but what is the Carbon Tax?

As of January 1st, 2017, Albertans are officially paying the long awaited Carbon Tax, given to us on behalf of the NDP government. Although there has been a more vocal opposition on behalf of Albertans for the tax than there has been support, Premier Rachel Notley is still a huge advocate for the benefits that she believes the tax will provide for the province of Alberta and it's citizens. One of the main goals of the Carbon Tax is to provide funds for Alberta's government to be able to diversify our economy – meaning, less dependence on oil as our main source of energy and revenues, and more dependence on cleaner more efficient energy in order to reduce Alberta's emissions and increase renewable energy practices.

One of the first signs of the Carbon Tax was the price of gas on January 1, 2017. In the past year or so, Albertans have been so used to the price of gas

being between 80 cents (sometimes even lower), upwards to 95 cents. Although these gas prices were an absolute dream in some people's eyes, it was not hard to see that the province was undergoing a recession – and although the lower cost of a full gas tank was nice, the economy overall was hurting. The increase in gas prices caused a huge outcry amongst a number of social media platforms on behalf of Albertans, claiming that it was “the carbon tax” and that Albertans “are doomed.” Realistically, the effect that the tax has on the price of gas is only at an increase of 4.49 cents, which does sound like a lot when you think about the low price of fuel in the past year, but for an average 50L tank, that will only cost you an extra \$2.25 to fill up, which is the cost of a coffee at Tim Hortons in the morning. It is obvious that \$2.25 adds up over time, but realistically, it is a small price to pay overall.

The main reason why majority of Albertans have been opposed to the implementation of the Carbon Tax, is because of the fact that Alberta has been facing a recession for the past year or so. Most will say that this is not the time to implement a tax that will only cost Albertans more for day to day necessities such as gas and heating. On the other hand, some

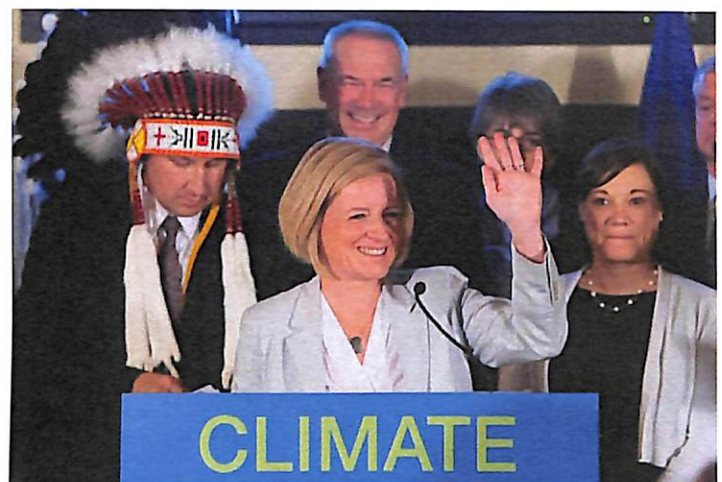
Albertans believe the time is now – why wait to improve our economy when it's already improved?

Rebates that will come forth with the Carbon Tax are something that most Albertans don't talk about due to the fact that it does not help negatively support its implementation. According to James Wilt on the DeSmog Canada website, “60 per cent of Albertans will receive a full rebate for the carbon tax (all single households with a net income under \$47,500 and all couples or families with a net income under \$95,000). Another six per cent of households will receive a partial rebate.” This can be viewed as one of the benefits that the Carbon Tax will have for Albertans, especially those that are worried about the increase in costs that the tax will cause.

Although these are only some of the effects that have been most relevant to the implementation of the Carbon Tax, there are still

numerous other changes that will be made – especially on the forefront of larger corporations – that will have what Albertans believe to be both negative on positive effects on the province. Regardless of whether you are a supporter or non-supporter, there are a huge number of ways to find out more information about the tax through the Government of Alberta website. Albertans should know how it will affect the province, and most importantly, how it will affect you.

Let's hope that 2017 is a year of positive changes for Alberta! “Climate leadership means we're leading today, so we don't follow tomorrow.” - Alberta NDP



HIGHSCHOOL DATING: IS IT WORTH IT?

by Taylor Jevning

The condemnation of high-school relationships is a common theme amongst individuals who are skeptical of the benefits of young love. I can hardly count the amount of times in the last few years that I've been online and seen someone questioning why people even bother dating in high school. I used to somewhat agree, because high-school relationships seem hopeless in many ways. High school kids don't know what they want in a future partner, they aren't able to take each other on proper dates or move to the next step in a relationship, (moving in together, getting married) and they are hardly mature enough

to know how to treat another person. Looking at high school relationships from the outside can feel hopeless, as though there is no chance that a relationship between two young people has any merit. Personally, as someone who has dated throughout high school and has not been single for longer than three months since they were fourteen, I see many of the benefits of young love any would not change the experiences I had dating in high school. Considering my relationship history, the lessons I learned were extremely valuable to who I am today and the way I date as an adult.

My first love was long distance. I was thirteen when I fell in love with him, and I learned patience and dedication to another person. For the first time in my life, I put someone else's needs and wants in front of my own, and learned to cope with

the distance between myself and someone I loved. When he inevitably broke up with me to be with another girl, I learned for the first time how to cope with not getting something I wanted. The emotional pain lasted months, but I developed coping skills to prepare me for feelings of loss that I have experienced throughout my life- something I would not have learned without this experience.

My second love was when I was fourteen and it lasted two and a half years. There were times throughout those years where I did not want to be in a relationship, but chose to work harder to dedicate myself to my boyfriend and make it work. He taught me commitment and how to balance real life with a relationship. I made mistakes during the relationship, as did he, but I learned through my own mistakes that I had the power to truly hurt a person if I was thoughtless and careless. I learned thoughtfulness and respect for another person's feelings over the course of two and a half years, and when he finally broke up with me, the breakup was nowhere near as bad as my previous one.

My third love was a re-

ADVICE

bound. I quickly became infatuated with a boy who I had known my whole life that paid a tiny bit of attention to me, and for the next three years, I fought for his affection. The three-year relationship started out shaky, and ended without a climax. As much as I liked him, he was unsure of what he wanted, but I remained convinced that I could make him love me the way I needed him to. I convinced myself that he never wanted to see me because he was too busy and tired and that it was okay, even though I hadn't seen him more than twice in the last month. When I'd go visit him (he rarely came to see me- it was too much effort to leave his own house) he would play his games and watch television without paying attention to me, and I would convince myself that I wasn't entertaining enough and that it was my fault that the person who claimed to love me did not want to spend time with me. This boy taught me selflessness and how to care for some-



one you love even when getting nothing in return. He showed me that no matter how much you do for a person, sometimes it's just not enough and that that is okay. Most importantly, this boy taught me that it is okay to let go of a relationship that was not affecting me positively, even though it would cause someone pain. My third relationship taught me to value and prioritize myself, which is the hardest lesson I've learned so far.

Now, as a twenty-year-old woman, it is difficult

to look back and regret my dating history. The experience I have gained and wisdom I've earned leaves me unconvinced that dating in high school is a bad thing. Looking back at the boys I've dated, I'm glad things didn't work out between me and them, but I'm also grateful for how they have prepared me for the person I am meant to be with. I'm currently in another relationship and very much in love, but this time, it is different. I know how to be patient and dedicated to the person I'm with because of what I've

already been through. I know not to be thoughtless and selfish because I can't imagine hurting someone I love the way I did to my ex-boyfriend. I know how to care for a person and how to recognize when I am not cared enough, which reassures me that this relationship is positive. Seeing the good and bad qualities of the people I dated in high school proves to me how awesome of a person I'm with now, and without these "immature, high school relationships", I may not value or know how to treat someone in

my adult life. I'm grateful that now that I'm equipped to recognize how incredible my current boyfriend truly is, I also have the experience to treat him well and the knowledge to do everything in my power to make this relationship great. I'm sure that throughout this relationship I'm going to keep learning and growing. My high school relationships have prepared me for dating in my adult life in a way that only firsthand experience could, and if I could go back, I wouldn't change a thing.

Concordia Students Association
 Our CSA
 Wellness Wednesday
Paint Night
 January 25, 2016
 Lower Tegler 6-8pm
 Tickets \$15
 Available In Bookstore

BE YOUR OWN ALLY

by Kayle Sieben

People become so fixated on what their perception of themselves is; scared to make a change. A comment, critique, or compliment is enough to solidify an individual's perception of who they are.

That's one way I differ; I still don't know entirely who I am, but I just keep living and trying new things. I'm not scared to take my life in an entirely new direction if it suits me or the current situation. I respond to my desires (while still maintaining self-control) and allow myself to take chances and opportunities I would have turned down in the past

due to fear of criticism.

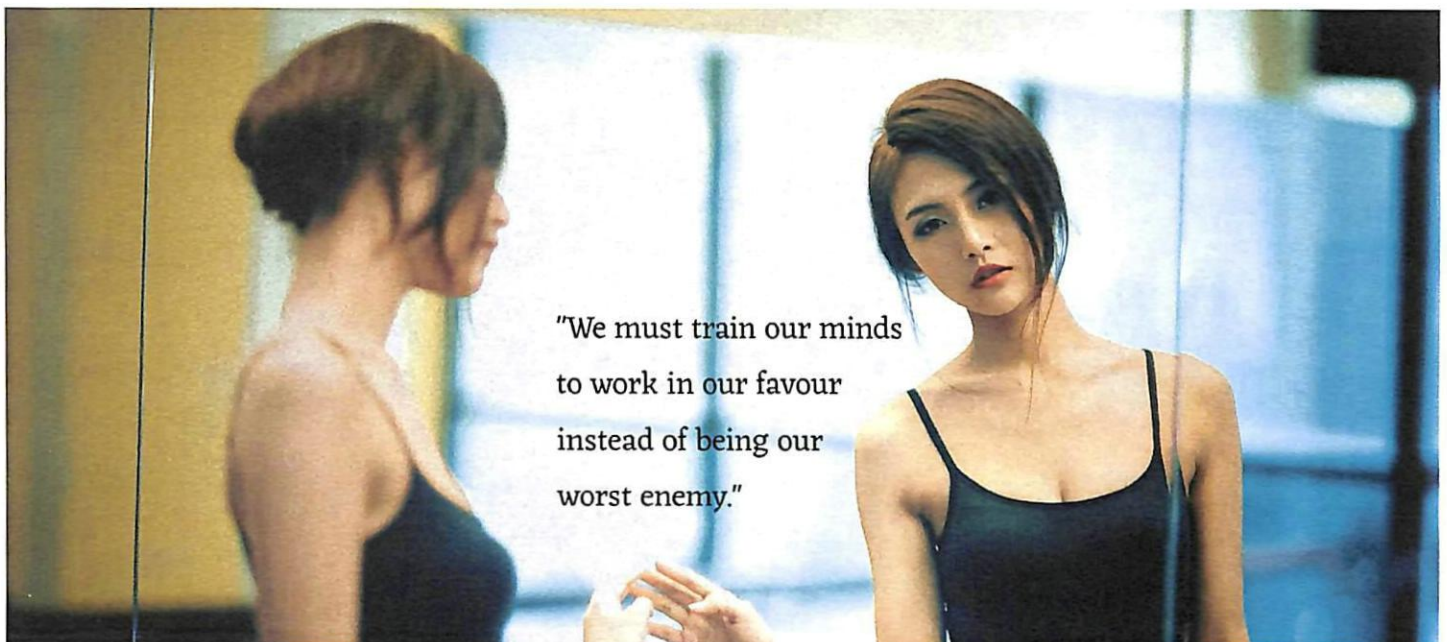
Fear of criticism is accompanied by symptoms of self-consciousness, lack of poise, lack of initiative/ambition, and an inferiority complex. I knew I was better than that, so I made it known to myself that my purpose is greater than my feelings of insecurity. I want to create waves of positivity and change the world for the better. I'll be judged regardless of what I do, so I should do what I know in my heart and soul to be the right move. I did so by allowing myself to pursue ideas and actions that fit the mold of what I need to accomplish. In doing so I allowed my personality to remain fluid and ever-changing. Don't allow your personality to crystallize and become set in your ways; the moment you're satisfied with

yourself is the moment you as a person plateau. Allow changes to happen and new ideas and opinions to be generated. Deciding to yourself "oh, I'm a writer," and then never allowing yourself to become anything more is so incredibly limiting! Master the art of writing, and move on to something else! It doesn't mean leave writing in the dust, just keep adding to your repertoire. Keep growing and learning.

It's like limiting the amount of friends you have. Many people get into a relationship and completely change who they are, limiting outsiders and friends who may not have the most substantial relationships with them to merely social media acquaintances. I know because I was guilty of this, as well as I'm aware of several

FROM THE EDITOR

of my friends who have distanced themselves from the pack upon entering a relationship. I learned from my mistake, but it's not like I can ridicule someone else for doing it; hindsight is 20/20. Sometimes clarity isn't always possible when thoughts and feelings are emotionally charged. I realize this preys on the feeling of jealousy and insecurity of outsiders breaking the bond of the relationship, but it's an obstacle that needs to be overcome in order to promote growth in yourself and in the relationship. For some, jealousy



"We must train our minds to work in our favour instead of being our worst enemy."

is an unsurmountable barrier in a relationship. However, this author believes trust to be a major key in a relationship; jealousy being a symptom of mistrust. This is why my last relationship didn't work out; I'm glad I could learn from it.

I'm still an introvert, I'm still the same human being at the core as I always was. But here I stand, years down the road, still on the same path as I was, but it's a lot more vibrant, enjoyable, and amazing. This wasn't an accident. This was years of work on myself, my opinions, my perspectives, and my relationships (still haven't mastered this). I'm teaching myself to be the best human being I can be, and I want all of my brethren to gain the understandings I have.

I lived in fear for too long! Fear of being alone, fear of criticism; but why? All it did was hinder who I could be as a person. Instead of continually running and masking the problem, I decided to address it head on. I became okay with being alone, and I forced myself to change my perspective on criticisms. Being okay with being alone doesn't mean I want to be; just that I can be patient enough to take the time to find the right match instead of just somebody. Criticism often

stems from a reaction to something new or strange. People ridicule something that cannot understand or comprehend. Henry Ford was told the automobile was a terrible idea that would never catch on. Look how that turned out.

Use critical thinking to form your own opinions. Don't be obedient to the old-school method of living your life. I define this as settling down; you're okay with where you're at and you put life into cruise control. Don't allow your personality to become crystallized (I can't stress this enough). Keep growing, learning, and expanding your perspectives. Change is omnipresent, don't try and fight it. Embrace change and enjoy the fact that it keeps life unique; it keeps pushing you to grow, learn, and expand your mind to new thoughts and ideas.

It took years to beat depression. YEARS! It wasn't easy, in fact it was a terribly unstable journey. I didn't beat it by having someone else tell me how to think. In university I studied psychology to better understand the intricacies of the mind; I wanted to know why I felt the way I felt. I wanted to know what I could do to remedy the pain. I wanted to gain a perspective of the world I

hadn't yet discovered to help me mask the pain.

I took philosophy courses, I learned about government and society. I worked as a social worker to humble myself and help my fellow humans. I took influences from every single source, I pushed myself to learn something from every single person I met (whether that was how to do something or how not to do it). I crowdsourced my knowledge, I changed my perspectives, I took chances I knew would make me uncomfortable.

And years later, I blossomed. It hasn't even quite been a year since I "conquered" depression, and I won't fall back into the same trap. I'm unstoppable; the mental strength I have now is unfathomable. I'm still an emotional person, but I don't let the emotions quiver the core of who I am. I will bend but not break.

We must train our minds to work in our favour instead of being our worst enemy. I used to be afraid to think thoughts I knew would be self-destructive or depression-inducing. I used to. You often feel as if you're being completely honest with yourself by highlighting the negative aspects of a situation, but what I didn't realize for the

longest time is that there is a positive or silver lining in every situation life hands you. I thought my mom leaving me was pure negative and induced only negative feelings from me for the longest time. One day I realized I would never be as close with my dad had she stayed around, I wouldn't value my family the way I do now, and I wouldn't have learned an invaluable lesson. That lesson is that everything is temporary, which now helps my mind maneuver through the turmoil and unpredictability of reality.

You too can break through the threshold to become to most incredible version of yourself you can be. This world isn't an easy place to navigate. Start with yourself; discover who you are through self-reflection and continual growth. Be open to new ideas and thoughts to help you break out of your mental shell.

It's not a one size fits all method; do what works best for you. Just keep moving forward.

Keep growing fam, trust the process. Embrace change, love and learn from those around you. Ensure every step you take has a purpose. Be fluid, be real, be loving. The world will love you back, I promise.

LITERALLY BUILDING CONCORDIA (LITERALLY IN THE LITERAL SENSE)

by Ian Lee

Construction of a new Concordia Science, Research and Innovation Facility is now underway; all levels of government and community were present Dec. 22 for the Ground-breaking Ceremony for the new building. The facility is set to be open by March 2018, so if you are a first or second-year student at Concordia, you should be excited.

The Canadian Minister of Infrastructure and Communities Sohi who

is also the MP for Edmonton Mill Woods; supported by MP for Edmonton Centre, Randy Boissonnault; spoke on behalf of the federal government initiative to build infrastructure and strengthen the foundations for scientific excellence in Alberta and Canada. The plan is an investment and a proactive response to a slowed economy. Through the Strategic Investment Fund (SIF), Concordia was awarded a grant of 6.72 million dollars toward building a Science, Research and Innovation Facility. Almost 2 million of that will be used to renovate the existing science facilities, specifically the biology and environmental sciences laboratory space.

At the Ceremony, we heard praise for the initiative from both the retiring (or expiring, as he puts it) President Gerald Krispin as well as from

the incoming President and current Vice-President Academic and Provost Dr. Tim Loreman. On average the word "innovation" was used 7 times per speech with The Honourable Amarjeet Sohi, Minister of Infrastructure and Communities besting the other two speeches with a whopping 14 uses of the word "innovation" in his 3-4 minute address; well-done all-around.

Another important element of this project is the creation of a Concordia Indigenous Centre which was a goal that Concordia adopted from its Indigenous Strategy in 2015. Elder Jerry Saddleback from the Samson Cree gave an address as a representative of the Treaty 6 land on which Concordia stands, and on which the new building will be constructed. Elder Saddleback gave a short educational message on Cree language and culture as well as a blessing and prayer preceding the ground-breaking.

If you are around campus you may have noticed the construction site already but if you have not seen it, or if for some reason you thought that bright orange construction fences were simply in vogue, the new build-

CONCORDIA NEWS

ing will be located on the south-west corner of the campus right up to Ada Boulevard.

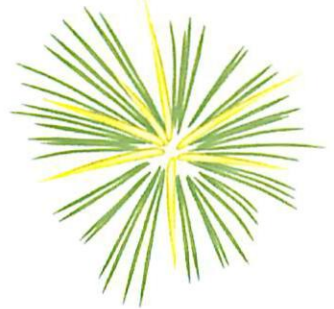
This new addition to Concordia will not only include new laboratories but new research initiatives as well. In anticipation of this project Concordia launched the Concordia Institute of Applied Research (CIAR) in September of 2016. The new space along with the CIAR will provide foundation for the implementation of Concordia's first PhD program- Doctor of Psychology in Clinical Psychology. These initiatives are all pushing Concordia to become a stronger, research-focused university as outlined by the first goal for Concordia's Strategic Research Plan: to promote an institution-wide culture of scholarship and research. This is something that incoming University President Dr. Tim Lorman says builds on his own goal of making Concordia University of Edmonton "the best small university in Canada."



FUN AND GAMES

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SHOW TIME!

Here's what's playing this week:

Rogue One: A Star Wars Story

PG

Underworld: Blood Wars

18A

Assassin's Creed

PG

Fantastic Beasts and Where to Find Them

PG

Passengers

PG

Sing

G

Collateral Beauty

PG

Office Christmas Party

14A

Why Him?

14A



CROSSWORD

Across

1. Sailing
5. Bible verb
10. Sow
14. Come ashore
15. Sophia ____
16. Narrative
17. Outstanding
19. Guitarist ____ Clapton
20. Polite address
21. Notions
22. Mr. Claus
23. Cowboy ____ Autry
25. ____ in distress
26. Critic Roger ____
28. Buffalo
31. Greek letter
32. Amusing stories
37. Rear
39. Hankering
40. Tally
41. Forefathers
43. Tribe
44. Fry lightly
45. Visitor
46. Enjoy a book again
50. Cat's sound
51. Each
52. Scents
55. FBI employee (abbr.)
58. Dragon's home
59. Philanthropic
61. Slight advantage
62. Greased
63. Entreaty
64. Take care of
65. Self-assurance
66. Swarm

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Down

1. "Heldi" setting
2. Mumbai dress
3. Lively
4. Summer beverage
5. Skid
6. Whetstone
7. Territory
8. Telescope part
9. Explosive inits.
10. Iron setting
11. Deserves
12. Upper class
13. Sticker
18. Breath freshener
22. Smooths wood
24. Wipe away
25. Trumpeter ____ Severinsen
26. Poet ____ Pound
27. Legume
28. River marsh
29. Not active
30. Taste or smell
33. Happen
34. Endurable
35. Important times
36. Dispatched
38. Composition
42. Tiny bit
45. Sudden wind
46. Lease again
47. Dodge
48. Royal rule
49. Was mistaken
50. Self-respect
52. Dayton's locale
53. Painter Salvador ____
54. Metallic deposits
56. Mirth
57. Athletic group
59. Law officer
60. Suitcase



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BELIEVE IN NOTHING

by Nihils Umquam

I don't feel a damn thing. Not in the sense that a quadriplegic can't feel a damn thing, but I mean on a non-sensory level I just do not feel a thing. In my life I have been broached by the terms, 'love,' 'motivation', and 'hope', an awful lot. These terms hold great significance with 'well-adjusted' people, however I am completely indifferent. I'd be happy about my indifference if I could. In the seventh grade, I was told that the world is full of entropy. I like to think of entropy as Order's little brother, Chaos. In the tenth grade, I learned that human beings die when their telomeres got short enough. I decided that Science (spelled with a capital S, the same way you might spell God with a capital G) was in fact, correct about the world being full of Chaos, and that it was probably for the better.

My faith in Science led me to wonder about whether discerning any of the madness was of any purpose if my own time is to be so short on earth. This led me to a time during my early twenties when I went through a religious re-awakening with God of

the Christian faction, which came up with few answers. So I started believing in Nothing. Nothing is love. Nothing is imagination. Nothing is everything.

Nothing was the bridge I needed to find a common ground behind Science and Chaos and God and Order. Nothing showed me that hedonism and altruism can coexist in harmony. Nothing taught me that grace and rage can be paired like a steak with an exotic red wine. Nothing proved to me that habits and disarray are one and the same.

Unsurprisingly, I get by. I slip right through the cracks of the every day, and I make a ritual of my nonconformity. I wake up in the same place...

but never at the same time! Some days I wake up, and I'm a comedian. No really, you can hold the applause. Because, some days I wake up and I'm a hip hop superstar. Ladies, and gentleman, hold on to your hats and blouses, because the other day, Nothing told me that I was a striving basketball phenom, jumping through the gym and chucking the ball from 30 feet away because the coach will let me. I believe in Nothing, because Nothing believes in me.

People often try and get me to believe in Something. As if believing in Something, is any better than believing in Nothing. Something, as Chaos is concerned, is no more important than Nothing. Chaos

SATIRE

makes Nothing out of Something. Or it makes Something out of Nothing. Scientists don't like when I say that latter statement. Godly people don't like when I say much of anything. In the end, and in the beginning, Godly people have been the biggest proponents of Something, and they don't like admitting that Nothing exists. But Nothing is real. And Nothing will always be out there.

My name is Nihils Umquam, and I want you to believe in Nothing.

Wellness Wednesday
January
Calendar

- Free Booster Juice**
Jan. 11th Lower Tegner NOON
- Free Yoga/Massages**
Jan. 18th Gym NOON Lower Tegner 11am-1pm
- Paint Night**
Jan. 25th Lower Tegner 6pm-8pm

STUDENT LIFE

THE BIG Q

by Allison Crawford

When you are little, people ask you all sorts of questions: what's your name, how old are you and if you have any siblings. Whether you answer those questions that is a whole other story. A popular question that is often greeted with a big grin and optimistic eyes or a deer-in-the-headlights look is - what do you want to be when you grow up?

At the age of five, to answer the question many of us chose various careers such as a doctor, a lawyer, a teacher, a bus driver,

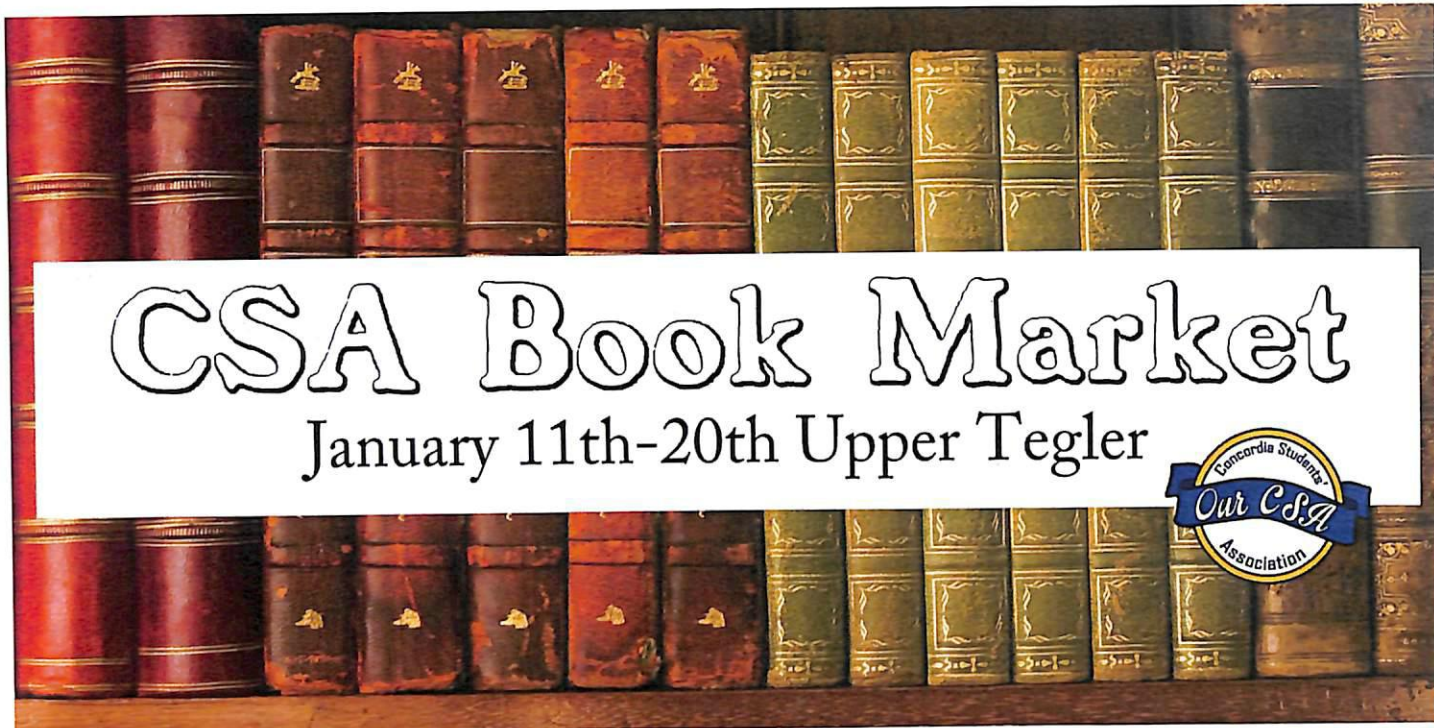
garbage man, hockey player, actress and or musician amongst many other occupations. For some of us, what we say we want to be at the age of five is often what we want to be, however, what we chose at five years old may just be a spur of the moment decision just to answer someone's question or at that time it was what we wanted to be and that is no longer the case.

During the thirteen years of primary and secondary school, we are often asked what we would like to do when finished school, yet again, we are once reliving the time when our five-year-old self was asked the same question. The next step

we take is one that is critical; do we apply for post-secondary studies or do we not; if we do pursue post-secondary, do we go to trade school, college or university and finally, what program do we enroll in. These are just some of the questions that we must ponder and paths that we must wander to find the answer to what we want to be when we "grow up."

You have either just begun your journey, are in the middle of it or will be finishing it up at the end of this academic year. Of this, I must congratulate you for surviving the fall semester of 2016. Whether you are a go-getter, a master of procrastination or some-

where in between may the odds be in your favour for the new semester of 2017. May your obstacles of the fall semester be of the past. Allow yourself to learn and grow from them as a student and individual. It is important to note that every single one of us is at a different place even possibly on a different path in trying to write our own story. And if it all comes down to this - that reading week is less than one month away, then so be it.



CSA Book Market

January 11th-20th Upper Tegler



THUNDER CURLING TEAMS ROCK THE FALL REGIONAL

by Scott Bancarz

Concordia Curling teams headed down to Red Deer for a full spiel of competition at the ACAC Fall Regional. Concordia's team consists of 4 returning players and 4 new players. The returning players are: Adrienne Maschmeyer, Jessica Panchyshyn, Brooke Gelasco and Melissa Palsitt. The newest additions to the Thunder 'clan' are: Veronica Maschmeyer, Madysan Theroux, Evan Van Amsterdam and Tyler Van Amsterdam. With their combination of skill and experience, these athletes were able to triumph together in their first event of the season.

The Concordia Mixed Curling team (Evan Van Amsterdam, Brooke Gelasco, Tyler Van Amsterdam and Melissa Palsitt) came out with a bang on Friday as they dominated their first two games against MacEwan University and Portage College. After their first day at the

event the Mixed team was feeling good. With the prospect of a very long day ahead of them, the Thunder came to the rink on Saturday morning with a solid resolve to continue their winning ways. Sadly, the Thunder couldn't strike in the early morning against Olds College and later in the afternoon against Lakeland College. After a good meal and some time to recuperate, the Saturday evening draw saw the Mixed squad defeat Red Deer College to end the day with a 3-2 record. They woke up ready to go Sunday morning and continued their winning record against UofA Augustana and NAIT, finishing the weekend with a 5-2 record. Coach Dylan Theroux had this to say: "The athletes we have here are very skilled. They worked hard this weekend, playing 7 games in 2 and a half days. They worked hard in practice and it sure showed with a 5-2 record to place 3rd overall so far." Coach Theroux went on to comment on how excited he is to see them continue to compete at the ACAC Winter Regional on January 27th to the 29th.

The Concordia Thunder Women's Curling team consists of Veronica

Maschmeyer, Adrienne Maschmeyer, Jessica Panchyshyn and Madysan Theroux. The Women's schedule was a little more relaxed (than that of the Mixed team) with a 5-game weekend, but they came prepared to play all the same. The Women's Team started their weekend competition 3-0 defeating Lakeland College, MacEwan University and Red Deer College over Friday and Saturday. The Women's team struck fear in their opponents, being the only undefeated team going into the Sunday schedule. Unfortunately, the Thunder Women stumbled against NAIT in the Sunday morning draw. After experiencing their first loss of the weekend, the Thunder shook off their loss and were able to beat UofA Augustana to finish off their weekend. With that final draw victory, the Thunder Women's team finished up in 1st place in the standings.

Coach Theroux had this to say about the performance of his Women's squad: "This team has a lot of experience and skill on it. Both teams are very young but they don't show it when they are performing on the ice. The girls play a smart and controlled game and with that they

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have won 4 of their 5 games this weekend. They have proved that they are a danger to play against and a lot of the other schools can see it." He also went on to comment about the camaraderie within both teams. "They have lots of laughs and lots of fun while competing. The key to our success is the chemistry that the teams have. Their communication with one another is at a competitive level. On and off the ice they get along and can discuss how they are going to win each and every event. They have created friendships that I believe will help in winning ourselves provincial and national titles."

The Thunder Curling teams will continue to practice and compete for their respective club teams over the Christmas period and will both be ready to represent Concordia again at the ACAC Winter Regional which will be hosted by NAIT at the Avonair Club from January 27th to the 29th.