

Swanky new tech.

Jonathan's pro tips on the latest devices.



>> Page 3

Unrest in Venezuela.

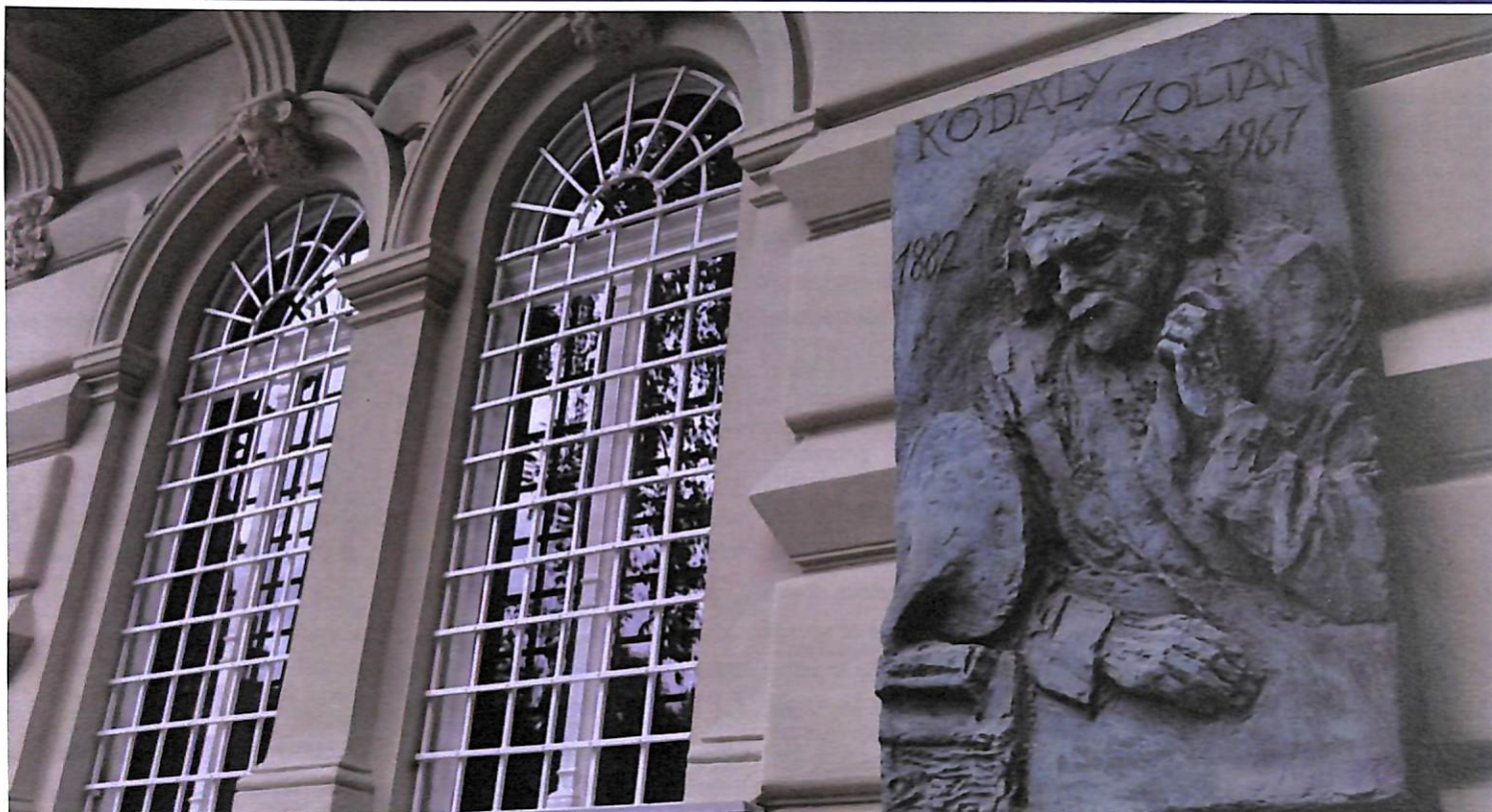
Revolutionary confrontation takes place in Venezuela.



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The Bolt.

A CSA Publication.
February 24th, 2013



A HANKERING FOR HUNGARY.



Rachel Whipple
Entertainment

Bailey Marler, a second year Concordian music student, was awarded The Kodaly Scholarship in Music. This means she will be receiving funding for her to study at the Zoltan Kodaly Pedagogical

Institute in Kacs-kemet, Hungary. This is a very exciting opportunity for Bailey that will allow her to grow in her understanding of music education. It also will give her the opportunity to study abroad for a year while she pursues her career goals. Bailey is striving to teach music in the future and she also wants to work

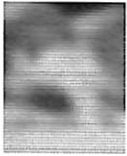
with children and youth choirs when she graduates.

The Kodaly Scholarship in Music is available for Residents of Alberta who have completed all or some post secondary training towards a B.Mus or B.Ed. Applicants are also considered for their intent to return to Alberta and benefit the community.

She applied by filling out an application and submitting an essay. It took Bailey some time to think about the questions posed in the essay topic, but once she had a plan she just got down to writing. After that, she received a call to be interviewed for the scholarship.

>> Read Rachel's article on page 4.

BUDGETING FOR A BOYFRIEND.



**Life 'N.
Stuff.**
Writer

Dear Life 'N Stuff,

My boyfriend thinks I'm a cheapskate, but I feel like our relationship is too expensive for me. My boyfriend works full time and is out of school and my practicum is coming up so I'm going to be without a paycheck for a little while. If I live very modestly, I can barely scrape by with my car payment, insurance, student loans, and credit card payments. My boyfriend is not very happy about the living modestly. He wanted to go on a vacation over reading week, and was upset when I told him I couldn't afford to go with him. He wanted me to take out a loan so I could go with him, which I told him I was not going to do, but he still gives me a hard time about it occasionally. He often suggests going out to eat, and then gets upset when I remind him that I am on a very fixed income for the time being. I try to tell him that I'm not being cheap, I literally can't afford it, but I don't think he understands. When I talked to him about how much the credit card debt stresses me out, he told me I shouldn't be so worried because it's not really that much debt anyway. We live together in a house he owns but I pay half the mortgage and utilities, and for about three quarters of the groceries because I feel bad. I try to be generous in small ways I often buy him books

for no reason (he loves to read) and I go all out for Christmas, birthdays and Valentines Day, and whenever he asks me to pick something up for him while I'm out, I always do it, even though he doesn't return the favor. I love him and he has talked about wanting to get married, but I just don't know. I try really, really hard not to complain about being stressed about money, because this makes him angry. He still sees me as a cheapskate, and I don't know what to do. I've never been accused of being cheap by anybody else. Am I being ridiculous?

-- Cheapskate

Dear Cheapskate,

Let me make this very clear, you are not being ridiculous. From what you have told me it sounds like the only person who is acting at all ridiculous is your boyfriend. Money is always a hot issue with couples but there is usually some level of understanding on either side. Your relationship seems to be the exception however. The unapologetic nature of your boyfriend that you described concerns me and I fear that you are being taken advantage of. Your boyfriend knows that he is dating a student who can not work full time, so do not feel bad that you don't earn as much as he does.

The first thing I want to emphasize to you is that your earnings and savings, no matter how small, are

your own. Man or woman, dating or single, that is still your money. You are the one who went to work to earn that money, so you should be the one who decides what to do with it. You should not feel guilty because you made the responsible decision that you do not want to go into debt over a vacation and I am proud of you for standing your ground. It is not cheap to prefer to eat at home, especially when in financial duress, and there is nothing wrong with frugality. You are being a practical and disciplined student which is admirable. Do not let anyone tell you different.

A relationship is a partnership, and within that partnership responsibilities are supposed to be shared evenly. I usually recommend that couples living together split all costs 50/50 unless one person in the relationship contributes significantly less through no fault of their own. You are in school because you want to better your future, not because you want an excuse to make less money than the person you are committed to. No one has the right to force you to tiptoe around them solely because you are at different points in your life. You are not responsible for covering more expenses than your boyfriend who works full time and can afford to take a vacation whenever he wants. From what you have told me, it shows that you are a compassionate and generous

person, who is in love with a man who possesses neither quality.

You and your boyfriend need to have a serious conversation about finances. Tell him that you need him to be more understanding about your financial situation because it's not fair that he guilt trips you while you are in school. Since he is done school now, try to encourage him to empathize with you. Remind him that he has not always had a full time career, and life before that was less financially secure. Tell him that you need to spend the next few years being frugal for your survival, and that if he wants to go out for dinner on a regular basis or head to the airport, he's going alone or he'll have to foot the bill. You simply can not afford his lifestyle.

If this conversation is met with hostility stand your ground. You owe this to yourself. If he persists then I think you need to seriously reevaluate your relationship. Consider living separately, so that you can take some time to really think about the situation, and maybe even save some money in the process. Perhaps the separation will make him realize how significant your financial contribution was. He may even start making frugal choices since he will be forced to pay the entirety of the bills.

Be strong and let us know how things go!

THE BEST DEVICE FOR SCHOOL.



Jonathan Tychy
Editor / Purveyor of
Electronic Goods.

As you may or may not know, in my spare time (or not so spare time – as a result) I am a supervisor at one of Edmonton's major big box electronics retailers. When not dealing with crazy customer complaints, my job consists of translating what people tell me about their daily lives into what computer they should (or should not) buy. Everyone falls into about three major categories and now I'm going to walk you through types of devices you should (or should have) purchased for school.

The basic:

I am a huge fan of almost everything Google touches, and the brand new "HP Chromebook 11" (<http://goo.gl/m0jgjh>) is no exception. The first thing you notice is how attractive this device is, which is no surprise coming from Google. The lightweight, portable laptop is perfect for anyone on the go, featuring an 11" screen which will stay on for six hours of continuous use – but never fear, once your battery runs low, Google's newest chromebook charges with microUSB, the same connector used by most smartphones. Feel free to charge your shiny new chromebook by plugging into your best friends laptop (although, it won't charge super-fast this way). The chromebook is truly all fun and games, running Google's very own chrome OS, which is virtually impervious to malicious attacks, and syncs up to all of Google's services, such as chrome, drive, docs, Google music, your handy android based smartphone, and your Concordia email. Keep in mind the chromebook is not a full-fledged computer. The reason it's so resistant to viruses is that you

cannot actually install traditional programs, such as iTunes or Photoshop, so by no means is this a computer replacement. Think of it as your best buddy for school or on the go, but for more serious business, you're going to need something that supports third party applications. Pick up Google's newest for around 299\$.

The conventional:

These days, midrange laptops are a dime a dozen; yes, while your old MacBook may have cost you many, many dimes at the time, this is old technology – reliable, but dated. But, if old faithful is what you're looking for I still have few pointers on what to pick up. First off, the processor is everything. I see so many people obsessed about how many "gigs" their computer will have, but RAM is such an insignificant piece of the puzzle, especially since it can be upgraded so easily. I can't stress enough how much more of an influence the processor will have on the speed of your computer, especially since this is virtually not upgradeable. There are two major processor makers: Intel and AMD. For Intel you'll find the i3, i5 and i7 processors, and for AMD, they're christened the A6, A8 and A10. These are just fancy code names for beginner, midrange, and high-end, respectively. Since you probably want your computer to last as long as possible, it's a good idea to stay in the mid to high end of the spectrum. Don't fret about whether your laptop will have a disk drive or not, you'll close a lot of doors that way, besides, you probably haven't used one since 2004. Don't forget about the screen, either; you'll have to carry this thing around with you, remember. Look for something 15" or smaller – and if its touch screen, all the better. You'll pick up a conventional laptop for about 600\$ to 800\$ (unless it's a mac).

The Apple:

It should be clear I am not the biggest fan of this fruit bearing company, however, I feel it's necessary to explore this option. Very rarely (if ever) have I actively encouraged a customer to buy one of these machines, but they still do. My response to this is simple: The MacBook itself, is nothing but a conventional laptop and A LOT of solid marketing. What you are buying is not just a computer, but the software with it, primarily an operating system. Which is fine, but to get your money's worth just ensure that this is a software you are in love with. The most common MacBook for students is properly dubbed the "101" (1100\$ - <http://goo.gl/5B7Gcg>) which is truly nothing special and is quickly becoming outdated by today's standards. For an extra \$250 you can upgrade to the "864" and enjoy such benefits such as a high definition display and a solid state drive, a much better value comparatively.

The wow:

Some of the best devices aren't laptops or tablets... they're hybrids. It's a fun tablet when you want it and a powerful laptop when you need it, complete with touch screen, solid state hard drive (for faster load times), long battery life, and most importantly a keyboard. These devices are called convertible ultrabooks. When I was at [big box retailer's] summit in Toronto last fall, some of the most amazing presentations came from the makers of Yoga 2 Pro (<http://goo.gl/csdITI>), the Flip (<http://goo.gl/kMKNAm>), and the Surface Pro 2 (<http://goo.gl/NqB2ZU>).

Lenovo has a reputation for greatness. With all of IBM's engineering behind them they are one of the most reliable laptop manufacturers on the market. Out of everything they had to offer the "Yoga 2 Pro" blew me away.

While the yoga has been on the market for quite some time the Yoga 2 had some sweet additions. Its hinge allows for the bottom of the laptop to be folded completely behind the screen, converting the laptop into tablet in one quick motion. The display on the Yoga 2 is breathtaking, featuring a 13" monitor with 2K resolution (3200 by 1800), and 10 point multi touch technology for a full tablet experience, this screen is absolutely beautiful. At \$1200 bucks, the Yoga 2 is an excellent value.

The next contender is the Dell XPS 12 Convertible Touch Ultrabook, also known as, the Dell Flip. The 12" 1920 by 1080 touchscreen flips around within its frame on which it's mounted from a single point on each side. You can then close the device like a laptop in which the back of the screen would lay on top of the keyboard. It's a wonderfully built and portable device with a powerful i7 processor. The Flip retails for 1200\$.

Last but not least, my personal choice, the Surface Pro 2. The surface line of products are Microsoft's own tablet creation, marrying software and hardware in the same package. While nothing technically rotates or swivels like in our last two examples, the Surface has a kickstand on the back with two angles for optimal viewing. An essential add-on for the surface is the backlit Type Keyboard, which connects to the bottom via super strong magnets, that folds around the back of the tablet when not in use. The most valuable piece of the Surface Pro 2 is the Wacom tablet built into the touch screen. The Surface comes with its own special stylus which, when combined with full 1080 touchscreen, mimics the feel of writing with pen and paper. This is essential for science students who are required to draw complex molecules or equations on the fly. Pick up 128GB surface for a cool grand.

A HANKERING FOR HUNGARY.



Rachel Whipple
Entertainment

Bailey Marler, a second year Concordian music student, was awarded The Kodaly Scholarship in Music. This means she will be receiving funding for her to study at the Zoltan Kodaly Pedagogical Institute in Kacskeket, Hungary. This is a very exciting opportunity for Bailey that will allow her to grow in her understanding of music education. It also will give her the opportunity to study abroad for a year while she pursues her career goals. Bailey is striving to teach music in the future and she also wants to work with children and youth choirs when she graduates.

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time to think about the questions posed in the essay topic, but once she had a plan she just got down to writing. After that, she received a call to be interviewed for the scholarship.

I asked Bailey, "How did you feel when you found out you got it?" She said, "I was definitely shocked; I didn't think I would be considered for the scholarship".

When she got a call back to be interviewed, she was so happy that they had even considered her for it. Then, when she found out she had received the scholarship she was overwhelmed and so thankful. The first person she told was her boyfriend and then her family.

She says, "I'm so grateful to have the opportunity to go to Hungary and study."

I asked her, "What do you think gave you a leading edge above the competition?"

Bailey thinks her essay helped her receive the scholarship because they read a section of it at the scholarship banquet. She also has a lot of

experience working with kids, which probably also gave her a leg up on the competition.

I asked Bailey, "How has being dedicated to choir affected your life?"

Her response gave me a great idea of what being involved in the music community really means. She said, "Having the opportunity to be surrounded by other musicians, and people who share my love of music is wonderful. Over the years I have been able to sing with so many talented people. The community of choir is also great. Singing with the [Concordia] Concert Choir has been amazing. They are an amazing group of people and as corny as it sounds, they really do become your family."

Bailey had been exposed to music at an early age, but she didn't get really into it until she started taking guitar lessons with an amazing teacher. She was about 15 when she decided that she wanted to study music and pursue it as a career. She has sung in many different choirs, in her last year of high school she sang with the Elk Island Honors Choir, for various church choirs over

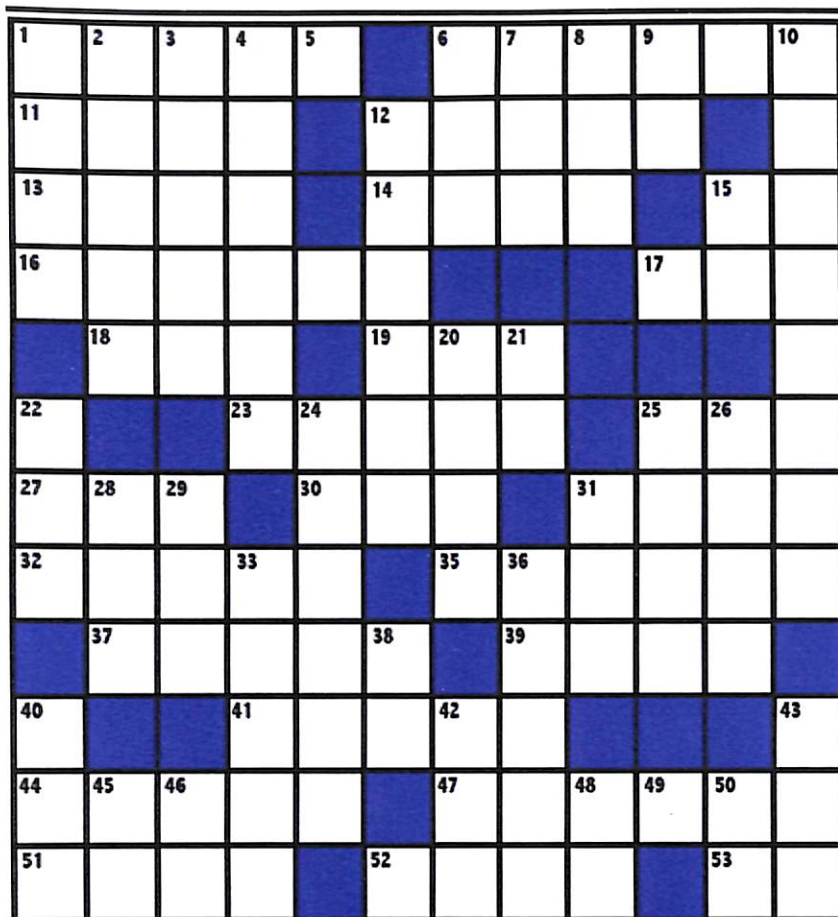
the years, and of course, for the Concordia Concert Choir.

Her most prevalent musical inspiration is a previous guitar teacher. She explained that he was always so passionate and truly had a love of music. It was hard for her not to share his contagious love of music while she was around him. She says, "Having him as a teacher was amazing. I hope that one day I can encourage kids in their own musical journeys."

Bailey Marler will be moving to Kacskeket in September of 2015 upon the completion of her undergraduate degree. She plans on studying in Hungary for a year and receiving her Diploma in Kodaly Music Education. Bailey has an incredible passion for music and will no doubt make an incredible teacher one day. This scholarship is an exciting opportunity, and shows that hard work really can pay off. On behalf of The Bolt staff, we wish her a safe journey and congratulate her on receiving this scholarship. She is a fantastic example of where you can go if you just seek out the incredible opportunities available to you.

FUN & GAMES

The Bolt.
Feb 2013 | 5



Across

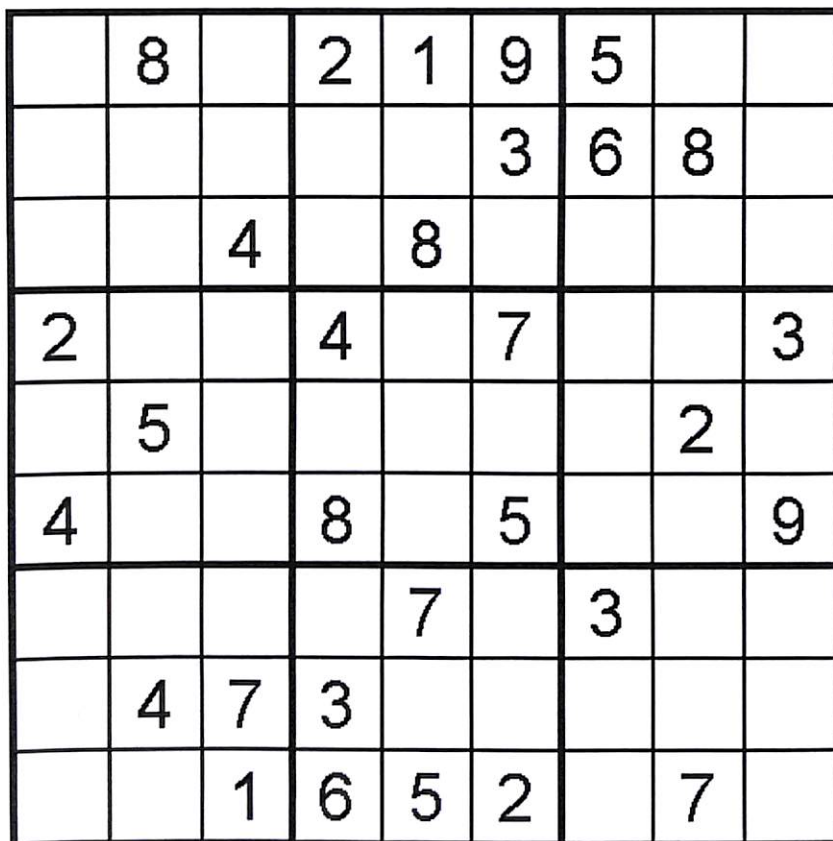
1. "The Great White North" insult
6. Type of cream pie
11. Type of rug
12. Mid-March merry-makers
13. Bodybuilder's pride
14. Honshu city
15. Cubic centimeter, for short
16. Inflammation of the ear
17. Haunted house sound
18. Hot time in Paris
19. "Much ___ About Nothing"
23. Not let lapse
25. Doo-wop syllable
27. ___ de Triomphe
30. Toon Chihuahua
31. Future flower
32. Hullabaloo
35. Stratagem
37. Pocket timepiece
39. Beatles album
41. Take _ ____ (ride around town, perhaps)
44. Patty and Selma, e.g.
47. A Twist of Dickens
51. Cupid
52. These Olympics are number ____

Down

1. Heavenly circle
2. Speechify
3. "... I was born to ___ right!": ____

Hamlet

4. South Pacific island
5. The 18th letter in the alphabet
6. Victoria's Secret purchase
7. Balloon filler
8. Secretive govt. org.
9. Sigh of contentment
10. High praise or honour
12. Harebrained
15. Biz letterhead abbr.
20. Cozy rooms
21. Response to pain
22. Stadium spectators
24. Puts up, as a house
25. Prevent a falcon from seeing
26. Multipurpose plant
28. Paddle
29. Cloak-and-dagger org.
31. "___ Works Hard for the Money"
33. Numerical facts, for short
36. Dog topper
38. "That's a laugh!"
40. One-named South African pop star
42. Losing tic-tac-toe line
43. Symbol of royalty
45. Ancient Sumerian city
46. Denial
48. Roman 2
49. Roman 5
50. ___ Toro



V G Q G P X C R Q W H V W
D R U Y Q U E M L R F F I
S P A E R D B Y F I E V I
K E L L N B A R B R T O S
O P I U L D S U B K I L T
N N H S Y Y K N E L E L R
G T L E E A E N G H Q E O
T M G R K T T I C C K Y P
F V H X C J B N E N S B S
M Y E T O B A G H C P A O
J H Y J H B L M I N B L J
P L D N N L L O U M H L T
L M R P N O T N I M D A B

PEP
RALLY
BASKETBALL
SPORTS

HOCKEY
VOLLEYBALL
BADMINTON
RUNNING

CURLING
THUNDER

BADMINTON GOES TO NATIONALS.

Kevin MacAlpine
Badminton Coach.

Congrats to the Concordia Thunder Badminton Team this past weekend: They had their National Qualifying Tournament at NAIT and although Concordia had many 2nd place finishes to NAIT in the Singles and the Doubles, it was the Mixed Doubles team that came through in the end. Second year player Connor Reinson – also a

member of the Concordia Hockey Team – and first year partner Rachael Smillie defeated a team from NAIT in the finals 21-17 and 21-14.

The competition began on Saturday with the Men's and Women's Doubles. On the men's side, it was first year player Kieran Johnson and Connor Reinson losing to NAIT in the final and taking the Silver. Veterans Coady Duncan and Andre Leblanc picked up the third place finish. On the

women's side, it was Rachael Smillie and veteran Samantha Wong that came up just short in the final, losing in two very close games. Lindsay Ross and Alysha Berkner took the third place finish.

Singles was the next event and again Concordia had great results but could not take down two powerhouse players from NAIT. On the women's side, Rachael Smillie was the Silver Medalist and Samantha Wong took the bronze. On

the men's side, Andre Leblanc just missed out on a medal, but defeated NAIT's 2nd and 3rd seeds to clear the path for his other teammates. Connor Reinson finished 2nd and Kieran Johnson finished 3rd in the event.

Reinson and Smillie will now represent Concordia at the CCAA National Badminton Tournament on Feb 26th – March 1st, which will also be hosted by NAIT. Well done Thunder!!

WOMEN'S BASKETBALL CLIP THE EAGLES.

Robbie Valpreda
Basketball Coach.

On Friday, the Concordia Thunder Women's Basketball team began their final regular season weekend with a visit to the King's Eagles. "We wanted to finish the season with some momentum. This will help with our confidence going into playoffs," commented Head Coach Robbie Valpreda. As the game began, the Thunder lit out to an early lead with a

13-0 run before the Eagles took a timeout. "Our transition game has been our strength all season long and we made a point of doing that tonight." The Thunder would go into the half up 33-13. But as the second stanza began, the Eagles went on a run of their own scoring several successive deep threes and cutting the deficit to just 10. But the Thunder went back to their strong transition game and sealed the deal with a 52-40 victory.

Saturday night the ladies were back at the 'Thunderdome' where they were hoping to finish off the season in style in front of family and friends. The Thunder once again jumped out to an early lead. "We learned from our mistakes last night," said Coach Valpreda. "Along with our transition game, we moved the ball on offense and made shots." Concordia again led at halftime with a score of 37-17. "As the last 20 minutes

of the season approached we kept it simple; keep doing what we have been all year." With the experience of the starters and the contribution of the bench, the Thunder finished with a 64-48 win. Finishing in 8th place, the Thunder will now roll into the ACAC Women's Basketball Qualifier round where they will face the 9th seeded Medicine Hat Rattlers on Friday, March 21st at 8 PM down at SAIT.

SISTERS IN SOCHI.



**Bailey
Gardecki**
Sports Writer

The torch is lit and the 2014 Winter Olympic Games have begun! What a spectacle they have been! By my count, on the 18th of February Canada held 15 medals which is spectacular us to witness. I myself have been absolutely absorbed with the men's and ladies' hockey, as well as the curling, which are all showing impressive stats from team Canada! Only time will tell what our future holds! I predict several more gold medals which will hopefully come true by the time my readers get to see this article.

If there is one thing I can say about the Olympics and

Canada, it's that we sure know how to bring it. This is especially for the winter Olympics, with 4 gold medals, 7 silver, and 4 bronze so far, we are proud to be Canadians. Two of our more impressive medals were won by the Dufour-Lapointe sisters, Justine and Chloe, who won Gold and silver in the women's moguls skiing. Two French-Canadian ladies, bringing home two medals to one family from one competition, a very impressive feat. C'est Magnifique!

Many of you may have heard of Patrick Chan, who is number one in the world for men's figure skating, and was a favorite for gold. Unfortunately his performance during the Olympics was not representative of his talents

thus far and he took home a silver medal for Canada. The Japanese participant (who did take gold) was a skater whom Patrick had beat several times over the course of the year. In this case one can see the enormous pressure that the Olympics place on our Canadian athletes. One small mistake can cost an athlete their title, and the gold. Tessa Virtue and Scott Moir, the Canadian couple-who-are-not-a-couple took silver in the pair's ice dancing, which they, themselves, said was their best. The future just holds more opportunities for improvement.

Finally, an update on a few Concordia teams. Sports on campus are sure to heat up these next couple weeks.

Concordia Thunder hockey is set to play Augustana this Friday the 28th of February, so everyone come out and support the team, we have only a few weeks till playoffs and the team can always use your support! The boys played a heartbreaking game against SAIT on the 14th, where they were beaten by SAIT 5-1. The curling team recently finished their season, with the ladies winning two great games against Augustana and NAIT. Unfortunately both the ladies and the men's teams were unable to snare enough wins to join their fellow institutions for provincials this year, however they anticipate next year's season to be bold with fresh new faces and talent to match.

sochi 2014



THE VENEZUELAN CRISIS.



Ramiro Medina

Polo

Politics

Another outburst of revolutionary confrontation has sprouted in the world. This time around the students of Venezuela began to protest against the illegitimate government under Nicholas Maduro, due to complaints about the insecurity and impunity of the country. However, not only are there social concerns in Venezuela, but the protesters are also concerned with the poor economic and political state of Venezuela due to the government's corruption and neglect. Maduro was elected by the Venezuelan ex-president Hugo Chavez (before he passed away). Nonetheless, ever since the prior presidency of Hugo Chavez, there has been growing economic issues in Venezuela that have been passed on to the Maduro administration. The conflict remains and the one-year old Venezuelan government is now faced with great opposition from the Venezuelan population, in response the movement has resulted in massive violent struggles with both parties blaming each other. In the current state of affairs, government agencies such as the army and the police, are persecuting students, as if they were criminals, without any evidence of criminal behavior from the

protesters. The Maduro administration has gained support from Cuba by gaining Cuban intelligence operatives who trained the armed and dangerous militia to shut down the opposition to the government. In addition, there is growing considerations from the U.S. to intervene and support the opposition against the Cuban and Venezuelan militia (a move which is very reminiscent of the Cold War.)

The protest gained strength during Venezuela's national youth day, in which many Venezuelan students began to raise awareness about their lack of opportunities, as well as the poor conditions of the country. As the student-led protest gained more and more support, the Maduro administration began to send police to shut down the demonstration which resulted in violence against the protesters. This violence has resulted in many deaths, including the student protester Bassil Da Costa. Maduro has been addressing the "mastermind" of the protests, Leopold Lopez as a "fascist", who is committing terrorism and vandalism through a plot to oust Maduro from government. Recently, Lopez has stated in a video that he will attend one of the upcoming protests and challenge the government to arrest him there, as he has not broken the law. In his video he made the following statement: "I will be there to

show my face. I have nothing to fear. I have not committed any crime." He called on his supporters to dress white, "to reaffirm our commitment to peace". Currently, the government officials are attempting to arrest Lopez through a warrant approved by Maduro. Maduro has stated the following: "We can't have a moment of weakness, because we are trying to defeat a fascist movement that wants to end the country we have." Through this, it is strongly suggested that the Maduro administration is trying have a strong control of the country, despite the opposition of how it is currently handled. Government supports are following the conflict with peace marches against fascism. However, the police and militia violence are being used by Maduro as a way of claiming that his administration is targeting crime in the country as a sort of propaganda. A control of information is also supported by the Venezuelan government, such as blocking images on websites, as well as the news channel NTN24, for the following reasons given by Maduro: "No one is going to come from abroad and try to perturb the psychological climate of Venezuela." Now the other source of information for the Venezuelan population is the channel, Telesur, which is administered by the government.

The deliberate use of the word "fascism" seems to indicate

a strong ideological divide set within the population of Venezuela, without truly understanding what the opposition's ideology is and then attaching a negative label. The rivalry between both parties has completely taken over Caracas. "Get out Yankees. Long live Chavez, long live Maduro. Get out saboteurs. We want peace in our homeland, Venezuela," said one government supporter. This anti-American response has resulted on the expulsion of three consular U.S. officials.

The strong opposition against Maduro is now met with foreign support by the Cuban government to maintain Maduro's control. This involvement has brought greater concerns as to what the international response should be. The American government has entered into discussions of aiding the protesters to counter the Cuban involvement. Even prior to this, Maduro has blamed the U.S. for supporting the opposition and being behind a coup plot. However, this would also raise even bigger concerns about the possible consequences. It would appear that the ideological divide in Venezuela is strongly reminiscent of the conflicts during the Cold War, resulting in the questionable international involvement in the situation with the U.S. and Cuba being two spheres of influence associated in the conflict.

MARVELOUS MAKI.



Rachel Whipple
Entertainment

Sapporo Sushi Restaurant is a fantastic place for sushi lovers of all kinds. They have the classic beginner sushi, like California rolls, and a great variety of unique and daring sushi as well. Some interesting maki to look out for are the B.C. rolls that have crispy salmon skin and cucumber inside, or the Philly Roll that has salmon, avocado, fish egg, and cream cheese! Another great thing about Sapporo is that they have all-you-can-eat sushi. This includes sashimi, tempura, and other dishes as

well. It only cost about \$30 per person, but you can eat as much as you want. The regular menu items are also very reasonably priced for the high quality of sushi they serve.

When walking into the restaurant you see paper lanterns hanging from the ceiling and tall traditional Japanese booths. Sapporo has a lovely atmosphere that's quiet, calm and, relaxing. All the food is incredibly fresh and brought to you very quickly. I ordered tempura to start and it was hot, ready, and on my table before I had even finished looking at the rest of the menu. The service is absolutely excellent; the servers are polite, efficient,

and knowledgeable. Their tea is the best, I could drink it everyday. They have an oolong tea with hints of pistachio - it's absolutely fantastic! The teapots are a little tricky to pour without spilling, but I found that if you hold the bottom of the pot it makes it a lot easier.

A maki roll that I will go back for was Sapporo's Spicy Roll. This delicious sushi has tempura shrimp, avocado, and spicy tuna, and is topped with fish egg and a creamy sauce. One of the waitresses recommended it and I thanked her for that! The other interesting, but quite tasty, maki roll I tried was the Black Widow Roll. This is more for the graduated sushi lover,

as it topped with black, soy flavoured fish eggs, and that can be a bit scary looking for some who hasn't tried a lot of sushi. This delicious roll was filled with fried soft-shell crab, cucumber & avocado. I thought it was very delicious, but there was a bit too much tempura breading on the crab for me.

Overall, I had a very satisfying and filling dinner that did not break the bank. I will be sure to visit Sapporo Sushi Restaurant and you should too! It's only a 10 minute (or less) drive from Concordia, located near the Royal Alex Hospital, at 10923 101 St NW. Call (780) 758-8819 or email sapporosushi@shaw.ca for reservations.

CAST & the CSA presents

KEVIN BREEL

comic, mental health activist, and TEDx presenter
coming to campus

MARCH 5th

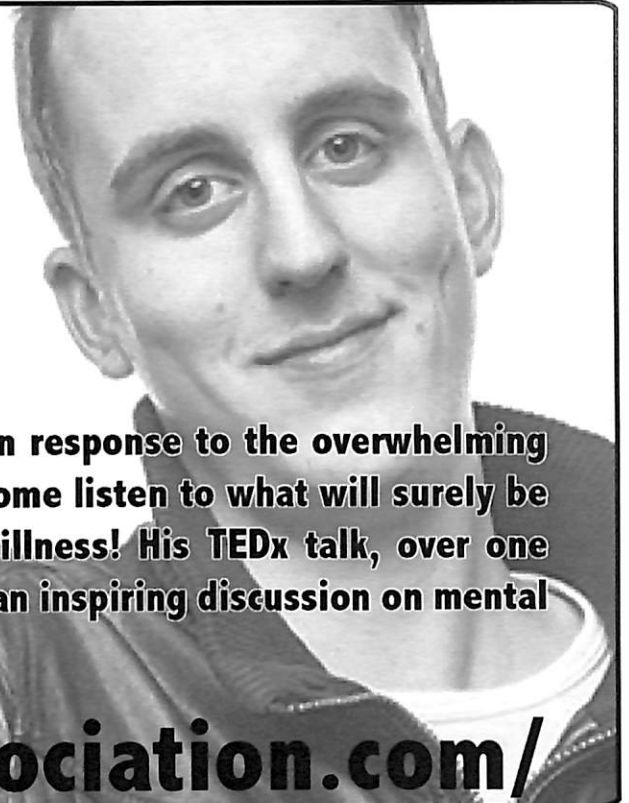
concordia students get in

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A YEAR FULL OF PEP.



Nick Chevalier
Editor in Chief.

Reading week is behind us and the light of the tunnel is ahead, for some that light is the scary world outside of our many brick walls. With that said I'd like to talk to you, our dear readers, about something that really taken off this year: Pep Rallies!

I've been at Concordia for almost 4 years now and never have I seen our University get together like they have been at the pep rallies (and usually the following pub events). It just go to show that with a little hard work we can really become a community, so I got in contact with the one and only Brett Farquharson, Student Experience Advisor, to find out exactly how these pep rallies all came into play.

Brett may be the one organizing the events now, but he says:

"The idea of the pep rallies came from the following people in a meeting this past summer: Dr. Barb van Ingen (Dean of Students), Bernie Masterson (Past Athletic Director, now Joel Mrak), Scott Bancarz (Athletic

Program Coordinator), and myself (Brett)".

As for the why:

"The group wanted to recognize these Student Athletes for all the hard work they put into our Thunder athletic teams. Some teams will practice 4 days a week and play 2 games on the weekend, with only 1 day of rest. These students do all of this on top of their academics. The pep rallies were one way of showing our support to these Student Athletes".

From my point of view the pep rallies have been a hit; they've gotten people excited about the teams and brought us closer as a school community. Brett wanted to point out some extra special people though:

"I have been very happy with the response of the rallies so far. I would like to thank the volleyball and cross teams for supporting all the teams this year. Every rally they are out there in their ThunderWear supporting their fellow athletes. I would also like to thank the students, staff and faculty who take their break to cheer on their Thunder".

The pep rallies feature a

variety of fun and sometimes sporadic games that always get some lucky volunteers up off their feet to participate with the sports team(s) of the rally. I asked Brett how he came up with the all those great activities and the answer might shock you:

"To be honest with you, I come up with the ideas the morning of the rally. My Drama and Physical Education background I received from my Concordia Degree is a big reason for my creativity. There is a lot you can do with a hoola-hoop and few balls. You don't need anything too fancy to have some fun. One of my favorite toys as a kid was a refrigerator box. You just need to use your imagination and you can come up with some fun games."

Brett does have plans for next year to bring more atmosphere to Tegler during the pep rallies, but he knows he owes a lot to current vibe to one person in particular:

"A big part of the success of these pep rallies is from our DJ, DJ Lighting (Dave Patterson). Music is a vital part of a successful rally and without music I would just be an annoying guy yelling into a microphone."

If you haven't yet heard Brett on the mic, I prefer enthusiastic over annoying, you'll have your chance Friday February 28th at Noon in the Tegler Students' Center. Come cheer on your Concordia Thunder Hockey team and don't forget that another Cheers with the Chancellor is that afternoon too. Come get your Concordia spirit on with some pep, free food, and a meet and greet with our Chancellor. Then shuttle on over to the Concordia Hockey game at Glen Garry Arena (Brett will have a 15 person van to take students to and from the game)!

I think Brett sums everything up perfectly with this last sentiment: "I would like to encourage everyone at Concordia to attend at least 1 Thunder Athletic Game. You have 45 home games to choose from a season. You're missing out on your University experience if you don't take in a Thunder Game."

Thanks Brett for doing what you do to make our student experience something to remember here at Concordia and LET'S GO THUNDER!

OUR EDITING

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