

FITNESS #2

by Adam Schuster

Hello Concordia! If you read my previous article then you would have learned about the importance of progression when it comes to weight training. I also touched briefly on ways you could start doing this right away, by adding weight every time you train or adding sets and repetitions. Today we are going to dive in a little deeper and start putting this puzzle together. You may have heard that typical training looks something like this; arm day, chest day, or leg day, in which you only focus on those areas. This however is simply an inferior way to train, as you get less

work done by only focusing on one muscle group. You also spend more time in the gym when you train this way. This is where fullbody or upper/lower training comes into play. Training this way allows you get more work done with less time spent training. Perfect for people who can only be in the gym 2 or 3 times a week (or only want to be). Now let's see what exercises are right for you. Let's start with the lower body first.

There are 2 main movements that should be looked at when choosing exercises for your legs; hip hinging, (deadlifts, romanian deadlifts, or hip thrusts etc.) which develop your glutes, hamstrings, and lower back; and flexion and extension of your knee

joint, (squats, lunges, step ups etc.) which develop your quadriceps, glutes, and hamstrings. Anytime you think about training your lower body a variation of these two types of movements should be your foundation.

Your upper body should be trained with four movements in mind: horizontal and vertical pressing and pulling. The shoulder is one of the most mobile joints in the body, it can more or less rotate 360 degrees. With this in mind training the muscles supporting the shoulder ensures even development and protects against injuries. When you think of pressing horizontally and vertically you may think of the very popular bench press or perhaps push ups, dips, shoulder press, etc. Because the shoulder joint is so mobile it is also prone to many injuries. Exercises like the bench press may put a lot of stress on your shoulder and therefore may not be worth doing. Make sure to choose the exercises that you like doing and that you can do pain free. Lastly there is pulling: barbell or dumbbell rows, pull ups, chin ups or cable pull downs.

Here is an example of what it looks like to put them all together: full body 3 times a week on Monday, Wednesday, Friday. One vertical and one horizontal push and

ATHLETICS

pull and for the legs a squatting movement such as lunges and a hip hinge like a deadlift. Another different variation would be presses and pulls on Monday and Thursday then legs on Tuesday and Friday.

Often times people get confused over sets and reps and what to do. Honestly it doesn't really matter too much if your goal is general strength and muscle but is obviously more important when sport specific training is the goal. Training somewhere within 5 to 10 reps and 3 to 5 sets is pretty common, what's most important is to pick one and stick with it. As with anything I encourage people to do their own research and find what works for them. Finally remember that training is about getting stronger not testing your strength so start light. Pick a weight for each exercise that is easy at first and then work your way up adding reps, sets or weight as you are able. Thank you for reading this week and hopefully these tips have aided you on your fitness journey thus far. Until next time, take care.

BODYBUILDER?



ARE LEGS NOT PART OF YOUR BODY?



FERRIGNOFIT



THE BOLT



ELECTION ISSUE

VOTE MARCH 10



INSIDE:
LEFT VS. RIGHT

INTERVIEW WITH
DR. LOREMAN

2017 CSA CANDIDATES PRESIDENT

CSA



HEATHER HARRISON

Your president should be someone who is highly motivated, passionate and driven. Someone who will go the extra mile and give you the 110% you deserve. I believe I am that person. I am an honest, hardworking, confident individual. I have the skills and ability to communicate clearly, as well as the organization to handle all that comes my way. I am used to working in a fast paced environment, I am adaptable, and thrive in situations that challenge me. As an artist I am used to being put under pressure, and having to me on my game 100% of the time. As an aspiring teacher I am used to being a leader. I would be proud to be your Concordia Student Association president. Vote Heather we can do it Together.

CMUNC Club President - Student Ambassador - Thunder Athlete - Captain - Bolt Online-Editor

Being CSA President will require organization, servant-leadership, strong advocacy, and hard work. Ian has been a student leader on campus for years and genuinely cares for the quality of student life and education at CUE. As Model UN Club President, preparing budgets and events thoroughly familiarized him with the CSA by-laws and working as a writer and editor for the Bolt, he studied the CSA from a critical perspective. Ian has worked with students, staff, and faculty in organizing conferences and fundraisers for Concordia. Off-campus, he worked for the the NGO WECanada, doing Communications/Tour-Coordination, and joined their delegation to the UN Earth-Summit, 2012 in Brazil. He wants to use the experience he gained advocating for Canadian youth internationally and apply it to advocating for CUE students to our administration, community, and government.



IAN LEE

OPINION

THE DEFINITION OF ADULTING

by Taris Breaux

Adulting: to do grown up things and hold responsibilities such as, a 9-5 job, a mortgage/rent, a car payment, or anything else that makes one think of grown ups. -Urban Dictionary

Many of you may already know this term, as many of the activities that correspond with “adulting” have become parts of our daily lives, and it absolutely sucks. Ever since leaving high school I have been piled with new responsibilities that I never had to do before, and they have only doubled since I legally became an adult.

For one, we leave high school hardly prepared for the real world. While we learned about quadratic functions we never learned to do taxes, to get good insurance; to pick out a decent car or apartment or to apply for loans and credit cards. High school graduates go out into the world hopeful, only to real-

ize with full force how difficult the reality of “adulting” really is.

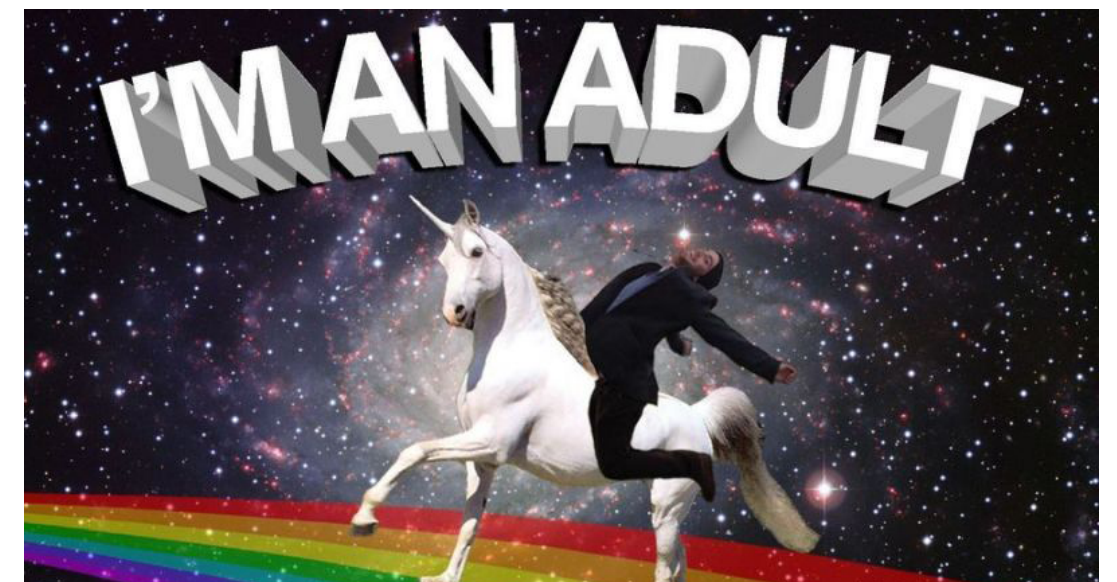
Even now, months after I graduated, I’m still learning what it truly means to be an adult. All the little things that my parents once did for me I now have to do on my own, and I never realized how many of those things there were, or how much they cost. (Honestly though, I hate spending so much money to get my hair trimmed.) If you live on your own, you need to have enough money to pay for rent, utilities, and other needed items. You need to remember to buy random but needed items like toilet paper, cleaning products, and salt. As university students we have to remember to book appointments (and go to them) all the

while juggling school, work, and various other things. And as people, we need to add a social life to the mix. All of this begins to add up, hitting us in the face as soon as we step out into the real world.

With all of this in mind, how can we learn to “adult” properly? Well, we don’t. We’re going to go along, messing up on occasion, and try to pay our taxes or our tuition with some struggle, until we manage to successfully accomplish something. Then we will promptly celebrate our little win. It’s not about “adulting” properly; it’s about “adulting” successfully, even if that success comes with struggles. Because honestly, who decides how someone “adults” properly? If you manage to get a car that gets

you where you need to go then you have successfully “adulted”. If you have booked that long needed hair appointment then you have successfully “adulted”. Don’t worry about not knowing how to do it, because if you make it up and it works, then what’s the problem with doing it in the weirdest way possible?

Having adult responsibilities is stressful, we all know it, but at least they come with a few perks, and as long as we can get through the day without failing too hard, I’d say we’re doing pretty good.



UNDERSTANDING MENTAL ILLNESS

by Lexie Switzer

The stigma that revolves around mental illness can be derived from misunderstandings. This stigma is one of the largest issues that those dealing with mental illnesses face as it often leads to loneliness and isolation. The more that people learn about mental wellness, the more it will benefit everyone, not just those dealing with mental illnesses directly.

Many factors can contribute to mental illness, it can be genetic, but it is also possible for an individual to develop mental illness without any history of it in their family. In this article, I will focus on three types of mental illnesses: posttraumatic stress disorder, eating disorders and depression, as the two former can lead to the latter.

The more stress and trauma that an individual retains, the more likely they are to experience characteristics of mental illness. A commonly known example of this is posttraumatic stress disorder (PTSD). This particular mental illness stems from the

individual having gone through a traumatic experience such as war, sexual assault, car crashes, etc. The symptoms include recurring nightmares, flashbacks, having a difficult time relaxing or focusing, and struggling with emotional detachment. A main stigma that revolves around this illness is that those affected by it are volatile. With the right amount of support and therapy, PTSD is treatable.

Eating disorders are also very common and can be defined as unhealthy, extreme behaviours that involve weight. The most common types of eating disorders include anorexia nervosa and bulimia. Anorexia nervosa is characterized by excessive dieting and exercise in the hopes of losing weight quickly. With this condition, the individual usually has an unrealistic sense of their weight; seeing themselves as "fat" despite, the extreme weight loss. With bulimia, the individual affected partakes in rounds of extreme overeating (bingeing), followed by the throwing up of that same food (purging) to compensate for the overeating. Eating disorders tend to be more common in females and often develop sometime during teenage to young adult years. This mental illness coexists with psychological issues such

as anxiety, obsessive-compulsive disorder, depression and low self-esteem. For some, a fixation with food becomes a way to gain control over one aspect of their lives, if they are unable to find the control elsewhere. Eating disorders can have long-term health consequences if left untreated, which is why it is important to educate those around us to ensure a positive and supportive environment for those that are going through it.

The third and final mental illness that I will be discussing in this article is depression. I paired these three particular illnesses together as both posttraumatic stress disorder and eating disorders can cause a person to "fall" into a depression; they fall, without warning and sometimes without support. There is not always a reason for an individual to become depressed but in some cases, there are underlying factors that contribute. As a person that struggles with posttraumatic stress disorder, I can attest to the fact that it can absolutely cause depression. When dealing with a mental illness that forces you to relive a traumatic event repeatedly, it is completely understandable that depression would stem from it. It is not something

MENTAL HEALTH

to be ashamed of, and because of my understanding on the subject, I am aware that sharing can only help those that have endured similar. A person that is dealing with anorexia or bulimia also commonly suffers with depression. When a person is unhappy with the image that they see in the mirror and their unhealthy strategies are not working it can cause depression to flourish.

It is difficult to put as much enthusiasm into this article as I am truly feeling regarding mental illness. I cannot even begin to stress the positive impact it would have on society if every person was able to gain knowledge and understanding. I will do my part in writing these articles. Now, it's your turn.



VICE PRESIDENT: FINANCE



BRANDON VOLLWEITER

Hello Concordia,
Two years ago I embarked on a new journey, where I was able to manage and oversee a house renovation budget of \$800,000. This particular experience ignited a passion within me which ultimately propelled me towards pursuing a degree in finance and accounting. This decision also encouraged me to run for CSA VP Finance in last year's election. Now that I have one full year under my belt, I believe I have the ability to bring continuity to the organization by continuing to build a strong and stable CSA. If I were to be re-elected, I would advocate for student needs, build stronger relationships between the CSA and institutional administration, athletics, and government. Furthermore, I would professionally manage and budget CSA finances in order to allow for more student-oriented events catered to all students. Re-elect Brandon Vollweiler, it just makes cents. Thanks Concordia.
Yours Truly,
Brandon Vollweiler

VICE PRESIDENT: INTERNAL AFFAIRS

My name is Laura Hebert and as a returning candidate for the CSA executive position of VP of Internal Affairs, my desire is to continue empowering student-led participation through the diverse and dedicated work of our clubs and unions on campus. Having served as VP Internal for an entire year, I have had the privilege of interacting with an array of students, staff, faculty and members of government and in doing so garnered a greater understanding of what this particular role requires. If re-elected, I would be devoted to assisting all clubs and unions by ensuring they are best prepared to organize events, manage a budget and report on their own progress via regular informational retreats and materials.

Likewise, I would like to build upon the professional relationship between the CSA and the Bolt as well as continue to foster the development of the Freshmen Challenge Program.



LAURA HEBERT

VICE PRESIDENT: STUDENT LIFE



ALEX BEDARD

Hi Concordia over the past two years I have learned the inner workings of the CSA as a whole very well. During that time I have been the science representative, and I was on two committees; I have been on the Budget Steering Committee and the Policy and Governance Committee.

While on these two committees I have moved past the role of just being the science representative, by helping write and edit bylaws and policies (including the ones for VP Student Life), and also managing budgets (including the budget for every CSA position, including VP Student Life).

I feel like I will be the best for this position because I have much experience putting on events in and around Concordia and advocating for students.

Hello, Concordia!

My name is Karleigh Switzer and I'm excited to be running for the position of Vice President Student Life for 2017/18. The Student Life position isn't about me; it's about YOU, the students. During my three years at CUE, I have been involved in activities both on and off campus. I've been a Student Ambassador and Orientation Leader, participated in Thunderwear Fridays, and last semester a friend and I ran Freshmen Challenge.

I think your time in university is what you make it, and Student Life events need your input, new ideas, and interests - whatever you're enthusiastic about. Whether it's Games Night in Tegler, Harry Potter Week, partying at CUCA Spooka, pub crawls and beer gardens, or something that hasn't been done yet; your experience at Concordia should be exceptional.

Let's make that happen.



KARLEIGH SWITZER

FUN AND GAMES



SHOW TIME!

Here's what's playing this week:

Lego Batman

G

John Wick: Chapter Two

14A

Get Out

14A

Passengers

PG

Sing

G

Resident Evil: The Final Chapter

14A

A Cure for Wellness

18A

A Dog's Purpose

PG

La La Land

PG

Fist Fight

14A



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SUDOKU

CROSSWORD

- Across**
- 1. Rattler, e.g.
 - 6. Back
 - 10. Boat paddles
 - 14. Copier's need
 - 15. Stable female
 - 16. Curdle
 - 17. Intrigued
 - 19. Sherlock's find
 - 20. Teetered
 - 21. Relieve
 - 23. Art ____ ('20s movement)
 - 26. Breadwinner
 - 27. Shreds
 - 31. Pretty good (2 wds.)
 - 33. Prank
 - 35. Amtrak stop (abbr.)
 - 36. Sandwich shops
 - 41. Drummer Ringo ____
 - 42. Shipping weight
 - 43. Eat away
 - 44. Sheriff's group
 - 45. Med. group
 - 46. ____ Prize
 - 47. Leapt
 - 50. Make waterproof
 - 51. Perceptive
 - 55. Brad
 - 57. Passed, as time
 - 59. Infant's toy
 - 64. Behalf
 - 65. Occupation
 - 68. Pizzeria appliance
 - 69. Not odd
 - 70. Speedy
 - 71. Remain undecided
 - 72. Assess
 - 73. Coward

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71					72					73			

- Down**
- 1. Recipe direction
 - 2. Not any
 - 3. Poker fee
 - 4. Ship's bottom
 - 5. Was mistaken
 - 6. Den and study (abbr.)
 - 7. Take food
 - 8. Neighborhood
 - 9. What Moses parted (2 wds.)
 - 10. Happen
 - 11. Poe's middle name
 - 12. Baton ____
 - 13. Navigate
 - 18. Paradise
 - 22. Make unhappy
 - 24. Fellow leading actor
 - 25. Footstool
 - 27. Scrape roughly
 - 28. Interested by
 - 29. School orgs.
 - 30. Mistery
 - 32. Monkey's treat
 - 34. Tops of waves
 - 37. Greek deity
 - 38. Earring site
 - 39. Mental image
 - 40. Broker's advice
 - 48. Paring tool
 - 49. Young lady
 - 51. Fable author
 - 52. Unpaid toiler
 - 53. Seized
 - 54. Turn over
 - 56. Animals' homes
 - 58. Aria singer
 - 60. Asian language
 - 61. Surpasses
 - 62. Superman's girlfriend
 - 63. Water whirl
 - 66. Animal doc
 - 67. Compass point (abbr.)



ASK SHIRLEY #1

by Shirley

Dear people in long distance relationships, These types of relationships are challenging and there's no easy way around it, but with good communication and determination, they are very possible to make work. Communication is key, keeping them up to date with your life makes them feel important. Just because there is a distance between you, does not mean that you cannot do things together. Sing to each other via skype, go on a walk whilst video chatting, watch movies and videos at the same time, and play online games together. Send each other mail to keep the connection, whether it be a simple love letter, your favorite stuffed animal, or a shirt that smells like you. These will be sure to put a smile on their face. For most people, sex is an important and meaningful part of a relationship. Keep that spark alive by sending dirty texts, yes I am encouraging sexting, #sendnudes. Don't forget, that they are the one person who completely understands what you are going

through, so always share your thoughts and feelings with them.

Dear person who is losing feelings, Being in this situation myself, the best advice I can give is to be honest and straightforward with the person about it and do not beat around the bush. I would most likely end the relationship. You cannot control how they are going to react, but you at least have the decency to be honest with them, and they deserve that. I recommend talking about this in person, as there can be a lot of miscommunication through text.

Dear person who only has half the George Carlin quote, "Women are crazy, men are stupid. And the main reason women are crazy is that men are stupid." Let's get this straight, women are confusing and men are simple. Women tend to elaborate on the tiny details, whereas most men usually get straight to the point. It is simply how our minds are programmed to work. Men have a one-track mind whereas most women constantly multitask. Dear person who wants to make the first move, It has always been the old school "Guys should make the first move." Nowadays, fe-

males are becoming more bold when it comes to asking a guy out. There is nothing wrong with a girl making the first move, as when the attraction is mutual, it does not matter who makes the first step. Remember, confidence is attractive. If you are concerned about looking desperate, try starting off small. Ask him about how his classes are going and make small talk with him. The only way you will look desperate, is if you are making it too obvious. Just take your time, and relax.

Dear friend-zoner, There is no easy solution, but honesty is key. If they are not getting the hint, be straight up with them. Emphasize the fact that you do not want to hurt their feelings, but would rather be friends. Hang out in groups to evade the one-on-one situation.

Dear person who wants to know if they should move on, If the person you love is not giving you the attention you deserve, it would be a good idea to rethink where you are at. Stop and ask yourself, "Is it worth going through all of this stress?" Some people believe in second chances, and if you are one of them, then I would suggest giv-

ADVICE

ing that person a second chance. However, if they are still treating you this way, then there is only so many chances you can give someone. The best thing to do right now, is to talk to them and be straight up. Let them know how you feel and make sure to listen to what they say. Remember, the relationship is not only about you, it's about both you and your partner.

Thank you for your questions! There will be bi-weekly topics posted on Chillabit so stay tuned!

-Shirley out



VICE PRESIDENT: MARKETING



MADELINE LUDLAGE

Hey Concordia - Madeline here!

I am super excited to be entering my third CSA election has a VP Marketing candidate! Over the last two terms has the CSA Vice President of Marketing I've learnt so much about Concordia, its incredible students and what it means to be apart of the CSA. Over my terms I've worked at providing the student body with information about events and opportunities around campus. I promise to come back with all of the knowledge I've gained to grow unique moments for every student here at Concordia through effective marketing techniques. My goals next year are to increase CSA's social media traffic, continue to get more students involved and to create a closer relationship with the Athletics Marketing Department.

Here's to round three Concordia! #getsocial

MANAGEMENT REPRESENTATIVE



NICHOLAS BURANT

Hey Concordia! My name is Nicholas Burant and I am a second year management student with an emphasis in accounting. I have decided to run for the position of management representative which will include holding a seat on the 2017-18 general council.

I am excited to be getting more involved in school events and in all management students' experience at Concordia. I think I can bring a fresh perspective to the position as well as provide support to management students when it is needed.

I enjoy meeting new people so I look forward to becoming actively involved in as many students' education here at Concordia as I can. I am excited for this opportunity because I believe I can make a difference.

ARTS REPRESENTATIVE



HAILEY MILLS

Hello Concordia! My name is Hailey Mills and I am 19 years old. I am a candidate in the upcoming CSA elections, running for arts representative! Here is a little bit about myself! I am in my second year here at Concordia and I am a drama major and music minor student. My whole life has revolved around performing whether it was singing, acting or playing the trumpet and guitar! Being an artistic person and getting creative is very important to me and is what I do best.

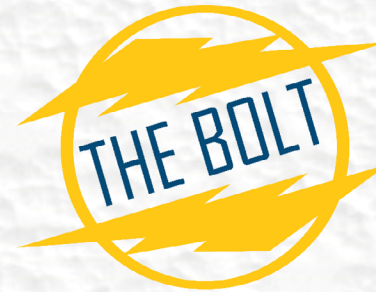
See you around!

Macalan has always been a boundless leader and a great listener. He vows to always have an open ear to the student body and take each and every perspective into account while doing his daily duties as arts representative. Macalan is a music major in his freshman year at Concordia, and is planning on completing his four year degree at C.U.E.. Concordia may not be an art focused school, but that doesn't mean we can't pretend to be. "Fake it till you make it", or better fitting; "fake it until you become it". Concordia should have an arts rep that believes we have the potential, skill, and capacity to create an arts program to be reckoned with. Although Macalan is new to the school he has seen the talent of the artists that attend C.U.E., and knows that with maximum effort and perseverance we can recognize the talent we have in new and exciting ways.



MACALAN-TATE BONIEC-JEDRA

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EDUCATION: CANADA V.S. ICELAND

by Allison Crawford

Post-secondary structure here in Iceland is very different from post-secondary back home here in Canada. These differences vary and are not necessarily good or bad – it all depends on how you perceive these differences yourself. At first, it was a bit to get use to considering it being my fourth year in post-secondary, however, it did not take long to adjust to the Icelandic tune of things.

Prior to coming to study at the University of Iceland (UI), I had to pick the courses that I was going to take while studying there. To be considered a full-time student at UI, one needs to enroll in a minimum of 30 ECTS (European Credit Transfer and Accumulation System) credits. While back at home, at Concordia University of Edmonton (CUE), the minimum number of credits to be considered a full-time student is 9, with a maximum of 15. (Note that there are some exceptions, and I am just going to generalize it to make it more clear and concise.) At CUE, the minimum credit value a course is given is 1.5, the usual is 3 and the maximum 6. Normally, a 1.5-credit and a 3-credit course is completed in one semester, while a 6-credit course is com-

pleted in two semesters. As for UI, the minimum number of ECTS credits a course will be valued at is 2 and the maximum is 30. If a course is valued at 30 ECTS credits, it is more than likely a personal research project; most courses range between the credit value of 4 to 8, with quite a few courses in the humanities and social sciences being valued at 10 credits. The department of European Higher Education states that the credit value of a course is determined by the number of working hours a student is required to put in via lecture, seminars, projects, practical work and work placements. Depending on the academic institution, one credit corresponds between 25 to 30 hours of work. While CUE (and I am sure all or most of the universities across Canada) do have a similar system in place for determining how to allocate course credits in correspondence with the overall amount of work hours a student must put in per course, I am unaware of the system in place.

While a general bachelor's degree in Canada takes four years, a general bachelor's degree in Iceland (and most of Europe) takes three years to complete. The amount of credits needed to receive a degree, assuming all requirements have been met, are 180 ECTS credits. (Note, that with 30 credits a semester, an academic year would equate to 60 credits.) Back home, a general four-year degree requires 120 credits with the completion of certain

credits ranging from core requirements, program requirements, and electives. Between both countries, a master's program is relatively the same length in time (minimum 2 years) depending on how fast you want to complete it. As for choosing your program of interest, there is no such thing as having a major and a minor. You have an emphasis which follows a pretty focussed path, allowing for little room in taking electives, yet alone taking a different subject altogether.

Now let's put aside all of these little details to get a look at the quirky differences. When I first opened my online school account to access my timetable, I found it a bit peculiar looking. Each class varied in length, frequency and location of where the lecture was taught. In Iceland, they do not have a Monday, Wednesday, Friday, and Tuesday, Thursday class system. I am enrolled in four classes, three of my courses occur two times a week, while the last class only occurs once. There are no 50 and/or 75 minute classes; my shortest class is 90 minutes and my longest class is 140 minutes. The lectures do not occur at the same time on the instructional days, nor do they take place in the same classroom – so every instructional day is different. For 90 minute classes, students are allocated a 5-minute break in which literally everyone goes and buys a coffee. For classes of 140 minutes in length, we are given two breaks. Most build-

TRAVEL

ings on campus have at least a café, and if there is no café, there is a specialty coffee machine where one may get their cup of joe. University is technically free in Iceland as there is no tuition fees, however, there is an annual fee for student registration (which is like \$1000 CAD), and then additional fees such as textbooks, a gym pass (close to \$100 CAD), printing and more. Your student ID card does not act as your library card, you must apply for the library card online; although your student ID card acts as a discount card at the school's bar and grill called Stúdentakjallarinn – known as the Student Cellar in English. What is interesting and totally different from CUE is that all my classes are integrated, meaning that there are master's students also in the class. UI offers three types of classes: undergraduate classes, master's classes and an integration of both. However strange you may find that, the most peculiar thing I believe is the fact that students may rewrite exams if failed for a fee of 6,000 ISK – approximately \$75 CAD. Now I don't know about you guys, but I wouldn't mind paying \$75 to rewrite an exam I didn't do so well on. What do you think?

ARTS REPRESENTATIVE



ADRIANNA BLITTERSWYK

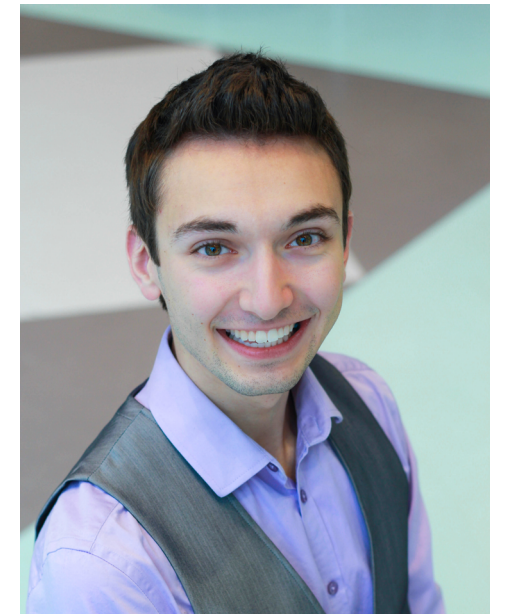
I am Adrianna Blitterswyk. I am currently in my second year of study at Concordia studying a dual concentration in Religious Studies and English. In High School I was the President of the Ministry of Arts. Here at Concordia I have been a member of the CCU and CAS. Also, I have been employed by the Bolt Newspaper, Concordia Bookstore, Thunder Athletics as a Minor Official and Student Help in the Registrar's Office.

I have also been involved with Concordia Student Ambassadors having volunteered at Orientation day and Open house events. As well, this past year I have been a part of the CSA General Counsel as an Arts Representative, through which I have sat on numerous CSA committees and was able to run events such as Acoustic Thursdays, Arts Week and a Lecture Series. It would be a great privilege to continue on in this role next year!

SCIENCE REPRESENTATIVE

The position of Science Representative requires experience in communication, leadership, and organization. Over the last year, I have fulfilled the roles of Vice President of Finance and Marketing for the Concordia Science Society. This opportunity has given me experience in club organization and leadership as it was partly my job to oversee organization of events and to make sure students knew about them.

These positions also enabled me to grow in the area of communication through interaction with fellow CSS representatives, and the Concordia student body. I am also well acquainted with the duties required of the Science Representative as the current one has been a friend of mine throughout my 3 years at Concordia; I continue to be close friends with many of the students in the Faculty of Science, and all students are free to bring their concerns and ideas for future improvements to me.



BENJAMIN NEUMANN

AN INTERVIEW WITH PRESIDENT LOREMAN

by Ian Lee & Taris Breau



Concordia is now well on its way through the winter semester of 2017 and the winds of change are a blowin'. The snow is melting (and refreezing and then melting again), the old willow tree on the south side of campus is gone along with several hundred tonnes of earth (more about that later), and some of you may have noticed that there is a spritely man with an Australian accent perusing the campus trying to buy student's coffee; don't worry, he is supposed to be there. He is Dr. Tim Loreman, Concordia's new president, and he just wants to get to know you. You may not have ever given a second thought (or a first-thought, for that matter) to who is running Concordia University of Edmonton, but if you hang around in Tegler long enough, you are bound to find out. For those of you who are buried too deep under your textbooks, the Bolt has taken the lib-

erty of getting to know President Tim Loreman for you. A couple weeks back, Bolt writers Taris Breau and Ian Lee dropped-in on Dr. Loreman in his new digs to ask him a few questions.

What does it mean to be the President of Concordia University of Edmonton, and what does it mean specifically for students?

Dr. Loreman: The role of the president is, not to be the president of the faculty, or the be the president of the staff, or even the students. It is to be the president of the institution. All those groups are under your leadership. I look at myself as maybe a leader of students but more as a supporter of students. The relationship that I want with students is to be their main supporter.

You have said that you want CUE to become the preeminent small university in Canada, what does this mean for stu-

dents now, and down the road as CUE grows and changes at a fast rate?

Dr. Loreman: I can tell you that students who are graduating now are going to have the benefit from an enhanced reputation later on in their careers. CUE degrees will be more widely recognized nationally and internationally. We have increased retention, students used to leave after their first year and go somewhere else but that doesn't happen any more. I put that down to the quality of the classes and the education that the students are getting. Will it change the institution growth wise? Growth will enable us to achieve in a greater scale. We will be able to put more resources into our classes, our scholarships, and our research. Four-thousand is the stated cap on students, but that does mean doubling in size. That is where we are going to stop, but that is still not a large university. Four-

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thousand will allow us to keep the small class sizes, good relations with the professors...every student that I have talked to has said that the thing that they like most about Concordia is the small community feel and the direct relationship with the professors.

What will the physical university campus look like?

Dr. Loreman: We need more buildings.

Obviously we don't have enough class space and the new building that is sprouting up on the south end of campus will be important for keeping those small class sizes. We are already feeling the strain on class space and student services.

Dr. Loreman: Very soon we need new dorms and better dorms. Our instruction space is being managed okay but where we are really feeling the stress in general is student study space and social space. We are also finding faculty offices are very tight. This

war over: justice versus equality. Justice allows one to get what they deserve in life, both positive and negative. Equality is ensuring everyone is provided with adequate supplies, opportunities, and potential for prosperity. Most, if not all issues can be contained within this juxtaposition.

Justice and equality don't necessarily go hand in hand, because it takes compromise to allow the two to work harmoniously. It takes compromise for any group to come to a decision. Through respectful debate, acknowledgment of others' ideas, and compromise, groups facing a challenge can come to a decision that can benefit the majority.

You see, equality assumes everyone is the same. We're all blessed with the same skillset, same attributes, and same physical ability. We know this to be inherently wrong, and so we incorporate justice into our decision making, and we allow for equity: ensuring those who need more, get more. Not painting everyone with one brush and calling for a blanket decision. This is how concepts such as universal healthcare and social services come to fruition, by ensuring those who need care, receive it. Those who

don't need it, won't, but when they do, it will be there waiting for them.

When we break it down, justice and equality appear to have the potential to work together seamlessly. Hah, wouldn't that be nice? The way I see it, when looking at just the surface, justice can represent the right, and equality can represent the left.

Right-wing politically minded folks want justice. They want to be given what they've earned. I can respect that. Left-wing affiliates aim for equal treatment of all groups of people, ensuring everyone has food on their table, and opportunities for everyone to succeed.

The funny thing is, justice alone won't allow one to be given what they think they've earned, because life is filled with unexpected circumstances. Equality alone won't provide those who need welfare most with an opportunity to grow out of poverty. Working together, through respectful political discourse, justice and equality can ensure the equity of all citizens, getting everyone on a levelled playing field.

We need diversity of opinion, and we need to utilize the range of opinions we carry for the greater good.



2017 ELECTION

CANDIDATE SPEECHES

MARCH 6

DEBATES

MARCH 8

Voting Day is March 10

LEFT VS RIGHT

by Kayle Sieben

An epic battle between the people. It's ongoing, as each side tussles for any ounce of power; any story that can glorify one side while demonizing the other. Instead of respecting each other's opinions, individuals are inherently anxious to passionately argue their perspective until the bitter end. Instead of being willing to learn something from one another, one concludes that the opposite side is wrong.

It's this type of polarized politics that will rip this country and society apart. There has always been a divide, that's a matter of fact. Without the divide, there would be no diversity in perspectives, opinions, or politics. A few things have garnered my attention to the political

discourse in which we include ourselves in.

With the emergence of social media and widespread internet access to the majority, information is always readily available. This is both good and bad. The internet is now the major player in the market of news and journalism. What does that mean? Well, the watered down pseudo-news which fought to compete for ratings on television now have an even broader range of competition.

From sensationalized headlines to Buzzfeed clickbait, it's all aimed at obtaining viewers and readers. The more outlandish or attention-grabbing the headline, the more likely it is to incite a reaction out of someone, thus clicking the article. As seen in examples such as The Rebel vs Rachel Notley and the NDP, stories can be taken out of context, fueled with personal belief. Not to

say there isn't a degree of truth to what The Rebel is saying (which may not always be the case), his stories are sensationalized to get people angry and emotionally fueled, and are not intended to merely inform the reader and allow them to make a personal judgment.

These emotions, when questioned or provoked, cause yet another reaction, and incite the individual to cling to their feelings defensively. Believe it or not, that makes us vulnerable.

I see all too often the trend of confirmation bias: seeking and promoting information that is in line with our views, while ignoring or dismissing information that's contradictory. We don't do this consciously, or at least most of us don't. We're prone to it. When we have to uproot something we believe to be true it makes us uncomfortable and can really shake the foun-

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dation of who we are based on its severity.

But listen, it's okay to have your views and opinions change. It's even a great ability to pull up a story or statistic within an instant to prove your point. It's a strength to be able to admit to yourself when you're wrong, because it helps us learn and develop as an individual. So, my suggestion is to aim to engage in respectful political conversation by being mindful that perhaps there is a degree of truth to what the other person is saying.

At the end of the day, political discourse comes down to one principal in which we continue to play a political tug-of-



new building will relieve some of the pressure for new offices and a little bit of the pressure student space. We are trying at the moment to do our best with the space we have. You may have noticed that there are tables in Tegler for students. We are also doing some renovations in the next few months to the other two levels of the library, to the welcome center, to our student enrollment area, and we are moving different areas around such as career services to put them in a more appropriate place and to also have more space for the students to study.

Bolt: Is Concordia going to become a Public Institution?

Dr. Loreman: Ultimately whether we become public is a decision made by two bodies. One of those bodies is our board of governors who would have to decide 'yes, we are willing to become public,' and then the other one is the government. It has to decide they are willing to take us on. Our board this year is examining this issue. We have had three reports written on the viability of this. Each report has said that for our long term sustainability we should consider going public. If we were to become public, what

would that look like for us? The government has told us that they are going to be examining those same things. I have met with our board chair, Mike Wade, and the Minister for Advanced Education, Marlin Schmidt, and we discussed this issue, it was a very positive meeting. WE should have a clear view at the end of this calendar year as to what is going to happen. Our objective is to ensure Concordia is sustainable in the long wrong.

There have been rumblings of another UPass referendum. What is your perspective on what Concordia's responsibility is towards making the campus more accessible?

Dr. Loreman: Whether Concordia is public or independent will not affect the UPass. the UPass is going to come down to what students want. And students are going to vote for what they want. In my opinion, I think that the Upass is good for the institution, and the reason being is that the Upass has expanded to include surrounding communities such as Sherwood Park, Leduc, St. Albert and I think maybe even Spruce Grove. What is good about it for the students is that it is greener and will relieve

pressure on our parking, it will allow more mobility between institutions.

What is your favourite thing you have seen at Concordia?

Dr. Loreman: It's kind of a sad one and I speak about it here emotionally. We had a student in education who was very sick with cancer and diagnosed during her program. And probably my favourite thing was seeing her convocate given all the difficulties that she had. It wasn't just that I was very happy for her that she graduated but it was also how the faculty, the staff, and her fellow students pulled together. I have never seen a tighter community.

President Loreman has a lot in store for Concordia, much of which will

be affecting each and every one of us, even those who are leaving at the end of this year. From new buildings and study space, to the possibility of becoming a public institution, our new president seems to know exactly where he wants to take Concordia. As for us students, we can play our own role in changing the school. Dr. Loreman is going to be having Coffee with the President (yes, that does mean more free coffee!) once a month to hear our opinions on the school. He'll also still be around Tegler every so often, so make sure you wave hi if you see him! So thank you again Dr. Loreman for talking to the Bolt. We look forward to seeing the changes that you'll bring forth to Concordia!



WAVYISH

by Kayle Sieben

Originally I stumbled upon Wavyish at the Mercury Room to meet up with a friend of mine. The two founders, Kayla Pavelich and Tantawan Aubin, had set up a pop-up shop filled with other local artists and entrepreneurs. The vibe inside the building was something I had never experienced before here in YEG. Cool clothes, dope beats, and some jiggy artwork. Immediately their booth had me intrigued, and after being introduced, I knew I had found my next interview for our next Local Spotlight.

Kayle: Okay, so why don't we begin by you telling us what Wavyish is.

Kayla: We're a street-style vintage clothing company.

Tantawan: We're an online store specializing in vintage streetwear, more

focused toward the 90's. We carry brands like Tommy Hilfiger, Polo, and Nautica. But we also carry brands with sportswear like Fila, Nike, Majestic, and Starter. All of those vintage brands.

K: We also have a reworked line, with items that are bleach dyed, mostly band tees, distressed clothes, and crop tops. We'll take old graphic tees and rework and distress them.

Explain the process of how the idea came to life: what sparked the idea? Was there any hesitation to commit?

K: Yeah, definitely a little bit of hesitation. We've had the idea for a while now, probably since February 2016 and it didn't launch until October. So we kind of sat on it. We were travelling a lot back and forth to Vancouver. We were always into thrifting and collecting our own vintage products.

T: Two summers ago we

went to Vancouver and went to a store called F AS IN FRANK, we had never heard of it. It's basically the same idea, trying to bring vintage style back. There's definitely that subculture around the world, but there was nothing like this in Edmonton. There's definitely a market for it, just no one has taken the opportunity yet so we thought it would be a good place for us to slide in.

Is this a hobby/ side gig or something you are fully committed to?

K: I think it started off as a side gig, like "oh this will be fun," but now we realize how many messages we get on all of our social media platforms and all of the emails we get during the day, all the things we have to pay, events to deal with. There's things [to do] every day, working with photographers, models, creative people, even something like this interview.

T: We didn't think going into it that businesses,

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even though it makes sense, don't stop. I didn't know that I wouldn't be able to stop. It's not going to get bigger unless you make it bigger.

Do you two pick out all the clothing yourselves?

K: Yup, just the two of us. We're the whole thing, we deal with everything. The behind the scenes, the front page. It's time consuming because sometimes you'll go thrifting and you won't find anything. Then you just wasted two hours thrifting and \$20 on gas.

Well, it must be nice doing business with your best friend.

K: Yeah, we've been best friends since we were

in the second grade so we're like family. We kind of know how to deal with each other when it comes to each other's stress levels. We know when to back off.

T: It's still crazy working with a friend. I feel like I've learned some things about Kayla that I didn't know in the past just from working in this business.

True best friends! Are there any direct stylistic influences when choosing articles to resale?

K: I feel like we try to stick to trends, so we're trying to stay with what's trendy now. Also, when we're looking for clothing we're checking for how old things are.

T: We kind of base what we choose on how old it is. The older it is, the better. I feel like more people would want to buy it. But we still also try to compare what we're buying to places like Urban Outfitters. They'll have items similar to what we're selling for like \$70. So we think if it will sell there, it will sell at our store for a cheaper, better price. We kind of stay on trend but keep it vintage.

K: And still keep it street! We do a lot of the distressed and the bleach because it's more of a street look.

T: I don't really know how we pick things, we kind of just see it and if we like it, we think

other people will like it.

In your minds, what does success look like for Wavyish?

K: Well, we just started in October. So, for us, I guess it's just building a crowd.

T: Building a crowd and getting people out there, that is our success. We were so surprised at how many people came to our pop-up shop, when we've only been running for like four months. We had a huge success there and it was cool just because so many people that we recognized were there. Even just people knowing the name. Sometimes we'll go out to the bar and people are like, "Oh, are you from Wavyish?" That's weird, I never thought I'd get recognized from it.

K: Just seeing people come out. Seeing our follower base grow online is a huge success because that's where we're based. Our social influence online has grown. Instagram is where it's at. [Our Wavyish account actually began as a Gossip Girl fan page. Our friend had this account with like 200 followers that she wasn't using, so we took it over. Now we have like 5500. People are really following us through that.]

What does the future entail; will you open a shop or stay focused online? What do you envision?

K: I think we're go-

ing to stick with the popup shops for a little while. A lot of events.

T: Not even just shopping events. Even parties or fashion shows. Long term we're not really sure because we're just getting started, but we've got a lot of short term goals. Things we want to do with our website and our Instagram. Little things. I guess if we were to think, like, huge and dream big I guess it would be a store. But I feel like we have so many things to do before that

K: I feel like we're not ready to think about a store yet. We want to build our online base first for a little bit until we can start thinking of a store more seriously. It would be ideal for us to have a store. It would be awesome, we would love that. But we just want to do our thing for now and see what we can build through that.

A very rational approach, I dig that. On a lighter note, who dresses better, Kayla or Tantawan?

T: Oh, this question... we were thinking about this.

K: I feel like we can't answer the question just because our styles are so comparable yet so different.

T: They're either the same or way different to where you can't really compare them. We're really minimalis-

tic. I'm fine with jeans, a tee, and some sneakers

Okay, okay. Saturday night, you're going to the bar, who's dressing better?

K: We can't compare [laughing]. I feel like style is so personal that you can't say who dresses better. Style is what you want, if you like it, wear it. I don't want to say one of us dresses better because I like the way she dresses and I like the way I dress. I'm going to say non-applicable!

T: We can be really girly, but then also still be really edgy. I don't know, that's a hard question!

Where can we cop some Wavyish clothing?

K: Online, on our website! Wavyish.com. We have new releases every Friday at noon, plus we have free shipping across Canada.

T: We're also planning on throwing more events. Follow us on Instagram to stay updated (@wavyish). We're hoping to have another popup shop in April. It'll be a lot of fun, we want to have a cool vibe and good crowd once again.

Many thanks to Kayla and Tantawan of Wavyish. Be sure to peep their website and toss them a follow on Instagram, you'll be happy you did. Now get out there and cop some wavy ish.

