

The **BLUE** & **White**

The Publication Of The Concordia Students Association

October 25th 2004

Issue 3 -Volume 3

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CHRISTIAN LIFE SHINES

Nicole Otterman



Partying like its 1980 at the Potluck

Were you given a bag of candy a couple of weeks ago? It was Christian Life week and, thanks to many willing volunteers who helped buy candy, stuff bags, and hand the bags out, you were able to have a little treat! I hope you enjoyed them!

The Prayer Walk on Wednesday was a great time to quietly reflect and spend time with God in prayer. The 80's Pot Luck was a blast! There were great costumes and delicious food followed by 80's dancing and twister! Thank you to all those who came and dressed up and for all those who helped decorate and clean up.

Saturday a group of students went to a nursing home in Millwoods to share God's love with the residents. They sang and socialized. We are looking into going to a youth emergency shelter in November. (If you are interested, watch the CSA post in Tegler for more information or stop by to see Nicole in the CSA offices.)

On Sunday we had a loud, awesome concert in Tegler featuring two bands: 'Just' and 'Traced Image'. For more Christian Life events in the future check the CSA post in Tegler for information.

Is This You?

We are having a contest in the Blue & White!

If you are in a picture, come by the office or track down a Blue & White staff member to prove that it's you (with Concordia student ID and a copy of the paper). Your prize will be a Cineplex Odeon movie pass (valued at \$14). Limit of one prize per issue (first person to see us wins the prize). So grab your copy of the Blue & White!



Ask Pastor Garry is unavailable this issue due to midterms. But don't worry, he'll be back! Be sure to send your questions! blueandwhite.csa.concordia.ab.ca

WE NEED YOUR QUESTIONS! Please send us any questions you have for Pastor Garry or Barb. You can drop them in the submissions box or email them to blueandwhite@csa.concordia.ab.ca Questions may be submitted anonymously. The Blue & White retains the right to choose which questions will be used.

HOW TO SUBMIT TO THE BLUE & WHITE

- You can submit articles either by emailing us at blueandwhite@csa.concordia.ab.ca or by dropping a floppy disk in the Submission box outside the CSA offices.
- Please save articles in rich text format (.rtf). Send articles as an email attachment. Questions, line x lines, suggestions, and short announcements can be sent in the email themselves.
- Be sure to include your full name and ID number with your submission. We cannot use your article if you don't include this information!
- If you want to write under a pen name, we still need to know your real name and ID number. Include these and let us know what pen name you want to use.
- Questions for the psychologist and pastor and line x lines may be submitted anonymously.
- All submissions will be edited for spelling, grammar, punctuation, etc. They will also be edited for racism, sexism, and other inappropriate content. All submissions should reflect the mission and policy of Concordia and the CSA and will be edited for that. The editor reserves the right to refuse to print any article that is deemed inappropriate for the paper

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Ask Barb



Barbara van Ingen

How do you feel about hypnosis? To use as a method to quit smoking, for example? Does it work?

While you may think of hypnosis as something you see only in the movies or novels, hypnosis is used in real life as part of the treatment plan for people with numerous health ailments ranging from depression to gastro-intestinal disorders. According to the American Psychological Association (APA)'s Division of Hypnotherapy, hypnosis is a procedure during which a health professional or researcher suggests while treating someone that he or she experience changes in sensations, perceptions, thoughts, or behavior. Although some hypnosis is used to make people more alert, most hypnosis includes suggestions for relaxation, calmness, and wellbeing. Instructions to imagine or think about pleasant experiences are also commonly included during hypnosis. People respond to hypnosis in different ways. Some describe hypnosis as a state of focused attention, in which they feel very calm and relaxed. Most people describe the experience as pleasant.

There is evidence that hypnosis works. While there are plenty of examples in the scientific literature attesting to the usefulness of clinical hypnosis, a study published in the journal Gut is noteworthy. The study involved 204 people suffering from Irritable Bowel Syndrome (IBS). Treatment consisted of 12 weekly sessions of hypnosis (lasting about one hour each). Fifty-eight percent of the men and 75 percent of the women reported significant symptom relief immediately after finishing treatment. More than 80 percent of those who reported initial relief were still improved up to six years later. Fewer than 10 percent of the participants tried other treatments after hypnotherapy (Gut, November 2003). People differ in the degree to which they respond to hypnosis. A person's ability to experience hypnosis can be inhibited by fears and concerns arising from some common misconceptions. Contrary to some depictions of hypnosis in books, movies or television, people who have been hypnotized do not lose control over their behavior. Unless amnesia has specifically been suggested, people remain aware of who they are, where they are, and remember what transpired during hypnosis. Hypnosis makes it easier for people to experience suggestions, but it does not force them to have these experiences.

Hypnosis is not a type of psychotherapy. It also is not a treatment in and of itself; rather, it is a procedure that can be used to facilitate other types of therapies and treatments. Clinical hypnosis should be conducted only by properly trained and credentialed health care professionals (e.g. psychologists) who also have been trained in the use of hypnosis and who are working within the limits of their professional expertise.

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Is it a sign of a lazy man who sits down to pee?

Meet The Prof

A few weeks ago, Evan told me I should interview this cool guy at the school named Gil Allan. I was rather hesitant since I didn't know Gil, but Evan insisted and later managed to introduce me to Gil. He has a small office down in the high school, with sayings and posters stuck all over the wall and a line of toy motorbikes on the desk. He began our interview by saying, "I'm Gil Allan, I was born a poor black child in a cabin along the Mississippi," and kept it rolling from there. His website is www.gil-allen.com.

What's your faculty or position here?

I'll give you the whole story. Randy Ritz and I are old buddies, two old theatre guys who knew each other. He invited me here to direct a play and see some of the plays, because he wanted me to hire some of the students. So I came and directed a play. I got to know the campus and the people here. I woke up to Concordia and went, "This is a cool place." Then Randy told me about David Eifert, the principal here [at the high school]. I started working with Dave with the advertising, and fell in love with the high school and what it stood for. Long story short, Dave offered me a job. I really felt like God wanted me here; I had incredible peace about it. I started in as full-time creative director, meaning I take care of all the advertising, all the marketing, press liaison, dealing with anything with public relations and the media, and student recruitment. And my job keeps expanding while I'm here. When I accepted a full time position, Randy was like, "That's great – now we have you here, you can be a sessional." So Randy went on sabbatical and hired some sessionals, and I was one of them. I sort of ran the department while he was away.

How long have you been working here?

I guess it's about five years. Four full years.

What happened last year with the film Green Eyes that Concordia students were making?

Last year Randy and I had commissioned a student, Natasha Harrychan, to write a screenplay. We decided to just go make a feature film. There is a program called Drama 307, which is Special Projects in the Arts. We applied that to this project and put together 20 students. We took these guys and made them into a film crew. Everyone was given a job like you would on a real film crew. I brought in industry professionals to work as tutors. Then we cast from the student body, and I brought in one professional actor, Franco Imbrogno, an alumni of Concordia. So with this ragtag little army we went out and made this movie, in a fifth of the time of the last commercial feature I did, with people learning on the job under pressure. Now we're at post-production stage, in the first stages of editing.

Were you always into film and acting?

I started performing before I have memory of it. My mother was very into the arts and I started performing as a kid. I performed in all the school things. When I was in elementary school I used to go on a circuit visiting convents and entertaining cloistered nuns. I got my first equity gig as an actor when I was 19, and my first professional directing gig when I was 25. I've always acted; it's always been a part of my life. So I've got a very strange career path. I ended up being the senior producer in my department at CFRN TV and I had absolutely no qualifications to be there. But I had done so much, I had so many transferable skills, so much experience from the real world, that they gave me a job.

So you haven't had the usual training?

I have a bachelor's degree from the U of A. My degree is now defunct; you can't get it. I'm what they call a drama specialist. What it really qualifies you to do is teach people to be professional actors or teach people to be high school drama teachers. It didn't take the university professors long to realize that the only people we could replace were them, and we would be replacing them with a bachelor's degree. So my degree equipped me for directing theatre and that sort of thing.

Why do you like theatre?

Too lazy to work, too stupid to do anything else. [Smiles] Um... When you grow up in it, you realize that God gifts people with certain abilities. You realize that you can affect how people think and feel. When times are tough, you can take them away from their pain. When times are good, you can challenge them to go out, help others, and change the world. If I wanted to take over the world, I wouldn't look for an army, I'd look for a broadcaster. It is the most impactful way to reach people because we reach people on an emotional level. There's an old saying the pen is mightier than the sword. Well, these days the TV is more mighty than the rifle.

Plus, I love it. I love the camaraderie, the people who are attracted to the industry and to the art. There's nothing more real, more exciting than theatre – a world of fantasy that's live. Anything can go wrong, anything can go right. Sometimes magic happens.



Gilbert Allan Interviewed by Bonnie Ross

*Continued on
Page 4*

Reply to "Hockey Rant"

Elizabeth Batty

Hayley, I want to thank you for writing to the *Blue and White*. Articles like yours keep me reading. I think you raised a lot of interesting points in your article in the last issue. Many of your points I agree with to some extent. But (there's always a but, isn't there?) I think

*If you are a die hard hockey fan – let me emphasize **hockey** – you should be able to find alternatives.*

you failed to make a couple of differences that should be clarified.

Having to pay anywhere between \$80-150 per game limits the fans that actually get to attend the game. But let's clarify something: fans that go to these games are hockey fans, yes; more specifically, they are Oilers fans. If you are a die hard hockey fan – let

me emphasize **hockey** – you should be able to find alternatives. How about games on the University level? I mean, Concordia does have its own hockey team that you can root for. Their tickets are a whole lot cheaper and the games are just as entertaining.

You wrote, "This leaves Canadians, the creators of hockey, to enjoy watching America dominate our game." I can't help but wonder if you feel this passionate about basketball. After all, it was a Canadian who created that sport and I believe we are now stuck cheering for a single Canadian team. Our once Vancouver Grizzlies have gone south of the border to a country that has totally taken over our creation. I will shake my fist at that!

Canadian teams are lacking in revenue compared to the United States. But Canadians lacking in

points and talent... give me a break! Canadian players make up over half of the hockey stars we have all come to admire; America is responsible for less than 15 percent of the players.

In a country so attached to this sport I'm puzzled about where all these hard-core fans were when our country won the World Cup last month. At one point the coveted trophy was called Canada's Cup; not bad for a country lacking in talent. Canada did come out victorious and yet the city traffic was normal. Calgary makes it to the playoffs and the city goes wild. Yeah, the NHL on strike sucks and maybe there will be an improvement when it starts up again, but there are other options. Go buy a RoadRunners hockey ticket and start supporting the sport instead of the franchise.

Brian Mason, MLA Edmonton Highlands

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edmonton.highlands@assembly.ab.ca

www.brianmason.ca

Gilbert Allan Continued...

(From Page 3)

What does a director do in a play or movie?

The simple answer is the director is the storyteller. To simplify the process, the Greeks believed this... While man slept, God would plant a message into his head. He would get up the next day and he would write it all down. He was the writer. He would take the writing to a director. The director was a person who could interpret this magical writing, get a direct vision from God, and then move the players around in such a way that it would bring the vision to life. The director controls and manipulates the action that occurs, does the actual weaving of the tale, such as whether or not the girl cries on this line or on the third line. As a director, I'm a mirror for the actor. The actor can't see themselves; they don't know if what they're doing is right. It might feel right, but it might look or sound silly. So I'm the mirror.

What advice would you have for students outside the classroom?

Put God first in all things. Everything else falls into place after that. Be practical. Be reasonable. Of every single job I've seen on this planet, the job I covet the most is a welder, because they make something useful and functional immediately. People that are grounded, practical, sensible, those are rare. You want to be one of them. Don't be afraid of hard work. Hard work has given me an interesting life.

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Don't complain about it - DO something about it!

Bella's Beef Bucket

Dear Bella,

I read your article in the October 12th issue of the Blue and White with interest because I am a Concordia staff and often work on the Reception Desk in the Registrar's Office. Your "beef" raised the following questions for me:

1. In which office were you poorly served? It's easy to paint every staff member with the same brush when you use generalities instead of specifics.

2. If you feel like crap every time you leave an office, why? Are you getting truthful answers instead of the answers you want? Many students want special treatment while our mandate is to treat all students fairly.

3. How were you mistreated? Were you trying to get special service at a time while other students were patiently waiting for their turn?

4. I agree that applying for university, paying tuition, and registering is scary—anything we do the first time is scary. However, in your anxiety did you mistake a firm answer that we gave you for rudeness?

5. If I walked into a store and the first person I talked to was rude, I'd talk to the manager. Did you express your dissatisfaction or report it to the supervisor of the rude person?

The real problem I have with your "beef" is that it is so unspecific it becomes a meaningless rant. I work at Concordia and, because I am a Christian, I believe every person should be treated with respect. I do not believe that I have ever treated anyone rudely because that is not part of my character. However, your "rant" casts doubt on my character and impugns all staff at Concordia, which is both unreasonable and unhelpful. Next time you feel like crap because of how you're treated at Concordia, deal with it in an appropriate and constructive way. Let us know, politely and in person.

Bella, I'll even sign off with my real name,

Marilyn Grabinsky
Registrar's Office

Dear Marilyn,

I have three things to say in response to your response:

1. I would like to apologize to you for causing you to feel personally attacked. For, you were not one of the people I was referring to.

2. The article was intentionally not aimed at a specific department or person because I didn't want anyone to feel personally attacked. The intention of this article was simply to provide opportunity for people with the same experiences to find a common voice.

3. I did point out three specific offices. There are some great people who I respect as human beings working at this school.

Thank you so much for reading my article. I hope you will do so again.

Bella

(beefbucket@hotmail.com)



WRITE FOR THE BLUE & WHITE!

We are looking for writers, poets, cartoonists, journalists, etc... anyone who is interested in writing! Please send us your submissions, ideas, and articles, and help us make the Blue & White a paper worth reading! Check out the CSA Post for submission information or visit the CSA website at www.csa.concordia.ab.ca (under construction) for more information.

Submissions can be dropped into the submissions box or emailed to blueandwhite@csa.concordia.ab.ca. If you have questions, email us, call us (479-9211), or drop by the office. We'd love to hear from you!

Developing Transferable Employment Skills

For first-year students career decisions may not be a concern. Many students enter college with the belief that they have plenty of time to worry about what they would like to do for a living. While it may not be necessary to know exactly what career you wish to pursue, it is still important to gain transferable skills that can be applied to various occupations.

Employers are often committed to finding employees who are not only good at specific things, such as research, but those who have good organizational abilities,

can get along well in a team setting, will start something and finish it, will tackle a problem and find ways to solve it, and have a positive attitude at the workplace.

Here are three skills you can learn or enhance during your time at Concordia that future employers will look for in an employee:

Communication skills: Take advantage of written assignments and class presentations. Challenge yourself to take courses which will stretch your analytical skills.

Teamwork: Group projects and studying with classmates

provide opportunities to work with others.

Time Management skills:

Focus on handing in assignments on time and getting them done early. Set realistic academic and personal goals for your self throughout the year. Develop healthy boundaries with friends and be cautious of how many hours you put into your part-time employment.

These skills "transfer" or are "transferable" to almost any job. Take advantage of the opportunities you may have in your course work to develop them.

Yovella

Student Volunteer
Assistant for
Concordia Career
Services

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100 dollars is a waste of CSA money for an event that lasts 20 minutes.

On The Amusement of Learners: A Treatise

Rasputin's Ghost

In my understanding, the education of the young is a somewhat important responsibility, and always has been. In and with this, some space must be allocated for diversion, distraction, etc. An environment, however suitable to the process of accumulating knowledge, cannot and often DOES NOT guarantee success of any kind. I find it quite deplorable that (given that the individuals who attend university encounter significant stress), Concordia lacks a substantial amount of relaxation or "chill-out" options. Should you desire even a

cup of coffee, your prospects are sadly weak. Not to mention the lust for a satisfactory meal, a topic I dare not touch on here.

I simply see that students are, for the most part, sitting on the

cheaply carpeted, oversized monstrosities (resembling steps) of the Tegler Center, wanting, yearning even, for something more. This unhappy condition can be remedied, but I daresay the chances are slim, unless quality solutions are proposed and acted upon.

Not to diminish the academic features of Concordia (this is not my aim at all), but some steps MUST be taken to liven up and enrich the campus in a positive way. Infusion of life into anything stagnant is a daunting procedure, to be sure, but allow me some room to brainstorm. First, a pub of some sort would be

exceedingly welcome. I know almost all colleges and universities have something of the sort, and they are not overwhelmed by drunken multitudes or grope-happy freshmen. Even a coffee nook (complete with fireplace, armchairs, magazines, and a wide selection of baked goods) would do us well.

To assuage those nostalgic for the arcade and pinball days of yesteryear (I count myself one of them), a corner of such vintage devices could be installed. I should comment here that the removal of the foosball table was a shocking and outrageous crime. How apt it would be to introduce entertaining content on the television that now inhabits Tegler... REAL TV, anyone???

During the course of the year, we are treated to certain special weeks (Ed Week, Psych Week, Pastor of the Week, etc.), but one thing is sorely overlooked. The Drama department. There are many skilled, talented, funny, and above all entertaining people in this discipline. Why not have Drama Week, complete with improv, pre-rehearsed sketches, impersonation contests, monologue readings, and the like? I am sure such a spectacle would be tremendously joyous.

As a sort of clichéd finale, I would like to end with the following quote from Aristotle, a champion of academia: "It is the mark of an educated mind to be able to entertain a thought without accepting it." I ask only that these suggestions are ENTERTAINED, but warn that the movement towards insanity-inducing boredom is not far off for some. Bettering Concordia need not be a grandiose makeover plot; quality, subtle touches will be noticed and appreciated.

I simply see that students are, for the most part, sitting on the cheaply carpeted, oversized monstrosities (resembling steps) of the Tegler Center

Chronicles of the Chronologically Challenged

C.C.

Hello again Concordia – that was quite a rant last issue, with its bad grammar and suspicious spelling. I'll attempt better self-control in this issue. Thank you, Evan, for the charming little maps of the Frankish Kings. It added to the fun.

How are you all holding up? Did you get your fill of pumpkin pie? Once again I'm amazed at how much I have to be thankful for. Even the days of struggle are

teaching me to search for the good in each day and to appreciate it when I find it. This comes in spite of how overwhelmed I often feel. I'm still surprised when a friend or family member offers a quiet assurance that I'm going to make it and am almost there.

Oh, by the way – I should clarify that my family is in their early twenties and when I say they can fend for themselves I'm not being totally neglectful.

On to more pressing matters. How did midterms arrive so quickly? Why does inspiration for that paper come 10 minutes before leaving the house? How can I manage my time better? I am amazed when I think of how many papers were done last winter in such a short time frame. I keep trying but often don't feel I'm making much progress. Surely I can do this again? Right?

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To the person who hates smoke: HOLD YOUR BREATH

John Kerry: An Embarrassment to Roman Catholics

7

Outlooks

To my knowledge, there have only been two Roman Catholics who have ever run for President of the United States: Al Smith in 1928 and the infamous John F. Kennedy. The candidacy of both Catholic men, particularly Al Smith, resulted in a mass backlash of anti-Catholic propaganda and bigotry.

That same controversy has not affected the Catholic presidential candidate John Kerry. Why not? It's definitely not because America has all of a sudden dropped its long-standing prejudice against the Catholic Church. No, it's because John Kerry represents Catholicism about as well as Bin Laden represents democracy.

Last time I looked, Catholics stood firmly against social issues such as abortion and stem cell research on embryos. It was quite disturbing to

see Mr. Kerry speaking in front of campaign signs with the slogan "Pro Kerry, Pro-Choice." Equally as disturbing is Mr. Kerry constantly slapping disclaimers on his remarks justifying his non-Catholic opinions. "I'm a practicing Catholic and have my own personal opinions on certain issues, but..." But what?

Mr. Kerry keeps saying he can't push his personal beliefs on others. Speaking out against abortion and stem cell research on the unborn is not a question of pushing religion on people; it's a question of basic human rights. Pushing religion on people is the President forcing people to pray the Rosary ten times a day. Catholics are taught to stand up for all life, especially for the weak that cannot defend themselves. This includes children born and unborn, the

mentally handicapped, and the terminally ill. Who can argue with the Catholic Church's stance on defending the right to life?

Mr. Kerry seems to have turned his back on the great things the Catholic Church stands for. To add insult to injury, Mr. Kerry allegedly married his second wife without receiving an annulment from his first marriage.

Now we know why George Bush is appealing so aggressively to American Catholics for their vote. In the midst of actual and alleged abuses in the Catholic Church, American Catholics now have to deal with a Presidential candidate who puts the Catholic Church in the toilet every time he opens his mouth. Michael Moore likes making "documentaries" about hypocrites. If Mr. Moore is such a great American patriot, why doesn't he do a real documentary on the real person of John Kerry?

David Skuban

Children's Books and the CSA

I was going to write an article in the Blue & White asking for children's books, until today. Now I feel that I must write an article asking for children's books, and to recognize the C.S.A. and student services.

I recently spent a couple of hours at Ben Calf Robe Elementary and Junior High School, (which is less than fifteen blocks from our own Concordia). My roommate Jocelyn works for Enbridge Pipelines, and her and 15 of her co-workers were going to read with the children. I was fortunate to fill the last volunteer spot. I met them in Ben Calf Robe's unpaved parking lot, in front of a small school. Many of the Enbridge employees were carrying large bags or boxes of fruit, and a large stack of books as presents. We were lead to the school's Ceremony Room, and treated to a Sweet Grass Ceremony. Ben Calf Robe's student population is exclusively Aboriginal, Metis, and Inuit children, and their culture is an intrinsic part of everything they do in the school.

The best readers from the grade three and four classes met us for the

ceremony, and joined us for a tour of the school, and a hot soup and apples lunch with the kids. The school provides both breakfast and lunch for free for all students. I will not go into details, but the school is lacking much in support and funding. However, this year the school has new administration, and almost all new teaching staff. They have a five-year plan to update the school, find more funding, and significantly raise the graduation rate. Also, Big Brothers and Sisters is setting up a mentor Program (which is still in need of about 30 volunteers).

I was partnered up with the smallest and youngest little girl of the group. She is still seven years old, and in grade three. She told me about her brothers, sister, her friends, and taking the ETS to school. At seven. She read at about the same level as all of the children who were choosing to read, which I would rate at a late grade one student. These are the best readers from each class, but I am not sure how much practice reading one could receive in a library so bare of books. Many shelves were more bare than covered, and the novel

shelves filled an area about the size of a double door. I inquired if I could donate my old books, and was welcomed to by the principal. Now I welcome you to help as well.

I wanted to place a drop off box just inside the C.S.A. office in Tegler. Uncertain of how to reach students' council, I left a note in their suggestion box asking permission, and my phone number. Just after I dropped it in, Paul Ney, from Student's Council, walked out of the office, and I asked him. He immediately agreed, introduced himself, and went back to the C.S.A. office to tell the rest of the council. I next went to student services to get approval from the Dean to post notices around Concordia, asking for books. Student services offered to post my notice on the web site. I returned home, rather excited at how easy that was, to receive a phone call from the C.S.A. President, Scott Lyons, asking if Student Council could help me in any way. That totally made my day. So I wrote this article to give 'props' to student services and the C.S.A. And to ask for books, please.

Christy Hennig

Concordia Sports Review

Brandy Robinson

Concordia participates in one of the strongest athletic conferences in Canada, the Alberta Colleges Athletic Conference (ACAC). Concordia competes in soccer, basketball, swimming, badminton, hockey, golf, curling, and cross country running.

Concordia Thunder is upping the ante in Alberta college soccer. The women's soccer team, head coached by Diane Brennan, has had 7 wins and 1 loss. The female Thunder is ranked second in the overall provincial standings. Their loss to the Grant MacEwan Griffins put them behind first place by five points. If they can dominate the Grand Prairie Wolves on the road, their home game winning streak of 3 and 0 should close the gap between them and the Griffins. In national standings as of October 13, the girls were ranked second. The disappointing loss to the Griffins may have changed that status, but it is clear that these girls still have a chance of making nationals.

Concordia's male soccer, headed by Coach Samadi, is crushing the competition. They are currently undefeated, leaving 5 out of 7 games shutouts. Only one other team in the ACAC conference holds the undefeated title. Concordia's Frank Mahulo is ranked second in the ACAC scoring leader roster, scoring 7 goals in 8 games. Mahulo is a Kenya native living his second year in Canada, but is a rookie to the Thunder. Mahulo is trailing first by one goal – that foot is on fire! Tare Rennebohm, Concordia's goal keep, is ranked third in the province for the men's top goal keepers. This dynamic duo is just some of the talent displayed on our soccer field.

Coach Feula and Samadi aim on keeping the winning tradition alive at Concordia. This is not a small task to tackle. Concordia has seen two national qualifying teams in the last four seasons, and in 2001 Concordia was one of the provincial finalists. Both coaches see a lot of potential in the young team, which is mostly comprised of rookies. Only four veterans remain on the team. Both coaches are enthusiastic about the positive attitudes and talent displayed on the field. Currently they are ranked fourth in the province. Maintaining this position will secure their spot in the final four competition, which determines the Alberta team that will compete in Nationals. Thunder midfielder Joseph Toomaesigye says, "The focus right from the start is to make nationals." A threat like Concordia has definitely kept the thunderclouds over the competition.

Concordia's golf team – including Logan Bentz, Paul Kuperus, Jeff Reptash, Craig Macalpine and Kevin Macalpine, and headed by Coach Larry Petryk – closed their 2004 season with Thunder pride. In their first competition hosted in Lac la Biche on September 25, they grabbed a first place finish at the ACAC Regionals. At the ACAC championships that took place in Sundre on October 1 the Thunder golf team was bronze medalists, finishing with a combined score of 663. Way to go guys!

The next home game for Thunder hockey action begins on October 22. Concordia will be taking on the Augustana Vikings. Our host area is the Claire View arena and the game starts at 8:00 p.m. Basketball combat began on October 15, so watch out for the opportunity to cheer on your school teams.

Spare Time

Anonymous

The worst thing about spare time is having nothing to do with it. Normally spare time only comes when something unexpectedly doesn't happen. This leaves people in a semi-dazed state, wondering what would be the most productive use of this small amount of spare time: do some quick studying, practice of bit of piano, do some drawing, or in my case wait around to get roped into writing an article. Normally this wouldn't happen. I would go back to where my friends are and spend time in quality companionship with my fellow students (right quality). Anyways, thinking on it now, I never have anything of worth to do in these small bits of time. So I encourage all of you reading this to do something the next time you've got quarter of an hour with no plans.

Upcoming Games:

Hockey

October 29th at CUCA 8:00 pm against SAIT
November 10 at MacEwan 8:30 pm
November 12 at CUCA 8:00 pm against MacEwan

Basketball

October 29 at CUCA 6:30 and 8:30 against Augustana
November 5 at CUCA 6:30 and 8:30 against Lakeland
November 12 at NAIT 6:30 and 8:30
November 13 at CUCA 6:30 and 8:30 against NAIT

Cross Country Running

October 30 at Concordia (ACAC Championship)

Note: these are only games in Edmonton. For a complete schedule, please grab a Thunder Athletics Game Schedule.

Cookies and Concerns

So who was it??? I really want to know! Who dropped off 2 boxes of cookies for me and the CSA council 2 weeks ago? I want to know for two reasons. First, because if I had agreed to do something with those cookies I had forgotten by the time I received them, so I have no idea who they are from or why we got them! (I rarely forget that kind of thing so I doubt I forgot, but if I forgot then I am very, very sorry.) So after asking around, I was happily forced to concede to the only option left to me: they were a gift for the CSA. (Again, if they were not and we somehow all forgot, let me know and we will replace your cookies.) That said, let me tell you that they were wonderful! Sometimes it takes an act like that to remind us that the students do know we care and that we are trying to make their life here a better place. Thank you, who ever you are; you have a gracious and considerate heart.

The cookies reminded me of how important it is for us to try to generate student responses to what we do. Well, not necessarily us getting cookies, although that would be nice!! What we want is for two way communication to exist between your elected council and you, the students. The CSA desperately wants to be in contact with you. There is no way for us to know exactly what your needs are and what you like or dislike unless you tell us. We are trying to very hard to find out

your concerns. I have already spoken to so many of you about your concerns and questions. This has been a great start, but it barely scratches the surface in regards to how the CSA should be accountable to you the students. So we are asking your help so we can help you. Here are some ways:

1. Email us. Check out our website,
www.csa.concordia.ab.ca

2. CSA has initiated a new concern form. You can get one from any CSA member or on the CSA post. These will be shared only with the council and the Dean of Students. We will not release any of your information without consulting you first. We are working to solve your concerns in our school but we have to know what they are, or in some cases have firsthand stories to go with our claims for change.

3. TALK TO US!!! We all have office hours. I also have office hours in Tegler on Tuesdays at 12:00.

We will keep trying to give you the year you are hoping for. Thanks to those of you who tell us your concerns and a special thanks to those of you who send us cookies to keep us going when we get tired.

God Bless

Scott Lyons, CSA President

slyons@csa.concordia.ab.ca 479-9212



Scott Lyons

Introducing your VP Finance: Paul Ney

So who am I? What do I do? These are some questions that you probably have never asked yourself, but maybe should have. I'm the guy who manages a portion of the money you pay to come to school here at Concordia. Every year there's a line in your Statement from Concordia that says "College Student Activity" and has eighty dollars written next to it. This may not seem like a lot of money compared to the massive wad of cash that is tuition, but multiplied by all 2,000 students and combined with the rest of our budget, CSA handles well over \$200,000 of money

each year. That's what I do.

Now, on to who I am. I was born in Ontario, but have spent most of my life in a small town named Stony Plain just outside of Edmonton. I love playing basketball and volleyball, and I go snowboarding every chance I get. I dream of becoming a rock star, but if that doesn't work out I'm currently studying to become a pastor in the Lutheran church.

My job? Like the president's, I do a lot of behind-the-scenes work. For the last month I've been working with Scott Lyons to prepare a budget for this year's council. Our budget

has recently been approved, and now my primary responsibility is to make sure the rest of council follows this budget. I keep track of all expenditures and revenue, take care of relations with the bank, make deposits, sign cheques, and all sorts of other exciting things.

What does this mean to you? It means I am 100% accountable to you. After all, it's your money! So come visit if you have any questions about how your money is being spent. My office is always open and it has a great view.



Paul Ney

Sacred Music Festival

Join us for wonderful music featuring:

Concordia Concert Choir

Concordia Ringers

Concordia Community Chorus

Sine Nomine Chamber Choir

Jubilo! Bells of COncordia

Massed Choir

Tickets on sale now:

Concordia: \$14

@ the door \$14.50

-\$3 off for students!

Bring a date to show off the Winspear's Big \$\$\$ Organ! Or come with friends and experience music in one of the best sounding acoustic environments in North America.

Francis Winspear Centre

Sunday October 31st

7:30 pm



LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES

I love "Taking Back Sunday" and so will you.

Kitchen Disasters

In the spirit of Halloween (one of my favorite holidays) I thought I would showcase some cooking horror stories. A special thanks to all of you who helped me out with this!

I have received a couple stories about problems with cheese, like forgetting that cheese fondue isn't just a matter of melting cheese (poor Karen!). Or on the same topic, making glue instead of sauce; they give you a flour measurement for a reason, have faith...it will thicken.

Perogies are a Ukrainian staple and have become practically everybody's favorite. Apparently, a first-timer put them to boil. Now the rule with perogies is that one puts the perogies in boiling water, waits for them to rise, cooks them for two minutes, and then removes them. Because of either inexperience, poor clock-reading ability, or just little faith, two minutes turned into twenty. When the accomplice finally convinced the first-timer to remove the doughy bits from the pots, they were amazed to find the filling had just dissipated into the water.

The whole point of pre-made pizza is to avoid the high price tag of delivery. Concordia's terrible twos were attempting a quick fix for their hunger. Unfortunately they didn't end up eating because the pizza imploded and folded in from the center out. I am still trying to picture that one and figure out just how they managed such a mess.

The icing on the cake (so to speak) came as a fluke. I was attempting a new dessert for the cooking corner (for an entirely different article) and it just seemed to fit. My favorite dessert, smores, has all the goodness of fancy dessert, but all the mess you can justify. So I thought why not – smores make easy in the oven. I lined the cookie sheet with graham crackers, loaded on the sugary ingredients, and baked. I ended up with a Michelin man without any goodness. I guess I am just gonna have to wait till summer or make them over tea lights.

I know a person who finds Easy Mac (the simpler microwavable version of Kraft Dinner) a little hard to master. In their honor, the next issue will showcase Concordia's Top 10 Ways to Make Kraft Dinner. I can only imagine what one of Concordia's cuties is going to say about that one, coming from a person who tried to use Vanilla Soy Milk to make her KD. Yuck! If your horror story missed this issue, write anyway; we still want to hear them.

Bon Appetite!



Self-Injury: If You Won't Talk About It, I Will.

Evan T. Adnams
eadnams@hotmail.com

It's come to my attention that cutting or self-injury is far more common at our school than I thought. We don't talk about it. We hide it under our sleeves and pant legs. We pray no one notices, but everyone's eyes say to us "What did you do?"

We don't talk about it because they're afraid of it. They're afraid because they don't understand it. It's difficult for a non-cutter to understand that self-injury is a coping mechanism, not an attempt at suicide. The most common reason we harm ourselves is to deal with emotional pain or to break feelings of numbness by arousing sensation. It is NOT (typically) related to suicide or even self hate; it is a release due to our lack of coping skills.

See, self-injury is easier to deal with than emotional pain, as it can be seen. Self-injury heals faster and more visibly than emotional damage. Yet self injury only provides temporary relief; it does not deal with the underlying issues.

Self-injury can become a natural response to the stresses of day to day life and can escalate in frequency and severity. But it can be treated and overcome. It can become a choice instead of an imperative. The first step is admitting

you have the problem, which is the hardest part.

I had a friend who helped me find the help I needed and learn the proper coping skills to take control over my cutting. I strongly suggest talking about it with someone, getting it out in the open. Learning better coping methods is the only way to make it stop before it escalates into something you can't control anymore and you really do serious damage.

For me, cutting is always at the back of my head when I'm under emotional stress, but it stays there. I control it; it no longer controls me, in the same way that alcoholics stop drinking but never stop being alcoholics.

I am a cutter who's stopped cutting and I want to help other people get to the same state. Perhaps, if there's enough feedback, a support group could be arranged. I don't want to hear about all the people out there who self-injure, who refuse to talk about it with their close friends because of fear. I pray that this serves two purposes: to inform the uninformed, so that they're comfortable with it, and to give hope for all the cutters out there to reach out to someone for help.

GET PAID A GUARANTEED \$2,500 US EVERY MONTH TO START!
 International company now hiring people between the ages of 18 to 25 to work part time!
 Visit: www.coyfs.com/support.html for complete details.

Are you interested in the mission trip this year during reading week??? If you would like more information please call Nicole at 479-9213 or stop by the CSA offices and pick up an information package.

CONVERSATIONS ON MARS HILL
 (Common Ground & Clarity on the Intersection of Religion of Civil Life)
 Understanding Law as Culture: Making Room for Meaning in the Public Sphere.
 Friday, November 5 @ 7:00 pm Chapel Auditorium
 Faith, Religion & Civil Society A Teach-In for Christian Formation
 Saturday, November 6th from 9:30 am 3:30 pm. S102

ENJOY FREE CONCERTS:
 Sunday November 14, 3:00pm
 Concordia Symphony Orchestra
 @ Tegler Center
 featuring Prokofiev's "Peter and the Wolf"
 narrated by
 The Right Honourable Lois Hole
 Talk to Wendy in the Music office for more details.

Our special events for the United Way campaign are happening now! Check out the following events:
 Oct. 27 Pancake Breakfast
 Oct. 27-28 Book Fair
 Nov. 1 Hamburger Day
 Nov. 8 Pie and Ice Cream Day
 Nov. 8-10, Nov. 15-17 Silent Auction
 Nov. 17 Hamburger Day

Are you interested in Breakforth?
 CSA is subsidising tickets and it will only cost YOU \$80.00 to attend. The regular early bird price is \$129.00. If you are interested please contact Nicole at 479-9213 and pick up a registration form. The deadline is Nov 5th to register.

Concordia Students Celebrate Canada Career Week (October 30-November 6, 2004)
 • Check out the International Opportunities and Volunteer Opportunities Fair in the Tegler Centre on Wednesday, November 3 from 10:00 am-2:00 pm. Come and meet with presenters. Learn about a wide range of things you can do.
 • Check out the Career Resource Corner and the Career Computer Browser next to the Career Services Office in the Library.
 • Drop in to see Mrs. Ritz, Career Practitioner, in her office (L265) and bring a career question.

International Opportunities and Volunteer Opportunities Fair Wednesday, November 3, 2004 in Tegler (10:00 am-2:00 pm)

Open to all Concordia students.

Stop by and discuss opportunities with presenters:

INTERNATIONAL	LOCAL VOLUNTEERING
1. JET-Teaching English in Japan	10. The Mustard Seed
2. Canada World Youth	11. Edmonton Mennonite Centre for Newcomers
3. Department of Modern Languages (Concordia) Quebec Summer Language Bursary Program	12. Child and Adolescent Services Association
4. Travel Cuts	13. ABC Head Start
5. CUSO	14. New Creation Ministries
6. Serving In Mission (SIM)	15. Eating Disorder Education Organization
7. Lutheran Church Canada - Mission & Social Services	16. The Salvation Army Edmonton Community and Family Services
8. World Mission Prayer League	17. Atonement Home Programs
9. Youth With A Mission	18. Catholic Social Services
	19. Northlands Youth Committee
	20. Edmonton Public Library
	21. PALS-Project Adult Literacy Society



Yimbéré, Cameroon

Neal Roberts

I am one of a few people in the world who have been to Yimbéré, Cameroon — a small village of five hundred or so residents in one of the most remote places on earth. No electricity, no paved roads, no stores, and no real reason to leave. In the month that I was there, I was amazed at how good the simple life could be. Don't get me wrong, I was on a mission trip, and we did the standard stuff — construction, drama, music, and prayer were very much integrated into most hours of our day. But there was more than enough time to allow myself to enjoy the lifestyle of the villagers. You work the fields for your food, you cook your meals, and you relax under the central mango tree, enjoying conversation and company with your fellow villagers. No meetings, no deadlines, no term papers; just existence. I didn't think I could be happy in such a situation, so far detached from the world with which I am familiar: the possessions that keep me entertained and the tasks that keep me busy. But for the month that I was in Africa, I completely forgot about them.

Been somewhere exotic? Share your travel adventures and (high resolution) pictures! Send them to: blueandwhite@csa.concordia.ab.ca



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