















THUNDER SPORTS








MEN'S BASKETBALL

	GP	W	L	POINTS	PF	PA
 KEYANO HUSKIES	18	15	3	30	1538	1273
 NAIT DOKS	16	13	3	26	1298	1134
 GPRC WOLVES	18	10	8	20	1472	1449
 LAKELAND RUSTLERS	18	9	9	18	1363	1378
 CONCORDIA THUNDER	18	7	11	14	1417	1450
 KING'S EAGLES	18	6	12	12	1352	1471
 UOFA-AUGUSTANA VIKINGS	18	2	16	4	1250	1533

WOMEN'S BASKETBALL

	GP	W	L	POINTS	PF	PA
 LAKELAND RUSTLERS	18	18	0	36	1254	835
 NAIT DOKS	16	12	4	24	1132	856
 GPRC WOLVES	18	12	6	24	1069	1026
 UOFA-AUGUSTANA VIKINGS	18	8	10	16	1068	1129
 KEYANO HUSKIES	18	6	12	12	1060	1113
 CONCORDIA THUNDER	18	6	12	12	1077	1098
 KING'S EAGLES	18	0	18	0	753	1336

MEN'S VOLLEYBALL

	MP	MW	ML	GW	GL	PTS
 KEYANO COLLEGE	18	14	4	45	21	28
 UOFA-AUGUSTANA	10	10	5	43	26	26
 THE KING'S UNIVERSITY	20	13	7	49	26	26
 NAIT	18	10	8	39	33	20
 LAKELAND COLLEGE	20	9	11	36	45	18
 GPRC	18	6	12	26	44	12
 CONCORDIA UNIVERSITY	20	1	19	16	59	2

Want to get involved?

The CSA provides lots of ways for you and your friends to get involved around Concordia. So don't be afraid to ask! Come by our offices in Alumni Hall anytime and we'll get you on your way.

THE BOLT

A CSA PUBLICATION

LOVE,
DEFINING
THE
PASSION

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THUNDER SPORTS

		MEN'S BASKETBALL		
JANUARY 23	CUE (79)	LAKE (90)	8:00	LAKELAND
FEBRUARY 6	CUE	NAIT	8:00	NAIT
FEBRUARY 6	NAIT	CUE	8:00	CUE
		WOMEN'S BASKETBALL		
JANUARY 23	CUE (52)	LAKE (82)	6:00	LAKELAND
FEBRUARY 6	CUE	NAIT	6:00	NAIT
FEBRUARY 6	NAIT	CUE	6:00	CUE
		MEN'S VOLLEYBALL		
JANUARY 30	CUE (0)	TKU (3)	8:00	TKU
FEBRUARY 12	CUE	NAIT	8:00	NAIT
FEBRUARY 13	NAIT	CUE	8:00	CUE
		WOMEN'S VOLLEYBALL		
JANUARY 30	CUE (0)	TKU (3)	6:00	TKU
FEBRUARY 12	CUE	NAIT	6:00	NAIT
FEBRUARY 13	NAIT	CUE	6:00	CUE
		HOCKEY		
JANUARY 30	CUE (0)	UAA (2)	7:30	ENCANA
FEBRUARY 12	BC	CUE	8:15	CLAREVIEW
FEBRUARY 13	BC	CUE	4:30	CLAREVIEW

HOCKEY STANDINGS

TEAM	GP	W	RW	L	OTL	TIE	GF	GA	PTS
NAIT	24	24	22	0	0	0	146	48	48
UOFA-AUGUSTANA	24	18	14	3	2	3	90	51	37
KEYANO COLLEGE	24	12	11	8	1	3	84	77	28
RED DEER COLLEGE	24	12	12	9	0	3	86	66	27
SAIT POLYTECHNIC	26	10	10	12	0	4	83	86	24
MACEWAN UNIVERSITY	26	10	9	12	3	1	98	83	24
PORTAGE COLLEGE	24	8	7	9	0	7	64	82	23
CONCORDIA	26	5	4	16	3	2	66	112	15
BRIERCREST COLLEGE	26	3	2	22	0	1	51	162	7

ATHLETICS

competition events.

Thunder 'Tournament Sports' Take the Spotlight in Winter 2016

The Winter side of the 2015-16 ACAC schedule is in full swing and in the early going it is the Thunder Athletics' Tournament Sports that are taking center stage in the run up to the playoffs.

By way of explanation, the ACAC divides all of the competitive sports into two broad categories; 'League' sports and 'Tournament' sports. Just as the names suggest, League sports are those that involve the bigger 'team' sports (soccer, hockey, basketball, volleyball) and are characterized by larger rosters and heavy competition schedules whereas the Tournament sports (Golf, Cross Country Running, Curling, Badminton, Indoor Track) tend to feature individual competitors, smaller

18 rosters and notably fewer
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In the opening tournament of the season, the Thunder Badminton team got off to a great start with the team finishing second overall in the total points standing; this in spite of the fact that the team was missing their two Gold Medalists from the 2014-15 season, Rachael Smillie and Connor Reinson. First year athlete Takeisha Wang kicked off her collegiate athletics career with a stunning first place finish in the Women's Singles event, posting a perfect 4-0 match record. Takeisha also showed her versatility when she and Women's Doubles partner, 4th year team veteran Lindsay Ross tied for second at the tournament which was held at King's University. Concordia athletes have also been burning up the lanes in the early goings of the 2015-16 Indoor Track season. In the first competitive meet hosted by Lethbridge College, Ladies team Captain Marriya Jenkins finished in 2nd place in the 1500 m event while over on the men's side, Kirk Sundt dominated the field to pick up the win. Second year runner Mike Quick brought the

crowd to their feet when he moved from 5th to 2nd over the final 3 laps and made the rest of the field look like they were moving backwards. In the 600m, Kenton Sportak opened his season up with a win and a new school record. The final individual event of the day was the 1000m which saw 3rd year runner Shelby Edgar pick up the win in her 2nd fastest time while Kirk Sundt doubled back to pick up his 2nd win of the day on the men's side. In the relay, the ladies team of Dong, Edgar, Frissell and Jenkins finished 2nd in the second fastest time ever by a Thunder team. On the men's side, the 'veteran's' team of Thomas, Quick, Sundt and Sportak dominated the field to pick up the win and run the second fastest Concordia time ever.

In exhibition competition, the Thunder Indoor Track men's team took part in the 2016 Golden Bear Open on January 22nd and 23rd which saw several Indoor Track school records fall. Kirk Sundt started off with a school record and personal best in the 3000m, taking 9 seconds off his former school record. In the 1500m, Kirk ran another outstanding race to finish in 7th overall and

set another school record, dropping 1 second off his previous record. Not to be outdone, 5th year runner Kenton Sportak set the school 1000m record, dropping almost 5 seconds from the previous record and finishing in 2nd place overall.

Finally, Thunder Curling have been drawing attention with a pared-down squad, icing a 'Mixed Team' of three women and two men for the 2015-16 ACAC season. Fourth year Thunder Curlers Jason Ferster and Konnor Wood anchor the team with 3rd year veteran Brooke Gelasco, second year curler Adrienne Maschmeyer and first year Thunder athlete Jessica Panchyshyn balancing out the strong roster. The Thunder are also under new coaching leadership with ACAC veteran Travis Jones taking over the reins. At the Fall Regional in late November, the Thunder showed very well, garnering a 3 and 2 record over the course of the two day event and wound up in a three-way, second place finish. This result means that the Winter Regional will be a closely contested event and will see the Thunder right in the thick of it contending for the ACAC Championship come March.

SERIAL FICTION

investigate what

"Artemis IV Excerpt"

by Austin Schuster

In the year 2225, humanity has successfully travelled to another solar system, under the leadership of the Galactic Space Agency, and has successfully colonized a host of new planets and moons for scientific research and mining purposes. One moon contains the extraterrestrial ambiguities humanity had always dreamed of, but has been shrouded in secrecy for years, until an incident occurs, where confidentiality becomes a deadly priority... Artemis IV. A dark and bleak ice moon, in a far away solar system, whose only inhabitants include researchers and miners. Its equator plagued with fatal ice storms that will kill you in seconds without the proper transport. The main scientific research station is now presumably a deadzone, after Oliver Spears and his partner heard people screaming for help during the incident. Oliver sat helplessly, lacking the authorization to leave his outpost, commanded by his research partner and superior, Patrick, to stay put, while he would go and

had happened. However, after two months of sitting frantically in silence without a response from his partner or the main research base, waiting would seem cruel. More guilt inducing than the time he had already spent abiding by his orders.

He needed to do something, anything. He needed to take action, even if it were to preserve his own sense of dignity. Oliver plans to embark on a journey to find out for himself what happened at the main base, and to hopefully save anyone that survived the incident. However, without the proper transport, this could prove fatal... If he does make his way to the central research headquarters, he'll soon discover that there is no way of contacting the ice moon, the communications console fried, with an incessant hiss of dead air. More importantly, he'll discover that all of the researchers and former employees of the ice moon have been killed, with the exception of a most peculiar woman, a medic named Lucy Belynda. She'll tell him that it was a mining company that had gone criminal, and purged the scientists to obtain full control over the moon's resources. However, Oliver will begin to notice more

and more holes in her story, one being the presence of deceased miners amongst the moon's dead, as well as his strange discovery of the woman, whom he found locked inside a medical bay. As his journey progresses, he constantly finds himself discovering that things aren't as they seem, and something very sinister has been at play at the central research headquarters while he worked as an ignorant scientist on the other side of the moon. Inevitably, the truth unfolds, and he is shocked to discover that the very people closest to him have been deceiving him the entire time, and the massacre at the central headquarters was something far more complicated than a simple takeover, but rather the workings of a specific group of people that had immensely lucrative goals in purging everyone who knew of their existence...

The complete novel can be read online at <https://www.wattpad.com/story/51148247-artemis-iv>

Special thanks to our hard-working Editor-In-Chief Kayle Sieben for the cover design as well!

INTERESTED IN CREATIVE WRITING?

If you've enjoyed reading my creative fiction thus far and would be interested in joining a creative writing club here at Concordia (short stories, novels, poetry, play writing, etc.), or learning how to write creatively as a form of artistic expression, you can always **contact me at ajschust@student.concordia.ab.ca or Professor Odor at jasmina.odor@concordia.ab.ca**. Some may remember my very first article where I explained the details of a creative writing club, and I'm now putting the word out there again for anybody interested in taking part during the second semester here at Concordia. Bi-weekly meetings could include inklings, a form of presentation used amongst famous historical literary figures, where the writer can present his or her piece of writing to the group and receive feedback and constructive criticism. This will also allow writers to meet up and network amongst each other and collaborate on future works.

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TECHNOLOGY

“Let’s get Creative”

by Nick Clark

If you’re

a creative sort of person, there are two things that you know about your craft. The first is that it takes time and dedication to reach a level of skill in which you can earn any money, and the second is that you’re going to have to spend a ridiculous amount of money to get into your field in the first place. If you’re a painter, you need paints and brushes and canvases and easels. If you’re a graphic designer, you’ll need a fast computer and expensive software like Photoshop and Illustrator, and maybe a drawing tablet that could cost you several hundreds of dollars. If you’re a photographer, you need a camera, a tripod, flashes, and the real killer: lenses. Video people are in the same boat,

but sometimes the cameras can cost thousands of dollars more

4 than cameras, plus you

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need lights too, as well as a blazing fast power-

house computer and a thousand dollars or so of software. All in all, that’s a lot of money, and the fact of the matter is that it would cost even more 10 years ago. Luckily for us, there have been a lot of improvements in technology since then which have allowed the prices of some of that equipment to come down. There is also the added benefit of the technology being easier to replicate so that there are usually cheaper versions of whatever it is you need. In this article, we’ll look at how the technology used in graphic/web design, photography, and film/video has changed over the past years and why it might be cheaper to get into those fields than you might have thought. Next article, we’ll look at the current methods for doing these things, but for now let’s take a look at how much it cost to be creative in 2006.

First up, let’s look at graphic and web design. These two skills go quite well together



if you know what you’re doing, and people who need websites will definitely see your worth if you happen to be good at both. Ten years ago, you would have needed to drop some serious cash to get in to web and graphic design. You’d need a computer for one thing, one that can handle the stress of running Adobe Photoshop and Illustrator. That computer would have easily cost anywhere from \$800-\$1500. On top of that you also needed the actual Photoshop and Illustrator software, along with Dreamweaver for building websites, which would have cost you at least \$500 depending on the version you got. You’d probably also want to have a printer to print out samples for prospective clients, and you’d likely want that printer to have a scanner in it so that you could work with hand drawn designs on the computer, so

add \$300 for a printer that does that with any degree of success. Finally, you’d also need to buy some extra storage space for your computer because hosting a website requires a lot of files to be stored. Add \$200 to start out with, but expect to need more later on. That brings us up to a ballpark total of \$2,000, and that’s just the cost to start out.

Next, let’s look at photography. If we’re using 2006 as our time of reference, digital cameras were definitely out in force. In fact, they have been outselling film cameras since 2003, but that doesn’t mean film wasn’t an option. There were still plenty of people using film in 2006 and the main factor was – you guessed it – cost. We can look at this with either assumption, that you used film or digital.

FASHION

FLASH

“Crazy Hair Days!”

by Brianna DeSouza

Along with the upsides of winter (Cozy layers, lit fireplaces and hot cocoa with mini marshmallows, anyone?) come a few downsides, especially when it comes to your hair. Can you hear the static in the air? I know my hair struggles with the static. But don’t worry; there are ways to beat bad hair days when the weather is less than appealing. I’m going to share some of the most common winter hair woes and how to fix them.

First, we have those pesky straw-like strands. Much like with static hair, when the moisture levels in the air drops, your

hair can tend to become dry and brittle and even feel a little like straw. This is especially true for curly-haired girls, like me, since coiled hair is drier by nature. Here’s the fix: There are a few things that need to happen: (1) Chill on your hot tools usage and give you hair a break. (2) Implement more moisture into your hair care regimen with a hydrating shampoo, conditioner, and a mask with hydrating ingredients like coconut milk or argan oil. (3) Sleep on a silk or satin pillowcase, or use a satin-lined cap to help retain any moisture you’re putting back into your hair. If your hair is still dry, apply a leave-in product onto your strands for extra hydration; for fine, straight hair, use a light hair mist, and for thicker, curly hair, try using a curl crème to give those curls a nice luscious look. If you color your hair try asking your colorist to apply Olaplex (a formula that strengthens broken bonds in your hair) into your hair before dyeing it.

Next we have static, my worst enemy. When tempera-

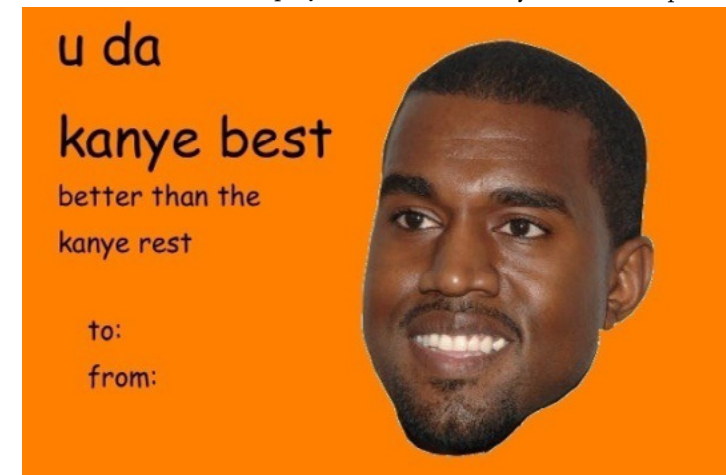
tures dip, your hair picks up an electrical charge from the dry air, causing it to stand up. And since it’s common in the chillier months because the air is less moist everywhere, you have to work extra hard to combat it. The fix: keep as much moisture in your hair as possible so it’s less susceptible to the effects of dry air. That means switching to a more hydrating shampoo and conditioner that suits your hair type; using a tourmaline or ionic hair dryer, which won’t deplete your hair of its moisture like other regular dryers can; stashing a dryer sheet in your bag and lightly running it over your strands when you’re on the go; rubbing some hand cream in your palms and smoothing it over the staticky strands to calm them; and sleeping on a silk pillowcase (regardless of what your hair texture is, since cotton absorbs moisture and silk retains it).

Another hair disaster is the dreaded split ends! Everyone’s absolute least favorite, for me this and static are tied. The only way to really cure a case of split ends is to get a haircut, but there are ways to make them look better until you get to the salon. The fix: if you’re in a pinch and absolutely can’t wait for your stylist to snip your broom-like ends, you can twist your hair until the split ends pop out along the sides and trim them away. Otherwise, use a split end binding cream on your ends to fake the look of healthier hair. Nexxus makes

one that actually helps repair the split by fusing it back to the strand with continued use.

Matted hair is another hair disaster. The moment you start wearing thicker collar jackets and scarves, the hair at the nape of your neck gets matted into a rat’s nest that basically looks like you rode a motorcycle sans helmet to wherever you’re going. The Fix: Braid your hair to the back or side, or put your hair in a bun to keep all your strands contained and tangle-free. If you must wear your hair down, take the section of hair from your ears down and put it in a ponytail, leaving the rest of your hair over top of it. This will minimize the chances of any matting.

We also have the case of the dry, itchy scalp. Just like your skin gets dry in the winter from indoor heating and drier air, your scalp skin does too. And when it becomes dry, it’s likely to itch and even flake off. The Fix: Shampoo less, since they contain surfactants that clean your hair but can be drying. Instead use more moisturizing conditioners, cleansing conditioners, or apply coconut oil on your scalp and massage it in as a hair mask, leaving it on for 10 minutes (or longer) before rinsing it out. If your scalp is unbearably itchy, pat your head instead of scratching it.



LITERATURE

"Romantic Novels"

by Adrianna Blitterswyk

As the dawning

of Valentine's Day approaches and the roses grow redder, the violets more blue why not consider reading something new? While Valentine's Day is stigmatically regarded as a greeting card holiday or one reserved for people in a monogamous relationship-I have always regarded Valentine's Day as a time to remind us all to tell those special people in our lives and families how much we care for them. Thus, while Valentine's Day holds the stigma of being a couples only holiday, romantic literature also holds the stigma in cases of being only for women, setting expectations for relationships too high and for portraying graphic sexual content. Hence, Valentine's Day and Romantic novels are two in the same, both misunderstood.

Romantic novels

16 offer readers a vision of
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possibilities. They remind us that love, heartbreak and happiness are all a natural part of life. Not all novels related to romance are about the girl getting the guy and vice versa. Romance novels like Men are from Mars, Women are from Venus doesn't depict a story of two star crossed lovers. Rather, Men are from Mars, Women are from Venus provides readers both male and female with understanding of why the genders are so different and yet so symmetrical. For those of us that could use relationship advice or guidance in the romantic world resources like Men are from Mars, Women are from Venus can be a great place to start.

Furthermore, not all romantic novels set unattainable expectations for love, there are many other novels and series that share love in a more realistic sense. Love is not just the feeling one has towards a significant other, love is family, love is life and love is growing. While a majority of romantic novels are feel good stories were two individuals find a mutual love for one another,

not all endings are predictable. More recent authors are changing the way people feel about romance and aren't scared to put in a not so happy ending as it holds truth. Take for instance films like The Notebook, The Fault in Our Stars, P.S. I Love You and Sense and Sensibility; these films all share a theme of romance as well as congruent origins all being novels. These novels all share the twisting plots of likeness, lust, and love and in particular The Fault in Our Stars goes further to embark on the Romeo and Juliet principal as one of the star crossed lovers meets their inevitable end. Thereby, in a way romance novels are not always black and white, suspense can overcome the reader as new characters come into play or when feelings and emotions aren't shared within the plot.

A majority of young girls dream of the day they will find their "Prince Charming", their stitch to their Lelo, an awakening from their eternal slumber and a happily ever after; in a sense a majority of Disney films create the romantic

persona that most people aspire to in life and in literature, we're all just searching for that happy ending. We may not all have love stories like the Lady and the Tramp but reading about them in novels is a way those dreams can be lived, just like an adventure or Sci-Fi novel is an escape from our everyday reality. So this Valentine's Day keep those you love most close to you and remember that "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with truth. It always protects, always trusts, always hopes, always perseveres. Love never fails" (1Corinthians 13:4-8), and romantic literature is just a celebration of God's gift of love. Happy Valentine's Day Concordia!



If you used film, your camera would be cheaper to buy, maybe closer to \$600-\$800 for a nice SLR camera and a couple of lenses. Using film however, also meant that you would have needed to get the film developed, not a high cost per photo, but it adds up over time. The other thing to keep in mind is that you'd need to buy more film as you went and since it isn't reusable, it adds up over time. If you decided to go with a digital camera, your up front expenses would have been higher, but you would likely save money in the long run. A DSLR camera of around the same quality as that \$600-\$800 SLR from earlier would probably run you closer to \$1,000-\$1,500. The benefit there was that you could save digitally and erase photos you didn't need, so the memory would be reusable, plus no developing charges. So either

way, to get equipment and supplies, you're looking at around \$1,700.

Now let's say

you've looked at our list so far and decided, "I was rich in 2006, I could have afforded to spend more." First of all, you'll have to tell me how you got rich enough to drop that kind of money so I can replicate your technique. Secondly, I have a solution for you: movies. People like movies, even back in the times of old, Year of our Lord 2006. It was a good time for movies back then, no more Star Wars prequels were coming out, Titanic was still the #1 grossing film of all time, plus we had such hits released as Night at the Museum, Borat, Garfield 2, Shaggy Dog, X-Men III... that Pink Panther movie with Steve Martin for some reason... and the cream of the crop: Eragon.



So maybe it would have been a good idea for more people to have made movies in 2006. In order to do that though, they would have needed a camera. We already looked at digital still cameras, but what about digital video cameras? Well they were around for sure. Films like Superman Returns and the previous year's Revenge of the Sith were shot on digital video cameras, however that's due in large part to the fact that they had the budget to do so. Turns out digital was still very expensive in 2006, and the only place to get digital cameras from was still the major providers like Panavision and Sony; RED (a fairly well known high end digital video camera manufacturer) hadn't even released their first camera by that time, so the competition was low, thus making prices high. To buy a digital video camera of anything resembling Hollywood worthy quality back then, you would be looking at spending over \$12,000. Ouch. Think that's bad? To edit that high quality footage, you'd need a computer twice or three times as powerful as the one we priced out for graphic design. Well maybe if

you shot on film, that would be cheaper, right? Actually, it would probably be more expensive. The camera itself might only cost you \$6,000-\$8,000, but there's more to consider. The trick with film like we touched on earlier is that it's single use, no take-backs. The other thing to consider is that unless you're planning on cutting and stitching frames the old fashioned way, you would have needed to get that film digitized. So even if we don't consider the costs of buying lights and hiring cast and crew, your entry cost for video back then was at least \$10,000.

You may now

be thinking, "Wow, how did anyone make anything back then?" Many didn't. They would accumulate a lot of debt, hoping to make it back when they became professionals. Luckily these days we don't have to resort to such extreme measures. In the next issue I will tell you all about how comparatively inexpensive it is to get into any of these fields in 2016.



BREAKING THE SILENCE drawals last semester.

by Anonymous

I had more than some junior high drama – more like a preteen trauma, actually. It was very unfortunate how my first boyfriend treated me. I kept myself quite isolated throughout this time of my life and spent most of my time alone constantly telling myself how everything was my fault, since I did nothing to avoid or prevent the abuse. I felt guilty, I victim-blamed myself. “I should have done this, I could have done that”. His friends harassed and bullied me about it for a long time afterwards as well. You can see why my **6** self-esteem at this point

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in my life was ‘lacking’, to say the least. This was an early age for the onset of depression, but these things stick with you, like a parasite ruthlessly stealing your thoughts and energy.

When I got into university I began to struggle with the inability to share my problems with others, as I knew no one. I found it hard to open up and discuss my past. I suppose I didn't expect anyone to validate the awfulness or the reality of it all, or be generally trustworthy of confiding in – or perhaps it was better to try to believe that there was just no one willing to listen at all. Quite recently I was diagnosed with type 1 bipolar disorder, and struggled with some medication wit-

After contemplating suicide

in a particularly dark depressive episode at that time, I reached out to my mother and finally discussed how I'd been feeling. She was actually quite supportive, and with her support I began seeing a counselor. Having an unbiased and trustworthy person to talk to about my past and my emotional problems has been an extremely positive influence in my life, even more helpful than medications. Talking about it in this way is like fully acknowledging its reality, which

is an empowering feeling.

My new boy-

friend is just recently starting to learn about my struggles and has also been quite accepting. My counselor and I have not spoken about improving my self-image or self-esteem yet, but that may be a focus in the future, as it may be one of the foundational issues relevant to everything else. It seems obvious, even to me that I didn't deserve to be treated so poorly. But clearly I've questioned this and it can be hard to acknowledge the difficult truth. It hurts when I think about how little I thought of myself. Being mentally healthy is important to working towards other kinds of success in life, and already my grades and motivation seem to be slowly improving since seeing the counselor. Remember that there are free counselling services on campus. Please ask for help... you matter and you are worth it!

POLITICS "Tsai Ing-wen, Taiwan's First Female President"

by Simone Alaine Polo



In January 2016, Taiwan elected its first female president, Tsai Ing-wen, leader of the opposition Democratic Progressive Party (DPP). As if that were to resemble enough novelty in and of itself, the election reflects many of the difficulties and challenges in the Taiwanese situation – for this, we shall take a look at the history of Taiwan, at least enough to cite it in its meaningful historical situation.

Taiwan is an island located in the South China Sea. Since the 1600s, Taiwan has been going through administrative changes with China's Qing dynasty taking over the territory, followed by Japanese control after the first Sino-Japanese war (1895) only to return to Chinese control after defeating Japan in the Second World War. Ultimately, this amounts

to a fragmented history that runs through Taiwan. Taiwan “has for all practical purposes been independent since 1950, but which China regards as a rebel region that must be reunited with the mainland – by force if necessary” (BBC). Nonetheless, this independence reflects Chinese influence in Taiwan democratic system with the presence of “the pro-China Kuomintang (KMT) or Nationalist Party” (CNN). It is until the year 2000 that voters put the Democratic Progressive Party in power, thus ending five decades of Nationalist rule.

Within this basic context, we can frame the Taiwanese situation – namely that Tsai Ing-wen's presidency is placed within international and national challenges. For one, she acknowledges the difficult relationships with Beijing – on this, she states that both sides ““have a responsibility to do their utmost to find mutually acceptable ways to interact

... and ensure no provocation and no surprises” (CNN). Indeed, a response is demanded from both Beijing and Taipei, as under previous Taiwanese President Ma Ying-jeou, the nationalist party forged closer ties with China during his two four-year terms.

Amongst this administrative change, Tsai Ing-wen's goals for Taiwan aim to bring radical changes to the country – this has been pushed by the ideals of younger generation seeking to break away from Chinese influence. This is most clearly reflected by “the Sunflower Movement” of 2014, where “hundreds of students occupied the parliament in the largest show of anti-Chinese sentiment on the island for years” (BBC).

Amongst the changes, the advocacy of

LGBTQ+ rights and defence Aboriginal concerns in Taiwan mark some of the more radical changes reflected by this new leadership. And in a more lighthearted manner, Tsai's two cats, Think Think and Ah Tsai, helped her reach younger audiences – jokes and fun aside, even such tactics reflect a new mentality over the practice of Taiwanese politics.

Thus, in terms of Taiwan, LGBTQ+, and Aboriginal issues, we can at least say that to this degree, the Taiwanese election is concerned with identity.

It is by way of political power that identity becomes the battleground for contestation between distinct factions aiming for distinct projects. If we ask the question, “What is Taiwan?” Whatever answer we give ultimately projects a notion of who composes the country, what the country aims at, and what the country considers to be of value. Two distinct answers are given by the Nationalist Party and the DPP, which amount to different visions of Taiwan – and accordingly, the voters have chosen what available vision of Taiwan should be next, for such is the nature of democracy. **15**

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ADVICE

"School Resources and You: Part One"

by Matthew Troppman

Good morning, Concordia! We're well underway into this new semester, and considering it's January and we have recently passed the "most depressing day of the year" (it's a Monday, go figure), I figured what better way to lift your spirits than to give you all the info on how you can maintain your mental health. Because it's, you know, kind of a really important thing to do. Now, I will be the first to admit that I am no expert on this; so I went to the people that are. I sat down with two members of the Mental Health Street Team here at the school: Declan Beddow and Annie Chow, to get a more educated opinion on what the school has to offer you.

To begin, for those of you who do not know who ¹⁴ these people are or what the **THEBOLTNEWS.COM**

do, the Mental Health Street Team actively promotes mental wellness amongst students, and disseminating information on accessible resources. They are also responsible for the popular "Pets on Campus" events, and bringing in guest speakers to promote mental health awareness. So my first question was in that vein, what has been done already, and more importantly:

What can students expect from the Mental Health team this year, in regards to events?

Declan: For January, we have done yoga every Friday this month, as well as once in February because of how reading week conflicts with scheduling events. Then we will be doing it again every Friday during march, at noon in the Ralph King center. At our last Yoga event, we had 49 people join us in the gym space, so we're hoping to grow that event and fill out the space.

Annie: We also have an Anxiety Workshop in February, and we'll be bringing Therapy Animals back for March, too. We're also expecting to have another speaker come in to the school, at some point in this semester.

What resources can students access if, for some reason, they can't go through the school?

Annie: We just released this resource card, there are multiple phone numbers you can call, and information on obtaining free counseling. There is also a distress line specific to Edmonton, and the number for health link Alberta. There's also specific resources, like the pride center, which is nice for people who may be questioning their orientation, or seeking support.

I'm no stranger to therapy or counseling, and I remember that one of the most important things going through my head during those times was "do these people actually care"? And I know I'm not alone in feeling that intentionality is a big part of being able to talk to people from whom you might need aid. So I felt it to be equally important to find out if the people organizing these events for us have those good intentions.

Why is being a part of the Mental Health Street Team important to you?

Annie: Well, I think it's important because I personally feel that I am mentally well, and I want to help promote that balance that I have learned to achieve. I want to make it easier for people my age, or older, to realize this mental wellness. I guess it's like altruism? I just want to see other people be well.

Declan: I like promoting the resources we have available to students who may not know about them. Especially those who may be unnecessarily in distress. Trying to reach those students who are in those situations and do need these resources is important to me.

So there you have it. Mental health is important, and these two are here to extol the virtues of what we as students have access to, either at or through the school. If you come back for the next issue, this series will continue with information on physical health resources, as well as common misconceptions about the gym. Like this issue, it won't be just me droning on and on about what I may think to be the case, but real advice from athletes right here at the school. Until then, be well!

STUDENT LIFE

"Get to Know Simone"

by Peter Fourlaris

This week I had the great pleasure to chat with Simone Elaine Polo. Simone is a student here at Concordia who you may recognize from The Bolt's very own Politics section. Simone was very gracious to sit down and have an interesting conversation with me.

Peter Fourlaris: What year and program are you in?

Simone Elaine Polo: I am in my third year of my bachelor of Philosophy. This is actually my last semester for my degree.

Peter: You write the politics section here at the Bolt, what inspired you to write about that?

Simone: I just kind of jumped on it, liked social studies in high school I also like reading literature with critical lenses, so this lent itself to political readings such as post colonialism, or feminism, or queer theory. With The Bolt I started playing around with reporting some issues and over my second year I

started to not only present news, but also try and look at the news through critical lenses.

Peter: What is your favorite part about being a student here at Concordia?

Simone: I have always liked the fact that it is such a small community, I like that I get to know the people I tend to hang around with. I am very much a fan of embracing community and looking out for one another. Having the professors being very available is great, having people to talk to about certain things is very important, and also helping Concordia grow is very important to me. For instance, trying to work with Concordia Pride, which is the LGBTQ club at Concordia, a growing group. Taking part in that, and building community is important to me.

Peter: What is your all-time favorite movie?

Simone: This is probably going to be a two-part answer because there are movies that I love because they are bad, and there are movies that I love because they are so good. So, most importantly for the movies that are bad, it's tied between Tommy Wiseau's The Room, and James Nguyen's Birdemic, both

of them are awful and I love them! But for an all-time favorite movie, I used to like a lot of Stanley Kubrick, especially his movie Eyes Wide Open which left an emotional impression on me.

Peter: What is your ideal vacation spot?

Simone: Well, I mean, ideally, the moon would be a fine vacation spot. Very private, and I would have a lot of time for reflection. But, I would like to look at a lot of historical places; I would like to get immersed in a lot of history. My ideal vacation wouldn't be much of a vacation; it would be time for me to go work on my own research. If I could give different presentations in different Universities that would be something I'd really like to do. For example, going to Germany to study German idealism is something I'd really love to do, or go to Japan's Kyoto school of Philosophy, or India to learn more about Buddhism and all of their various religions. I'd also like to go to Africa; with its very oral traditions of philosophy it would get my attention.

Peter: If you could have any superpower what would you choose?

Simone: I have always liked the idea of flying, but in Can-

ada that wouldn't work, because if I were flying it would probably get really cold, so I would have to say super-speed. Super-speed, because then I'm also building heat on my body, and I could get to places really fast.

Peter: What is your ideal vacation spot?

Simone: Don't do drugs haha! But seriously, in terms of doing your studies, make sure you take time to engage in the subject, and care for it a little bit, because then you can get so much enjoyment out of it. As much as the work may suck, there is a lot of growth and development that can open a lot of doors for different things.

Thanks for a fantastic interview Simone! Your answers were entertaining and very well thought out, definitely fitting for a Philosophy student!

Finally, if you, the reader, have anyone in mind that you would like to see featured in one of my articles, you can send in your requests to me. I can be reached through my email pfourlar@student.concordia.ab.ca or via twitter [@PeterF_94](https://twitter.com/PeterF_94).

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PSYCHOLOGY

"Love, Defining the Passion"

by Mitchell Mabugat

Love may be one of the most complex emotions we humans experience in our lifetimes. It takes, it gives, love has always found ways to take our breath away, in moments we never thought would be possible. Even the most greatest of poets had trouble describing that warm, fuzzy feeling we all get when we look into the eyes of our beloved.

Love, in one form or another is familiar to all people, and yet what exactly is "Love"? When asked to describe what love is, it's easy to describe the feelings and emotions we have. But how do we define it exactly? Over the years many psychologist such as Elaine Hatfield, Robert Sternberg and Sigmund

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to the study of passion. In this article we will be lightly covering two of the many theories that pertain to the definition and divisions of love.

In 1973 a man by the name of John Alan Lee first introduced his theory of the "Six Styles of Love". One of many interesting and debatable theories on love, Lee described that through these six styles of love, he would be able to accurately categorize men and women to fit into each sub-division, and that, like the colour wheel, love is composed of three primary styles:

Eros: Loving the ideal of a person both physically and emotionally.

Ludos: A type of love that is played as a game or conquest. (Could result in many partners at one time.)

Storge: Love that stems from friendship over time.

Just like the colour wheel, these 3 styles of love, can be



combined to create complementary colours. Resulting in three secondary styles of love.

Mania: A combination of Eros and Ludos, Mania is a style of love that is obsessive. This includes emotional highs and lows, jealousy, and very possessive feelings.

Pragma: A combination of Ludos and Storge, Pragma is a love that is practical. Lovers go into a situation with the hopes of reaching their final goal. With results that are not limited too the thought of practicality and reality.

Agape: A combination of Eros and Storge, Agape is a love that is all-encompassing and selfless. "True love".

Even with these different types of love, the exact

definition is still unobtainable. In 2004 a man named Robert Sternberg introduced, "The Triangular Theory of Love". Sternberg believed that love, in its truest form could be broken down into three parts:

Intimacy: Closeness both physically and psychologically.

Passion: Feeling of sexual arousal and attraction between the two individuals. A euphoria of being together and being close.

Commitment: The desire to remain loyal and committed to another person in a long-term relationship.

By using these three "components of love", we would be able to make a checklist using Sternberg's own 7 types of love.

BUSINESS

"Alberta's Economy"

by Emma Bott

Our provincial economy has been going through some woes; the low oil prices, slow moving economy and deficit spending by the government. This article is just to present some facts and information. I am not going to say what Alberta should and shouldn't do. At Christmas, I was struck by a man on the news at a community dinner for the less fortunate. He said how last year, he was donating to the charities, but was now using these same charities for support. This sobering moment truly shows how quick an economic boom can bust.

Alberta is a province that has been viewed as wealthy because it has a commodity based economy focusing on oil. The prices of this commodity however, is declining fast. Alberta's GDP is made up by the energy sector (25%). The current oil

prices are not sustainable. Oil is currently in \$30-\$40 range per barrel.

Alberta has always been fortunate to have a top credit rating (a triple-A rating), something it has been able to maintain even with the recent economic woes. While the good credit rating is staying currently, the future does not look as sunny. The reason? The province of Alberta owns Alberta Treasury Bank (ATB). Currently ATB has more loans outstanding than in deposit. In 2015, there was 37 million in loans outstanding and \$30 million in loans in deposit. These loans are a risk to Alberta's overall credit rating. Right now, the risk is small, but it is growing and it can keep growing to a size where it can do serious damage to Alberta's credit rating. You might be wondering why ATB kept lending? They wanted to keep a cash flow for small and medium businesses in this time of economic bust. Basically, they followed the old motto, you got to spend money to make money. ATB also wanted to increase their market share and saw this as an opportunity. The NDP government

approved their decision.

How is the NDP government reacting? Their goals are job creation and diversification of the economy, so that future hits to the price of oil does not wound Alberta so critically. The goal for the new budget is only have 15% of the GDP of debt. There are two areas that the NDP government will not use to raise funds; a provincial sales tax and health care levy. A recent report, Diversifying the Alberta Economy: Capitalizing Intangible Assets highlights the importance of intangible assets in economic success.

The official opposition, the Wildrose Party wants to host a job summit. There are two purposes of for this job summit: (1) review the damage done to the economy and (2) see how government policies are affecting businesses.

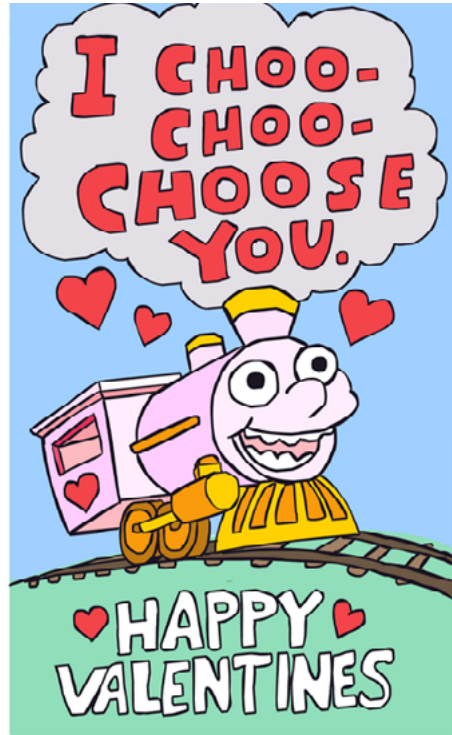
Fort McMurray is the community that has been hardest hit by the energy downturn. Most likely because the energy industry is the backbone of city. There has been tens of thousands of layoffs. Most of these workers were in fly in and

fly out positions. What makes their situation so much worse is that prices for rent and other living costs became inflated due to the isolation of the city as well as the previous success of the oil and gas industry. Rental properties are now 30% empty. There is a house on every block for sale. There are roughly 2 550 hotel rooms empty. The Fort McMurray airport is half as busy as it was this time last year. The food banks have soared in the demands needed. Fort McMurray is on the road to looking like Detroit after the auto-industry bust in the United States.

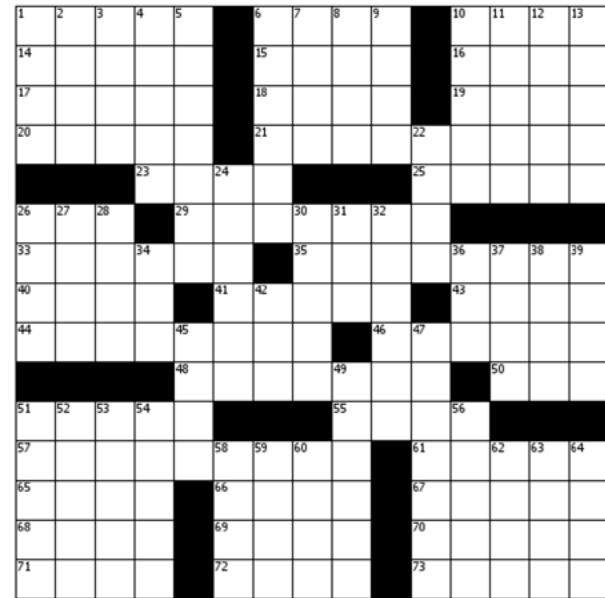
The current economic problems in Alberta are creating more and more unemployment. In December, the unemployment rate was 7%. with the loss of 3 900 jobs. Every person in Alberta likely knows someone who has been laid off due to this economic downturn. The purpose of this article was to provide information and not to give an economic solution. I understand that this a touchy subject for many. Albertans all have their own ideas on how to turn the economy around.

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FUN & GAMES



- Across**
- Those who fib
 - Drinks like a dog
 - Served perfectly
 - Narrow channel
 - She, in Marseille
 - Of sound mind
 - Ranch animal
 - Perceived
 - High-flying toy
 - Sheriff's helpers
 - Dispersed
 - Alleviate
 - Smells
 - Maui garland
 - Xylophone's kin
 - Writer ____ Hemingway
 - Most in want
 - Pleasing
 - Picture
 - Sleeveless garment
 - Earring shape
 - Dissertation
 - Lizard or snake, e.g.
 - Explosive letters
 - Hot sauce
 - ____ Sea Scrolls
 - Conducting contact
 - Modernize
 - Opera star
 - Neighborhood
 - Serpent
 - Constantly
 - Telephone
 - Colorado ski resort
 - Coral ridge
 - Building wings
 - Baker's need



- Down**
- Speak imperfectly
 - Fascinated by
 - Pub brews
 - ____ Witherspoon of "Just Like Heaven"
 - Small rivers
 - Inferior
 - A Baldwin
 - Entreaty
 - Posted
 - Inquired
 - Nile city
 - Go inside
 - Property documents
 - Warty amphibian
 - Sarcastic writing
 - Fasting time
 - New York's canal
 - Ancient Peruvian
 - Not fitting
 - ____ Ryan of "Sleepless in Seattle"
 - Ladybug, e.g.
 - Eternally, in verse
 - Skating surface
 - Toward the sunrise
 - Twirl
 - Midterm, e.g.
 - Broom's kin
 - Mild oath
 - Rumor
 - Guiding principles
 - Passover feast
 - Animated
 - River embankment
 - Winter accessory
 - Thickly populated
 - Speed contest
 - Unwritten
 - Wooded valley
 - Wine-producing valley
 - Supplements
 - Departed

SUDOKU

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1	5			9					2
		6			3			5	



TODAY I BEGIN TO UNDERSTAND WHAT LOVE MUST BE, IF IT EXISTS... WHEN WE ARE PARTED, WE EACH FEEL THE LACK OF THE OTHER HALF OF OURSELVES. WE ARE INCOMPLETE LIKE A BOOK IN TWO VOLUMES OF WHICH THE FIRST HAS BEEN LOST. THAT IS WHAT I IMAGINE LOVE TO BE: INCOMPLETENESS IN ABSENCE.

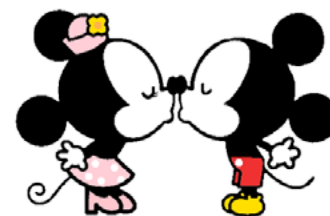
Sternberg's Theory of Love:

Non-love: refers simply to the lack of all three components of love. Non-love refers to the everyday casual relationship we have in our lives.

Liking/friendship: refers to the set of feelings one experiences in friendship. A bond or closeness that has no underlying feelings of passion or commitment.

Infatuated love: results from the experience of making love. Romantic relationships often start out as infatuated love as intimacy develops. but without developing intimacy or commitment, infatuated love may disappear suddenly.

Empty love: is characterized by commitment without intimacy or passion but is still a strong commitment and bond between two people.



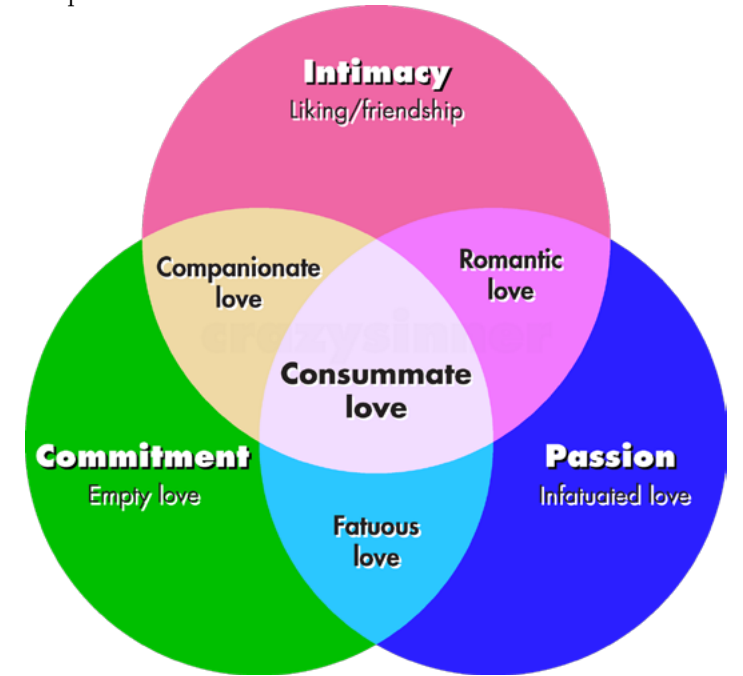
Romantic love: A combination of the intimacy and the passionate components of love, romantic lovers are not only drawn physically to each other but are also bonded emotionally, though they are not fully committed to each other.

Companionate love: an intimate, non-passionate type of love that is stronger than friendship because of the element of long-term commitment. For example a couple who has been together so long that they no longer feel the passion they once had. But still have a intimate, and committed relationship. This type of love might also be characterized by a "brotherhood", or "sisterhood".

Fatuous love: is a type of love that features passion and commitment but lacks intimacy. An example being a brief or impulse marriage.

Consummate love: The most complete form of love, represented by an ideal relationship which all couples should strive towards. Consummate love features intimacy,

commitment, and passion. But although this is the optimal love to have, Sternberg claimed that once consummate love was achieved, it would be harder to maintain and may not be permanent. If, for example passion is lost over time, then the consummate love would turn into companionate love.



Sternberg

believed that the balance between intimacy, passion, and commitment would shift throughout the span of the relationship. And that by understanding the three components and seven types of love, couples

can recognize what they need to improve upon, what they should avoid, and even when a relationship has run its course.

This warm, pleasant feeling we share may have its ups and downs, but still there is something unique and addicting about love that no other

feeling can quite compare. Love brings tears to monsters and strength to the weak, it builds and breaks. So whether it be Lee or Sternberg, it doesn't matter, because I believe that the true definition of love, will always lie on the tip of our tongues.

LOCAL TALENT

cause we had the equipment.

"Royal Studio" by Kayle Sieben

Just five minutes north of Edmonton lies a creative commons unlike I've ever seen in my life. As I pulled up to Royal Studio, the building appeared to be just an oversized garage, but when I walked in my jaw hit the floor. Wall to wall the entire studio is littered with instruments; guitars hanging on the wall, several pianos, multiple drum kits, and the thousands of dollars' worth of production equipment in the back room. As an added bonus, there are three old-fashioned arcade games in the lobby area. Royal Studio is run by two brothers, Arnel and Scott Ethier. Here, the two live out their dreams fueled by passion and the desire to learn and be the best they can be. I had a chance to sit down with them.

Kayle Sieben: You two have been making music your entire lives, how did it transition from being a hobby to being a lifestyle/ career choice?

Scott: Well, it all started when we were in our first band together and we wanted to record our own demos, and our dad had the bright idea to record junior high bands. So, he originally started the studio recording a couple different bands around the city. He would sell the CDs as a fundraiser for the music program. Arnel got wind that one of his friends wanted a recording and that was the first band that we got paid to record. Basically just be-

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Arnel: That was when I was at Archbishop MacDonald, in high school. The first professional recording that you could say Royal Studio has done was when we were like, what, 14? 15? First paid recording was with our dad and our uncle. It actually came out of a soundboard to a VCR, and we recorded the audio to the VCR tapes. They sold hundreds upon hundreds of that CD because it was the Edmonton Catholic School's All-city Jazz Band. From there, we spent the next five years working on our own stuff, trying to figure out what worked and what didn't. In between that there were friends that we had that wanted to record, and we did that out of our living room for a long time. Seven or eight years. I don't know when it really stopped being a hobby. The interesting thing is that it never really felt like a hobby. It was something we wanted to learn; something we wanted to be good at. Instead of a hobby it was more of a goal. We'd listen to songs and be like 'how do they make it sound like that? I want my snare to sound like that, or why do my vocals not sound like this?'

Scott: We even paid to have the best mastering technician in Canada to master our songs, just because we wanted him to hear it. And we were just hoping for feedback; like try this or try that. A couple of times we got him to give us a little advice upon getting our tracks back, but that's basically how it started. Just out of curiosity and having fun.

KS: Do you two prefer the 'behind the scenes' production of other artists or creating and mastering your



own music?

Scott: We look at every single piece of music we hear as blueprints for ideas and things to try. When new music comes out we get really excited because it's somebody else's expression, as far as an engineer goes. I think the average listener looks at it as just another song; this song sounded good, this song's not bad. We go into every song and analyze it, 'how did they do that bassline' or 'how'd they get the drums to sound like this.'

Arnel: Something that we tell every artist that comes to work alongside us is that when we work with somebody, we fully understand that we're putting our names beside theirs. By them saying 'yes we want you guys to record our album' they're giving us a lot of their

heart and soul. We're just as much a part of it, making it sound the right way, as they are writing the music. We have the power to wreck somebody's CD and I don't want to be the guy that does that.

Scott: As far as the creativity goes, we have the exact same amount as the artist does, but in a different way. It's our job to make sure the colours work on the canvas. I find working on our own stuff is actually harder. We can take someone's idea and break it apart and make it fit on the canvas, but when it's our own idea we can spend weeks and weeks on it.

KS: What are your individual roles within the studio?

Arnel: I'd say that Scott and I share a lot of roles.

Scott: We definitely take the



weight off of each other's shoulders depending on what needs to be done. We both just fit; we know what has to be done. We've worked together for so long that there's times that we don't even need to communicate. We already know what each other is doing. There's areas where Arnel is stronger and areas where I'm stronger and we both know those areas. It's never been a power trip on who does what, we just want the best product. It's a shared role. There won't be a track that leaves this place without either of us having our hand in it.

Arnel: They say 'don't go into business with family' but we've never really run into any situations between us.

KS: It's cool that it was a

partnership before it ever became a business. It seems like it grew very organically, which isn't something that can be replicated. You guys are living the dream! Are you two still recording music of your own?

Scott/Arnel: Yes!

Scott: I think it's important to write our own music, because it always pushes our boundaries as writers, and producers and engineers go hand in hand.

KS: Will it be getting released, or is it just a side project?

Arnel: Our next project is called Aspen. It's Scott and I, a couple of friends and some

family.

Scott: It's all under wraps because we don't want to release anything until it's a sound product. We don't want to rush anything.

KS: How many artists/bands are you currently working with?

Arnel: Currently we have seven on the go with open projects, and then we have a whole bunch coming back to do their second CD or EP. We try and keep a very close relationship with all the artists that work here. We treat it like a family. Something we've adopted from our dad, is that when an artist comes here they're part of the family. They come in and this is their place too.

KS: What genres of music do you produce?

Arnel: Everything.

Scott: We appreciate all genres, and we mean that. We literally look at every genre that's out there.

Arnel: One of my favourite things to do is to grab an album that I've never heard before and giving it an honest chance. Even if I hate the first three songs, if I force myself to sit through the album at least twice through, I'll usually discover that I kind of like it.

Scott: There's always something to be learned on every single album.

Arnel: We've done like black gospel music, rap/hip-hop, metal, rock, indie, electronic, folk, country, strings, even choirs. We even recorded a band making breakfast once.

Scott: Yeah! Sizzling bacon and frying eggs in the studio here, it smelled like bacon for a week. [laughing] All the sounds

of making breakfast were the instruments and we made a song out of it.

KS: If you could pass on one piece of advice for aspiring local musicians, what would it be?

Scott: Be yourself, and nothing less. You would hate to be successful being something you're not; in anything. I'd rather be myself and at the end of the day go nowhere with it, but be 100% satisfied with what I am.

Arnel: It's very rare thing to find, artists who gain fame by being a copy of someone else. The next 'so and so' or a different version of. We live in a day and age where American Idol and shows like that kind of skew the idea of being able to make it overnight. That if you pretend to be someone else, someone will notice you. Most people who 'make it,' if that's what you want to call it, they make it because they're unique.

Scott: The most disappointing thing is when you go and see someone play some songs and it's like 'they sound just like 'so and so' or they sound like this. Once they go off the beaten path it's like 'that's what they sound like!' They should just do that, get rid of what they were trying to be. We scrapped most of our songs (for Aspen) because they sounded like somebody. Obviously we still have influences, but there's no deliberate attempt to be like someone else.

If you are an artist, or if you simply want to create music and have no idea where to begin, Royal Studio is the place for you. You can hit them up @ RoyalStudio.ca