

cer Championship was hosted at NAIT. The first game for the Thunder men was Friday, October 27 against Lethbridge University. An exciting match was extended to extra time when the Lethbridge Kodiaks tied up the 3-2 advantage made by Concordia. The tie led to thirty minutes of extra time which was virtually worthless regarding scoring opportunities. Both teams were relentless in their pursuit of a victory. Penalty kicks proved to be the deciding factor when Jake Gallagher of Concordia scored the deciding goal. Adam Ziccarelli earned the Player of the Game for Concordia.

Bronze Medal match against SAIT on Sunday, October, 29 at the Emerald Hills Sports Pavilion. Though both sides battled hard, SAIT sneaked one past Concordia to get a 1-0 lead just one quarter into the game. Each team had an excellent performance with SAIT finishing third place in the ACAC and Concordia gaining the fourth spot in the league to finish off their season. Mas Arya won Player of the Game for Concordia.

Finally, the following players were selected from Concordia to be represented on the 2017-18 Men's Soccer All-Conference Teams at the Championship

Banquet:

- **Israel Olufuwa** - Forward
- **Jose Villanueva** - Defense

Congratulations to the men and women who represented Concordia for the 2017-18 season of Thunder soccer! We're all proud of you.

The win thrust Concordia into the semi-finals against the Keyano Huskies on Saturday, October, 28. Concordia battled hard but unfortunately lost to the Huskies 4-0. Jake Gallagher earned Player of the Game for this match.

The Concordia Thunder Men's team moved on to the

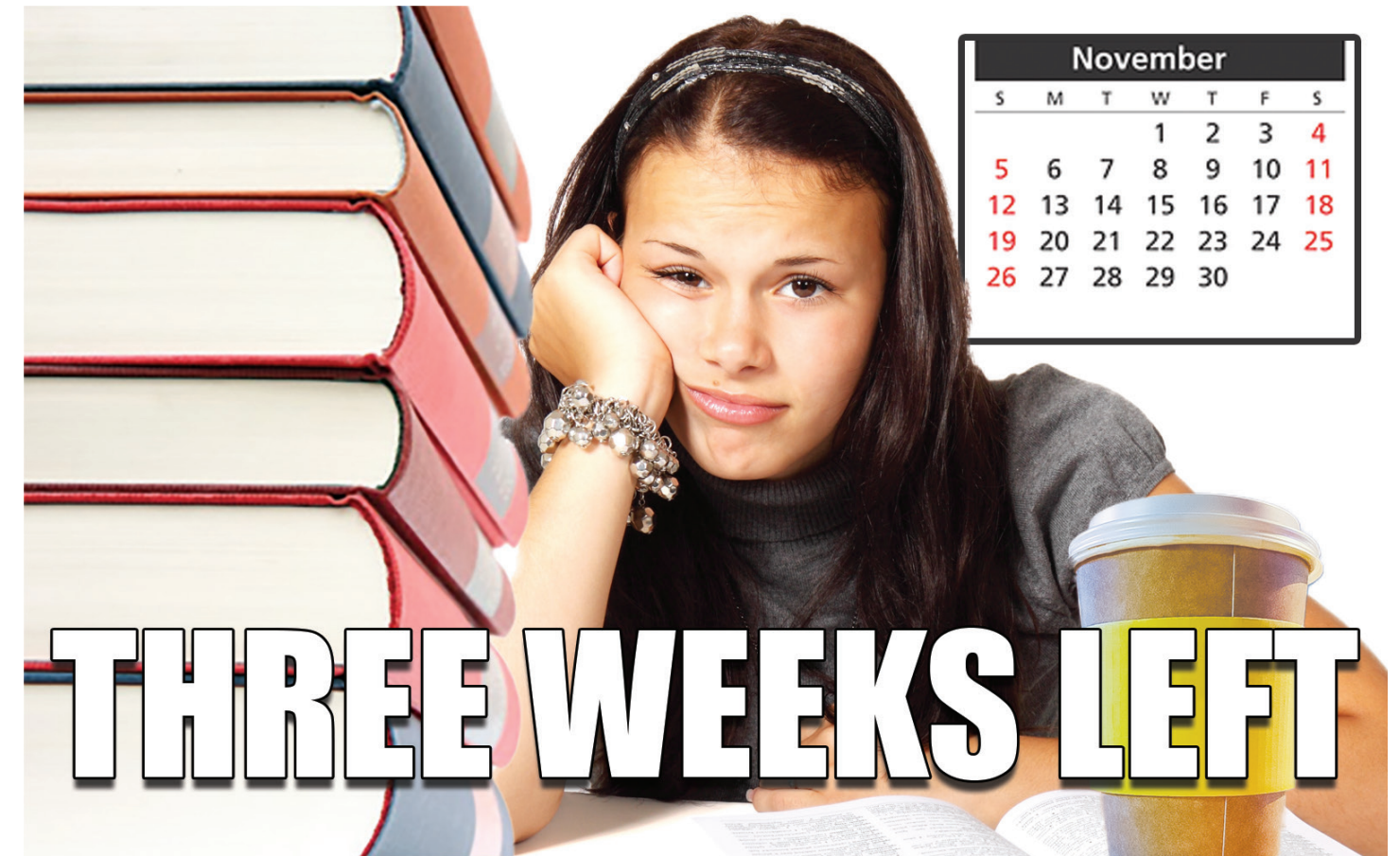


CUE THUNDER HOME GAMES
NOVEMBER 20TH - 30TH

MEN'S HOCKEY	WOMEN'S VOLLEYBALL	MEN'S VOLLEYBALL
SAT NOV. 25 TH CUE vs. UAA @ 8:15pm (Clareview Arena)	FRI. NOV. 24 TH CUE vs. KC @ 6:00pm (Ralph King Athletic Centre)	FRI. NOV. 24 TH CUE vs. KC @ 8:00PM (Ralph King Athletic Centre)
	Sat. NOV. 25 TH CUE vs. KC @ 1:00pm (Ralph King Athletic Centre)	SAT NOV. 25 TH CUE vs. KC @ 3:00PM (Ralph King Athletic Centre)

THE BOLT NEWS

COUNTDOWN TO THE NEXT BREAK



Inside:

EDUCATION - Professor Conrad van Dyk shares his thoughts on Online Educational Resources as tools for learning out of class.

LEGALIZE - Marina Gendi explores Canada's Bill C-45 and compares it to cannabis legalization solutions around the world.

AND MORE:

SPORTS AND 9/11: THE SUSPENSION OF TIME

by Macalan B-J

Sports has always been a life-changing event. In times of tragedy, sports are there to help us forget our struggles. This is certainly not limited to athletes, coaches and officials of any particular game--fans are extremely instrumental to the popularity of sports. James Harden wouldn't be making \$28.3 Million USD a year if he wasn't being watched on a nightly basis. Not only are fans instrumental to the popularity of sports, but they are also the reason sport has the power it does.

Three words: the buzzer beater. The buzzer represents time as the clock runs down in the fourth quarter with moment left in the game. You have the power to beat time. We spend our whole lives chasing this feeling, and sports give us the ability to actually beat the clock and conquer time.

The buzzer beater in basketball is one of the most dramatic and speaks to the power that sports has on human beings. Take this scenario, for example: a scored basket counts for 2 points. Team A has possession of the ball and is down by one point. The clock is down to the final ten seconds.

9...8...7...

They get the ball to the best shooter on the team.

5...4...3...2...

The player shoots the ball.

1...

The buzzer sounds and the ball is suspended in mid-air. It is headed right for the basket. In that moment,

there are only two possible outcomes. Either the ball goes in and the team A wins the game by one point, or the ball misses and team A loses by one point. When that ball is in the air at the height of its arc, time is suspended. You are not thinking about your last break-up or most recent heartache. You are not thinking about the last mass shooting or some other horrific global event. You are not worried about what happened yesterday or what might happen tomorrow. All you are worried about is the ball and the hoop.

Sports is a part of the American fabric and has been so for over a century with leagues such as the MLB, NHL, NBA, PGA, and NFL. It is the heartbeat of the nation.

At 8:46 AM on September 11th, 2001--as Flight 11 careened into the North Tower--that heartbeat stopped. The world was suspended in that moment like a ball at the peak of its arc. Instead of a team winning or losing, however, our continent was on the brink of joining a world war. The days to follow were both surreal and terrifying like a nightmare that just keeps going.

Slowly and steadily, sports were there to wake us up and the nation's heart was finally beating again. The MLB season was in the middle of a postseason race when the towers fell. The league thought it necessary to take some time off for safety purposes. On September 21st, just ten days after the attack, baseball was back in New York city. The New York Mets were playing at Shea Stadium against the Atlanta Braves. The stadium was filled. A long ceremony was held before the game to recognize both the police fire departments of New York as well as the many lives that had been lost. The ceremony ended and the first pitch was thrown--but the game felt different; it was changed. People were on edge and nervous. For 8 long innings, we thought that the world of sports was never going to recover. And then it happened. In the bottom of the eighth inning, New York Mets catcher and American sports hero Mike Piazza stepped up to the plate. Down by one run and with one runner on base, Mike Piazza hit a deep fly ball to center field. In that moment, as the ball was fly-

THUNDER SOCCER: ACAC CHAMPIONSHIP WEEKEND

by Rebekka Hay

This article highlights Concordia's Men's and Women's soccer teams. This commentary will be particularly monumental as it recaps the ACAC (Alberta Colleges Athletic Conference) Soccer Championship weekend.

Firstly, it takes rigorous determination and concentrated effort for the teams to qualify for the ACAC Provincial Championships. For both the men and women, only the top three teams from northern and southern Alberta are selected to compete. This level of soccer is exceptionally elite and exciting to watch. Therefore, it is necessary to congratulate both CUE soccer teams for their consistency and hard work which brought them to this point in the season. Great job guys! Brynn DeVries is a fifth-year midfielder for the Women's soccer team. She was able to recount the team's record for the Provincials weekend, which was hosted at Old's College.

The first game of the weekend for the women was Friday, October 27 against Medicine Hat College. At only sixteen minutes in, Rebecca Leavell scored the first goal to gain the lead. Rebecca managed to get another goal for Concordia after the half, and while the Medicine Hat Rattlers were able to slip one goal past Concordia's defense, the Thunder women's team walked away with a 2-1 win over Medicine Hat to move on to the Semifinals. Rebecca Leavell won Player of the Game for Concordia.

In the semifinals against NAIT, Brynn pointed out that "Concordia dominated the game and maintained possession throughout." Unfortunately, NAIT managed a 1-0 lead just before half-time,

which gave them the win over Concordia. Brynn stated that "the team struggled to finish" in that competition against NAIT. However, while unable to clinch a spot in the finals, the Concordia Women's team looked to improve their performance and capitalize their gameplay in the Bronze Medal match against SAIT. Gabrielle Bayne succeeded in winning Player of the game for the CUE Thunder.

The Bronze Medal game against SAIT was held on Sunday, October, 29th. The Thunder Women's team took advantage of SAIT's several turnovers and they were able to get a 2-0 lead before the end of the first half. Brynn revealed that she and her teammates "created excellent scoring opportunities," paired with the excellent goalkeeping by Kathleen Lang; our Thunder team was able to celebrate a 4-2 Bronze Medal Victory over the SAIT Trojans. Jill Sander earned the Player of the Game. Additionally, the following players from Concordia were selected for the All-Conference Teams at the 2017 ACAC Women's Soccer Championship Banquet

Awards:

- **Selina Verkland** - Goalkeeper
- **Madison Kindzierski** - Midfielder
- **Jaida Stasiuk** - Striker
- **Nicole Klepic** - Defense

For the Thunder Men's teams, the 2017-18 Soc-



REAL TRIGGERS: PTSD IN THE ONLINE WORLD

by Nicole Beaver

If you're like me, you've come across a plethora of inside jokes circulating the varying forms of social media. More specifically, you've come across some good old memes. There's a new one circulating the internet, and that is #Triggered. Since this has been brought to my attention, I feel that I should attempt to share an alternative perspective on this potentially offensive expression.

Because it is related to a disorder that 9.2% of the Canadian populace struggles with, #Triggered can be quite offensive. I am talking about Post Traumatic Stress Disorder (PTSD). Though the hashtag is meant to be humorous, it may be perceived as downplaying someone's trauma. It seems like people say they are "triggered" by something if they are angered, upset, disgusted, or offended by it. In the context of PTSD, a trigger is anything that evokes the memory of a traumatic experience/event. It's no joking matter. It's one thing to be mildly bothered by something you see and another to actually be psychologically triggered by it.

Let's take a moment to dive into the disorder itself: PTSD occurs after someone experiences or witnesses something traumatizing. In fact, just learning that a traumatic event occurred to a close family member or friend can lead someone to struggle with PTSD in certain cases. Childhood trauma, other mental health problems like anxiety and depression, a lack of a good support system, and being biologically wired to experience mental health issues may put an individual at risk of developing this disorder (although it

doesn't happen to everyone). First responders, journalists, police officers, and other professions that deal with trauma are even more likely to develop this disorder. Symptoms don't always manifest right away and they vary between people, but they mostly include the following:

- Reliving trauma via intrusive and distressing recollections of the event (flashbacks or nightmares)
- Emotional numbness and avoidance of places, people, and activities that are reminders of the trauma
- Increased difficulty sleeping and concentrating, feeling jumpy, and being easily irritated and angered

We often associate this disorder with soldiers who have faced combat and protected our freedom. I come from a family of veterans and I'm very proud of their service. However, they aren't the only ones who have gone through hell and back. People who suffer from PTSD are survivors of assault, abuse, disasters, and other traumatizing experiences. They've lived through the unthinkable and, when they are triggered, they are brought back to that traumatic experience and are forced to relive it. This can affect their everyday lives, making those afflicted avoid certain situations/environments that could lead to a flashback.

Hence my point. #Triggered can come across as insensitivity about a very serious mental illness. By taking this term out of context, you may be subconsciously minimizing the trauma that these people have lived through. As a nation who cares so much for its veterans, perhaps we should not be cracking jokes over people's real pain. Veterans, and others, deal with triggers every day. Please be considerate of your audience when you joke.

ing deep into the outfield, no one was thinking about their fear, the terror, or the towers. For that split second, all anyone was thinking about was the ball and whether or not it was going to be a homerun. It was, and Shea Stadium felt normal for a moment. That moment ended, and the stadium was once again full

of tears, except this time, the tears were due to the reminder that sports had given them: normalcy can be found even just ten short days after a horrific event.

Never underestimate the power of sports and its ability to allow us to forget, and remember.

Concordia Visual Culture Society Presents...

GAME

? THURSDAY, NOVEMBER 23rd ?

NITE

3PM - 10PM
in Tegler

WHAT I DID DURING MY SABBATICAL, OR SOME THOUGHTS ON OERS

by Conrad van Dyk,
Associate Professor of English

A sabbatical is a period of time when a professor doesn't have to teach but can work on a specific research project. Professors can apply for a sabbatical about once every seven years. Last year I was fortunate enough to receive a sabbatical (in my case, a six-month study leave), and I used it to create an OER, or: Online Educational Resource.[1] In what follows, I would like to share some thoughts about my own project, as well as about how OERs (particularly online textbooks) can help students succeed in university.

A few years ago I realized that every time I taught a first-year English course, some students needed much more practice with learning, say, parts of speech or punctuation. They just did not understand the point of an apostrophe or the difference between an adjective and an adverb; however, I didn't have time to go over every concept multiple times. The textbook did not help much either. It did not even come with exercises and the explanations were dry and boring. That's when I decided I would create my own textbook.

So, during my sabbatical, I did the lion's share of the work of creating a website on writing--www.natureofwriting.com: a website that could not only replace the standard textbook but do much more. The Nature of Writing website now has

over a hundred pages, almost 150 videos, and well over a hundred exercises.[2] It aims to cover all the writing instruction you would receive in first-year English but in a way that's more engaging than your standard textbook. Each lesson contains video instruction as well as a text-based explanation. The content is the same, but the examples are different. This kind of duplication is in keeping with a set of educational principles called the Universal Design for Learning (UDL)--the idea is that each student has a unique learning style. By providing different means of representation we can create a richer educational experience.

The Nature of Writing website is also free. In fact, that's one reason why online textbooks are the future of education. Students either pay very little or (in most cases) they don't have to pay a dime, but there are other benefits as well:

- Students always have access to the text, even if the course is over.
- Students can learn at their own pace.
- Students can get additional instruction, or repeat a lesson they didn't understand.
- Students in poor countries have access to quality education.

It doesn't take much imagination to see how OERs can revolutionize education. Too often, I hear of students who cannot afford to buy their textbooks, or who have to wait for student loans to come in first. With an online textbook, these problems are gone. Everyone has equal access.

Another benefit of OERs is that they are more easily tailored to the needs of students. An OER is considered "open" because it typically has a Creative Commons license. Usually, this means that instructors are free to copy and share the resource as long as they provide attribution (some

as driverless cars, these could revolutionize how we spend our time; gone would be the days of spending an hour or more each day focusing on commuting, as hyperloops would drastically shorten commutes. Hyperloop hub systems would enable people in distant suburban communities to be able to quickly commute into the central city, leading to the growth and prosperity of existing megacities.

Using hyperloops to ease congestion would only be economically viable in the densest of wealthy cities. Hyperloops also have the capability of revolutionising intra-regional trade and business. To live in one city and work in a different city is rare nowadays, which leads to horrific commutes, a lower quality of life, and a larger ecological footprint--hyperloops

could revolutionize this. Someone could opt to live in a different city than they work in order to stay close to family or friends or to avoid disrupting their social life and yet still feasibly commute to work. Large corridors that are connected primarily by high-speed rail and airliners, such as Boston to Washington DC, could instead be connected by a large-scale hyperloop.

While there are significant challenges facing the hyperloop concept, it also holds hope for great advances in modern technology. The influence it would have on everyday life would be immense, enabling greater regional connections and shorter commutes. While hyperloops are still in the planning phases, they hold great promise as an environmentally sustainable and rapid method of transportation.



LEVITATING INTO THE FUTURE

by Donovan Makus

What if you were able to travel comfortably at speeds approaching 1,000 km/h without ever leaving the ground? This is the idea behind a hyperloop, a transportation network that would use pods to transport people, vehicles, or freight, traveling inside of either vacuum-sealed or low-pressure tunnels using electric power. It's a technology that could revolutionize transportation in the 21st century.

First coined by Elon Musk in 2012, this technology relies on low-friction tunnels, which make it possible for pods to be rapidly transported between fixed locations that are all connected in a loop. Musk's design uses a similar principle to an air hockey table to accelerate and levitate the pods. The current designs and plans are being pursued by Musk's new enterprise, The Boring Company, focussing on a design decision to move aboveground transportation to subsurface tubes.

Though this was originally proposed by Musk, he isn't the only one to be exploring the possibility of rapid transportation. Virgin Hyperloop One, Transpod (a Canadian company), and Arrivo are just some of the other companies seeking to develop a commercially viable hyperloop system. Virgin Hyperloop One, which uses a magnetic levitation system rather than a purely air-powered system, is working on developing its technology in Europe and the Middle East. It remains to be seen which of these competitors will be the first to build a functioning, commercially viable hyperloop.

The first planned loop by The Boring Company is in Los Angeles, California. Its goal is to alleviate congestion. The next planned route is in the Acela Corridor between New York City and Washington DC. Further routes are planned between Los Angeles

and San Francisco as well as in Texas, and potentially in Europe. Virgin Hyperloop One held a competition to select which routes would be best; it is also planning routes in Canada between Toronto and Montreal, and the UK and Mexico. Other companies are planning routes in the Middle East and Asia. Despite the issues that need to be overcome, hyperloops are being planned all around the world.

While hyperloops provide enticing benefits, there are a number of potential issues and trade-offs. Large projects that push the limits of new technology have a tendency to come in significantly over their initial budget, and the private investors and governments that would be involved in a project of this scale would need reassurance that their money would be reimbursed. Current estimates for The Boring Company's Los Angeles route suggest a ticket cost of \$30 USD, but this has been criticized for being unrealistically low. Hyperloops are designed to be more environmentally sustainable than air travel, but they would still have an impact on the environment from their construction. Safety and security are also issues and, in an age of global insecurity, hyperloops cannot be easy targets. At the same time, hyperloops must be able to operate at a safety margin similar to their main competitor, the airline industry. Despite the high profile given to plane crashes, the airline industry has an excellent safety rate per capita. The Boring Company's design also calls for windowless pods accelerating at 0.5 g, a magnitude of acceleration several times greater than that of an airliner taking off, given these conditions it remains to be seen how many people would be comfortable using a hyperloop system.

Hyperloops are not without challenges, but they also hold great potential. If they become widely available and affordable, they are capable of revolutionising the 21st-century regions and megacities in the same way that commercial air travel changed the way the world operated in the 20th century. A complex pod network would enable users to avoid the effects of congestion inside of large cities, which negatively affects productivity and quality of life. Combined with other potential technologies such

mention of the original source). Instructors can thus easily share those sections of the OER that they find most valuable. This also prevents what might be called "content creep," where publishers keep adding more and more chapters to textbooks to the point where it's impossible to cover all the material in a single semester. With online textbooks, instructors can feel much more free to select those sections that matter. They might even combine parts of multiple textbooks, and, if they find that a particular resource contains errors, it can be updated immediately.

The good news is that governments and institutions are increasingly supporting and funding the creation of online textbooks. In North America, it has been the government of British Columbia that has led the way with the creation of BC Campus: a repository of online educational resources. In the last few years, Alberta has launched its own "OER Initiative," and you may want to check out the relevant websites

(<http://albertaoer.com/> and <https://bccampus.ca/>). In fact, you might be surprised to find one of your own textbooks available for free.

Yet there is one drawback to these repositories. Most of the textbooks they provide are not entirely tailored for the web. They might have some hyperlinks, and navigating them might be easier, but they are ultimately not that much different from PDFs. That's why the real challenge moving forward is to turn each textbook into its own website. Educators need to use the web as it's meant to be used—as a dynamic platform where content is organized using a clear navigational structure and individual web pages. An OER should be more than a dry textbook. Students should have access to videos and exercises that provide something of the in-class experience. Educational resources should be as engaging as any other website. I hope that this introduction to OERs will inspire students to become more vocal advocates for the creation and adoption of online textbooks. Concordia as an institution places a high value on quality instruction, and I believe is moving in the right direction by encouraging the use of OERs, not only through providing research grants for projects like mine but also by supporting instructors who wish to pilot an online textbook. The more students and instructors encourage each other to explore the use of OERs, the better off we'll all be. Could you imagine coming to school without a backpack full of books? I sure can.

[1] Full disclosure: I also went to New Zealand with my family and had a fantastic time learning more about other cultures.

[2] Please note that if you are hip enough to have a Mac laptop, you'll have to read the FAQ section on the website to use the exercises.



SHOPPING LOCAL

by Emma Bott

The Christmas season is upon us and that leads to shopping for others (and, let's be honest, ourselves too). Shopping local is a concept that more and more people are subscribing to. Local businesses can be online and they can also be your classic brick-and-mortar style shop. Buying local is more than just a feel-good concept; there is a great economic impact to staying local. Local shopping influences the fate of the community and the community is becoming increasingly dependent on it. Money needs to keep moving throughout the economy to be beneficial; when consumers shop local, their money is circulating the local economy rather than leaving it. Another benefit to shopping local is that the business owners are also alerted to the gaps in the economy (what is missing). A common argument against shopping local is that the prices are higher, but any higher costs are offset in the long run by the increase in local employment. People are buying products from people they know. Local businesses are also more likely to make decisions that directly benefit their consumers. If a Concordia student explored 112th avenue, they would find so many local businesses! I'm going to list a few of them.

Hello Iris Design is a new local business that was started by Ashley Van Der Wilk. It specialises in custom work on vinyl, glasses, signs, and more. Right now Ashley is focused mainly on glassware but she is expanding her tools and skills to include more home decor-based items. The reason Ashley decided to start her business was because she had been watching the trends of small businesses and creators take off, specifically fellow women who were growing their businesses. Consumers are starting to move away from big box stores to smaller local-run shops who offer more friendly and personalized options. Ashley has always been a crafty and hands-on individual who

wanted the opportunity to display and utilise her skills and believes that shopping local is best because local businesses are run by members of the community who genuinely care for their customers. Big box stores focus more on the bottom dollar value, so the product is not always as unique and personalised. You can check out Hello Iris Design's products on Facebook or Instagram or contact Ashley either via direct messages on social media or via email (helloirisdesign@gmail.com). Hello Iris Design also offers seasonal products in order to remain buyer-friendly. This is especially true for Christmas, where you can purchase something more homemade and meaningful.

Be-A-Bella is another one of the stores on 112th avenue and has been located there for three and a half years. It is a candy and gift store, known as "[t]he shop of delicious and wonderful things!" The owners are a husband and wife team that have previous experience in the corporate world. The idea for Be-A-Bella came from an English candy store that the husband's family once owned. I was able to speak personally with the owners about why they believe shopping local is important and they responded that "local businesses employ people in the neighbourhood and help foster a sense of belonging and togetherness." In other words, local businesses help build the community. They provide an experience as well as a product, so the customer service quality is increased. Local businesses also thoroughly understand their products; the owners of Be-A-Bella can answer any questions on any of the products in-store and are able to personally recommend products to help you shop effectively. Customers also know what exactly they are buying. The owners of Be-A-Bella want people to know that when you shop local, you make your life and city more charming, livable, and fun. I asked what effect big sale events have on their business, and they said it does not have an effect at all because Be-A-Bella and other local businesses offer something different and unique. Be-A-Bella often gets into the seasonal and holiday themes such as Valentine's Day and Easter, summer and spring. They have a wide selection of candy as well as gifts such as oven mitts,

SHOW TIME!

Here is what is playing in theaters this week:

The Lego Ninjago Movie
G

Justice League
PG

Thor: Ragnarock
PG

A Bad Moms Christmas
14A

Daddy's Home 2
PG

Jigsaw
18A

Murder On The Orient
Express
PG

Wonder
PG

Armenia: Proud and Fierce-
Passport to the World
G

The Star
G

Cinaplex North

7	5	1								
3			1	7		2				
			6				1			
4	1		8			5				
2	6		5	4		3	8			
		3		7		6	4			
	7			3						
		2		6	1				5	
						6	7	2		



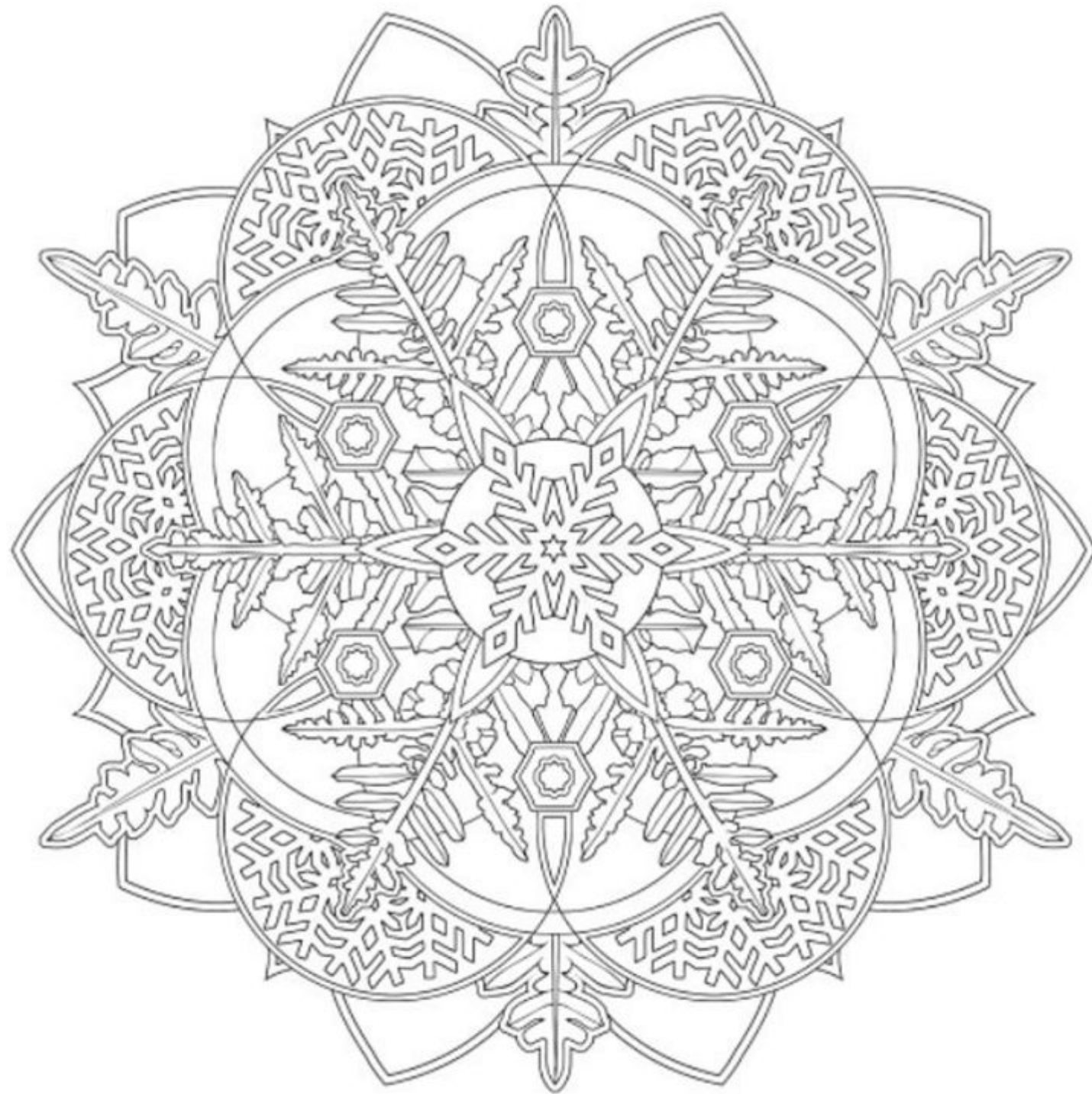
SUDOKU

CROSSWORD

- Across**
- 1. Latch on to
 - 6. Part of an abbey, perhaps
 - 10. Kids' getaway
 - 14. Studio alert
 - 15. Santa's revenge
 - 16. Xenia locale
 - 17. Aerial maneuver
 - 19. Solidifies
 - 20. Oil or gas, e.g.
 - 21. Vapid
 - 22. Run around naked
 - 26. Harangues
 - 28. Haydn genre
 - 31. Phrase spelled in pictures
 - 32. Some noblemen
 - 33. Emeril's word
 - 36. "The Haj" author
 - 37. It holds a ballerina's leg
 - 38. Barn-dance seat, perhaps
 - 39. Oyster's place
 - 40. Battle of the ____
 - 41. Campeche cash
 - 42. Some speedy transports
 - 44. Soon
 - 47. "Annie Get Your Gun" subject
 - 48. Quietly understood
 - 49. Circle or final start
 - 51. Newspaper section, briefly
 - 52. Threat at sea
 - 58. Iridescent gemstone
 - 59. Grad
 - 60. Mirror's offering
 - 61. Bit of force
 - 62. Sounds from baby
 - 63. Bass-baritone Simon

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
			20				21						
22	23	24	25			26	27						
28					29	30							
31					32				33	34	35		
36					37				38				
39				40					41				
			42						43				
44	45	46						47					
48						49	50						
51						52	53			54	55	56	57
58						59			60				
61						62				63			

- Down**
- 1. Jack-tar
 - 2. Transfer ____
 - 3. Swiss river that flows into the Rhine (Var.)
 - 4. Respectful term
 - 5. Some economical homes, briefly
 - 6. For many, it may be a lot
 - 7. Combine
 - 8. Erie mule of song
 - 9. 90-degree shape
 - 10. French brandy
 - 11. A good way to leave Vegas
 - 12. Hundred Acre Wood creator A.A.
 - 13. They're struck by models
 - 18. New Testament book
 - 21. It controls a pupil's size
 - 22. Clean with elbow grease
 - 23. Expression of sympathy, when doubled
 - 24. Fanatical
 - 25. Earthbound Aussies
 - 26. Small tower
 - 27. Greek getaway, e.g.
 - 29. "I mean it!"
 - 30. "The Simpsons" character
 - 33. Pesto base
 - 34. Isolated
 - 35. Like some divorces
 - 37. Kind of pen
 - 38. Falcon feature
 - 40. Target of a joke
 - 41. Treeless plain
 - 42. Show resentment
 - 43. Hefty volume
 - 44. Didn't get a seat
 - 45. Start of a seasonal greeting
 - 46. It has arms and waves
 - 49. Self-satisfied
 - 50. Jane Austen title
 - 52. Old witch
 - 53. ____ carte
 - 54. "____ Pinafore"
 - 55. ____ and run
 - 56. Mature
 - 57. ____ Plains



reusable shopping bags, clothing, bags, socks, toys, wallets, and change purses. If you're unsure of what to buy for someone on your Christmas list but you think they would like the products at Be-A-Bella, they have gift cards! To contact Be-A-Bella, you can go into their store, phone them at 587-521-8085, go to their website www.be-a-bella.com, or find them on Facebook.

Majesty and Friends is a local boutique in the Highlands neighbourhood that carries local brands and a large variety of products. This company believes shopping local is important because "we want to support Edmonton's economy and local artists!" They are currently carrying Christmas-themed products such as ornaments, Justine Ma candles, and amazing flavours of the Violet Chocolate Company. They have gifts and stocking stuffers. This September, Majesty and Friends hosted a Harry Potter-themed pop-up shop. When asked whether online shopping affects their business, Majesty and Friends replied that it doesn't have much of an effect because their products are handmade and customers know where to get them. People that shop only in malls or online don't always appreciate handmade artisan goods and therefore are not always the targeted customers of Majesty and Friends. Big sales day shoppers, known as "bargain hunters," often congregate at malls instead of local shops. This is beneficial because it is hard for artisans to discount their items due to the high cost of materials and labour involved. Discounting their work would cut into the fair wage they make off the product. Majesty and Friends would like to thank people for shopping local! Without people shopping local, artisans and local business owners would not be able to pay their mortgages or feed their families (cats included).

Mandolin Books and Coffee Company is another local business in the Highlands area on 112th avenue. As the name suggests, they are both a coffee shop and a bookstore. On the coffee shop side, they offer what you'd expect from an independent coffee shop: a full selection of specialty drinks made from locally-sourced coffee beans, teas, baked goods, and a small selection of sandwiches and other savoury

foods. They serve Catfish Coffee (roasted in Sherwood Park) and sell their beans in retail bags. On the bookstore side, they boast a wide variety of used books, both fiction and nonfiction, for both children and adults. Their books are in such good condition that occasionally, people actually ask if they are new. The selection changes often. They also have a few new books on consignment written by local authors. They are known for being a favourite destination for people who live, work, and study nearby, and Mandolin is proud to be such an important community hub in Highlands. The owner, Lianne, shops locally as much as possible, because it is "more enjoyable and satisfying." She is always pleased to connect with the vendors and creators of local product. She also knows that local shopping helps build a stronger economy. Mandolin's most popular items around Christmas are gift-worthy items such as gift cards, collectible books, coffee beans, pottery mugs from Deep in the West pottery studios, and seasonal art as well as greeting cards. They also have an impressive selection of Christmas-themed books that find their way onto the shelves each year. So if you are looking for Christmas recipes, crafts, decor or stories, they might just have the perfect one. And don't forget their seasonal drinks...care for a Santa's Sleigh Tea Latte? Coming to Mandolin is as much about the experience of spending time in a cozy space as it is about the products. Half of the products can even be ordered online! Recently, they expanded their business to list some of their more unusual and valuable books on the online site (ABE Books). Big retail sales don't have that much of an impact on Mandolin, because they are not competing for sales on the same products. The greatest passion at Mandolin is to provide a friendly, comfortable space for people to gather. They hope that everyone who drops in feels welcome and leaves with a smile on their face. That delicious drink or unexpected treasure of a book is just a bonus!

Shopping local is beneficial to the consumer, the business, and the local community. It's good to know the benefits of shopping local--check out some of these great local businesses this season!

PEER SUPPORT AT CUE

by Courtney Hunt

Hi Concordia! I'm sure you've seen the posters around the school advertising the new Peer Support service here on campus, but it may still be unclear to you what Peer Support is all about. In a nutshell, the premise of Peer Support is that trained student volunteers are available for all students on campus to have a one-on-one, productive conversation about any challenges students may be facing in their lives along with the opportunity to come up with an action plan to move forward. All conversations are confidential, and the Peer Support volunteers can provide students with resources and referrals if our service is not quite enough.

There are Peer Support programs all over Alberta, including at U of A and Grant MacEwan here in Edmonton. This year is Concordia Peer Support's pilot year, and therefore we welcome any feedback or suggestions you may have that can help us improve the program throughout the year and for years to come. The Peer Support volunteers have gone through a training program in supportive listening similar to that of peer supporters at other universities, and are students just like you! You might be wondering, "who uses Peer Support?". The service is open to all Concordia students, and we can discuss a wide range of challenges you may be facing - big or small. The service is meant to be empowering, and therefore we will help you to come up with your very own action plan that is unique to your needs and that works best for you! We will provide the space for a confidential, non-judgmental, one-hour conversation in which we will listen and guide you in moving forward. If this sounds like something you're interested in, please come

by during our office hours and we can talk! The Peer Support Office is in room A212, which is the previous location of the Student Benefits office right across from the CSA headquarters. Our hours of operation are: **Monday (11am to 1pm), Tuesday (10am to 12pm), Wednesday (10am to 12pm), Thursday (11am to 1pm), and Friday (12:30pm to 2:30pm)**. During holidays and reading weeks the hours are subject to change, so please check the notice board by the office for any changes. Peer Support is a drop-in service, so there's no need to make an appointment! Come by during our office hours, and as long as we aren't meeting with another student we'll be happy to meet with you! If the Peer Support worker is in a session with another student when you drop by, please feel free to drop by during office hours later in the day or later in the week.

I hope I have helped to clarify the role of Peer Support at Concordia and I hope you now have a better understanding of the service we provide on campus. If you have any further questions about the program or suggestions as to how we can improve, please feel free to email peersupport@concordia.ab.ca or drop by A212 during our office hours.

PEER SUPPORT PROGRAM

1 hr conversation with a trained listener about the challenges you're facing. Confidential and non-judgmental. Referrals provided too.

MONDAY: 11:00 AM - 1:00 PM
TUESDAY: 10:00 AM - 12:00 PM
WEDNESDAY: 10:00 AM - 12:00 PM
THURSDAY: 11:00 AM - 1:00 PM
FRIDAY: 12:30 PM - 2:30 PM

* check A212 notice board for updates on hours

FOR MORE INFO EMAIL PEERSUPPORT@CONCORDIA.AB.CA OR DROP BY A212 DURING OPEN HOURS

tion policy regarding soft drugs." That being said, the conditions that these coffee shops are under are strict. Furthermore, the Public Prosecution Service does not "prosecute members of the public for possession of small quantities of soft drugs." The common misconception is that pot is legal in the Netherlands, but that isn't quite true--authorities simply turn a blind eye to the usage of cannabis. The actual process of growing weed itself is illegal and coffee shops get the weed from growers in the black market, drawing a murky line between the usage of weed and how legal/tolerated it is. The good news is that "[a]fter 50 years of a

semi-prohibition like legal situation, a bit has finally passed." This bill entails the proper growth of marijuana through commercial growers, recognised by the state. Growers will also be "tolerated," making the legalisation of cannabis very loosely regulated by the government.

Will the legalisation of Cannabis be heavily taxed in Canada just like California? Or will take a few years for the bill to be instated? It is still up for debate. However, I think it is safe to say that we will not be adopting the Netherlands' toleration policy, even though it seems to be the most liberal approach.

CONCORDIA UNIVERSITY OF EDMONTON

STUDENT SUCCESS CENTRE

GRAND OPENING!

TUESDAY, NOVEMBER 21ST
HAC MAIN FLOOR, FROM 11 AM TO 1 PM

CANNABIS IS COMING

by Marina Gendi

Bill C-45 is underway: the legalisation of cannabis throughout Canada; however, it is still too early to evaluate how exactly the legalisation of cannabis will be regulated. One thing is for sure: Trudeau is in a hurry to get the bill settled by July 2018. But what's the rush? He argues that "criminal gangs and street gangs are making millions of dollars of profits off the sale of marijuana, and we need to put an end to this policing that does not work." But is that the real reason he is in such a hurry, or could it be that he cannot wait for the extended revenue the government will receive? Is legalising marijuana going to eliminate the use of the black market? Other countries around the world have already adopted or will be utilising different types of legalisation, and all of them have had their various issues.

California is ready to adopt the legalisation of marijuana. However, the citizens living in California might not be too happy about the taxation laws that will be enforced. Some of the issues that California might be facing in January 2018 pertaining taxation, according to Grace Donnelly, include a 15% levy on all cannabis sale in the state (including medical marijuana). This could mean a 70% increase in the price of cannabis. Another issue is a tax as high as 45%. She argues that the agency has the potential to collect \$1 billion in tax revenue per year. The legalisation of marijuana in California will not ensure that the black markets will go out of business; it will rather magnify their rise due to the integration of cannabis now being seen as socially acceptable. It is too still too early for Canada to evaluate the taxation of cannabis, but California's predicament could be a stark parallel to ours. Five other states have begun the process of creating the proposed legalisations, some being set for summer 2018. Donnelly mentions that Nevada will receive a 15% revenue from taxes

on wholesalers and a 10% tax on local state's rainy day fund. She also mentions Washington levying a 37% tax on adult-use weed purchases, which was enforced at the beginning of July 2014. Individual states in the United States are legalizing the regulation of cannabis using different approaches. What will this mean for a country like Canada, which has ten different provinces?

South Africa, like Canada, is in the process of legalizing marijuana. In fact, South Africa is the first African country to grant a license for medicinal marijuana. South Africa's adoption of legislation stems from the standpoint that marijuana will be influential to the country's revenue, since "Lesotho's decision to view marijuana as a source of national revenue rather than a petty crime marks a shift" in the economy as well as the revenues attained for the country. However, South Africa still has a long way to go before the legalisation will become official: "the ruling still has to be solidified by parliament and pass through the constitutional court, which could take years." Could Trudeau's rush to legalise cannabis be due to this example witnessed in South Africa and the fear that the legalisation will be prolonged? Netherlands is a country that is also in the process of legalising Cannabis, but not in the same way as other countries. Marijuana is already legal in coffee shops, as the Government of the Netherlands has a "tolera-



PIRATES OF THE CARIBBEAN: UNIVERSITY EDITION

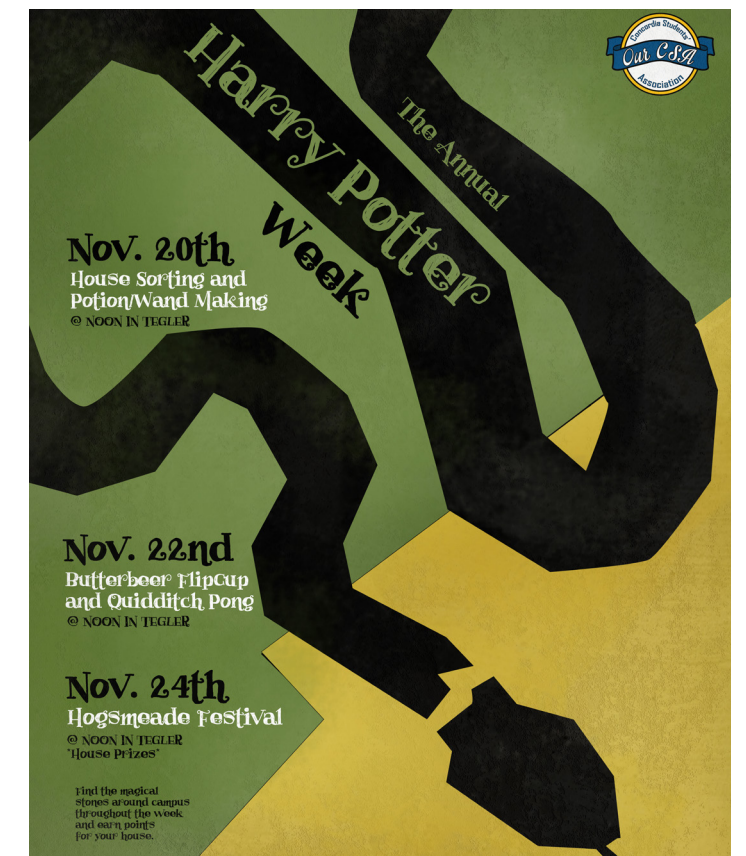
by Allison Crawford

Have you ever wondered what it would be like to live on an island? You're probably wondering why I am asking such a question and what kind of circumstances would lead to living on an island. Some of you may picture a Pirates of the Caribbean-type situation: being stranded on an island with a 'broken' compass, a pistol with one bullet remaining, and maybe a bottle of rum – or should I say a few bottles of rum? Metaphorically, you could be Captain Jack Sparrow, and the broken compass could represent the current semester and the pistol with one bullet remaining could represent this past reading week.

Reading week is a time for us, as students, to do quite a few things. These include decompression and relaxation, playing catch-up or keep-up on assignments and, hopefully, getting ahead in your assignments and readings. Overall, there are 168 hours in a week, but when you factor in the norm of 7 hours a night for sleep, you've only got 119 hours. What you do during the remaining 119 hours is totally up to you. If you're extra handy at using your time wisely, then completing what you have on your to-do list should be easy peasy; if you're a master of procrastination, then I assume you'll become highly acquainted with Netflix, your BFF, and your long-lost BFF, sleep--something we, as students, are chronically deprived of. For us procrastinators, it is one thing to procrastinate and it is another thing to have a game plan all mentally mapped out. Most of us only differ from those non-procrastinators in the

sense of putting our game plans into action; I am one of these people myself. Sometimes, you can start working on your game plan but the first item consumes so much time that you feel like you've gotten nowhere and have essentially accomplished nothing. I'm sure this isn't the first time that this has happened to many of you, and it probably won't be the last.

So however you spent your past reading week, whether it be sparing the remaining shot in your pistol or using it, these next few weeks en route to finals will be tough. Just know that, as you metaphorically become Captain Jack Sparrow, one can only think that "the seas may be rough, but I am the Captain! No matter how difficult I will always prevail." Then, once the term has ended, we can say to each other, "well done mates. I knew you had it in you. Now, come back next semester and we'll do it all over again, eh?"



SURVIVING THE SEVEN SEAS

by Tyler DeWacht

If you've been paying attention to the news lately, you may recall the story of the sailors lost at sea. I'll give a quick recap for those who haven't heard it. Two sailors and their dogs set out from Hawaii for a sightseeing trip that was supposed to last two weeks, but a large tropical storm knocked out their communications and left them adrift for almost 6 months before they were rescued by the USS Ashland around 900 miles southeast of Japan.

However, some discrepancies have appeared in their story. They claimed the storm occurred on May 3rd, the first day of their voyage. However, the National Weather Service found no signs of a tropical storm occurring on or around that date, which was further confirmed by NASA satellite imagery records. There was a functioning emergency beacon on board which was never activated because they didn't see the situation as severe enough yet. They also claimed they had six alternate forms of communication, all of which failed simultaneously. These inconsistencies are currently being investigated.

That sums up most of what we know right now. Regardless of the validity of their story, I'd like to pose a question to you: Could you survive if you were stranded in the middle of the Pacific Ocean? Hopefully you'll never end up in a situation like that, but if you do, you should be prepared.

Your first concern is water. A good rule of thumb is to bring more than you think you'll need for the time you plan to be gone, but once that supply is gone, you'll need to turn to other strategies. You can go for a while without food, but you'll be dead before a week passes without a drinkable source of water. You

may be surrounded by water, but don't drink straight from the ocean. You'll only get thirstier due to the high salt content, not to mention all the potential diseases you could catch. Bring something along which can purify it, like a couple of water filtration machines or a lot of purification tablets. Collecting rain water is a good idea, though that's dependant on the weather. As a last resort, you could be like Bear Grylls and drink your own urine. Not exactly the most appealing option, but it's still marginally better than saltwater.

What about food? You should always bring emergency rations in addition to your planned food stock, no matter how long you plan to be out. At least a month's supply of rations is preferable, but more is better depending on how much space your boat has. Don't eat more than you need to survive; you'll want to ration what you have since you don't know when help will arrive. Animals are a good food source provided you have a way to catch them, and the blood of birds or turtles can be used to satiate your water needs in a pinch. Not fish blood though--too salty. Things get caught in seaweed sometimes, so try pulling it in to see if there's anything edible or useful in it. The option of cannibalism exists if you're not alone. While I do not personally condone cannibalism, desperate times may call for some desperate measures.

Next up, shelter. Assuming you're on a boat or raft, you already have a source of shelter. If you're not on a large floating object...it was nice knowing you. Unless rescue comes quickly, you don't stand much of a chance. Also, don't fight the current, you'll just waste energy and die faster. To those on a large floating thing, stay in the shade when the sun is strong. If there is no shady area or cabin, improvise with a secure tarp. In stormy conditions, grab your stuff, secure it, and stay below deck or underneath your tarp, because there's a lesser chance of you and your belongings getting washed overboard. A tarp, in general, is a good idea. It has many potential applications.

Aside from what I've just mentioned, make sure you have a way to stop leaks. A flotation device such as a life jacket should go without saying. As well, bring

something you can entertain yourself with for long periods of time because there's only so many things you can do on a boat in the middle of the ocean before you get bored. Rope is useful for tying things down when the weather gets rough. A sharp object like a knife is always useful, both for cutting things and defending yourself if the need arises, such as in the case of a shark attack. In the event of a shark attack, keep calm and attack their eyes, snout, and gills.

Let's talk about communication. Don't be like those sailors. If you have a functional emergency beacon, use it as soon as you realize you're stranded--don't wait until you're close to death. It usually only takes a day or two at most for someone to pick up on that signal and find your location. The less time you're stranded, the less likely it is you'll die. If you don't have a working beacon, there are other ways of calling for help. You could try your phone, but don't expect good reception. A radio is help-

ful, especially if it's a two-way radio; you can attempt communication with other vessels that way.

As for when a potential rescuer is visible, smoke signals are effective during the day. However, please remember that you're on a boat in the middle of the ocean. Your resources are very limited, so most things will be wet or damp anyways. You can use a mirror or some other reflective surface to catch the attention of your rescuers, but be careful with that, because setting your boat on fire is a very bad idea. If you have flares, try shooting those off. Wave a flag, tarp, or large piece of fabric around, as moving objects tend to attract more attention than still objects.

Now you have some helpful survival information. If you ever go sailing out on the ocean, it might be a good idea to remember some of these points, because they may just save your life one day. Stay safe out there, and make sure you're prepared for what the future may bring.



PHOTOS WILL BE DISPLAYED ON CAMPUS!

COMPETITION DEADLINE: JANUARY 1ST

PHOTO CONTEST

The International Office is hosting a photo contest as part of our Intercultural Days event, which is taking place in January. The theme: urban sustainability. Can you submit a photo that captures urban sustainability in Edmonton?

CONCORDIA UNIVERSITY OF EDMONTON Find us online: concordia.ab.ca/international

SUBMIT VIA

Facebook Messenger: fb.co/ConcordiaInternational

Email: amanda.thorson@concordia.ab.ca

QUESTIONS? Visit the International Office

CAN YOU TAKE A PHOTO THAT SHOWCASES URBAN SUSTAINABILITY?

NO RESTRICTIONS ON TYPE OF PHOTO OR CAMERA USED. FEEL FREE TO USE YOUR PHONE!

THERE WILL BE A PRIZE GIVEAWAY!