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STUDENT PROTESTS IN MEXICO. PAGE 10.

A WORK IN PROGRESS

Kayle
Sieben
Advice Column

As young adults, I've noticed often times as a whole we are searching for meaning, searching for some sort of light to guide us. With the rise of social media I've noticed a rise in people looking for single quotes that are taken out of context to be applied to our own lives. Everybody is looking for advice, yet a lot of it is unwarranted and can be irrelevant to our own lives. In an increasingly secular society, it's often difficult to find guidelines to try to live by. Though religion serves a purpose, its inability to fluctuate with an ever-changing society may be the cause of less individuals being able to find that relationship with any given organized religion. So where do we turn?

Through different circumstances we each construct our own moral compass. Morality is not something that is created through one event or any given piece of advice, but through a lifetime of events, situations, and guidance. For most, parents are our main source or morality; as we see how they interact with the

world and how they react to certain situations; we model their behavior. We should take what we have learned from them and improve on it. Exceed expectations instead of simply achieving them.

In a recent conversation I had with a friend of mine, Anthony Mayfield, author of "On the Brink: Resource Depletion, Debt Collapse and Super-technology," I asked him "If you could give one piece of advice to an audience, what would it be?" His answer astonished me; he simplified the idea, yet made it more complex than I had thought of it prior to this conversation. He replied, "If I could give one piece of advice, it would be to not ask for only a single piece of advice."

There is no one-solution fits all type of advice; each situation holds its own unique set of circumstances. The parameters that surround my issue do not match those in my neighbor's issue. The piece of advice that worked at one point in your life may not be applicable to a situation years down the road. One should never cease the search for more knowledge and wisdom. One should never shut their mind off to new, better ways

of handling situations. A philosophy I like to live by is that you can learn something new from every person you come in contact with, even if it's how not to do something.

Personally, I have grown exponentially since I came to university. Yet, the more I grow and the more I learn, the more I realize how much further I have to go, so the cliché life is a journey, not a destination has never seemed so accurate to me. I remember living an intimidated life, scared to take risks and scared of being hurt. I truly believed that there was no possibility of a brighter future for myself. As I continued to grow and continue to observe and study human behavior I've come to realize just how similar we all are, despite our differences. As I continued to work on myself, I began to realize this is a life worth living more and more every day. I didn't take every negative circumstance as a blow to my ego; instead I now treat negative circumstances as a way of life. Negatives will never stop occurring; it's how we handle them that will change our outlook on life. As we learn and grow, we can become more capable of handling these situations.

We all need advice; it's about building on the advice we have already been given in order to continue personal growth. Individuals should never consider themselves a finished product, because there will always be something to be learned or gained. In the same light, we can't blindly accept others words to be true. We must find out for ourselves the actuality of what is being said, and potentially build on it. This can be done by doing research, by trial-and-error, or critical thinking. The key is, if we do blindly accept what is being said, we can never truly understand what is meant. Life is a never-ending series of actions and reactions; the thing that makes life so complex is that there is no given formula for how we are supposed to live it. Always find a way to improve, always look for better solutions to your problems, and always stay in search for something greater.

If you have any questions you'd like answered, please contact The Bolt, or email me at kdsieben@student.concordia.ab.ca. All entries remain 100% anonymous.

STUDENT SERVICES

Peter
Fourlaris
Student Life

This week it was my tremendous pleasure to interview Philipa Hardy. Not only does Ms. Hardy do a great job of helping students at career services, she also gives a great interview.

Peter Fourlaris: "What is your official job description at Concordia?"

Philipa Hardy: "My official title is Coordinator of Student Employment and Engagement. I run the career services center; connecting students to the world of work, helping students figure out what they want to do in terms of where a career goes, and linking students to international internship opportunities."

PF: "What can career services help students with?"

PH: "A lot of the services we have are involved with career counseling and career advising. We do that one on one and there are a ton of resources that students can use to do career exploration activities. We have an online career aptitude test called "Type focus," it's helpful for a student either knows really well what they want to do

and just wants affirmation of that, or for students who really are struggling with finding a career path. It uses the "Myers-Briggs Type Indicator" to determine what types of careers are best suited for the student. It's a really good starting point for a lot of students. We also help with resume writing, cover letter writing, interview prep, mock interviews, and how-to-do job search. We also offer workshops as well, program departments or the CSA are open to having me come to do workshops about employment or other career related topics. We also have an online job board for students, and not just employment, but also volunteer opportunities too."

PF: "What is the most common question that students ask?"

PH: "I would say there are two. One is "can you look at my resume?" The other is "I'm not sure if I've made the right choice with my program or major."

PF: "What is the most strange or unusual question a student has asked you before?"

PH: "It had nothing to do with career and employment necessarily, but I did have a student ask to borrow my car for a driver's exam!"

PF: (Laughing) "Oh wow! What was your response to that?"

PH: (Laughing) "Uh no thanks! It's not available."

PF: "What is the most rewarding part of your job?"

PH: "It's the students, absolutely. And it's the students coming back to me and updating me on how things are going, or telling me that they got the job or grad school that they wanted. That's the best part."

PF: "Do you have any advice for students in their first year?"

PH: "Absolutely. A lot of students in their first year don't always know if they're on the right career path, they think they're on the right career path. They think they do, but they're not too sure, or they either know for sure and they've always known exactly what they want to do. Either way, career services can give a lot of support for that. So like I was saying, to do some career exploration activities if you're not sure what you want to do, we can help you find a focus. For those who already have a career focus, it's a fantastic time to start networking with people in the industry. Students are in a great position to network while they're still students and not breathing down

employer's necks for a job. It's just basically working with us to show ways that students can connect with people who are doing the work that they're doing, and make sure that this is really what they want to do. Also start planting those seeds, so that when they graduate they will have lots of opportunities. Getting connected early is important because it really shows on your resume, and once you have those connections, they'll help you get the job. Then you're not so much competing for a posted job that every single graduate in Alberta is also applying for, because you would actually have a personal connection".

Thank you very much Ms. Philipa Hardy for very entertaining interview. I hope this article can demonstrate how approachable and helpful Ms. Hardy, and everyone at career service are.

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

A LITTLE SURPRISE

Kelsea
Gillespie
Travel

One of the scariest things while traveling abroad is being lost. Something even scarier can be stopping to ask locals for directions. It can also be incredibly fulfilling.

In the quaint coastal village of Cascais (pronounced Cash-Kaish), Portugal, where even the Portuguese travel to take small vacations, finding tourist attractions is not incredibly difficult. When we wanted to leave Cascais to go see the castles in the Sintra forest, asking for directions to find the bus route seemed necessary. It was a foggy and cool day, a blessing it seemed, and we enjoyed the break from the intense heat. We stopped, deciding to ask an elderly gentleman behind a coffee kiosk for directions to the bus to the Sintra forest. Not entirely understanding us, he came from around the kiosk to look at our maps. The first thing that struck me about John, who would become our guide for the next hour, was that he was incredibly short. This little Portuguese man was about five feet tall, if that. The second thing that shocked me was his jolliness and his sprightliness despite the fact that lines were etched around his face like the

rings on a tree. He spent the better part of five minutes discussing directions with my travel companion (because as we have learned, it is always best when I am left out of navigating) and then turned abruptly to the other old gentleman behind the kiosk and instructed him to look after the shop until he returned. We set off following John at his pace, which was surprisingly fast. Before we realized where we were going, we were heading into a underground tunnel, surrounded by obscene graffiti and dank air.

About twenty feet behind my companion and John, I began to wonder if we were being led into a trap. As a traveler it is extremely important to always remain vigilant about your surroundings and those you trust. Criminals seem to know no ethnicity, per se, and I began to wonder if they also knew no age. Luckily for me, my travel companion was also on the alert, and checked around all the turns and bends, frequently looking ahead for signs of danger but also looking back to check on me. Listening keenly to their conversation, I heard John scoff about my slow pace so I decided to catch up.

We emerged from the tunnel unscathed and relieved, but also feeling slightly silly for

having been afraid of a small elderly man. John brought us right to the bus station and just as he should have left us, he stayed. He explained all the bus routes we could take, approximately how long they were and how much. He checked a sign and informed us our bus would arrive in less than twenty minutes. Once again, it seemed an excellent time for an exit. He remained. It dawned on us that this tiny elderly man actually wanted to make sure we got onto the correct bus, as if we couldn't understand the numbers flashing across the top along with the destinations. We snapped a photo with John with our instant camera, intending to keep it for our travel journal. Instead, John took this as a gift when I showed him, and told us he would keep it in his small special box at home filled with pictures from travelers. He told us that he owned the coffee kiosk, and that he walked thirty minutes every day to work, and then all the way back home to keep him in shape. We took great pleasure imagining what his little old Portuguese wife would look like, and whether or not she would have "Pastel de Nata" waiting for him when he returned home. He told us to take the 403 back to Cascais instead of the 417, as it was a scenic route that went along the coast. He told

us of many things, and we appreciated his company.

When the bus finally arrived, we were surprised that John once again did not leave. He got on the bus ahead of us, walking to reserve us some good seats. Once we boarded and took our seats, he instructed us on where to get off. Once again, John did not leave. Instead he gave a great big smile, and then sat at the front of the bus with what seemed to be an old friend. They sat and chatted as the bus went up and down the hills up and out of Cascais. When his friend departed, John still did not leave. John did not get off until the last stop before heading onto the highway, presumably making sure that we did not get off too early. He waved and smiled, and told us he would see us again in a year. Our day in the Sintra forest was incredible, climbing through an ancient Moorish castle and the Palace de Pina. We took the scenic route home, as John suggested, and enjoyed the view. Nothing felt quite as extraordinary though as the help we had received that day. We never did get a chance to return to thank John again. If we did though, I would have told him that he once again had reminded me that sometimes, the journey is better than the destination.

DRESS TO IMPRESS

Blake
Novak
Business

Remember the last time you went to a wedding or formal event and you saw that person in jeans and a t-shirt who stuck out like a sore thumb, or maybe that was you and you didn't notice. Well, people notice and it really impacts the first impression you leave when you meet them. This idea transfers into the business world when you get interviewed and when you go to work on a day to day basis. We need to understand the different levels of dress that exist and how to use them to our advantage. Today I will walk you through the 4 main styles of dress, and how they relate to your day to day activities. The types are; Formal, Semi-Formal, Informal and Casual.

Formal and White tie: this level of dress is typically reserved of events like weddings, special event ceremonies, or formal garden parties. This type of dress is rare, but it is very easily mistaken with a semi-formal. At this level, men will be wearing a black tie suit or tuxedo, and women will be wearing a dress that will cut

off no shorter than mid calf. Remember that the higher the dress level, the more conservative you should be when choosing an outfit, and colors for the women's dress should remain black or white. Refrain from trying to make a statement, as the event is seldom about you, and the focus should remain on the hosts. This would also be the place where flowers could be incorporated into an outfit, such as corsage for women and boutonnieres for men. These colors should match your partners and should only be an accent piece. Note that white tie is a level that is almost never used in Canada, and would most likely be reserved for an event hosted by the Queen of England, so don't worry too much about it. White tie simply means ceremonial dress, usually accompanied by the man wear a white tie with his suit. At business events, formal attire would usually be reserved for large events such as recognition dinners, major company announcements or annual gatherings such as a Christmas party. On a day to day level, you would almost never see this level.

Semi-Formal: Semi-formal is the tricky one, as it varies

depending on the time of day that the event you are attending takes place. In the daytime, before 6pm, this level of dress would require men to wear a tail-less coat with formal pants, either striped or checkered. This combination would show a more relaxed look from full formal, but still remain classy. In the evening, you would remain at the black tie level, which is very similar to formal attire. The major direness would be that tails or tuxedos are not to be worn at this level. The idea behind semi-formal is that color can be introduced to the pallet, and you can mix it up a little. The types of events that you would see this level of dress at would be at would be dictated by the host, so pay attention to invitation!

Informal: This level is for everyday business attire that you would see in the workplace. Men would be wearing a regular suit, and a jacket is not required at this level. For women, you have a vast, vast, VAST array of choices when it comes to what you can wear at the office. Examples for women would be business suit with skirt or pants, blouses (with or without sleeves), along with many

other options. Color can be used at this level, though try to avoid bright or "offensive colors", such as neon colors, which are not typical in the office. Save these for tight and bright parties!

Casual: Finally the fun level! This would be everything that you would wear outside of a professional setting, including but not limited to; jeans, slacks, hoodies, t-shirts, baseball shirts, anything ripped, skinny or with larger logos or offensive designs. Be careful with your casual wear when attending company events, as this is the impression of your off time to your colleagues. Avoid the offensive slogans, and guys; try to own shirts that are not from beer cases, It will help you in the long run. After all that the main thing to note with clothing is that you need to feel comfortable. Don't buy a suit because you have to, buy one that you enjoy wearing. And while you are at it, wear that suit to the Concordia Business Associations Annual Business Conference on March 7th, 2015! Food, networking and a guest speaker where you can show off your new skills with clothing. See you then!

HOT FOR HOZIER

Rachel
Whipple
Entertainment

Hozier is a band from Ireland that has recently hit the North American music scene. The band's front man Andrew Hozier-Byrne brings a bluesy, soulful vocal sound. Hozier's insightful and relatable lyrics paired with rich instrumental backing, makes for extremely memorable, gut-wrenching, and enjoyable music.

The first single that hit Canada's radio air waves was "Take Me to Church". Along with its powerful chorus and beautiful sound,

it holds a deeper message about gay marriage; it is highlighted in Hozier's video for the song that you can find here: <http://goo.gl/GJOpef>. The video features two gay lovers, who seem to be in a healthy relationship, being victimized for being who they are. They keep their love a secret, but once it is exposed, a group of men attack one of the lovers. The song is not didactic; he does not hit you over the head with his views on marriage. The lyrics are rich with meaning, but it is also a catchy song that anyone can relate to. The band has noted that the song is also commenting

on the nature of church and religious views on love.

My personal favorite song by Hozier is "From Eden". The title and lyrics refer to the biblical story of Adam and Eve. It is a love song, but not the love you would expect. I think of it as a song about how Satan longs for Eve. He describes her imperfections and her wholesome demeanor, and how she draws him in. My favorite line of the chorus is "Innocence died screaming, honey, ask me I should know. I slithered here from Eden just to sit outside your door." The nature of sin is alluded to this in song

as well and how to control desire. This emotional and loving plea of admiration draws me to this song.

If you like music that can touch your soul and make you think, then Hozier is definitely someone to check out! The bluesy sound and rich vocals are comforting and delightful. Even if you are zoning out and studying, not paying attention to the lyrics at all, his songs can make beautiful background noise. The rhythm and vocals bring soul to modern, alternative rock. Happy listening!



THE GOOD-NATURED GOOD NATURE

Ramiro Medina

Polo

Music

Sometimes music can be very difficult to describe; sometimes genres don't quite captivate the sounds of certain acts; sometimes musicians implement so many influences into their act that it becomes a fascinating fusion of orchestrated sounds. Sometimes genres such as jazz-fusion or progressive fail to hold on to all the influences that are emitted in your speakers or on the stage. Good Nature is an example of this sort of idea. This band is all about sound, atmosphere, structure of music, and hella tight vibes. I can definitely recall having 80s flashbacks (even though I was never alive in the 80s) while watching them play, for it is their groove that gets the show going. But, it is time for Good Nature to talk about themselves.

Q: How did you guys start playing as Good Nature? Tell us some of Good Nature's history.

A: Before Good Nature, Roney, Aaron, and our friend Taylor Knight played as an improv-jam band. It was during a show that the group was introduced to both Elli and Fred. Elli came to jam on bass soon after. A few shows later, Taylor decided to pursue travels in Nepal, so Elli took over on drums. Through MacEwan's Music program the group met Ian, and became even closer to Fred. Both joined the

group, on bass and saxophone respectively, adding their layers to the atmosphere of sound. Once this lineup began jamming and collaborating ideas, we discovered ourselves and were thrilled with the material we were creating. We had to make it official.

Q: What would you say Good Nature sounds like? What is the band influenced by?

A: Since all of us come from very different musical backgrounds, we like to experiment with all kinds of genres. We take inspiration from funk, jazz, alternative, and progressive rock, but it's difficult to really identify us with just one sound. We have songs with influences ranging from reggae/ska, to hip-hop, or to ambient music as well. As we've been playing together we've focused more towards collective songwriting since we like to work off of each other's ideas to create unique sounds.

Q: What are you aiming to do with your music? What do you have to offer to your audience?

A: As a band our aim is to write songs that have an emotional effect on our audience. Art is all about the thoughts and feelings it inspires in those who experience it, and we aspire to do, just that with our music. Our songs come from our introspection and our life experiences of trying to find our way in today's world. We hope to put on an

entertaining performance for everyone as well, because we just really enjoy playing music.

Q: What can you tell us about Edmonton's music scene?

A: Edmonton is a great city for start-up acts. The underground music scene is booming with many talented artists creating new sounds, and a dedicated crowd of supporters always looking for new groups to follow. There are a number of young promoters with ties to the many local venues in town meaning there are lots of shows, and opportunities to play. Edmonton's jazz scene has a bright future ahead of it as well. Thanks to the senior talent that chooses to stay and be active in Edmonton and support young musicians through MacEwan University and the Yardbird Suite, there's only going to be more and more talented musicians coming out of Edmonton.

Q: What can you tell us about your experiences of playing in town and out of town?

A: We've been lucky enough to play everything from jazz gigs in local cafés, to fundraiser galas, to louder gigs in bars and house parties. Our wide range of styles allows us to tailor our sets to the event and the crowd. We're always looking for new opportunities to play and show new people our music. We've often discussed organizing a road-trip tour of Alberta or

Western Canada, but we have yet to play outside the city.

Q: What about recording experience? What do you have going on in terms of releases?

A: We have a selection of home-recorded demos and one professionally recorded single, our song "The Wheel". We submitted this single to CBC's Rock Your Campus contest for student acts across Canada and made top 100. Everything we record is available to download on our social media (Facebook, Band-camp, Soundcloud). We are currently in the process of professionally recording our debut EP, so there will be lots of information and announcements coming soon.

Q: How are things looking for Good Nature in the future?

A: We're very excited to hit the studio, and release the material that we've been working on over the past year. Having an EP recorded will be incredibly helpful in promoting ourselves and securing bigger opportunities in the future like out of town gigs and eventually a tour. We'll continue playing shows and writing lots of new music in the time to come, so stay tuned!

And with all of that said, Good Nature will post their upcoming shows and releases on their Facebook. So, look them up on Facebook and Band-camp, they are definitely

FUN AND GAMES

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STUPEFY
TARANTALLEGRA
TERGEO

TO THE NATIONAL STAGE

Matthew Norminton

Cross Country Running

For the first time in 4 years, 4th year Thunder Cross Country Runner Marriya Jenkins had some teammates join her at the CCAA XC Champs. Jenkins made her 4th straight appearance at the CCAA Championships on Saturday in Calgary after picking up her 3rd individual medal at the ACAC Championships 2 weeks ago in Fort McMurray. But this time Jenkins was joined by the Thunder Men's team - for the first time in Concordia history - who had picked up the team Gold Medal at the ACAC Championships.

Jenkins, who finished 6th in 2011 (Kamloops), 2nd in 2012 (Montreal) and 3rd in 2013 (Toronto) was up first and looked great off the start, moving comfortably into 4th place and looked strong as she moved through the first 3km. However just after the start of the final lap, Jenkins found herself struggling to keep her legs moving and from that point on, it was an ongoing struggle for her to get to the finish line. "As the true champ she is, Marriya found a way to finish, even though it would have been a lot easier for her to stop out there," said Head Coach Matt Norminton. "I'm really proud of her for finishing out there but I know it's not what she was hoping for today." Jenkins finished in 24th spot overall. "She'll be back," said Assistant Coach Tom Fleming. "Marriya

is a fighter. We'll figure out what's happening and help her get through this."

The men were up next and as he has done in all but one race this season, Kirk Sundt lead the way, finishing in 15th place overall, his highest ever finish at the CCAA Championships. Sundt's previous highest ever position was 19th while competing for MacEwan. "Man did Kirk look great out there," said Fleming. "He'll be top 10 next year." Next across the line for the men was rookie Michael Quick, who finished in 49th position. Norminton had this to say about Quick: "Quickie had a solid run out there today. He'll be a top 20 guy next year, the first National Championship is always a bit tough but he ran well today." Third year runner and Co-captain Ben Thomas ran to Norminton's expectation, and crossed

the line in 67th. This was also Thomas' first trip to the CCAA Championships. The 4th scorer for the Thunder was SAIT transfer Kenton Sportak, who finished 15th at the CCAA XC Champs last year. Sportak was looking good through 4km but hyper extended his already injured knee in a hole on the course but still managed to limp home in 100th place. 5th year soccer player and runner Cody Hogberg finished in 105th place. "Neither Kenton nor Cody had the runs they would have wanted today but I'm extremely thankful and proud of both of them for finishing. If nothing else, we showed everyone in the CCAA today that we aren't quitters. We'll be back next year and we'll contend for a team medal," vowed Norminton. The men finished the day in 14th place, which was about Norminton's expectation after losing Co-

captain Kevin Chambers to injury after the men won the ACAC Championships. "With a healthy Kevin, we could have been top 5 today. That was where Lethbridge finished and we beat them (at the ACAC Championship)," said Norminton. "With a healthy Sportak, we could have challenged for the team win."

Most of the Thunder runners will now take a well-earned break before getting ready for the indoor season. The men will be looking to improve on their 2nd place finish at last year's ACAC Indoor Championships while the ladies will be looking to improve on their 4th place finish. If you are interested in competing indoors for the Thunder, get in touch with Coach Matt. WELL DONE, THUNDER!!



STUDENT PROTESTS IN MEXICO

Ramiro Medina

Polo

Politics

As the Hong Kong students continue their protests, another group of students in Mexico have met their own conflict with the government. However, while the conflict in Mexico is conflicting with the government, the nature of the student protests are much different.

September 26, a group of activist students from the Ayotzinapa rural teachers college were heading to a protest over school hiring practices. The group was stopped by police and shot close to the town of Iguala, leaving three of them and three other bystanders killed. However, forty three of them have not been heard since, thus creating a concerned response from the citizens of Mexico. It is understood that these forty three students were abducted by the local police in alliance with local drug cartels. Witness and media reports also suggest that as this occurred, the federal police and the military remained passive in order to allow this to occur. In addition, these claims are backed up by the confessions of police offices that admitted to "handing the students over to the drugs gang in southern Guerrero state." (Source: BBC) The collaboration of government agencies in the abduction has led to a major anti-government response from the Mexican community. With the arrest and testimony

of two members of a drug gang, Mexican authorities have taken their attention upon a suspected mass grave; however, this is one of many mass graves encountered during the investigation: "In their search for any trace of the students, investigators have found at least 12 mass graves with dozens of unidentified bodies near Iguala." (Source: The Huffington Post) Despite the fact that none of the graves have DNA matches with any of the students so far, finding these mass graves reveal an even greater concern to the residents of Mexico considering the massive amount of disappearances that reach numbers beyond 20,000. According to Human Rights Watch's Nik Steinberg, who has extensively investigated the disappearances: "the evidence suggests not only that authorities have failed to investigate disappearances, but also, in many cases, that soldiers and police have helped to carry them out." (Source: hrw.org) Particularly the fact that it did not take a long span of time to find 12 mass graves supports the claim that the Mexican authorities have failed to dwell deeper into their investigations.

56 people allegedly connected with the disappearances have been arrested; these people include members of drug cartels, police officers, and government officials. Around the same time frame the mayor of Iguala, Jose Luis Abarca, has resigned as the investigations of the

case go on. Reports state that Jose Luis Abarca ordered the police to stop the students so they would not interrupt a speech his wife was giving in the town on September 26th. Currently authorities are looking for Abarca, for he is believed to be on the run. The police chief and his wife have become fugitives as well; arrest warrants have been issued for them due to their involvement in the disappearances.

Meanwhile, interactions with the central government are varied as some are willing to partake in dialog, others believe that the central government is as corrupt as the local governments, and others take the last view a step forward by taking a violent turn against the government. President Enrique Peña Nieto met with the families of the victims as 10 key demands were stated, thus leading to "a renewed search plan" culminating in the 56 arrests mentioned earlier. Mr. Peña Nieto "said that among the points agreed were that a panel of officials and parents be set up to provide information about the investigation and that better support would be provided to the relatives of the missing." (Source: BBC) Nonetheless, even within the meeting there were claims that were reluctant to trust the government of Mexico in their actions and their promises. In an article from the L.A. Times, Professor John M. Ackerman from the National Autonomous University of Mexico states that "up

until now, the international community had been fooled by President Enrique Peña Nieto's propaganda offensive, which has tried to portray him as an enlightened reformer. But recent events are finally bringing worldwide public opinion in line with what is actually happening." (Source: L.A. Times) The opposition to the Mexican government culminates in the violent turn that the protests have had as of October 10th. "After clashing with riot police, about 200 demonstrators stormed an office building in the state capital, toppling and torching vehicles outside." (Source: The Washington Post) Ultimately, the status of Mexico's government continues to become unstable as the population's trust becomes more reluctant by the second; with the current happenings shedding light upon Mexico's corruption, the government loses support as more people begin to acknowledge the problematic circumstances within the state.

Mexico's conditions are lamentable just as self-actualization begins catch up to more of the population, for as people continue to go missing, the government seems to not reciprocate much of an understanding to the sense despair and helplessness felt by the population. Of course, despair and helplessness in Mexico are only enhanced by the close ties between the government and criminal organizations, thus even the supposed sources of help are, in fact, the opposite.

MENTAL HEALTH UPDATE

Amanda
Santarossa
CUCA Cares

This year the "Our CSA Cares: Mental Health Initiative," (formerly CUCA Care) has put together a Street Team to educate students about the importance of mental health and self-care. The team is led by myself, the Mental Health Coordinator, and the 'Street Team,' which includes Nathaly El-jurdi, Declan Beddow, Annie Chow, and Blake Novak, all of whom have expressed interest in battling the stigma associated with mental health on campus.

Our First Event- Yoga!: On October 22 we hosted

our first event, a yoga class, in the Ralph King Athletic Centre. This event attracted 26 students. Together we 'stretched out our stresses of school and life' and learned how to lead a more mindful life.

Mental Health Survey: October 22 was also the day the Street Team launched a campus-wide survey on mental health and awareness. Overall 105 Concordia students participated in this event. Topics covered included: knowledge of resources on campus, attitudes, experience with mental illness (either personally or through relationships with others), willingness to learn more, and areas students

wanted to learn more about.

I have included below a word cloud generated from a question on the survey asking "What things come to mind when you hear the words "mental health" and "stigma?" The larger words represent more responses as compared to the smaller words.

As you can see 'depression,' 'anxiety,' and 'stress' are some of the highest responses from students.

I have added below the graph from the following survey question: "I know where to find support services on campus to help me with my mental health, financial struggles, and worries about the future."

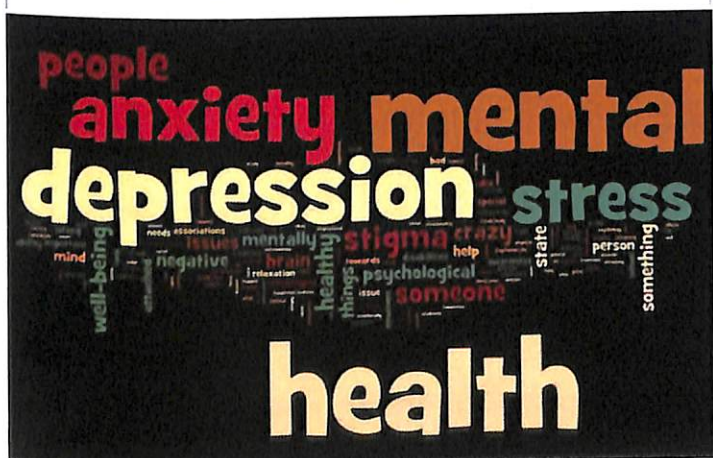
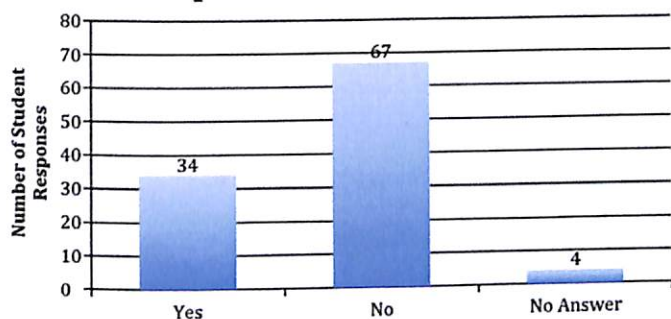
'Yes' represented 32% of student responses; 'No' represented 64% of responses; and 'No Answer' represented 4% of responses. These results indicated to the Street Team that more education is needed on how students can access supports and resources. In response, the Street Team has launched business cards this week to provide

information about on-campus and community resources; topics covered on the business cards include: basic needs, abuse and relationship violence, student involvement, personal security and safety, academic and career, and sexuality, sexual health, and LGBTQ. Watch for these cards soon around campus!

Upcoming Events: The next event for the Street Team will be for "Financial Fitness" week (November 17-20) and CSA's Hogwarts House Cup. Come join us for Budgeting 101 on Wednesday Nov 19! Additionally stay tuned for the Street Team's '2 weeks of Mental Health' and the Mental Health Video Series on the CSA Facebook page from November 24- December 4! We will be having prizes (like \$25 gift cards) all week!

If you would like more information regarding campus resources or mental health programming, please drop by A212 (the Mental Health Coordinator's office) or email Amanda at cast@student.concordia.ab.ca

Know Where To Find Support On Campus For Mental Health

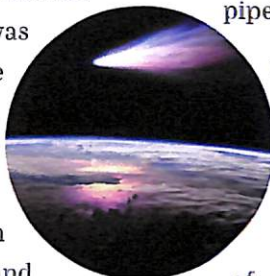


Mon	Tues	Wed	Thurs	Fri
<u>NOV 24</u> Health and Fitness Day	<u>NOV 25</u> Health and Fitness Day	<u>NOV 26</u> Meditation and Focusing Event	<u>NOV 27</u> Andre Grace Presentation (from the U of A Gender Studies)	<u>NOV 28</u> Thunderwear Friday! Wear GREEN to support mental health.
<u>DEC 1</u> Disability Awareness Day	<u>DEC 2</u> Sexual Assault Centre of Edmonton Presentation	<u>DEC 3</u> Dreamcatchers visits with Therapy dogs and Bingo the rabbit!	<u>DEC 4</u> Suicide Awareness Day	

Trending is our section where we dedicate a little bit of time and space to certain stories that don't really fit anywhere else or just don't get the attention they deserve due to our submission schedule. For whatever the reason here are this week's trending topics!

#CometLanding

We tend to like things in space and our focus in the last little while has been on the comet named, 67P/Churyumov-Gerasimenko. The Rosetta spacecraft was sent by the European Space Agency to land on said comet and collect data. The whole thing was a huge success in no small part because they landed on an object moving. Not only that but this project has been a decade in the making as the Rosetta spacecraft was launched over a decade ago to travel over 6.4 billion kilometers to find its goal, the comet: 67P (for short). So all in all space is neat and we'll be receiving more data and fun information



in the days to come. **#WonderDirector** DC and Warner Bros. Quietly announced a Wonder Woman movie coming in 2017. Why they didn't pull the giant extravaganza that Marvel did is still unknown,

but there is already news coming down the pipeline when it



comes to one the most famous females in comics. Michelle MacLaren, director of many Breaking Bad episodes, an episode of Game of Thrones and much more, is apparently in the running for the director's chair of the Wonder Woman movie. This is exciting news for both the Wonder Woman franchise (which in recent years has had a bad rap) and for MacLaren herself.



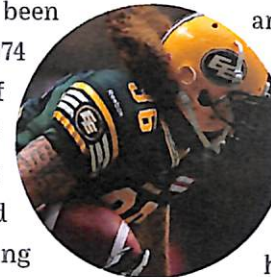
#RIPMrsWolowitz A voice that made almost all of us laugh is gone from living rooms with the passing of Carol Ann Susi. Name not ring a bell? Her voice on the hit show The Big Bang Theory should as the voice of Howard's overprotective mother. In case you weren't aware Howard's mother's name was Debbie. Susi has been working in TV since 1974 and died at the age of 62. Big Bang will not be the same without that disembodied voice heckling from the other room.



the 3ds, but the full console version promises a ton of features thanks to the power of the WiiU. One such feature is 8 player Smash, that's right! 8! The game also hosts a bevy of party features and single player fun that will keep gamers busy for hours. Hope you weren't expecting to do well on those finals!

#GoesksGo

By the time this article is released weas Edmontonians and CFL fans can only hope that the Edmonton Eskimos have moved one step closer to the Grey Cup. We've had a good season and it would be nice for one of our "larger" sports teams to make a name for themselves again. The Green and Gold will have played the Saskatchewan Roughriders the weekend before this issue came out and it will certainly be a great game since the Roughrider and Eskimo fans bring a special energy to a game, never mind the players.



#SuperSmashBros

Nintendo released the WiiU in 2012 and now two years later we're finally getting a game that has been the keystone to many gaming parties for what seems like eons now, Super Smash Bros.! The new game is already on Nintendo's handheld,