

## THUNDER HOCKEY VS TOP RANKED AUGUSTANA

by Scott Bancarz

This weekend the Thunder faced a tough matchup against the Augustana Vikings. Friday night at home the Thunder stumbled out of the gates and spotted the Vikings a 3 to 0 lead after the first period. The Thunder fought hard and played better in the remaining 40 minutes but were did in by some penalties and ended up dropping a 5 to 2 result. Saturday night the Thunder traveled to Camrose and came out fast against the Vikings.

Ian McLellan scored just 35 seconds into the game but the Vikings came back with a goal of their own on a late power play and the teams ended the first tied at 1. In the second frame, the Vikings took the lead only to see the Thunder storm back with a late goal by rookie Jordan Busch to set up a furious 3rd period. The Thunder missed a few key chances to score and a lucky deflection led to a late game winner for the Vikings. Three to two was the final. Despite the losses the young Thunder team has played well and is looking forward to trying to get back in the win column next weekend against Portage College. The home tilt goes Friday night at 8:15 PM at Clareview.

## CONCORDIA MEN'S BASKETBALL TIE UP PRE-SEASON

by Scott Bancarz

The Thunder wrapped up their 2016 preseason schedule with two wins over Burman University - 102-59 on Thursday in Lacombe and 89-53 on Saturday back in Edmonton. Sandwiched in the middle on Friday was the 1st Annual Thunder Men's Basketball Alumni Tournament which was a huge success. 30 Thunder Alum came back for the event and showed they could still play! The current Thunder - using a split

## THUNDER ATHLETICS

squad - was able to hold off the 2005-2010 Thunder Alumni in the final. "We're very grateful for so many Alumni coming out for the event. Several travelled in from out of town to be here and come play some ball. Having so much support from our past players is awesome and means a lot to me as a coach and I know the current players were happy to meet some of the greats from year's past. We hope to build on the success of this event for next year and have even more guys out!" - Reagan Wood, Head Coach

## TURCOTTE HEADING TO NATIONALS

by Scott Bancarz

For the first time in Thunder Athletics history, a member of the Golf team will be competing in the CCAA National Championships. The Thunder Golf team's lone female member

Kassidy Turcotte has qualified for the National Tourney after finishing 4th overall at the ACAC Championships on October 2nd. Through the CCAA in-fill process, Turcotte will be heading to the easternmost point in the CCAA when she travels to Charlottetown, PEI's Holland College to compete from October 18th to 21st.

Good luck Kassidy!



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## GETTING THROUGH MID-TERMS: STUDY TIPS

by Taris Breau

At this point in the semester, all of our courses are in full swing and midterms are either coming up incredibly quickly or are already upon us. For me personally, I started stressing out when I was given my first essay assignment. It seemed that I would have such a long stretch before it was due, but now that it's already October I've realized that when you have essays and midterms in every class, the time you thought you had isn't that much after all.

So to help you out, I've decided to dole out some studying/procrastination tips that have helped me in the past, and will hopefully be my saving grace in this midterm season to come. Make a plan. Figure out what has to be completed/learned and plan it out so that you know what you have to do each day. This will help

you make sure that you're actually covering everything. Start everything ahead of time! You all probably know this one and have heard it a hundred times, but it's so important. I know I am not the only one who has a tendency to procrastinate until the final days before a due date or the exam. But because of this, I always end up scrambling around trying to finish/prep for everything. Also, remember to use your time wisely. Work a bit on your projects/studying everyday and it won't seem like such an overload. This not only makes your life easier, but studying something over a period of time will stick much better than cramming it all in a few nights before (or the night before). Rewards! Offer yourself a reward for getting a certain amount of work done. Whether it's some form of candy or a fancy drink from a coffee shop, if you have something to look forward to then you may have more determination to get the work done. This will help ward off the procrastination. Get rid of all distractions, and I mean it.

Turn off your phone or computer's Wi-Fi and hide yourself away in a quiet area. Review your subjects in different ways. Make detailed notes with different colours, make flash cards, quiz yourself, read out loud, or create a song using the information you need to know. Change it up so your brain isn't just repeating the same thing. Looking at your subject through a different technique can help you remember better. More techniques include: Write short notes and sticking them up around your house so you see them and can read them whenever. Make connections between your information and things in your day-to-day life so you can relate them back during the test. Study in groups or try to teach someone else. Make a study guide. Use your resources. If you don't understand something, use the resources that you have in your home or the ones Concordia has to offer. From the endless books in the library, to the staff, there is always something or someone who can help. The librarians are always willing and

## STUDENT LIFE

I'm sure your professors have recommended coming to them for advice. You can also talk to your peers or search something up on the Internet. But most importantly, take breaks! Take time to relax and de-stress. Midterms and finals are probably our most stressful periods at school and excessive stress can cause so many problems for both physical and mental health. Forcing yourself to work when you're too stressed is just a distraction in itself. If you've been sitting at your desk for hours upon hours, and nothing more is going into your brain, or if you've gotten to the point of pure frustration then take a moment, or a few moments. Relax a bit, go for a walk or watch some Netflix, whatever it is you do to de-stress.

So go get those projects done and those subjects studied. Good luck to everyone!

## BUSINESS

## THE FUTURE OF CANADIAN CAREERS: WHAT YOU NEED TO KNOW

by Emily Robbins

According to statistics Canada, there are currently over two million students enrolled in post secondary school, and for us students, that is a lot of future competition in the workforce. Finding a job within your field once you graduate can be a scary thought, especially with the current state of Alberta's economy. In order to use your education to its full potential, you must have a career path planned.

Canadian Business released a list of one hundred of the cur-

rent top jobs in Canada, as of 2016. The top five are as follows:

1. Mining or Forestry Manager (Median Salary - \$104,000)
2. Urban Planner (Median Salary - \$85,010)
3. Pharmacist (Median Salary - \$99,840)
4. Pilot/Flying Instructor (Median Salary - \$79,997)
5. Public Administration Director (Median Salary - \$101,920)

Inevitably, the list is constantly changing with new jobs entering the market everyday, as well as the level of demand changing for certain jobs.

In retrospect, Huffington Post released a list of Canada's fastest growing jobs in the next five years, between 2015 and 2020. The top five from that list are as follows:

- |           |                         |
|-----------|-------------------------|
| Nurses    | Aides                   |
| for       | Homecare                |
| Petroleum | Engineers               |
| Computer  | Programmers/Interactive |
| Media     | Designers               |



Information Systems Analysts  
Early Childhood Educators and Assistants

Even if you are not in school for or have any interest in any of these careers, there are still many chances for you to succeed in the business industry. Relative to the educational platforms provided here at Concordia University of Edmonton, Huffington Post also states that accountants and managers for child care services also make it on the list of growing jobs in the next five years.

The amount of young adults that are currently in post secondary striving to obtain degrees and diplomas plays a significant role in the number and types of jobs that will be available in the future. In a global article on the new job skills needed in Alberta's economy, Chris Massie, the operations manager at About Staffing stated that "any career related to technology is definitely the way to go; something like coding or programming, or development or even sales within the technology area - that's going to be a growth market in the long term." Knowledge about technology, for our generation, is a strong trait that a majority of us have. This knowledge is a good example of some of the new job skills that will be needed in the

future in order to maintain a strong workforce in Canada, while also having endless opportunities in our careers.

With the Baby Boomer generation being born between 1946 and 1964, and Generation X following (1965-1976), the retirement rate over the next ten years for both Generation X and the Baby Boomers will be extremely high. A high retirement rate is a good sign for the Millennials (people born between 1980-2000) and the Centennials (people born between 1996-2010) who will be entering the job industry. Not only will these retirements open new job positions, but it will also give the younger generations the opportunity to possibly move up in their current positions to higher paying, and more fulfilling positions. New skills in other areas of the workforce could possibly be the reason why you may get a job over someone else someday. It is extremely important for us to pay attention to the changes and needs within the business industry in order for us to use our degrees and skills to their full potential.



## CUCA SPOOKA

by Checkpoint Charlie

Our school's annual Halloween party is undoubtedly the biggest event of the fall semester. It is also unmatched by anything in the winter semester. This is when our crazy students shine! This is the event that every undergraduate blindly supports year after year. From its humble beginnings at the Royal Canadian Legion, to its new home at the Alberta Aviation Museum, this costume party is always off the hook.

During my time at Cuca Spooka, I've seen some wild things. The good, the bad, and the ugly. Random shenanigans, acts of bravery, and lost inhibition often frequent these events. Everyone comes with a good attitude, a good buzz, and stays for a good time.

These are often the times when new friendships are made, as fellow classmates finally meet and talk with one another over a casual drink before hitting the dance floor. It's a time when students can freely shoot the shit about failed midterms or overdue assignments. Strong bonds can be forged at Cuca

Spooka. It also presents a unique opportunity to finally strike up a conversation with that special guy or girl you keep seeing in your biology lab. Truly life altering stuff.

Primitive things do tend to happen on nights like this. For example, I've seen Kermit the Frog get arrested, and Donatello from the Ninja Turtles making out with Princess Peach. I've seen Marty McFly dance all night with Garth from Wayne's World, and I've seen Albert Einstein chug 3 beers in a row. Creating unique memories in outlandish costumes is always twice as fun. Stories end up being more entertaining when names are forgotten and only their costumes are left to tell the tale. Let's reflect on some of my favorite Cuca Spooka flashbacks.

The first one that comes to mind is from my second Spooka outing. In this instance, I had brought several friends with me from the U of A. One of Cuca Spooka's main draws is the fact that students from any institution are permitted to attend so long as they are of legal age. We all showed up dressed as various characters from The Flintstones television series. This well done team

effort won us praise from several exuberant party goers. Throughout the night we performed lackluster pick-up lines, and initiated elaborate synchronized dance moves. We made sure to move around the party as one tight unit, never breaking character or leaving any Flintstone family member behind. The whole thing was hilarious and juvenile. Ultimately, we went home with the 3rd place prize in the group costume contest; a feat which is still talked about today among my friends.

For sure the most outrageous thing I've ever seen at Cuca Spooka happened during my first year. That year was an especially cold and rainy Halloween evening. Concordia had bumped up their security efforts, which had left several scantily clad university student waiting anxiously outside in a line to get in. There must have been 40 people in that line up, all shivering and calling significant others who were already waiting inside. Once my friend and I had got inside, it was total pandemonium. Music was bumping, drinks were flying and students were dancing! It was an all round great time. Midterm season had long since passed, and everyone was cut-

## CAMPUS DISH

ting loose for the night. The real highlight was during the costume contest. Once the finalists had been selected, a random student dressed as RoboCop rushed the stage. He jumped directly onto centre stage and waved his hands violently as he battled to get the crowds attention. All eyes were squarely fixed on him as the costume contest rattled to a halt. He motioned the crowd to him before unexpectedly attempting a stage dive worthy of any punk rock show. Sadly, no one in the crowd committed to catching him. RoboCop flew through the air before breaking his helmet, mind, body and soul on the sticky hardwood floor. He left with a bloody nose, and a cheer from the crowd for his efforts. The party continued late into the evening.

Please make sure to bring a buddy, and come check out this year's instalment on Saturday, October 22nd. Drinks and good times shall be had by all. Trick or treat Concordia?

## NO CLOWNING AROUND

by Orrin Farries

This 2016 Halloween season, dress as a clown, I insist. The archetypal clown has served as a pillar of children's entertainment for generations, and still stands as a symbol of slapstick humour, and eccentric absurdity. For this reason, I believe in the midst of 2016's major media clown hysteria, we as holiday-participants must redeem the good name of clowns. Clowns are polarizing. To some, they are the symbol of juvenile amusement, but to many others, clowns are as tangible of a terror as fiction's greatest monsters. This latter group suffers from coulrophobia, the irrational fear of clowns. I believe with major media's current trepidation of clowns, we are all in need of remedy to our own quasi-coulrophobia. The remedy may be simply enough, facing the fear and making light of it. To quote the late, great Heath Ledger's Joker, "Why so serious?"

I digress: if you're going to dress as a clown this Halloween, dress with whimsy. Wear glossy-red, size 22 shoes, paint the contours of your face with a happy palate of colours, put on a big, fuzzy nose and wear a shirt pocket flower that squirts water. On a scale

from cinematic Joker's, dress more like Cesar Romero or Jack Nicholson, and less like Heath Ledger's Joker. It is possible that the current stigma about clown-creeps can be crushed by a backlash, an oversaturation of unadulterated clowning. There are going to be bad apples that want to spoil the bunch. "Some men just want to watch the world burn." There will be a contingent of people who will dress as menacing clowns, and they're going to think that they are very cutting edge by perpetuating the clown-creep hysteria. But those people need to be part of the contra to satisfy some deep-seated emptiness of their own character. Don't gratify them. Don't engage them with physical backlash if they try to spook you; it is altogether not necessary. Halloween: a time where we put on a mask. Your neighbour is Spiderman, the frat house down the street are the cast of Top Gun, and a harum-scarum host of Harley Quinn's of every size, shape, gender, and species. It is highly possible that in the build-up to October 31st, more hijinks will ensue, but I gather that the general public will get over their clown anxiety faster than they got over Kony 2012. Never forget.

### 2016 Topical Halloween Attire

**Harley Quinn-** People fell head over heels for Margot Robbie's



characterization of DC comics highly affable Harley Quinn in Suicide Squad. Expect a rise in the sales of pink and blue hair dye, duble bubble™, and inflatable baseball bats.

**Harambe-** RIP Harambe. I anticipate many "memelords" will keep the memory of Harambe alive this Halloween, dressing in Gorilla costumes. This is alright, but there's always room for improvement.

**Clowns-** The recent hysteria should lead to a whole spectrum of clownery to make it's way across Halloween this year. There are sure to be some very original conceptualizations of clowns, as well as some rather droll ones.

**Donald Trump-** Make Halloween Great Again. Listen, I know costumes, and I know that when it comes to controversy, Trump is a household name. The Trump costume will win all the costume contests; I know it, you know it, everybody knows it.

## TRENDING

**The Human Dab-** Someone will take dabbing too far. To a place no man has ever dabbled before. Costume consists of dabbing at all instances and for any occasion. Liable to attract haters: dab on them without mercy.

**Dat Boi-** Green Morph Suit™ + Unicycle = Here come dat boi. Oh shit wad-dup Halloween 2016?

**Kneeling Colin Kaepernick-** I feel enough people must have bought Kaepernick jerseys when the 49ers were relevant, and that they will take this Halloween as an opportunity to wear those jerseys.

These are my suggestions for your 2016 topical costume. Take it or leave it. In fact, hopefully you'll leave it. I'm excited to see how the Concordia student body dresses up this Halloween season. So show your dynamic mix of costumes and outfits at this year's edition of CUCA Spooka, a monster mash of fun hosted at the Alberta Aviation Museum, Saturday October 22nd at 7pm.



# ADVENTURE'S OUT THERE!

by Ester Latifi

With midterm season looming over us, we're all feeling crunched for time and probably very overwhelmed. In times such as these, an escape would be nice. I'm here to tell you all that an escape is possible! It's literally right in front of you and accessible anytime. Now would be a great time for a drumroll, but since I can't do that through writing, I'm going to just tell you what it is: books.

Ester, come on. Books? We read those all the time! Assigned readings and—

I know, it's probably not what you were expecting. It seems counterintuitive to suggest that you read more when you're already drowning under a mountain of novels and textbooks, especially if you're an English major like I am.

I was talking to my boyfriend a few weeks ago about books. He'd asked me how far along I'd gotten in a book he'd recommended to me months before, and I had to sheepishly admit that I hadn't progressed very much since the last time he'd asked. I then went on to explain how much reading I had to get done for my classes. "I just feel really guilty reading anything that's not related

to school at this point," I remember saying to him. His response really made me think: "Well, you still need to read things for the sake of enjoyment; isn't that the point of being an English major?"

He's right. Prioritizing is crucial as far as keeping afloat where schoolwork is concerned, but it wouldn't be reasonable to drop absolutely everything you do for fun under the guise of doing well in school. Up until that conversation, I hadn't realized that in reading all the books I was instructed to, my love for reading was slowly turning into a robotic action. What was meant to encourage me to love books even more was the very thing that was changing my view of the sole purpose of reading, and that purpose is enjoyment. I'm not advocating that we all toss our textbooks and read sci-fi all day after day; what I want to stress here is that you absolutely need to back up a bit if you're feeling overwhelmed and schedule free time in your days. "Free time" probably sounds like a thing of fairy tales and dreams, but I promise you, it's always available if you make it so. Scotiabank's slogan is "you're richer than you think" and I think that this holds true for free time—it's more available than you think!

Instead of reaching for your phone or the TV remote next time you

have a few moments to breathe, try grabbing a book. It doesn't have to be War and Peace; the cool thing about books is that the genres are endless! Like music, there's something for everyone. There's short books and long books, fiction and nonfiction, fantasy and drama, old books and contemporary—there's a whole world of literature waiting to be explored, and rather than exploring, we're allowing them to gather dust in our shelves, and I think that's really sad.

I understand that reading may not be your thing, but I encourage you all to at least give it a shot. If you don't know where to start, there are many ways you can get

## ENTERTAINMENT

recommendations! Ask a librarian, reach out to a friend, talk to your parents, or just wander through a library and pick whatever looks interesting. Audiobooks are also something to consider if you focus better via hearing. I know that this isn't your typical entertainment piece, but if you think about it, books are a form of entertainment too! Let's not leave them behind. Now, off to finish A Clash of Kings.

**Art Auction**  
Hosted by the Concordia Arts Society

November 4th  
12-2pm Friday in Tegler  
Free coffee & hot chocolate

WE'RE LOOKING FOR YOUR ART DONATIONS!  
Email: cas@student.concordia.ab.ca

# FUN AND GAMES



## SHOW TIME!

Here's what's playing this week:

**The Accountant**

14A

**The Girl on the Train**

14A

**Miss Perigrine's Home for Peculiar Children**

PG

**Storks**

G

**Suicide Squad**

PG

**Blair Witch**

14A

**Deepwater Horizon**

PG

**Kevin Hart: What Now**

14A

**Masterminds**

PG

**Sully**

PG

**CUCA Spooka**  
Alberta Aviation Museum  
October 22nd  
Doors Open at 7pm

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		6				2
			8	1		5
6				7		4
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		9		5		
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						4
						8

## SUDOKU

## CROSSWORD

### Across

- Cleansing bar
- Strike
- Public
- "The Diary of \_\_\_\_ Frank"
- Narrate
- Worth
- Obtains
- Leisure
- Actress \_\_\_\_ Barkin
- Opposite of western
- Side by side
- Tricky
- Antlered animal
- NY time zone
- Very cute
- Couple
- Fittingly
- Wired message
- Hawaiian necklaces
- Flat-bottomed boat
- Wedding confetti
- Scenic view
- Singer Paul \_\_\_\_
- Pig's home
- Drew out
- Chicago trains
- Singer \_\_\_\_ Clapton
- Venomous viper
- Deceive
- Most favorable
- Colorado resort
- Rave's partner
- Govern
- Respond (to)
- Columbus's state
- Not ashore
- Quizzes
- Walk nervously
- Cozy place

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60						61	62				63	
64						65					66	
67						68					69	

### Down

- Wise ones
- Laker Shaquille \_\_\_\_
- Restless
- Nuisance
- Hi-fi system
- Less fatty
- Capone and Roker
- Guilty, e.g.
- Supervise
- Manservant
- \_\_\_\_ Fitzgerald of jazz
- Feels remorse
- Portable shelter
- Water whirl
- Southern beauty
- Daily grind (2 wds.)
- Additionally
- Entreat
- Slender
- Texas town
- Prophecy
- Swiss peaks
- Bog fuel
- Very little
- Grating
- Lightweight wood
- Pierre's friend
- Eases up
- Religious order
- Sarcastic
- Walk cautiously
- Vote in
- Entertain
- Bargain events
- Kilt feature
- Emporium
- Got it! (2 wds.)
- Resorts
- Fall
- Tehran's land
- Discoverer's cry



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ing her head in her palm weeping. I shuffled over to her and wrapped my arms around her, and we hugged for what felt like an eternity. The more we stood there, the more my mind convinced me of what needed to be done.

“Mattya... I’m sorry. I love you. I would never in a million years cheat on you or ever betray your trust,” I consoled her. Her eyes were swollen from the tears. She slowly turned her head away from her palm and up towards me.

Our eyes locked for a single moment, and I reached my hand up and grabbed

her by the throat. “Wha... What are y... Stop! Sto,” her voice was losing its strength as I cut off airflow with my firm grip on her neck. I pulled Mattya back towards me, and then slammed her head through the thin walls of our crummy apartment. I stood there contemplating my next move. Was I really insane enough to kill my significant other?

But was she my significant other? Delusions popped up inside my mind about the arguments and continuous stress she provided in my life. As I pondered, she awoke. Mattya ran straight for the door;

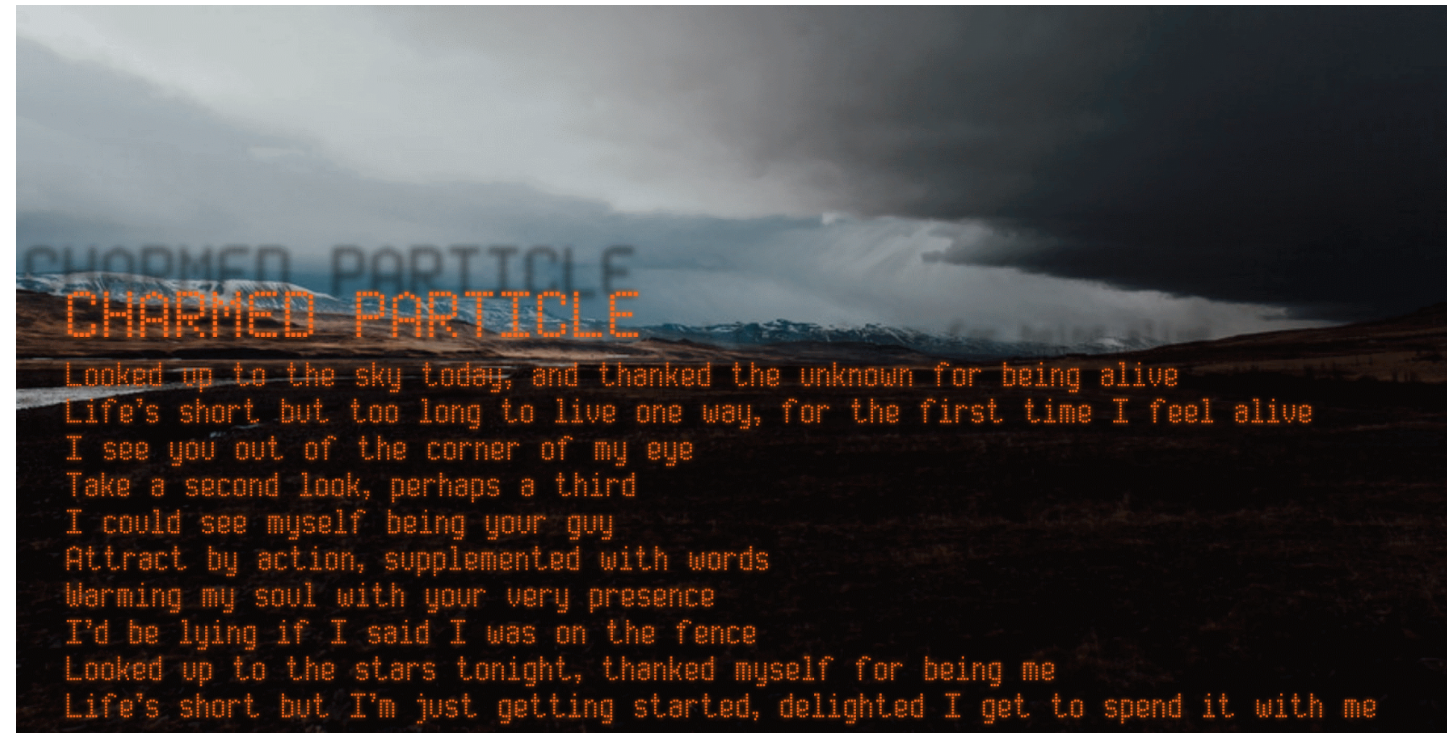
she was searching for help. She made it into the staircase, down a flight of stairs, but my testosterone was flowing. I jumped down an entire flight and caught her by her hair.

“That was your last fucking mistake,” I whispered into her ear. With that, I submitted our 12” \$150 Cutco knife she insisted we buy into her back. First slowly, and then I rapidly repeated the process. I lost track of myself. In that moment which seemed so brief, the door swung open and I was tackled to the ground. 137 stab wounds.

You probably guessed it, but I was caught

and arrested for the murder of Mattya (but not the others). The good news? I plead insanity, so my sentence was shortened to a measly 10 years. I still haven’t lost my thirst for violence and destruction, but I would never let the powers that be know this. For all they know, I’ve fully recouped.

I’m set for release on October 29, 2016 and I look forward to sharing another Halloween with my fellow Edmontonians. See you sooner than you think.



# OPINION

## MIDTERM DE-STRESS

by Taylor Jevning

With midterms coming up, it’s easy for university students, especially first years, to feel in over their heads. Deadlines come faster than planned and it feels like everything is happening at once. Over my last few years as a university student, I have dealt with exam stress, and it has taken me until my third year to feel like I have everything under control. If I had known how to manage exam stress earlier in my exam career, I would have been more successful, gotten better grades, and my mental health would be in a much better state.

The best way to make yourself feel better about upcoming exams is to be aware of what is expected of you. Asking your teachers where they get the exam questions, knowing what material to study, and knowing how you will be graded can make you feel more sure about what you have learned and what you need to know. Checking the syllabus and being aware of what you should have learned before the exam ensures that when you get to the exam, there will be

no surprises. Teachers are there to make sure you will be successful, and speaking to your professor for even five minutes can take a lot of stress off your mind.

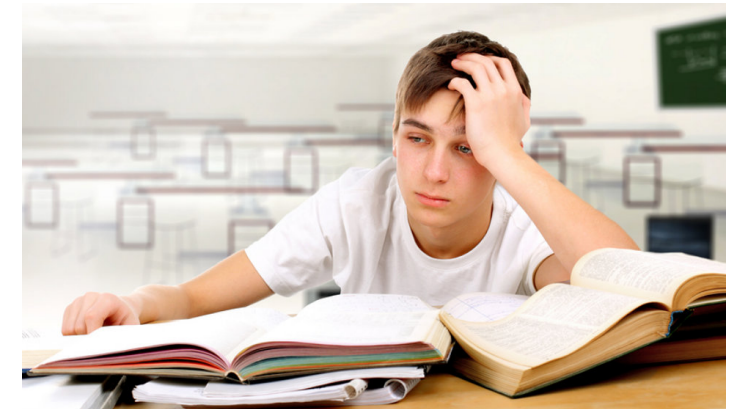
Studying becomes much less daunting when you know what you need to study. Whether it be reading slides, reading the text, or writing down notes in class, having all of the information you need to be successful will ease your mind. After asking the teacher about where the exam questions come from, you should have an easier time knowing what information to study. I’ve also found it helpful to copy notes down in my own handwriting, even though it’s extra effort, because then I can make sure I’ve seen all of the information at least once. Knowing your learning style makes it easier to know how you need to study.

I’m great at procrastinating, which, unfortunately, is not a good quality. Many of my classmates have this in common with me. We are at the point in the semester where it is difficult to put off studying for exams any longer, and it’s a good idea to be aware of that now. Taking the steps towards being prepared for exams now, such as speaking to your pro-

fessors and writing out your notes, will make you feel more prepared when you are getting close to the deadline of the exam. If you ask the professors about what is going to be on the exam a week before the date, they will see that you’re prepared and be more willing to help you. Waiting until the day before the exam will only prove you haven’t started studying yet. Writing out clear notes on what needs to be studied a week before the exam will make sure you have a good, clear study guide to go over; whereas writing out all of your notes the day before the exam will make you feel hopeless. Knowing that these deadlines are approaching and getting motivated early will help to make sure that you don’t stress too much when the test is tomorrow.

Unfortunately, no matter what, while we are in university, midterms and deadlines will be a part of our lives. Luckily, we are still at the

point in the semester where we can get motivated and make midterm week a little less stressful. Remembering all of the information from the first half of the semester becomes much easier when you know what you’re supposed to be studying in the first place. If I had known in my first year that I could ask my professors to clarify exactly what was being asked of me, I may have had an easier time and improved my GPA. On the day of the exam remember to have a good breakfast, go over your notes and take a deep breath. Our teachers are not against us, our courses are not impossible and we have all of the information and resources we need to make it through these exams.





# STAY HAPPY, FIT, AND HEALTHY

by Savanna Garries

Cold temperatures, homework, midterms, and finals can all get the best of us in more ways than one. Most of us would like to hibernate through this winter season but sadly as university students that is not one of the options on our multiple choice quiz of life. So as winter creeps upon our already stressed minds, staying healthy and avoiding seasonal depression becomes much more of an issue. Both of these issues can come down like a hammer not only on your mental well being but also on your GPA, but there are some ways to avoid these issues altogether.

Keeping your body in top shape can be challenging even at the best of times. Often as university students staying physically fit falls to the wayside as our homework and studying piles up. Trying to fit in time to go to the gym or for a run becomes increasingly difficult as school pushes forward. Be-

ing unfit and feeling unhealthy seems to amplify in the winter, but there is a way to curve these feelings. Winter is a fantastic time to try the many indoor activities that our city has to offer! One of my personal favourites is indoor climbing (throughout the year) to keep in shape and get a full body workout in a short amount of time. Edmonton has some of the leading climbing gyms in the province and they are spread out throughout the entire city and boast multiple different styles of climbing! Sometimes climbing can be costly on a student budget, but luckily the U of A has great rates for students and offers amazing courses that will allow you to excel and whatever style of climbing you choose to pursue! Climbing also offers a great way to meet like minded people and make new friends! If climbing isn't your thing and you don't enjoy the hustle and bustle of a busy gym there are many other options that may suit your desires within and around Edmonton. Yoga is not only amazing for your mind but also your body! Yoga will allow you to shed away the stress of school while

working out your total body in a way that feels relaxing. Most yoga studios offer either a student package or a "first timer's" package which will allow you to test yoga out in a cost effective manner before committing. Now as I mentioned before, it is hard sometimes to fit these things in, but you need to. Even if you take 2 hours out of your day three times a week you will not only see improvements in your physical health but also in your academics. It is a proven fact that staying physically active and giving yourself a break will improve your academics overall. A fit person is a healthy person!

The second thing that winter brings in tow is seasonal depression. As someone who suffers from it I can tell you that it is not a joyous thing. The sun disappears sooner, it's too cold to go outside, and you are stuck in school for the better part of the sunshine. These factors all lead to a lack of vitamin D which in turn causes the dreaded seasonal depression. Seasonal depression can lead to a drop in grades, motivations, the need to socialize, and leads to more nights

# ADVICE

of watching Netflix in the dark. You can easily take vitamin D tablets that you find at any local store or consume foods rich in vitamin D. For all you fish lovers I have good news, salmon and cod are rich in vitamin D! If you aren't a seafood fanatic and don't feel like taking vitamins another option is orange juice (no sugar added) that contains pulp. If you believe that your depression is not only seasonal you should seek help from a psychologist/therapist to see if you are in need of help from other sources.

Staying happy, healthy, and fit as a university student can be difficult at times, especially when winter falls upon us. It is important to try whatever you can to keep yourself in top shape physically and mentally as it will not only improve your GPA but also how you see yourself as a person. Don't succumb to the winter blues fellow Concordians, pretend like it's summer all year long!

several blunt objects I could makeshift into weapons. That night as soon as I got home I was in the garage organizing and collecting a series of weapons in which I would use to induce harm.

Proceed two weeks later. Halloween, the day of evil, has arrived. I literally could not sleep the night before. Mattya had gotten frustrated with my irritable continuous tossing and turning, and exiled me to the couch. It was past midnight at this point, and officially October 31, so I figured I may as well get started.

At 3:00 am is when all the tweakers roam the streets. It's completely silent, with a soothing fog on the horizon. I remember this vividly. As I walked towards downtown someone shouted in my direction, completely breaking my train of thought.

"Hey! You there. You got a smoke I could have?" the man belched.

"You lazy piece of..." I hesitated, and thought for a moment. "Why yes, yes I do have a cigarette. I just left the pack in my car. Come with

me," I suavely stated.

As he followed me into the nearest back alley, the man was becoming irritated with me.

"Where the hell are you taking me? Where'd you park? Nunavut?" he said with attitude. His voice was the most irritating thing I have ever heard, and kept talking and talking, complaining and complaining. I could feel the hair on my back rise. It was time.

"Shut the fuck up!" I yelled at a reasonable volume, and I charged at him. He didn't see it coming, I was too quick and swift in my actions. He had no clue what was about to happen to him. I struck him on the temple with my Louisville Slugger which I had converted into a barbed wired club of death.

He laid on the ground, body twitching, and blood slowly dripping onto the concrete. Wow that felt good, but he was still breathing. I knelt down next to him and awaited his return to consciousness. As his eyes slowly opened a look of utter fear landed on his face.

Barely able to formulate the words he ut-

tered, "Why are you doing this to me? All I wanted was a..."

One, two. He was done. I fed him two solid jabs to the cheek, stood up, and bashed his fucking head in until his face was no longer recognizable. I took a deep breath as he laid there motionless, and feelings of positivity overwhelmed me. I started smiling, which slowly turned into laughter.

I lit a cigarette, and waltzed out of the alley as if nothing had happened. What I really needed was a drink. Even reflecting on this situation now I have goosebumps. Your first kill truly remains close to the heart, comparable to your first love.

I'll skip the details of numbers 2-11 as they were much the same in terms of brute force and violence. Number 12, now that's the one that stands out for more than just the reason that I had gotten caught. I'll be honest, number 12 was a familiar face in the form of Mattya. After a day of killing random civilians, I walked in the door at about 9:00 pm. Immediately this vile woman was on my case.

"Where the fuck have you been? You left last night, you didn't call me ONCE! Who do you think you are? Do you enjoy sleeping around with other women?" she shouted, amongst other petty insults. If only she really knew what I was up to. Before responding I lit up a cigarette to try and calm myself down.

"Mattya; relax."

"I will not relax you asshole! You had my anxiety through the roof. You're out there having sex with some other broads," she barely articulated through the sounds of her distressed crying. I swear to God I sat there for at least 10 minutes while she chewed me out. I tried my hardest to keep my cool.

"You know what? You're nothing but a loser, I don't know why I'm even dating you! No wonder your mother left you!"

That was the final straw. I calmly stood on my feet, walked over to the ashtray and put out the dart. Even though there were no mirrors around I could feel the lack of emotion that rested upon my face. Mattya was hold-



# DIARY OF A MANIAC

by Kayle Sieben

I knew things had been a little off. There was no concrete evidence of it, I couldn't quite put my finger on it, but I could sense it. I could feel it in my soul. I was having trouble sleeping, trouble eating. My body was producing more testosterone than I could handle, and I didn't know why.

I did my best to cope

with it: I worked out every single day, had sex with Mattya... more than we ever have before. I forced myself to eat, even though only small amounts would be able to stay within me. You might think this sounds like a fantastic lifestyle, because to be honest I was looking pretty fucking good on the outside, but it was the insides that were killing me. Too much of a good thing will result in the opposite of the desired effect.

Too much testosterone began to shift my

temperament. I can't recall a time I had ever raised my voice to Mattya but since this began we've quarreled several times which resulted in us shouting heinous insults at one another and raising our voices.

One evening after a particularly raunchy argument I stormed out and headed to Jasper Avenue to meet a colleague of mine. I needed a drink, badly. Upon arriving, I received a text from that particular piece of shit proclaiming he was caught up with some paperwork, he wasn't going to make it. I resisted the urge to call him out for being the lying asshole that he was, and reluctantly sat down at the bar at the only seat available.

"What'll ya have?" the particularly well-dressed bartender queried.

"Double Jameson and coke, tall. Please."

"Ah, we don't carry Jameson. I've got Jack or Crown," he eluded.

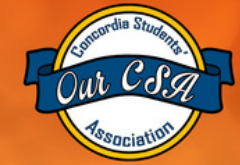
"Fuck you and this bar!" I exclaimed as I got out of my seat and walked out. Was this bar kidding me? No Jameson. What kind

# SERIAL FICTION

of lousy establishment doesn't carry such a fine whiskey? I'm getting angry just retelling the story. Anyways, the point isn't about the liquor. At this point I was completely fed up. I mean I had had enough of the bullshit. I could tell I was being irrational, but for some reason my conscience didn't want to stop itself from falling off the cliff of insanity. I picked up a rock from the plants out front, and I threw it through the window of the bar, flipped them off, and ran for what seemed like miles back to safety. I found out I hit a girl with that rock. I busted her cheek and apparently she was down for the count.

Let me tell you, that was an unforgettable feeling. I pinpointed the remedy for my testosterone overload induced madness: violence and destruction. To this day I thirst for it.

As I caught my breath in that back alley I recalled the location of



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# PICKING OUR POISON: PIPELINE OR RAIL FOR CRUDE OIL SHIPMENT

by Allison Crawford

In the era where a vast majority of items are still powered by the burning of fossil fuels, may it be oil, coal or natural gas, it has become somewhat of a dream to run society on green energy. Alberta is a province that is abundant in its natural resources; the province is the world's third largest exporter of oil (Hicks), behind Saudi Arabia and Venezuela (Government of Alberta). Crude oil is a term that is used to describe unrefined petroleum; as stated by James Conca of Forbes magazine, it is a "nasty material, very destructive . . . , and very toxic." With this knowledge and a constant craze put on by the media over train derailments containing crude oil, pipelines are a better option for shipment compared to rail. This is because pipelines provide less environmental

damage, are more efficient in transport and cost, as well as cause fewer injuries and deaths.

As with any infrastructure project that deals with oil, there is always going to be people who oppose the proposed project. Three great examples include the recently rejected Keystone XL Pipeline, as well as the hiatus of the Northern Gateway Pipeline and the Energy East Pipeline. All three pipelines would originate from the province of Alberta and continue on to their final destination of the Gulf of Mexico (Furchtgott-Roth), Kitimat, British Columbia (Enbridge Inc.) and St. John, New Brunswick (Harden-Donahue) respectively. Each pipeline had its own specific downfall, however, what all pipelines have in common are the negative environmental costs associated with them. These negative environmental costs include the (possibility of) habitat destruction, disturbance of pristine land, land and or water contamination, as well as the amount of greenhouse gas emissions produced. However, these concerns regarding the environment are able to be resolved by tak-

ing an appropriate approach of constructing a pipeline route, allowing public input and feedback, as well as the use of improved technology and environmental remediation strategies.

Oil companies prefer to ship oil by pipeline, however, pipeline capacity in North America has not kept up with the production of oil (Young and Johnson). In an article by Leslie Young, it is stated that "train spills in transit are larger than those from pipelines." The average spill volume (in litres) for a pipeline is 12,259 while for a train, it is 70,000. The 2013 train derailment and explosion in the Quebec town of Lac Megantic, was the first since 2006 (Young) and spilled an approximate 1.5 million gallons of crude oil onto land (Conca). In 2013, there was "more crude oil spilled in U.S. rail incidents than was spilled in the previous thirty-seven years" (Conca). According to Canada's Transportation Safety Board (TSB), between 2003 and 2013, pipelines experienced more occurrences compared to rail, 1,226 versus 127, however, the majority of the pipeline incidents did not damage the environment

(Green). Between 2011 and 2014, according to Natural Resources Canada, "99.999 percent of crude oil and petroleum products sent by federally regulated pipelines arrived at their destination safely" (Green). After putting the statistics for spillage in retrospect along with the views of important officials, the capacity and rate of which oil spills occur by rail far outweigh the incidents by pipeline and therefore that is why shipping by pipeline is a better alternative for the environment.

With North America in an energy boom and there being a lack of pipeline capacity, the amount of oil being shipped by rail continues to grow rapidly. As stated by Graham Hicks, there is a "forecast to grow from 1.9 million barrels a day now, to 4.8 million barrels a day by 2030". In 2013, Canadian Pacific (CP) and Canadian National (CN) railways shipped 80,000 cars filled with crude

## POLITICS

oil. This was six times the volume of what was shipped in 2011 (Robson). A typical train car holds 131,000 litres or the equivalence of 824 barrels of oil (Robson). In order to maintain the volume of oil being shipped, hundreds of additional rail cars would need to be added increasing not only the amount of pollution emitted but also the cost of transport. A pipeline on the other hand is able to carry a maximum of 2.5 million barrels a day and 912 million barrels a year. In order to achieve these numbers, a train would require more than 1,000,000 million rail cars and 14,000 trains respectively (Robson). Operating a train requires more fossil fuels to be burned than does the operation of a pipeline. In addition to the amount of fossil fuels burned to operate a train, more fossil fuels would be needed not only to transport such a vast load but also the amount of train shipments thus increasing the amount of greenhouse gases and other pollution emitted into the atmosphere. In addition to being more efficient in transport, pipelines also offer a friendlier economic al-

ternative. One major oil company, Cenovus, figures that it costs between seven and ten dollars a barrel to ship oil by pipe compared to fifteen and eighteen dollars a barrel to ship by rail (Young).

A recurring topic of interest in the debate over which mode of transportation should be used to transport oil is the massive train derailment that occurred in the summer of 2013 in the town of Lac Megantic. Not only did this train derailment spill 1.5 million gallons of crude oil, but it also killed 47 people and injured hundreds of more people (Conca). Even though trains offer more flexibility in the shipment of oil (Robson), trains have been increasing the shipment of "heavy dangerous goods through habitable areas at increased speeds" (Robson). Canada's rail traffic accumulates approximately 35 million train-miles a year, with just over 1000 minor accidents and 81 fatalities a year. In the United States, as stated by Diana Furchtgott-Roth, "there were an average of 32 serious incidents — defined as those involving a fatality, or an injury requiring hospitalization — between 2010 and 2012,

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compared to 42 serious incidents between 2007 and 2009, and 38 between 2004 and 2006." These numbers for pipeline incidents are relatively low compared to incidents caused by rail. In addition, when a pipeline leaks, there is a lower chance of explosion, however, when a train derails, there is an increase in the probability for the loss of life and destruction of property (Johnson). Overall, a person's safety and life is worth way more than a train ship-

ment of crude oil and a few billion dollars. It does not seem likely that the current energy boom will be slowing down anytime soon, so in order to continue to ship crude oil, pipelines are the best shipment route. This is because pipelines are modestly friendly in the amount of oil spilled, energy and cost efficient as well as and most importantly reducing human tragedies associated to the shipment of crude oil.